

One Allah

الله

Ruqya Handbook

from
Quran and Sunnah

"As part of our efforts to spread authentic Islamic knowledge to the world and revive the traditions of the Prophet Muhammad (ﷺ), our team at "One Allah" has presented this "Ruqyah Handbook" for all to benefit from.

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**Say: It (the Quran) is for those
who believe,
a guide and a healing.**

Surat Fussilat 41:44



Command to do Ruqya for Evil Eye

Narrated `Aisha:

The Prophet (ﷺ) ordered me or somebody else to do Ruqya (if there was danger) from an evil eye.

Sahih al-Bukhari 5738

Narrated Um Salama (ra):

That the Prophet (ﷺ) saw in her house a girl whose face had a black spot. He said. "She is under the effect of an evil eye; so treat her with a Ruqya."

Sahih al-Bukhari 5739

Ruqyah in Islam According to the Sunnah

1) Ruqyah in Islam according to the Sunnah

1.1) Recite the Surah's of healing into one's hands, blow in them & wipe over your whole body

Read Surat al Ikhlas (ch 112), al Falaq (ch 113) & an Nas (ch 114)

Recite the Surahs an odd number of times (1,3,5, or 7 times)

During the Prophet's fatal illness, he used to recite the Mu'auwidhat (Surat An-Nas and Surat Al- Falaq) and then blow his breath over his body. When his illness was aggravated, I used to recite those two Surahs and blow my breath over him and make him rub his body with his own hand for its blessings." (Ma`mar asked Az-Zuhri: How did the Prophet (ﷺ) use to blow? Az-Zuhri said: He used to blow on his hands and then passed them over his face.)

Sahih al-Bukhari 5735

A'isha (ra) reported that when any of the members of the household fell ill Allah's Messenger (ﷺ) used to blow over him by reciting Mu'awwidhatan, and when he suffered from illness of which he died I used to blow over him and rubbed his body with his hand for his hand had greater healing power than my hand.

Sahih Muslim 2192 a

Whenever the Prophet (ﷺ) went to bed every night, he used to cup his hands together and blow over it after reciting Surat Al-Ikhlās, Surat Al-Falaq and Surat An-Nas, and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times.

Sahih al-Bukhari 5017

1.2) Read Surat al Fatihah (ch 1)

Some of the companions of the Prophet (ﷺ) came across a tribe amongst the tribes of the Arabs, and that tribe did not entertain them. While they were in that state, the chief of that tribe was bitten by a snake (or stung by a scorpion). They said, (to the companions of the Prophet (ﷺ)), "Have you got any medicine with you or anybody who can treat with Ruqya?" The Prophet's companions said, "You refuse to entertain us, so we will not treat (your chief) unless you pay us for it." So they agreed to pay them a flock of sheep. One of them (the Prophet's companions) started reciting Surat-al-Fatiha and gathering his saliva and spitting it (at the snake-bite). The patient got cured and his people presented the sheep to them, but they said, "We will not take it unless we ask the Prophet (whether it is lawful)." When they asked him, he smiled and said, "How do you know that Surat-al-Fatiha is a Ruqya? Take it (flock of sheep) and assign a share for me."

Sahih al-Bukhari 5736

1.3) Read Ayat al Kursi (ch 2:255)

Narrated Abu Huraira (ra):

Allah's Messenger (ﷺ) ordered me to guard the Zakat revenue of Ramadan. Then somebody came to me and started stealing from the foodstuff. I caught him and said, "I will take you to Allah's Messenger (ﷺ)!" Then Abu Huraira described the whole narration and said: That person said (to me), "(Please don't take me to Allah's Messenger (ﷺ) and I will tell you a few words by which Allah will benefit you.) When you go to your bed, recite Ayat-al-Kursi, (2.255) for then there will be a guard from Allah who will protect you all night long, and Satan will not be able to come near you till dawn." (When the Prophet (ﷺ) heard the story) he said (to me), "He (who came to you at night) told you the truth although he is a liar; and it was Satan."

Sahih al-Bukhari 5010

1.4) Read last two verses of Surat al Baqarah (ch 2:285-286)

The Prophet (ﷺ) said: "Indeed Allah wrote in a book two thousand years before He created the heavens and the earth, and He sent down two Ayat from it to end Surat Al-Baqarah with. If they are recited for three nights in a home, no Shaitan shall come near it."

Jami at-Tirmidhi, 2882 classed as saheeh by al-Albaani

1.5) Read verses related to Sihr (if one is inflicted by magic)

They followed what the Shayatin (devils) gave out (falsely of the magic) in the lifetime of Sulaiman (Solomon). Sulaiman did not disbelieve, but the Shayatin (devils) disbelieved, teaching men magic and such things that came down at Babylon to the two angels, Harut and Marut, but neither of these two (angels) taught anyone (such things) till they had said, "We are only for trial, so disbelieve not (by learning this magic from us)." And from these (angels) people learn that by which they cause separation between man and his wife, but they could not thus harm anyone except by Allah's Leave. And they learn that which harms them and profits them not. And indeed they knew that the buyers of it (magic) would have no share in the Hereafter. And how bad indeed was that for which they sold their own selves, if they but knew.

Surat Al Baqarah 2:102

They said, "O Moses, either you throw [your staff], or we will be the ones to throw [first]."

He said, "Throw," and when they threw, they bewitched the eyes of the people and struck terror into them, and they presented a great [feat of] magic.

And We inspired to Moses, "Throw your staff," and at once it devoured what they were falsifying.

So the truth was established, and abolished was what they were doing.

And Pharaoh and his people were overcome right there and became debased.

And the magicians fell down in prostration [to Allah].

They said, "We have believed in the Lord of the worlds,

Surat Al Araf 7:115-121

And Pharaoh said, "Bring to me every learned magician."

So when the magicians came, Moses said to them, "Throw down whatever you will throw."

And when they had thrown, Moses said, "What you have brought is [only] magic. Indeed, Allah will expose its worthlessness. Indeed, Allah does not amend the work of corrupters.

And Allah will establish the truth by His words, even if the criminals dislike it."

Surat Yunus 10:79- 82

They said, "O Moses, either you throw or we will be the first to throw."

He said, "Rather, you throw." And suddenly their ropes and staffs seemed to him from their magic that they were moving [like snakes].

And he sensed within himself apprehension, did Moses.

Allah said, "Fear not. Indeed, it is you who are superior.

And throw what is in your right hand; it will swallow up what they have crafted. What they have crafted is but the trick of a magician, and the magician will not succeed wherever he is."

So the magicians fell down in prostration. They said, "We have believed in the Lord of Aaron and Moses."

Surat Taha 20: 65-70

1.6) Recite Dua(s) for Protection and Healing

The Prophet (ﷺ) used to seek Refuge with Allah for Al-Hasan and Al-Husain and say: "Your forefather (i.e. Abraham) used to seek Refuge with Allah for Ishmael and Isaac by reciting the following: 'O Allah! I seek Refuge with Your Perfect Words from every devil and from poisonous pests and from every evil, harmful, envious eye.' "

A'oodhu Bi Kalimaatillah-Hit-Taammah Min Kulli Shaytaanin Wa Haammah Wa Min Kulli 'Aynin Laammah

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

Sahih al-Bukhari 3371

The Prophet (ﷺ) used to treat some of his wives by passing his right hand over the place of ailment and used to say, "O Lord of the people! Remove the difficulty and bring about healing as You are the Healer. There is no healing but Your Healing, a healing that will leave no ailment."

Izhib Al-Ba's, Rabb An-Naas Washfi Anta Ash-Shaafi Laa Shifaa'a Illa Shifaa'uka Shifaa'an Laa Yughaadir Saqaman

أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ، وَاشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

Sahih al-Bukhari 5750

It was narrated from Abu Sa'eed that Jibreel came to the Prophet (ﷺ) and said: "O Muhammad, you are ill. He said: 'Yes.' He said:

Bismillahi Arqika, Min Kulli Shay'in Yu'dhika, Min Sharri Kulli Nafsin Aw 'Aynin Aw Hasidin. Allahu Yashfika, Bismillahi Arqika

(In the Name of Allah I perform Ruqyah for you, from everything that is harming you, from the evil of every soul or envious eye, may Allah heal you. In the Name of Allah I perform Ruqyah for you).

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ أَوْ حَاسِدٍ اللَّهُ
يَشْفِيكَ بِسْمِ اللَّهِ
أَرْقِيكَ

Ibn Majah Hadith 3523

Uthman b. Abu al-'As Al-Thaqafi (ra) reported that he made a complaint of pain to Allah's Messenger (ﷺ) that he felt in his body at the time he had become Muslim. Thereupon Allah's Messenger (ﷺ) said: Place your hand at the place where you feel pain in your body and say Bismillah (in the name of Allah) three times and seven times

A'udhu Billahi Wa Qudratihi Min Sharri Ma Ajidu Wa Uhadhiru

(I seek refuge with Allah and with His Power from the evil that I find and that I fear).

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

Sahih Muslim 2202

*Alternatively, one may recite the above verses along with any of the prophetic duas in a glass of water (preferably zam zam) and slightly spittle in it before drinking. The water can be drunk in the morning, afternoon and before going to bed. This water can be used also to perform ghusl by pouring water over the head and ensuring every part of the body is touched.

Dua & Dhikr to be recited in the Morning and Evening

2) Dua & Dhikr to be Recited in the Morning and Evening

2.1) Protection from Harm for the Whole Day

Aban bin `Uthman said (ra):

“I heard `Uthman bin `Affan (ra) saying: “The Messenger of Allah (ﷺ) said:

“There is no worshiper who says, in the morning of every day, and the evening of every night:

‘In the Name of Allah with whose name there is protection against every kind of harm in the earth and in the heaven, and He is the All-Hearer and All-Knowing.

Bismillah Al-Lazi La Yadurru Ma'as-Mihi Shai-un Fil-ardi Wa Laa Fis-sama'i, Wa Huwas-Sami'ul Alim' – three times,

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

(except that) nothing shall harm him.” And Aban had been stricken with a type of semi-paralysis, so a man began to look at him, so Aban said to him, “What are you looking at? Indeed the Hadith is as I reported it to you, but I did not say it one day, so Allah brought about His decree upon me.”

Jami` at-Tirmidhi 3388

2.2) Dua that will allow the Reciter to be Pleased on Judgment Day

It was narrated from Abu Salam, the servant of the Prophet (ﷺ) that:

The Prophet (ﷺ) said: "There is no Muslim - or no person, or slave (of Allah) - who says 3 times in the morning and evening:

'Radaytu Billahi Rabba Wa Bil-islami Dina Wa Bi Muhammadin Nabiyya

رَضِيْتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

(I am content with Allah as my Lord, Islam as my religion and Muhammad as my Prophet),' but he will have a promise from Allah to make him pleased on the Day of Resurrection."

Sunan Ibn Majah 3870

2.3) Sayedul Istighfar (Chief Dua for Forgiveness)

The Prophet (ﷺ) said "The most superior way of asking for forgiveness from Allah is:

Allahumma Anta Rabbi La Ilaha Illa Anta Khalaqtani Wa Ana Abduka, Wa Ana 'Ala Ahdika Wa Wa'dika Mastata'tu, A'uzu Bika Min Sharri Ma Sana'tu, Abu'u Laka Bini'matika 'Alaiya, Wa Abu'u Bizanbi Faghfirli Fainnahu La Yaghfiru Az-Zunuba Illa Anta

اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ
وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ
عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي، فَاعْفِرْ لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Lord. There is none worthy of worship except You. You created me and I am Your servant, following your covenant and [my] promise to

You as much as I can. I seek refuge in You from the evil that I have done. Before You I acknowledge Your blessings bestowed upon me and I confess my sins to You. So, forgive me, for surely no one can forgive sins except You.

The Prophet (ﷺ) added. "If somebody **recites it during the day** with firm faith in it, and dies on the same day before the evening, he will be from the **people of Paradise**; and if somebody **recites it at night** with firm faith in it, and dies before the morning, he will be from the **people of Paradise.**"

Sahih al-Bukhari 6306

2.4) Dua for Beneficial Knowledge, Provision and Accepted Deeds

It was narrated from Umm Salamah (ra) that when the Prophet (ﷺ) performed the Subh (morning prayer), while he said the salam, he would say:

'Allahumma inni As'aluka 'ilman Nafi'an, Wa Rizqan Tayyiban, Wa 'Amalan Mutaqabbalan

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

(O Allah, I ask You for beneficial knowledge, goodly provision and acceptable deeds).

Sunan Ibn Majah 925

2.5) Dua when one Reaches the Morning and Evening

Abu Hurairah (ra) said:

The Messenger of Allah (ﷺ) used to teach his Companions saying: “When one of you reached the morning, then let him say:

Allahumma Bika Asbahna Wa Bika Amsaina Wa Bika Nahya Wa Bika Namutu Wa Ilaikal-Masir

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ الْمَصِيرُ

‘O Allah, by You we enter the morning and by You we enter the evening and by You we live and by You we die and to You is the Return

And when he reaches the evening let him say:

Allahumma Bika Amsaina Wa Bika Asbahna Wa Bika Nahya Wa Bika Namutu Wa Ilaika An-Nushur

اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

‘O Allah, by You we enter the evening and by You we enter the morning and by You we live, and by You we die and to You is the Resurrection.

Jami` at-Tirmidhi 3391

2.6) Dua for Forgiveness for the Morning and Evening

Anas (ra) narrated that the Messenger of Allah (ﷺ) said:

“Whoever says in the morning:

Allahumma Asbahna Nush-Hiduka Wa Nush-Hidu Hamalata `Arshika Wa Mala'ikataka Wa Jami`A Khalqika Bi-Annaka Allāh, Lā Ilāha illa Anta, Wahdaka La Sharika Laka, Wa Anna Muhammadan `Abduka Wa Rasuluk`

اللَّهُمَّ أَصْبَحْنَا نُشْهِدُكَ وَنُشْهِدُ حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ وَجَمِيعَ خَلْقِكَ بِأَنَّكَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ وَحَدَاكَ لَا شَرِيكَ لَكَ وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُولُكَ

"O Allah, we have entered a new morning and call upon You and upon the bearers of Your Throne, upon Your angels and all creation to bear witness that surely You are Allah, there is none worthy of worship but You alone, You have no partners, and that Muhammad is Your slave and Your Messenger."

Allah will forgive him for whatever he does that day, and if he says it in the evening, Allah will forgive him for whatever (minor) sin he commits that night."

Jami` at-Tirmidhi 3501

2.7) Dua Against Anxiety and Burden of Debts

Narrated Anas bin Malik (ra):

The Prophet (ﷺ) said to Abu Talha, "Choose one of your boys to serve me." So Abu Talha took me (to serve the Prophet (ﷺ), by giving me a ride behind him (on his camel). So I used to serve Allah's Messenger (ﷺ), whenever he stayed somewhere. I used to hear him saying,

Allah Humma Inni A'uzubika Minal Hammi Wal Hazan Wal Ajzi Wal Kasal Wal Bukhli Wal Jubni Wa Dalai Ad-Dayni Wa Ghalabat ir Rijaal

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلْبَةِ الرَّجَالِ

“(O Allah! I seek refuge with you (Allah) from worries and grief, from incapacity and laziness, from miserliness and cowardice, from being heavily in debt and from being overpowered by other men).”

Sahih al-Bukhari 6363

2.8) Four Words that Greatly Praise Allah

Juwairiya (ra) reported that Allah's Messenger (ﷺ) came out from (her apartment) in the morning as she was busy in observing her dawn prayer in her place of worship. He came back in the forenoon and she was still sitting there. The Holy Prophet (ﷺ) said to her: You have been in the same seat since I left you. She said: Yes. Thereupon Allah's Apostle (ﷺ) said: I recited four words three times after I left you and if these are to be weighed against what you have recited since morning these would outweigh them and (these words) are:

"SubhanAllahi Wa Bihamdihi Adada Khalqih Wa Rida Nafsihi Wa Zinata Arshihi wa Midada Kalimatih

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِينَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ

Allah is free from imperfection and praise is due to Him according to the number of His creation and according to His Pleasure and according to the weight of His Throne and according to the ink (used in recording) His Words."

Sahih Muslim 2726 a

2.9) Reciting the Last Three Surahs (Chapter 112, 113 & 114)

Mu`az bin `Abdullah bin Khubaib (ra), narrated from his father, who said:

“We went out on a rainy and extremely dark night, looking for the Messenger of Allah (ﷺ), so that he could lead us in Salah.” He said: “So I met him and he (ﷺ) said: ‘Speak’ but I did not say anything. Then he (ﷺ) said: ‘Speak.’ But I did not say anything. He (ﷺ) said: ‘Speak.’ So I said: ‘What should I say?’ He (ﷺ) said: ‘Say: “Say: He is Allah, the One” (Surat Al Ikhlas) and **Al-Mu`awwidhatain** (Surat An Nas and Surat Al Falaq), when you reach evening, and when you reach morning, **three times**, they will suffice you against everything.”

2.10) Last 3 Surahs - Arabic with English

Surat Al Ikhlas (ch-112)

Bismillaahir Rahmaanir Raheem

1. Qul Huwal Laahu Ahad
2. Allah Hus Samad
3. Lam Yalid Wa Lam Yoolad
4. Wa Lam Yakul Lahu Kufuwan Ahad

قُلْ هُوَ اللهُ أَحَدٌ
اللهُ الصَّمَدُ
لَمْ يَلِدْ وَلَمْ يُولَدْ
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

1. Say: He is Allah, the One and Only;
2. Allah, the Eternal, Absolute;
3. He begets not, nor is He begotten;
4. And there is none like unto Him.

Surat Al Falaq (ch-113)

Bismillaahir Rahmanir Raheem

1. Qul A'uzoo Bi Rabbil-Falaq
2. Min Sharri Ma Khalaq
3. Wa Min Sharri Ghasiqin Iza Waqab
4. Wa Min Sharrin Naffaa Thaati Fil 'Uqad
5. Wa Min Sharri Haasidin Iza Hasad

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ
مِنْ شَرِّ مَا خَلَقَ
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

1. Say: I seek refuge with the Lord of the Dawn
2. From the mischief of created things;
3. From the mischief of darkness as it overspreads;
4. From the mischief of those who practise blowing onto knots (magic);
5. And from the mischief of the envious one as he practises envy.

Surat An Nas (ch-114)

Bismillaahir Rahmaanir Raheem

1. Qul A'uzu Birabbin Naas
2. Malikin Naas
3. ilaahin Naas
4. Min Sharril Was Waasil Khannaas
5. Al Lazee Yuwas Wisu Fee Sudoorin Naas
6. Minal Jinnati Wan Naas

قُلْ أَعُوذُ بِرَبِّ النَّاسِ
مَلِكِ النَّاسِ
إِلَهِ النَّاسِ
مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ
مِنَ الْجِنَّةِ وَالنَّاسِ

1. Say: I seek refuge with the Lord and Cherisher of Mankind,
2. The King (or Ruler) of Mankind,
3. The God of Mankind,-
4. From the evil of the retreating whisper,-
5. (The same) who whispers into the hearts of Mankind,-
6. Among Jinns and among men.

Jami` at-Tirmidhi 3575

2.11) Dua for Forgiveness and Well-Being

It was narrated that Ibn 'Umar (ra) said:

"The Messenger of Allah (ﷺ) never abandoned these supplications, every morning and evening:

Allahumma Inni As'alukal-'Afwa Wal-'Afiyah Fid-Dunya Wal-Akhirah. Allahumma Inni As'alukal-'Afwa Wal-'Afiyah Fi Dini Wa Dunyaya Wa Ahli Wa Mali. Allahum-Mastur 'Awraati, Wa Amin Raw'ati Wahfazni Min Bayni Yadayya, Wa Min Khalfi, Wa 'An Yamini Wa 'An Shimali, Wa Min Fawqi, Wa 'Auzu Bika An Ughtala Min Tahti

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ
وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي
وَاحْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي
وَأَعُوذُ بِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

(O Allah, I ask You for pardon and well-being in this world and in the Hereafter. O Allah, I ask You for pardon and well-being in my religious and my worldly affairs, my family and wealth. O Allah, conceal my faults, calm my fears, and protect me from before me and behind me, from my right and my left, and from above me, and I seek refuge in You from being taken unaware from beneath me)."

Sunan Ibn Majah 387

2.12) Seeking Refuge from Evil

Abu Hurairah (ra) narrated that the Prophet (ﷺ) said:

“Whoever says three times when he reaches the evening: ‘I seek refuge in Allah’s Perfect Words from the evil of what He created,

A`uzu Bikalimatillahit-Tammati Min Sharri Ma Khalaq

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

no poisonous sting shall harm him that night.” (One of the narrators) Suhail said: “So our family used to learn it and they used to say it every night. A girl among them was stung, and she did not feel any pain.”

Jami` at-Tirmidhi 3604b

2.13) Reciting Ayatul Kursi

“Whoever reads **Ayatul Kursi** (Surat Al-Baqarah [2:255]) after every obligatory prayer, nothing will prevent this person from **entering Jannah except death.**”

Collected by an Nasai and authenticated by ibn Hibban and al Albani in Saheeh al Jaami’ as Sagheer 6464

Narrated 'Abdullah bin Mas'ud (ra):

"Allah has not created in the heavens nor in the earth what is more magnificent than Ayatul Kursi." Sufyan said: "Because Ayatul Kursi is the Speech of Allah, and Allah's Speech is greater than Allah's creation of the heavens and the earth."

Jami` at-Tirmidhi 2884

Allahu Laaa ilaaha illa Huwal Haiyul Qaiyoom; Laa Taa'khuzuhoo SinatuwnWa Laa Nawm; Lahoo Maa Fissamaawaati Wa Maa Fil Ard; Man Zal Lazee Yashfa'u

**Indahooo illaa Bi-iznih; Ya'lamu Maa Baina Aydeehim Wa Maa Khalfahum Wa
Laa Yuheetoona Bishai'im Min 'ilmihee illaa Bimaa Shaaa'; Wasi'a Kursiyyuhus
Samaawaati Wal Arda Wa Laa Ya'ooduho Hifzuhumaa; Wa Huwal Aliyyul 'Azeem**

﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ
وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا
خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ
وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ﴾

Allah - There is no god 'worthy of worship' except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

Surat Al Baqarah 2:255

2.14) Reciting the Last two Verses of Surat Al Baqarah

Narrated An-Nu'man bin Bashir (ra):

That the Prophet (ﷺ) said: "Indeed Allah wrote in a book two thousand years before He created the heavens and the earth, and He sent down two Ayat from it to end Surat Al-Baqarah with. If they are recited for three nights in a home, no Shaitan shall come near it."

Jami at-Tirmidhi 2882

Last two verses of Surat Al Baqarah (2:285-286)

Aamanar-Rasoolu Bimaaa Unzila ilaihi Mir-Rabbihee Walmu'minoon; Kullun Aamana Billaahi Wa Malaaa'ikathihee Wa Kutubhihee Wa Rusulih Laa Nufarriqu Baina Ahadim-Mir-Rusulihee Wa Qaaloo Sami'naa Wa Ata'naa Ghufraanaka Rabbanaa Wa ilaikal-Maseer

Laa Yukalliful-Laahu Nafsan illaa Wus'ahaa; Lahaa Maa Kasabat Wa 'Alaihaa Maktasabat; Rabbanaa La Tu'aakhiznaa in Naseenaaa Aw Akhtaanaa; Rabbanaa Wa Laa Tahmil-'Alainaaa isran Kamaa Hamaltahoo 'Alal-Lazeena Min Qablinaa; Rabbanaa Wa Laa Tuhammilnaa Maa Laa Taaqata Lanaa Bih Wa'fu 'Annaa Waghfir Lanaa Warhamnaa; Anta Mawlaanaa Fansurnaa 'Alal Qawmil Kaafireen

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ
وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا
وَإِلَيْكَ
الْمَصِيرُ * لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا
لَا
تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى
الَّذِينَ
مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا
أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

"The Messenger believes in what has been revealed to him from his Lord, as do the men of faith. Each one (of them) believes in Allah, His angels, His books, and His Messengers. "We make no distinction (they say) between one and another of His Messengers." And they say: "We hear, and we obey: (We seek) Your forgiveness, our Lord, and to You is the end of all journeys."

On no soul does Allah Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden like that which You did lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. You are our Protector; Help us against those who stand against faith."

2.15) Reward Equivalent to Freeing Slaves

Narrated Abu Huraira (ra):

Allah's Messenger (ﷺ) said, "If one says one-hundred times in one day:

La ilaha ila Allah Wahdahu La Sharika Lah, Lahu Al-Mulku Wa Lahu Al-Hamdu, Wa Huwa `Ala Kulli Shay'in Qadir

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

[None has the right to be worshipped but Allah Alone, Who has no partners, to Him belongs Dominion and to Him belong all the Praises, and He has power over all things (i.e. Omnipotent)] , one will get the reward of manumitting ten slaves, and one-hundred good deeds will be written in his account, and one-hundred bad deeds will be wiped off or erased from his account, and on that day he will be protected from the morning till evening from Satan, and nobody will be superior to him except one who has done more than that which he has done."

Sahih al-Bukhari 3293

2.16) Two Phrases whose Value is Excellent on the Day of Judgment

Abu Huraira (ra) reported Allah's Messenger (ﷺ) as saying:

He who recites in the morning and in the evening (these words):

Subhan Allah Wa Bihamdihi

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

(Glorified is Allah and all praise is due to Him)

one hundred times, he would not bring on the Day of Resurrection **anything excellent than this except one who utters these words or utters more than these words.**

Sahih Muslim 2692

General Guide for a Muslim to Follow

3) General Guide for a Muslim to Follow

- 3.1) Enter House with Bismillah.
- 3.2) Say Bismillah Before Undressing.
- 3.3) Say Bismillah Before Eating.
- 3.4) Eat and Drink with Right Hand.
- 3.5) No Dog, Photo and Statue in the House.
- 3.6) Be Modest/Lower the Gaze.
- 3.7) Maintain Good Personal Hygiene.
- 3.8) Be Obedient/Righteous towards your Parents.
- 3.9) Maintain ties of Kinship.
- 3.10) Pray 5 Times Obligatory Salat.
- 3.11) Pray the 12 Voluntary Salat.
- 3.12) Pray Tahajjud/Salat Al Duha/Witr.
- 3.13) Recite Quran.
- 3.14) Offer Voluntary Fasting.
- 3.15) Do Istihghfar (saying Astaghfirullah).
- 3.16) Make Dua.
- 3.17) Ensure Halal Earning (Avoiding Riba, Bribes, Stealing and Extortion etc.).
- 3.18) Make Dhikr (Remembrance of Allah).
- 3.19) Have Tawakkul (Trust in Allah).
- 3.20) Have Taqwa (Fear of Allah and His Punishment).

4) The Last Sermon of Prophet Muhammad (ﷺ)

Prophet Muhammad (ﷺ) delivered his last sermon (Khutbah) on the ninth of Dhul Hijjah (12th and last month of the Islamic year), 10 years after Hijrah (migration from Makkah to Madinah) in the Uranah Valley of mount Arafat. His words were quite clear and concise and were directed to the entire humanity.

After praising, and thanking Allah he said:

“O People, lend me an attentive ear, for I know not whether after this year, I shall ever be amongst you again. Therefore, listen to what I am saying to you very carefully and take these words to those who could not be present here today.

O people, just as you regard this month, this day, this city as Sacred, so regard the life and property of every Muslim as a sacred trust. Return the goods entrusted to you to their rightful owners. Hurt no one so that no one may hurt you. Remember that you will indeed meet your Lord, and that He will indeed reckon your deeds. **Allah has forbidden you to take usury (interest)**, therefore all interest obligation shall henceforth be waived. Your capital, however, is yours to keep. You will neither inflict nor suffer any inequity. Allah has Judged that there shall be no interest and that all the interest due to Abbas ibn Abd Al-Muttalib (Prophet’s uncle) shall henceforth be waived...

Beware of Satan, for the safety of your religion. He has lost all hope that he will ever be able to lead you astray in big things, **so beware of following him in small things.**

O people, it is true that you have certain rights with regard to your women, but they also have rights over you. Remember that you have taken them as your wives only under Allah’s trust and with His permission. If they abide by your right then to them belongs the right to be fed and clothed in kindness. **Do treat your women well and be kind to them for they are your partners and committed helpers.** And it is your right that they do not make friends with any one of whom you do not approve, as well as never to be unchaste.

O people, listen to me in earnest, worship Allah, say your five daily prayers (Salah), fast during the month of Ramadan, and give your wealth in Zakat. Perform Hajj if you can afford to.

All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also, a white has no superiority over a black nor a black has any superiority over a white except by piety (taqwa) and good action. Learn that every Muslim is a brother to every Muslim and that the

Muslims constitute one brotherhood. Nothing shall be legitimate to a Muslim which belongs to a fellow Muslim unless it was given freely and willingly. Do not, therefore, do injustice to yourselves.

Remember, **one day you will appear before Allah and answer your deeds.** So beware, do not stray from the path of righteousness after I am gone. O people, no prophet or apostle will come after me and **no new faith will be born.**

Reason well, therefore, O people, and understand the words which I convey to you. I leave behind me two things, **the Qu'ran and my example, the Sunnah and if you follow these you will never go astray.**

All those who listen to me shall pass on my words to others and those to others again; and may the last ones understand my words better than those who listen to me directly. Be my witness, **O Allah, that I have conveyed your message to your people”.**