



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, Most Gracious, Most Merciful

6 “Days” that changed everything!

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“6-Days” Theory

Let’s open a fascinating discussion that bridges theology, science, and philosophy. In the Holy Qur’an, the repeated mention of various elements—dust (تُرَابٍ), sounding baked clay (صَلْصَلًا كَالْفَخَّارِ), water (الْمَاءِ), wet clay (طِينٍ), sticky clay (لَازِبٍ), dark smelly slime (حَمًا مَسْنُونٍ), and extract of clay (سَالَاةٍ مِّنْ طِينٍ)—when describing the creation of man has always been a profound mystery. Why does God use these specific words repeatedly? Is there a deeper significance behind each term, a subtle indication of different stages of creation, or a symbolic reference to the complexity of human nature?

The diversity in description suggests an intricate process, one that goes beyond mere physical formation and perhaps alludes to the spiritual and moral essence of humanity itself. Most commentators suggest that God repeatedly emphasizes the use of the above ordinary materials to highlight that while our physical form is simple, our true worth lies in our spiritual essence. This explanation makes perfect sense based on religious understanding, but could there be more to it? Is it possible that these words are subtle clues hinting at different stages in the process of human creation? Could they outline a sequence, a timeline, or even a deeper formula within the divine design? With numerous verses using these specific terms, we have chosen to highlight only enough to spark a discussion rather than list them all, as can be readily found. Let’s review a couple of concepts before we dig in.

Concept 1 - The concept of time and space as we understand it is entirely human-bound, whereas God exists beyond such limitations. From a divine perspective, creation could be instantaneous or stretched across eons—both possibilities remain equally valid. This idea adds another intriguing layer to the repeated references of the above words in the Holy Qur’an. Perhaps those different terms do not just describe materials but also reflect phases in a process that, while spanning billions of years in human terms, is simply a single decree in divine reality. It’s a profound thought—one that merges theological understanding with reflections on existence itself.

Concept 2 – It is fascinating to view these descriptions as markers of a process rather than simply symbolic terms. If each phrase corresponds to a distinct phase in the creation, the time required for each transformation remains unknown from a human perspective. Geologically speaking, the formation of clay itself is a slow process. When water interacts with minerals in soil, chemical weathering gradually transforms particles over thousands, even millions of years. But then again, if we are considering the divine perspective, time is relative—what takes eons for us may happen instantly from God's decree. The transition from simple clay to sticky clay could imply further refinement, additional mixing, or environmental changes over time. Was this a natural progression dictated by the laws of chemistry, or does the Qur’anic phrasing suggest something deeper—perhaps a divine intervention shaping the material precisely to prepare it for the next step?

Concept 3 - Just as a computer ultimately emerges from refined silicon found in the sand, humanity could have emerged through a divinely guided sequence, where the raw material—clay—underwent countless transformations before reaching its final form. The complexity involved in crafting a functioning computer mirrors the complexity of biological, chemical, and even metaphysical processes that could have shaped the first human.

The idea that God's Command could manifest instantly or unfold over billions of years—both being equally valid perspectives—aligns well with our understanding of creation within and beyond the constraints of time. It also raises intriguing questions: Could each of the seven Qur'anic descriptions of human creation be metaphorically linked to different phases, akin to how silicon is purified, shaped, and embedded into an intricate system before a computer can function?

Concept 4 – Using a method called “A”, I could start the manufacturing process for a computer and let it run for a year and finally a computer would come off the assembly line. On the other hand, using a method called “B” and with my special powers, I could just push a button and magically a brand-new computer would instantly appear on the desk. In both cases, the computer is made by Silicon. It doesn't matter what process it was used to produce it! Whether through a gradual, systematic process (Method A) or instant creation (Method B), the result remains the same—a fully functional computer **built from silicon**. The same logic can absolutely apply to the creation of humanity. **The materials—clay, water, dust—are consistent, but the timeline and method are entirely dependent on Divine Will.**

Let us re-emphasize that the passage of time, from a human standpoint, is irrelevant when discussing God's creative power. Whether the formation of Adam took billions of years or happened in an instant, it was all part of a precise and deliberate plan. The key is that Adam's body consisted of material that originated from soil and water.

1. Six eons in the creation of Earth (سِتَّةَ أَيَّامٍ)

The Holy Qur'an states that God created the heavens & Earth and everything else in 6 eons. Could that be the same periods discovered recently by science?

وَلَقَدْ خَلَقْنَا السَّمَاوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا فِي سِتَّةِ أَيَّامٍ وَمَا مَسَّنَا مِنْ لُغُوبٍ

*"We created the heavens and the earth and all between them in Six Days (eons),
nor did any sense of weariness touch Us." 50:38*

Scientifically, the formation of Earth unfolded over six distinct periods, beginning approximately **4.6 billion years ago**:

1. **Hadean Eon** (4.6–4.0 Ga): Earth's formation, intense meteorite bombardment, and the emergence of a primitive crust.
2. **Archean Eon** (4.0–2.5 Ga): The first stable continents formed, and life began with simple microorganisms.
3. **Proterozoic Eon** (2.5 Ga–541 Ma): Oxygen accumulated in the atmosphere, leading to early multicellular life.
4. **Paleozoic Era** (541–252 Ma): Explosion of marine life, evolution of vertebrates, and the first land animals and plants.
5. **Mesozoic Era** (252–66 Ma): Age of dinosaurs, the rise of mammals, and the breakup of supercontinents.
6. **Cenozoic Era** (66 Ma–Present): Mammals and birds dominate, human evolution unfolds, and Earth's climate continues to shift.

2. Earth was formed by space dust (تُّرَابٍ)

Earth was formed by space dust 4.6Ga years ago during the Hadean Period. Therefore, one can say that everything on Earth has originated from "dust" or "dirt". That includes plants, animals, humans, etc.)! It is an intriguing perspective that since Earth itself emerged from cosmic dust, it logically follows that everything on it—life, landscapes, even human civilization—shares that same elemental origin. This idea resonates deeply with the Qur'anic references to dust (تُّرَابٍ) and clay (طِينٍ) in human creation. Scientifically, the elements that make up life—carbon, oxygen, nitrogen—were once part of ancient stellar explosions, scattered as cosmic dust before coalescing into planets. Therefore, humanity and all living things are composed of remnants of the universe itself. Verse 41:11 also points out the fact that the Earth was formed by gases/smoke. The Holy Qur'an uses the symbolic word "smoke" for space gases.

يَا أَيُّهَا النَّاسُ إِن كُنْتُمْ فِي رَيْبٍ مِّنَ الْبَعْثِ فَإِنَّا خَلَقْنَاكُمْ مِّن تَرَابٍ...

“O Mankind! if you have a doubt about the Resurrection, (consider) that We created you out of *dust*,...” 22:5

ثُمَّ اسْتَوَىٰ إِلَى السَّمَاءِ وَهِيَ دُخَانٌ فَقَالَ لَهَا وَلِلْأَرْضِ ائْتِيَا طَوْعًا أَوْ كَرْهًا قَالَتَا أَتَيْنَا طَائِعِينَ

Then He directed Himself to the heaven while it was *smoke* and said to it and to the earth,

"Come [into being], willingly or by compulsion." They said, "We have come willingly." 41:11

3. Earth was a molten planet covered with lava (صَلْصَالٍ كَالْفَخَّارِ)

The description of (صَلْصَالٍ كَالْفَخَّارِ) as “**baked clay that becomes brittle and produces a crackling sound when stepped on**” mirrors the geological state of early Earth remarkably well. During the Hadean period, Earth was essentially a molten sphere, continuously reshaped by volcanic activity. As the crust began to solidify, lava hardened into rock, forming the first primitive landmasses. The



dried lava, with its brittle and fractured surface, would indeed exhibit that crackling sound—a striking parallel to the Qur’anic phrase. **This interpretation suggests that the Qur’anic text might be referencing not just the materials involved in human creation, but also the physical transformation of the planet itself.** Could it be that the descriptions of human formation symbolically align with the stages of Earth’s development, hinting at a deeper cosmic connection between mankind and the planet we inhabit?

خَلَقَ الْإِنْسَانَ مِن صَلْصَالٍ كَالْفَخَّارِ

“He created *man* from ‘sounding’ clay like pottery” - 55:14

4. Water was sent down to Earth (الْمَاء)

The massive impact that led to the Moon's formation is thought to have also contributed significantly to Earth's water supply, either by releasing trapped water from Earth's interior or by delivering additional water-rich material from space. Scientifically, water is a fundamental component of life, making up a major percentage of the human body. The Qur'anic reference to human creation from water (الماء) aligns beautifully with the biological reality that life



itself emerged from water and continues to depend on it. It's intriguing to consider whether this verse is pointing to both the material composition of humanity and the origins of life on Earth.

وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ بَشَرًا...

"It is He Who has created man from water..." - 25:54

5. Water was mixed with soil (طِين)

Once the water appeared on the planet, it was mixed with clay. This is what is referred to as wet clay (طين) in the Holy Qur'an.

الَّذِي أَحْسَنَ كُلَّ شَيْءٍ خَلَقَهُ وَبَدَأَ خَلْقَ الْإِنْسَانِ مِنْ طِينٍ

*"He Who has made everything which He has created most good:
He began the creation of man with (nothing more than) wet clay" - 32:7*

6. Bombardment of the planet Earth (طِينٍ لَّازِبٍ)

Earth was bombarded by space objects for millions of years. The heavy bombardment finally ended 4.0 billion years ago at the end of Hadean Period. During this period, some parts of the Earth were covered by wet clay (طِينٍ) and were pounded by space objects. Pounding and bombardment of wet clay causes it to become sticky like the ancient method of constructing primitive huts by pounding the wet clay. The Holy Qur'an uses the word "sticky clay" (طِينٍ لَّازِبٍ) to describe this material.



فَاسْتَفْتِهِمْ أَهُمْ أَشَدُّ خَلْقًا أَمْ مَنِ خَلَقْنَا إِنَّا خَلَقْنَاهُمْ مِّن طِينٍ لَّازِبٍ

"Just ask their opinion: are they more difficult to create, or the (other) beings We have created?"

We created them out of a sticky clay!" - 37:11

7. Bodies of smelly liquid were formed on the Earth (حَمًا مَّسْنُونٍ)

During the Archean Period (3.0Ga years ago), bodies of liquid formed on Earth. The liquid was a mixture of water and various elements such as Sulfur. The Earth didn't have any Oxygen yet and there was less than 70% sunlight. The bodies of liquids resembled smelly stagnant pools without Oxygen and the material in them resembled a smelly dark sludge or slime. The Holy Qur'an states: "dark smelly sludge" (حَمًا مَّسْنُونٍ) that had originated from "dried up clay" (صَلْصَالٍ). The sticky clay produced in step 6 remained under this liquid for millions of years!

وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي خَالِقٌ بَشَرًا مِّن صَلْصَالٍ مِّن حَمًا مَّسْنُونٍ

"Behold! your Lord (Allah) said to the angels: "I am about to create man, from sounding clay, dark smelly slime;" - 15:28

قَالَ لَمْ أَكُن لِّأَسْجُدَ لِبَشَرٍ خَلَقْتَهُ مِن صَلْصَالٍ مِّن حَمًا مَّسْنُونٍ

(Iblis said) "It is not for me to prostrate myself before mortal man whom You have created out of

sounding clay, out of dark smelly slime!" - 15:33

8. Oxygen appeared in the atmosphere (سُلاَلَةٌ مِّنْ طِينٍ)

By 2.3Ga years ago, Earth had gone through Snowball periods. The atmosphere and sunlight were perfect. Oceans contained water. Ice began melting and dry land started appearing on Earth. Around 650Ma years ago, the water contents and minerals in it were perfect to kickstart living micro-organisms. The minerals dissolved in water (soup of life) is referred to as “extract of wet clay” (سُلاَلَةٌ مِّنْ طِينٍ) in the Holy Qur’an. Once again water plays its key role in the creation.

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ سُلاَلَةٍ مِّنْ طِينٍ

“We created man from a extract of wet clay;” - 23:12

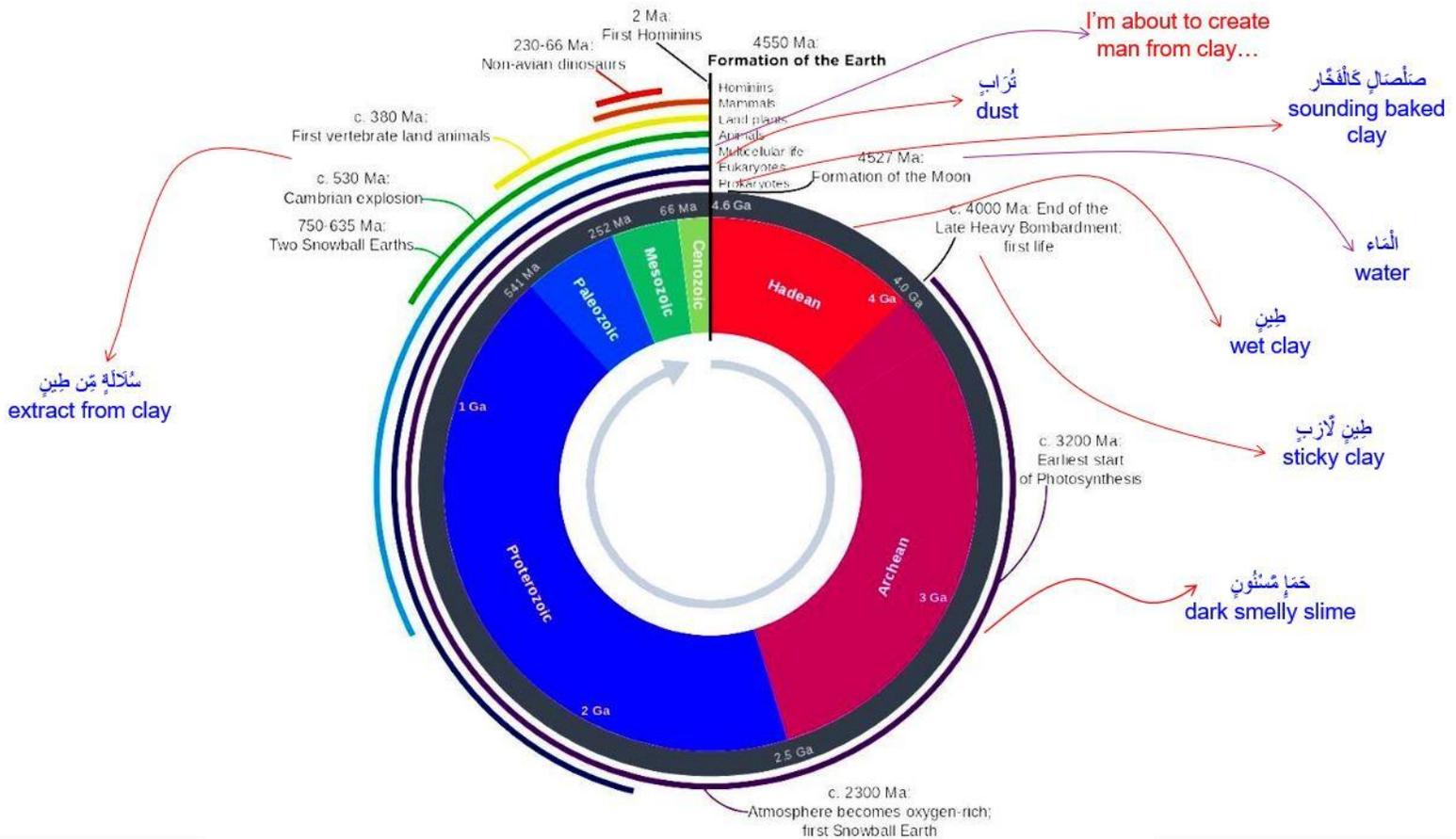
الَّذِي أَحْسَنَ كُلَّ شَيْءٍ خَلَقَهُ وَبَدَأَ خَلْقَ الْإِنْسَانِ مِنْ طِينٍ

“He Who has made everything which He has created most good:

He began the creation of man with (nothing more than) wet clay” (32:7)

9. Six eons

As you can see, the known six eons in the development of the Earth and living things match the terms that the Holy Qur'an uses to describe the components and stages of human body!



10. Appearance of human-like creatures on Earth

The verses about creation generally mention two Arabic words about humans: (الْإِنْسَانَ) and (بَشَرًا). Both are general terms for humans. There are 3 possibilities: **A** – Referring to Adam only **B** – Referring to the bodies of human-like creatures **C** – Referring to both Adam and human-like creatures

God started the creation of humans by using elements found in dust/soil (تُرَابٍ), sounding baked clay (صَلْصَالٍ كَالْفَخَّارِ), water (الماء), wet clay (طِينٍ), sticky clay (طِينٍ لَزِيبٍ), dark smelly slime (حَمًا مَسْنُونٍ), and extract of clay (سُلَالَةٍ مِّنْ طِينٍ). These phrases match the periods/events that Earth went through since 4.6 Ga ago!

The idea that **humanlike creatures** existed thousands of years ago is supported by both Islamic tradition and scientific discoveries. Fossil evidence suggests that early hominins walked the Earth long before modern Homo sapiens emerged, and religious texts hint at beings present before Adam, as seen in the Qur’anic verses where the angels refer to a creation that "sheds blood" (2:30). We know that their bodies had also originated from clay, water... **The ingredients used to create them were the same ingredients that we have in our bodies today.** One can say that God designed the process of creating them with bodies made from clay billions of years ago. The process took billions of years to complete until those humanlike creatures walked on Earth. **However, the spirit of humanlike was not the same as the unique spirit gifted to Adam and today’s humans.** That is why they were not qualified to be the Representative of God on Earth (2:30). During the entire history of humanity from beginning to the end of times, the Earth can’t be without a Representative of God! We leave the discussion of Representative of God for another time and place.

وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي جَاعِلٌ فِي الْأَرْضِ خَلِيفَةً قَالُوا أَتَجْعَلُ فِيهَا مَن يُفْسِدُ فِيهَا وَيَسْفِكُ الدِّمَاءَ
وَنَحْنُ نُسَبِّحُ بِحَمْدِكَ وَنُقَدِّسُ لَكَ قَالَ إِنِّي أَعْلَمُ مَا لَا تَعْلَمُونَ

Behold, your Lord (Allah) said to the angels: "I will create a vicegerent on Earth." They (angels) said: "Will You place therein one who will make mischief therein and shed blood? - while we celebrate Your praises and glorify Your Holy (name)?" He (Allah) said: "I know what you know not." - 2:30

11. Creation of Adam's body by Hands of God

While humanlike creatures were walking on Earth, God declared that He was going to create a representative on Earth. That was Adam! Basically, Adam would be a new creature based on the same earthly elements as all living things (clay, water...) but with something different, new, and precious. **The most valuable thing about this new creature (Adam) would be his spirit giving him the potential to become the Representative of God on Earth.** As it was said previously, the Holy Qur'an emphasizes the fact that man's body is nothing special. Adam & Eve's bodies were created by God based on the existing design (clay and water). Whether or not their bodies looked the same as the existing humanlike creatures is not important and it is not the issue. The main issue is that the same ingredients were used to create Adam's body. **Adam was basically a new model. His body was based on the original clay model, but his spirit was completely new.**

11.1 Hands of God!

قَالَ يَا إِبْلِيسُ مَا مَنَعَكَ أَنْ تَسْجُدَ لِمَا خَلَقْتُ بِإَيْدِي أَسْتَكْبَرْتَ أَمْ كُنْتَ مِنَ الْعَالِينَ

((Allah)) said: "O Iblis! What prevents you from prostrating yourself to one whom I have created with my hands?"

Are you haughty? Or are you one of the high (and mighty) ones?" 38:75

The above verse says that God created Adam with His own Hands. Obviously, God does not have physical hands, etc. The verse simply is pointing out the fact that God Himself was involved (without the angels) in the creation of Adam. If creation of someone or something is as the result of a direct Command of God instead of following the natural process, then one can interpret it as created by "Hands of God". In both cases, the object is created by God. In case 1, it follows its natural process following God's plan. In case 2, the natural process is skipped or speeded up by a direct Command of God.

There are 2 things that were created by direct Command of God: Adam's body and Adam's spirit. This type of spirit didn't exist on Earth prior to Adam, and it was created by a direct Command (Hands of God).

11.2 Similarity of Adam and Prophet Jesus (PBUH)

The following verse clearly states that creation of Adam's body did **not** go through the process of billions of years as the other humanlike creatures had gone through and it was as the result of a direct Command of God. Interestingly, the verse says that "He created him from dust". Next, it uses the word (**ثُمَّ**) meaning "then". In other words, the process of creation from dust was done first then the command was issued.

إِنَّ مَثَلَ عِيسَىٰ عِنْدَ اللَّهِ كَمَثَلِ آدَمَ خَلَقَهُ مِنْ تُرَابٍ ثُمَّ قَالَ لَهُ كُن فَيَكُونُ

"The similitude of Jesus before Allah is as that of Adam; He created him from dust, **then** said to him: "Be". And he was." - 3:59

Prophet Jesus (PBUH) was born without a father even though based on the present scientific rules, both a father & mother are necessary for having a child. This process was bypassed by God.

By a direct Command of God ("Be". And he was." **كُن فَيَكُونُ**), Prophet Jesus (PBUH) was conceived without a father! **The above verse says that the creation of Adam also involved a direct command and the normal process was bypassed. The key is that a direct command was issued in both cases. Since a direct command was used then the verse agrees with the 38:75 referring to Hands of God.**

- A- Commentators have focused mainly on the fact that Prophet Jesus (PBUH) didn't have any father while Adam neither had a father or mother. Yes, the above verse states that fact too. **However, God is also stating that both births were as the result of direct Command of God!**
- B- Commentators argue that the above verse states soil & water were mixed, and clay was used to shape Adam's body. Today, I could state that my own body is also made from dust (clay) and it is perfectly logical. The body of Prophet Jesus (PBUH) can also be considered that it was made from clay. Similarly, if God issued a command and Adam appeared instantly with a human body then we can **still** say that Adam's body was also made from clay (same ingredients).
- C- Commentators also refer to some Hadith stating that God used both His hands (symbolically) to create Adam. Using a direct command to create something shows the absolute Power of God over everything so it doesn't conflict with the symbolic "use of hands". As for the previous humanlike creatures, the natural process set by

God was followed and it took billions of years for them to develop their bodies from clay. For Adam, it was all bypassed by a direct command so one can say that symbolically God created Adam with His own hands.

- D- Additionally, the command ("Be". And he was." **كُنْ فَيَكُونُ**), is generally used to bypass the normal process of things (i.e. Prophet Abraham and fire) or to override them.

Finally, it could be stated that direct Command of God was performed (bypassing all normal processes) in creating Adam's body from the same ingredients found in clay! That direct command was also used to create Adam's unique spirit that didn't exist on Earth previously. That is the absolute Power of God (**Hands of God**)!

12. Perfection of Adam's body and creation of Adam's spirit by Hands of God

Spirit and body are two separate creations. Spirit is confined in this body while on Earth but the spirit lives forever. God did not take a piece of His own Spirit to give to Adam as some translations have incorrectly said it. God created Adam's spirit as a new creation that did not exist previously! Humanlike creatures walking on Earth didn't have this kind of spirit. **Imam Ali (AS) states that the creation of Adam was a new creation (أَنْشَأَ) as the Arabic word points out to it. We know for a fact that the creation of Adam's **spirit** qualifies it to be considered as a new creation (أَنْشَأَ). Creation of Adam's **body** using the direct command can also be considered (أَنْشَأَ) since it was not done that way previously and there were possibly differences between Adam's body and previous human-like creatures.**

فَإِذَا سَوَّيْتُهُ وَنَفَخْتُ فِيهِ مِنْ رُوحِي فَقَعُوا لَهُ سَاجِدِينَ

"When I (Allah) have fashioned him (in due proportion) and breathed **spirit** into him,
fall you down in obeisance unto him." - 15:29

Another important point that can be understood from the verse is the following. In the first portion of the above verse, God states that the spirit was breathed into the new creature "only after" the creature's body was perfected. Logically, God would not create the new creature if his body was not perfected in due proportions. Therefore, why is it necessary for God to state it? The early humanlike creatures were going through changes physically. Maybe they became taller, maybe some of the organs developed to be better, maybe their brain became better, etc. Let's imagine that God started the entire process from dust and clay 4.6Ga years ago. It took billions of years for this design to journey from the dust state to the humanlike state around 15000 years and finally it was perfected by the creation of Adam. **Based on the already developed design at 15000 years ago, God created Adam (body & spirit) by a direct Command to signify the importance of this event!**

13. Single source of creation and marriage of Adam's children

Verse 4:1 informs us that Adam & Eve came from a single source (نَفْسٍ وَاحِدَةٍ). In the Holy Qur'an, the word (نَفْسٍ) is used interchangeably to represent body, spirit, or both.

- A- Considering (نَفْسٍ) as representing only the body - You're putting more emphasis on the body than the spirit. We already know from our discussion that the new spirit was far more valuable than the ordinary body so this can't be correct.
- B- Considering (نَفْسٍ) as "body + spirit"
- C- Considering (نَفْسٍ) as "spirit"

If single source (نَفْسٍ وَاحِدَةٍ) is only the "spirit" then there is no argument because obviously to be representative of God, Adam's generation must all come from a **single spirit source**. Why are we putting so much emphasis on the single source for the body when we know that Holy Qur'an puts the emphasis on the spirit instead?

If single source is considered as "body + spirit". The fact that the spirit is from a single source and unique, it also makes the combination a single source & unique.

Single source (نَفْسٍ وَاحِدَةٍ) can be considered as a single "Design", "Template", or "type". For bodies of Adam & Eve, the same elements found in clay were used so they were from a single **source type**. In regard to their spirit, God gave both the same newly created spirit (same type). The intention of the verse may be about the **type of material** as opposed to the **material itself**. To clarify that: You use a truck load of clay, divide it into 2 parts and build 2 houses with it. You can say that both houses were made from clay and came from a single source. It doesn't mean that both halves are identical! The clay molecules may be different, one half may have more liquid, etc. However, it is correct to say that both houses were built from a single source of clay!

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا...

"O mankind! Be mindful of your Guardian-Lord, who created you from a single spirit, created, of like nature, his mate",... - 4:1

The first-generation children of Adam had to marry people from outside of Adam's household.

- It is unwise to assume that brothers and sisters got married since that is against religion and it is not one of those laws that can change over time.

- Argument 1 - God created their spouses the same way that He created Adam & Eve and Adam's children married those people. The spouses were also made from clay and were given the same type of spirit as Adam. It means they came from a single source of material's **type** for body and spirit.
- Argument 2 – Some commentators have said that God created creatures like angels for the children of Adam to marry. In this case, the DNA from the body of Adam's children were used in forming the babies and of course God gave the baby the same spirit as Adam and Eve, so the spirit is from a single source or type. Therefore, it could satisfy the verse 4:1 in relation to a single source. This would be similar to Prophet's Jesus (PBUH) birth and how only the DNA from his mother was used. The spirit of Prophet Jesus (PBUH) came from the same source that Adam's spirit came from, and his body was a clay type.
- Argument 3 - Children of Adam married existing humanlike creatures and God created the spirits of those babies by direct command from the same spirit as Adam. Again, it is possible that the DNA from the body of Adam's children were used in forming their babies and of course God gave the babies the same spirit as Adam so both the spirit & bodies were from a single source or type. In other words, the humanlike mothers were just carriers of babies. Therefore, it could satisfy the verse 4:1 in relation to a single source.

14. Timeline for creation of Adam

At the top of the picture, the timeline begins in the past (4.6Ga).



15. Conclusion

God planned to create man from clay about 4.6Ga years ago. He started the process 4.6Ga years ago and let it take its evolutionary course according to His Plan. The ingredients that are named in the creation of man fit the timeline and show a sequence in the creation process. Various living organisms developed finally leading into **humanlike** creatures who existed prior to Adam. So far everything matches scientific research data.

This design of physical body had to be perfected in due proportions before Adam could be created (15:29). Once it reached the point that it was perfect in humanlike around 15000 years ago **OR** the actual creation of Adam perfected the design!

God informed the angels that He wanted to place His representative on Earth. He created Adam by direct Command based on the same template and ingredients that were used for previous humanlike creatures (Adam's body was a new model and due proportions!) but originated from the same material (dust, clay...).

At this point God also created Adam's spirit. A new special spirit that no creature had previously. This spirit had the potential to make Adam better than the angels and to qualify him to be the Representative of God on Earth.