

With the name of Allah, the Impartial, the Compassionate.

(76) Al-Insaan

This Surath (Chapter) is named from the first verse "Has not a long period passed for man; when he was nothing worth mentioning". It is revealed in the first phase of Prophet's Meccan life. This Surah teaches that the man was firstly created in the Paradise and then sent down to earth for trial. This Surah also describes about the deeds and policies of virtuous people in this World such that they inherit the Paradise with full of enjoyments in the Hereafter. This Surah also warns that for the disbelievers and wrong doers- who are hiding and rejecting Adhikr- the Ticket to the Paradise as well as Safeguard against the Hell fire; have already kept prepared chains, yokes and blazing Fire. It also warned Prophet and believers not to obey these hypocrites and their blind followers.

With the name of Allah the Impartial, the Compassionate

1. Has not a long period passed for man when he was nothing worth mentioning?

Man has seven stages. While the first man Adam was created in the Paradise, the entire mankind (soul) till the Last Day was created. Lord Allah held a covenant from each man by asking that "Am I not your Lord"; they all told "yes we do witness" as explained in 7:172. This is the first stage. Then sent them down to the Earth by depositing in the nape of Adam as explained in the verse 2:38. That soul passes through the succeeding generations and it reaches the concerned child's father. While mating took place between the couples, the sperm and ovum combine to form embryo. When the developing embryo with life attains its four months in the womb of mother, the soul situated in the nape of father is transferred to it through an Angel. Up to this is the second stage. This stage is described in this verse. Thus the child gets Spirit (Rooh)=Life + Soul. The third stage starts here and ends when the child attains his/her 15 years old. From the 15 year old until death is the fourth stage. This stage is so important because about this period each individual should be questioned. The aim of life is to identify the Creator, oneself and to prepare Paradise here utilizing the Light- Adhikr. Fifth stage is known as Barsaq (Godown), which extends from death to the Day of Resurrection as explained in the verse 23: 100. Sixth stage is the Day of Judgment which is as long as 50,000 years of this worldly day as explained in the verse 70: 4. Whoever prepares Paradise by utilizing Adhikr will inherit Paradise in the Seventh stage. Likewise whoever hides and rejects the Food, Cloth and Sight of human soul- Adhikr- will enter the Hell as explained in the verses 2:24, 39; 4: 150-151 etc. Those who didn't receive Adhikr in this life (fourth stage), will be sent to any world other than Paradise or Hell by the Impartial Lord of the worlds.

A man will find no partiality when he identifies himself by utilizing the Three Times Knowledge- Adhikr. This is the only way to form unity of human harmony as well as to annihilate bloodshed and mischievous activities such as riot, terrorism, apartheid, sexual partiality, selfishness, racism etc. See the explanation 7: 172-173. Read together 49: 13 and 71: 14

2. Indeed We have created man from a mingled 'Nuthfa' in order to trial him, so We blessed him with hearing and sight

Mingled 'Nuthfa' means the sperm of father and ovum of mother as mentioned in the verses 86: 5-7. The word Nuthfa is used for sperm as well as ovum. After staying 40 days in the womb of mother as 'Nuthfa'- embryo, then 40 days as 'Alaqa'- a clot and again 40 days as 'Mudhu'gha'- clinging mass of flesh. Read together 22: 5; 23: 12-14 and 32: 7-9. Prophet taught as an answer to a Jew's question that, the bones and nerves are formed from the 'Nuthfa' of father, whereas blood and flesh are formed from the 'Nuthfa' of mother. If a man is compared to a computer, his body is the hardware, life is electricity and soul is the software. See the explanation 4: 1; 17: 36 and 29: 2-3 in the Splendid Book- the Three Times Knowledge.

3. Indeed, We gave him options to select- the way- either grateful or ungrateful.

The Impartial Lord has taught each soul- Adhikr, which contains the way to the Paradise as well as different ways to the Hell from the Paradise itself. So, no one has the obligation to make anyone a believer. But it is the duty of every believer to awake or remind others with Adhikr- the Reminder. Therefore no one can become a believer except with Adhikr- The permission of Allah as told in verses 10: 100. See the explanation 14: 1; 39: 19, 41; 75: 14-15 in Adhikr- the Best Interpretation of the Book.

4. Indeed, We have kept prepared for the disbelievers: Chains, Yokes and blazing Fire.

The hypocrites- who hide- and their blind followers- who reject- Adhikr are the disbelievers. In the verse 7: 176 both of their similitude is described to a 'dog' that will not change its attitude whether you attack it or not. We all know that dogs are tied with chains on their yokes. Likewise, disbelievers will be tied up in the form of 'dog', having their original faces in the Hell. Read together 5: 60; 40: 69-71 and 98:6 in Adhikr- the Wise Reminder mentioned in the verse 3: 58.

5. Indeed, virtuous shall drink from a cup having the flavor of camphor.

Here mentioned virtuous are those 'grateful' mentioned in the verse 3, includes forerunners- who enter the Paradise without trial- and heedful- who will enter Paradise after Trial. They are only one among each thousand. Read together 2: 177; 3: 193 and 32:15-16 in the Reminder, safeguarded by the Lord of all worlds.

6. A spring from that the servants of Allah shall drink: that will be flowing unstintingly in different branches.

The virtuous and forerunners will drink from the springs of honey, milk and pure water as mentioned in the verse 47: 15. It will flow spreading all over the Paradise. Read together 38: 49-54; 54: 52-55 in the Three Times Knowledge Book from The Three Times Knower- one who knows past, present and future.

7. They are fulfilling their vows and fearing a Day encompassed with troubles.

The virtuous keep up their words and promises especially their covenant made in the Paradise with Allah. The virtuous shall lead a life here by fearing the Day of Judgment. Read together 45:28-32; 70: 4 and 73: 17 in Adhikr- True Book.

8. And they feed the food in spite of their need for it; to the poor, orphans and captives.

Read together 3:92; 70:22-28 in the best Interpretation of the Book mentioned in the verse 25: 33.

9. Indeed we are feeding you seeking Allah's presence only; we are not intending rewards or any thanks from you.

The virtuous will feed the poor, orphans and captives even though they are in need for food, by seeking Allah's presence. Allah does not come down to feed these people directly, so it is the duty of His vicegerents to do these things without expecting any thanks or rewards or any other remuneration for it. They know that these endeavors should be accepted and rewarded by Allah.

But today the Muslims are giving some helps to others for their personal or organizational interest, yet they have read these verses. Indeed they are the disbelievers and mates of Satan. On the Day of Judgment the Book will witness and argue against them.

Note that here mentioned poor, orphans and captives are not from any specified community or religion, but they are from the whole mankind. Since Adhikr is codified as the Splendid Book, It is the Prosperity; there is no poverty after It and no prosperity without It. So a real believer- who Trust the Prosperity- Adhikr, will face no poverty. See the explanation 2: 271-274; 4: 37-38 and 74: 6 in the Reminder- Adhikr- Book for purifying as mentioned in the verse 98: 2-3.

10. Verily we fear a gloomy dismal Day from our Lord.

The heedful and virtuous are in a conscious that skins, hearings and sights will witness against the disbelievers on the Day of Judgment as mentioned in the verses 41: 20-23. Their hands will speak and their legs will witness what they have been earning here as mentioned in the verse 36: 65. The Earth will report its record on that Day as mentioned in the verse 99: 4-5.

On that Day each individual has to reckon his Judgment by reading his Illuminated Book (A tablet) which is installed on his nape. Read together 17: 13-14; 18:49 and 58:6. On that day every secret will be revealed as told in the verse 86: 9. See the explanation 3: 30; 4: 42; and 23: 62-63 in the Reminder and the Obvious Book mentioned in the verse 36: 69.

11. So Allah shielded them from that Day's evil and they can meet Brightness and Happiness.

The Impartial Allah will not cause anyone to enter the Paradise or the Hell. But He has taught each and every one Adhikr after the creation in the Paradise. It is the Food, Cloth and Sight of human soul. It is also the Shield and Safeguard against all disasters as well as Hellfire. Hence, the believers should utilize It as the Shield and Safeguard in this worldly life. Whereas the hypocrites and their blind followers will reject It and thus they are the fuel of Hell from mankind. They are the worst creatures in the land as explained in the verse 98: 6. Since they will be veiled from their Lord as mentioned the verse 83: 15, they will not see their Lord forever.

The believer and heedful will see their Lord brightly. They are those who utilize Adhikr as the Insight in this world. At the time of death they will look at their Lord brightly and pleasantly is told in the verses 75: 22-23. Whereas disbeliever will see Satan gloomily is told in the verse 75: 24. See the explanation 74: 53-56; 88: 2-16 and 98: 7-8 in the Exalted Book.

12. Since they were patient; He will reward them the Paradise and Silks.

The believer and heedful will give preference to the hereafter than this life. Their character will be just opposite to that of the disbelievers as told the verse 16: 107. They are in a conscious that the men created from the Paradise are sent down to the Earth in order to testify them. The believer will consider Adhikr as the Ticket throughout their journey in this world and prepare Paradise here for the seventh stage as mentioned in the verse 32:19. They will have cloths of silks and precious garments there. Read together 32: 24; 41: 34-35 and 75: 20-21 in Adhikr- the Ticket to the Paradise.

13. There they shall be reclining on furnished couches chatting with each other; they will not see sun or feel excessive cold there.

In the Paradise there is no restriction for mingling between male and female. They will sit face to face and will be chatting whatever they wish. Actually the ideal male and female can lead a mingled life here also; if they wear Heedful cloth- Adhikr as told in the verse 7 :26. Remember the first man Adam and the first woman Eve, when they tempted to intercourse by Satan, got out of the Paradise.

In the Paradise there is no irritation due to excessive hot, cold, dust or any kind of difficulties. There is no mating or discharge of semen, urine, sweat etc. They will feel the pleasure of mating every time even without mating.

Male or female will not enter the Paradise having their private parts. There is no nakedness in the Paradise as mentioned in the verses 20: 118-119 and 37: 58-61. Read together 20: 120-124 in the Best Interpretation.

14. And shades of the trees in Paradise will be spread upon them; and fruits will hang in clusters within their easy reach.

The shades of trees in the Paradise are very wide as well as low over the inmates of Paradise. The fruits of Paradise will be arranged for easy pluck. Read together 2: 25; 38: 51 and 55: 52-54 in the Splendid Book mentioned in the verses 41: 41-42.

15. Trays made of silver and goblets made of crystals will be passing around them.

Silver tray with foods and crystal goblets with drinks shall be passing around them. Read together 52: 22-23 in Adhikr- the Prosperity.

16. Goblets from silver; which measures just according to their mind's wishes.

Read together 43: 71-73 in Adhikr- the Obvious Book.

17. And they will drink from a cup flavored with ginger.

18. From a spring there named 'Salsabeel'

19. Perpetual boys will stroll around them; whenever you see them: you will reckon that they are scattered pearls.

Read together 52: 24 and 56: 17.

20. If you see them, again if you see them that will be a blessing and a great domination.

The proximity of perpetual boys is only for the forerunners. To understand the difference between forerunners and Right hand people (who will be driven to the Paradise after Trial), Read together 56: 10-40.

21. Upon them shall be rich cloths of fine silks with golden lining and green brocades; and will be outfitted up with white gold (platinum) bracelets, while their Lord will drink them pure drinks.

The inmates of Paradise will have their luxurious and precious alluring garments. Also ornaments made from different metals and stones. Allah will drink them pure drinks. The Book depicts about the Paradise familiar to the manners, words and images of the Arabian people before 1400 years ago. The Paradise is the place where one will fulfill all the inner feelings and the desires of the soul as well as engagements of bodies. One will not see or hear any unpleasant things there.

Today the man developed different amusements, pleasures and enjoyments in this world such as parks, palaces, luxurious cloths, ornaments, gardens, fountains, carpets, cushions, furniture, delicious food, drinks, air conditioners, communication systems etc. from the Scriptures (Vedas)- Adhikr. That is man understood the state being in the Paradise from the Scriptures.

Therefore, the believer should try to understand the situation and blessing at the Paradise in the fourth stage by utilizing- Adhikr- the Insight, and should prepare Paradise here and inherit It in the seventh stage. See the explanation 3: 136; 7: 43 and 39:74 in the Splendid Book from the Three Times Knower.

22. Certainly, this is the reward for you; your endeavors were valuable.

Those who become believer with Adhikr- The Permission of Allah- will pray here as: "Oh Allah, Our Lord, Be our endeavors (the deeds with aim) valuable, acceptable and in Straightpath under the shade of the Book- the Light. Everyone will receive rewards for their endeavor.

The Lord is not looking to the color or body of a man, but He is looking at the intention of his mind while doing any deed. So whoever does any deed by witnessing his Lord, he will prosper. Whoever does any deed without the remembrance of his Lord; that will not be accepted and he will be punished. To accept any deed, one should bring a word or a verse as a proof from Adhikr- the Proof as mentioned in the verses 2: 111 and 4: 174-175.

Any Muslim who receives the Husna (the Best)- Adhikr and didn't utilize, but hides and rejects It, he will witness against himself that he was a disbeliever- Kaffir- at the time of his death as per the verse 7: 37 and on the Day of Judgment as per the verse 6: 130. All deeds of disbelievers will be in vain as mentioned in the verses 18: 103-106 and 25: 22-23.

The believer will 'construct' the Paradise here in the Fourth stage by planting trees as well as do and promote agriculture for the production of pure foods for the people, animals and birds. They will also discourage industrial development that may cause harm to air, water, atmosphere etc.

The believer will 'buy' the Paradise by utilizing his time, health, wealth, status and all his blessings to study and propagate Adhikr- which is the Balance and Trust to keep the universe in its equilibrium. See the explanation 2: 186; 7: 8-9 and 47:8-9.

23. Indeed We do send down this Book up on you stage by stage.

By saying 'this Book' in the verse we can understand that Scriptures sent down before Muhammad were 'Book' i.e., Vedas, Zaboor, Thorah, Injeel etc. Totally 313 Books were sent down with 313 Messengers to the Earth by Allah. So all the Books have same soul, but their bodies differ as they are in different languages. The verses have been revealed stage by stage in order to make it crisp and clear to Prophet's mind is mentioned in the verse 25: 32.

Today Adhikr is the ultimate form of previous Scriptures, which testifies and safeguards all previous Books. Scriptures have been revised periodically without having any changes in the basic principles. And these versions have been made not to differentiate among mankind as Hindus, Christians, Jews, Muslims etc., but to unite them as a single community. See the explanation 5: 48; 21: 24 and 41:43 in the Splendid Book from the Three Times Knower.

24. So be patient for your Lord's Wisdom and do not obey any sinner or ungrateful person among them.

'Your Lord's wisdom' means Adhikr. Sinner mentioned in the verse is about Hypocrite and 'ungrateful' is about their blind follower. Both of them include among disbelievers.

Both the verses 33: 1 and 48, Allah commands Prophet and believers not to obey disbelievers and hypocrites. Here mentioned disbelievers are the gone astray people, and hypocrites are those upon whom Allah's wrath happened as mentioned in the verse 1:7. It is the duty of Prophet and believer to do 'strenuous strive (Jihad)' against hypocrites and disbelievers by justifying the verses 9: 73; 66: 9 and 25: 52.

Today the believer should holdfast 'the Believer'-Allah- by hold fasting the Splendid Book. He should not obey anyone who is known as Muslim in this world. All those who are known as Muslim are the bore and boar people as mentioned in the verse 25: 18. They are the worst creatures as mentioned in the verse 8: 22.

25. And remember your Lord's name in the dawn and the dusk.

Today we can keep remembrance of Allah by reading and hearing the Reminder- Adhikr- Adhikr- in the morning and the evening. Thus one can get away from the Hell fire, of whose fuels are disbelievers who had a veil on their eyes against Adhikr in this world as mentioned in the verses 18: 100-101. See the explanation 2: 152; 7: 204-206 in Adhikr.

26. Then during the night; prostrate before Him and glorify Him for a long time.

Here, prostrate and glorify Allah means to perform Swalath in the night i.e. 'Thahajjud Swalath'. This command is intended for Prophet and believers of Prophet's period. Whereas today, the Three Times Knower taught through Prophet that the literate one should holdfast Adhikr -the real Knowledge to become a believer- with his molar teeth and should do a single prostration glorifying his Lord and praying .

Without being a believer with Adhikr which is Permission of Allah, no deeds like Swalath (Prayer), Fasting, Hajj etc. will be accepted, instead there will be punishment in the Hell fire as a fine. See the explanation 2: 186; 13: 14; 25: 65-66 and 40:50.

27. Indeed, these people like hasten and they are ignoring a heavy Day behind them.

Today 'these people' means who read these verses and leading a life just opposite to what they read or hear. Thus they are carrying the Qur'an as burden carrying donkey as specified in the verse 62: 5. Here 'hasten' means prefer this hectic worldly life. 'Heavy Day' mentioned has two phases, for individual it is the death time, and for whole mankind's concern it is the Dooms Day or Day of Judgment.

Real disbelievers mentioned in the verses 4: 150-151 are leading an aimless life here; they are calculating that they are in the Straightpath. But at the time of their death they all will see Satan and Hell Fire. That time their Lord will tell them: "You have received my verses, but you rejected them, become arrogant and you were among the disbelievers". Read together 92: 8-11 in the Splendid Book- the Wise Reminder mentioned in the verse 3: 58. Read together 70: 4, 15 and 75: 20-21, 31-33. See the explanation 7:37, 187.

28. We created them and We have strengthened their nerves (sinews), if We wish We would have changed their shapes into different forms.

Yes, Glory to the one, Who is capable to create everything and Who encompasses His creatures. He can transform the face of a man to another's face. For example, He transformed Surjas' (who was one of the disciples of Prophet Jesus) face to that of Jesus'. He can also transform the man to any shapes of His creatures. This is a warning to the disbelievers who are greedy and forgetting the zAlmighty Creator. See the explanation 2: 65-66; 4:47 and 5:60 in the Splendid Book which is the Balance and Trust to keep the universe in its equilibrium.

29. Certainly this is a Ticket to the one who seeks the Path to his Lord.

30. And, you shall not decide anything except Allah decides; Verily Allah is all Knowing, Wise.

The verse 29 is also repeated in the verse 73:19. In the verse 25:57 Allah commands the Messenger to say: "I am not asking you any rewards except that anyone who seeks a Path to his Lord". So anyone who likes to return to the Paradise should take Adhikr as a Ticket throughout his journey of life. According to the verse 69: 48 it is told: "Indeed Adhikr is the Ticket for the heedful". Thus each individual should read the Three Times Knowledge- Adhikr from first to last with the prayer: 'Oh Lord! Increase me in my knowledge'. And he has to codify his life according to Its do's and don'ts, and he should select the one Path that leads to his Lord discarding 999 paths leading to Satan. He should also prepare Paradise in this world and inherit It in the Hereafter by utilizing Adhikr-the Light.

As per the explanation of the verse 4:118 Prophet taught that 999 persons from each and every 1000 are to Hell- Satan's house- and only one to the Paradise- Allah's house. The fate of every man is decided. So one can change his fate to the Paradise by utilizing Adhikr- the Permission of his Lord. Read together the verse 31: 22. Adhikr is the Guidance as mentioned in the verse 2: 185 and Insight as mentioned in the verses 6: 104 and 7: 203.

31. He will enter into His Mercy whom He Wishes; and for wrongdoers He has kept prepared painful torment.

Here mentioned Mercy means Adhikr. Wrongdoers are those who have received Adhikr but neither utilize nor give others to utilize It. Surely they are the wicked persons and fuels of Hell from mankind. So the heedful should utilize Adhikr as the Mercy, Bounty, Prosperity, and Ticket to the Paradise. Read together 10: 57-58 and 11: 58, 118-119.

So the believer will pray as follows: "Oh Allah- my Lord- include me among the one in every thousand to the Paradise with Adhikr. Oh Allah- my Lord- don't include me among the 999 to the Hell who hide and reject Adhikr. Oh Allah include me among the one who holdfasts the unbroken Rope- Adhikr- hanging from the Paradise to the Earth. Oh Allah include me among the one who remembers You in every standing, sitting and laying- with the Reminder- Adhikr- and include me among those who always pray: 'Oh Lord turn us away from the punishment of Hell, certainly its punishment is a fine (25:65), with the Muhaimin, Oh Muhaimin, Oh the One Who sent down the Muhaimin, Oh the Virtue and the Mercy. Oh Lord let the Reminder- Adhikr- witness and argue in favor of us, not against us. Oh Allah, Include us among the heedful those who follow Adhikr as It should be followed.