

QURANIC THERAPY

HEAL YOURSELF

PART 2



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❧ INTRODUCTION ❧

The topic of Spiritual Healing, i.e. the science of obtaining spiritual benefit (*faiz*) from Almighty Allah's Words and Guidance for the treatment of human ailments, is beneficial for everyone. However, before any attempt is made to practice this highly honorable act, one must be aware of the code of ethics or conditions which are its prerequisites.

The first and foremost condition for practicing or learning this science is sincerity. There should be no intention to acquire monetary gain from these words. The second condition is that it should not be read for the sake of revenge or to show oneself as a supreme power in the society. The next condition is that whatsoever the practitioner feels regarding the improvement of his or her spiritual ability, it should not be shared with anyone. This would prove beneficial for him or her as well as those who expect something from him or her. Also, another very important condition is to be clean, i.e. to have *wudu* (ritual ablution), and also to recite as per the given directions / instructions. These directions have not been created by any lay person. They have been transmitted down from the *Awliya Kiram* (Friends of Allah Almighty) through a trustworthy chain of practitioners and has by Allah Almighty's Grace reached us for our benefit. It is also very important to note that these prayers are effective for those who believe in the power of God's Words. For those who do not believe in it will not receive any benefit. So the basic condition is to have belief in these prayers. And to believe that God, being our Creator has also provided solutions to our problems in His Noble Quran and the *Ahaadeeth*, which are the sayings of the Holy Prophet Muhammad ﷺ.

If all the above mentioned instructions are followed, the

practitioner of this noble science will receive benefits by the Will of Allah Almighty. This science is for the larger interest of human beings and it must be taught to all so that everyone may benefit and receive peace and happiness in this world. And one must always remember in our difficult times as well as our happy times that our purpose in life is one: i.e. to obey Allah Almighty and to follow the life of the Holy Prophet Muhammad ﷺ.

This booklet is a continuation of the first release of IECRC's "Quranic Therapy - Heal Yourself" which was published in August 2003. In the publication of this booklet which contains more prayers for similar and additional topics, I extend my deep gratitude to Ayyaz Yousaf Qadri and to Dr. Syeda Saiqa Zubeda for their constant support, advise and input. Also, my thanks to Shagufta Ahmad Qadri for compiling the Arabic text and translation, and to Naveed Agboatwala, Parwez Zia Qadri, Sharaaz Khan Qadri and Saad Hameed for their technical assistance and printing support. We pray that this humble effort is accepted by our Lord and His Beloved ﷺ and is beneficial to all of humanity. (Aamin).

Prof. Dr. Mohammad Ahmed Qadri
California, USA
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❧ PRAYERS FOR SPECIFIC OCCASIONS ❧

Instructions for the follower:

- 1 *Recite the prayers with a clean mind and body.*
- 2 *Have faith in the prayers.*
- 3 *Maintain the regimen.*
- 4 *Believe in one.*
- 5 *Follow the rules whole-heartedly.*
- 6 *Women should not recite these prayers during their monthly cycle. When it is over, they should continue their regimen where they left off.*

HEADACHE

Headache is a common occurrence among people. For some, it is very frequent and can be very disrupting to their lives. Those who have this problem can relate to this pain. To get rid of this problem, read the prayer listed below which contains Allah Almighty's Names. The method of reading it is to keep one's right hand on one's head and to recite the prayer 11 times. Also one should keep some water in front while reading. When finished with the reading, blow on the water and drink it in three sips. By Allah Almighty's Will the headache will suddenly go away.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَسْمَائِكَ الْحُسْنَى
يَا نُورُ النُّورِ يَا خَالِقُ النُّورِ

Bismillaahirrahmaanirraheem

Allaahumma `innee `as`aluka bi `asmaa`ikal husna

Yaa Noorun Nooru Yaa Khaaliqun Nooru

In the Name of Allah, The Beneficent, The Merciful
O Allah! Verily I ask of You by Your Beautiful Names
O Light of Lights! O Creator of Lights!

MIGRAINE

Migraine is also a very common disease. Those who experience it are in extreme pain as it is completely life disrupting. By the Grace of Allah Almighty, there is a Quranic chapter for this whose experiential benefits have brought great relief to those who have practiced it. The method of recitation of this chapter is to keep one's right hand on one's head and to recite the prayer listed below 7 times. Also, one should keep some water in front during the recitation. When finished reciting, one should remove one's hand and blow on the water and wash one's face with that water and also drink some of it. Insha Allah by doing this for 7 days continuously one will get rid of the problem of migraine.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ هُوَ اللَّهُ أَحَدٌ ۝۱ اللَّهُ الصَّمَدُ ۝۲
لَمْ يَلِدْ وَلَمْ يُولَدْ ۝۳ وَ لَمْ يَكُنْ
لَهُ كُفُوًا أَحَدٌ ۝۴

[Al-Quran, chapter 112 (Al-Ikhlaas)]

Bismillaahirrahmaanirraheem

*Qul huwallaahu ahad ۝۱ Allahu samad ۝۲ Lam yalid wa
lam yoolad ۝۳ Wa lam ya kullahu kufuwan ahad ۝۴*

In the Name of Allah, The Beneficent, The Merciful
Proclaim: "He is Allah, He is One." ۝۱ "Allah is the Un-
wanting." (Perfect, does not require anything.) ۝۲ "He
has no offspring, nor is He born from anything." ۝۳ "And
there is none equal to Him." ۝۴

EYESIGHT PROBLEMS

This is also a common problem, both among the young and the old. The Friends of Allah (*Awliya Kiram*) have taught us through their own experience to recite *Ayatul Kursi* which is verse number 255 of the second chapter of the Noble Quran. It is important to learn this verse by heart and recite it at least once after every ritual prayer. The verse is reproduced below for the convenience of the reader. When one reaches *Wa laa ya`ooduhu hifdhuhumaa*, one should recite these words 11 times, blow on both hands and then massage one's eyes, especially the affected eye. One will insha Allah feel a restoration of the eyesight.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ
سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ 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 السَّمَوَاتِ وَالْأَرْضَ
وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

[Al-Quran, chapter 2 (*Al-Baqarah*), verse 255]

Allaahu laa ilaaha illaa huwal Hayyul Qayyoom
Laa ta`khudhuhoo sinatun wa laa naum
Lahoo maa fis samaawaati wa maa fil ard
Man dhal ladhee yashfa'u 'indahoo illaa bi idhnih
Ya'lamu maa baina `aideehim wa maa khalfahum
Wa laa yuheetoona bi shay'im min 'ilmihee illaa bimaa shaa`
Wasiya kursiyyuhus samaawaati wal ard
Wa laa ya`ooduhoo hifdhuhumaa
Wa hurwal 'aliyyul 'adheem

Allah - there is no God except Him; He is Alive (eternally, on His own) and the Upholder (keeps others established); He never feels drowsy nor does He sleep; to Him only belongs all whatever is in the heavens and all whatever is in the earth; who is he that can intercede with Him except by His command? Knowing what is in front of them and what is behind them; and they do not achieve anything of His knowledge except what He wills; His Throne (of Sovereignty) encompasses the heavens and the earth; and it is not difficult for Him to guard them; and He is the Supreme, the Greatest.

Other Benefits of Reciting Ayatul-Kursi

The Ayat-ul-Kursi or Verse of the Throne has more than 5000 benefits. Although the entire Noble Quran is beneficial, this verse is particularly important. To mention a few of its benefits: it should be recited by those who want to get rid of sleep problems or bad dreams, or hearing of voices from different parts of the home. It is also beneficial for those who feel that they are victims of black magic or jinn or evil eye. Also, especially if there is a new born baby, this verse must be read and blown on the face of the baby. It has also been suggested by the Friends of Allah that one should recite this before going to sleep or leaving home.

HEART PROBLEMS

It has been recommended by the Friends of Allah, i.e., the *Sufiya Kiram* to recite Surah Al-Tariq, i.e. verses 1-17 of chapter number 86 of the Holy Quran. (Due the length of this chapter, it has not been reproduced in this booklet. Please refer to a copy of the Holy Quran to obtain the text of this chapter.) Precede the reading of this surah with *Bismillaahirrahmaanirraheem*. The method of the recitation is to blow this surah on food or on water and then take in this water or food. Make it a habit to recite this chapter 3 times daily for

40 days. This will insha Allah bring great relief to one's heart problem.

Another method which has been recommended is to recite the prayer listed below 191 times. If one reads this early in the morning before the sun rises and also just after sunset insha Allah one will feel a great relief from one's heart problems.

يَا اللَّهُ يَا رَحْمَانُ يَا رَحِيمُ يَا كَرِيمُ
أَنْظُرْ إِلَيَّ يَا اللَّهُ بِرَحْمَتِكَ وَبِوَسِيلَةِ
النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَا اللَّهُ
إِرْحَمْ عَلَيَّ

*Yaa Allahu Yaa Rahmaanuu Yaa Raheemu Yaa Kareemu
undhur ilayya yaa Allah birahmatika wa bi waseelatin
Nabi sallallaahu 'alayhi wa sallam Yaa Allah
irham 'alayya.*

O Allah! O Beneficent! O Merciful! O Generous One!
Please look at me O Allah with Your Mercy and by the con-
nection of The Prophet, prayers and peace be upon Him,
O Allah have mercy on me.

FEVER

Fever is a very common problem in the world. If it recurs, there is a very special prayer for its immediate relief by the Will of Allah Almighty. The method of recitation is to read the prayer written below and blow on water and drink this water for 11 days. Insha Allah the fever will be removed and one will feel a great change for the better.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا
 عَلَىٰ إِبْرَاهِيمَ ۚ وَآرَادُوا بِهِ كَيْدًا
 فَجَعَلْنَاهُمْ الْأَخْسَرِينَ ۚ

[Al-Quran, chapter 21 (Al-Ambiyaa), verses 69-70]

Bismillaahirrahmaanirraheem

*Qulnaa Yaa Naaru kooni bardan wa salaaman 'alaa Ibraaheem wa
 `araadu bihi kaidan fa ja'alnaahumul akhsareen*

In the Name of Allah, The Beneficent, The Merciful
 We said, "O fire, become cool and peaceful upon Ibrahim."
 And they wished to cause him harm, so We made them the
 greatest of losers.

Another prayer for the relief of fever is to recite the follow-
 ing Name of Allah Almighty 151 times, blow on water and
 drink it. This practice must be done 3 times during the day.
 One will feel a great relief within a day insha Allah, whether
 one faces the fever on alternate days or continuously.

يَا مُحِيطُ

Yaa Muheetu

O All Encompassing One

Another recommended way for relief is to recite the follow-
 ing Name of Allah Almighty 511 times in the morning and
 in the evening. One will insha Allah find a great benefit.

يَا سَلَامُ

DIFFICULT CHILDREN

If one feels that one's child is exhibiting abnormal behavior, in that he or she is seeming very different from their original self (they may be shouting uncontrollably or being extremely disobedient), there is a prayer to bring a change in them for the better, by the Will of Allah Almighty. The method of recitation is to read the following verse of the Holy Quran and blow on their faces and their food. When they eat this food, insha Allah it will bring about a change in their behavior in 3 days.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا
وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً
إِنَّكَ أَنْتَ الْوَهَّابُ ﴿٨﴾

[Al-Quran, chapter 3 (Aal-'Imraan), verse 8]

*Bismillaahirrahmaanirraheem
Rabbanaa laa tuzigh quloobanaa ba'da idh hadaitanaa
wa hab lanaa milla dunka rahma innaka antal Wahhaab*

In the Name of Allah, The Beneficent, The Merciful
Our Lord! Do not deviate our hearts after You have guided
us, and bestow mercy on us from Yourself;
Verily You are The Great Bestower.

JOB SEARCH

If one finds oneself unsuccessful in searching for a job despite making all attempts to look for one, or one gets rejected by a selection board over and over again, before going for the interview one should recite the following verses of the Noble Quran in a single sitting 2050 times. Then, one should plead to Allah Almighty for one's need in such a manner: "O Allah! I am your seeker, I am needy, I need Your special guidance, and help, I need this job for me and for my family. O Allah, help me." Insha Allah when one completes this prayer and goes for the interview, he or she will be selected by the blessing of these words and this would indeed be the special blessing of Allah Almighty. The verses are as follows:

كَهَيْعَصَ حَمَّ عَسَقَ

Kaaf Haa Yaa 'Ayn Saad Haa Meem 'Ayn Seen Qaaf
Only Allah Almighty and those He has selected
know the meanings of these letters.

Another method for finding a job is to recite the following Names of Allah Almighty 111 times before the sun rises and 111 times after the sun sets. This should be done for 40 days. By the Will of Allah Almighty the seeker will get a good job.

يَا مُنْعِمُ يَا جَامِعُ

Yaa Mun'imu Yaa Jami'u
O Bestower of Blessings! O All Inclusive One!

Yet another prayer to recite for searching for a job is listed below. It should be done in the morning before the sun rises. If it is recited and one makes a special dua saying: "O Allah! I am needy. Please help me out in finding a new job." By the Will of Allah Almighty, within 40 days one's requisition will

be accepted by His Infinite Blessing.

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا ﴿٦٥﴾
وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ

[Al-Quran, chapter 65 (At-Talaq), verses 2-3]

*Wa manyyattaqillaaha yaj`allahu makhrajan ﴿٦٥﴾
Wa yarzuquhu min haithu la yah`tasib*

... and whoever fears Allah - Allah will create for him a way
of deliverance ﴿٦٥﴾ And will provide him sustenance
from a place he had never expected ...

ENMITY

If one fears harm from enemies, one should recite the following special prayer requesting Allah for protection. This should be read 111 times in the evening after sunset. It should be continued for 11 days. Insha Allah one will see that one's enemies cannot bring any harm.

اَللّٰهُمَّ سَخِّرْنِيْ اَعْدَائِيْ كَمَا سَخَّرْتَ
الرَّيْحَ لِسُلَيْمَانَ بْنِ دَاوُدَ عَلَيْهِمَا السَّلَام

*Allaahumma sakhkhirnee a`daa`ee kamaa sakhkharta
arreeha li Sulaymaan bin Dawood 'alayhimas salaam*

O Allah! Make my enemies subservient to me like you made
the wind subservient to Sulaymaan, son of Dawood, peace
be upon them both.

It is not healthy for there to exist enmity among relatives or friends. In order to normalize relations and create a good environment and feelings, one should read Surah Al-Fatiha, which is the first chapter of the Noble Quran. These Quranic verses should be recited 11 times daily for 40 days. Insha Allah within 40 days the enmity will be converted to friendship. Surah Al-Fatiha has been reproduced below for the convenience of the reader:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾
 الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾
 مَالِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾
 اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ
 عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

[Al-Quran, chapter 1 (Al-Fatiha)]

Bismillaahirrahmaanirraheem ﴿١﴾

Alhamdu lillaahi rabbil 'aalameen ﴿٢﴾

Ar-rahmaanir raheem ﴿٣﴾ *Maaliki yaumid deen* ﴿٤﴾

Iyyaaka na'budu wa iyyaaka nasta'een ﴿٥﴾ *Ihdinas siraat al-*

mustaqeem ﴿٦﴾ *Siraat alladheena an'amta alayhim ghayril*

maghdoobi alayhim walad daalleen ﴿٧﴾

In the Name of Allah, The Beneficent, The Merciful ﴿١﴾

All praise is to Allah, the Lord of the Creation ﴿٢﴾

The Most Gracious, The Most Merciful ﴿٣﴾ Owner of the Day of Recompense ﴿٤﴾ You alone we worship and from

You alone we seek help ﴿٥﴾ Guide us on the Straight

Path ﴿٦﴾ The path of those whom You have favored -

Not the path of those who earned Your anger - nor of those

who are astray ﴿٧﴾

Another very special prayer for safety against enemies and other unseen circumstances and problems is listed below. This prayer must be recited 111 times just after sunset. Allah Almighty protects and secures the reciter of this prayer.

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

Laa ilaaha illallaahu wahdahu laa shareeka lahu lahul mulku wa lahul hamdu wa huwa 'alaa kulli shay`in qadeer

There is no god but Allah, He is Alone, He has no partner, To Him belongs the kingdom and for Him is all Praise, and He has Power over all things.

SPOUSAL PROBLEMS

If a husband and wife are experiencing difficulty in their relationship despite sincere efforts to rectify it, there may be other powers at play that may be interfering such as Jinn, magic, etc. The couple should recite Surah Al-Fatiha (printed on previous page) 11 times anytime during the day and continue this practice for 40 days. Insha Allah when they complete this regimen, they should supplicate to Allah Almighty saying "O Allah! make special room in his (or her) heart for me." Insha Allah they will experience improvement in their relationship.

SAFE JOURNEY

If one plans to travel to an unknown area and wants to be

safe from all unseen problems including those related to health, then one should recite the chapters of the Noble Quran listed below. One must begin by reciting *Bismillaahirrahmaanirraheem* once, then recite the following Darood-e-Pak (Ibrahimi) once:

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَ مَوْلَانَا مُحَمَّدٍ
و عَلَى آلِ سَيِّدِنَا وَ مَوْلَانَا مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَ عَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مَجِيدٌ

*Allaahumma salli 'alaa Sayyidina wa Maulaana Muhammad wa
'alaa aali Sayyidina wa Maulaana Muhammad kamaa sallayta
'alaa Ibraaheema wa 'alaa aali Ibraaheema
innaka Hameedum Majeed.*

O Allah, send prayers on our Master and Protector Muhammad and on the family of our Master and Protector Muhammad like You sent prayers on Ibrahim and on the family of Ibrahim, verily You are The Praised, The Noble.

Continue by reciting the following 5 chapters of the Noble Quran each preceded by the recitation of *Bismillaahirrahmaanirraheem*:

Surah Kafiroon (Al-Quran, chapter 109, verses 1-6), then
Surah Ikhlas (Al-Quran, chapter 112, verses 1-4), then
Surah Falaq (Al-Quran, chapter 113, verses 1-5), then
Surah Naas (Al-Quran, chapter 114, verses 1-6), then
Surah Fatiha (Al-Quran, chapter 1, verses 1-7 – printed on
page 14 of this booklet)

Then make a special prayer: “O Allah! You are the Greatest Savior. Save me from all unseen circumstances. Save me and my family from all problems.” When one reaches one’s des-

tination, one should repeat the same sequence. Also when one returns back to one's original location, this recitation should be repeated again. Insha Allah by the blessing of Allah Almighty, one will be saved from all problems.

MENSTRUATION PROBLEMS

In order to resolve menstrual and other problems related to the female body, one should write the following 7 Quranic verses on a plate with one's right hand finger (without any form of ink), then wash the plate with water and use that water for drinking. This prayer also works for problems related to post-natal bleeding. The verses are as follows:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 سَلَامٌ قَوْلًا مِّن رَّبِّ رَحِيمٍ ﴿٣٦:٥٨﴾ سَلَامٌ عَلَى
 نُوحٍ فِي الْعَالَمِينَ ﴿٣٧:٧٩﴾ سَلَامٌ عَلَى إِبْرَاهِيمَ ﴿٣٧:١٠٩﴾
 سَلَامٌ عَلَى مُوسَى وَهَارُونَ ﴿٣٧:١٢٠﴾ سَلَامٌ عَلَى
 إِيْلَ يَاسِينَ ﴿٣٧:١٣٠﴾ سَلَامٌ عَلَيْكُمْ طَبْتُمْ فَادْخُلُوهَا
 خَالِدِينَ ﴿٣٩:٧٣﴾ سَلَامٌ هِيَ حَتَّى مَطْلَعِ الْفَجْرِ ﴿٩٧:٥﴾
 وَ سَلَامٌ عَلَى الْمُرْسَلِينَ ﴿٣٧:١٨١﴾

Bismillaahirrahmaanirraheem

Salaamun qaulam mir rabirraheem ﴿٣٦:٥٨﴾ Salaamun 'alaa Noohin fil 'aalameen ﴿٣٧:٧٩﴾ Salaamun 'alaa Ibraaheem ﴿٣٧:١٠٩﴾ Salaamun 'alaa Moosa wa Haroon ﴿٣٧:١٢٠﴾ Salaamun 'alaa Ilyaaaseen ﴿٣٧:١٣٠﴾ Salaamun 'alaykum tibtum fadkhuloohaa khaalideen ﴿٣٩:٧٣﴾ Salaamun hiya hattaa matla'il fajr ﴿٩٧:٥﴾ Wa salaamun 'alal mursaleen ﴿٣٧:١٨١﴾

In the Name of Allah, The Beneficent, The Merciful
 "Peace" - a Word from their Merciful Lord! ﴿36:58﴾ Peace
 be upon Nooh, among the entire people. ﴿37:79﴾ Peace be
 upon Ibrahim! ﴿37:109﴾ Peace be upon Moosa and Ha-
 roon! ﴿37:120﴾ Peace be upon Ilyas! ﴿37:130﴾ Peace be
 upon you! You have done well! Therefore enter Paradise, to
 abide in it forever. ﴿39:73﴾ It is peace until the rising of
 dawn. ﴿97:5﴾ And peace is upon the Noble Messengers.
 ﴿37:181﴾

ISTIKHAARA (DECISION MAKING)

In life, at one point or another, everyone is faced with a deci-
 sion to make. In order to obtain a solution to this problem, it
 is recommended to follow the practice (*Sunnah*) of the Holy
 Prophet Muhammad ﷺ and His Companions (*Sahabas*), may
 Allah be pleased with them all. The easiest method is to take
 a bath, and then recite the Darood-e-Pak that is on page 16 of
 this booklet, 15 times. Then, recite the prayer listed below
 111 times. After this, it is important to not talk to anyone and
 go to sleep. Insha Allah one will receive guidance and in-
 structions in one's sleep regarding the decision one is faced
 with.

يَا بَدِيعُ الْعَجَائِبِ يَا كَاشِفُ الْغَرَائِبِ

Yaa Badee'ul 'ajaa'ib Yaa Kashiful gharaa'ib

O Originator of Wondrous Things!

O Unveiler of Extraordinary Things!

There is another way of performing Istikhaara: One should
 recite Surah Al-Fatiha (printed on page 14 of this booklet)
 111 times, pray for one's need and without talking to any-
 one, go to sleep. The prayers for Istikhaara can be used for
 seeking guidance for marriage or any other consultation one
 would like to make with Allah Almighty. Insha Allah one
 will get a response.

PROMOTION OF BUSINESS

To find new avenues in business, adopt the tradition of repeating the following Name of Allah Almighty at least 511 times daily for 40 days:

يَا وَهَّابُ

Yaa Wahaabu

O The Great Bestower!

Alternatively, recite the prayer in the section on “Peace at Home” on page 24 of this booklet. This should be done without talking to anyone, concentrating on the words with full faith that after the recitation of this prayer Allah Almighty will take care of the affairs.

TRIAL

If one is faced with a trial or any other problem in one’s domestic life, one should recite the following Name of Allah The Most Exalted 1091 times after sunset preceded by the recitation of Darood-e-Pak (short version) 11 times.

يَا فَتَّاحُ

Yaa Fattaahu

O Opener!

The short version of the Darood-e-Pak is as follows:

اَللّٰهُمَّ صَلِّ عَلٰى سَيِّدِنَا وَ مَوْلَانَا مُحَمَّدٍ
وَ عَلٰى اٰلِ سَيِّدِنَا وَ مَوْلَانَا مُحَمَّدٍ
وَ بَارِكْ وَ سَلِّمْ وَ صَلِّ عَلَيْهِ

*Allaahumma salli 'alaa Sayyidina wa Maulaana Muhammad wa
'alaa aali Sayyidina wa Maulaana Muhammad
wa baarik wa sallim wa salli alayh*

O Allah, send prayers upon our Master and Protector
Muhammad and upon the family of our
Master and Protector Muhammad
and send blessings and peace and prayers upon Him.

EDUCATION

For education and good grades, one should recite the following Names of Allah The Most Exalted 111 times. This can be done daily and especially during the time of exams. With the Will of Allah Almighty, one will see good grades.

يَا عَلِيمُ يَا عَالِمُ

Yaa 'Aleemu Yaa 'Aalimu
O All Knowing! O Knowledgeable One!

FEAR OF BEING DISLIKED BY PEOPLE

If one experiences fear of dislike by people, one should recite the following Names of Allah Almighty daily 111 times in the morning and evening. One will insha Allah find a great benefit in this recitation.

يَا جَبَّارُ يَا قَهَّارُ

Yaa Jabbaaru, Yaa Qahhaaru
O Compeller! O Subduer!

SEEKING ALLAH ALMIGHTY'S HAPPINESS

Although Allah The Most Exalted is always happy with His creation, if an individual seeks His special Willingness, Patronage, and Happiness, according to a *Hadeeth*, i.e. saying of the Holy Prophet Muhammad ﷺ anyone who recites the following prayer, receives Allah Almighty's special mercy and support and he or she is very happy in this world and afterwards.

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا
وَبِمُحَمَّدٍ نَبِيًّا صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

*Radeetu billaahi rabban wa bil Islaami deenan
wa bi Muhammadin nabiyyan sallallaahu 'alayhi wa sallam*

*I am pleased with Allah as Lord, Islam as a way of life
and Muhammad as Prophet, prayers and peace of Allah be upon
Him*

GENERAL PROTECTION

The following prayer is for general protection, good doings, protection against Jinn, enemies and all problems:

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

Allaahumma `aafinee fee badanee Allaahumma aafinee

*fee sam`ee Allaahumma `aafinee fee baṣaree
Laa ilaaha illa anta*

O Allah! Grant health to my body, O Allah! Grant health to my hearing, O Allah! Grant health to my sight, there is no god but You.

PROTECTION OF FAITH

The following is a very special prayer, especially for the protection of faith and health. One should make it a practice and continue its recitation for 40 days after Isha (Night prayer) or Maghrib (Evening prayer).

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

*Hasbiyallaahu laa ilaaha illaa hoo 'alayhi
tawakkaltu wa huwa rabbul 'arshil adheem*

Allah is enough for me, there is no god but He, I have put my trust in Him and He is the Lord of the Great Throne.

RELEASE FROM PRISON

The prayer mentioned in the above section (*Protection of Faith*) can also be recited for the release of a prisoner who has been incarcerated without justification. For this purpose, this prayer should be recited at least 7000 times everyday after Isha (Night) and continued for 40 days. Everyday after completion of this prayer, one should recite: "O Allah, O Rahmaan, O Raheem, we request you for the release of that individual in the prison who has been kept there without

any justification and he is innocent.” Through the blessings of this prayer he or she would be released, insha Allah.

PROTECTION OF PROPERTY

There is a very unique prayer for the protection of oneself, one's estate, property and family. According to the saying of the Holy Prophet Muhammad ﷺ, whosoever recites this prayer in the morning just after waking up, he or she would be protected from all problems. This prayer should be recited at least 11 times during the day with any Darood-e-Pak preceding it (*sallallaahu 'alayhi wa sallam* in the least).

أَسْبَحْنَا وَ أَسْبَحَ الْمَلِكُ لِلَّهِ رَبِّ
الْعَالَمِينَ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ
هَذَا الْيَوْمِ فَتَحَهُ وَ نَصْرَهُ وَ نُورَهُ
وَ بَرَكَتَهُ وَ هُدَاهُ وَ أَعُوذُ بِكَ مِنْ شَرِّ
مَا فِيهِ وَ مِنْ شَرِّ مَا بَعْدَهُ

*Asbahnaa wa asbahal mulku lillaahi rabbil 'aalameen Allahumma
innee `asaluka khayra hadhal yaum fathahu wa nasrahu wa
noorahu wa barakatahu wa hudaahu wa `a'oodhubika min sharri
maa feehi wa min sharri maa ba'dahu*

We rose in the morning and the dominion of Allah, the Lord of the worlds, rose in the morning; O Allah! Verily I ask for goodness for this day, for its opening, and its help, and its light, and its blessing and its guidance and I seek refuge in You from any evil that is in it and from any evil that is after it.

PEACE AT HOME

If one finds depression in the home or some strange sounds in the bedroom and one is seeking a peaceful atmosphere, one should recite the following prayer 111 times in the bedroom for protection against this problem. Insha Allah, this prayer is sufficient for a sound sleep.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
سُبْحَانَ اللَّهِ الْعَظِيمِ

Subhaanallaahi wa bihamdihee subhaanallaahil 'adheem
Glory be to Allah and to Him is all Praise
Glory be to Allah the Great

ENTERING BATHROOM

Unfortunately, most people are not aware that the bathroom (toilet), no matter how hygienically maintained, is the residence of evil powers. We have been advised by our Beloved Prophet Muhammad ﷺ to recite the following to seek protection against them:

بِسْمِ اللَّهِ اللَّهُمَّ إِنِّي أَعُوذُكَ مِنَ
الْخُبْثِ وَالْخَبَائِثِ

*Bismillaahi Allaahumma innee `a'oodhubika minal
khubthi wal khabaaith*

In the Name of Allah, O Allah! Verily I seek refuge in you
from male and female devils.

EXITING BATHROOM

After relieving oneself and exiting the bathroom, one should recite the following prayer:

غُفْرَانِكَ أَلْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ
عَنِّي الْأَذَى وَ عَافَانِي

*Ghufraanaka Alhamdulillaahil ladhee `adhhaba
'annil `adhaa wa 'aafaanee*

I seek your forgiveness; All praise is to Allah who took away from me that which is harmful and gave me health

GENERAL PROBLEMS

According to Imam Jafar Sadiq (may Allah be pleased with him), if one recites the following Names of Allah Almighty, by their blessing, every problem will be solved. These should be recited day and night as many times as possible for at least 3 days .

يَا غَفُورُ يَا غَفَّارُ يَا عَفُوُّ

Yaa Ghafooru, Yaa Ghaffaaru, Yaa `Afuwwu
O Most Forgiving One! O Most Forgiving One!
O Most Forgiving One!

Another very special prayer is listed below to address all kinds of problems. The Holy Prophet Muhammad ﷺ used to recite the following prayer every morning and evening and He mentioned that whosoever recites this prayer in the same manner, Allah Almighty will protect him from all kinds of problems and protect him. The prayer is as follows:

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ
 اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ
 فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ
 اسْتُرْ عَوْرَاتِي وَآمِنْ رُوعَاتِي اللَّهُمَّ
 احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَ
 عَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَ
 أَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِ

*Allaahumma innnee `as`alukal `aafiya fid dunyaa wal aakhira Al-
 laahumma innnee `as`alukal `af wal `aafiya fee deene wa dunyaa`ee
 wa ahlee wa maalee Allaahummastur `awaraati wa aamin roo`a-
 atee Allaahummahfidhnee mim baina yadayya wa min khalfi wa
 `an yameeni wa `an shimaali wa min fauqi wa `a`oodhu
 bi`adhmatika an ughtaala min tahti*

O Allah! Verily I ask You for health in this world and in the Hereafter; O Allah! Verily I ask You for forgiveness and health in my religion and in my worldly affairs and for my family and my wealth; O Allah! Hide my defects and grant protection from my sins; O Allah! Protect me from that which is front of me, and that which is behind me and that which is to my right and that which is to my left and that which is above and I seek refuge in Your Greatness from all evils from below.

Also the prayers listed under "Protection of Faith" (page 22), and "Protection of Property" (page 23) can be recited for general problems.



About IECRC

IECRC is a non-profit, non-political, charity organization, devoted to providing academic and spiritual resources to diverse religious and cultural groups. IECRC was established in 2002 and is based in Fremont, California. As a community service organization, it is based on the model of the centuries old Islamic tradition of bringing peace and harmony to society by addressing the essential needs of people regardless of their cast, creed, color or religion.

IECRC's long-term vision is to insha Allah (God willing) establish a world-class, vibrant and dynamic university that provides a forum for those seeking to quench the thirst of the heart and mind in the merger of ancient and modern knowledge and sciences in order to provide solutions to issues of our contemporary times with the goal of promoting peace, brotherhood and the betterment of humanity at large.

In order to achieve this vision, IECRC has several short term plans which are divided into the areas of education (both children and adult), culture, research and counseling.

EDUCATION: IECRC would like to insha Allah establish a low-cost, affordable full-time school for children ages 5 - 15 years where the young minds will be taught both traditional Islamic as well as modern knowledges. They will also be oriented in Islamic *adab* (etiquette). *This requires a school building or a piece of land where one can be built.*

CULTURE: IECRC would like to promote Islamic culture within the Muslim community and to bring Islamic cultural awareness to other faith communities. *This goal requires a community center with an auditorium.*

RESEARCH: IECRC intends to insha Allah establish a comprehensive library with a collection of Islamic books including rare ones in original sources, publish a quarterly Islamic Social Sciences Research Journal, and invite scholars of high caliber from around the world on a tenure basis. *These goals require a physical facility for the library, a printing press for efficient publishing of journals and books and a guest house to lodge visiting scholars.*

COUNSELING: IECRC would like to expand its already existing services of spiritual healing and counseling. Topics covered would be in the areas of Family Affairs (Marriage - *Nikah*, Divorce - *Talaq*, etc.), Individual Counseling (Depression, Anxiety, etc.), Legal Aid & Medical Camps. *The above goals require a physical facility for the counseling center that can lodge patients seeking help from far away places.*

We invite your feedback, help and support!

Checks may be made payable to IECRC and mailed to:

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Thank You!

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Prof. Dr. Mohammad Ahmed Qadri is the Founding Director of IECRC, Northern California. Dr. Qadri is a renowned scholar from Pakistan who taught at colleges there as well as the University of Karachi, Pakistan for over 20 years. He has expertise both in modern education as well as traditional Islamic sciences having completed the Dars-e-Nizami: An 18 year traditional Islamic course from Pakistan and has studied with scholars from Al-Azhar University, Cairo. He has dedicated his life towards spreading the light and love of our beloved Master, Prophet Muhammad (prayers and peace of Allah Almighty be upon Him).

The main sources for this monograph are the Holy Quran and Ahaadeeth.



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