

SURAH EK KAHANI



Surah Al-Insan

Insan

Poora safar — boond, chunav, aur chaandi ke pyaale —
jaise koi bade pyaar se bachche ko sunata hai



Surah No. 76 • 31 Ayatein • Madani

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Ek Nazar Mein Surah

*Hal ataa 'alal-insaani heenum-minad-dahri lam
yakun shay'am-mazkoora*

1. Kya insan par ek aisa waqt aaya jab wo koi
qaabil-e-zikr cheez na tha?

*Innaa hadaynaahus-sabeela immaa
shaakiranw-wa immaa kafoora*

3. Beshak humne use raah dikha di, chahe shukr kare ya
na-shukri.

*Wa yut'imoonat-ta'aama 'alaa hubbihee
miskeenanw-wa yateemanw-wa aseera*

8. Aur wo khana khilate hain, uski chahat ke bawajood,
miskeen, yateem aur qaidi ko.

*Innamaa nut'imukum li-Wajhil-laahi laa nureedu
minkum jazaaa'anw-wa laa shukoora*

9. Hum tumhein sirf Allah ki raza ke liye khilate hain,
na badla chahte hain na shukriya.

Wa kaana sa'yukum mashkoora

22. Aur tumhari koshish ki qadr ki gayi.

Wa maa tashaaa'oona illaaa any-yashaaa'al-laah

30. Aur tum nahi chahte magar jo Allah chahe.



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Ek Waqt Jab Aap Kuch The Hi Nahi

Beta, ye surah ek aise sawal se shuru hoti hai jo itna khamosh aur itna hila dene wala hai ke ye ek poori raat ke ghaur ka haqdaar hai: 'HAL ATA 'ALAL-INSANI HEENUN MINAD-DAHRI LAM YAKUN SHAY'AN MAZKOORA — kya insan par ek aisa DAUR AAYA jab wo koi QAABIL-E-ZIKR CHEEZ NA THA?'

Iske baare mein sochiye. Ek waqt tha — zyada arsa nahi hua — jab aap bilkul wujood mein hi na the. Na ek jism ke tor par, na ek naam ke tor par, na kisi ke zehen ke ek khayal ke tor par. Duniya chalti rahi: bazaar khulte rahe, nadiyan behti rahin, log hanste rahe — aur aap kuch bhi na the, bay-zikr, bay-naam, zameen ki har guftagu se ghair-haazir.

Aur phir Allah ne faisla kiya ke aap honge. 'INNA KHALAQNAL-INSANA MIN NUTFATIN AMSHAJIN NABTALEEH — beshak humne insan ko ek MILE JULE



qatre se banaya, taake use AZMAYEIN —
FA-JA'ALNAHU SAMEE'AN BASEERA — to humne use
SUNNE aur DEKHNE WALA banaya.'

Beta, is tarteeb ko mehsoos kijiye: ek mile jule qatre se
ek aisi makhlooq tak jo sunti aur dekhti hai. Aur gaur
kijiye kyun: 'nabtaleeh' — use azmane ke liye. Aapke
kaan aur aankhein sajawat ke tor par nahi diye gaye; ye
imtihan ka saamaan ban kar diye gaye.

Aur phir insani azadi ki wo asal ayah: 'INNA
HADAYNAHUS-SABEELA IMMA SHAKIRAN WA IMMA
KAFOORA — beshak humne use RAAH DIKHA DI —
chahe wo SHUKR-GUZAAR ho ya NA-SHUKRA.'

Beta, Allah ne raasta bay-nishan nahi chhoda. Unhone
anbiya bheje, kitabein, ufaq mein nishaniyan, aur seene
ke andar ek zameer. Raah DIKHA di gayi. Aur phir —
Wo chunav ki ijazat dete hain. Shukr-guzaar, ya
na-shukra. Aakhir mein bas yahi do qismen hain:
shakir aur kafoor. Baaqi sab kuch — amir ya ghareeb,
mash-hoor ya gumnaam, sehatmand ya bimar — sirf wo



mahaul hai jismein in do mein se ek jawab diya jata hai.

Wo Khilate Hain, Halanke Use Chahte Hain

Surah mukhtasaran na-shukron ka anjaam dikhati hai — zanjeerein, tauq aur ek bhadakti aag — aur phir, apni zyada tar lambai mein, ek kahin zyada khoobsurat cheez ki taraf mudti hai: AL-ABRAR, nek logon ki tafseeli tasveer. Aur ye tasveer unki namazon se nahi, balki unke DASTARKHWAN se shuru hoti hai.

'YOOFOONA BIN-NADHRI — wo apni MANNATEIN POORI karte hain — WA YAKHAFOONA YAWMAN KANA SHARRUHU MUSTATEERA — aur ek aise Din se DARTE hain jiska shar door door tak phaila hua hoga.' Do nishaniyan pehle, beta: wo Allah se kiye apne waade poore karte hain, aur us Din ka ek sehatmand khauf apne saath rakhte hain.

'WA YUT'IMOONAT-TA'AMA 'ALA HUBBIHI MISKEENAN WA YATEEMAN WA ASEERA — aur wo KHANA KHILATE hain, USKI CHAHAT ke BAWAJOOD,



MISKEEN, YATEEM aur QAIDI ko.'

Beta, har lafz ki jaanch kijiye. Wo khana khilate hain — bacha hua nahi, fazool nahi — "ala hubbihi", jab ke wo khud use chahte hain aur uski khwahish rakhte hain. Yahi farq hai aam sadqe aur ITHAAR ke darmiyan: wo dena jise aap khushi khushi khud kha lete.

Aur teen paane walon ko tarteeb se dekhiye: miskeen, ghareeb shakhs; yateem; aur — subhanAllah — ASEER, QAIDI. Beta, us daur mein qaidi jang ka qaidi hota tha: wo shakhs jo unke khilaf ladne aaya tha, jiski qaum ne unke logon ko maara tha. Aur Quran un momineen ki tareef karta hai jinhone USE khilaya, us khane mein se jise wo khud chahte the. Nabi ﷺ ne sahaba ko qaidiyon ke baare mein hidayat di: unke saath achha sulook karo. Baaz qaidiyon ne baad mein bataya ke unke musalman qaid karne wale unhein roti de dete aur khud khajoor kha lete. Yahi, beta, wo rehmat ka meyaar hai jo is deen ne qaim kiya — aur wo saatvin sadi mein, ek maidan-e-jang mein qaim kiya gaya.



Aur phir wo line jo bata deti hai ke is sab mein se kisi cheez ko qubool kya cheez banati hai: 'INNAMA NUT'IMUKUM LI-WAJHILLAHI — hum tumhein sirf ALLAH KI RAZA ke liye khilate hain — LA NUREEDU MINKUM JAZA'AN WA LA SHUKOORA — hum tumse na BADLA chahte hain na SHUKRIYA.'

Beta, dekhiye wo do cheezon se inkaar karte hain: 'jaza' — badla, koi bhi ehsaan wapsi mein; aur 'shukoor' — ek SHUKRIYA tak. Shukriye ki chhoti si adaayegi tak, saraahe jane ka lutf tak, wo nahi chahte, kyunki wo bhi ek ujrat hai — aur wo apni fees pehle hi Allah ke saath tay kar chuke. Ye Quran mein ikhlaas ke sab se buland darjon mein se ek hai. Apne aap se poochhiye, beta, agli baar jab aap dein: kya main ye tab bhi deta agar kisi ko kabhi pata na chalta, aur koi kabhi shukriya na kehta?

Aur unka mahrik: 'INNA NAKHAFU MIN RABBINA YAWMAN 'ABOOSAN QAMTAREERA — beshak hum apne Rab se ek aise Din se DARTE hain jo trio ha chadhaye hue, sakht museebat wala hoga.'



Unka Ajr, Tafseel Se

Aur ab, beta, Allah unke ajr ke darwaze kholte hain — aur ye poore Quran mein Jannat ke sab se raseele, tafseeli bayanaton mein se ek hai. Ise aahista padhiye; ye dilon ko tadpane ke liye nazil hua.

'FA-WAQAHUMULLAHU SHARRA ZALIKAL-YAWM — to Allah ne unhein us Din ke shar se BACHA liya — WA LAQQA HUM NADRATAN WA SUROORA — aur unhein RAUNAQ aur KHUSHI ata farmayi.' Beta, theek wahi do cheezein jo unhein khone ka darr tha — salamati aur khushi — unhein dogni kar ke di gayin.

'WA JAZAHUM BIMA SABAROO JANNATAN WA HAREERA — aur unhein, unke SABR ke badle, ek BAAGH aur RESHAM ata kiya.' Gaur kijiye: unke SABR ke badle. Wo khilana, wo roze, jise chahte the use dena — ye sab sabr tha, aur sabr hi ka badla diya jata hai.

Phir tafseelat: 'sajay hue takhton par tekay lagaye hue; wo na jhulsati DHOOP paayenge na kaatati THAND' — ek nihayat naram fiza, beta; 'aur uske saaye un par



jhuke hue, aur uske phalon ke guchhe bilkul NEECHE kar diye gaye' — phal haath ki taraf jhuk jata hai.

'Aur un ke darmiyan CHAANDI ke bartan aur SHEESHE ke pyaale ghumaye jayenge — QAWAREERA MIN FIDDAH — SHEESHA jo CHAANDI ka hoga, jise unhone theek andaze se naapa hoga.' Beta, ulama yahan hairat mein ruk jaate hain: sheesha shaffaf hota hai, chaandi ghair-shaffaf — aur Jannat mein, bartan sheeshe ki safaai ko chaandi ke jism ke saath mila lete hain, ek aisi cheez jo is duniya ne kabhi dekhi nahi. Aur 'qaddaroohaa taqdeera' — theek us andaze tak bhare hue jo har shakhs chahe. Har ghoont tak zaati taur par tay shuda.

'Aur unhein ek aisa pyaala pilaya jayega jiski aamezish ZANJABEEL — adrak — ki hogi — ek chashme se jise SALSABEEL kaha jata hai.' 'Aur unke gird HAMESHA rehne wale naujawan khadim ghumenge — WILDANUN MUKHALLADOON — agar aap unhein dekhein to unhein BIKHRE hue MOTI samjhein.'



'Aur jab aap wahan dekhenge, to NE'MAT aur ek BADI BAADSHAHAT dekhenge. Un par barik resham aur atlas ke SABZ libas honge, aur unhein CHAANDI ke KANGAN pehnaye jayenge, aur unka Rab unhein ek PAAK MASHROOB pilayega — WA SAQAHUM RABBUHUM SHARABAN TAHOORA.'

Beta, us aakhri line par rukiye — ye is poore hisse ki choti hai. Us se pehle ka sab kuch KHADIMON ke haathon pesh kiya gaya; ye aakhri mashroob 'unke RAB' ki taraf se diya gaya bayan hua. Aur ye 'tahoor' hai — paak karne wala: ek aisa mashroob jo dil ko is duniya se laaye hue hasad, kīne, ghum aur pachhtaawe ke har asar se saaf kar deta hai.

Aur phir wo jumla jo ibadat ki har thaki hui raat ko qaabil-e-qadr bana dega: 'INNA HAZA KANA LAKUM JAZA'AN — beshak YE tumhare liye ek badla hai — WA KANA SA'YUKUM MASHKOORA — aur tumhari KOSHISH ki QADR ki gayi hai.'



Beta, 'mashkoora' — shukriye ke saath, saraahi gayi. Wo log jinhone ayah 9 mein insanon se shukriya lene se inkaar kiya tha, ayah 22 mein khud Allah unka shukriya ada karte hain. Jo makhlooq ki taaliyaan chhod deta hai, beta, use Khaliq ki qadar-daani milti hai.

Us Ke Liye Naseehat Jo Paighaam Uthata Hai

Phir surah Nabi ﷺ ki taraf ek aisi hidayaton ke saath mudti hai jinki har momin ko ek mushkil mahaul mein zaroorat hoti hai:

'INNA NAHNU NAZZALNA 'ALAYKAL-QUR'ANA TANZEELA — beshak HUMNE hi tum par Quran thoda thoda kar ke UTARA. FASBIR LI-HUKMI RABBIKA — to apne Rab ke faisle ke liye SABR kijiye — WA LA TUTI' MINHUM ATHIMAN AW KAFOORA — aur un mein se kisi GUNAHGAAR ya NA-SHUKRE ki BAAT MAT MANIYE.'

Beta, jodi ko dekhiye: sabr, aur itaat se inkaar. Sabr ka matlab raazi ho jana nahi. Aap andaz mein narm aur



usool mein na-qaabil-e-hilaan ek saath ho sakte hain — yahi nabuwwat wala tawazun hai.

'WAZKURISMA RABBIKA BUKRATAN WA ASEELA — aur apne Rab ka naam SUBAH aur SHAAM YAAD kijiye — WA MINAL-LAYLI FASJUD LAHU — aur raat mein Uske liye SAJDA kijiye — WA SABBIH-HU LAYLAN TAWEELA — aur raat ke LAMBE hisse mein Uski tasbeeh kijiye.'

Beta, ye hai us shakhs ke liye eendhan ka intezam jo dabav ka saamna kar raha ho: subah ka zikr, shaam ka zikr, aur raat ka ek hissa sajde mein. Ye momin ki zindagi par koi fazool sawawat nahi; ye wo bijli-ghar hai jo sabr ko mumkin banata hai.

Aur phir un ki tashkhees jo muzahamat karte hain: 'INNA HA'ULA'I YUHIBBOONAL-'AJILAH — beshak YE log FAURI ko CHAHTE hain — WA YAZAROONA WARA'AHUM YAWMAN THAQEELA — aur apne PEECHHE ek BHAARI Din CHHOD DETE hain.' Beta, kya jumla hai: wo ek bhaari Din apne peechhe pada chhod



detе hain, uske liye bay-taiyaar, ek na-khule bill ki tarah.

'NAHNU KHALAQNAHUM WA SHADADNA ASRAHUM — HUMNE unhein banaya aur unke JODON ko MAZBOOT kiya — WA IZA SHI'NA BADDALNA AMTHALAHUM TABDEELA — aur jab hum chahein, hum unhein bilkul unke jaison se BADAL sakte hain.' Wahi jod aur pattay jo Unki na-farmani mein istemal hue, Unhi ne kaso the.

Aur surah poore deen ke tawazun par do aayatон mein khatm hoti hai: 'INNA HAZIHI TAZKIRAH — beshak ye ek NASEEHAT hai — FA-MAN SHA'A ITTAKHAZA ILA RABBIHI SABEELA — to jo CHAHE apne Rab ki taraf RAASTA bana le. WA MA TASHA'OONA ILLA AN YASHA'ALLAH — aur tum nahi chahte magar jo Allah chahein. INNALLAHA KANA 'ALEEMAN HAKEEMA — beshak Allah Jaanne wale, Hikmat wale hain. YUDKHILU MAN YASHA'U FEE RAHMATIH — Wo jise chahein apni RAHMAT mein daakhil karte hain — WAZ-ZALIMEENA A'ADDA LAHUM 'AZABAN ALEEMA



— aur zaalimon ke liye Unhone dardnak azab taiyar kar rakha hai.'

Beta, dono hisson ko saath thaamiye, jaise Ahlus-Sunnah hamesha thaamte aaye hain: aapka ek asli iraada aur ek asli chunav hai — 'jo chahe raasta bana le' — aur phir bhi aapka chahna Allah ki mashiyat ke andar hota hai. To susti ka uzr dene ke liye kabhi mat kahiye 'taqdeer mein yahi tha', aur ghuroor ko khilane ke liye kabhi mat kahiye 'maine khud kiya'. Chuniye, koshish kijiye, aur phir chunav ki taufeeq par Unka shukr kijiye. Aur wo aakhri khoobsurti dekhiye, beta: Wo logon ko apni RAHMAT mein daakhil karte hain — unke amal mein nahi. Amal to raasta hain; rahmat darwaza hai.

Is Surah Se Kya Seekha

1. Wo waqt yaad kijiye jab aap 'koi qaabil-e-zikr cheez na the' — wujood khud ek tohfa hai jise aapne kamaya nahi.



2. Aapke kaan aur aankhein imtihan ka saamaan hain, sawawat nahi — aur aakhir mein bas do jawab hain: shakir ya kafoor.

3. Wo dijiye jo aap khud chahte hain ('ala hubbihi) — yahi wo dena hai jiski Allah ne tareef ki, aur ghareeb, yateem aur qaidi tak ke liye ki.

4. Fees paak kijiye: na badla chahiye na shukriya tak — jo makhlooq ka shukriya thukra dete hain, unka Khaliq shukriya ada karta hai: 'tumhari koshish ki qadr ki gayi.'

5. Jannat sabr ke badle di jaati hai — har roki gayi khwahish aur har khamosh qurbani gini ja rahi hai.

6. Apne sabr ko subah-shaam ke zikr aur raat ke ek hisse ke sajde se taaqat dijiye.

7. Tawazun thaamiye: aap waqai chunte hain, phir bhi kuch Uski mashiyat se bahar nahi — to khoob koshish kijiye, phir koshish ki salahiyat par Unka shukr kijiye.

Ya Allah, hamein shukr-guzaron mein bana dijiye, hamare dene ko har poshida fees se paak kijiye, aur us



Din hamein ye sunaiye: 'tumhari koshish ki qadr ki gayi.' Ameen.

— This is a simplified, faithful retelling for understanding, based on the Quran's translation and established tafseer (Ibn Kathir and others). For deeper study, always read with a qualified teacher. —

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