

*The Human Nafs:  
Her Origin and Characteristics*



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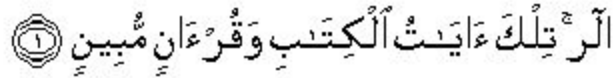
*Assalaamu alaikum wa rahmatullah.*

### **Tasbeeh**

*Surely all praise is due to Allah Lord of all created worlds, the Creator, the Developer, the One Who Gives Final Form. He is the One Who created the human being from one soul and taught him what he did not know. We seek forgiveness of Him, we seek Him for help and assistance and we turn to Him in repentance for all our wrongs. Then we do witness that there is no god except Allah and that Muhammad (saw) is His servant and messenger. May prayers and peace be on Muhammad (saw), the unlettered Prophet and on his family, his companions, his wives, his children and on all his descendants.*

### **About the Quran**

*“Alif Laam Raa; These are the signs of the Book and a Recitation that makes things clear.” (translation of Quran 15:1)*



1. A. L. R. These are  
The Āyats of Revelation,—  
Of a Qur-ān  
That makes things clear.

First consider the “mystical letters”. They are mystical only because no one knows their definite meaning. Yet, every letter of the Quran and Arabic alphabet is mystical as they have evolved to express the will and guidance of Allah for humans and jinn.

One general aspect of Surahs that begin with these letters is that usually a statement about the Quran will follow closely.

Secondly, note that Allah uses both the words “Kitaab” and Quraan. Consider the difference between them.

**Commentary of Yusuf Ali:** The different phrases in which the Quran is characterized bring out his different aspects as a revelation.

Finally, take a moment to consider the meaning of the word “*mubeen*” (clear).

## The Human Nafs: Her Origin and Characteristics

*“Oh you forgetful creatures, protect yourselves with regard to Your Lord Who created you from one soul and created from her, her mate and raised up from the two of them numerous men and women. ...” (translation of Quran 4: 1)*

يٰٓاَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ  
وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً  
وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ

رَقِيبًا ﴿١﴾

1. O mankind! reverence  
Your Guardian-Lord,  
Who created you  
From a single Person,  
Created, of like nature,  
His mate, and from them twain  
Scattered (like seeds)  
Countless men and women;—  
Reverence God, through Whom  
Ye demand your mutual (rights),  
And (reverence) the wombs  
(That bore you): for God  
Ever watches over you.

Allah clearly mentions the creation of the first *nafs* but does not tell us from what this soul is brought into being. On that level the *nafs* is similar to the “*ruh*” about which Allah says (in translation) “They ask you about the ruh. Say the ruh is under the command of my Lord and you have not been given but a little knowledge about her.”

However, beyond this there is a wealth of information in Quran about the nafs. Even this one ayah contains a wealth of insight and understanding. **“These simple and basic facts are very profound having much for human consideration.”** Pondering on the facts related to our origins helps to move us from ignorance to intelligence so that we can receive proper guidance and accept truth. All humanity, which has issued from a single Will, share together in a single kinship and are descendants of a single soul.

### Characteristics of the Nafs

**“By the soul and her structure, then her concern as to her vulnerability and her protective qualities. Surely one succeeds who purifies her and surely one will fail who corrupts her.” (translation of Quran Surah 91:7 – 10)**

وَنَفْسٍ وَمَا سَوَّاهَا ﴿٧﴾

7. By the Soul,  
And the proportion and order  
Given to it;

فَالْهَمَّهَا فَجُورَهَا وَتَقْوَاهَا ﴿٨﴾

8. And its enlightenment  
As to its wrong  
And its right;—

قَدْ أَفْلَحَ مَنْ زَكَّاهَا ﴿٩﴾

9. Truly he succeeds  
That purifies it,

وَقَدْ خَابَ مَنْ دَسَّاهَا ﴿١٠﴾

10. And he fails  
That corrupts it!

Here we are informed about the dual nature of the nafs – her noble, righteous side and her corruptible side. In Quran these aspects are named as two different entities:

1. **An Nafsu amarah bi suh**- **“And I do not dissolve myself of blame. Surely, the soul is commanding to evil except as my Lord has mercy. Truly my Lord is One Who is Forgiving, Compassionate.” (translation of Quran Surah 12: 53)**

﴿ وَمَا أُبْرِئُ نَفْسِي إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي إِنَّ رَبِّي غَفُورٌ رَحِيمٌ ﴾

﴿ ٥٣ ﴾

53. "Nor do I absolve my own self  
(Of blame): the (human) soul  
Is certainly prone to evil,  
Unless my Lord do bestow  
His Mercy: but surely  
My Lord is Oft-Forgiving,  
Most Merciful."

2. **An Nafsu Lawaamah** – “I do swear by the day of resurrection and I do swear by the self-blaming soul” (translation of Quran Surah 75: 1 – 2)

﴿ لَا أَقْسِمُ بِيَوْمِ الْقِيَامَةِ ﴾

1. I do call to witness  
The Resurrection Day;

﴿ وَلَا أَقْسِمُ بِالنَّفْسِ اللَّوَّامَةِ ﴾

2. And I do call to witness  
The self-reproaching spirit:  
(Eschew Evil).

#### **Abilities of the Soul**

1. Endowed with consciousness – Surah 81: 13;

﴿ وَإِذَا الْجَنَّةُ أُنزِلَتْ ﴾

13. And when the Garden  
Is brought near;—

عَلِمَتْ نَفْسٌ مَّا أَحْضَرَتْ ﴿١٤﴾

14. (Then) shall each soul know  
What it has put forward.

Surah 82: 5;

عَلِمَتْ نَفْسٌ مَّا قَدَّمَتْ وَأَخَّرَتْ ﴿٥﴾

5. (Then) shall each soul know  
What it hath sent forward  
And (what it hath) kept back.

59: 18

يَتَأْتِيهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا اللَّهَ

إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ ﴿١٨﴾

18. O ye who believe!  
Fear God,  
And let every soul look  
To what (provision) he has  
Sent forth for the morrow.  
Yea, fear God:  
For God is well-acquainted  
With (all) that ye do.

#### **What benefits the Soul?**

1. Vision to see the obvious – Surah 6: 104

قَدْ جَاءَكُمْ بَصَائِرٌ مِّن رَّبِّكُمْ فَمَنْ أَبْصَرَ فَلِنَفْسِهِ ۖ وَمَنْ عَمِيَ فَعَلَيْهَا

وَمَا أَنَا عَلَيْكُمْ بِحَفِيظٍ ﴿١٠٤﴾

104. "Now have come to you,  
From your Lord, proofs  
(To open your eyes):



And ye shall only do so  
Seeking the "Face"  
Of God. Whatever good  
Ye give, shall be  
Rendered back to you,  
And ye shall not  
Be dealt with unjustly.

3. Accepting the guidance of Quran – 39: 41

قُلْ لِلَّهِ الشَّفَعَةُ جَمِيعًا لَهُ مُلْكُ السَّمَوَاتِ وَالْأَرْضِ ثُمَّ إِلَيْهِ تُرْجَعُونَ



44. Say: "To God belongs  
Exclusively (the right  
To grant) Intercession:  
To Him belongs the dominion  
Of the heavens and the earth:  
In the End, it is to Him  
That ye shall be  
Brought back."

**What causes her harm?**

1. Plotting to harm others unjustly – Surah 4: 113

وَلَوْلَا فَضْلُ اللَّهِ عَلَيْكَ وَرَحْمَتُهُ لَهَمَّت طَآئِفَةٌ مِّنْهُمْ  
أَنْ يُّضِلُّوكَ وَمَا يُضِلُّونَ إِلَّا أَنفُسَهُمْ وَمَا يَضُرُّونَكَ مِنْ شَيْءٍ  
وَأَنْزَلَ اللَّهُ عَلَيْكَ الْكِتَابَ وَالْحِكْمَةَ وَعَلَّمَكَ مَا لَمْ تَكُن تَعْلَمُ وَكَانَ

فَضْلُ اللَّهِ عَلَيْكَ عَظِيمًا

113. But for the Grace of God  
To thee and His Mercy,  
A party of them would  
Certainly have plotted  
To lead thee astray.  
But (in fact) they will only  
Lead their own souls astray,



And to thee they can do  
 No harm in the least.  
 For God hath sent down  
 To thee the Book and Wisdom  
 And taught thee what thou  
 Knewest not (before):  
 And great is the Grace  
 Of God unto thee.

2. Mistreatment of spouse – 2: 231

وَإِذَا طَلَّقْتُمُ النِّسَاءَ فَبَلَغْنَ أَجَلَهُنَّ فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ سَرِّحُوهُنَّ  
 بِمَعْرُوفٍ وَلَا تُمْسِكُوهُنَّ ضِرَارًا لِّتَعْتَدُوا وَمَن يَفْعَلْ ذَلِكَ فَقَدْ ظَلَمَ  
 نَفْسَهُ وَلَا تَتَّخِذُوا آيَاتِ اللَّهِ هُزُوعًا وَادْكُرُوا لِعِمَّتِ اللَّهِ عَلَيْكُمْ وَمَا  
 أَنْزَلَ عَلَيْكُم مِّنَ الْكِتَابِ وَالْحِكْمَةِ لِيُعْظُمَ بِهِ ؕ وَأَتَّقُوا اللَّهَ وَأَعْلَمُوا  
 أَنَّ اللَّهَ بِكُلِّ شَيْءٍ عَلِيمٌ ﴿٢٣١﴾

231. When ye divorce  
 Women, and they fulfil  
 The term of their ('Iddat),  
 Either take them back  
 On equitable terms  
 Or set them free  
 On equitable terms;  
 But do not take them back  
 To injure them, (or) to take  
 Undue advantage;  
 If any one does that,  
 He wrongs his own soul.  
 Do not treat God's Signs  
 As a jest,  
 But solemnly rehearse  
 God's favours on you,  
 And the fact that He  
 Sent down to you  
 The Book  
 And Wisdom,  
 For your instruction.  
 And fear God,  
 And know that God

Is well acquainted  
With all things.

3. Rejecting the Messengers of Allah – Surah 30: 9;

أَوَلَمْ يَسِيرُوا فِي الْأَرْضِ فَيَنْظُرُوا كَيْفَ كَانَ عَاقِبَةُ الَّذِينَ مِن قَبْلِهِمْ  
كَانُوا أَشَدَّ مِنْهُمْ قُوَّةً وَأَثَارُوا الْأَرْضَ وَعَمَرُوهَا أَكْثَرَ مِمَّا عَمَرُوهَا  
وَجَاءَتْهُمْ رُسُلُهُم بِالْبَيِّنَاتِ فَمَا كَانَ اللَّهُ لِيَظْلِمَهُمْ وَلَكِن كَانُوا أَنفُسَهُمْ

يَظْلِمُونَ ﴿٩﴾

9. Do they not travel  
Through the earth, and see  
What was the End  
Of those before them?  
They were superior to them  
In strength: they tilled  
The soil and populated it  
In greater numbers than these  
Have done: there came to them  
Their apostles with Clear (Signs),  
(Which they rejected, to their  
Own destruction): it was not  
God who wronged them, but  
They wronged their own souls.

7: 160

وَقَطَّعْنَاهُمْ أَثْنَتَيْ عَشْرَةَ أَسْبَاطًا أُمَمًا وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ إِذِ اسْتَسْقَاهُ  
 قَوْمُهُ أَنِ اضْرِبْ بِعَصَاكَ الْحَجَرَ ۖ فَانْبَجَسَتْ مِنْهُ اثْنَتَا عَشْرَةَ عَيْنًا قَدْ  
 عَلِمَ كُلُّ أُنَاسٍ مَّشْرَبَهُمْ وَظَلَّلْنَا عَلَيْهِمُ الْغَمَمَ وَأَنْزَلْنَا عَلَيْهِمُ الْمَنَّ  
 وَالسَّلْوَىٰ ۖ كُلُوا مِن طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَمَا ظَلَمُونَا وَلَكِن كَانُوا  
 أَنْفُسَهُمْ يَظْلِمُونَ ﴿١٦٠﴾

160. We divided them into twelve Tribes  
 Or nations. We directed  
 Moses by inspiration,  
 When his (thirsty) people asked  
 Him for water: "Strike the rock  
 With thy staff": out of it  
 There gushed forth twelve springs:  
 Each group knew its own place  
 For water. We gave them  
 The shade of clouds, and sent  
 Down to them manna and quails,  
 (Saying): "Eat of the good things  
 We have provided for you":  
 (But they rebelled); to Us  
 They did no harm, but  
 They harmed their own souls.

4. Rejecting the ayaat of Allah – Surah 7: 177

سَاءَ مَثَلًا لِّلْقَوْمِ الَّذِينَ كَذَّبُوا بِآيَاتِنَا وَأَنْفُسَهُمْ كَانُوا يَظْلِمُونَ ﴿١٧٧﴾

177. Evil as an example are  
 People who reject Our Signs  
 And wrong their own souls.

5. Being ungrateful for the blessings of Allah – Surah 2: 56

ثُمَّ بَعَثْنَاكُمْ مِنْ بَعْدِ مَوْتِكُمْ لَعَلَّكُمْ تَشْكُرُونَ ﴿٥٦﴾

56. Then We raised you up  
After your death:  
Ye had the chance  
To be grateful.

**Steps to take when one has wronged the soul.**

1. Realizing the wrong is self-inflicted – Surah 10: 44

إِنَّ اللَّهَ لَا يَظْلِمُ النَّاسَ شَيْئًا وَلَكِنَّ النَّاسَ أَنفُسَهُمْ يَظْلِمُونَ ﴿٤٤﴾

44. Verily God will not deal  
Unjustly with man in aught:  
It is man that wrongs  
His own soul.

2. Seek forgiveness quickly – Surah 4: 110

وَمَنْ يَعْمَلْ سُوءًا أَوْ يَظْلِمْ نَفْسَهُ ثُمَّ يَسْتَغْفِرِ اللَّهَ يَجِدِ اللَّهَ غَفُورًا  
رَّحِيمًا ﴿١١٠﴾

110. If any one does evil  
Or wrongs his own soul  
But afterwards seeks  
God's forgiveness, he will find  
God Oft-forgiving,  
Most Merciful.

3. Use the noble duah from Quran – duah of Adam and Hawwah Surah 7: 23;

قَالَا رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا  
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ ﴿٢٣﴾

23. They said: "Our Lord!  
We have wronged our own souls:  
If Thou forgive us not  
And bestow not upon us  
Thy Mercy, we shall  
Certainly be lost."

duah of Musaa – Surah 28: 16;

قَالَ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي فَغَفَرَ لَهُ إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ



16. He prayed: "O my Lord!  
I have indeed wronged my soul!  
Do Thou then forgive me!"  
So (God) forgave him: for He  
Is the Oft-Forgiving, Most Merciful.

duah of Belqis – Surah 27: 44

قِيلَ لَهَا ادْخُلِي الصَّرْحَ فَلَمَّا رَأَتْهُ حَسِبَتْهُ لُجَّةً وَكَشَفَتْ عَن سَاقِيهَا قَالَتْ إِنَّهُ صَرْحٌ مُّمَرَّدٌ مِّن قَوَارِيرَ قَالَتْ رَبِّ إِنِّي ظَلَمْتُ نَفْسِي وَأَسْلَمْتُ مَعَ

سُلَيْمَانَ لِلَّهِ رَبِّ الْعَالَمِينَ

44. She was asked to enter  
The lofty Palace: but  
When she saw it, she  
Thought it was a lake  
Of water, and she (tucked up  
Her skirts), uncovering her legs.  
He said: "This is  
But a palace paved  
Smooth with slabs of glass."  
She said: "O my Lord!  
I have indeed wronged"  
My soul: I do (now)  
Submit (in Islam), with Solomon,  
To the Lord of the Worlds."

4. Do good to replace the wrong.

**The soul's experience during life:**

1. Being sold for a miserable price – Surah 2: 102

وَاتَّبَعُوا مَا تَتْلُوا الشَّيَاطِينُ عَلَىٰ مُلْكِ سُلَيْمَانَ ۖ وَمَا كَفَرَ سُلَيْمَانُ وَلَٰكِنَّ  
 الشَّيَاطِينَ كَفَرُوا يُعَلِّمُونَ النَّاسَ السِّحْرَ ۖ وَمَا أُنزِلَ عَلَى الْمَلَائِكَةِ بِبَابِلَ  
 هَارُوتَ وَمَارُوتَ ۖ وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ حَتَّى يَقُولَا إِنَّمَا نَحْنُ فِتْنَةٌ  
 فَلَا تَكْفُرْ ۖ فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ ۚ  
 وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ ۖ وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ  
 وَلَا يَنْفَعُهُمْ ۖ وَلَقَدْ عَلِمُوا لَمَنِ اشْتَرَاهُ مَا لَهُ فِي الْآخِرَةِ مِنْ خَلْقٍ

وَلَيْتَسَّ مَا شَرَوْا بِهِ ۖ أَنفُسَهُمْ لَوْ كَانُوا يَعْلَمُونَ ﴿١٠٢﴾

102. They followed what the evil ones  
 Gave out (falsely)  
 Against the power  
 Of Solomon: the blasphemers  
 Were, not Solomon, but  
 The evil ones, teaching men  
 Magic, and such things  
 As came down at Babylon  
 To the angels Hārūt and Mārūt.  
 But neither of these taught anyone  
 (Such things) without saying:  
 "We are only for trial;  
 So do not blaspheme."  
 They learned from them  
 The means to sow discord  
 Between man and wife.  
 But they could not thus  
 Harm anyone except  
 By God's permission.  
 And they learned what harmed them,  
 Not what profited them.  
 And they knew that the buyers  
 Of (magic) would have  
 No share in the happiness  
 Of the Hereafter. And vile  
 Was the price for which

They did sell their souls,  
If they but knew!

2. Remembering Allah – Surah 7: 205

وَأَذْكُرْ رَبَّكَ فِي نَفْسِكَ تَضَرُّعًا وَخِيفَةً وَدُونَ الْجَهْرِ مِنَ الْقَوْلِ بِالْغُدُوِّ  
وَالْآصَالِ وَلَا تَكُن مِّنَ الْغَافِلِينَ ﴿٢٠٥﴾

205. And do thou (O reader!)  
Bring thy Lord to remembrance  
In thy (very) soul,  
With humility and in reverence,  
Without loudness in words,  
In the mornings and evenings;  
And be not thou  
Of those who are unheedful.

(consider this with Surah 13: 28)

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ  
الْقُلُوبُ ﴿٢٨﴾

28. "Those who believe, and whose hearts  
Find satisfaction in the remembrance  
Of God: for without doubt  
In the remembrance of God  
Do hearts find satisfaction.

3. Will only experience what she has earned and can handle – Surah 2: 233;

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ  
 يُتِمَّ الرَّضَاعَةَ وَعَلَى الْمَوْلُودِ لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ  
 لَا تُكَلَّفُ نَفْسٌ إِلَّا وُسْعَهَا لَا تُضَارَّ وَالِدَةٌ بِوَلَدِهَا وَلَا مَوْلُودٌ  
 لَهُ بِوَالِدَيْهِ وَعَلَى الْوَارِثِ مِثْلُ ذَلِكَ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ  
 مِّنْهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيْهِمَا وَإِنْ أَرَدْتُمْ أَنْ تَسْتَرْضِعُوا  
 أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا آتَيْتُمْ بِالْمَعْرُوفِ

وَأَتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ ﴿٢٣٣﴾

233. The mothers shall give suck  
 To their offspring  
 For two whole years,  
 If the father desires  
 To complete the term.  
 But he shall bear the cost  
 Of their food and clothing  
 On equitable terms.  
 No soul shall have  
 A burden laid on it  
 Greater than it can bear.  
 No mother shall be  
 Treated unfairly  
 On account of her child.  
 Nor father  
 On account of his child,  
 An heir shall be chargeable  
 In the same way.  
 If they both decide  
 On weaning,  
 By mutual consent,  
 And after due consultation,  
 There is no blame on them.  
 If ye decide  
 On a foster-mother  
 For your offspring,



There is no blame on you,  
 Provided ye pay (the mother)  
 What ye offered,  
 On equitable terms.  
 But fear God and know  
 That God sees well  
 What ye do.

2: 286;

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا أُكْتَسَبَتْ رَبَّنَا لَا  
 تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِكْرًا كَمَا حَمَلْتَهُ  
 عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ط وَأَعْفُ عَنَّا وَاعْفِرْ  
 لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

286. On no soul doth God  
 Place a burden greater  
 Than it can bear.  
 It gets every good that it earns,  
 And it suffers every ill that it earns.  
 (Pray:) "Our Lord!  
 Condemn us not  
 If we forget or fall  
 Into error; our Lord!  
 Lay not on us a burden  
 Like that which Thou  
 Didst lay on those before us;  
 Our Lord! lay not on us  
 A burden greater than we  
 Have strength to bear.  
 Blot out our sins,  
 And grant us forgiveness,  
 Have mercy on us.  
 Thou art our Protector;  
 Help us against those  
 Who stand against Faith"

Surah 6: 152;

وَلَا تَقْرَبُوا مَالَ الْيَتِيمِ إِلَّا بِالَّتِي هِيَ أَحْسَنُ حَتَّىٰ يَبْلُغَ أَشُدَّهُ ۗ وَأَوْفُوا  
 الْكَيْلَ وَالْمِيزَانَ بِالْقِسْطِ ۗ لَا نُكَلِّفُ نَفْسًا إِلَّا وُسْعَهَا ۗ وَإِذَا قُلْتُمْ فَاعْدُوا  
 وَلَوْ كَانَ ذَا قُرْبَىٰ ۗ وَبِعَهْدِ اللَّهِ أَوْفُوا ذَٰلِكُمْ وَصَدِّكُمْ بِهِ لَعَلَّكُمْ

تَذَكَّرُونَ ﴿١٥٢﴾

152. And come not nigh  
 To the orphan's property,  
 Except to improve it,  
 Until he attain the age  
 Of full strength; give measure  
 And weight with (full) justice;—  
 No burden do We place  
 On any soul, but that  
 Which it can bear;—  
 Whenever ye speak, speak justly,  
 Even if a near relative  
 Is concerned; and fulfil  
 The Covenant of God:  
 Thus doth He command you,  
 That ye may remember.

Surah 7: 42

وَالَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ لَا نُكَلِّفُ نَفْسًا إِلَّا وُسْعَهَا أُولَٰئِكَ  
 أَصْحَابُ الْجَنَّةِ ۗ هُمْ فِيهَا خَالِدُونَ ﴿٤٢﴾

42. But those who believe  
 And work righteousness,—  
 No burden do We place  
 On any soul, but that  
 Which it can bear,  
 They will be Companions

Of the Garden, therein  
To dwell (for ever).

4. Will experience faith only by the permission of Allah – Surah 10: 100

وَمَا كَانَ لِنَفْسٍ أَنْ تُؤْمِنَ إِلَّا بِإِذْنِ اللَّهِ وَيَجْعَلُ الرَّجْسَ عَلَى الَّذِينَ لَا  
يَعْقِلُونَ ﴿١٠٠﴾

100. No soul can believe, except  
By the Will of God,  
And He will place Doubt  
(Or obscurity) on those  
Who will not understand.

5. Will have guardians – Surah 86: 4

إِنَّ كُلَّ نَفْسٍ لَّمَّا عَلَيْهَا حَافِظٌ ﴿٤﴾

4. There is no soul but has  
A protector over it.

6. Allah will take them during the sleep and at night – Surah 6: 60;

وَهُوَ الَّذِي يَتَوَفَّاكُم بِاللَّيْلِ وَيَعْلَمُ مَا جَرَحْتُم بِالنَّهَارِ ثُمَّ يَبْعَثْكُمْ فِيهِ  
لِيُقْضَىٰ أَجَلٌ مُّسَمًّى ثُمَّ إِلَيْهِ مَرْجِعُكُمْ ثُمَّ يُنَبِّئُكُم بِمَا كُنتُمْ تَعْمَلُونَ

﴿٦٠﴾

60. It is He Who doth take  
Your souls by night,  
And hath knowledge of all  
That ye have done by day:  
By day doth He raise  
You up again; that a term  
Appointed be fulfilled;  
In the end unto Him  
Will be your return;

Then will He show you  
The truth of all  
That ye did.

Surah 39: 42

اللَّهُ يَتَوَفَّى الْأَنْفُسَ حِينَ مَوْتِهَا وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا  
فَيُمْسِكُ الَّتِي قَضَىٰ عَلَيْهَا الْمَوْتَ وَيُرْسِلُ الْأُخْرَىٰ إِلَىٰ أَجَلٍ مُّسَمًّى  
إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّقَوْمٍ يَتَفَكَّرُونَ ﴿٤٢﴾

42. It is God that takes  
The souls (of men) at death;  
And those that die not  
(He takes) during their sleep:  
Those on whom He  
Has passed the decree  
Of death, He keeps back  
(From returning to life),  
But the rest He sends  
(To their bodies)  
For a term appointed.  
Verily in this are Signs  
For those who reflect.

### **The loss of the soul**

1. Lack of belief in Revelation is a sign – Surah 6: 12;

قُلْ لِمَن مَّا فِي السَّمٰوٰتِ وَالْاَرْضِ قُلْ لِلّٰهِ كَتَبَ عَلٰى نَفْسِهٖ الرَّحْمَۃَ  
لِيَجْمَعَنَّكُمْ اِلٰى يَوْمِ الْقِيٰمَةِ لَا رَيْبَ فِيْهِ الَّذِيْنَ خَسِرُوْا اَنْفُسَهُمْ فَهُمْ  
لَا يُؤْمِنُوْنَ ﴿١٢﴾

12. Say: "To whom I elongeth  
All that is in the heavens  
And on earth?" Say:  
"To God. He hath inscribed  
For Himself (the rule of) Mercy.

That He will gather you  
Together for the Day of Judgment,  
There is no doubt whatever.  
It is they who have lost  
Their own souls, that will  
Not believe.

6: 20

الَّذِينَ آتَيْنَاهُمُ الْكِتَابَ يَعْرِفُونَهُ كَمَا يَعْرِفُونَ أَبْنَاءَهُمُ الَّذِينَ  
خَسِرُوا أَنْفُسَهُمْ فَهُمْ لَا يُؤْمِنُونَ ﴿٢٠﴾

20. Those to whom  
We have given the Book  
Know this as they know  
Their own sons.  
Those who have lost  
Their own souls  
Refuse therefore to believe.

2. Loss of the soul is the greatest loss – Surah 39: 15

فَاعْبُدُوا مَا شِئْتُمْ مِنْ دُونِهِ ۗ قُلْ إِنَّ الْخَاسِرِينَ الَّذِينَ خَسِرُوا أَنْفُسَهُمْ  
وَأَهْلِيهِمْ يَوْمَ الْقِيَامَةِ ۗ أَلَا ذَلِكَ هُوَ الْخُسْرَانُ الْمُبِينُ ﴿١٥﴾

15. "Serve ye what ye will  
Besides Him." Say:  
"Truly, those in loss  
Are those who lose  
Their own souls  
And their People  
On the Day of Judgment:  
Ah! that is indeed  
The (real and) evident Loss!

### **Responsibility**

1. Surah 5: 105

يَتَأْتِيهَا الَّذِينَ ءَامَنُوا عَلَيْكُمْ أَنفُسَكُمْ لَا يَضُرُّكُمْ مِّنْ ضَلَّ إِذَا اهْتَدَيْتُمْ  
إِلَى اللَّهِ مَرَجِعُكُمْ جَمِيعًا فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ﴿١٠٥﴾

105. 108 O ye who believe!  
Guard your own souls:  
If ye follow (right) guidance,  
No hurt can come to you  
From those who stray.  
The goal of you all  
Is to God: it is He  
That will show you  
The truth of all  
That ye do.

2. Surah 66: 6

يَتَأْتِيهَا الَّذِينَ ءَامَنُوا قُوًا أَنفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ  
وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَاظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ  
مَا يُؤْمَرُونَ ﴿٦﴾

6. O ye who believe!  
Save yourselves and your  
Families from a Fire  
Whose fuel is Men  
And Stones, over which  
Are (appointed) angels  
Stern (and) severe,  
Who flinch not (from  
Executing) the Commands  
They receive from God,  
But do (precisely) what  
They are commanded.

**All will taste death** – Surah 3: 185;

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ وَإِنَّمَا تُوَفَّقُونَ أُجُورَكُمْ يَوْمَ الْقِيَامَةِ فَمَنْ زُحِرَ  
عَنِ النَّارِ وَأُدْخِلَ الْجَنَّةَ فَقَدْ فَازَ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ



185. Every soul shall have  
A taste of death:  
And only on the Day  
Of Judgment shall you  
Be paid your full recompense.  
Only he who is saved  
Far from the Fire  
And admitted to the Garden  
Will have attained  
The object (of Life):  
For the life of this world  
Is but goods and chattels  
Of deception.

Surah 21: 35

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ وَنَبَلُّوكُم بِالشَّرِّ وَالْخَيْرِ فِتْنَةً وَإِلَيْنَا تُرْجَعُونَ



35. Every soul shall have  
A taste of death:  
And We test you  
By evil and by good  
By way of trial.  
To Us must ye return.

**Cannot die except by Allah's permission** – Surah 3: 145

وَمَا كَانَ لِنَفْسٍ أَنْ تَمُوتَ إِلَّا بِإِذْنِ اللَّهِ كِتَابًا مُؤَجَّلًا وَمَنْ يُرِدْ ثَوَابَ  
الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ يُرِدْ ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا وَسَنَجْزِي

الشَّاكِرِينَ ﴿١٤٥﴾

145. Nor can a soul die  
Except by God's leave,  
The term being fixed  
As by writing. If any  
Do desire a reward  
In this life, We shall give it  
To him; and if any  
Do desire a reward  
In the Hereafter, We shall  
Give it to him.  
And swiftly shall We reward  
Those that (serve us with) gratitude.

**Will receive just treatment** – Surah 3: 25;

فَكَيْفَ إِذَا جَمَعْنَاهُمْ لِيَوْمٍ لَا رَيْبَ فِيهِ وَوُفِّيَتْ  
كُلُّ نَفْسٍ مَّا كَسَبَتْ وَهُمْ لَا يُظْلَمُونَ ﴿٢٥﴾

25. But how (will they fare)  
When We gather them together  
Against a Day about which  
There is no doubt,  
And each soul will be paid out  
Just what it has earned,  
Without (favour or) injustice?

Surah 3: 161\*;

وَمَا كَانَ لِنَبِيٍّ أَنْ يَغُلُّ وَمَنْ يَغُلُّ يَأْتِ بِمَا غَلَّ يَوْمَ الْقِيَامَةِ ثُمَّ تُوَفَّى كُلُّ  
نَفْسٍ مَّا كَسَبَتْ وَهُمْ لَا يُظْلَمُونَ ﴿١٦١﴾



161. No prophet could (ever)  
 Be false to his trust.  
 If any person is so false,  
 He shall, on the Day  
 Of Judgment, restore  
 What he misappropriated;  
 Then shall every soul  
 Receive its due,—  
 Whatever it earned,—  
 And none shall be  
 Dealt with unjustly.

Surah 14: 51;

لِيَجْزِيَ اللَّهُ كُلَّ نَفْسٍ مَّا كَسَبَتْ إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿٥١﴾

51. That God may requite  
 Each soul according  
 To its deserts;  
 And verily God is Swift  
 In calling to account.

Surah 16: 111

﴿يَوْمَ تَأْتِي كُلُّ نَفْسٍ تُجَادِلُ عَنْ نَفْسِهَا وَتُوَفَّى كُلُّ نَفْسٍ مَّا عَمِلَتْ  
 وَهُمْ لَا يُظْلَمُونَ﴾ ﴿١١١﴾

111. One Day every soul  
 Will come up struggling  
 For itself, and every soul  
 Will be recompensed (fully)  
 For all its actions, and none  
 Will be unjustly dealt with.

Surah 36: 54;

﴿فَالْيَوْمَ لَا تُظْلَمُ نَفْسٌ شَيْئًا وَلَا تُجْزَوْنَ إِلَّا مَا كُنْتُمْ تَعْمَلُونَ﴾ ﴿٥٤﴾

54. Then, on that Day,  
 Not a soul will be

Wronged in the least,  
And ye shall but  
Be repaid the meeds  
Of your past Deeds.

Surah 45: 22\*

وَخَلَقَ اللَّهُ السَّمَوَاتِ وَالْأَرْضَ بِالْحَقِّ وَلِتُجْزَىٰ كُلُّ نَفْسٍ  
بِمَا كَسَبَتْ وَهُمْ لَا يُظْلَمُونَ ﴿٢٢﴾

22. God created the heavens  
And the earth for  
Just ends, and in order  
That each soul may find  
The recompense of what  
It has earned, and none  
Of them be wronged.

**Experiencing the separation from the body**

1. Surah 4: 97

إِنَّ الَّذِينَ تَوَفَّيْنَاهُمُ الْمَلَائِكَةَ ظَالِمِينَ أَنْفُسِهِمْ قَالُوا فِيمَ كُنْتُمْ قَالُوا كُنَّا  
مُسْتَضْعَفِينَ فِي الْأَرْضِ قَالُوا أَلَمْ تَكُنْ أَرْضَ اللَّهِ وَاسِعَةً فَتُهَاجِرُوا فِيهَا  
فَأُولَٰئِكَ مَا أُنْهَمُ جَهَنَّمَ وَسَاءَتْ مَصِيرًا ﴿٩٧﴾

97. When angels take  
The souls of those  
Who die in sin  
Against their souls,  
They say: "In what (plight)  
Were ye?" They reply:  
"Weak and oppressed  
Were we in the earth."  
They say: "Was not  
The earth of God  
Spacious enough for you  
To move yourselves away  
(From evil)?" Such men

Will find their abode  
In Hell,—What an evil  
Refuge!—

2. Surah 6: 61 (Angels taking the souls);

وَهُوَ الْقَاهِرُ فَوْقَ عِبَادِهِ ۖ وَيُرْسِلُ عَلَيْكُمْ حَفَظَةً حَتَّىٰ  
إِذَا جَاءَ أَحَدَكُمْ الْمَوْتُ تَوَفَّتْهُ رُسُلُنَا وَهُمْ لَا يُفِرُّونَ ﴿٦١﴾

61. He is the Irresistible, (watching)  
From above over His worshippers,  
And He sets guardians  
Over you. At length,  
When death approaches  
One of you, Our angels  
Take his soul, and they  
Never fail in their duty.

6: 93\*

وَمَنْ أَظْلَمُ مِمَّنِ افْتَرَىٰ عَلَى اللَّهِ كَذِبًا أَوْ قَالَ أُوحِيَ إِلَيَّ وَلَمْ يُوحَ  
إِلَيْهِ شَيْءٌ ۖ وَمَنْ قَالَ سَأُنزِلُ مِثْلَ مَا أَنْزَلَ اللَّهُ وَلَوْ تَرَىٰ إِذِ  
الظَّالِمُونَ فِي غَمَرَاتِ الْمَوْتِ وَالْمَلَائِكَةُ بَاسِطُو أَيْدِيهِمْ أَخْرَجُوا  
أَنْفُسَكُمْ ۖ الْيَوْمَ تُجْزَوْنَ عَذَابَ الْهُونِ بِمَا كُنْتُمْ تَقُولُونَ عَلَى اللَّهِ غَيْرَ  
الْحَقِّ وَكُنْتُمْ عَنْ آيَاتِهِ تَسْتَكْبِرُونَ ﴿٩٣﴾

93. Who can be more wicked  
Than one who inventeth  
A lie against God,  
Or saith, "I have  
Received inspiration,"  
When he hath received  
None, or (again) who saith,  
"I can reveal the like  
Of what God hath revealed"?

If thou couldst but see  
 How the wicked (do fare)  
 In the flood of confusion  
 At death!—the angels  
 Stretch forth their hands,  
 (Saying), "Yield up your souls:  
 This day shall ye receive  
 Your reward,—a penalty  
 Of shame, for that ye used  
 To tell lies against God,  
 And scornfully to reject  
 Of His Signs!"

3. Surah 8: 50

وَلَوْ تَرَىٰ إِذِ يَتَوَفَّى الَّذِينَ كَفَرُوا الْمَلَائِكَةُ يَضْرِبُونَ  
 وُجُوهَهُمْ وَأَدْبَرَ هُمْ وَذُوقُوا عَذَابَ الْحَرِيقِ ﴿٥٠﴾

50. If thou couldst see,  
 When the angels take the souls  
 Of the Unbelievers (at death),  
 (How) they smite their faces  
 And their backs, (saying):  
 "Taste the Penalty of the blazing Fire—

4. Surah 47: 27

فَكَيْفَ إِذَا تَوَفَّتْهُمُ الْمَلَائِكَةُ يَضْرِبُونَ وُجُوهَهُمْ وَأَدْبَرَ هُمْ ﴿٢٧﴾

27. But how (will it be)  
 When the angels take  
 Their souls at death,  
 And smite their faces  
 And their backs?

5. Surah 79: 1 – 2 (the taking of the evil souls and the peaceful ones)

وَالنَّازِعَاتِ غَرْقًا ﴿١﴾

1. By the (angels)  
Who tear out  
(The souls of the wicked)  
With violence;

وَالنَّشِيطَاتِ نَشْطًا ﴿٢﴾

2. By those who gently  
Draw out (the souls  
Of the blessed);

Surah 75: 26 (when the soul reaches the collar bone)

كَلَّا إِذَا بَلَغَتِ التَّرَاقِيَ ﴿٢٦﴾

26. Yea, when (the soul)  
Reaches to the collar-bone  
(In its exit),

**Her consciousness on the day of resurrection**

Surah 3: 30;

يَوْمَ تَجِدُ كُلُّ نَفْسٍ مَّا عَمِلَتْ مِنْ خَيْرٍ مُّحْضَرًا وَمَا عَمِلَتْ مِنْ سُوءٍ تَوَدُّ  
لَوْ أَنَّ بَيْنَهَا وَبَيْنَهُ أَمَدًا بَعِيدًا وَيُحَذِّرُكُمُ اللَّهُ نَفْسَهُ وَاللَّهُ رَءُوفٌ  
بِالْعِبَادِ ﴿٣٠﴾

30. "On the Day when every soul  
Will be confronted  
With all the good it has done,  
And all the evil it has done,  
It will wish there were  
A great distance  
Between it and its evil.  
But God cautions you  
(To remember) Himself.  
And God is full of kindness  
To those that serve Him."

Surah 39: 56

أَنْ تَقُولَ نَفْسٌ يَحْسَرْتُنِي عَلَى مَا فَرَّطْتُ فِي جَنْبِ اللَّهِ وَإِنْ  
كُنْتُ لِمِنَ السَّخِرِينَ ﴿٥٦﴾

56. "Lest the soul should (then)

Say: "Ah! woe is me!—

In that I neglected

(My Duty) towards God,

And was but among those

Who mocked!"—

**The sorting out of the souls** – Surah 81: 7

وَإِذَا النُّفُوسُ زُوِّجَتْ ﴿٧﴾

7. When the souls

Are sorted out,

(Being joined, like with like);

**Final Reward** – Surah 36: 54;

فَالْيَوْمَ لَا تُظْلَمُ نَفْسٌ شَيْئًا وَلَا تُجْرَوْنَ إِلَّا مَا كُنْتُمْ تَعْمَلُونَ ﴿٥٤﴾

54. Then, on that Day,

Not a soul will be

Wronged in the least,

And ye shall but

Be repaid the meeds

Of your past Deeds.

Surah 79: 41;

فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَىٰ ﴿٤١﴾

41. Their Abode will be

The Garden.

Surah 89: 27

يَا أَيُّهَا النَّفْسُ الْمُطْمَئِنَّةُ ﴿٢٧﴾

27. (To the righteous soul  
Will be said:)  
"O (thou) soul,  
In (complete) rest  
And satisfaction!

**Duah:** Surah 7: 126;

وَمَا تَنْقِمُ مِنَّا إِلَّا أَنْ آمَنَّا بِآيَاتِ رَبِّنَا لَمَّا جَاءَنَا رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا  
وَتَوَفَّنَا مُسْلِمِينَ ﴿١٢٦﴾

126. "But thou dost wreak  
Thy vengeance on us  
Simply because we believed  
In the Signs of our Lord  
When they reached us!  
Our Lord! pour out on us  
Patience and constancy, and take  
Our souls unto Thee  
As Muslims (who bow  
To Thy Will)!

Surah 12: 101

﴿١٠١﴾ رَبِّ قَدْ آتَيْتَنِي مِنَ الْمُلْكِ وَعَلَّمْتَنِي مِنْ تَأْوِيلِ  
الْأَحَادِيثِ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّ فِى  
الدُّنْيَا وَالْآخِرَةِ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ ﴿١٠١﴾

101. "O my Lord! Thou hast  
Indeed bestowed on me  
Some power, and taught me  
Something of the interpretation  
Of dreams and events,—O Thou

Creator of the heavens  
And the earth! Thou art  
My Protector in this world  
And in the Hereafter.  
Take Thou my soul (at death)  
As one submitting to Thy Will  
(As a Muslim), and unite me  
With the righteous."