

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

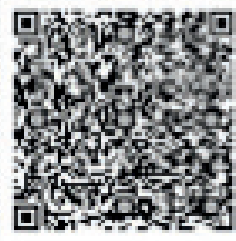
INNER MUSINGS WITH

Surah An Naas



مركز السلام الإسلامي  
AL SALAM ISLAMIC CENTER

IPP-000553



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Request Issuance of Permit Publication/Printing

نتيجة تدقيق مادة علمية  
Result of Auditing the Material

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INNER MUSINGS WITH

## Surah An Naas

Dear diary..

Today Allah taught me Surah An Naas which is about me. Who can tell me about myself better than Allah - the One Who created me? He taught me that..

I need Allah \* \*

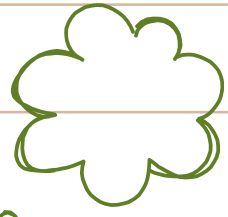
Surah Al Falaq is about outer evils we face so it mentions one name of Allah - Rabb Al Falaq. But Surah An Naas is about our inner struggles so this surah has three Names of Allah - Rabb An Naas, Malik An Naas, Ilaah An Naas.

This shows me how much I need Him.



# Knowing my nafs



- The nafs is always thinking, always feeling - I cannot separate myself from my nafs.
- I need Allah all the time to help me deal with my nafs.
- The nafs quickly gets affected, stressed and worried making it complicated and not enjoy the good things.
- The nafs can be stubborn and not accept what comes to it and want others to see what it sees.
- The nafs wants to always do things right - making it overthink and overburden itself.
- The nafs wants to be free and relieved and this is only by freeing it from its evils - through Surah An Naas.

  
Surah An Naas is about seeking refuge from what spoils our religion, our faith, our love and our connection because these whispers are within us.

# Knowing shaitan

- The shaitan is the head of everything bad and wants us to be complicated, obsessive and not enjoy our lives.
- Iblis was a worshipper and efficient, but the moment he faced the test, it revealed his reality. If we only focus on our progression, on our work and what we do without any feelings, then at any moment we can be exposed.
- The shaitan always wants us to place us in a box, to have things according to plan, but then there is no ihsaan.

 Shaithan + Nafs --> both whisper. 

 Both the shaitan and our nafs does leave us and always whispers. Instead of overthinking and giving in to these whispers, Allah gives us an easy way which is to turn to Him - our Rabb (Nurturer), Malik (King) and Ilaah (God). 

I don't want to be complicated - I want to be easy-going.

I don't want to overthink - I want to be simple.

I don't want to drown in my negative thoughts -

I want to be free and fly.

I don't want to be obsessive - I want to move forward.

I don't want to be unhappy - I want to be happy.

↓ ..and this is only by turning to

my Rabb Who never leaves me

my King Who owns me

my Ilaah Who is Perfect.



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INNER MUSINGS WITH

## Surah An Naas

Dear diary..

I was feeling overwhelmed by my over-thinking, engulfed by whispers and Allah taught me Surah An Naas to give me clarity and support to overcome the whispers..

The Three Surahs \* \* \*

The three final surahs of the Qur'an are called المعوذات

1. Surah Al Ikhlas - to have a strong attachment to Him.
2. Surah Al Falaq - to protect me from the outer evils.
3. Surah An Naas - to protect me from constant whispers that can affect my attachment to Him.

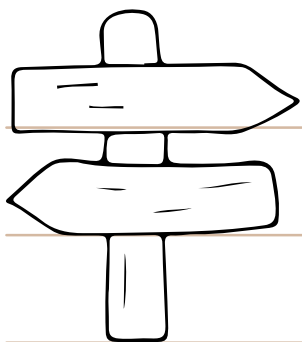


## Whispers of the devil !

- The devil (shaitan) constantly whispers to weaken our attachment to Allah.
- Why do we incline to his whispers? Because he tells us something that is in line with our desires..
- He pumps us with thoughts to boost our ego - the nafs loves this feeling and is satisfied by it.

## Whispers of the angel

- On the other hand, Allah also gave us angels who whisper good things to us.
- These whispers are not according to our desires but according to the truth.
- They are very subtle yet direct and clear.



For example, when we feel hurt by others the angel tells us to pardon whereas the shaitan tells us something that will satisfy our desires.



The truth is always against my ego whereas falsehood and the whispers of the shaitan goes with my ego.

If I listen to the truth over the falsehood and choose what Allah loves over my desires -

*this is taqwa*

These whispers will always be there...

But remember Who else is always there?

*Rabb An Naas  
Malik An Naas  
Ilaah An Naas*



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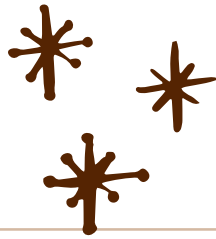
INNER MUSINGS WITH

## Surah An Naas

Dear diary..

I thought I would be better off being by myself, until Allah taught me through Surah An Naas that being with people and knowing my faults is the way for me to be nurtured.

What do I do?



I will surely be tested with people because Allah told us that "And We have made some of you [people] as trial for others - will you have patience?" (Surah Al Furqan, 20)

I cannot escape the whispers of people & the shaitan but I stop drowning in them and focus on the perfection of Allah.

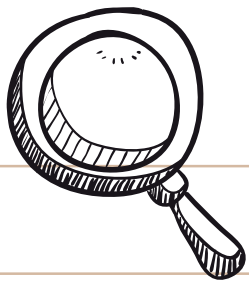


How do I react?

Allah brings people and decrees in our lives not for us to fill ourselves with our own imperfections or the imperfections of the people but to fill ourselves with the perfection of Allah.

Run to Allah....

For example, when I hear any words that break my heart, I do not focus on blaming others or even myself. Instead I quickly remember *Allah Al Jabbar* is the Only One Who can fix my broken heart in ways I cannot imagine and in a way that it will never be broken again.



*I want to magnify Allah..*

.. and not the imperfect actions of His creation.

Allah is..

Rabb An Naas

Everyone is being nurtured by Him.

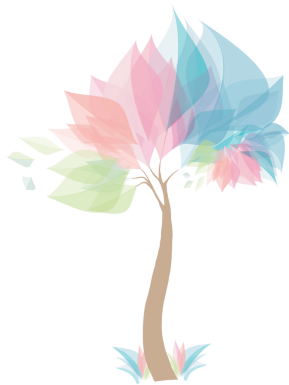
Malik An Naas

He owns everything - not us or anyone else.

Ilaah An Naas

The One Who is Perfect Whom we all worship.

... and this is our purpose -  
to worship Him alone, no one else







INNER MUSINGS WITH

## Surah An Naas

Dear diary..

I was feeling out of place all the time. As if I didn't fit in anywhere. There was this unspoken tension in the air- it did not feel easy and smooth.

Why do I feel awkward? \* \* \*

I kept asking myself this and Allah taught me through Surah An Naas about my human nature which is that-

- I forget
- I like to be familiar and not be awkward

... and that my enemy the shaitan is making me forget and also making me feel awkward.

What is the solution?

To go back to Allah by *His Most Beautiful Names..*



The three Names to protect me from shaitan and make me back to my human nature are...

01- Rabb An Naas



Feelings of awkwardness between people can come when we face different situations. Shaithan not only adds his whispers but even throws words between people to bring uneasy feelings. What helps is to know that we are all going through nurturing. This way we don't focus on 'he said this', 'she did this' but instead to upgrade our mind to..



*Allah is nurturing all of us.*  
so just be pleased with His Nurturing.

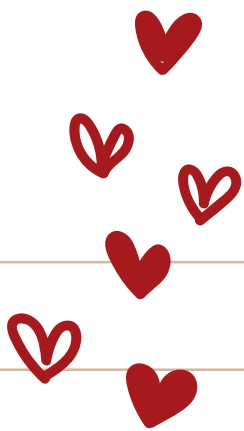
## 02- Malik An Naas ✨

No one owns anything- not me and not anyone else.  
Allah is the King Who put this situation, this decree, this  
command - no one else. Allah is our King and Ruler and  
this makes everyone else on the same level.

Everything is by His Command  
No one else is in control.

## 03- Ilaah An Naas 💕💕

Why are you fighting? Feeling tensed? Go to your Ilaah..  
attach to Him alone. If I take the whisper of shaitan  
seriously, I will not attach to Allah.



There is no one like Him

So why attach to anyone else?







INNER MUSINGS WITH

# Surah An Naas

Dear diary..

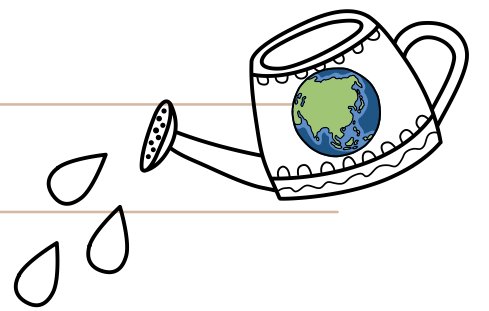
I couldn't understand these empty feelings inside, a numbness within & a foggy mind that made me not think clearly. But through Surah An Naas, Allah taught me about..

Filling the gaps within..

We all have needs, desires, hopes and wishes that we strive day and night to fulfill.

Yet, despite all that we do, we still sense 'gaps' of empty feelings, unspoken tensions, unfulfilled desires..

why do we still feel this emptiness?





We need true, pure feelings... 

We are emotional beings that are driven by feelings.

Focusing on operational tasks and responsibilities can kill the feelings, leaving an emptiness that will quickly be filled by our greatest enemy...

the shaitan

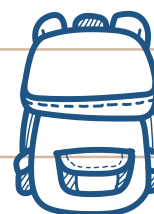
For example..

As parents, we strive to take care of the needs of our children. To take them to school, take care of their meals, their clothes, their things... all of which

can drain us from showing feelings and having strong connections with them. When these needs

are not fulfilled, easily they will turn to other people, games or series...

to fill the gaps.



What does shaitan do?

#1 - He whispers...

again and again and again and again and again...

never tiring, never stopping, in the most subtle yet

persistent way. He scans us, detects our weaknesses and

work on them to make us unhappy, irritable, confused,

anxious, worried, scared... everything we don't want to feel.

.. this is his plot.

These whispers are called 'waswas'

They can come in regular day to day activities like to

obsessively fix the pillows in a room or repeated anxious

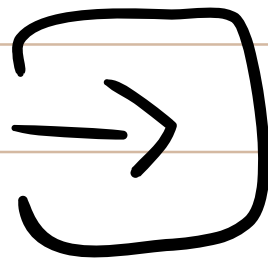
thoughts or even worse when it comes in worships and a

person repeats his wudhu or prayer again and again...

Waswas kills feelings and makes matters difficult.

What does shaitan do?

#2 - He withdraws..



Though shaitan incessantly whispers, he also withdraws and this is hope from Allah. He withdraws when we remember Allah alone. When we are filled with the remembrance of Allah in everything, then there will not be any space for waswas.

.. this is the cure.

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ <sup>قَل</sup>  
أَلَّا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

Those who have believed and whose hearts are assured by the remembrance of Allah . Unquestionably, by the remembrance of Allah hearts are assured."

Surah Ar Ra'id 28





INNER MUSINGS WITH

# Surah An Naas

Dear diary..

These feelings inside are eating me up from within.  
Even when I try to reach out to others, they don't  
understand me or underestimate what I feel...

I realized...

No one can understand me or care for me..

except my Rabb.



No one can help me..

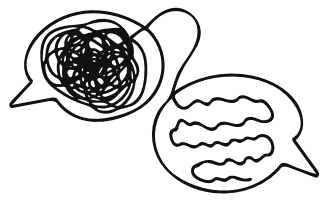
except my King



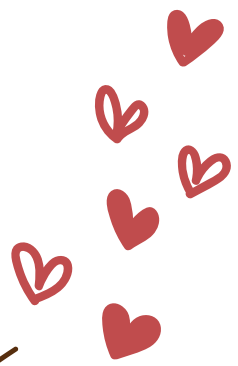
so surely I can turn to no one..

except by Haah - Allah





# Waswas ~~VS~~ Nurturing



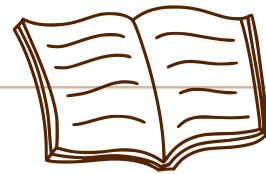
The whispers of shaitan are constant, burning and hasty.



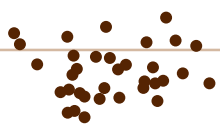
The nurturing of Allah is gentle, smooth and gradual.



These whispers have no solid basis yet one can quickly sink into it like quicksand.



The nurturing of Allah is based on the truth which is the Qur'an and the sunnah.



These whispers make you feel scattered, isolated and even hate each other.



The nurturing of Allah is to bring people together and to be in harmony.

Allah created us

and He will never leave us..

The nurturing to Allah is very subtle and gentle, never rushed. Surely Allah will help us and give us console.

He brings things to enrich us on our way to Him

He will be our Beloved Companion on the way to Him

He is always waiting for us.

It is so important to highlight Him, not ourselves, our problems, our goals or successes. This is very dangerous

But if we always want to highlight Allah - He is

Rabb An Naas, Malik An Naas Ilaah An Naas.



Without Allah nothing makes sense  
and with Allah everything makes sense



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