

# The Three Quls

Surahs 112, 113 & 114 from the holy Qur'an

## Surah al-Ikhlās 112

QUL HUWA-LLĀHU ʾAHADā  
ALLĀHU-Ṣ-ṢAMADā  
LAM YULIDā WA LAM YŪLADā  
WA LAM YAKUL-LAHŪ KUFUWAN  
ʾAḤADā

## Surah al-Ikhlās 112

Say, "He -Allah- is One.  
Allah - Eternally Self Sufficient,  
Neither begetting nor begotten  
and nothing equals Him.

## Surah al-Falaqa 113

QUL ʾAʿŪDḥU BI-RABBI-L-FALAQā  
MIÑ ShARRI MĀ KhĀLAQā  
WA MIÑ ShARRI GhĀSIQIN ʾIDḥĀ WAQABā  
WA MIÑ ShARRI-N-NAFFĀThĀTI FI-L-  
ʾUQADā  
WA MIÑ ShARRI HĀSIDIN ʾIDḥĀ ḤASADā

## Surah al-Falaqa 113

Say, "I take refuge in the Lord of the crack of  
dawn,  
from the evil within His creation,  
and from the evil of the darknes when it gathers,  
and from the evil of those who blow on knots,  
and from the evil of the envier when he envies."

## Surah an-Nas 114

QUL ʾAʿŪDḥU BI-RABBI-N-NĀS  
MALIKI-N-NAS  
ʾILĀHI-N-NĀS  
MIÑ ShARRI-LWASWĀSI-L-KḥANNĀS  
ʾAL-LADḥĪ YUWASWISU FĪ ṢUDŪRI-N-NĀS  
MINA-L-JINNATI WA-N-NĀS

## Surah an-Nas 114

Say, "I take refuge in the Lord of the people,  
the Ruler of the people,  
the God of the people,  
from the evil of the sneaking whisperer,  
who whispers in the hearts of the people,  
from the jinn and the people."

When reciting these three surahs or any surahs from the Qur'an, always begin by reciting: "bismi-llāhi-r-rahmani-r-rahim" (In the Name of Allah, the Merciful, the Compassionate) before each surah.

These last three surahs (verses) of the Qur'an are often recited as part of healings and for protection. After learning to recite surah Fatiha, these three surahs are usually learned next.

## **Surah Ikhlas (Pure Faith) Q[112]**

Surah Ikhlas is one of 3 Surah's (Surah Ikhlas, Surah Falaq, Surah Nas) known as 'The Three Quls', because the first verse of each of them begins with the command "Qul! (Say!)"

These three short Surahs comprise the last 3 Surah's in the Qur'an. And all three are used very frequently in healings and in prayers for protection from evil.

Although Surah Ikhlas appears late in the Qur'an, it was revealed the Prophet Muhammad (pbuh) early in the Meccan period of his prophethood after he was asked by some polytheists to describe for them the Lord to whom he was calling them. The prophet then explained to the people that recitation of Surah Ikhlas was equal to recitation of one third of the Qur'an, because Surah Ikhlas carries the tenets of belief which are at the heart of the Qur'an.

Surah Ikhlas is about the Oneness of God and the unity of all things. This Surah acts as a bridge between this world and the world of Allah, due to the symbology within it which points to the multiplicity of this world as well as the Uniqueness and Oneness of Allah.

## **Surah Falaq (Daybreak) Q[113]**

Surah Falaq Q[113] and Surah Nas Q[114] are the final two Surahs of the Qur'an, and are also known as "The Two Protections". It is uncertain during which period of the Prophet Muhammad's (pbuh) prophethood these two Surahs were revealed, but it is known that they were revealed together, after the Prophet began to suspect that he had become the victim of a spell cast upon him.

**Falaq** – the light from which the ocean of **jabarut** burst forth. Jabarut is the locus of the Divine Names and the beginning of manifestation into creation, not the Essence of God..

By reciting Surah Falaq, we are seeking protection in the Divine Names of Allah, and specifically al-Hadi (the Guide), from the evils of creation and the human nafs (ego-self).

## **Surah Nas (People) Q[114]**

Surah Nas is the second of the "Two Protections", the third of "The 3 Quls" and the final Surah of the Qur'an. This Surah is reassuring us that Allah is in charge and that our safety lies on with our Lord.

By reciting Surah Nas, we are seeking protection specifically in the Essence of Allah from the Shaytan (in both jinn and human form).