Bismillahir-Rahmanir-Rahim

1. Say, "I seek refuge in the Lord of mankind,
2. The Sovereign of mankind,
3. The God of mankind,
4. From the evil of the retreating whisperer,\(^{172}\)
5. Who whispers [evil] into the breasts of mankind,
6. From among the jinn and mankind."\(^{170}\)

Gems I have learnt from this surah:
2 Things Allah teaches us in this Surah:
1. 
2. 

What do you say when you hear a “waswas”?

The word “Rabb” means three things:
1. 
2. 
3. 

There are 2 sources of whisperings:
1. 
2. 

Other things I can do to protect myself from Shaytan