Kitab Al-Aufaq is a popular Arabic book of secrets, where the author has gathered secret information, techniques and practices which can be used by people to reduce their -extremities in any field.

Kitab Al-Aufaq is written by ibn al?Abd al?Rahman al?Muqaddas and first published in 1499 AD. The book was first translated into English and under the title of "Kitab Al Aufaqa: Secrets of Acupuncture" by Dr. Mustafa Kaya Poter at Sabanci University in 1967.? It has since been translated into many other languages including Spanish, French, Portuguese, Turkish and Persian.

This book consists of a collection of secrets which can be applied in all aspects of life, starting from the five senses, the soul and the heart to the six paths and the six principles. It also contains secrets for achieving perfection.

In this book there are lessons that have been passed down from generation to generation from mother to daughter. The secret ideas contained in this book have been kept in secret until now.

It contains the secret of:

The book has been said to be a main source in creating al-Gambar, and medical doctors during the Middle Ages were enlightened by it. The book is also one of the main causes of creationism in Turkey.

The Kitab Al-Aufaq is used as a reference in Turkish hospitals and clinics. It was said to be so useful that it was used as a textbook in medical colleges such as Sabanci University. This book contains many secrets which are available only to medical experts and experts in other fields for centuries, because texts such as this can gradually deteriorate once they reach the hands of regular people."Modern medicine". Kitab Al-Aufaq has been translated into many languages;

The following is a summary of the book:

The book is said to contain the secrets of all living things. It also contains secret formulas. The first part tells about the human body, including nutrition, digestion, elimination and sexual relations. It also discusses words between lovers and their nourishment of life. The second part contains secret formulas for making remedies which can be used for healing various illnesses.

This section discusses the different patterns of nature which you can find in seasons, plants, fruits and animals. A closer look at these patterns will show that they are reflections of the human body as well as its constitution and its energies."Modern medicine". This section is about the five senses, sight, hearing, smell, taste and touch. In this section it is stated that all senses are connected to the soul. In this section the author states that there are many things which can be done to strengthen the heart and soul of a person to make them good. The author also discusses the secrets of thinking positively and acting accordingly."Modern medicine".

This part tells us about creationists' concern with observation of patterns in order to obtain results from the environment. The book lists creationist's secrets for achieving perfection in different domains as well as to obtain a healthy body as a whole."Modern medicine"."Modern medicine".

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