How is it that Allah encompasses everything and he is closer to us than our jugular vein?

Matter is composed only of sensations. And the only real, absolute being is Allah. This means that only Allah exists; all things except Him are shadow beings. Allah is surely "everywhere" and encompasses all. Everything that exists is an image projected to us by Allah.

Since material beings are each a perception, they cannot see Allah; but Allah sees the matter that He created in all its forms. That is, we cannot grasp Allah's being with our eyes, but Allah has thoroughly encompassed us from the inside, from the outside, in looks and in thoughts. We cannot utter any word unless it is with His knowledge, nor can we even take a breath.



While we watch these sensory perceptions in the course of our lives, the closest being to us is not any one of these sensations, but Allah Himself. The secret of the following verse in the Qur'an is concealed in this reality:

"It is We Who created man, and We know what dark suggestions his soul makes to him: for We are nearer to him than (his) jugular vein." (Surah Qaf, 16)

When a human being thinks that his body is made up only of "matter," he cannot comprehend this important fact. If he takes his brain to be "himself," then the place that he accepts to be the outside is 20-30 cm away from him. However, when he

understands that there is nothing such as matter, and that everything is imagination, notions such as outside, inside, far or near lose their meaning. Allah has encompassed him and He is "infinitely close" to him.

https://www.harunyahya.info/en/articles/how-is-it-that-allah-encompasses-everything-and-he-is-closer-to-us-than-our-jugular-vein