

# Alam Nashrah Translation

In the name of Allah, Most Gracious, Most Merciful.

1. Have We not expanded thee thy breast?-
2. And removed from thee thy burden
3. The which did gall thy back?-
4. And raised high the esteem (in which) thou (art held)?
5. So, verily, with every difficulty, there is relief:
6. Verily, with every difficulty there is relief.
7. Therefore, when thou art free (from thine immediate task),  
still labour hard,
8. And to thy Lord turn (all) thy attention.