



Recite in the Name of your Lord



اقرأ باسم ربك

# SURAH AL 'ALAA





Matters and worries twirl  
Desires and actions are heightened  
Controlling us, chaining us and submitting to it  
Unexpected and misunderstood incidents  
So we drown thinking about it  
Cannot find any answer  
Or think of what to do  
We think of lofty goals and honourable manners  
But what is the way to reach true highness?

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Surah Al 'Alaa



سَبِّحْ اسْمَ رَبِّكَ الْأَعْلَى

**Exalt the name of your Lord, the Most High,**

**O seeker of highness**

Free your Lord The Most High from every imperfection, fault  
and anything that does not suit His perfection  
Free Him from every imperfection with your heart and tongue  
He is The Highest in His Being, Attributes and Actions  
All creation is proportioned in the best stature  
And every creation is guided to what suits it from speech and  
actions  
He brings forth plants and pastures so the creation may feed  
from it

In all states, when flourishing and when dry  
Glorify your Lord The Most High from every  
creation and decree

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Surah Al 'Alaa



سَنُقَرِّئُكَ فَلَا تَنْسَى

We will make you recite, [O Muhammad (ﷺ)], and you will not forget,

O seeker of highness

Glad tidings from Allah to His prophet

Preserved the Qur'an in his chest so he will never  
forget

Except what Allah wills to remain or be forgotten

Easing all matters for him

To go forward and glorify his Lord

Continuing the path of invitation (to Islam)

So believe in the Messenger of Allah, and you will be  
elevated

Believe in His Book and you will ascend

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Surah Al 'Alaa



فَذَكِّرْ إِن نَّفَعَتِ الذِّكْرَى

So remind, if the reminder should benefit;

A lofty role

And high goal

Remind the people, should the reminder benefit

The one who fears his Lord will benefit

Ascending, happy and purified

And the one who does not benefit

Will tire and be miserable

No joy in this life

And no peace in death

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Surah Al 'Alaa



قَدْ أَفْلَحَ مَنْ تَزَكَّى

He has certainly succeeded who purifies himself

O seeker of highness

Each decree is higher

Each matter is higher

Do you not want success?

Success is by purifying the self from shirk and  
disobedience

And purifying it from lowly manners

Remember the Name of your Lord Who took care  
of you, with your heart and tongue

Pray to your Lord



بَلْ تُؤْثِرُونَ الْحَيَاةَ الدُّنْيَا

**But you prefer the worldly life,**

What is the reason for not going higher?

With all these reminders and clarity

Preference of this worldly life

Attachment to it that is hanging us

Listen and remember

The hereafter and what Allah has prepared for  
you from rewards and delights

Is greater than any delight of this life

And everlasting than any blessing of this life

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Surah Al 'Alaa



إِنَّ هَذَا لَفِي الصُّحُفِ الْأُولَى

Indeed, this is in the former scriptures,

صُّحُفِ إِبْرَاهِيمَ وَمُوسَى

The scriptures of Abraham and Moses.

Nothing is new or strange

All is found in the previous scriptures

So o seeker of highness

Do not think elevation is linked to new or modern matters

Do not depend or attach to anyone to take you up

Everything is available and known

Glorify your Lord, that is higher

Do not drown in the ocean of any attachment

Remind and continue with the reminder

Fear your Lord and you will benefit and rejoice

Each incident is to purify yourself and go higher

And connect to your Lord The Most High

You will be in constant prostration and connection

To The Most High



