

## **INTRODUCTION TO TREATMENT WITH RUQYA SUPPLICATIONS AND HEALING.**

Ibn al-Qayyim (rahimahullaah) explained the method of seeking remedy, and it is: "That you relocate your heart from the homeland of the dunya (life of this world), and you settle it in the homeland of the Hereafter. ((To have complete conviction, connection and dependency upon Allah with Tawheed)) Then with it – in its entirety you hear ((Read)) and receive the meanings of the Qur'aan and ((Dua)) their elucidation and have reflection upon them, and understand what is said and meant by it and for what reason it was revealed, and that you take your share and portion from every verse from its verses – and then you bring it down upon the ailment of your heart. For this method is succinct, simple and easy, that leads to the Rafeeq al-A'laa (highest companionship)." [Madaarij as-Saalikeen vol 2 p.30]

### **The Factors Which Lead to an Individual Not Being Healed.**

Al-Khattaabi (rahimahullaah) said: "The realization of cure may vary on the part of some of those who utilize Prophetic medicine, ((Ruqya Method of Healing)) and that is due to an impediment sustained by the utilizer from weakness in belief of cure by way of it and receiving it with acceptance, and the most distinct of examples in that regard is the Qur'aan which is a cure for that which is in the chests, and in spite of that; there may not be procured a cure of one's chest for some people – due to his deficiency in belief and in receiving it with acceptance. Rather it does not increase the hypocrite except in polluted doubt to his polluted doubt and sickness to his sickness. Therefore the Prophetic medicine is not suitable except to good bodies, just as the remedy of the Qur'aan is not suitable except to good hearts, and Allaah Knows best." [Fath ul Baari vol 10 p.210]

From amongst the greatest means of protecting and combating oneself against the evil effects of witchcraft ,evil eye/envy and jinn is to persist in regularly reciting the supplications "Dua & Adhkaar." They prevent against witchcraft ,evil eye/envy and jinn possession before it happens, protecting one against it and warding off its evil, and remedying it if it does happen.

Those who have tried these supplications prayers for refuge on a regular basis morning and evening know their value and benefit and how a great need there is for them.

May Allah Cure Us with a Complete Cure Leaving no Sickness Ailment.

## SELF RUQYA HEALING SUPPLICATIONS FROM THE QURAN & SUNNAH FOR PREVENTION & PROTECTION AND COMBATING THE EFFECTS OF EVIL EYE/ENVY, MAGIC AND HARM FROM JINN.

### READ DAILY AFTER FAJR, ASR, BEFORE SLEEP

Dua's for prevention protection and treating oneself with Ruqya for Evil Eye/Envy, Magic.

Start by sending salutations upon the Prophet Muhammad ﷺ (Read as many times as preferred)

Surah Al Faatiha (Read X7 or as preferred)

### سُورَةُ الْفَاتِحَةِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ (١)

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (٢) الرَّحْمَنِ الرَّحِيمِ (٣) مَلِكِ يَوْمِ الدِّينِ (٤) إِيَّاكَ نَعْبُدُ وَإِيَّاكَ  
نَسْتَعِينُ (٥) أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (٦) صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ  
عَلَيْهِمْ وَلَا الضَّالِّينَ (٧)

(Transliteration) A'uthu billahi min ash-shaytaan-ir-rajeem.

Bismillaah ar-Rahman ar-Raheem Al hamdu lillaahi rabbil 'alameen Ar-Rahman ar-Raheem Maaliki yaumid Deen Iyyaaka na'abudu wa iyyaaka nasta'een Ihdinas siraatal mustaqeem Siraatal ladheena an 'amta' alaihim Ghairil maghduubi' alaihim waladaaleen {Aameen}

(Translation Meaning) In The Name of Allah, The Most Gracious, Most Merciful. All Praise be to Allah, Lord of the Worlds, The Most Beneficent, The Most Merciful. Owner of the Day of Judgment. You alone we worship; You alone we ask for help. Guide us to the straight path, The path of those whom you have favoured. Not the path of those who have earned your anger, nor of those who have gone astray.

[Qur'an Surah Chapter 1]

(Read 7x or as preferred)

بِاسْمِ اللَّهِ أَرْقِي نَفْسِي مِنْ كُلِّ شَيْءٍ يُؤْذِينِي وَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ اللَّهُ  
يَشْفِينِي بِاسْمِ اللَّهِ أَرْقِي نَفْسِي

(Transliteration) Bismillahi arqee nafsee min kulli shayin yu'dheeni, min sharri kulli nafsin aw 'aynin hasid Allaahu yashfeeni Bismillahi arqee nafsee.

(Translation Meaning) In the name of Allah I perform ruqyah upon myself, from everything that is harming me, from the evil of every soul or envious eye may Allah heal me, in the name of Allah I perform ruqyah upon me. (Muslim)

(Read X3 or 7)

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

(Transliteration) Authu bikalimaatil-laahit-taammati min kulli shaytaanin wa haammatin wa min kulli Aynin laammah.

(Translation Meaning) I seek refuge in the Perfect Words of Allāh, from every devil and every poisonous reptile, and from every evil eye. [Bukhari]

(Read X3)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ، وَعِقَابِهِ، وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيَاطِينِ،  
وَأَنْ يَحْضُرُونِ

(Transliteration) Authu bi kalimaat-illaah il-taammati min ghadabihi wa 'iqaabihi, wa min sharri 'ibaadihi wa min hamazaat al-shayaateeni wa an yahduroon.

(Translation Meaning) I seek refuge in the perfect words of Allaah from His wrath and punishment, from the evil of His slaves and from the evil promptings of the devils and from their presence. [Muwatta Maalik]

(Read X3)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

(Transliteration) Authu bi kalimaatiAllaah hitaammahti min sharri ma khalaq.

(Translation Meaning) I seek refuge in the perfect words of Allaah from the evil of that which He has created. [Muslim]

(Read X3)

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

(Transliteration) Bismillaah alladhi laa yadurr ma'a ismihi shay'un fi'l-ardi wa laa fi'l-samaa'i wa huwa al-samee' al-'aleem.

(Translation Meaning) In the name of Allah with Whose Name nothing on earth or in heaven harms, and He is the All-Seeing, All-Knowing.

[Ibn Majah]

(Read X7)

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

(Transliteration) Hasbiy Allaahu laa ilaaha illa huwa, 'alayhi tawakkaltu wa huwa Rabb ul-'arsh il-'azeem.

(Translation Meaning) Allah is sufficient for me. None has the right to be worshipped but He. In Him I put my trust and He is the Lord of the Mighty Throne. [Abu Dawud]

(Read X3)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُ هُنَّ بَرٌّ وَلَا فَاجِرٌ مِنْ شَرِّ مَا خَلَقَ، وَبَرًّا  
وَدَرًّا، وَمِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ، وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا، وَمِنْ شَرِّ مَا ذَرَأَ فِي  
الْأَرْضِ، وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا، وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ، وَمِنْ شَرِّ كُلِّ طَارِقٍ  
إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ

(Transliteration) 'A'uthu bikalimaatil-laahit-taammaatil -latee laa yujaawizuhunna barrun wa laa faajirun min sharri maa khalaqa, wa bara'a wa thara'a, wa min sharri maa yanzilu minas-samaa'i, wa min sharri maa ya'ruju feehaa, wa min sharri maa thara'a fil-'ardhi, wa min sharri ma yakhruju minhaa, wa min sharri fitanil-layli wannahaari, wa min sharri kulli taariqin 'illaa taariqan yatruqu bikhayrin yaa Rahmaan.

(Translation Meaning) I seek refuge in the Perfect Words of Allah - which neither the upright nor the corrupt may overcome - from the evil of what He created, of what He made, and of what He scattered, from the evil of what descends from the heavens, and of what rises up to them, from the evil of what He scattered in the earth and of what emerges from it, from the evil trials of night and day, and from the evil of every night visitor, except the night visitor who comes with good. O Merciful One. [Musnad Ahmad]

(Read X3)

اللَّهُمَّ لَكَ أَسْلَمْتُ، وَبِكَ آمَنْتُ، وَعَلَيْكَ تَوَكَّلْتُ، وَإِلَيْكَ أُنْبَتُ، وَبِكَ خَاصَمْتُ، اللَّهُمَّ أَعُوذُ بِعِزَّتِكَ؛ لَا إِلَهَ إِلَّا أَنْتَ أَنْ تُضِلَّنِي، أَنْتَ الْحَيُّ الَّذِي لَا تَمُوتُ، وَالْجِنُّ وَالْإِنْسُ يَمُوتُونَ

(Transliteration) Allahumma laka aslamtu, wa bika amantu, wa 'alaika tawakkaltu, wa ilaika anabtu, wa bika khasamtu, Allahumma authzube izitika la ilaha ll antu dulany, Antal Hay alathee laa Yamut, Wal Jinnu wal Insu Yamutun.

(Translation Meaning) O Allah, I surrender to You, I believe in You, I rely on You, I return in repentance to You, I oppose Your opponents. I seek refuge with Your Honor, there is no god but You, that You do not lead me astray. You are the Ever-Living who never dies, yet the Jinn and humans will all die!

[Bukhari Muslim Agreed Upon]

(Read X3)

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، عَلَيْكَ تَوَكَّلْتُ، وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ، مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا، إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ

(Transliteration) Allah-humma, anta rabbi, laa ilaaha illaa Anta, ‘alaika tawakkaltu wa anta rabbul ‘arshil athzeem maashaa Allahu kaana wa maLam yasha’ lam yakun-wa laa hawla wa lla quwwata illaa bil-Laahil A’liyyil ‘Atheem. A’lamu annallaaha ‘alaa kulli shay in qadiyrun-wa annallaaha qad ahaata bikulli shay in ilmaa. Allah-humma inni a’uthu bika min sharri nafsiy wa min sharri kulli daabbatin ants aakhithum bi naasiyatihaa inna rabiy ‘alaa siraatim mustaqeem.

(Translation Meaning) Oh Allah, You are my Lord. There is nothing worthy of worship except You. I place all of my trust and reliance in You and You are the Lord of the Noble Throne. Whatever Allah wishes takes place, and whatever He does not desire, does not occur, and there is no power and no strength except in Allah, The Exalted, The Mighty. I know that Allah is Powerful over all things and that Allah has knowledge of all things. Oh Allah, I seek refuge in You from the evil of my nafs (self) and from the evil of every crawling creature. You are master over them. Verily, You are Lord of the Straight Path. [Ibn as Sinni Al-Azkaar-Nawawi]

(Read X3)

أَعُوذُ بِوَجْهِ اللَّهِ الْعَظِيمِ الَّذِي لَيْسَ شَيْءٌ أَعْظَمَ مِنْهُ وَبِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا  
يُجَاوِزُهُنَّ بَرٌّ وَلَا فَاجِرٌ وَبِأَسْمَاءِ اللَّهِ الْحُسْنَى كُلِّهَا مَا عَلِمْتُ مِنْهَا وَمَا لَمْ أَعْلَمْ مِنْ شَرِّ  
مَا خَلَقَ وَبَرًّا وَدَرًّا

(Transliteration) “A’uthu bi wajhillah al-Adhim alladhi laysa shay’un a’dhamu minhu wa bi kalimatillah at-tammati allati la yujawizuhunna barrun wa la fajir wa bi asmaillah al-husna kulliha ma alimtu minha wa ma lam a’lam min sharri ma khalaqa wa bara’a wa zara’a.”

(Translation Meaning) I seek the protection of Allah the Great; He, than whom there is nothing greater. And I seek the protection of the perfect words of Allah which no man, virtuous or evil, can even transcend; and I seek the protection of all the beautiful names of Allah, those of them which I know and those which I do not know, from the evil of everything He (Allah) created, to which He has given existence, and which He has spread (over the earth or universe). [Imam Malik Al Muwwata]

(Read X3)

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ

(Transliteration) Ya Hayyu Ya Qayyumu Birahmatika 'Astaghith, 'Aslih Li Sha'ni Kullah, Wa La Takilni 'Ila Nafsi Tarfata `Ayn.

(Translation Meaning) O Ever Living, O Self-Subsisting and Supporter of all, by Your mercy I seek assistance, rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye.

[Mustadrak Al Haakim]

(Read X3)

اللَّهُمَّ ذَا السُّلْطَانِ الْعَظِيْمِ وَالْمَنْ الْقَدِيْمِ ذَا الْوَجْهِ الْكَرِيْمِ وَلِيَّ الْكَلِمَاتِ التَّامَّاتِ وَالِدَعَوَاتِ الْمُسْتَجَابَاتِ عَافِنَا عَافِ الْمُسْلِمِيْنَ مِنْ أَنْفُسِ الْجِنِّ وَأَعْيُنِ الْإِنْسِ

(Transliteration) Allahumma dhas Sultani 'Azeem wal Mannil Qadim thal Wajhil Karim waliyyal Kalimatit Tammati wad da'watil mustajabati aafna 'afil wal al Muslimin min anfusil Jinn wa a'yunil ins.

(Translation Meaning) The Mighty Lord, the Greatest Authority, by Your Generosity and Noble face, The Guardian of perfect words and answered supplications, Grant me relief and the Muslims from the self eyes of Jinn and the eyes of Mankind. [Tafsir Ibn Kathir, Qur'an Surah Al Qalam]

(Read x7)

بِسْمِ اللّٰهِ اَللّٰهُمَّ اذْهَبْ حَرَّهَا وَبَرْدَهَا وَوَصَبَهَا

(Transliteration) Bismillaahi Allah humma athzhh haraha wa bardah wa wasaba ha.

(Translation Meaning) In the name of Allah, O Allah! You remove the heat, cold and pain of this evil glance. [Nasai-Ahmad]

(Read x7)

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيَنِي

(Transliteration) As'alullaahal-'Azeem Rabbal-'Arshil-'Azeem an yashfiyane.

(Translation Meaning) I ask Allaah, the Magnificent, Lord of the Magnificent Throne to cure me. (Abu Dawud)

(Read X3)

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

(Transliteration) Allahumma 'afini fi badani. Allaahuma 'afini fi sam'i. Allahumma 'afini fi bashari. Allahumma inni a'udzu bika minal kufri wal faqri. Allahumma inni a'udzubika min 'adzabil qabri laa ilaaha illa anta.

(Translation Meaning) O Allah, grant health in my body, O Allah, grant health in my hearing, O Allah, grant health in my sight. There is no god worthy of being worshiped except You. (Abu Dawud)

(Read X3)

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

(Transliteration) Adh-hibil-ba's Rabban-Nās, ashfi antash-Shāfee, lā Shifā'a illa shifā'uka, shifā'an lā yughādiru saqama.

(Translation Meaning) Remove the harm, O Lord of the people! Heal, for You are The Healer. There is no healing that avails except your healing. A healing that leaves behind no ailment. [Bukhari]

(Read X3)

اللَّهُمَّ فَارِجَ الْهَمِّ ، كَاشِفَ الْغَمِّ ، مُجِيبَ دَعْوَةِ الْمُضْطَرِّينَ ، رَحْمَنَ الدُّنْيَا وَالْآخِرَةِ  
وَرَحِيمَهُمَا أَنْتَ تَرْحَمُنِي فَارْحَمْنِي بِرَحْمَةٍ تُغْنِينِي بِهَا عَنْ رَحْمَةِ مَنْ سِوَاكَ

(Transliteration) Allahumma Farijal hammi Kashifal ghammi Mujeeba da'watil Mudtarreen, Rahmaanad Dunya wal Akhirati wa Raheem anhuma Anta tarhamuni farhamni birahmatin tughni nee biha 'ar Rahmati man siwak.

(Translation Meaning) O Allah, the Soother of worry, the Remover of grief, the Grantor of the du'a of the helpless, the Giver of mercy and compassion in the world and the hereafter, You alone can have true true mercy on me. So show mercy to me that will totally free me from the need of other's [Hadith Mustadrak Hakim]

(Read X3)

بِسْمِ اللَّهِ أَرْقِي نَفْسِي مِنْ كُلِّ شَيْءٍ يُؤْذِينِي وَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ اللَّهُ  
يَشْفِينِي بِاسْمِ اللَّهِ أَرْقِي نَفْسِي

(Transliteration) Bismillahi arqee nafsee min kulli shayin yu'dheeni, min sharri kulli nafsin aw 'aynin hasid Allaahu yashfeeni Bismillahi arqee nafsee.

(Translation Meaning) In the name of Allah I perform ruqyah upon myself, from everything that is harming me, from the evil of every soul or envious eye may Allah heal me, in the name of Allah I perform ruqyah upon me). (Muslim)

(Recite as many times as preferred)

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
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 مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ  
الْعَلِيُّ الْعَظِيمُ

(Transliteration) Allahu la ilaha illa Huwa, Al-Haiyul-Qaiyum La ta'khudhuhu sinatun wa la nawm, lahu man fis-samawati wa ma fil-'ard Man dhal-ladhi yashfa'u 'indahu illa bi-idhnihi Ya'lamu ma baina aidihim wa ma khalfahum, wa la yuhituna bi shai'im-min 'ilmihi illa bima sha'a Wasi'a kursiyuhus-samawati wal ard, wa la ya'uduhu hifdhuhuma Wa Huwal 'Aliyul-Adheem.

(Translation Meaning) I seek refuge in Allah from Satan the outcast Allâh! Lâ ilâha illa Huwa (none has the right to be worshipped but He), the Ever Living, the One Who sustains and protects all that exists. Neither slumber, nor sleep overtake Him. To Him belongs whatever is in the heavens and whatever is on earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them (His creatures) in this world, and what will happen to them in the Hereafter . And they will never compass anything of His Knowledge except that which He wills. His Kursî[] extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great [Qur'an Ayatul Kursi is verse 255]

(Recite as many times as preferred).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ 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 إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا  
مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ  
الْكَافِرِينَ

(Transliteration) Bismillaah ar-Rahman ar-Raheem. Amanar-rasulu bima unzila ilayhi min rabbihi wal-muminunKullun amana billahi wa mala ikatihi wa kutubihi wa rusulihLa nufarriqu bayna ahadin min rusulihWa qalu sami'na wa a-ta'na ghufuranaka rabbana wa ilaykal masirLa yukallifullahu nafsana illa wus'ahaLaha ma kasabat wa alayha maktasabatRabbana la tu akhidhna in nasina au akhta'naRabbana wa la tahmil alayna isran kamaHamaltahu alalladhina min qablinaRabbana wa la tuhammilna ma la taqata lanabihWa'fu anna, waghfir lana, warhamnaAnta maulana fansurna alal-qaumil-kafirin.

(Translation Meaning) The Messenger (Muhammad, Peace and blessings be upon him) believes in what has been sent down to him from his Lord, and (so do) the believers. Each one believes in Allâh, His Angels, His Books, and His Messengers. (They say), "We make no distinction between one another of His Messengers" and they say, "We hear, and we obey. (We seek) Your Forgiveness, our Lord, and to You is the return (of all)." - Allâh burdens not a person beyond his scope. He gets reward for that (good) which he has earned, and he is punished for that (evil) which he has earned. "Our Lord! Punish 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 (Jews and Christians); our Lord! Put not on us a burden greater than we have strength to bear. Pardon

us and grant us Forgiveness. Have mercy on us. You are our Maulâ (Patron, Supporter and Protector, etc.) and give us victory over the disbelieving people. [Qur'an Surah al Baqrah 285>286]

(Recite X3)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

(Transliteration) Qul huwal-laahu aHadal-laahuS Samad lam yalid walam yuulad walam yakul-lahu kufuwan aHad.

(Translation Meaning) With the Name of Allah, the Most Gracious, the Most Merciful. Say: He is Allah (the) One. The Self-Sufficient Master, Whom all creatures need, He begets not nor was He begotten, and there is none co-equal to Him. [Qur'an Surah Al-Ikhlâs 112]

(Recite X3)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

(Transliteration) Qul 'A`ūdhu Birabbi Al-Falaqi Min Sharri Mā Khalaqa Wa Min Sharri Ghāsiqin 'Idhā Waqaba Wa Min Sharri An-Naffāthāti Fī Al-'Uqadi Wa Min Sharri Hāsīdin 'Idhā Hāsada.

(Translation Meaning) With the Name of Allah, the Most Gracious, the Most Merciful. Say: I seek refuge with (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies. [Qur'an Surah Al-Falaq 113]

(Recite X3)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْغِيظِ وَالنَّاسِ

(Transliteration) Qul 'A`udhu Birabbi An-Naasi Maliki An-Naasi 'Ilahi An-Naas Min Sharri Al-Waswāsi Al-Khannasi Al-Ladhi Yuwaswisu Fi Şuduri An-Naasi Mina Al-Jinnati Wa An-Naas.

(Translation Meaning) With the Name of Allah , the Most Gracious , the Most Merciful. Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind , the God of mankind , from the evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns and men. [Qur'an Surah An-Nas 114]

▪It is recommended to place hand upon chest head etc whilst reading in place of pain or ailment.

Upon completion of reading cup hands together blow spittle in hands and then wipe hands all over your body.

You may also blow spittle in to water, olive oil or honey etc as a means of remedy to drink bath or apply oil to body.