

سُورَةُ النَّاسِ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

(اے رسول (ص) آپ کہہ دیجئے کہ میں پناہ لیتا ہوں سب لوگوں کے پروردگار کی۔

Say: I take refuge with the Lord of Mankind

سب انسانوں کے بادشاہ کی

The King of Mankind

سب لوگوں کے الہ (خدا) کی

The God of Mankind

بار بار وسوسہ ڈالنے بار بار پسپا ہونے والے کے شر سے

From the evil of the slinking whisperer

جو لوگوں کے دلوں میں وسوسہ ڈالتا ہے

Who whispers evil into the hearts of Mankind

خواہ وہ جنوں میں سے ہوں یا انسانوں میں سے

From among Jinn and Mankind

قُلْ اَعُوذُ بِرَبِّ النَّاسِ

مَلِكِ النَّاسِ

اِلٰهِ النَّاسِ

مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

الَّذِي يُوسْوِسُ فِي صُدُوْرِ النَّاسِ

مِنَ الْجِنَّةِ وَالنَّاسِ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

I-nāsi

النَّاسِ

(of) mankind

birabbi

رَبِّ

In (the) Lord

a'ūdhu

اعوذ

I seek refuge

qul

قل

say

1

I-nāsi

النَّاسِ

(of) mankind

ilāhi

إِلٰهٍ

(the) God

I-nāsi

النَّاسِ

(of) mankind

maliki

مَلِكٍ

(the) King

2

I-khanāsi

الْحٰنِئِ

the one who withdraws

I-waswāsi

الْوَسْوٰسِ

(of) the whisperer

sharri

سَرٍّ

(the) evil

min

مِنْ

from

4

I-nāsi

النَّاسِ

(of) mankind

ṣudūri

صُدُوْرٍ

(the) breasts

fī

فِي

in

yuwaswisu

يُوسِوِسِ

whispers

alladhī

الَّذِي

the one who

5

wal-nāsi

وَالنَّاسِ

and men

I-jinati

الْجِنَّةِ

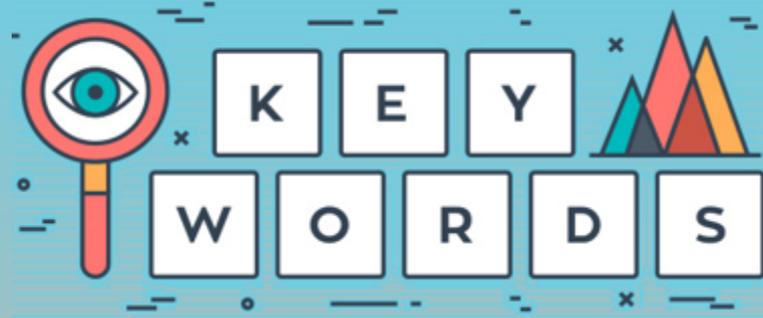
the jinn

mina

مِنْ

from

6



RABB	Absolute Owner
MALIK	King or Ruler (Owner)
ILAHA	Lord, one you worship (Owner)
NAAS	Comes from Nasiyya – to be forgetful
KHANNAS	He steps back

An Example of the Whispering Shaytan winning:

Shaytan incites people to get angry, because anger is a manifestation of the ego/arrogance. If a believer gets angry and does not seek refuge in Allah out of arrogance - so shaytan has succeeded twice.

SURAH CONTENT

1

God is the Lord of humans

2

God is the Master of humans

3

God is worshipped by humans

4

Tempters always lie in ambush

5

Tempters tempt the heart of men

6

Tempters are from the two groups of men and jinn



General Information

- Sūrah a-Naas is also known as **Mu'awwidha**
- It is **114th** and the last sūrah of the Holy Qur'an according to the current compilation.
- It was the **21st** sūrah to be revealed to our Prophet (S) and contains **6** ayaah, **20** words, and **78** letters.
- This is a **Makki** sūrah located in the **30th** juz'.
- It is among the **Mufassalat** (having several short ayaah).
- Sūrah al-Falaq and Sūrah al-Naas are called "**al-Mu'awwidhatayn**". These two suras are also called **Mushaqshaqatayn**, because they are recited at the times of danger.



Merits of Recitation



- It is narrated from the Prophet (S) that whoever recites the two suras of al-Nas and al-Falaq is like someone who has recited all the books of divine prophets (A).
- It is narrated from Imam al-Baqir (A) that whoever recites the surahs of al-Mu'awwidhatayn in three rak'as of his night prayer (Shaf' and Watr prayers), he will be told that, "O servant of God! The good news is for you that God accepted your Watr prayer.
- It is reported that the Prophet (S) mentioned the two surahs of al-Falaq and al-Nas are the most beloved suras before God.

The Most Jealous

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Who is the most JEALOUS against the believers?

Iblees, the shaytan/devil

In Surah al-Falaq, we recognize the outwardly problem of Jealousy.

In Surah an-Naas, we get even more specific information as to the root cause of this envying problem - the shaytan himself who puts waswasa into the hearts of the people.



HEART : According to the Holy Qur'an

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The Holy Qur'an has used the following four (4) words for the human heart:

Sadr

Means CHEST, and when Allah alludes to motives or secrets.

Qalb

Something that turns around and about and upside down.
When Allāh refers to eman and diseases of the heart, Qalb is used.

Fu'aad

Means burning or a flame. Fu'aad is used in the Qur'an to describe the heart when it is engrossed in emotion: happiness, sadness, lust, frustration, anger or regret

Lubb

Mind/Heart not disturbed by vain and miniscule things.
Not afraid to spend time with yourself.



Shaytan can only reach the Sadr ...

Devils primary goal is to whisper in your Sadr, so that evil is instilled in your Qalb – but he does not have a direct access to Qalb. If our Emaan is strong, the waswasa should not have an impact. If we are forgetful or careless, shaytan's whisper will find its way to your Qalb.

A Qalb filled with Emaan will save us from the two possible diseases:

1. Shubahat
2. Shahawat

The **Fu'aad** will be toward content, rather than lust leading us to the journey of Ulil-Albaab.

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Physiologists about Lubb

Two physiologists in the 1970s, John and Beatrice Lacey, conducted a study and found that the brain sent messages to the heart, but that the heart did not automatically obey the messages.

Sometimes the heart sped up, while at other times it slowed down, indicating that the heart itself has its own type of intelligence.

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The Biological Fact

We now know that the heart starts beating before the brain is fully fashioned, that is, without the benefit of a fully formed central nervous system. The dominant theory states that the central nervous system is what controls the entire human being, with the brain at its center. Yet we also know that the nervous system does not initiate the beat of the heart, but that it is actually self-initiated, or, as we would say, initiated by God.

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Religion is more important to us

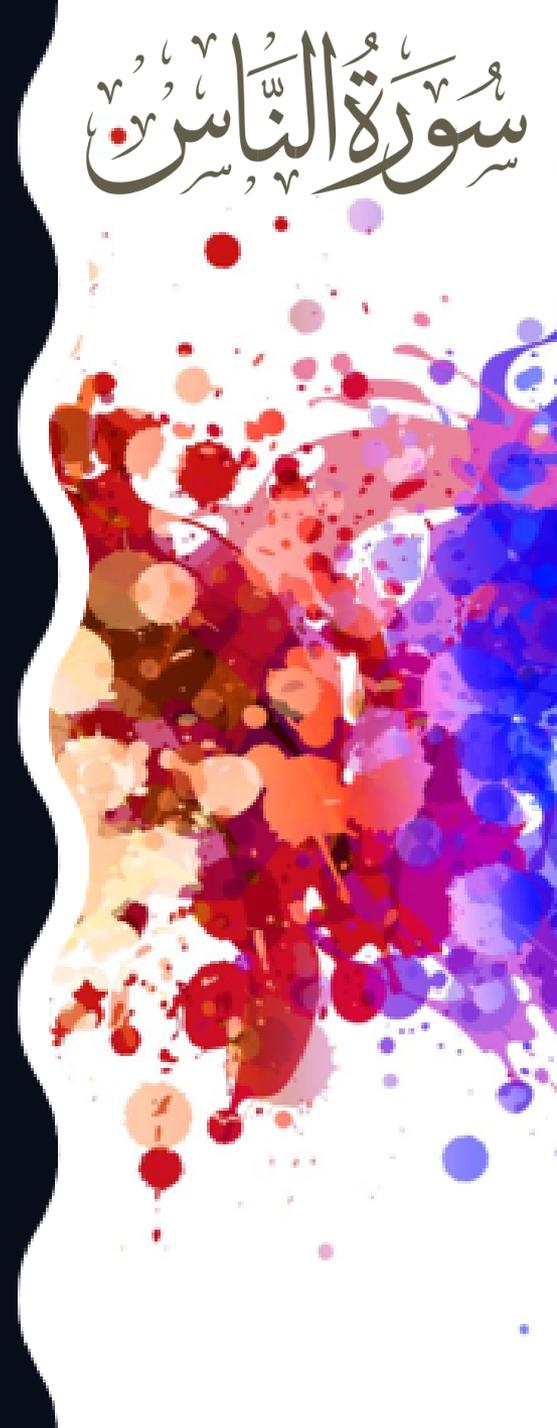
Surah Falaq: mentioned we would get harms in our Worldly Matters.

Surah an-Naas: mentions harms we would get in our Religious matters.

Therefore, in Surah an-Naas, we mention Allah three times, as opposed to once in Surah al-Falaq.

1. Rabb
2. Malik
3. Ilah

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Allah wants to instill humility in us

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As mentioned in Surah al-Falaq, Allah wants us to ask refuge is to show this as an act of:

1. Humility
2. Powerlessness

Because the human rebels, he sees himself as self sufficient ('Alaq 96: 6-7)



Repetition of Naas (3 times)

This is a beautiful psychological progression:

What if people are facing a problem?

STEP ONE: RABB

1. Child goes to caretaker
2. Slave goes to master
3. Employee goes to his boss

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Repetition of Naas (3 times) ...

And if the problem is not solved. The next step is:

STEP TWO: MALIK (KING)

1. Go to the King/Ruler/Government

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Repetition of Naas (3 times) ...

Problem still not solved. So, what is next?

STEP THREE: ILAHA

1. None of the creation can help you, so now you pray to God

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The Message

Accept **Allah** as the
Master and accept
yourself as His slave.

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