

# AD DU'A

## DEVINE HELP

(Translation of Momin Ka Hathiyar (Urdu))

**Beautiful  
Names of Allah**

**Easy**

**Ayaat-e-Sakina**

*Masnoon*

**Munjiyaat**

*Du'as for  
the Morning*

**Manzil**

**Ayaat  
for Protection**

**and the  
Evening**

**Ayaat  
for Healing**

*Compiled by*  
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# AD DU'A

## Devine Help

*Compiled by*  
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## ﴿Preface﴾

Those people who do not have the capability to read the Masnoon du‘as (invocations derived from the tradition of the Prophet Muhammad ﷺ) in Arabic, can, indeed, achieve closeness to Allah (Sub-hanahu wa ta‘ala) by invoking Him through reading their translation, and *Insha-Allah*, they will get reward for it. In this way they are acting upon the decree of Allah that **“ادْعُونِي”** “invoke Me” (regarding everything). Further more they are also acting upon a Hadith **“الدُّعَاءُ هُوَ الْعِبَادَةُ”**, “*Du‘a* (invocation) is the essence of every prayer or worship”. Since these invocations have been reported on the authority of the Prophet (ﷺ), they are comprehensive and free from any kind of error or disrespect. Therefore, even those who can read Arabic language must occasionally read their translation to grasp the meaning of the invocations to know for what they are invoking Allah. Then this invocation would be real invocation. (*Allah knows better*)

Mohammad Yunus Palanpuri

O Allaah! Accept the efforts of all of those who have participated in the publications of this book in their various capacities and grant them their legitimate wishes.

Aameen.

اللَّهُمَّ اغْفِرْ لِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ  
الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ. آمِينَ

*Allaahummagfir lil mu'minee-na wal mu'minaati wal  
Muslimeena wal muslimaati al ah'yaaai minhum wal  
amwaati bi rah'matika yaa arh'amar raah'imeen.*

*Aameen*

**Translation:** O Allaah! Forgive all the believing men and women, those living and dead, O Most Merciful of (all) of those who show mercy. Aameen.

- Recite every Du'a (duaa with trust and summoning.)
- The benefit of the duaas depends on execution of Faraidh (obligatory duties in Islaam). None of the *Nawafil* (recommended prayers etc.) could replace the Fardh (obligatory duty). Therefore, it is mandatory to fulfill all the *Faraidh* in the first place.

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## DUAAS FOR THE MORNING

It is preferable that the duaas of the morning should be completed in between the time period from dawn to the rising of the sun.

**Note:** It is permitted that the duaas of the morning should be recited in between the duration from dawn to the beginning of the noon.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

*Bismillahir rah'manir rah'eem.*

In the name of Allaah, the Most Beneficent, the Most Merciful.

### 1-The Nabuwaat Method For receiving benefit in Every Matter

(Recite thrice Surah Ikhlaas,  
Surah Falaq, Surah Naas)

### SURAH IKHLAAS

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ ۝۱ اللّٰهُ الصَّمَدُ ۝۲ لَمْ يَلِدْ ۝۳  
وَلَمْ يُولَدْ ۝۴ وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ ۝۵

*Bismillahir rah'manir rah'eem.*

*Qul huwal laahu ah'ad. Allaahus samad. Lam yalid,  
walam yuulad. Walam yakul lahuu kufuwan ah'ad.*

## **Translation:**

In the name of Allaah, the Most Compassionate, the Most Merciful.

1. Say, "He Allaah is One." 2. "Allaah is Independent."
3. "He has no Children and is not anyone's child." 4.
- "There is none equal to Him."

## **SURAH FALAQ**

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ۝

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۝۱ مِنْ شَرِّ مَا خَلَقَ ۝۲  
وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ ۝۳ وَمِنْ شَرِّ النَّفّٰثٰتِ  
فِي الْعُقَدِ ۝۴ وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ ۝۵

*Bismillahir rah'manir rah'eem.*

*Qul Aa'uuzu birabbil falaq. Min sharri maa khalaq. Wa min sharri gaasiqin izaa waqab. Wa min sharrin naffaasaati fil uqad. Wa min sharri h'aasidin azaah h'asad.*

## **Translation:**

In the name of Allaah, the Most Compassionate, the Most Merciful.

1. Say, "I seek refuge with the Rabb of the morning."
2. "from the evil of what He has created." 3. "from the evil of darkness when it arrives." 4. "from the evil of those souls who blow on knots." 5. "and from the mischief of the person who envies when he envies."

## SURAH NAAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ① مَلِكِ النَّاسِ ②  
إِلَهِ النَّاسِ ③ مِنْ شَرِّ الْوَسْوَاسِ ④ الْخَنَّاسِ ⑤  
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ⑥  
مِنَ الْجِنَّةِ وَالنَّاسِ ④

*Bissmillahir rahmanir raheem.*

*Qul aa'uuzu birabbin naas. Malikin naas. Ilaahin naas. Min sharril was waasil khannaas. Allazii yuwaswisu fii suduurin naas. Minal jinnati wannaas.*

### **Translation:**

In the name of Allaah, the Most Compassionate, the Most Merciful.

1. Say, "I seek refuge with the Rabb of mankind."
2. "the King of mankind."
3. "the Ilaah of mankind."
4. "from the mischief of the whisperer who withdraws."
5. "who whispers into the hearts of mankind."
6. "be he from among the Jinn or from mankind."

**Virtues:** Whoever would recite Surah Ikhlâas, Surah Falaq, Surah Naas, three times in the morning, he would benefit in everything.

## 2 The Nabuwaat Method for receiving Benefit in This Life and The Akhiraat

(Recite 7 times)

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

*H'asbiyallaahu laa ilaaha illaa huwa a'laihi tawakkaltu wa huwa rabbul a'rshil a'zeem.*

**Translation:** I have placed my hope in Him and He is the Owner of the Glorious Throne.

**Virtue:** Whoever would recite the above mentioned duaa seven times, he would be benefit in the matters of the life and in the Akhiraat. (*Amal Al-Yaum wal-Lailah by Ibnus Sunn, P-38, Abu Dawood 4/321: Jayyed*)

**Note:** Recitation of above mentioned Du'a sincerely or insincerely will remove problems.

(Hayatus Sahaba 3/342 -343)

## 3 The Nabuwaat Method for receiving redemption From Jahannam (Hell)

(Recite 4 times)

اللَّهُمَّ إِنِّي أَصْبَحْتُ أُشْهِدُكَ وَأُشْهِدُ  
حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ وَجَمِيعَ

خَلْقِكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ  
 وَحَدِّكَ لَا شَرِيكَ لَكَ وَأَنْ مُحَمَّدًا  
 عَبْدُكَ وَرَسُولُكَ

*Allaahumma innii asbah'tu ush-hiduka wa ush-hiduh' amalata a'rshika wa malaaikataka wa jamiia' khalqika annaka antal laahu laaa ilaaha illaa anta wah'daka laa shariika laka wa anna muhammadan a'bduka wa rasuuluk.*

**Translation:** O Allaah! I begin my morning with making you witness, and making angels, who hold on the Heavens, as witness, and all Your angels and all Your creations. You are the only Allaah and there is no Allaah (someone worthy of worship)but you. You are Alone and you have no partner and it is definitive that Muhammad ε is Your slave and the Rasul.

**Virtue:** Whoever would recite the above mentioned duaafour times in the morning.Allaah would give him redemption from Jahanam-Hell!

*(Abu Dawood 4/138, Bukhari Fi Adab Al-Mufrad:120)*

#### **4 The Nabuwaat Remedy To Accomplish The Providence of Allaah(Recite 3 times)**

”اللَّهُمَّ إِنِّي أَصْبَحْتُ مِنْكَ فِي نِعْمَةٍ

وَعَافِيَةٍ وَسِتْرٍ فَاتِّمِّمْ عَلَيَّ نِعْمَتَكَ  
وَعَافِيَتِكَ وَسِتْرِكَ فِي الدُّنْيَا وَالْآخِرَةِ“

*Allaahumma inni asbah'tu minka fii nia'matinw  
waa'aafiyatinw wa sitrin fa atmim a'laiya  
nia'mataka wa a'afiyataka wa sitraka fiddunyaa wal  
aakhirah.*

**Translation:** O Allaah! I begin my morning with Your blessings, safety, and Your concealing of my sins. Therefore, complete Your blessings, peace and concealing of my sins in this world and in the Akhiraat.

**Virtue:** Whoever recites this Du'a three times in the morning, Allaah completes His favour on Him.

*(Amal Al-Yaum wal Lailah By Ibnus Sunni, P-55)*

**5 The Nabuwaat Remedy for Offering Thanks To Allaah For His Blessings Of The Day And The Night** (Recite once)

”  
اَللّٰهُمَّ مَا اَصْبَحَ بِى مِنْ نِعْمَةٍ اَوْ بِاَحَدٍ  
مِّنْ خَلْقِكَ فَمِنْكَ وَحَدِّكَ لَا شَرِيكَ  
لَكَ فَلَكَ الْحَمْدُ وَلكَ الشُّكْرُ“

*Allaahumma maaa asbaha bii min nia'matin aw bi-  
ah'adimmin khalqika faminka wah'daka laa shariika  
laka falakal h'amduu wa lakash shukr.*

**Translation:** O Allaah! Whatever blessings I have or all the other creatures of Yours have, that is bestowed only by you. And there is no partner of Yours (in their creation). Therefore, all praises and thanks are due to you.

**Virtue:** Any person who recite this Du'a in the morning has offered thanks to Allaah for His blessings of that day and that night. (Abu Dawood 4/318)

## 6 The Nabuwaat Remedy to Attain The pleasure Of Allaah

(Recite 3 times)

رَضِيْتُ بِاللّٰهِ رَبًّا وَبِالْإِسْلَامِ دِينًا  
وَبِمُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

*Razeetu billaahi rabbaw wa bil islaami dinaw wa bimuhammadin sallallaahu a'laihi wasallama nabiyyaa.*

**Translation:** I am happy for being a Muslim, for being a follower of Islaam and with the Nabuwaatof Muhammad ؑ.

**Virtue:** Whoever recites this duaa thrice in the morning, Allaah will make him happy (on the day of Judgement). (Tirmidhi 3/141, Ahmed 4/338)

## 7 The Nabuwaat Remedy for Asking Blessings of This World and Akhiraat

(Recite once)

”يَا أَحْيَىٰ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيثُ  
أَصْلِحْ لِي شَأْنِي كُلَّهُ وَلَا تَكِلْنِي  
إِلَىٰ نَفْسِي طَرْفَةَ عَيْنٍ“

*Yaa h'ayyu yaa qayyuumu bi rahmatika astagheesu  
as'lih'lii sh anii kullahuu walaa takilniii ilaa nafsii  
tarfata a'in.*

**Translation:** O the one, Who is Ever-living and Who is sustaining all His creations! I ask for Your help through Your Mercy and that You set right my condition and do not give me in possession of my nafs (disposition) even for a single wink.

**Virtue:** Any person who recites this duaa, has sought all the blessings of this world and the Akhiraat. (Hakim: it is Sahih. Dhahbi agreed with him. See At-Targheeb wat-Tarheeb,283)

**Note:** The Nabi ﷺ recommended this duaa to his daughter Hadhrat Fatimah  $\alpha$  (Baihaqi from Anas)

## 8 The Nabuwaat Remedy From Unexpected Troubles (Recite thrice)

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

*Bismillahil lazii laa yazurru ma-a'smihii shai-un fil  
arzi walaa fis samaai wa huwas samiiu'l a'leem.*

**Translation:** I being my morning with the Name of Allaah, Due to His blessed name, nothing can cause any harm, neither on this earth nor in the heaven. He is All-Hearing and All-knowing.

**Virtue:** Whoever recites this duaa thrice, he will not be harmed by anything and it is narrated in a Hadith of Abu Dawood that calamity will not fall upon him. (Abu Dawood, Tirmidhi: It is Hasan Sahih)

## 9- When Waiting For News (Recite Once)

”اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فُجَاءَةِ الْخَيْرِ  
وَاعْوِذُ بِكَ مِنْ فُجَاءَةِ الشَّرِّ“

*Allaahumma innii as-aluka mun fujaaa-atil khairi wa  
aa'uzuu bika minfujaaa-atishshar.*

**Translation:** O Allaah! I Ask for unexpected good and I seek refuge in you from unexpected evil.

**Virtue:** recite the above mentioned duaa when expecting some news or something new is going to happen. It is narrated in Hadith that the Blessed Nabi ﷺ used to recite this duaa in the morning (*Kitabul Azkaar; P-104*)

### **10-The Nabuwaat remedy to say praises of Allaah and exalting Him (Recite thrice)**

”سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَ  
رِضَا نَفْسِهِ وَزِينَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ“

*Subh`anAllaahi wa bih`amdihii a`dada khalkihi wa rizaa nafsihii wa zinata a`rshihii wa midaada kalimatih.*

**Translation:** I exalt Allaah in the words that suit His status, and I praise Allaah in a number of times equal to His creations, equal to that which could make Him pleased (with me), equal to the weight of His Heavens and equal to the number of His Words.

**Virtue:** Recite thrice the above mentioned duaa in the morning. (*Muslim 4/2090*)

### **11 - The Nabuwaat remedy for getting relief from the body ailments(Recite thrice)**

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

أَنْتَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ  
وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ لَا إِلَهَ إِلَّا أَنْتَ

*Allaahumma A'afuniii fii badanii, Allaahumma a'afinii fii samai'ii, Allaahumma a'afinii fii basarii laa ilaaha illaa anta, Allaahumma innii aa'uuzu bika minal kufri wal faqri wa aa'uuzu bika min a'zaabil qabri laa ilaaha illaa anta.*

**Translation:** O Allaah! Keep my body in good health, keep my ears in Your protection, keep my eyes in your protection, there is none to be worshipped but You. I seek refuge in You from Kufri (disbelief) and dependency. I seek refuge in You from the ordeal of grave. There is none to be worshipped but You.

**Virtue:** Recite the duaa thrice in the morning. Whoever would recite this duaa, it is hoped that Allaah will grant him every kind of peace.

Read the translation of the duaa with devotion.

*(Abu Dawood, Ibn Maja 3/142)*

## 12 - The Nabuwaat remedy to get protection from the whispers of Satan

(Recite once)

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ عَالِمَ  
الْغَيْبِ وَالشَّهَادَةِ رَبِّ كُلِّ شَيْءٍ

وَمَلِيكَهٗ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَعُوذُ  
 بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ  
 وَشَرِّكِهِ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي  
 سُوءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

*Allaahumma faatiras samaawaati wal arzi a'aalimal  
 ghaibi wash shahaadati rabba kulli shai-inw wa  
 maliikahuu ash-hadu allaa ilaha illaa anta aa'uuzu  
 bika min sharri nafsii wa min sharrish shaitanni wa  
 shirkhii wa an aqtarifa a'laa nafsii suu-an aw  
 ajurrahuu ilaa muslim.*

**Translation:** O Allaah! The Creator of the earth and  
 the heavens, the Knower of all that is apparent and  
 hidden, the Sustainer of all the things and Real  
 Master of all (creatures). I bear witness that none has  
 the right to be worshipped but You. I seek refuge in  
 You from the evil of my Nafs (inner disposition) and  
 the evil of Shaitaan (Satan) and from the evil act that  
 I may commit which may plagued my Nafs  
 (disposition) or that I may inflict any evil on any  
 Muslim.

**Virtue:** Any person who recites this duaa in the  
 morning, he will be protected from the whispers of  
 Shaitaan (Satan).

*(Abu Dawood, Tirmidhi 3/142)*

**13 - Duaa for the entrance into Jannah  
(Paradise) (Recite once)**

”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 بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا  
يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ“

*Allaahumma anta rabbi laa ilaaha illaa anta  
khalaaqtanii wa ana a'bduka wa ana a'laa a'h'dika  
wa waa'dika mastata'tu aa'uuzu bika min sharri maa  
sanaa'tu abuu-u laka binia' matika a'laiya wa abuu-  
u laka bizambii afghfirlilii faa innahuu laa yaghfiruz  
zunuba illaa anta.*

**Note:** In some narrations, “Abu-o bizambi” occurred.  
But compiler of this book has sighted the narration of  
Sahih Bukhari

**Translation:** O Allaah! You are my only Sustainer.  
There is no god but You. You have created me and I  
am Your slave. I am standing firm up to my  
capabilities on my promises that I made to you. I seek  
refuge in You from evil that I committed, I  
acknowledge Your bounties that You have bestowed

on me. And I acknowledge my mistakes. Forgive my sins since there is no one to forgive me but You.

**Virtue:** Whoever recites the above mentioned duaa in the morning with trust and if he died on that day, he will be entered in Janaat-Paradise.

(Bukhari: 11/97-98)

## 14 - Nabuwaat Remedyfor Attaining All Kind of Peace (Recite once)

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

*Allaahumma innii as-ahukal afwa wal a'afiyata fid duniyaa wal aakhirati, Allaahumma innii as-alukal a'fwa wal a'afiyata fii diini wa duniyaaya wa ahlii wamaalii Allaahummastur a'wrati wa aamin rawaatii, Allaahummah'faznii mim bainii yadaiya wa mim fawaqii wa aa'uzu bia'zmatika an ughtala min tah'tii.*

**Translation:** O Allaah! I ask for peace in this world and in the Akhiraat. O Allaah, I ask for forgiveness and safeguarding of my Deen (Islaam), peace in my family, and in my wealth. O Allaah cover up my mistakes and make me from the dread full things .O Allaah, protect me from my front and my behind, from left and right and from above and below. I seek shelter in Your Greatness from being killed from my below.

**Virtue:** The Blessed Nabi ﷺ never abandoned the recitation of this duaa. It is a remedy to achieve all kind of peace and security.

*(Abu Dawood, Ibn Majah 2/332)*

## 15 - D uaa for the removal of grief and payment of the debts

(Recite once)

”اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ  
وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ  
بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ  
مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ“

*Allaahumma innii aa'uzu bika minal hammi wal h'azani wa aa'uzubika minal a'jzi wal kasali, wa aa'uzubika minal jubni wal bukhli, wa aa'uzubika min ghalabatid daini wa qahrir rijaali.*

**Note:** Both recitation i.e., “al-hazan” or “al-huzn” are correct.

**Translation:** O Allaah! I seek refuge in You from distress and sorrow, from discourage and indolence. I seek refuge in You from cowardice and miserliness, and from over-bearing debts and from the wrath of the people.

**Virtue:** The onewho recites this duaa in the morning, will get respite from his grief.

*(Abu Dawood: Bab fil-Isti'azah)*

## 16 - Duaa for asking beneficial knowledge and pure (legitimate) sustenance (Recite once)

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا  
وَرِزْقًا طَيِّبًا وَعَمَلًا مُتَقَبَّلًا

*Allaahumma innii as-aluka i'lman naafiawn wa rizqan taiyibaw wa a'malam mutaqqabbalaa.*

**Translation:** O Allaah! I ask for knowledge which is beneficial, sustenance which is pure (i.e., earning from legal means) and action which is acceptable (for You).

*(Ibn Majah 1/152, Sahih Al-Zawaid 10/111)*

(Recite once in the Fajr Salaah after Salaam).

**17 - Duaa for redemption from  
Jahannam (Hell) (Recite 7 times)**

“اللَّهُمَّ اجْرِنِي مِنَ النَّارِ”

*Allaahumma ajirni minan naar*

**Translation:** O Allaah! Save me from the Fire of Jahanam-Hell.

**Virtue:** Recite this duaa seven times immediately after the completion of Fajr prayer before talking to anyone. If died on that day, he will get redemption from Jahanam-Hell.

*(Abu Dawood, Nasai and Ibn Hibban)*

**18 - Duaa to get bounties from Allaah  
according to the status that suits Him**

(Recite once)

“يَا رَبِّ لَكَ الْحَمْدُ كَمَا يَنْبَغِي  
لِجَلَالِ وَجْهِكَ وَعَظِيمِ سُلْطَانِكَ”

*Yaa rabbi lakal hamdu kamaa yambagii lijalaali wajhika wa a'ziimi sultanika.*

**Translation:** O Rabb! All praises are due to You. The praises which suit Your Glory and Your Greatness of dominance.

**Virtue:** When a servant of Allaah recites the above mentioned duaa, He (Azza-wa-Jal) will give him rewards according to the status that suits Him.

*(Ahmed and Ibn Majah)*

## 19 - Duaa for redemption from troubles

(Recite once )

”اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، عَلَيْكَ  
تَوَكَّلْتُ وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ،  
مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ  
يَكُنْ وَلَا 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“

*Allaahumma anta rabbi laa ilaaha illaa anta a'laika  
tawakkaltu wa anta rabul arshil aziimi, maashaa  
allaahu kaana wamaa lam yasha-a lam yakun walaa  
hawla walaa quwwata illaa billaahil a'liyyil aziimi,  
aa'lamu annal laaha a'laa kulli shai-in qadeer, wa  
annal laaha qad ahaata bikulli shai-in l'lmaa,  
Allaahumma innii aa'uuzu bika min sharrii nafsii wa*

*min sharri kulli daabbatin anta aakhizum binaa siyatihaa inna rabbi a' laa siaatim mustaqeem.*

**Translation:** O Allaah! You are my Cherisher and Sustainer. There is no illaah except You. I have placed my reliance in You. You are the Owner of great the heavens. Whatever He likes to happen, it comes into existence and whatever He do not like to happen, it do not come into existence. We get power of doing good deeds and avoiding sins from Allaah, Who is the Highest and Greatest. I have faith that Allaah have the Dominance over everything and that His knowledge encompasses everything. O Allaah! I seek refuge in You from evil of my Nafs (inner disposition) and the evil of every animal whose forehead is under Your control. Indeed, my Rabb is on the Straight Path.

**Virtue:** Any person who recites this duaa in the beginning of the day, he will not get any harm till evening.

*(Ibnus-Sunni and Abu Dawood)*

**20 - Duaa to achieve the best sustenance and to get protection against evil (Recite once)**

مَا شَاءَ اللهُ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ  
أَشْهَدُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Mashaa Allaahu laa hawla wla quwwta illaa billaahi ash-hadu annal laaha a'laa kulli shai-in qadiir.*

**Translation:** Whatever Allaah wills, it happens. The source of power for protecting oneself from evil and of doing good things is Allaah. Allaah is All-Dominant over everything.

**Virtue:** Any person who recites the duaa in the morning will be bestowed with the best of the sustenance and protected from evil.

*(Ibnus-Sunni, Kanzul Ummal 2/106)*

## 21 - Duaato Enter Janaat-Paradise with The Assistance Of The Nabiε

(Recite once)

رَضِيْتُ بِاللّٰهِ رَبًّا وَبِالْاِسْلَامِ دِيْنًا  
وَّبِمُحَمَّدٍ صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا

*Raziitu billahi rabbaw wa bil Islaami diinaw wa bimuhhammadin sallal laahu a' laihi wasallama nabiyya.*

**Translation:** I am pleased for being a Muslim, for being a follower of Islaam and with the Nabuwaat of the Muhammad ε.

**Virtue:** A person who recites it once in the morning, the Nabi ε would let him enter Janaat-Paradise by holding his hand. *(Tabrani: hasan chain; Al-Matjer Ar-Rabeh fi Thawabil Amal, p. 312; Bikhre Moti 4/35)*

## 22 - Duaa which is substitute for the discontinuity of making Zikr

(Recite once)

فَسُبْحَانَ اللَّهِ حِينَ تُمْسُونَ وَحِينَ  
تُصْبِحُونَ ○ وَلَهُ الْحَمْدُ فِي السَّمَوَاتِ  
وَالْأَرْضِ وَعَشِيًّا وَحِينَ تُظْهِرُونَ ○  
يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَيُخْرِجُ الْمَيِّتَ  
مِنَ الْحَيِّ وَيُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا  
وَكَذَلِكَ تُخْرَجُونَ ○

*Fasubh'aanAllaahi h'iina tumsuuna wa heena  
tusbih'uun. Walahul h'amdu fis samaawaati wal arzi  
wa a'shiyyanw wa h'eena tuzhiruun. Yukhrijul  
h'aiyya minal maiyiti wa yukhrijul maiyita minal  
h'aiyi wa h'aiyi way uh'yil arza baa'da mautihaa, wa  
kazaalika tukhrajjuun.*

**Translation:** So glory be to Allaah, when you reach eventide and when you rise in the morning. Yes, to Him be praise, in the heavens and on earth; and in the late afternoon and when the day begins to decline. It is He Who brings out the living from the dead, and brings out the dead from the living, and Who gives life to the earth after it is dead: and thus shall you be brought out (from the dead).

**Virtue:** It is a substitute for the discontinuity of making Zikr (Remembrance) once in the morning.

(Abu Dawood)

It is narrated in Musnad Ahmed that the Nabi(ﷺ) asked, “May I tell you why Allaah called Hadhrat Ibrahim (peace be upon him) as Khaleel? Because he used to recite these words till ‘Tuzhiroon’.

(Tafsir Ibn Kathir 4/166)

## 23 - Duaato be safeguarded from every kind of calamity (Recite once)

Recite once in the morning the following first three Ayats of Surah Momin after Ayatul Kursi.

### Ayatul Kursi

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  
يُئِودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ ۝

*Allaahu laa ilaaha illaa huwa, al haiyul qayyuum, laa ta-khuzuhuu sinatunw wala naum, lahuu maa fis samaawaati wamaa fil arzi, man zallazii yashfa-u'l'ndahuu illaa bi-iznihii, ya'alamu maa baina aidiihim wamaa khalfahum walaa yuhiituna bishai-im min l'mihii illaa bimaashaa-a, wasia' a kukrsiyyuhus samaawati wal arza, walaa ya-uduhuu h'ifzuhumaa wahuwal aliyyul aziim.*

**Translation:** Allaah besides Him there is no Ilaah, He is Ever Living, The Maintainer Neither drowsiness nor sleep overcomes Him. Th Him belongs all that is in the skies and all within the earth. Who is there that can intercede before Him without His permission? He Knows what is before them and what is behind them while they surround none of His knowledge except if He wills. His throne includes the heavens and the earth and He never tires of caring for them. He is High, The Tremendous. (Surah Baqara: 255)

### First three Ayats of Surah Momin

حَمْدٌ ۝ تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ  
 الْعَزِيزِ الْعَلِيمِ ۝ غَافِرِ الذَّنْبِ وَ  
 قَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ذِي  
 الطَّلُوطِ ۝ لَا إِلَهَ إِلَّا هُوَ إِلَهُ الْمَصِيرِ ۝

*Haaa meeem .Tanziilul kitabi minal laahil aziizil aliimi. Gafiriz zanbi wa qaabilit taubi shadiidil iqaabi zit tauli, laa ilaaha illaa huwa, ilaihil masiir.*

**Translation:** 1. HaaMeem. 2. This Book is revealed from Allaah, the Mighty, the All Knowing. 3. The Forgiver of sins, Acceptor of repentance, Severe in punishment, and All Powerful. There is no Ilaah but He, and all shall return to Him.

**Virtue:** The onewho recites first three Ayats of Surah Momin after Ayatul Kursi in the morning, will be safeguarded from every evil on that day.

*(Musnad Bazzar narrated by Abu Hurairah; Tirmidhi)*

## **24 - To become worthy of Du'a (duaa) by Malaikh-Angels in our favour and getting the status of Shuhada (Martyr) on death**

(Recite thrice)

”أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ  
الشَّيْطَانِ الرَّجِيمِ“

*Aa'uuzu billaahis samii-i'l a'liimi minash shaitaanir rajim.*

**Translation:** I seek refuge in Allaah, Who is All-Knowing, All-Hearing, from Shaitaan (Satan).

**Surah Hashr : 22 to 24** (Recite once)

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ  
الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٣٧﴾

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ  
 الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ  
 الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ط سُبْحَانَ  
 اللَّهِ عَمَّا يُشْرِكُونَ ﴿٣٣﴾ هُوَ اللَّهُ الْخَالِقُ  
 الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ  
 يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ  
 الْعَزِيزُ الْحَكِيمُ ﴿٣٣﴾

*Huwallaahul lazii laa ilaaha illaa huwa, a'aalimul  
 gaibi wash shahaadati huwar rah'maanur rah'iim.  
 Huwallaahul lazii laa ilaaha illaa huwa, al malikul  
 quddusus salaamul mu'minul muhaiminul a'zizul  
 Jabbaarul mutakabbir. Subh`aanallaahi a'mma  
 yushrikuun. Huwallaahul khaliqul baariul  
 musawwiru laahul asmaaaul h`usnaa, yusabbih`u  
 lahuu maa fis samaawaati wal arzii wahuwal a`ziizul  
 h`akiim.*

**Translation:** He is Allaah, there is no Ilaah but He. He is the knower of the unseen and the seen. He is the Most Compassionate, the Most Merciful. He is Allaah besides Whom there is no Ilaah. He is the Sovereign, the Most Pure, the Giver of peace, the Giver of security, the Vigilant, the Mighty, the Overpowering, the Glorious. He is Pure from whatever they ascribe to Him. He is Allaah, the

creator, the Perfect Maker, the Fashioner Who has the most beautiful names. Whatever is in the heavens and the earth glorifies Him. He is the Mighty, the Wise.

**Virtue:** A person who recites thrice the first dua and the above mentioned Ayats of Surah Hashr once, seventy thousand angels will pray for mercy for him and he will get the status of martyrdom on death.

(Tirmidhi)

## 25 - Duaa for the fulfillment of all wishes (Recite once)

اللَّهُمَّ أَنْتَ خَلَقْتَنِي وَأَنْتَ تَهْدِينِي  
وَأَنْتَ تُطْعِمُنِي وَأَنْتَ تَسْقِينِي  
وَأَنْتَ تُمِيتُنِي وَأَنْتَ تُحْيِينِي

*Allaahumma anta khalaqtanii wa anta tah'diinii wa anta tut'i'munni wa anta tasqiinii wa anta tumiitunii wa anta tuh'yiinii.*

**Translation:** O Allaah! You have created me and You are the One Who has showed me guidance. You are the One Who provides me with food and drinking. You will give me death and You will raise me again.

**Virtue:** Hadhrat Hasan Basari (α) reported from Hadhrat Samura bin Jundub (τ) who said, “May I not narrate a Hadith which I heard many times from the

Nabi(ﷺ) and also from Hadhrat Abu Bakr (رضي الله عنه) and Umar (رضي الله عنه).” I said, “Of course, please narrate”. He said, “A person who recites these words in the morning and in the evening, Allaah will fulfill his all wishes.”

(Bikhre Moti, pp. 144-145)

## 26 - Duaa for protection from the mischief of Jinn (Recite once)

أَعُوذُ بِوَجْهِ اللَّهِ الْكَرِيمِ وَبِكَلِمَاتِ  
اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَدْرٌ  
وَلَا فَاجِرٌ مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ  
وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا وَشَرِّ مَا ذَرَأَ  
فِي الْأَرْضِ وَشَرِّ مَا يَخْرُجُ مِنْهَا وَمِنْ  
فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ طَوَارِقِ اللَّيْلِ  
وَالنَّهَارِ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ

*Aa' uuzu biwajhil laahil kariimi wa bikalimaatillaahit taammaatil laati laa yujawizu hunna barrunw walaa faajirum min sharri maa yanzilu minas samaai wa min sharri maa yaa' ruju fiihaa wa shrii maa zara-a fil arzii wa sharri maa yakhruju minhaa wa min fitanil laili wan nahaari wa min tawaariqal laili wan nahaari ilaa taariqany yatruqu bikhairiny yaa rahmaan.*

**Translation:** I seek refuge in Allaah's grace and His complete and powerful Words, which cannot be surpassed by any good or bad person, from the evil which descends from the heaven and from the evil which ascends to the heavens, and from the evil of all the things which are scattered in the world, and from the evil of all the things which comes out of the earth, and (I seek refuge in Allaah) from the trial of day and night, from those who are emerging in the day and the night except those who emerges for good. O! the Most Merciful.

**Virtue:** The Jinn which came to trouble the Blessed Nabi (peace be upon him) fell to the ground, as the Nabi recited this duaa.

*(Muwatta Imam Malik)*

## 27- Duaa for safeguarding from evil of magicians and magic (Recite thrice)

”أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ وَالْحَمْدُ كُفُّهُ  
لِلَّهِ أَعُوذُ بِاللَّهِ الَّذِي يُمْسِكُ السَّمَاءَ  
أَنْ تَقَعَ عَلَى الْأَرْضِ إِلَّا بِإِذْنِهِ مِنْ  
شَرِّ مَا خَلَقَ وَذَرَأَ وَمِنْ شَرِّ  
الشَّيْطَانِ وَشَرِّكِهِ“

*Asbah'naa wa asbah'al mulku lillaahi wal h' amdu kulluhuu lillaahi aa'uuzu billaahil lazii yumsikus samaai an taqaa'a'lal azri illaa bi-iznihi min sharri maa khalaqa wa zara-a-a wa min sharrish shaitani wa shirkih.*

**Translation:** We begin our morning for Allaah and all His Kingdom begin their morning for Him. All praises be to Allaah. I seek refuge in the One Who is holding on the heaven from falling on the earth but with His permission, from the evil of His creations which is scattered everywhere, and (I seek refuge in Allaah) from the evil of Satan and his ascribing partner (with Allaah).

**Virtue:** The Blessed Nabi(ﷺ) told Hadhrat Amr bin Aas(رضي الله عنه) that if you would recite this duaa thrice in the morning, you will be protected from the evil of Satan, foreteller and magician.

*(Ad-Du'a, p. 954; Ibnus Sunni, p. 66; Majma 1/119)*

## 28 - Duaa for protection against magic

(Recite once)

”أَعُوذُ بِوَجْهِ اللَّهِ الْعَظِيمِ الَّذِي لَيْسَ  
شَيْءٌ أَعْظَمَ مِنْهُ وَبِكَلِمَاتِ اللَّهِ  
الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا  
فَاجِرٌ وَبِأَسْمَاءِ اللَّهِ الْحُسْنَى كَلِمَاتِهَا

مَا عَلِمْتُ مِنْهَا وَمَا لَمْ أَعْلَمْ مِنْ  
شَرِّ مَا خَلَقَ وَبَرَأُ وَذَرَأُ“

*Aa'uuzu biwajhil laahil a'ziimil lazii laisa shai-un  
aa'zama minhu wa bikalimaatil lahittaammaatil  
laatii laa yujaawizu hunna barrunw walaa faajirunw  
wa bi asmaaillaahil husna kullihaa. Maa a'limtu  
munhaa wamaa lam aa'lam min sharrii maa khalaaqa  
wa bara-a wa zara-a.*

**Translation:** I seek refuge in Allaah, the most Greatest. There is nothing equal to His Greatness. And I seek refuge in His complete and powerful Words, which cannot be surpassed by any good or bad person, and (I seek refuge in) all the Names of Allaah which I know and which I do not know, from the evil of all those things which He created, and created them errorless and scattered them all over.

**Virtue:** The person who recites this duaa once in the morning will be safeguarded from magic. Hadhrat Ka'ab Ahbar (τ) said that if I had not recited this duaa, the Jews would had transformed me into a donkey.

*(Muwatta Imam Malik)*

**29-Duaa for the getting the sins  
forgiven and achieving the good**

*(Recite 100 times)*

“سُبْحَانَ اللَّهِ وَبِحَمْدِهِ“

*Subh'aanallaahi wabi h' amdih.*

**Translation:** I mention the Glory of Allaah in the words that suit His status and say praises of Him.

**Virtue:** Recite these words hundred times. Allaah will pardon the sins even they are great in number as foam on the sea. (*Muslim 4/2081*)

He will get one lakh (100,000) twenty four thousand virtues.

(*Tirmidhi*)

### 30 -Duaa for safeguarding from three dangerous diseases

(Recite thrice after Fajr Salaah)

“سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ”

*Subh'aaan laahil a'ziimi wa bih'amdih.*

**Translation:** I glorify Allaah, the Greatest, in the words that suit His status. And I praise Him in the words in which He has praised Himself.

(Recite once)

“اللَّهُمَّ إِنِّي أَسْأَلُكَ مِمَّا عِنْدَكَ وَأَفِضْ عَلَيَّ مِنْ فَضْلِكَ وَأَنْشُرْ عَلَيَّ مِنْ رَحْمَتِكَ وَأَنْزِلْ عَلَيَّ مِنْ بَرَكَاتِكَ”

*Allaahumma innii as-aluka mimmaa i'ndaka wa afiz a'laiya min fazlika wanshur a'laiya mir rah'matika wa anzil a'laiya min barakaatik.*

**Translation:** O Allaah, I ask for the bounties that You have and shower Your Providence over me. Extend Your grace and bestow Your blessings on me.

**Virtue:** Hadhrat Qabisa bin Makhariq (τ) narrated: I present came to the Nabi(ε). He asked, “Why have you come?” I said, “I become aged now. My bones has become weak, i.e., it my old age now. I have come to you so that you may teach me something which may benefit me.”

The Nabi (ε) said, “The stones and trees from which you passed by has prayed in favour of you. O Qabisa! Say **سُبْحَانَ اللَّهِ الْعَظِيمِ وَيُحْمَدُهُ** thrice after the Morning Prayer. You will be protected from the infliction of blindness, leprosy and palsy. Read this dua also

اللَّهُمَّ اِنِّى اَسْأَلُكَ مِمَّا عِنْدَكَ وَاَفْضَ عَلَيَّ مِنْ فَضْلِكَ  
وَاَنْتَشِرْ عَلَيَّ مِنْ رَحْمَتِكَ وَاَنْزِلْ عَلَيَّ مِنْ بَرَكَاتِكَ.

(Bikhre Moti 1/95)

### 31-Protection from the mischief of Jinn

(Recite once)

اَفْحَسِبْتُمْ اَنْنَا خَلَقْنٰكُمْ عَبَثًا  
وَ اَنْنَا لَآ اِلٰهَ اِلَّا هُوَ  
اللَّهُ الْمَلِكُ الْحَقُّ ۚ لَآ اِلٰهَ اِلَّا هُوَ

رَبُّ الْعَرْشِ الْكَرِيمِ ﴿١١٦﴾ وَمَنْ يَدْعُ  
 مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ لَا  
 فَاِنَّ مَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا  
 يُفْلِحُ الْكَافِرُونَ ﴿١١٧﴾ وَقُلْ رَبِّ اغْفِرْ  
 وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ ﴿١١٨﴾

*Afah'asibtum annamaa khalaqnaakum a'basanw wa  
 annakum ilaina laa turjau'un. Fataa'aalallaahul  
 malikul haqqu laa ilaaha illaa huwa rabbul arshil  
 kariim. Wamaiyadu'ma-a'llahi ilaahan aakhara laa  
 burhaana lahuu bihii fa-innamaa h'isaabuhuu i'nda  
 rabbihii. Innahuu laa yuflihul kaafiruun. Wa qur  
 rabbigfir warham wa anta khairur raah'imiin.*

(Surah Muminoon 115-118)

**Translation:** Did you think that We had created you  
 in vain and that you would not return to Us?. Exalted  
 is Allaah, the sovereign, the Truth. There is no Ilaah  
 but He. He is the Rabb of the Glorious Throne. He  
 who calls on another Ilaah with Allaah has no proof  
 for it. His reckoning is with Allaah. The fact of the  
 matter is that the Kaafiroon will not succeed. Say, "O  
 my Rabb! Forgive and show mercy. Undoubtedly,  
 You are the Best of those who show mercy".

**Virtue:** It is narrated in Ibn Abi Hatim that a person  
 who was possessed by Jinn came to Hadhrat  
 Abdullah bin Masood (ؓ), who recited the above  
 mentioned Ayats and blew over his ear, and he got

cured. When it was mentioned before the Nabi(ﷺ) he asked, ‘Abdullaah what did you recite in his ear’. Abdullah told him about it. He (ﷺ) said You have given him life by blowing this duaa in his ear. I swear by Allaah that if a person having faith would recite it on a mountain, (themountain, will also remove it from its place).

Abu Nu’aim narrated: “The Nabi(ﷺ) sent us with troops and told us to recite the aforementioned Ayats day and night. So we recited them continuously in both the times. Praise be to Allaah, we returned safe with booty.”

*(Tafsir Ibn Kathir 3/474, Bikhre Moti 1/150)*

### 32(Recite once)

“اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا  
وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ”

*Allaahumma bika asbah'naa wa bika amsainaa wa bika nah'yaa wa bika namuutu wa ilaikan nushuur.*

**Translation:** O Allaah! we are able to see the morning and the evening due to Your Divine help. It is because of Your power that we are living and will die because of it. And ultimately we will have to return to You.

*(Tirmidhi)*

33(Recite once)

”أَصْبَحْنَا وَأَصْبَحَ الْمَلِكُ لِلَّهِ رَبِّ  
الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ  
هَذَا الْيَوْمِ فَتْحَهُ وَنَصْرَهُ وَنُورَهُ وَ  
بَرَكَتَهُ وَهُدَاهُ وَأَعُوذُ بِكَ مِنْ شَرِّ  
مَا فِيهِ وَشَرِّ مَا بَعْدَهُ.

*Asbha'naa wa asbah'al mulku lillaahi rabbil  
a'alamiin. Allaahumma innii as-aluka khaira haazal  
yaumi fath'ahuu wa nasrah'uu wa nuurahuu wa  
barakatahuu wa hudaahuu wa aa'uuzu bika min  
sharri maa fehi wa sharri aa baad'dah.*

**Translation:** Our morning has arisen and the morning of the Rabb of the Worlds has arisen. O Allaah, I ask for the good of this day, I ask for victory, success, radiance, blessings and guidance of this day. And I seek refuge in You from the evil of this day and evil after this day.

*(Hisne Haseen; Purnoor Dua, p. 32)*

34(Recite once)

”اللَّهُمَّ اجْعَلْ أَوَّلَ هَذَا النَّهَارِ  
صَلَاحًا وَأَوْسَطَهُ فَلَاحًا وَأَآخِرَهُ

نَجَاحًا ، أَسْأَلُكَ خَيْرَ الدُّنْيَا  
وَالْآخِرَةِ يَا أَرْحَمَ الرَّاحِمِينَ

*Allaahummaj a'l awwala hazan nahaari salaah'anw  
wa awsatahuu falaah'anw wa aakhirahuu najaah'aa.  
As-aluka khairad dunyaa wal aakhirati yaa arh'amar  
raah'imiin.*

**Translation:** O Allaah! Make first part of this day full of good, make its middle a success and make its last part as victory. Ya Arham Raahamin, I ask You of good in this world and the Aakhiraat.

*(Hisne Haseen, p. 75)*

35(Recite once)

”أَصْبَحْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَكَلِمَةِ  
الْإِخْلَاصِ وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى  
اللَّهُ عَلَيْهِ وَسَلَّمَ وَعَلَى مِلَّةِ أَبِيْنَا إِبْرَاهِيمَ  
حَنِيفًا مَّسْلَمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ”

*Asbah' naa a'laa fitratil islaami wa kalimatil ikhlaasi  
wa a'laa diini nabiyyinaa muhammadin sallallaahu  
a'laihi wa sallama wa a'laa millati abiinaa  
ibraahiima h'aniifam muslimanw wamaa kaana  
minal mushrkiin.*

**Translation:** We started our morning on the Fitrat (Natural state ) of Islaam, with the words of devotion and on the Deen (Religion of Islaam) of the Nabi(ﷺ), with the Millat (Nation) of Ibrahim (peace be upon

him) who was a monotheist and a Muslim and he was not among the Mushrikeen (those who attributed partners with Allaah).

(Hisne Haseen, p. 70)

### 36 Five sentences for this world, and five for the Akhiraat

**For the world.** (Recite Once)

حَسْبِيَ اللَّهُ لِيَدِينِي

*H' asbiyal laahu lidiinii.*

Allaah is sufficient for me to safeguard my deen (Religion of Islaam).

حَسْبِيَ اللَّهُ لِيَمَأْأَهَمَّنِي

*H' asbiyal laahu limaa ahammanii.*

Allaah is sufficient for me to remove all my distress.

حَسْبِيَ اللَّهُ لِمَنْ أَبْغَى عَلَيَّ

*H' asbiyal laahu liman bagaa a'layya.*

Allaah is sufficient for me. Against a person who oppresses me.

حَسْبِيَ اللَّهُ لِمَنْ حَسَدَنِي

*H' asbiyal laahu liman h'asadanii.*

Allaah is sufficient for me against a person who is envious to me.

حَسْبِيَ اللَّهُ لِمَنْ كَادَنِي بِسُوْءٍ

*H' asbiyal laahu liman kaadanii bisuuin.*

Allaah is sufficient for me against a person who deceives and betrays me.

**For The Akhiraat (Recite once)**

حَسْبِيَ اللَّهُ عِنْدَ الْمَوْتِ

*H'asbiyal laahu i'ndal maat.*

Allaah is sufficient for me at the time of my death.

حَسْبِيَ اللَّهُ عِنْدَ الْمَسْئَلَةِ فِي الْقَبْرِ

*H'asbiyal laahu i'ndal mas-alati fil qabr.*

Allaah is sufficient for me during my questioning in the grave.

حَسْبِيَ اللَّهُ عِنْدَ الْمِيزَانِ

*H'asbiyal laahu i'ndal miizaan.*

Allaah is sufficient for me at the place of Mizaan (the Balance for weighting of good and bad deeds on the day of Judgement)

حَسْبِيَ اللَّهُ عِنْدَ الصِّرَاطِ

*H'asbiyal laahu i'ndas siraat.*

Allaah is sufficient for me near the Pul Sirat (Janaat-Paradise Pathway)

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ  
عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ

*H'asbiyal laahu laa ilaaha illaa huwa a'laihi tawakkaltu wa ilaihi uniib.*

Allaah is sufficient for me, there is no illah but He, I have placed my hope in Him and I always return towards Him.

**Virtue:** There is a narration from Hadhrat Buraidah (τ), the gist of which is that the Nabi (ε) said that anyone who recites the above mentioned 10 sentences in the morning, then after the completion of their recitation, he will find Allaah is sufficient for Him and he will soon be receiving reward.

(Durre Manthoor 2/103)

### 37 Recite the third Kalimah 100 times

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ  
أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

*Subh'aanAllaahi wal h'amdulillahi wala ilaaha  
illallaahu wallaahu akbaru wala hawla wala  
quwwata illaa billaahil a'liyyil a'ziim.*

### 38 Recite 100 times Istighfaar

”أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ  
الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ“

*Astagfirullaahal lazii laa ilaaha illaa huwal h'ayyul  
qayyuumu wa atuubu ilaihi.*

Orrecite "اللَّهُمَّ اغْفِرْ لِي" *Allaahummagfirlii.*

### 39 Recite Darood Shareef 100 times

It is better to recite Darood-e-Ibraheem which is recited in Salaah. If somebody wanted to recite small Darood, recite the following Darood:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ  
الْأُمِّيِّ بِعَدَدِ كُلِّ مَعْلُومٍ لَكَ

*Allaahumma salli a'laa muhammadin nabiyyil ummiyyi bia'dadi kulli ma'alumil laka.*

### (40) Recite 100 times

يَا اللَّهُ يَا حَفِيفُ

*Yaa Allaahu H'afiizu*

### (41) Recite Thrice

“فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ”

*Fallaahuu khairun h'aafizanw wa huwa arh'amur raah'imiin.*

**Translation:** Allaah is the Best Protector, and He is the Most Merciful among those who show mercy.

**Note:** Recite 500 times or 100 times 'Ya Hayyu Ya Qayyumu'. Insha-Allaah it will reap great benefit.

42 Surah Yaseen once

43 Recite Surah Muzzammil once

44 Recite the 99 Beautiful Names of Allaah

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا

*Wa lillaahil asmaaul h'usnaa fad u'uhuu bihaa*

“All the names of Allaah are good, so invoke Him through them.”

**Note:** If somebody is incapable of reading the Arabic names of Allaah (Asma-e-Husna) then he should read their translation. By understanding their meaning and believe in those attributes of Allaah. He will also get the blessings of Asma-e-Husna, Insha-Allaah.

## 99 BEAUTIFUL NAMES OF ALLAAH WITH THEIR TRANSLATION

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ

*Huwal laahul lazii laa ilaaha illaa huwa*

Allaah is He, than whom there is no illaah, Allaah.

1) الرَّحْمَنُ	<i>Ar Rahmaanu</i> The compassionate
2) الرَّحِيمُ	<i>Ar Rahiimu</i> Most Merciful
3) الْمَلِكُ	<i>Al Maliku</i> The Sovereign, The True King

4) الْقُدُّوسُ	<i>Al Qudduus</i> The Holy one and one who is free from all blemishes
5) السَّلَامُ	<i>As Salaamu</i> The giver of peace or the one who is immune from all distress
6) الْمُؤْمِنُ	<i>Al Mu'minu</i> The giver of peace
7) الْمُهَيِّمِنُ	<i>Al Muhaiminu</i> The giver of protection
8) الْعَزِيزُ	<i>Al A'ziizu</i> The mighty
9) الْجَبَّارُ	<i>Al JABBAARU</i> The OVERPOWERING RABB
10) الْمُتَكَبِّرُ	<i>Al Mutaqabbiru</i> The Self-Glorious
11) الْخَالِقُ	<i>Al Khaaliqu</i> The Creator
12) الْبَارِئُ	<i>Al Baari-u</i> The one who gives life
13) الْمَصَوِّرُ	<i>Al Musawwuru</i> The Fashioner of shapes
14) الْعَفَّارُ	<i>Al Gaffaaru</i> Exceedingly forgiving
15) الْقَهَّارُ	<i>Al Qahhaaru</i> :One who has control over things
16) الْوَهَّابُ	<i>Al Wahhaabu</i> The giver of all things
17) الرَّزَّاقُ	<i>Ar Razzaqu</i> The sustainer and provider

18) الْفَتَّاحُ	<i>Al Fattaah'h</i> The remover of difficulties
19) الْعَلِيمُ	<i>Al A'liimu</i> The All-Knowing
20) الْقَابِضُ	<i>Al Qaabizu</i> The straiter of sustenance
21) الْبَاسِطُ	<i>Al Baasitu</i> The extender of sustenance
22) الْخَافِضُ	<i>Al Khaafizu</i> : The one who humbles and lowers
23) الرَّافِعُ	<i>Ar Raafiu'u</i> The exalter
24) الْمُعِزُّ	<i>Al Mui 'zzu</i> The giver of honour
25) الْمُذِلُّ	<i>Al Muzillu</i> The giver of dishonour
26) السَّمِيعُ	<i>As Samiiu'u</i> The All-hearing
27) الْبَصِيرُ	<i>Al Basiiru</i> : The seer or one who sees all things.
28) الْحَكَمُ	<i>Al H`akamu</i> : The maker of immutable judgement
29) الْعَدْلُ	<i>Al A`dalu</i> The just
30) اللَّطِيفُ	<i>Al Latiifu</i> : Most affectionate or knower of innermost secretes
31) الْخَبِيرُ	<i>Al Khabiiru</i> All Knowing
32) الْحَلِيمُ	<i>Al Haliimu</i>

	The element
33) الْعَظِيمُ	<i>Al A`ziimu</i> The Great
34) الْعَفُورُ	<i>Al Gafuuru</i> The Forgiving
35) الشَّكُورُ	<i>Ash Shakuuru</i> The highly grateful
36) الْعَلِيُّ	<i>Al A`liyyu</i> The most High
37) الْكَبِيرُ	<i>Al Kabiiru</i> The most great or infinite
38) الْحَفِيظُ	<i>Al Hafiizu</i> The protector
39) الْمُقِيْتُ	<i>Al muqiitu:</i> The giver of sustenance and strength
40) الْحَسِيبُ	<i>Al H`asiibu:</i> The reckoner or one who suffices for everyone and everything
41) الْجَلِيلُ	<i>Al jaliilu</i> The glorious or one with an exalted position
42) الْكَرِيمُ	<i>Al Kariimu</i> The benevolent
43) الرَّقِيبُ	<i>Ar Raqiibu</i> The caretaker
44) الْمُجِيبُ	<i>Al Mujiibu</i> The answerer of dua`s
45) الْوَاسِعُ	<i>Al Waasi-u`</i> The lenient
46) الْحَكِيمُ	<i>Al H`akiimu</i> The Wise
47) الْوَدُودُ	<i>Al Waduudu</i> The most loving
48) الْمَجِيدُ	<i>Al Majiidu</i> The most venerable

49) اَلْبَاعِثُ	<i>Al Baa-i`su</i> The resurrector of the dead
50) اَلشَّهِيدُ	<i>Ash shahiidu</i> The omnipresent
51) اَلْحَقُّ	<i>Al Haqqu</i> The Truth
52) اَلْوَكِيلُ	<i>Al Wakiilu</i> The Provident
53) اَلْقَوِيُّ	<i>Al Qawiyyu</i> The Almighty
54) اَلْمَتِينُ	<i>Al Matiinu</i> The Invincible
55) اَلْوَلِيُّ	<i>Al Waliyyu</i> The Patron
56) اَلْحَمِيدُ	<i>Al Hamiidu</i> The Praiseworthy
57) اَلْمُحْصِي	<i>Al Muh`sii</i> The Keeper of counts
58) اَلْمُبْدِي	<i>Al Mubdi-u</i> The Originator
59) اَلْمُعِيدُ	<i>Al Mui`idu</i> : One who has the power to create again
60) اَلْمُحْيِي	<i>Al Muh`yii</i> The giver of life
61) اَلْمُمِيتُ	<i>Al Mumiitu</i> The giver of death
62) اَلْحَيُّ	<i>Al H`ayyu</i> The everlasting
63) اَلْقَيُّومُ	<i>Al Qayyuumu</i> The sustainer of life
64) اَلْوَاجِدُ	<i>Al Maajidu</i> : The all-perfect
65) اَلْمَاجِدُ	<i>Al Maajidu</i> :The all excellent and the one with veneration

66) الْوَاحِدُ	<i>Al Waah`idu</i> The one unequalle
67) الْأَحَدُ	<i>Al Ah`adu</i> The one
68) الصَّمَدُ	<i>As Samadu</i> Free from want
69) الْقَادِرُ	<i>Al Qaadiru</i> The all powerful
70) الْمُقْتَدِرُ	<i>Al Muqtadiru</i> The powerful
71) الْمُقَدِّمُ	<i>Al Muqaddimu: One who</i> causes advancement
72) الْمُؤَخِّرُ	<i>Al Mu-akhhiru</i> One who causes retardation
73) الْأَوَّلُ	<i>Al Awwalu</i> The First
74) الْآخِرُ	<i>Al Aakhiru</i> The Last
75) الظَّاهِرُ	<i>Al Zaahiru</i> The Obvious
76) الْبَاطِنُ	<i>Al Baatinu</i> The Latent
77) الْوَالِيُ	<i>Al Waalii: One who</i> exercises responsibility over all things
78) الْمُتَعَالَى	<i>Al Muta-a`alii: Far above</i> the attributes of the entire creation
79) الْبَرُّ	<i>Al Barru</i> The Beneficent
80) التَّوَابُ	<i>Al Tawwaabu</i> The Oft-returning
81) الْمُنتَقِمُ	<i>Al Muntaqimu</i> One who takes retribution
82) الْعَفْوُ	<i>Al A`fuwwu</i> One who pardons

83) الرَّؤُوفُ	<i>Ar Rauufu</i> The Kind
84) مَالِكُ الْمَلِكِ	<i>Maalikul Mulki</i> Possesor of sovereignty
85) ذُو الْجَلَالِ وَالْإِكْرَامِ	<i>Zuljalaali wal Ikraami</i> Possesor of sovereignty
86) الْمُقْسِطُ	<i>Al Muqsitu</i> The Just
87) الْجَامِعُ	<i>Al Jaami-u`</i> The Assembler
88) الْعَنِي	<i>Al Ganiyyu</i> Free from need
89) الْمُغْنِي	<i>Al Mugnii</i> Suppliers of needs to others
90) الْمَانِعُ	<i>Al Maani-u`</i> The Hinderer
91) الصَّارِمُ	<i>Az Zaarru</i> One who can cause loss
92) النَّافِعُ	<i>An Naafi-u`</i> One who confess benefits
93) النُّورُ	<i>An Nooru</i> The Radiance
94) الْهَادِي	<i>Al Haadii</i> One who gives guidance
95) الْبَدِيعُ	<i>Al Badii-u`</i> The Deviser
96) الْبَاقِي	<i>Al Baqii</i> The Eternal
97) الْوَارِثُ	<i>Al Waarisu</i> The supporter of all or one who remains alive even after everyone or everything dies
98) الرَّشِيدُ	<i>Ar Rashiidu</i> One who guides along the path or virtue or one who

	loves virtue and piety
99) الصَّبُورُ	As Sabuuru The most forbearing

(Tirmidhi: Abwabud Da'waat, 2/189)

**Virtue:** It is reported in Bukhari and Muslim on the authority of Hadhrat Abu Huraira (τ) that the Nabi(ε) said, “Indeed, Allaah has Ninety Nine Names and whoever has protected these names (i.e, learn them by heart and believe in it) he will enter Jannah (Paradise)”.

### **45 The Nabuwaat remedy to save oneself from the current and forthcoming turbulence of Dajjal**

(1) Imam Muslim has reported in his Sahih Muslim that the Nabi(ε) said that whoever would learn and recite the first ten Ayats of Surah Kahaf, he will be safeguarded from the trials of Dajjal.

(2) In another narration of Sahih Muslim, the Nabi (ε) said that whoever confronts Dajjal, he should recite the first 10 Ayats of Surah Kahaf, he will be protected from Dajjal.

(3) In some other narrations, it is narrated that the learning and reciting of the last Ayats of Surah Kahaf will give protection from the turbulence of Dajjal.

## The First Ten Ayats of Surah Kahaf with Their Translation (Recite Once)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Bismillaahir rah`maanir rah`iim.*

In the name of Allaah, the most beneficent, the most  
merciful.

① الْحَمْدُ لِلَّهِ الَّذِي أَنْزَلَ عَلَى عَبْدِهِ  
الْكِتَابَ وَلَمْ يَجْعَلْ لَهُ عِوَجًا ①

*Alh`amdulillaahil lazii anzala a`laa a`bdihil kitaaba  
walam yaj-a`l lahuu i`wajaa.*

“All praise belong to Allaah, Who has revealed the  
Book to His slave and has not placed any miss  
guidance in it.”

② قَيِّمًا لِيُنْذِرَ بَأْسًا شَدِيدًا مِمَّنْ  
لَدُنْهُ وَيُبَشِّرَ الْمُؤْمِنِينَ الَّذِينَ  
يَعْمَلُونَ الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا حَسَنًا ②

*Qayyimal liyunzira ba-san shadiidam mil ladunhu wa  
yubash shiral mu-miniinal laziina yaa`maluunas  
saalih`aati anna lahum ajran h`asanaa.*

“He has made the Book clear so as to warn fo a  
severe punishment and to convey good news to the  
Mu`mineen who do good works that they shall have  
an excellent reward”.

③ مَا كَثِيرٌ فِيهِ أَبَدًا ۝

*Maa kisiina fihi abadaa.*

“in which they will live forever.

④ وَيُنذِرَ الَّذِينَ قَالُوا اتَّخَذَ اللَّهُ وَلَدًا ۝

*Wa yunziral laziina qaalut takhazal laahu waladaa.*

“And so that it may warn those who say that Allaah has taken a child”.

⑤ مَا لَهُمْ بِهِ مِنْ عِلْمٍ وَلَا لِآبَائِهِمْ ۝

كَبُرَتْ كَلِمَةً تَخْرُجُ مِنْ أَفْوَاهِهِمْ ۝

إِنْ يَقُولُونَ إِلَّا كَذِبًا ۝

*Maa lahum bihii min i`lminw walaa li aabaaa-ihim,  
Kaburat kalimatan takruju min afwaahihim, iny  
yaquluuna illaa kazibaa.*

“Grave is the statement that emerges from their mouths They speak only lies.

⑥ فَلَعَلَّكَ بَاخِعٌ نَفْسَكَ عَلَىٰ آثَارِهِمْ ۝

إِنْ لَمْ يُؤْمِنُوا بِهِذَا الْحَدِيثِ أَسَفًا ۝

*Fala-a`llaka baakhiu`n nafsaka a`laa aasaarihim il  
lam yu-minu bihaazl hadiisi asafaa.*

“It should not be that you destroy yourself in grief after them because they do not believe in this communication.

⑦ إِنَّا جَعَلْنَا مَا عَلَى الْأَرْضِ زِينَةً لَّهَا  
لِنَبْلُوهُمْ أَيُّهُمْ أَحْسَنُ عَمَلًا ④

*Innaa ja-a`lnaa maa a`lal arzii ziinatal lahaa  
linabluwahum ayyuhum ah`sanu a`malaa*

“Verily We have placed everything on earth as an adornment to test which of them will carry out the best actions.

⑧ وَإِنَّا لَجَاعِلُونَ مَا عَلَيْهَا صَعِيدًا جُرُزًا ⑧

*Wa innaa lajaa`luuna maa a`laihaa sai`idan  
juruzaa.*

“We shall certainly turn everything on earth into an open plain(on the Day of Qiyaamah).

⑨ أَمْ حَسِبْتَ أَنَّ أَصْحَابَ الْكَهْفِ  
وَالرَّقِيمِ كَانُوا مِنْ آيَاتِنَا عَجَبًا ⑨

*Amh`asibte anna ash`aabal kah`fi war raqiimi kaanu  
min aayaatinaa a`jabaa.*

“Do you think that the people of the cave and the Raqem were wonders from Our Aayaat?

⑩ إِذْ أَوْى الْفِتْيَةُ إِلَى الْكَهْفِ  
فَقَالُوا رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً  
وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا ⑩

*Iz awal fityatu ilal kahfi faqaahuu rabbanaa aatinaa mil ladunka rah`matanw wa hayyi lanaa min amrinaa rashadaa.*

“When the youths took refuge in the cave saying, “O our Rabb! Bestow on us mercy from Yourself and make easy for us a suitable solution to our plight”.

### **Last Ayats of Surah Kahaf With Their Translation (Recite Once)**

① أَفَحَسِبَ الَّذِينَ كَفَرُوا أَنْ يَتَّخِذُوا  
عِبَادِي مِنْ دُونِي أَوْلِيَاءَ إِنَّا أَعْتَدْنَا  
جَهَنَّمَ لِلْكَافِرِينَ نُزُلًا ①

*Afah`asibal laziina kafaruu any yattakhizuu i`baadii min duunii awliyaaa. Innaaa aa`tadnaa jahannama lil kafiriina nuzulaa.*

**102.** “Do the Kaafiroon think tha theyt con exclude Me to take My slaves as assistants? Without doubt, We have prepared Jahannam as a reception for the Kaafiroon.

② قُلْ هَلْ نُنَبِّئُكُمْ بِالْأَخْسَرِينَ أَعْمَالًا ۝١٠٣ ط

*Qul hal nunabbi-ukum bil akhsariina aa`maalaa.*

103. "Say, "Should we inform you of those who are the worst losers in terms of their actions?"

③ الَّذِينَ ضَلَّ سَعِيَهُمْ فِي الْحَيَاةِ  
الدُّنْيَا وَهُمْ يَحْسَبُونَ أَنَّهُمْ  
يُحْسِنُونَ صُنْعًا ۝١٠٤

*Allaziina zalla sa`yuhum fil hayaatid dunyaa wa hum yah`sabuuna annahum yuh`sinuuna suna`aa.*

104. "They are those whose efforts are destroyed in this worldly life while they think that they are carrying out good acts".

④ أُولَئِكَ الَّذِينَ كَفَرُوا بِآيَاتِ رَبِّهِمْ  
وَلِقَائِهِ فَحَبِطَتْ أَعْمَالُهُمْ فَلَا نُقِيمُ  
لَهُمْ يَوْمَ الْقِيَامَةِ وِزْنًَا ۝١٠٥

*Uulaaikal laziina kafaruu bi aayaati rabbihim wa liqaa ihii fah`abitat aa`maaluhum falaa nuqimu lahum yaumal qiyamati waznaa.*

105. "These are the ones who reject the Aayaat of their Rabb and meeting with Him. So their acts are wasted and no weight will be attached to them on the Day of Judgement.

⑤ ذَٰلِكَ جَزَاءُ هُمَّ جَهَنَّمَ بِمَا كَفَرُوا  
وَاتَّخَذُوا آيَاتِي وَرُسُلِي هُزُوعًا ①٠٦

*Zaalika jazaauhum jahannamu bimaa kafaruu wat takhazuu aayaatii wa rusulii huzuwaa.*

106. "This Jahannam will be their punishment because of their kufr and because they ridiculed My Aayaat and My Rasool.

⑥ إِنَّ الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ  
كَانَتْ لَهُمْ جَنَّاتُ الْفِرْدَوْسِ نُزُلًا ①٠٧

*Innal laziina aamanu wa a`miluus saalih`aati kaanat lahum jannaatul firdausii nuzulaa.*

107. "As for those who have Imaam and who do good acts, Jannaatul Firdous shall definitely be their reception.

⑦ خَالِدِينَ فِيهَا لَا يَبْغُونَ عَنْهَا حِوَلًا ①٠٨

*Khaalidiina fiihaa laa yabguuna a`nhaa h`iwalaa.*

108. "They will live there forever and will never want to leave it.

⑧ قُلْ لَوْ كَانَ الْبَحْرُ مِدَادًا لِكَلِمَاتِ رَبِّي  
لَنَفِدَ الْبَحْرُ قَبْلَ أَنْ تَنْفَدَ كَلِمَاتُ رَبِّي  
وَلَوْ جِئْنَا بِمِثْلِهِ مَدَدًا ①٠٩

*Qul law kaanal bah`ru midaadal likalimaati rabbii lanafidal bah`ru qabla an tanfada kalimaatu rabbii walaw ji-naa bimislihii madadaa.*

**109.** “Say, “If the ocean was ink for the words of my Rabb, the ocean would be finished before the words fo my Rabb can end, even if We supplement it with a like amount of ink.”

قُلْ إِنَّمَا أَنَا بَشَرٌ مِّثْلُكُمْ يُوحَىٰ  
إِلَيَّ أَنَّمَا إِلَهُكُمُ إِلَهُ وَاحِدٌ  
فَمَنْ كَانَ يَرْجُوا لِقَاءَ رَبِّهِ  
فَلْيَعْمَلْ عَمَلًا صَالِحًا وَلَا يُشْرِكْ  
بِعِبَادَةِ رَبِّهِ أَحَدًا ۝١١٠

*Qul Innamaaa ana basharum mislukum yuuh`aa ilaiya annamaaa ilaahukum ilaahunw waah`idun,faman kaana yarjuu liqaaa-a rabbihi fal yaa`mal a`malam saalih`anw walaa yushrik bi-I`baadati rabbihiii ah`adaa.*

**110.** Say, “I am but a human being like yourselves. Revelation comes to me that your Ilaah is but One Ilaah. So whoever expects to meet his Rabb should perform good actions and not make anyone o partner in the worship of this Rabb.”

**Note:** The last Ayats of Surah Kahaf, according to Imam Nawawi, begins from أَفَحَسِبَ الَّذِينَ كَفَرُوا أَنْ يَتَّخِذُوا

**Explanation:** In the commentary of the Surah Kahaf, the commentators have wrote that in the preface of the Surah, the story of As-hab-e-Kahaf (People of the Cave) has been narrated which is key to the trials of Dajjal. The heart which grasps the meaning and have faith in these Ayats, that heart will not be infected by the trials of Dajjal. Similarly, those servant of Allaah, who will keep these Ayats in their heart (by understanding) and in their mind (by learning), they will also be protected from fitnah (trials) of Dajjal.

(Anwaarul Bayaan 5/454, Ma'ariful Hadith 5/94-95, Sahih Muslim1/271)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ  
مِنَ الظَّالِمِينَ

(Recite once)

*Duaa will be accepted (by Allaah) and there will be redemption from sufferings.*

## 46 A proved remedy for ending difficulties(Recite once)

### MUNJIYAAT(DUAAS)

Munjiyaat are the seven duaas from the Noble Qur'aan which Allama Ibn Sireen recommended for remove sufferings and difficulties.

Hadhrat Ka'ab Ahbaar (τ) said, "There are four Ayats in the Qur'an, when I recite them, I become free from every worry. Even if the sky falls down on the earth, I will get respite from the Order of Allaah.

① قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ  
اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ  
الْمُؤْمِنُونَ ⑤

*Qul laiysiibanaaa illaa maa katabal laahu lanaa, huwa mawlaanaa, wa a`lallaahi fal yatawakkalil mu`minuun.*

**Translation:** Tell them, "Only that which Allaah had destined for us will affect us. He is our Protecting Friend and the Mu`mineen should trust only in Him.

(Surah Taubah: 51)

② وَإِنْ يَمَسُّكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ  
 لَهُ إِلَّا هُوَ وَإِنْ يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ لِفَضْلِهِ  
 يُصِيبُ بِهِ مَنْ يَشَاءُ مِنْ عِبَادِهِ وَهُوَ  
 الْغَفُورُ الرَّحِيمُ ④

*Wa iny yansaskallaahu bizurrin falaa kaashifa lahuu  
 illa huwa, wa iy-yuridka bikhairin falaa raad da  
 lifazlihii, yusiibu bihii maiyashaa-u min i`baadihii,  
 wa huwal gafuurur rah`iim.*

**Translation:** If Allaah afflicts you with harm, none can remove it besides Him, If He intends good for you, then none can prevent His grace. He bestows His grace on those of His bondsmen whom He pleases and He is the Most Forgiving, the Most Merciful.

*(Surah Yunus:107)*

③ وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ  
 رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا وَمُسْتَوْدَعَهَا كُلٌّ  
 فِي كِتَابٍ مُبِينٍ ④

*Wamaa min daab batin fil arzi illaa a`lallaahi  
 rizquhaa wa yaa`lamu mustaqarrahaa wa mustauda-  
 a`haa, kullun fii kitaabim mubiin.*

**Translation:** The responsibility of sustaining every creature on earth rests with Allaah. He knows the place where they will stay and the place where they will be kept in trust. Everything is in the Clear Book.

(Surah Hood: 06)

④ اِنِّى تَوَكَّلْتُ عَلَى اللّٰهِ رَبِّىْ وَرَبِّكُمْ  
مَا مِنْ دَابَّةٍ اِلَّا هُوَ اَخِذُ بِنَاصِيَتِهَا اِنَّ  
رَبِّىْ عَلَى صِرَاطٍ مُّسْتَقِيْمٍ ⑤٦

*Inni tawakkaltu a`lallaahi rabbii wa rabbikum, maa min daabbatin illaa huwa aakhizum binaa siyatihaa, inaa rabbii a`laa siraatim mustaqiim.*

**Translation:** “Undoubtedly I rely only on Allaah, Who is my Rabb and your Rabb. He has control of the forelocks of every creature. Indeed, my Rabb is on the straight path.

(Surah Hood: 56)

⑤ وَكَآيِنٍ مِّنْ دَابَّةٍ لَّا تَحْمِلُ رِزْقَهَا فِى اللّٰهِ  
يَرْزُقُهَا وَاِيَّاكُمْ صَبْرًا وَهُوَ السَّمِيعُ الْعَلِيْمُ ④٠

*Waka ayyim min daabbatil laa tah`milu rizqah`aa, allaahu yarzuquhaa wa iyyaakum, wa huwas samiium`l a`liim.*

**Translation:** How many are the animals that do not carry their own provision, Allaah sustains them and you as well. He is the All Hearing, the All Knowing.

(Surah Ankaboot: 60)

⑥ مَا يَفْتَحُ اللَّهُ لِلنَّاسِ مِنْ رَحْمَةٍ فَلَا مُمْسِكَ لَهَا، وَمَا يُمْسِكُ فَلَا مُرْسِلَ لَهُ مِنْ بَعْدِهِ ۗ وَهُوَ الْعَزِيزُ الْحَكِيمُ ۝

*Maa Yaftah`illahu linnaasi mir rah`matin falaa mumsika lahaa, wamaa yumsik falaa mursila lahuu mim ba`dihii, wa huwal a`ziizul h`akiim.*

**Translation:** There is none to withhold the mercy Allaah opens to His people, and there is none to release the mercy that He withholds, He is the Mighty, the Wise.

(Surah Fatir: 2)

⑦ وَلَئِنْ سَأَلْتَهُمْ مَنْ خَلَقَ السَّمَوَاتِ وَالْأَرْضَ لَيَقُولُنَّ اللَّهُ ۗ قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ أَوْ أَرَادَنِي بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَتُ رَحْمَتِهِ ۗ قُلْ حَسْبِيَ اللَّهُ ۗ عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ ۝

*Wa la-in sa-althaum man khalaqas samaawaati wal arza layaquulunnallaah, qul afara-aitum maa tad-u`una min duunillaahi in araadaniyAllaahu bizurrin hal hunna kaashifaatu zurrihii aw araadanii birah`matin hal hunna mumsikaatu rah`matihii, qul h`asbiyAllaahu, a`laihi yatawakkalul mutawakkiluun.*

**Translation:** Undoubtedly, if you ask them who created the heavens and the earth, they will certainly reply, “Allaah!” Say, “Tell me about those whom your worship besides Allaah, If Allaah wishes that any harm should afflict me, can they avert the harm? Or if Allaah wishes to shower mercy upon me, are they able to restrain His mercy?” Say, “Allaah is enough for me, and only in Him should those who have trust have trust place their trust.”

*(Surah Zumar: 38)*

**Virtue:** It is narrated that whoever would always recite these Ayats, the difficulty even if they be as big as mountain of Uhud would be driven out by Allaah with the blessings of these Ayats.

Hadhrat Ali (τ) said, “Whoever makes these Ayats his daily recital, he will be saved from every kind of ordeal and protected from the plots of the enemies.”

**Note:** Recite Munjiyaat once in the evening also.

## DUAAS FOR THE EVENING

It is preferable that the duaas of the evening should be completed in between Asr and Isha Salaah.

**Note:** It is recommended that duaas of evening should be recited any time between Asr Salaah and true dawn.

○ بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

In the name of Allaah, the Most Beneficial, the Most Merciful.

**1 Remedy for achieve the security of  
Allaah and to get the Shaitaan (Satan) stay  
away**

**Ayatul Kursi**

(Recite once)

اللّٰهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا  
تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي  
السَّمٰوٰتِ 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 السَّمٰوٰتِ وَالْأَرْضَ ۗ وَلَا يَئُودُهُ

## حِفْظُهُمَا ۖ وَهُوَ الْعَلِيُّ الْعَظِيمُ ۝

*Allaahu laa ilaaha illaa huwa, alhaiyul qayyum, laa ta-khuzuhuu sinatunw walaa naum, lahuu maa fis samaawaati wamaa fil arzi, man zallazii yashfau`u i`indahuu illaa bi-iznihi, yaa`lamu maa baina aidiihim wamaa khalfahum, walaa yuh`iituuna bishai-im min i`lmihii illaa bima shaa-a, wasia`a kursiyyuhus samaawaati wl arza, walaa ya-uuduhuu hifzuhumaa, wahuwal aliiyyul aziim.*

**Translation:** Allaah besides Him there is no Ilaah, He is Ever Living, The Maintainer Neither drowsiness nor sleep overcomes Him. Th Him belongs all that is in the skies and all within the earth. Who is there that can intercede before Him without His permission? He Knows what is before them and what is behind them while they surround none of His knowledge except if He wills. His throne includes the heavens and the earth and He never tires of caring for them. He is High, The Tremendous.

*(Surah Baqara: 255)*

**Virtue:** Whoever recites Ayatul Kursi while going to bed, he comes under the security of Allaah and Satan does not come close to him.

*(Fat-hul Bari 4/487)*

**2 The Nabuwaat remedy for the welfare of  
oneself(Recite Once)  
Last two verses of Surah Baqarah**

**PUT ARABIC**

*Aamanar rasuulu bimaanzila ilaihi mir rabbihii  
wal mu-minuuna, kullun aamana billaahi wa malaa-  
ikatihii wa kutubihii wa rusulihii, laa nufarriquu  
baina ah`adim mir rusulihii, wa qaalusamia`naawa  
ata`anaa, gufraanaka rabbanaawa ilaikal masiir.  
Laa yukalliful laahunafsan illaawusa`haa, lahaa  
maa kasabat wa a`laihaa maktasabat, rabbanaawa  
walaat ah`mil a`lainaawa akhtaanaa, rabbanaawa  
walaat ah`mil a`lainaaw isran kamaa h`amaltahuu*

*a`lal laziina min qablinaa, rabbanaa walaa  
tuh`ammilnaa maa laa taaqata lanaa bih'. Waa`fu  
a`nnaa, wagfirlanaa, warh`amnaa, anta maulaanaa  
fansurnaa a`lal qawmil kaafiriin.*

**Translation:** The Rasool(Muhammad)believed in that which has been revealed to him from his Rabb and the Mu`mineen, Each one believes in Allaah, His angels, His Books and His Rusul. We make no distinction between one and another Messenger, and they say, We hear and we obey. Your forgiveness, our Rabb. To Your is our return.

Allaah does not place on a soul a responsibility except what is within its capability. It shall receive to its favour that which it had earned and to its harm shall be what it had carried out. O our Rabb, do not take us to task if we forget or make mistakes. Our Rabb, do not place such responsibilities on us as You had placed on those before us. Our Rabb, do not enforce on us that which we do not have the strength to bear. Overlook, forgive us and have mercy on us. You our Protector so assist us against the nation of Kaafiroon.

**Virtue:** Whoever would recite the last two Ayats of Surah Baqarah, he will be greatly rewarded.

*(Fat-hul Bari 9/94, Sahih Muslim 1/554)*

## 3Duaa for protection from poisonous creatures

(Recite thrice Surah Ikhlāas,  
Surah Falaq and Surah Naas)

### SURAH IKHLAAS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝

قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْهُ  
وَلَمْ يُولَدْ ③ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

*Bismillahir rah'manir rah'eem.*

*Qul huwal laahu ah'ad. Allaahus samad. Lam yalid, walam yuulad. Walam yakul lahuu kufuwan ah'ad.*

#### **Translation:**

In the name of Allaah, the Most Compassionate, the Most Merciful.

1. Say, "He Allaah is One."
2. "Allaah is Independent."
3. "He has no Children and is not anyone's child."
4. "There is none equal to Him."

### SURAH FALAQ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا خَلَقَ ②  
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ③ وَمِنْ شَرِّ النَّفَّاثَاتِ  
فِي الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑤

*Bismillahir rah'manir rah'eem.*

*Qul Aa'uuzu birabbil falaq.Min sharri maa khalaq.Wa min sharri gaasiqin izaa waqab. Wa min sharrin naffaasaati fil uqad. Wa min sharri h'aasidin azaah h'asad.*

### **Translation:**

In the name of Allaah,the Most Compassionate, the Most Merciful.

1. Say, "I seek refuge with the Rabb of the morning."
2. "from the evil of what He has created." 3. "from the evil of darkness when it arrives." 4. "from the evil of those souls who blow on knots." 5. "and from the mischief of the person who envies when he envies."

## **SURAH NAAS**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قُلْ أَعُوذُ بِرَبِّ النَّاسِ ① ②  
إِلَهِ النَّاسِ ③ مِنْ شَرِّ الْوَسْوَاسِ ④ الْخَنَّاسِ ⑤  
الَّذِي يُوسِّسُ فِي صُدُورِ النَّاسِ ⑥  
مِنَ الْجِنَّةِ وَالنَّاسِ ④

*Bissmillahir rahmanir raheem.*

*Qul aa'uuzu birabbin naas. Malikin naas.Ilaahin naas. Min sharril was waasil khannaas. Allazii yuwaswisu fii suduurin naas.Minal jinnati wannaas.*

### **Translation:**

In the name of Allaah,the Most Compassionate, the Most Merciful.

1. Say, "I seek refuge with the Rabb of mankind." 2. "the King of mankind." 3. "the Ilaah of mankind." 4. "from the mischief of the whisperer who withdraws." 5. "who whispers into the hearts of mankind." 6. "be he from among the Jinn or from mankind."

**Virtue:** Any person who recite thrice Surah Ikhlâas, Surah Falaq and Surah Naas in the evening, he will be safeguarded by all kinds of poisonous creatures.

*(Tirmidhi 3/182, Abu Dawood 4/508)*

#### **4 Duaa for achieving benefit in this World and in the Akhirâat**

(Recite 7 times)

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

*HasbiyAllaahu laa ilaha illaa huwa a`laihi tawakkaltu wa huwa rabbul arshil a`zeem.*

**Translation:** Allaah is enough for me, There is none worthy of worship, but Him. I placed trust in Him. He is the Owner of Majestic Heavens.

**Virtue:** A person who recites this duaas seven times in the evening, Allaah is enough to remove all worldly distress and it will also give benefit in the Akhirâat.

*(Amal Al-Yaum wal-Lailah by Ibnus Sunni, p. 38 & 77; Abu Dawood 4/321: Jayyed)*

**Note:** Recitation of above mentioned Dua sincerely or insincerely will remove problems.

(Hayatus Sahaba 3/342-343)

## 5 To get redemption from Jahanam-Hell

(Recite 4 times)

”اللَّهُمَّ إِنِّي أَمْسَيْتُ أُشْهِدُكَ وَأُشْهِدُ  
حَمَلَةَ عَرْشِكَ وَمَلَائِكَتَكَ وَجَمِيعَ  
خَلْقِكَ أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ  
وَحْدَكَ لَا شَرِيكَ لَكَ وَأَنَّ مُحَمَّدًا  
عَبْدُكَ وَرَسُولُكَ“

*Allaahumma innii amsaitu ush-hiduka wa ush-hidu  
h`amalata a`rshika wa malaaikataka wa  
jamiia`khalqika annaka antal laahu laaa ilaaha illaa  
anta wah`daka laa shariika laka wa anna  
muh`ammadan a`bduka wa rasuuluk.*

**Translation:** O Allaah! I spent my evening making You, Your angels, which carry Your heavens, all other angels and Your all creatures, as a witness, that there is none worthy of worship but You. You are Alone and You have no partner and this is definitive that Muhammad (peace be upon him) is Your servant and Rasul-Messenger.

**Virtue:** Whoever would recite this duaa four times in the evening, Allaah will grant him redemption from Jahannam (Hell).

(Abu Dawood 4/317, Bukhari fi Adabil Mufrad: 1201)

## 6 Duaa for the accomplishment of blessings of Allaah (Recite thrice)

”اللَّهُمَّ إِنِّي أَمْسَيْتُ مِنْكَ فِي نِعْمَةٍ  
وَعَافِيَةٍ وَسِتْرٍ فَأَتِمِّمْ عَلَيَّ نِعْمَتَكَ  
وَعَافِيَتَكَ وَسِتْرَكَ فِي الدُّنْيَا وَالْآخِرَةِ“

Allaahumma inni amsaitu minka fii nia`matinw wa a`aafiyatinw wa sitrin fa atmim a`laiya nia`mataka wa aafiyataka wa sitraka fiddunyaa wal aakhirah.

**Translation:** O Allaah! Indeed, I spent my evening with the grants of Your blessings, satisfaction and Your keeping secret of my sins. Therefore, complete Your favour of blessings, Your peace and Your keeping secret of my sins in this world and in the Akhirat.

**Virtue:** Whoever would recite this duaa thrice, Allaah will accomplish His blessings on him.

(Ibnus Sunni fi Amalil Yaum wal Lailah, p. 55)

## 7 Duaa to give thanks to Allaah (Recite once)

”اللَّهُمَّ مَا أَمْسَى بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ  
مَنْ خَلَقَكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ  
لَكَ فَالِكَ الْحَمْدُ وَلَكَ الشُّكْرُ“

*Allaahumma maaa amsaa bii min nia`matin aw bi-ah`adim min khalqika faminka wah`daka laa shariika laka falakal h`amduu wa lakash ahukr.*

**Translation:** Of whatever the blessing I have or Your other creatures have been blessed in the evening, it is only from You and there is no partner of You in (the creation of) them. Therefore, all praises are due to You and You are the Only Worthy of all thanks.

**Virtue:** Whoever recites this duaa once in the evening, it is to give thanks for blessings of the past night.

*(Abu Dawood 4/318)*

## 8 Duaa through which Allaah will be pleased on the Day of Judgement

(Recite thrice)

”رَضِيْتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا  
وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نَبِيًّا“

*Razeetu billaahi rabbanw wa bil islaami diinaw wa bimuhammadin sallallaahu a`laihi wasallama nabiyyaa.*

**Translation:** I am pleased with Allaah as my Rabb, Islaam as my Deen (religion) and Muhammad (peace be upon him) as His Rasul-Messenger.

**Virtue:** Whoever recites this duaa thrice in the evening, Allaah will be pleased with him (on the Day of Judgement).

(Abu Dawood, Ahmed 4/337, Tirmidhi 3/141)

## 9 The Nabuwaat remedy to achieve the benefits of this world and the Akhiraat

(Recite once)

”يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ  
أَصْلِحْ لِيْ شَأْنِيْ كَلِّهِ وَلَا تَكِلْنِيْ  
إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ“

*Yaa h`ayyu yaa qayyuumu bi rah`matika astagheesu aslih`lii sh`anii kullahuu walaa takilnii ilaa nafsii tarfataa`in.*

**Translation:** O! the Ever-living, O! the Sustainer of the creatures; I ask Your help through Your mercy that You set right all my matters and do not hand over in possession of my Nafs (disposition).

**Virtue:** Whoever recites this duaa once, he has asked for all kinds of good in this world and the Akhiraat.

(Hakim; At-Tarhib wat-Tarhib 1/283)

**Note:** The Blessed Nabi(ﷺ) recommended his daughter, Hadhrat Fatimah (p) to recite this duaa regularly.

(Baihaqi reported by Anas)

## 10 Duaa for the unexpected mis-fortune

(Recite thrice)

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

*Bismillahi lazi laa yazur ru m-a`smihi shaiyun fil arzi  
wala fis samaai wa huwas samiu`l aleem.*

**Translation:** I begin my morning with the Name of Allaah, due to the auspiciousness of which nothing could do any harm, neither in the earth nor in the heaven. He is All-Hearer and All-Knower.

**Virtue:** Whoever recites this duaa thrice in the evening, will be protected from unexpected misfortune.

(Abu Dawood, Tirmidhi)

## 11 The Nabuwaat remedy for getting relief from body ailment

(Recite thrice)

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي  
سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا  
أَنْتَ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ  
وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ لَا إِلَهَ إِلَّا أَنْتَ

*Allaahumma A`afinii fii badanii, Allaahumma  
a`afinii fii samai`ii, Allaahumma a`afinii fii basarii*

*laa ilaaha illaa anta, Allaahumma innii aa`uuzu bika minal kufri wal faqri wa aa`uuzu bika min a`zaabil qabri laa ilaaha illa anta.*

**Translation:** O Allaah! Keep my body in good health, keep my ears in (Your) protection, keep my eyes in (Your) protection, there is none to be worshipped but You. I seek refuge in You from Kufr (disbelief) and dependency. I seek refuge in You from the ordeal of grave. There is none to be worshipped but You.

**Virtue:** Recite thrice the above mentioned duaa in the evening. It is hoped that Allaah will safeguard him from every kind of harm. Recite the translation carefully and devotedly.

*(Abu Dawood, Ibn Majah 3/142)*

## 12 Duaa for protection from the whispers of Satan (Recite once)

اللَّهُمَّ فَاطِرَ السَّمَوَاتِ وَالْأَرْضِ عَالِمَ  
الْغَيْبِ وَالشَّهَادَةِ رَبِّ كُلِّ شَيْءٍ  
وَمَلِيكَهٗ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَعُوذُ  
بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ  
وَشَرِّكِهِ وَأَنْ أَقْتَرِفَ عَلَى نَفْسِي  
سُوءًا أَوْ أَجْرِدَهُ إِلَى مُسْلِمٍ“

*Allaahumma faatiras samaawaati wal arzi a`aalimal  
gaibi wash shahaadati rabba kulli shai-inw wa  
maliikahuu ash-hadu allaa ilaha illa anta aa`uuzu  
bika min sharri nafsii wa min sharrish shaitaani wa  
shirkihii wa an aqtarifa a`laa nafsii suu-an aw  
ajurrahuu ilaa muslim.*

**Translation:** O Allaah! the Creator of the earth and the heavens, the Knower of all that is apparent and hidden, the Sustainer of all the things and Real Master of all (Creatures). I bear witness that none has the right to be worshipped but You. I seek refuge in You from the evil of my Nafs (disposition) and the evil of Shaitaan (Satan) and from the evil act that I may commit which may plague my Nafs (inner disposition) or that I inflict any evil upon any Muslim (brother).

**Virtue:** Any person who recites this duaa in the evening, he will be protected from the whispers of Shaitaan (Satan).

*(Abu Dawood, Tirmidhi 3/142)*

### 13 Duaa for entrance into Jannah

(Paradise) (Recite once)

”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 فَاغْفِرْ لِي فَإِنَّهُ لَا  
يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ“

*Allaahumma anta rabbii laa ilaaha illaa anta  
khalaaqtanii wa ana a`bduka wa ana a`laa a`hdika wa  
wa`dika mastata`tu aa`uuzu bika min sharri maa  
sana`tu abuu-u laka binia`matika a`laiya wa abuu-u  
laka bizambii fagfirlii fa innahuu laa yagfiruz zunuba  
illaa anta.*

**Note:** In some narrations, “Abu-o bizambi” occurred. But compiler of this book has sighted the narration of Sahih Bukhari.

**Translation:** O Allaah! You are my only Sustainer. There is no illaah but You. You have created me and I am Your slave. I am standing firm on my capabilities on my promises that I made to you. I seek refuge in You from evil action that I committed, I acknowledge Your bounties that You bestowed on

me. And I admit my mistakes. Forgive my sins since there is no one to forgive me except You.

**Virtue:** Whoever recites this duaa in the evening with trust and dies that night will enter Jannah (Paradise).

(Bukhari 11/97-98)

## 14 Duaa for attaining all kind of peace

(Recite once)

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

Allaahumma innii as-alukal a`fwa wal a`afiyata fid duniyaa wal aakhirati, Allaahumma innii as-alukal a`fwa wal a`afiyata fii diini wa duniyaaya wa ahlii wamaalii Allaahummastur a`urati wa aamin rawa`atii Allaahummah`fiznii mim baini yadaiya wa min khalfii wa a`inyamiinii wa a`n shimaalii wa min fawqii wa aa`uzu bia`zmatika an ugtaala min tah`tii.

**Translation:** O Allaah! I ask for peace in this world and in the Akhiraat. O Allaah, I ask for forgiveness and safeguarding of my Deen (Religion), peace in my family and in my wealth. O Allaah cover up my mistakes and remove fear from me, O Allaah, protect me from my front and my behind, from my left and right and from above and below. I seek shelter in Your Greatness from being killed from my below.

**Virtue:** The Blessed Nabi(ﷺ) never abandoned the recitation of this duaa. It is a remedy to achieve all kind of peace and security.

(Abu Dawood, Ibn Majah 2/332)

### 15 Duaa for the removal of grief and payment of the debts (Recite once)

”اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ  
وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوذُ  
بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ  
مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ“

Allaahumma innii aa`uzu bika minal hammi wal h`azani wa aa`uzubika minal a`jzi wal kasali, wa a  
uzubika minal jubni wal bukhli, wa  
aa`uzubika min galabatid daini wa qahrir rijaal.

**Note:** Both recitation i.e., “al-hazan” or “al-huzn” are valid.

**Translation:** O Allaah! I seek refuge in You from distress and sorrow, from discourage and indolence. I seek refuge in You from cowardice and miserliness, and from debts and oppression of the people.

**Virtue:** The person who recites this duaa in the evening will get redemption from ones grief and ones debts will be paid off. (*Abu Dawood*)

### 16 The Nabuwaat remedy for getting redemption from Jahannam (Hell)

(Recite 7 times)

“اللَّهُمَّ اجْرِنِي مِنَ النَّارِ”

*Allaahumma ajirnii minan naar.*

**Translation:** O Allaah! save me from the Fire of Jahanam-Hell.

**Virtue:** Whoever would recite the above mentioned du'a after Maghrib prayer seven times, Allaah will grant ones redemption from Jahannam (Hell).

(*Abu Dawood*)

### 17 Duaa to get bounties from Allaah according to His status (Recite once)

“يَا رَبِّ لَكَ الْحَمْدُ كَمَا يَنْبَغِي  
لِجَلَالِ وَجْهِكَ وَعَظِيمِ سُلْطَانِكَ”

*Yaa rabbii lakal h`amdu kamaa yambagii lijalaali wajhika wa a`ziimi sultanika.*

**Translation:** O Rabb! all praises be to You. The praises which suit Your Glory and Your Greatness of dominance.

**Virtue:** When the servant of Allaah recites the above mentioned duaa, Allaah will reward him as per status that suits Him.

*(Ahmed and Ibn Majah)*

### **18 Duaa for protection from poisonous creatures** (Recite thrice)

“اعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ”

*Aa`uzuu bi kalimaatil laahit taaammaati min sharri maa khalaq.*

**Translation:** I seek refuge in Allaah through His complete and powerful Words from the evil of all creatures.

**Virtue:** Whoever recites this duaa thrice in the evening, one will be protected from poisonous creatures, even if one is bitten by it.

*(Abu Dawood, Tirmidhi, Ibn Majah 2/232)*

## 19 Duaa for redemption from troubles

(Recite once)

”اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، عَلَيْكَ  
تَوَكَّلْتُ وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ،  
مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ  
يَكُنْ وَلَا 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“

Allaahumma anta rabbii laa ilaaha illaa anta a`laika  
tawakkaltu wa anta rabbul arshil a`ziimi, maashaa  
allaahu kaana wamaa lam yasha`a lam yakum walaa  
hawla walaa quwwata illaa billaahil a`liyyil a`ziimi,  
aa`lamu annal laaha a`laa kulli shai`in i`lmaa,  
Allaahumma innii aa`uuzu bika min sharrii nafsii wa  
min sharrii kulli daabbatin anta aakhizum binaa  
siyatihaa inna rabbii a`laa siraatim mustaqeem.

**Translation:** O Allaah! You are my Cherisher and Sustainer. There is no illaah but You. I have placed my reliance on You. You are the Owner of great heavens. Whatever He likes to happen, it happens and whatever He do not like to happen, it does not happens. We get power for doing good deeds and avoiding sins from Allaah, Who is the Highest and Greatest. I have faith that Allaah have the Dominance over everything and that His knowledge encompasses everything. O Allaah! I seek refuge in You from evil of my Nafs (inner disposition) and the evil of every animal whose forehead is under Your control. Indeed, my Rabb is on the Straight Path.

**Virtue:** Any person who recites this duaa once in the evening, he will not get any harm till morning.

*(Ibnus-Sunni and Abu Dawood reported by daughters of Nabi)*

## 20 Duaa to seek forgiveness from Allaah

(Recite once)

”اللَّهُمَّ هَذَا أِقْبَالُ لَيْلِكَ وَإِدْبَارُ نَهَارِكَ  
وَأَصْوَاتُ دُعَايِكَ فَاعْفِرْ لِي“

*Allaahumma haazaa iqbaalu lailika wa idbaaru nahaarika wa aswaatu dua`atika fagfirlii.*

**Translation:** O Allaah! this is the time for coming of night, elapsing of the day and calling towards You (i.e., for Salaah). Therefore, forgive me. (Abu Dawood, Hakim in Mustadrak 1/199, Imam Dhahabi:Hadith is Sahih)

**Note:** Recite once this duaa after the Adhan (call of prayer) of Maghrib.

**21 Recite this duaa by yourself and recommend your family to recite it once**

سُبْحَانَ اللَّهِ عَدَدَ مَا خَلَقَ — سُبْحَانَ اللَّهِ  
مِثْلَ مَا خَلَقَ — سُبْحَانَ اللَّهِ عَدَدَ مَا فِي  
الْأَرْضِ وَالسَّمَاءِ — سُبْحَانَ اللَّهِ مِثْلَ  
مَا فِي الْأَرْضِ وَالسَّمَاءِ — سُبْحَانَ اللَّهِ  
عَدَدَ مَا أَحْطَى كِتَابُهُ — سُبْحَانَ اللَّهِ  
مِثْلَ مَا أَحْطَى كِتَابُهُ — سُبْحَانَ اللَّهِ  
عَدَدَ كُلِّ شَيْءٍ — سُبْحَانَ اللَّهِ مِثْلَ  
كُلِّ شَيْءٍ — الْحَمْدُ لِلَّهِ عَدَدَ مَا  
خَلَقَ — الْحَمْدُ لِلَّهِ مِثْلَ مَا خَلَقَ —  
وَالْحَمْدُ لِلَّهِ عَدَدَ مَا فِي الْأَرْضِ وَالسَّمَاءِ —  
وَالْحَمْدُ لِلَّهِ مِثْلَ مَا فِي الْأَرْضِ وَالسَّمَاءِ —  
وَالْحَمْدُ لِلَّهِ عَدَدَ مَا أَحْطَى كِتَابُهُ وَالْحَمْدُ

لِلّٰهِ مِثْلُ مَا أَحْصَىٰ كِتَابُهُ ۖ وَالْحَمْدُ لِلّٰهِ عَدَدَ  
كُلِّ شَيْءٍ ۖ وَالْحَمْدُ لِلّٰهِ مِثْلُ كُلِّ شَيْءٍ

Subh`aanallaahi a`dada maa  
khalafa.Subh`aanallaahi mil-a maa khalaf.  
Subh`aanallaahi a`dada maa fil arzi was samaaai.  
Subh`aanallaahi mil-a maa fil arzi was samaaai.  
Subh`aanAllaahi a`dada maa ah`saa  
kitabuhuu.Subh`aanAllaahi mil-a maa ah`saa  
kitaabuhuu.Subh`aanAllaahi a`dada kulli shai-in.  
Subh`aanallaahi mil-a kulli shai-in. Alh`amdulillahi  
a`dada maa khalafa.Alh`amdulillahi mil-a maa  
khalafa. Walh`amdulillaahi a`dada maa fil arzi was  
samaaai. Walh`amdulillaahi mil-a maa fir arzi was  
samaaai. Walh`amdulillaahi a`dada maa ah`saa  
kitaabuhuu.Walh`amdulillaahi a`dada kulli shai-in.  
walh`amdulillaahi mil`a kulli shai-in.

**Translation:** I state the Glory of Allaah that suits to His status, in a number equal to His creations, I state the Glory of Allaah that suits to His status, in a number equal to all the things that are in the heavens and the earth, and equal to their expansion (in the earth and the heaven). I state the Glory of Allaah that suits to His status, in a number equal to those things which have been encompassed by the Book of Allaah (The Noble Qur`aan), I state the Glory of Allaah that suits His status, equal to the number of everything and equal to their expansion (in the earth and the heaven). Allaah is Worthy of all real praises equal to the number of His creations.

**Virtue:** Learn this duaa by yourself and teach it your children. Recite it yourself and encourage your children to recite it.

Hadhrat Abu Umamah (τ) said that the Blessed Nabi saw me that I was moving my lips. He asked me that why I was moving my lips. I told him that I am making Zikr (Remembrance of Allaah). He said to me, “May I not tell you the Zikr (Remembrance of Allaah) which is more weighty than your Zikr of day and night and more rewardful.” I said, “Of course, do tell me”. He told me to recite these words.

It is narrated in Tabrani that the Nabi(ε) said, “Learn this duaa and teach it to your children”.

(Bikhre Moti 2/78-79)

## 22 Remedy to recompense the discontinuity of the Zikr (Recite once)

فَسُبْحَانَ اللَّهِ حِينَ تُمْسُونَ وَحِينَ  
تُصْبِحُونَ ⑭ وَلَهُ الْحَمْدُ فِي السَّمَوَاتِ  
وَالْأَرْضِ وَعَشِيًّا وَحِينَ تُظْهِرُونَ ⑮  
يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَيُخْرِجُ الْمَيِّتَ  
مِنَ الْحَيِّ وَيُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا  
وَكَذَلِكَ تُخْرَجُونَ ⑯

*Fasubh`aanallaahi h`iina tumsuuna wa heena  
tusbih`uun. Walahul h`amdu fis samaawaati wal arzi  
wa a`shiyyanw wa h`eena tuzhiruun. Yukhrijul*

*h`aiyya minal maiyiti wa yukhrijul maiyita minal h`aiyi aw yuh`yil arza baa`da mautihaa, wa kazaalika tukhrajuun. (Surah Room 17-19)*

**Translation:** 17. So glorify Allaah`s purity as you spend the evenings and the mornings. 18. All praise in the heavens and the earth belong to Him, and glorify His purity during the latter part of the day and during the afternoos. 19. He brings forth the living from the dead, the dead from the living and revives the earth after its death. In this manner will you be brought back to life.

**Virtue:** It recompenses the discontinuity in the Zikr (Remembrance).

*(Abu Dawood)*

It is narrated in the Musnad Ahmed that the Nabi (ﷺ) asked, “May I tell you why Allaah called Hadhrat Ibrahim (ع) as Khaleel? Because he used to recite these words till ‘Tuzhiroon’.

*(Tafsir Ibn Kathir 4/166)*

**23 The Nabuwaat remedy to become worthy of prayers of Angels in your favour and receiving the status of Shuhada (Martyrs) on deat (Recite thrice)**

“أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ  
الشَّيْطَانِ الرَّجِيمِ”

*Aa`uuzu billaahis samii-i`l a`liimi minash shaitaanir  
rajiim.*

**Translation:** I seek refuge in Allaah, who is All-Knowing All-Hearing, from Shaitaan (Satan).

**Surah Hashr: 22 to 24** (Recite once)

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۖ عَالِمُ  
الْغَيْبِ وَالشَّهَادَةِ ۖ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٢٢﴾  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۖ الْمَلِكُ  
الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ  
الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ۗ سُبْحَانَ  
اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ اللَّهُ الْخَالِقُ  
الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى ۗ  
يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ ۗ وَهُوَ  
الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

*Huwallaahul lazii laa ilaaha illaa huwa, a`aalimul  
gaibi wash shaaadati huwar rah`maanur rah`iim.  
Huwallaahul lazii laa ilaaha illaa huwa, al malikul  
quddusus salaamul mu`minul muhaiminul a`ziizul  
jabbaarul mutakabbir. Subh`aanallaahi a`mma  
yushrikuun. Huwallaahul khaaliqul baariul  
musawwiru lahul asmaaul h`usnaa, yusabbih`u*

*lahuu maa fis samaawaati wal arzii wahuwal a`ziizul h`akiim.*

**Translation:** 22. He is Allaah, there is no Ilaah but He. He is the Knower of the unseen and the seen. He is the Most Compassionate, the Most Merciful. 23. He is Allaah besides Whom there is no Ilaah. He is the Sovereign, the Most Pure, the Giver of peace, the Giver of security, the Vigilant, the Mighty, the Overpowering, the Glorious. He is Pure from whatever they ascribe to Him. 24. He is Allaah, the Creator, the Perfect Maker, the Fashioner Who has the most beautiful names. Whatever is in the heavens and the earth glorifies Him. He is the Mighty, the Wise.

**Virtue:** Whoever recites the above mentioned Ayat thrice in the evening after reciting

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

thrice, then seventy thousand angels will pray for blessings for him and if he is died on that night he is rewarded the status of Shaheed (Martyr).  
(Tirmidhi)

## 24 Duaa for the fulfilment of all wishes

(Recite once)

”اللَّهُمَّ أَنْتَ خَلَقْتَنِي وَأَنْتَ تَهْدِينِي  
وَأَنْتَ تُطْعِمُنِي وَأَنْتَ تَسْقِينِي

وَأَنْتَ تُمِيتُنِي وَأَنْتَ تُحْيِينِي

*Allaahumma anta khalaqtanii wa anta tahdiinii wa anta tut`i`munii wa anta tasqiinii wa anta tumiitunii wa anta tuh`yiinii.*

**Translation:** O Allaah! You have created me and You are the One who has showed me guidance. You are the One who provides me with food and drinking. You will give me death and You will raise me again.

**Virtue:** Hadhrat Hasan Basari (α) reported from Hadhrat Samura bin Jundub (τ) who said, “May I not narrate a Hadith which I heard many times from the Nabi (ε) and also from Hadhrat Abu Bakr and Umar (τ)”. I said, “Of course, please narrate”. He (Samura (τ) said, “A person who recites these words in the morning and in the evening, Allaah will fulfill his all wishes.”

*(Bikhre Moti, 1/144-145)*

## 25 Duaa for protection against the mischief of Satan (Recite once)

”أَعُوذُ بِوَجْهِ اللَّهِ الْكَرِيمِ وَبِكَلِمَاتِ  
اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهَا بَشَرٌ  
وَلَا فَاجِرٌ مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ  
وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا وَشَرِّ مَا ذَرَأَ

فِي الْأَرْضِ وَشَرِّ مَا يَخْرُجُ مِنْهَا  
 وَمِنْ فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ  
 طَوَارِقِ اللَّيْلِ وَالنَّهَارِ إِلَّا طَارِقًا  
 يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ “

*Aa`uuzu biwajhil laahil kariimi wa bikalimaatillaahit taammaatil laati laa yujawizu hunna barrunw walaa faajirum min sharri maa yanzilu minas samaai wa min sharri maa yaa`fiihaa wa sharri maa zara-a fil arzii wa sharri maa yakhruju minhaa wa min fitanil laili wan nahaari wa min tawaariqil laili wan nahaari illaa taariqaiyatruqu bikhairaiy yaa rah`maan.*

**Translation:** I seek refuge in Allaah’s grace and His complete and powerful Words, which cannot be surpassed by any good or bad person, from the evil which descends from the heaven and from the evil which ascends to the heavens, and from the evil of all the things which are scattered in the world, and from the evil of all the things which comes out of the earth. And (I seek refuge in Allaah) from the trial of day and night, from those who are emerging in the day and in the night except those who emerges for good. O the Most Merciful.

**Virtue:** Due to the recitation of this prayer the Jinn, who wanted to harm the Nabi (ﷺ), fell on his face on the ground.

(Muwatta Imam Malik)

**26 Duaa for safeguarding from the evil of magicians and magic (Recite thrice)**

”اَمْسَيْنَا وَ اَمَسِيَ الْمَلِكُ لِلّٰهِ وَالْحَمْدُ كُلُّهُ  
لِلّٰهِ اَعُوْذُ بِاللّٰهِ الَّذِي يُمَسِكُ السَّمَاءَ  
اَنْ تَقَعَ عَلَى الْاَرْضِ اِلَّا بِاِذْنِهٖ مِنْ  
شَرِّ مَا خَلَقَ وَ ذَرَأُوْ مِنْ شَرِّ  
الشَّيْطَانِ وَ شَرِكِهٖ“

*Amsainaa wa amsal mulku lillaahi walh`amdu kulluhuu lillaahi aa`uuzu billaahil lazii yumsikus samaa-a an taqa-a`a`lal arzi illa bi-iznihii min sharri maa khalafa wa zara-a wa min sharrish shaitaani wa shirkihii.*

**Translation:** We begin our morning for Allaah and all His Kingdom begin their morning for Him. All praises be to Allaah. I seek refuge in the One Who is containing the heaven from falling on the earth except with His permission, from the evil of His creations which is scattered everywhere, and (I seek refuge in Allaah) from the evil of Satan and his making of partner (with Allaah).

**Virtue:** The Blessed Nabi(ﷺ) told Hadhrat Abdullaah bin Amr bin Aas (رضي الله عنه) that if you would recite this duaa thrice in the evening, you will be protected from the evil of Satan, foreteller and magician.

*(Ibnus-Sunni, p. 66; Ad-Du`a, p. 954; Majma 1/119)*

**27 Duaa for the protection from evil effect  
of magic (Recite once)**

” اَعُوذُ بِوَجْهِ اللّٰهِ الْعَظِيْمِ الَّذِيْ لَيْسَ  
شَيْءٌ اَعْظَمُ مِنْهُ وَبِكَلِمَاتِ اللّٰهِ  
الَّتِيْ لَا يُجَاوِزُهَا بَرٌّ  
وَّلَا فَاجِرٌ وَّبِاسْمَاءِ اللّٰهِ الْحُسْنٰى  
كُلِّهَا مَا عَلِمْتُ مِنْهَا وَمَا لَمْ اَعْلَمْ  
مِنْ شَرِّ مَا خَلَقَ وَبَرًّا وَّذَرًّا “

*Aa`uuzu biwajhil laahil a`ziimil lazii laisa shai-un  
aa`zama minhu wa bikalimaatil laahittaammaatil  
laatii yujaawizu hunna barrunw walaa faajirunw wa  
bi asmaaillaahil husna kullihaa maa a`limtu minhaa  
wamaa lam aa`lam min sharrii maa khalaqa wa  
bara-a wa zara-a.*

**Translation:** I seek refuge in Allaah, the most Greatest. There is nothing equal to His Greatness. And I seek refuge in His complete and powerful Words, which cannot be surpassed by any good or bad person, and (I seek refuge in) all the Names of Allaah which I know and which I do not know, from the evil of all those things which He created, and created them errorless and scattered them all over.

**Virtue:** The person who recites this duaa once in the evening will be safeguarded from magic. Hadhrat Ka'ab Ahbar (ؓ) said that if I had not recited this duaa, the Jews could have transformed me into a donkey.

(Muwatta Imam Malik)

## 28 The Nabuwaat remedy for protection from every kind of calamity (Recite once)

Recite the following first three Ayats of Surah Momin after Ayatul Kursi in the evening.

### Ayatul Kursi

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

*Allaahu laa ilaaha illaa huwa, al haiyul qayyuum, laa ta-khuzuhuu sinatunw wala naum, lahuu maa fis samaawaati wamaa fil arzi, man zallazii yashfa-u'l'ndahuu illaa bi-iznihii, ya'alamu maa baina aidiihim wamaa khalfahum walaa yuhiituna bishai-im min l'mihii illaa bimaashaa-a, wasia' a kukrsiyyuhus samaawati wal arza, walaa ya-uduhuu h'ifzuhumaa wahuwal aliyyul aziim.*

**Translation:** Allaah besides Him there is no Ilaah, He is Ever Living, The Maintainer Neither drowsiness nor sleep overcomes Him. Th Him belongs all that is in the skies and all within the earth. Who is there that can intercede before Him without His permission? He Knows what is before them and what is behind them while they surround none of His knowledge except if He wills. His throne includes the heavens and the earth and He never tires of caring for them. He is High, The Tremendous. (Surah Baqara: 255)

### First three Ayats of Surah Momin

حَمِّ ۝ تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ  
 الْعَزِيزِ الْعَلِيمِ ۝ غَافِرِ الذَّنْبِ وَ  
 قَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ذِي  
 الطَّلُوطِ ۝ لَا إِلَهَ إِلَّا هُوَ إِلَهٌ الْمَصِيرُ ۝

*Haaa meeem .Tanziilul kitabi minal laahil aziizil aliimi. Gafiriz zanbi wa qaabilit taubi shadiidil iqaabi zit tauli, laa ilaaha illaa huwa, ilaihil masiir.*

**Translation:** 1. HaaMeem. 2. This Book is revealed from Allaah, the Mighty, the All Knowing. 3. The Forgiver of sins, Acceptor of repentance, Severe in punishment, and All Powerful. There is no Ilaah but He, and all shall return to Him.

**Virtue:** A person who recites the first three Ayats of Surah Momin after Ayatul Kursi in the evening, he will be safeguarded from every evil on that night.

*(Ibnus-Sunni, p. 31; Anwaarul Bayaan 8/113)*

### 29 Duaa for protection from the mischief of Jinns (Recite once)

Surah Mominoon: 115 to 118

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا  
وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿١١٥﴾ فَتَعَلَى  
اللَّهُ الْمَلِكُ الْحَقُّ ۚ لَا إِلَهَ إِلَّا هُوَ  
رَبُّ الْعَرْشِ الْكَرِيمِ ﴿١١٦﴾ وَمَنْ يَدْعُ  
مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ لَا  
يَنْتَظِرُ لَهُ عِندَ رَبِّهِ ظِئْمًا  
يُفْلِحُ الْكٰفِرُونَ ﴿١١٧﴾ وَقُلْ رَبِّ اغْفِرْ  
وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ ﴿١١٨﴾

*Afah'asibtum annamaa khalaqnaakum a'basanw wa annakum ilaina laa turjau'un. Fataa'aalallaahul malikul haqqu laa ilaaha illaa huwa rabbul arshil kariim.Wamayadu'ma-a'llahi ilaahan aakhara laa burhaana lahuu bihii fa-innamaa h'isaabuhuu i'nda rabbihii.Innahuu laa yuflihul kaafiruun.Wa qur rabbigfir warham wa anta khairur raah`imiin.*

**Translation: 115.**Did you think that We had created you in vain and that you would not return to Us?. **116.**Exalted is Allaah, the sovereign, the Truth. There is no Ilaah but He. He is the Rabb of the Glorious Throne.**117.**He who calls on another Ilaah with Allaah has no proof for it. His reckoning is with Allaah. The fact of the matter is that the Kaafiroon will not succeed. **118.**Say, "O my Rabb! Forgive and show mercy. Undoubtedly, You are the Best of those who show mercy".

**Virtue:** There is a narration of Ibn Abi Hatim that a person who was possessed by Jinn came to Hadhrat Abdullaah bin Masood (τ), who recited the above mentioned Ayats and blew into his ear, he got cured. When it was mentioned before the Nabi (ε) he asked, 'Abdullaah! what did you recite in his ear?' Abdullaah told him about it. He (ε) said, "You have given him life by blowing this du'a (duaa) in his ear. I swear by Allaah that if a person having faith would recite it on a mountain, it will also remove it from its place."

Abu Nuaim narrated: The Nabi (ε) sent us with troops and told us to recite the aforementioned Ayats day and night. So we recited them continuously in

both the times. Praise be to Allaah, we returned safe with booty.

(Tafsir Ibn Kathir 3/474)

**30 Duaa to be recited when somebody is waiting for some news (Recite once)**

”اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فُجَاءَةِ الْخَيْرِ  
وَأَعُوذُ بِكَ مِنْ فُجَاءَةِ الشَّرِّ“

*Allaahumma innii as-aluka mun fujaaa-atil khairi wa  
aa'uzuu bika minfujaaa-atishshar.*

**Translation:** O Allaah! I ask for unexpected good and I seek refuge in You from unexpected evil.

**Virtue:** It is narration in Hadith that the Nabi(ﷺ) used to recite this duaain the evening.

Therefore, if one is expecting some news and event, one should recite this dua.

(Kitabul Azkaar p.104)

**31 (Recite once)**

”أَمْسَيْنَا وَأَمْسَى الْمَلِكُ لِلَّهِ  
رَبِّ الْعَالَمِينَ، اللَّهُمَّ إِنِّي أَسْأَلُكَ  
خَيْرَ هَذِهِ الدَّلِيلَةِ فَتَحَهَا وَنَصَرَهَا“

وَنُورَهَا وَبَرَكَتَهَا وَهَدَاهَا وَأَعُوذُ بِكَ  
مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا“

*Amsainaa wa amsal mulku lillaahi rabbil a`alamiin.  
Allaahumma innii as-aluka khaira haazihil lailati  
fath`ahaa wa nasrahaa wa nuurahaa wa  
barakatahaa wa hudaahaa wa aa`uuzaa bika min  
sharri maafiha wa sharri maa baa`dahaa.*

**Translation:** Our evening has commenced and the evening of the Rabb of the Worlds has commenced. O Allaah, I ask for the good of this night, I ask for victory, success, radiance, blessings and guidance of this night. And I seek refuge in You from the evil of this night and evil after this night.

*(Hisne Haseen; Purnoor Du'a, p. 32)*

32 (Recite once)

”أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ  
وَكَلِمَةِ الْإِخْلَاصِ وَعَلَى دِينِ  
نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا  
مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ“

*Amsainaa a`laa fitratil islaami wa kalimatil ikhlaasi wa a`laa diini nabiiyinaa muhammadin sallallaahu a`laihi wa sallama wa a`laa millati abiinaa ibraahiima haniifam muslimanw wamaa kaana minal mushrikiin.*

**Translation:** We commenced our evening on the nature of Islaam and on the Deen (Religion) of our beloved Nabi Muhammad (ﷺ) and on the nation of our guide Ibrahim (ﷺ) who was a monotheist, a Muslim and not a Mushrik (the one who ascribes partners with Allaah).

*(Hisne Haseen, p. 70)*

### **33 The Features of Manzil**

Manzil is a proven recital for protection from magic, evil Jinns and other dangers. Shah Waliyullaah Muhaddis Dehlvi (r) says in his Al-Qaulul Jameel that these are thirty-three Ayats which dispel magic through which one gets protection from the dangers of evil Jinns, Satans, thieves and wild animals.

Maulana Ashraf Ali Thanvi (r) says, “If there is suspicion of Aseb (Evil sprits etc.), then blow it into water and then splash the water over the effected person. If a house is possessed, then it is blown into andspringle this water all the four corners of the house.

## MANZIL

(Recite once)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
①  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ الرَّحِيمُ ۝  
مَلِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ  
نَسْتَعِينُ ۝ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝  
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ۝ غَيْرِ  
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝ ع

*Bismillahir rah`maanir rah`iim*

*Alh`amdulillaahi rabbil `alamiin. Ar rah`maanir  
rah`iim. Maaliki yaumiddiin. Iyyaaka naa`budu wa  
iyyaaka nasta-i`in, ihdinas siraatal mustaqiim.  
Siraatal laziina ana`mta a`laihim gairil magzuubi  
a`laihim walaz zaaalliin.*

1) It is narrated in a Hadith, the Nabi(ﷺ) said, “Surah Fatiha has Shifa (Medicinal effect) for all diseases (either physical or spiritual).” (*Darmi, Baihaqi*)

It is recommended in this Hadith to recite Surah Fatiha and blow it over the ill person.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ۝  
 اَلَمْ ۙ ذٰلِكَ الْكِتٰبُ لَا رَيْبَ ۙ فِيْهِ ۙ  
 هُدًى لِّلْمُتَّقِیْنَ ۙ الَّذِیْنَ یُؤْمِنُوْنَ بِالْغَیْبِ  
 وَیُقِیْمُوْنَ الصَّلٰوةَ وَمِمَّا رَزَقْنٰهُمْ یُنْفِقُوْنَ ۙ  
 وَالَّذِیْنَ یُؤْمِنُوْنَ بِمَا اُنزِلَ اِلَیْكَ وَمَّا اُنزِلَ  
 مِنْ قَبْلِكَ ۙ وَبِالْاٰخِرَةِ هُمْ یُوقِنُوْنَ ۙ  
 اُولٰٓئِكَ عَلٰی هُدًى مِّنْ رَّبِّهِمْ ۙ وَاُولٰٓئِكَ  
 هُمُ الْمُفْلِحُوْنَ ۙ ① ۙ وَالْهٰكُمُ الْاِلٰهُ وَاَحَدٌ ۙ

*Bismillahir rah`maanir rah`iim.*

*Alif laaam miim. Zaalikal kitaabu laa raiba fihi hudal lilmuta taqiin. Allaziina ya-minuuna bil gaibi wa yaqiiunas salaata wa mimmaa razaqnaahum yunfiqun. Wal laziina yu-minuuna bimaa unzila ilaika wamaa unzila min qablik, wa bil aakhirati hum yuuginuun. Uulaa-ika a`laa hudam mir rabbihim wa ulaa-ika humul muflih`uun. Wa ilaahukum ilaahunw waah`id.*

1) The Blessed Nabi(ﷺ) said to Hadhrat Abdullaah Ibn Masood (رضي الله عنه) that there are ten Ayats in Surah Baqarah such that if any person who recites them, Satan and Jinns will not enter in ones house and he and his family will be safeguarded from all kind of difficulties and diseases, and if these Ayats are blown over a insane one then person will

لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ ۝ اللَّهُ لَا إِلَهَ  
إِلَّا هُوَ الْعَلِيُّ 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 ۚ

*Laa ilaaha illaa huwar rah`maanur rah`iim. Allaahu  
laa ilaaha illaa huwa, al ha`ayyul qayyuum, laa ta-  
khuzuhuu sinatunw walaa naum. Lahuu maa fis  
samaawaati wamaa fil arz, manzal lazii  
yashfau`i`ndahuu illaa bi-iznih. Yaa`lamu maa baina  
aidiihim wamaa khalfahum walaa yah`iituuna bishai-  
im min i`lmihii illaa bima shaa-a wasi-a` kursiyyuhus  
samaawaati wal arz, walaa ya-uuduhuu h`ifzuhumaa*

get cured. These ten Ayats are four Ayats of the beginning, three Ayats from the middle i.e., Ayatul Kursi and its following two Ayats and the last three Ayats of Surah Baqarah. (*Ma`ariful Qur'an*)

(2) This Ayat reveals the meaning of Tauheed (Monotheism). Its content is Tauheed upon which the whole of Deen (Religion) is based.

وَهُوَ الْعَلِيُّ الْعَظِيمُ ۝ لَا إِكْرَاهَ فِي الدِّينِ قَدْ  
 قَدَّ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ ۚ فَمَنْ يَكْفُرْ  
 بِالطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ فَقَدِ اسْتَمْسَكَ  
 بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْفِصَامَ لَهَا ۗ وَاللَّهُ سَمِيعٌ  
 عَلِيمٌ ۝ اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا ۙ يُخْرِجُهُمْ  
 مِنَ الظُّلُمَاتِ إِلَى النُّورِ ۗ وَالَّذِينَ كَفَرُوا  
 أَوْلِيَهُمُ الطَّاغُوتُ ۙ يُخْرِجُونَهُمْ مِنَ النُّورِ  
 إِلَى الظُّلُمَاتِ ۗ أُولَٰئِكَ أَصْحَابُ النَّارِ ۗ هُمْ  
 فِيهَا خَالِدُونَ ۝ لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا  
 فِي الْأَرْضِ ۗ وَإِنْ تُبَدُّوا مَا فِي أَنْفُسِكُمْ

Wa huwal a'liyyul a'ziim. Laa ikraaha fid diini qad  
 tabaiyana rushdu minal gaiyi famaiyakfur bit  
 taaguuti wa yu-min billahi faqadis tamsaka bil  
 u'rwatil wusqa lanfisaama lahaa. Wallaahu samii-  
 u'n a'liim. Allaahu waliyyul laziina amanuu  
 kafaruu awliyaaa uhumut taagutu yukhrijuunahum  
 minan nuuri ilaz zulumaat, uulaaika as'h'aabun  
 naari, hum fiihaa khaaliduun. Lillaahi maa fis

أَوْ تَخْفَوْهُ يَحَاسِبْكُمْ بِهِ اللَّهُ ۖ فَيَغْفِرْ لِمَنْ  
 يَشَاءُ وَيُعَذِّبْ مَنْ يَشَاءُ ۗ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ  
 قَدِيرٌ ۝ أَمِنَ الرَّسُولُ ۙ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ  
 وَالْمُؤْمِنُونَ ۗ كُلٌّ أَمِنَ بِاللَّهِ وَمَلَائِكَتِهِ  
 وَكُتُبِهِ وَرُسُلِهِ ۗ قَفَّ لَا تُفَرِّقُ بَيْنَ أَحَدٍ  
 مِنْ رُسُلِهِ ۗ قَفَّ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۗ  
 غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ۝ لَا يُكَلِّفُ  
 اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا

*Samaawaati wamaa fil arz, wa in tubduu maa fi  
 anfusikum aw tukhfiuhu yuh'aasibkum bihillaah.  
 Fayagfiru limaiyashaaa-u way u-a'zzibu mai yashaaa-  
 a, wallaahu a'laa kulli shai-in qadiir. Aamanar  
 rasuulu bimaa unzila ilaihi mir rabbihii wal mu-  
 minuun, kullun aamana billaahi wa malaa-ikatihii wa  
 kutubihii wa rusulihi, wa qaaluu samia'naa wa ata-  
 a'naa gufraanaka rabbanaa wa ilaikal masiir. Laa  
 yukallifuul laahu nafsan illaa wus-a'haa. Lahaa.*

(1) It is narrated in a Hadith that the Nabi (ﷺ) said that Allaah has concluded Surah Baqarah on those two Ayaats which has been revealed upon me from the treasury situated below the heavens. Therefore, learn these verses and teach them to your women and children. (Mustadrak Hakim, Baihaqi)

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 وَاقْفُوعًا وَارْحَمْنَا إِنَّكَ  
 مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ○  
 شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ ۖ وَالْمَلَائِكَةُ

*Maa kasabat wa a'laihaa maktasabat, rabbanaa laa tu-akhiznaaa innasiinaaa aw akhtaanaa rabbanaa walaa tah'mil a'lainaa is'ran kamaa h'amaltahuu a'lal laziina min qablinaa rabbanaa walaa tuh'ammilnaa maa laa taaqata lanaa bih. Wa-a'fu a'nnaa, wagfirlanaa, warh'amnaa, anta mawlaanaa fansurnaa a'lal qawmil kaafiriin. Shahidallaahu annahuu laaa ilaaha illaa huwa wal malaa-ikatu*

It is narrated by Hadhrat Abu Ayyub Ansari (τ) that the Nabi(ε) said whoever would recite Ayatul Kursi and the verse from 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 وَاقْفُوعًا وَارْحَمْنَا إِنَّكَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ to 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 وَاقْفُوعًا وَارْحَمْنَا إِنَّكَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ after every Salaah, Allaah will forgive ones all sins and one will be entered in Janaat-Paradise and his seventy desires will be fulfilled and the least of these benefits is forgiveness for one. (Roohul Ma'ani)

وَأُولُوا الْعِلْمِ قَائِمًا بِالْقِسْطِ ۗ لَّا إِلَهَ إِلَّا  
 هُوَ الْعَزِيزُ الْحَكِيمُ ۝ قُلِ اللَّهُمَّ مَلِكُ  
 الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ  
 الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعِزُّ مَنْ تَشَاءُ  
 وَتُذِلُّ مَنْ تَشَاءُ ۗ بِيَدِكَ الْخَيْرُ ۗ إِنَّكَ  
 عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ۝ تُوَلِّجُ اللَّيْلَ فِي  
 النَّهَارِ وَتُوَلِّجُ النَّهَارَ فِي اللَّيْلِ وَتُخْرِجُ  
 الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ  
 الْحَيِّ ۗ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ ۝

*wa uulul i'lmi qaa-imam bil qist, laaa ilaaha illa  
 huwal a'ziizul h'akiim. Qulillaahumma maalikal  
 mulki tu-til mulka man tashaaa-u wa tanzi-u'l mulka  
 mimman tashaaa-u Wa tu-i'zzu man tashaaa-u wa  
 tuzillu man tashaa-a, biyadikal khair innaka a 'laa  
 kulli shai-in qadiir. Tuulijul laila finnahaari wa  
 tuulijun nahaara fillahili wa tukhrijul h'aiya minal  
 mai-yiti wa tukhrijul mai-yita minal h'ai-yi wa  
 tarzuqu man tashaaa-u bighairi h'isaab.*

إِنَّ رَبَّكُمْ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ  
 وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى  
 عَلَى الْعَرْشِ فَغِيغَشَى اللَّيْلَ النَّهَارَ يُطَلِّبُهُ  
 حَشِيثًا لَا وَالشَّمْسِ وَالْقَمَرِ وَالنُّجُومِ  
 مُسَخَّرَاتٍ بِأَمْرِهِ ط آ لَاءُ الْخَلْقِ وَالْأَمْرِ ط  
 تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ ○ اُدْعُوا رَبَّكُمْ  
 تَضَرُّعًا وَخُفْيَةً ط إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ ○  
 وَلَا تُفْسِدُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا  
 وَادْعُوهُ خَوْفًا وَطَمَعًا ط إِنَّ رَبَّ رَحِيمٌ رَحِيمٌ

*Inna rabbakumul laahul lazii khalaqas samaawaati  
 wal arza fii sttati ayyaamin summas tawaa a'lal arshi  
 yughshil lailan nahaara yatlubuhuu h'asiisanw wash  
 shamsa wal qamara wan nujuuma musakhkharaatim  
 bi-amrih, alaa laahul khalqu wal amr, tabaarakallaahu  
 rabbul a'alamiin. Udu'u rabbakum tazarru-a'nw wa  
 khufyah, innahuu laa yuh'ibbul mua 'tadiin. Walaa  
 tufsiduu fil arzi baa'da is'laah'ihaa wadu'uhu  
 khawfanw wa tama-a'a, inna Rah'matallah*

(1) These three verses from إِنَّ رَبَّكُمْ اللَّهُ to مُحْسِنِينَ are a proven remedy for distress and difficulties.

قَرِيبٌ مِّنَ الْمُحْسِنِينَ ۝ قُلِ ادْعُوا  
 اللَّهَ أَوْ ادْعُوا الرَّحْمَنَ ۖ أَيًّا مَّا تَدْعُوا  
 فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ ۖ وَلَا تَجْهَرُوا  
 بِصَلَاتِكُمْ وَلَا تَخَافُتُمْ بِهَا وَابْتَغِ بَيْنَ  
 ذَلِكَ سَبِيلًا ۝ وَقُلِ الْحَمْدُ لِلَّهِ الَّذِي  
 لَمْ يَتَّخِذْ وَلَدًا وَلَمْ يَكُن لَّهُ شَرِيكٌ  
 فِي الْمُلْكِ وَلَمْ يَكُن لَّهُ وَلِيٌّ مِّنَ  
 الدُّلِّ وَكَبِّرْهُ تَكْبِيرًا ۝ أَفَحَسِبْتُمْ أَنَّمَا

*qariibum minal muh'siniin. Qulid-u'llaha awidu'r  
 rah'maan, ayyaammaa tadu'u falahul  
 asmaaulh'usnaa, walaaj tarhar bis'alaatika walaaj  
 tukhaafit bihaaj wabtagi baina zaalika sabiilaa. Wa  
 qulil h'amdu lillaahil lazii lam yattakhiz waladanw  
 walam yakul lahuu sharikun fil mulki walam yakul  
 lahuu waliyyum minaz zulli wa kabbirhu takbiiraa.  
 Afah'asibtum annamaa khlaqnaakum.*

- (1) Hadhrat Abu Musa Ash'ari (τ) narrated that the Nabi (ε) said, 'Whoever recites in the morning and in the evening these verses قُلِ ادْعُوا اللَّهَ till last of the Surah, then his heart will not become dead on that day and night. (Deilami)
- (2) Hadhrat Muhammad bin Ibrahim Taimi (τ) narrates from his father: The Nabi (ε) sent us with troops and...

خَلَقْنَاكُمْ عَبَثًا وَأَتَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ○  
 فَتَعَلَى اللَّهِ الْمَلِكُ الْحَقُّ ۚ لَا إِلَهَ إِلَّا  
 هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ○ وَمَنْ يَدْعُ  
 مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ لَا فَاِنَّمَا  
 حِسَابُهُ عِنْدَ رَبِّهِ ۗ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ○  
 وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ○

*A'basanw wa annaakum ilainaa laaturjau'uun. Fata-  
 a'alallaahul malikul haqqu laa turjau'uun. Fata-  
 a'alallaahul malikul haqqu laaa ilaaha illaa huwa,  
 rabbul a'rshil kariim. Wamaiyadu'ma-a'llaahi  
 ilaahan aakhara laa burhaana lahuu bihi fa-  
 innamaa h'isaabuhuu i'nda rabbihii innahu laa  
 yuflih'ul kaafiruun. Wa qur rabbigir warh'am wa  
 anta khairur raah'imiin.*

told us to recite the verses *أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ* in the  
 beginning of the day and evening. So we recited them  
 continuously. So we returned safe along with booty.

*(Ibnus-Sunni)*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 ۝ وَالصَّفٰتِ صَفًا ۝ ۱ ۝ فَالزُّجْرِتِ زَجْرًا ۝  
 ۝ فَالتَّلِیٰتِ ذِكْرًا ۝ اِنَّ اِلٰهَكُمْ لَوَاحِدٌ ۝  
 رَبُّ السَّمٰوٰتِ وَالْاَرْضِ وَمَا بَیْنَهُمَا ۝  
 رَبُّ الْمَشَارِقِ ۝ اِنَّا زَیْنًا السَّمٰوٰتِ الدُّنْیَا  
 بِزَیْنَةٍ الْكُوٰكِبِ ۝ وَحِفْظًا مِّنْ كُلِّ  
 شَیْطٰنٍ مَّارِدٍ ۝ لَا یَسْمَعُوْنَ اِلَّا الْمَلَائِکَةَ  
 وَیُقَدِّفُوْنَ مِنْ كُلِّ جَانِبٍ ۝ دُحُوْرًا ۝ وَلَهُمْ

*Bismillaahir rah'maanir rah'iim.*

*Was saaffaati saffaa. Faz zaajirati zajraa.  
 Fattaaliyaati zikraa. Inna ilaahakum  
 lawaah'id. Rabbus samaawaati wal arzi wamaa  
 bainahumaa wa rabbul mashaariq. Innaa  
 zayyannas samaaa-ad dunyaa bizinati nil kawaakib.  
 Wa h'ifzam min kulli shaitaanim maarid. Laa yasma-  
 u'una ilal mala-il a'ala wa yuqzafuuna min kulli  
 jaanib. L uh'uuranw*

(1) In these four Ayats (Verses) Allaah has made witness to angels that He is the real illaah to be worshipped. In the following verses there are arguments related to *Tauheed*(Monotheism).

*(Ma'ariful Qur'an)*

عَذَابٌ وَأَصِيبٌ ۝ إَلَّا مَن خَطِفَ الْخَطْفَةَ  
 فَاتَّبَعَهُ شِهَابٌ ثَاقِبٌ ۝ فَاسْتَفْتِهِمْ أَهْمُ اشْتَدُّ  
 خَلْقًا أَمَّنْ خَلَقْنَا ۝ إِنَّا خَلَقْنَاهُمْ مِّن طِينٍ لَّازِبٍ ۝  
 يَمَعُشَرِ الْجِنِّ وَالْإِنْسِ إِنِ اسْتَطَعْتُمْ  
 أَنْ تَنْفُذُوا مِنْ أَقْطَارِ السَّمُوتِ  
 وَالْأَرْضِ فَانْفُذُوا ۚ وَلَا تَنْفُذُوا إِلَّا بِسُلْطٰنٍ ۝  
 فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبِينَ ۝ يُرْسَلُ  
 عَلَيْكُمَا سُورٌ مِّن نَّارٍ ۖ وَنُحَاسٌ فَلَا

Walahum a'zaabunw was'ib. Illaa man khatifal  
 khatafata fa-atba-a'huu shihaabun saaqib. Fastafatihim  
 ahum ashaddu khalqan amman khalaqnaa'innaa  
 khalaqnaahum min tiinil laazib. Yaama-a'sharal jinni  
 wal insi inis inis tata-a'tum an tanfuzuu min aqtaaris  
 samaawaati wal arzi fanfuzuu laa tanfuzuuna illaa  
 bisultaan. Fabiayyi aalaaa-I rabbikumaa tukaazzibaan.  
 Yursalu a'laikumaa shuwaazum minnaar. Wa  
 nuh'aasun fala tantasiraan.

(1) These three verses are famous and a proven remedy for  
 distress and difficulties.

تَنْتَصِرَانِ ○ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبِينَ ○  
 فَإِذَا انشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً  
 كَالدِّهَانِ ○ فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبِينَ ○  
 فَيَوْمَئِذٍ لَا يُسْأَلُ عَنْ ذَنْبِهِ إِنْسٌ وَلَا جَانٌّ ○  
 فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبِينَ ○ لَوْ أَنزَلْنَا هَذَا  
 الْقُرْآنَ عَلَى جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا  
 مِّنْ خَشْيَةِ اللَّهِ ۗ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا  
 لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ○ هُوَ اللَّهُ الَّذِي لَا  
 إِلَهَ إِلَّا هُوَ ۗ عِلْمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ

*Fabiayyi aalaaa-i rabbikumaa tukazzibaan. Fa-  
 inshaqqatis samaaa-u fakaanat wardatan kad  
 dihaan. Fabiayyi aalaaa-i rabbikumaa  
 tukazzibaan. Fayauma-izil laa yus-alu a'n zambihii  
 insunw walaa jaaann. Fabiayyi aalaaa-I rabbikumaa  
 tukazzibaan. Lau anzalnaa haazal qur-aana a'laa  
 jabalil lara-aitahuu khaashi-a'm mutasad dia'm min  
 khashyatillah, wa tikal amsaalu nazribuhaa linnaasi  
 la-a'llahum yatafakkaruun. Huwal laahul lazii laa  
 ilaaha illaa huwa, a'alimul gaibi wash*

الرَّحْمَنُ الرَّحِيمُ ۝ هُوَ اللَّهُ الَّذِي لَا إِلَهَ  
 إِلَّا هُوَ ۝ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ  
 الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ط  
 سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ۝ هُوَ اللَّهُ الْخَالِقُ  
 الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا  
 فِي السَّمَوَاتِ وَالْأَرْضِ ۝ وَهُوَ الْعَزِيزُ الْحَكِيمُ ۝

*Shahaadati huwar rahmaanur rah'iim. Huwal laahul lazii laa ilaaha illaa huwa, al malikul qudduusul salaamul mu-minuunal muhaimihul aziizul jabbarul mutakabbir, subh'aanallaahi a'mmaa yushrikuun. Huwal laahul khaaliqul baariul musawwirul laahul asmaaul h'usnaa yusabbih'u lahuu maa fis samaawaati wal arzi wa huwal a'zizul h'akiim.*

(1) Hadhrat Ma'qal bin Yasar (τ) narrated from the Nabi(ε) that whoever recites thrice

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

in the morning and then the last verses of Surah Hashr, Allaah deploys seventy thousands of angels for one who pray for ones forgiveness and if one dies on that day one will be granted the status of Shaheed (Martyr) and whoever recites this in the evening, one will get the same reward. (Tafsir-e-Mazhari: reported by Tirmidhi)

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ۝  
 قُلْ اَوْحٰی اِلٰیَّ اَنْتَ اَسْتَمَعُ نَفْرٌ مِّنَ الْجِنِّ فَقَالُوْا  
 اِنَّا سَمِعْنَا قُرْاٰنًا عَجَبًا ۝ يَّهْدِیْٓ اِلٰی الرُّشْدِ فَامْتَا  
 بِهٖ ۝ وَلَنْ نُّشْرِكَ بِرَبِّنَاۤ اَحَدًا ۝ وَاَنْتَ تَعَالٰی  
 جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَّلَا وَلَدًا ۝ وَاَنْتَ  
 كَانَ یَقُوْلُ سَفِیْهُنَا عَلٰی اللّٰهِ شَطَطًا ۝  
 بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ۝  
 قُلْ یٰۤاٰیُّهَا الْكٰفِرُوْنَ ۙ لَاۤ اَعْبُدُ مَا تَعْبُدُوْنَ ۙ

*Bismillaahir rah'maanir rah'iim.*

*Qul uuh'iyā ilaiya annahus tama-a'nafarum  
 minal jinni faqaalu innaa sami-a'naa qur-aanan  
 a'jabaa. Yahdii ilar rushdi fa-aamanna bih.  
 Walan nushrika birabbinaa ah'adaa. Wa  
 annahuu ta-a'alaā jaddu rabbinaa mattakhaza  
 s'aah'ibatanw walaa waladaa. Wa annahuu  
 kaana yaquulu safihunaa a' lallaahi shatataa*

*Bismillaahir rah'maanir rah'iim.*

*Qul yaa ayyuhal kaafiruun. Laa a'abudu maa  
 Ta-a'budunn.*

(1) These three verses are famous and a proven remedy for distress and difficulties.

(2) It is narrated by Hadhrat Jabeer bin Mut'im(τ) that the Nabi(ε) asked him, 'Do you want to be happier and...

وَلَا أَنْتُمْ عِبِدُونَ مَا أَعْبُدُ ۚ وَلَا أَنَا عَابِدٌ  
 مَّا عَبَدْتُمْ ۗ وَلَا أَنْتُمْ عَابِدُونَ مَا  
 أَعْبُدُ ۗ لَكُمْ دِينُكُمْ وَلِيَ دِينِ ۙ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ۝

قُلْ هُوَ اللّٰهُ اَحَدٌ ۙ اللّٰهُ الصَّمَدُ ۙ لَمْ يَلِدْ ۙ  
 وَلَمْ يُولَدْ ۙ وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ ۙ

*Walaaa antum a'abiduuna maa aa'bud. Walaa ana a'abidum maa a'battum . Walaa antum a'abidunna maaa aa'bud. Lakum diinukum waliya diin.*

*Bismillaahir rah'maanir rah'iim.*

*Qul huwallaahu ah'ad Allaahus samad. Lam yalid walam yuulad. Walam yakul lahuu kufuwan ah'ad.*

have more growth in your sustenance than your companions in the journey?' He replied, 'Indeed, I want that'. He said, 'Recite the last five Surahs of the Qur'an i.e., Surah Kafiroon, Surah Nasr, Surah Ikhlâas, Surah Falaq and Surah Naas. Begin every of these Surahs with Bismillaah and end them on Bismillaah.

*(Tafsir-e-Mazhari)*

In one narration Surah Kafiroon has been referred as one-fourth of the Qur'aan. *(Tirmidhi)*

(1) In one narration Surah Ikhlâas has been referred as two-third of the Qur'aan.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
 قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝  
 وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ  
 شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ  
 حَاسِدٍ إِذَا حَسَدَ ۝

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ②  
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝  
 إِلَهِ النَّاسِ ۝ مِنْ شَرِّ الْوَسْوَاسِ الْخَاسِئِ ۝

*Bismillaahir rah'maanir rah'iim.*

*Qul aa'uuzu birabbil falaq. Min sharri maa khalaq.  
 Wa min shari gasiqin iza waqab. Wamin sharrin  
 naffasaati fil uqad. Wamin sharri h'aasidin  
 izaah;asad.*

(1) It is narrated in long Hadith that Nabi (ﷺ) said, 'Whoever recites Surah Ikhlāas and the Ma'oozatain (Surah Falaq and Surah Naas) and they are sufficient for him. In another narration, 'They are adequate to protect one from everything.

(2) Imam Ahmed reported from Uqba bin Amir (رضي الله عنه) that the Nabi (ﷺ) said, 'Let me tell you the three Surahs.....

الْخَنَاسِ ۝ الَّذِي يُوسِّسُ فِي صُدُورِ  
النَّاسِ ۝ مِنَ الْجِنَّةِ وَالنَّاسِ ۝

*Bismillaahir rah'maanir rah'iim.*

*Qul aa'uuzu birabbin naas. Malikin naas. Ilahin naas. Min sharril was waasil khannaas. Allazii yuwas wisu fii suduurin naas. Minal jinnati wannaas.*

which were revealed in the Taurat, Injeel, Zabur and the Qur'aan. And he further said that do not go to sleep until you recite these Surahs, they are Surah Ikhlâas and Ma'oozatain (Surah Falaq and Surah Naas). Hadhrrat Uqba bin Amir (τ) says that he never missed recitation of these Surah since then. (*Ibn Kathir*)

### 34 Recite third Kalimah 100 times

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ  
أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

*Subh'aanallaahi walh'amdulillaahi walaaa ilaaha illallaahu wallaahu akbaru walaa hawla walaa quwwata illaa billaahil a'liyyil a'ziim.*

### 35 Recite 100 times Istighfaar

”أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ  
الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ“

*Astagfirullaahal lazii laaa ilaaha illaa huwal h'ayyul qayyuumu wa atuubu ilaih*

Or recite

“اللَّهُمَّ اغْفِرْ لِي”

### 36 Recite Darood Shareef 100 times

It is better to recite Darood-e-Ibraheem which is recited in Salaah. If somebody wanted to recite a short Darood, recite the following Darood:

“اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ  
بِعَدَدِ كُلِّ مَعْلُومٍ لَكَ”

*Allaahumma s'alli a'laa muh'ammadi nin nabiyyiil  
umiyyi bia'dadi kulli ma'luumil lak.*

**Customary Zikr during Night**

### 37 Recite Surah Sajda once

### 38 Recite Surah Mulk once

**Virtues:** It is narrated by Hadhrat Abu Huraira (τ) that the Nabi(ε) said that:

1. There is a Surah of thirty verses in the Qur'aan which intercede for the person who recites it until one is forgiven and that Surah is Tabaarakalladhi (Surah Mulk).
2. This Surah is in the heart of every Momin (the Faithful).

3. It is reported in another Hadith that whoever recites Surah Mulk and Surah Sajda in between Maghrib and Isha, one will get the reward of performing Qayam (Standing for prayer) in the night of Lailatul Qadr.

4. It is narrated that seventy virtues are written and seventy mistakes are eliminated in favour of a person who recites it.

5. It is narrated that those who recites these Surahs rewarded equal to the reward of Lailatul Qadr.

6. Whoever recites these Surahs daily, one will be protected from the torment of grave. (*Hakim*)

7. The Nabi(ﷺ) used to recite these two Surahs before going to sleep.

(*Tirmidhi, Hisne Haseen, p. 62*)

### **39 Recite Surah Waqia, there will be no starvation (Recite once)**

**Virtues:** It is narrated by Hadhrat Ibn Masood (τ) that the Nabi (peace be upon him) said that:

1. Whoever recites Surah Waqia, he will never face starvation. And Hadhrat Ibn Masood (τ) used to recommend his daughters to recite this Surah.

2. The reciter of Surah Hadeed, Surah Waqia and Surah Rahman will be named among the people living in Jannatul Firdaus.

3. It is narrated that Surah Waqia is Ghani (Rich), recite it yourself and recommend its recitation among your children.

4. Teach it to your wives.

5. Its recommendation has also been reported from *Ummul Momineen Ayesha* (ρ).

(*Fazail-e-Qur'an* p. 53)

#### **40 Recite MUNJIYAAT once in the evening**

**Note:** Please refer to the section of **Duaas for the Morning** (Page No. 67 to 71).

**Recite the following duaas at any time**

**The Nabuwaat remedy to become the one whose duaas are granted by Allaah** (Recite 25 or 27 times)

”اللَّهُمَّ اغْفِرْ لِي وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ  
وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ“

*Allahummag firlii wal lil mu-miniina wal mu-minaati wal muslimiina wal muslimaat.*

**Translation:** O Allaah! forgive me and all believing men and women, and Muslim men and women.

**Virtue:** It is narrated that whoever would ask for forgiveness for all believing men and women 25 or 27 times a day, he will included among those people whose duaas are granted by Allaah, and people are given sustenance because of their duaas.

(*Hisne Haseen* p. 79)

## Duaa to open the doors of heavens

(Recite once)

اللَّهُ أَكْبَرُ كَبِيرًا، وَالْحَمْدُ لِلَّهِ كَثِيرًا،  
وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا

*Allahu akbaru kabiiraa, Wal h'amdulillaahi kasiiraa  
wa subh'aanallaahi bukratanw wa as'iilaa.*

**Translation:** Allaah is the Greatest, the Magnificent, all praises in enormous numbers are due to Allaah. We state His Glory in the morning and in the evening.

**Virtue:** Imam Muslim reported that Hadhrat Abdullaah bin Umar (τ) said, "Once we were offering Salaah with Nabi (ε). One man among us said the above words (of duaah). The Nabi asked who said so and so words. One person said that it is me who said it. The Nabi said that I was surprised with those words as the doors of the heavens were opened for them. (*Hisnul Muslim, p. 60*)

## Duaa for safeguarding oneself from the evil of

**Satan** (Recite 10 times)

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

*Aa' uuzu billaahi minash shaitaanir rajiim.*

**Translation:** I seek refuge in Allaah from Satan who is condemned.

**Virtue:** It is narrated in a Hadith that whoever seeks Allaah's refuge from Satan ten times a day, an angel will be deployed for him to save him from the evil of Satan. (*Hisne Haseen, p. 79*)

### Duaa for increase in the wealth

(Recite once)

”اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ عَبْدِكَ  
وَرَسُولِكَ وَعَلَى الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ  
وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ“

*Allaahumma s'alli a'laa muh'ammadin a'bdika wa rasuulika wa a'lal mu-miniina wal mu'minaati wal muslimiina wal muslimaat.*

**Translation:** O Allaah! send mercy on Your servant and Your Nabi and on all believing men and women and Muslim men and women.

**Virtue:** Whoever wants increase in ones wealth, should recite this Darood. (*Hisne Haseen, p. 220*)

### Another way of doing Hamd (Praising Allaah) and Darood (Recite once)

”اللَّهُمَّ لَكَ الْحَمْدُ كَمَا أَنْتَ أَهْلُهُ  
فَصَلِّ وَسَلِّمْ عَلَى سَيِّدِنَا مُحَمَّدٍ“

كَمَا أَنْتَ أَهْلُهُ وَأَفْعَلُ بِنَامَا أَنْتَ  
 أَهْلُهُ فَإِنَّكَ أَهْلُ التَّقْوَى  
 وَأَهْلُ الْمَغْفِرَةِ“

*Allahumma lakal h' amdu kamaa anta ahluhuu fasalii wasallim a' laa sayyidina muh' ammadin kamaa anta ahluhuu wafa' l binaa maaa anta ahluhuu fa-innaka ahlut taqwaa wa ahlul magfirah.*

**Translation:** All praises are only due to Allaah, those praises that suit His status. (O Allaah) send Your mercy and peace upon our guide Muhammad, send that much which suit Your status. Indeed, You are Worthy of to be feared and You are only one who forgives.

**Recite the following duaa 3 times, all your sins will be forgiven**

“اللَّهُمَّ مَغْفِرَتُكَ أَوْسَعُ مِنْ ذُنُوبِي  
 وَرَحْمَتُكَ أَرْجَى عِنْدِي مِنْ عَمَلِي“

*Allahumma magfiratuka awsa-u` min zunubii wa rah`matuka arjaa i`ndii min a`malii.*

**Translation:** O Allaah! Your Forgiveness is more comprehensive than my sins and I expect from Your Forgiveness more than what I practice (i.e., doing acts of worship and good deeds).

**Virtue:** A person came to the Nabi(ﷺ) and exclaimed twice or thrice, ‘Alas my sins, Alas my sins’. The Nabi(ﷺ) said, ‘Say

”اللَّهُمَّ مَغْفِرَتِكَ أَوْسَعُ مِنِّي ذُنُوبِي وَرَحْمَتِكَ  
أَرْجَىٰ عِنْدِي مِنْ عَمَلِي“

*Allaahumma magfiratuka awsa-u` min zunubii wa rah`matuka arjaa i`ndii min a`malii.*

(O Allaah! Your Forgiveness is more comprehensive than my sins and I expect from Your Forgiveness more than what I practice).

He said so. The Nabi asked him to say it second time and he did so. The Nabi asked him to say it third time and he did so. The Nabi said to him, ‘Stand up, you have been pardoned’. (*Hayatus Sahaba, 3/350*)

### **Duaa for removing poverty and destitution (Recite once)**

”تَوَكَّلْتُ عَلَى الْحَيِّ الَّذِي لَا يَمُوتُ  
الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا أَوْلَامَ  
يَكُنُّ لَهُ شَرِيكٌ فِي الْمُلْكِ وَلَمْ يَكُنْ  
لَهُ وَلِيٌّ مِّنَ الدُّنْيَا وَكَبِيرُهُ تَكْبِيرًا“

*Tawakkaltu a`lal h`ayyil lazii laa yamuutu  
alh`amdulillaahil lazii lam yattakhiz waladanw  
walam yakullahuu sharikun fil mulki walam yakul  
lahuu waliyyum minaz zulli wa kabbirhu takbiiraa.*

**Translation:** I believe in and put my hopes in the Ever-living entity Who is never going to die. All praises be to Allaah Who neither begets nor is there anyone who is partner in His regime. He does need any partner to assist Him, as He is not weak. Shower high praises on Him.

**Virtue:** Hadhrat Abu Huraira (τ) narrated that once I went out with the Nabi (ε) with my hand in his hand. The Nabi was passed by a person who was in utter hopelessness. The Nabi asked the reason of his condition. He replied that poverty and destitution had made me so. The Nabi said, 'I will tell you some words, if you recite them your disease and poverty will diminish. (Those words were the above mentioned duaa.) After sometime when the Nabi revisited that place, he found him in better condition and this made the Nabi glad. He said to the Nabi that he was reciting those words with punctuality since the time when the Nabi taught him.

(Ma'ariful Qur'an 5/531, Bikhre Moti 1/89 - 90)

### Remedy to save oneself from sins

(Recite 10 times)

#### Surah Ikhlaas

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ يَلِدْ ③  
 وَلَمْ يُولَدْ ④ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ⑤

*Bismillahir rah'manir rah'eem.*

*Qul huwal laahu ah'ad. Allaahus samad. Lam yalid, walam yuulad. Walam yakul lahuu kufuwan ah'ad.*

### **Translation:**

In the name of Allaah, the Most Compassionate, the Most Merciful.

1. Say, "He Allaah is One." 2. "Allaah is Independent."
3. "He has no Children and is not anyone's child." 4. "There is none equal to Him."

**Virtue:** Hadhrat Ali (τ) said that whoever would recite Surah Ikhlāas ten times after Fajr Salaah, he will be safeguarded from sins, in whatever the Satan forces him to commit so.

*(Bikhre Moti, 3/50)*

### **AYAAT-E-SAKINA**

**Recite these Ayats for peace and tranquillity of mind and blow it over the person**

① وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ

يَأْتِيَكُمْ التَّابُوتُ فِيهِ سَكِينَةٌ مِّنْ

رَبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ آلُ مُوسَىٰ وَ

آلُ هَارُونَ تَحْمِلُهُ الْمَلَائِكَةُ ط إِنَّ فِي

ذَلِكَ لَآيَةً لِّكُمْ إِنْ كُنْتُمْ مُؤْمِنِينَ ○ البقرة ٢٤٨

*Wa qaala lahum nabiyyuhum inna aayata mulkihi  
aiyya-tiyakumut taabuutu fihi sakiinatum mir  
rabbikum wa baqiyyatum mimmaa taraka aalu  
muusaa wa aalu haaruuna tah`miluhul malaaiika,  
inna fii zaalika la`aayatal lakum in kuntum mu-  
miniin.*

**Translation:** Their Nabi said to them, The sign of his kingship tranquillity from your Rabb and remnants of that which was left by the family of Moosa and Haroom this there will surely be a sign for you if you are Mu`mineen.

(Surah Baqara: 248)

﴿ ٢ ﴾ ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى

رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ

جُنُودًا لَمْ تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا

وَذَلِكَ جَزَاءُ الْكَافِرِينَ ۝ التوبة ٢٦

*Summa anzalallaahu sakiinatahuu a`laa rasuulihii  
wa a`laal mu-miniina wa anzala junuudal lam  
tarawhaa wa a`zzabal laziina kafaruu, wa zaalika  
jazaaaul kaafiriin.*

**Translation:** Allaah then caused His tranquillity to descend on His Rasool and on the Mu`mineen Allaah sent an army that you could not see and punished those who did not have Imaan. Such is the punishment of the Kaafiroon.

(Surah Taubah: 26)

﴿ 3 ﴾ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ وَأَيَّدَهُ  
بِجُنُودٍ لَّمْ تَرَوْهَا وَجَعَلَ كَلِمَةَ  
الَّذِينَ كَفَرُوا السُّفْلَىٰ ۗ وَكَلِمَةُ اللَّهِ هِيَ

الْعُلْيَا ۗ وَاللَّهُ عَزِيزٌ حَكِيمٌ ۝  
التوبه ٤٠

*Fa anzalallaahu sakiinatahuu a`laihi wa ayyadahuu  
bijunuudil lam tarawhaa wa ja-a`la kalimatal laziina  
kafarus suflaa, wa kalimatullaahi hiyal u`lyaa,  
wallaahu a`ziizun h`akiim.*

**Translation:** So Allaah caused His tranquillity to descend on him, assisted him with an army that you had not seen. And placed the word of the Kuffaar at the very bottom while the word of Allaah is right at the top. Allaah is Mighty, The Wise.

(Surah Tauba: 40)

﴿ 4 ﴾ هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي  
قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَعَ  
إِيمَانِهِمْ ۗ وَاللَّهُ جُنُودُ السَّمَوَاتِ وَالْأَرْضِ ۗ  
وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا ۝  
الفتح ٤

*Huwal lazii anzalas sakiinata fii quluubil mu-miniina  
liyazdaaduuu iimaanam ma-a` iimaanihim, wa*

*lillaahi junudus samaawaati wal arz, wa kaanallaahu a`liiman h`akiima*

**Translation:** It is He Who sends tranquillity into the hearts of the Mu`mineen so that their Imaan increases together with the Imaan they have. The armies of the heavens and the earth belong to Allaah and Allaah is Ever All Knowing, the Wise. (Surah Fat-h: 4)

لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَابَهُمْ فَتْحًا قَرِيبًا ۝ انفتح ١٨

*Laqad raziyallaahu a`nil mu-miniina izyabbyiu`unaka tah`tash shajarati fa-a`lima maa fii quluubihim fa-anzalas sakiinata a`laihim wa asaabahum fath`an qariiba.*

**Translation:** Allaah was well pleased with the Mu`mineen when they pledged their allegiance to you teneath the tree. Allaah knew what was in their hearts, sent tranquillity to them and rewarded them with a victory close at hand.

(Surah Fat-h: 18)

﴿ 6 ﴾ اِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي

قُلُوبِهِمُ الْحَمِيَّةَ حَمِيَّةَ الْجَاهِلِيَّةِ

فَاَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ

وَعَلَى الْمُؤْمِنِينَ وَالزَّمَهُمْ كَلِمَةَ التَّقْوَى

وَكَانُوا أَحَقَّ بِهَا وَأَهْلَهَا وَكَانَ اللَّهُ

بِكُلِّ شَيْءٍ عَلِيمًا ۝

افتتح ٢٦

*Iz ja-a`lal laziina kafaruu fii quluubihimul  
h`amiyyata h`amiyyatal jaahiliyyata fa-anzalallaahu  
sakiinatahuu a`laa rasuulihii wa a`lal mu-mininna  
wa alzamahum kalimatut taqwaa wa kaanu ah`aqqaa  
bihaa wa ahlahaa, wa kaanallaahu bikulli shai-in  
a`liima.*

**Translation:** When the Kuffaar became prejudiced of within their hearts, the prejudice of the period of ignorance; Allaah sent His tranquillity to the heart of His Rasool and to the hearts of the Mu`mineen and stuck the word of Taqwa onto them as they are most deserving of it and worthy of it. Allaah always has knowledge of everything.

(Surah Fat-h: 26)

## Duaa to reform ownself and children

(Recite thrice)

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ  
عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ  
وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۗ إِنَّنِي تَوَكَّلْتُ عَلَىٰكَ  
وَإِنِّي مِنَ الْمُسْلِمِينَ ﴿١٥﴾

*Rabbi awzia`nii an ashkura nia`matakal latii  
ana`mta a`laiya wa a`laa waalidayya wa an aa`mala  
s`aalih`an tarz`aahu wa as`lih`lii fii zurriyyatii, innii  
tubtu ilaika wa innii minal muslimiin.*

**Translation:** “O my Rabb! Grant me that I may be grateful for Your favour which You has bestowed upon me, and upon both my parents, and that I may work righteousness such as You may approve; and be gracious to me in my issue. Truly I have turned to You and truly do I bow (to You) in Islaam.”

## Duaa to live safe and sound till death

(Recite thrice)

فَأَقِمْ وَجْهَكَ لِلدِّينِ حَنِيفًا فِطْرَتَ اللَّهِ الَّتِي  
فَطَرَ النَّاسَ عَلَيْهَا لَا تَبْدِيلَ لِخَلْقِ اللَّهِ  
ذَلِكَ الدِّينُ الْقَيِّمُ ۗ وَلَكِنَّ أَكْثَرَ النَّاسِ لَا  
يَعْلَمُونَ ﴿٢٠﴾

*Fa-aqim wajhaka liddiini h`aniifaa, fitratallaahil latii fataran naasa a`laihaa, laa tabdiila likhalqillaah, zaalikad diinul qayyimu walaakinna aksaran naasi laa yaa`lamuun. (Surah Room:30)*

**Translation:** So you set your face steadily and truly to the faith: (establish) Allaah's handwork according to the pattern on which He has made mankind: no change (let there be) in the work (wrought) by Allaah: that is the standard Religion: but most among mankind do not understand.

**Duaa to get protection against all kinds of diseases, difficulties, and enemies, and for removal of debts** (Recite once)

To get protection against all kinds of diseases, difficulties, and enemies, and for removal of debts, recite the above mentioned Ayaats and wait until the order of Allaah comes **الْحَمْدُ لِلَّهِ** the Ayaats will show its effect at its due time. Recite only the Arabic texts during dua.

The translation has been given for the understanding of the readers so that one could understand what one is saying.

## 16 AYAAT FOR PROTECTION

○ **أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ**

*Aa`uuzu billaahi minash shaitaanir rajiim.*

○ **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ**

*Bismillahir rahamanir raheem.*

① **وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ**

*Walaa ya-uuduhu h'ifzuhumaa wahuwal a'liyyul a`ziim.*

And He never tires of caring for them. He is High, The tremendous. (Surah Baqara: 255)

② **فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّحِيمِينَ**

*Fallaahu khairun h'aafizanw wa huwa arh'amur raah`iimiin.*

Allaah is the best Protector and He is the Most Merciful of those who show mercy.”

(Surah Yusuf: 64)

③ **وَحِفْظًا مِّنْ كُلِّ شَيْطَانٍ مَّارِدٍ**

*Wah`ifzan min kulli shaitaanim maarid.*

....as a protection from every rebellious Shaytaan.

(Surah Saffat: 7)

④ **وَحِفْظًا ذَلِكَ تَقْدِيرُ الْعَزِيزِ الْعَلِيمِ**

*Wa h'ifzaa. Zaaalika taqdiirul a`ziizil a`limm.*

And made them a means of protection. This is the decree of the Mighty, the Wise.

(Surah Fussilat: 12)

وَحَفِظْنَاهَا مِنْ كُلِّ شَيْطَانٍ رَجِيمٍ ﴿٥﴾

*Wa h`afiznaahaa min kulli shaitaanir rajiim.*

And We have safeguarded it from every accursed Shaytaan. (Surah Hijr: 17)

﴿٦﴾ إِنَّ كُلَّ نَفْسٍ لَمَّا عَلَيْهَا حَافِظٌ ۝

*In kullu nafsil lammaa a`laihaa h`aafiz.*

There is no soul without a watcher appointed over it.

(Surah Tariq: 4)

﴿٧﴾ بَلْ هُوَ قُرْآنٌ مَجِيدٌ ۝ فِي لَوْحٍ مَّحْفُوظٍ ۝

*Bal huwa qur-aanum majiid. Fii lawh`im mah`fuuz.*

But it is the Glorious Qur`aan...in the "lowhul Mahfoodh". (Surah Burooj: 21-22)

﴿٨﴾ وَيُرْسِلُ عَلَيْكُمْ حَفَظَةً ط

*Wa yursilu a`laikum h`afazah.*

And sends guardians to you... (Surah Anaam: 61)

﴿٩﴾ إِنَّ رَبِّي عَلَى كُلِّ شَيْءٍ حَفِيفٌ ۝

*Inna rabbii a`laa kulli shai-in h`afiz.*

My Rabb is Aware of all things. (Surah Hood: 57)

⑩ لَهُ مُعَقِّبَاتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ  
يَحْفُظُونَهُ مِنْ أَمْرِ اللَّهِ

*Lahuu mu-aqqibaatum mim baini yadaihi wamin  
khalfihi yah`fazuunahuu min amrillaah.*

For everyone there are followers (guardian angels) in front of him and following behind him, protecting him by Allaah`s order... (Surah Ra`d: 11)

⑪ إِنَّا نَحْنُ نَزَّلْنَا الذِّكْرَ وَإِنَّا لَهُ  
لَحَافِظُونَ

*Innaa nah`nu nazzalnaz zikra wa innaa lahuu  
lah`aafizuun.*

Without doubt only We have revealed the Reminder and We shall certainly be its protectors. (Surah Hijr: 9)

⑫ وَكُنَّا لَهُمْ حَافِظِينَ

*Wa kunnaa lahum h`aafiziin.*

It was We Who kept them under control.

(Surah Ambiya: 82)

⑬ وَرَبُّكَ عَلَىٰ كُلِّ شَيْءٍ حَفِيفٌ

*Wa rabbukaa`laakulli shai-in h`afiiz.*

Your Rabb is Watchful over everything.

(Surah Saba: 21)

﴿14﴾ اللَّهُ حَفِيزٌ عَلَيْهِمْ وَمَا أَنْتَ عَلَيْهِمْ  
بِوَكِيلٍ ○

*Allaahu h`afizun a`laihim wamaa anta a`laihim biwakill.*

Allaah is Vigilant over those. You (O Rasulullaah ﷺ) are not a guardian over them. (Surah Shura: 6)

﴿15﴾ وَعِنْدَنَا كِتَابٌ حَفِيزٌ ○

*Wa i`ndanaa kitaabun h`afiiz.*

....And with Us is the Protected Book.

(Surah Qaaf: 4)

﴿16﴾ وَإِنَّ عَلَيْكُمْ لَحَافِيزِينَ ○

*Wa innaa a`laikum lah`aafiziin.*

Verily there are guardians upon you.

(Surah Infitar: 10)

**Remedy from Qur'an for redemption from  
grief (Recite once)**

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ ۗ إِنِّي كُنْتُ  
مِنَ الظَّالِمِينَ ○

*Laa ilaaha illaa anta subh`aanaka innii kuntu minaz zaalimiin.*

**Translation:** There is no illaaah but You: glory to You: I was indeed wrong!

## Virtues:

1. It is narrated by Hadhrat Sa'd bin Abi Waqqas (τ) that the Nabi(ε) had just mentioned about the best of the Du'as (Duaas), coincidentally, one Bedouin came and engaged him into discussion and took lot of time. (After some time) the Nabi stood up and took his way towards his home and I also followed him. When the Nabi reached near the house, I feared that he may enter into the house and I may remain as is, so I started walking heavily. On noticing the sound of my steps, the Nabi asked, 'Who is there, Abu Ishaq?' I said, 'Yes'. He asked, 'What is the matter?' I said that you had mentioned about the best of the duaas but then that Bedouin engaged you. The Nabi said, 'Oh yes, it was the duaah that Zun-noon (Yunus υ) said when he was inside the stomach of the fish, i.e.,

○ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ صَلِّ إِلَيَّ كُنْتُ مِنَ الظَّالِمِينَ ○

Listen, any Muslim who invokes Allaah for anything by this du'a, Allaah will grant his wish.'

2. It is narrated in the book of Ibn Abi Hatim that whoever make du'a (Duaa) through the du'a of Hadrat Yunus (ε), his du'a will surely be granted.

3. Hadhrat Abu Saeed (τ) says that after this verse, there is a statement of Allaah that We help Believers in this way.

4. It is narrated by Ibn Jareer that the Nabi (ε) said that the Name of Allaah through which if He is invoked, He accepts the duaah and grants what is asked for. That name is in the du'a of Hadhrat Yunus (ε).

5. Hadhrat Sa'd bin Abi Waqqas (τ) narrated that I asked the Nabi(peace be upon him) that whether the

duaa of the Hadhrat Yunus (ε) was only for him or it is general for all Muslims who recite it. The Nabi(ε) said, 'Did you not read in the Qur'aan that We gave him respite from grief and We give respite to the Believers in a similar way.' Thus, whoever invokes Allaah through those words, Allaah has promised to grant his prayer.

6. It is narrated in Ibn Abi Hatim that Hadhrat Kathir bin Sa'eed said that I asked Imam Hasan Basari (τ), 'What is the Isme Azam (the Great Name) of Allaah through which if He is requested to grant prayer, He grants it?' He said, 'Brother, did you not read the statement of Allaah' and he recited the same two verses and said, 'My cousin, this is the same Isme Azam (the Great Name) of Allaah through which if He is invoked, He accepts the prayer. And if He is asked for something, He grants it.

*(Tafsir Ibn Kathir 3/395-396)*

7. It is narrated in a Hadith that whoever recites the above mentioned Ayat 40 times during illness and if he is died in the state of illness, he will be rewarded with the status of forty martyrs and if he cures of his illness, his all sins will be forgiven.

*(Hisne Haseen, p. 241)*

## **Points for Shifa (Healing)**

- ❖ There are verses of Shifa (Remedy) for all diseases in the Book of Allaah.
- ❖ Avail the verses of the Qur'an during illness.
- ❖ Have faith in verses of the Qur'an in restoring health.
- ❖ With the blessing of the Word of Allaah, the health of ill person will be restored.
- ❖ There is Shifa (Remedy) in the Word of Allaah.
- ❖ One should not lose hope in the Mercy of Allaah.
- ❖ Good health should be appreciated and protected before the appearance of disease.
- ❖ Disease or recovery from illness is from Allaah.
- ❖ The Kitab-e-Mubeen (The Qur'aan) has the remedy for all the diseases, whether apparent or hidden.

May Allaah grant you an everlasting recovery of your health. Amen!

In the Name of Allaah, the Most Beneficials, the Most Merciful

Read the verses of Shifa (Remedy), blow them over yourself and into water, drink the water and give it to others for drinking

### AYAAT FOR SHIFA (Healing)

(Recite once)

First recite Surah Fatiha with Bismillaah, then recite:

① وَيَشْفِي صُدُورَ قَوْمٍ مُّؤْمِنِينَ

*Wa yashfi s`uduura qawmim mu-miniin.*

Will heal the hearts of the Mu`mineen.

(Surah Taubah: 14)

② يَا أَيُّهَا النَّاسُ قَدْ جَاءَ تَكْمٌ مَّوْعِظَةٌ  
مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ

هُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ

*Yaa ayyuhan naasu qad jaaa-atkum maw-i`zatum mir rabbikum wa shifaaaal limaa fis`s`uduuri wa hudanw wa rah`matul lil mu-miniin.*

O people! Indeed Advice has come to you from your Rabb, a Cure for what is in the breasts Guidance and Mercy to the Mu`mineen.

(Surah Yunus: 57)

③ يَخْرُجُ مِنْ بَطُونِهَا شَرَابٌ مُخْتَلِفٌ

أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ ط

*Yakhruju mim butuuniihaa sharaabum mukhtalifun  
alwaanuhuu fihi shifaaul linnaas.*

“A drink of varying colours emerges from its belly,  
in which lies a cure for man.

(*Surah Nahl: 69*)

④ وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ

وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ○

*Wa nunazzilu minal qur-aani maa huwa shifaaunw  
wa rah`matul lil mu-miniin.*

We have revealed such a Qur`aan that is a cure and  
mercy for the Mu`mineen. It only increases the loss  
of the oppressors.

(*Surah Isra: 82*)

⑤ وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ○

*Wa izaa mariztu fahuwa yashfiin.*

...and Who cures me when I am ill.

(*Surah Shu`araa: 80*)

⑥ قُلْ هُوَ الَّذِيْنَ اٰمَنُوْا هٰدِيْ وَّشِفَاۗءٌ ط

*Qul huwa lillaziina aamanuu hudanw wa shifaaa.*

Say, (O Muhammad ؑ) “It is a guidance for those who  
have Imaan, as well as a cure. (*Surah Fussilat: 44*)

**DUAA OF  
HADHRAT ANAS BIN MALIK (ؓ)**

**To get protection against assassination, oppression  
and other calamities (Recite once)**

بِسْمِ اللَّهِ خَيْرِ الْأَسْمَاءِ بِسْمِ اللَّهِ  
الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ آدَى  
بِسْمِ اللَّهِ الْكَافِرِ ط بِسْمِ اللَّهِ  
الْمُعَافِي بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ  
مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي  
السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ بِسْمِ  
اللَّهِ عَلَى نَفْسِي وَدِينِي بِسْمِ اللَّهِ عَلَى  
أَهْلِي وَمَالِي بِسْمِ اللَّهِ عَلَى كُلِّ شَيْءٍ  
أَعْطَانِيهِ رَبِّي اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ  
اللَّهُ أَكْبَرُ أَعُوذُ بِاللَّهِ مِمَّا أَخَافُ  
وَأَحْذَرُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا  
عَزَّ جَارُكَ وَجَلَّ شَأْنُكَ وَتَقَدَّسَتْ

اَسْمَاءُكَ وَلَا اِلٰهَ غَيْرُكَ ۝ اَللّٰهُمَّ اِنِّى  
 اَعُوْذُبِكَ مِنْ شَرِّ كُلِّ جَبَّارٍ عَنِيدٍ  
 وَشَيْطَانٍ مَّرِيْدٍ وَمِنْ شَرِّ قَضَاءِ السُّوْءِ  
 وَمِنْ شَرِّ دَابَّةٍ اَنْتَ اَخِذُ بِنَاصِيَتِهَا  
 اِنَّ رَبِّىْ عَلٰى صِرَاطٍ مُّسْتَقِيْمٍ ۝

*Bismillaahi khairil asmaa-I bismillaahil lazii laa yazurru ma-a`smihii azan bismillaahil kaafi, bismillaahil ma-a`afii bismillaahil lazii laa yazurru ma-a`smihii shaiun fil arzi walaa fis samaaa-I wahuwas samiiu`l a`liimu bismillahi a`laa nafsii wa diinii bismillaahi a`laa ahli wamaali bismilaahi a`laa kulii shai-in aa`taanihi rabbii allaahu akbaru allaahu akbaru allaahu akbaru aa`uzuu billaahi mimmaa akhaafu wa ah`zaru allaahu rabbii laa ushriku bihii shai-an azza jaaruka wa jalla sanaaa-uka wa taqaddasat asmaaa-uka walaa ilaaha ghairuk. Alaa humma innii aa`uuzu bika min sharri kulli jabbaarin a`niidinw w shaitaanim maridinw wa min sharri qazaa-is suuu-I wa min sharri daabbatin anta aakhizum binnaa siyatihaa inna rabbi a`laa siratim mustaqim.*

**Virtue:** Hadhrat Anas bin Malik (τ) narrated: the Nabi (ε) taught me a dua and said that whoever would recite it in the morning, nothing could dominate him i.e., by the permission of Allaah, no

one could be able to cause him any physical or financial harm. *(Shamail-e-Kubra, 2/280)*

### **Duaa to remove distress and destitution (Recite 100 times)**

Maulana Ilyas (α) used to recommend his companions to recite this duaa between the Sunnats and Fardh of the Fajr Salaah.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ  
أَسْتَغْفِرُ اللَّهَ

*Subh`aanallaahi wa bih`amdihii subh`aanallaahil a`ziimi astagfirullah.*

Imam Malik (α) reported a narration from Ibn Umar (τ): One person came to the Nabi(ε) and said that the world has abandoned him. The Nabi said to him that why did he forget the Salaah (Prayer) of angels and Tasbih (remembrance) of the creations. It is because of it they are getting sustenance. Recite this Tasbih 100 times at the time of dawn. The Nabi said that “World would come to him with humiliation”. The man returned back. After sometime he reappeared and said, ‘I have enough wealth that I am not able to take care of it.’

*(Ziya-un-Nabi, 5/902)*

**RECITE THESE DUAAS AFTER  
EVERY FARDH PRAYERS**

**1. Recite once**

أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ، أَسْتَغْفِرُ اللَّهَ

*Astagfirullaah, Astagfirullaah, Astagfirullaah,*

**2. Recite once**

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ  
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

*Allaahumma antas salaamu wa minkas salaamu  
tabaarakta yaa zaljalaali wal ikraam.*

**3. Recite once**

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اللَّهُمَّ  
لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ  
ذَا الْجَدِّ مِنْكَ الْجَدُّ.

*Laa ilaaha illallaahu wah`dahuu laa sharika lahuu  
lahul mulku walahul h`amdu wa huwa a`laa kulli  
shayin qadiir, allaahumma laa mani-a`limaa aa`taita  
wala mua`tiya limaa manaa`ta wala yanfa-u`zal  
jaddi minkal jadd. (Bukhari, Muslim, Abu Dawood and  
Nasai)*

#### 4. Recite once

اللَّهُمَّ اَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ  
وَحَسْنِ عِبَادَتِكَ.

*Allaahumma ai`nnii a`laa zikrika wa shukrika wa h`usni i`baadatik.* (Abu Dawood, Nasai and Ibn Hibban)

#### 5. Recite AYATUL KURSI once

**Virtue:**(1) One would enter into Janaat-paradise as soon as he dies.

(2) Until the next prayer, you will be in protection of Allaah.

*(Kanzul Ummal 2/300, At-Targheeb 2/299, Hisne Haseen p. 216)*

#### 6. Recite Surah Ikhlaas, Surah Falaq and Surah Naas

After Fajr prayer \_\_\_\_\_ (Recite thrice)

After Zuhr prayer \_\_\_\_\_ ( Recite once)

After 'Asr prayer \_\_\_\_\_ ( Recite once)

After Maghrib prayer \_\_\_\_\_ (Recite thrice)

After Isha prayer \_\_\_\_\_ (Recite once)

*(Abu Dawood 2/86, Nasai 3/68, Tirmidhi 2/8, Fat-hul Bari 9/62, Azkar-e-Nawawi p. 68)*

#### 7. Recite Surah Ikhlaas 10 times

**Virtue:**(1) Enter Jannah from any of its entrance.

(2) Marry any Hoor (Houri) in the Jannah.

*(Tafsir Ibn Kathir 5/616)*

8. Recite once

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ  
الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ  
شَيْءٍ قَدِيرٌ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ،  
لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ،  
وَلَهُ الْفَضْلُ، وَلَهُ الشُّكْرُ الْحَسَنُ،  
لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ  
وَلَوْ كَرِهَ الْكَافِرُونَ

*Laaa ilaaha illallaahu wah`dahuu laa sharika lahuu,  
lahul mulku, walahul h`amdu, wa huwa a`laa kulli  
shai-in qadiir, laa hawla walaa quwwata illaa  
billaah, laa ilaaha illallaahu walaa naa`budu illaa  
iyyaahuu, lahun nia`matu, walahul fazlu, walahus  
sanaaaul h`asanu, laa ilaaha illallaahu mukhlisiina  
lahud diina walaw karihal kaafiruun.*

*(Muslim and Abu Dawood)*

9. Recite once

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُبْنِ،  
وَأَعُوذُ بِكَ مِنَ الْبُخْلِ، وَأَعُوذُ بِكَ

# مِنْ أَرْدَلِ الْعُمْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا وَعَذَابِ الْقَبْرِ

*Allaahumma innii aa`uuzu bika minal jubni wa aa`uuzu bika minal wa aa`uuzu bika min arzalil u`muri, wa aa`uuzu bika min fitnatid dunyaa wa a`zaabil qabr.* (Bukhari and Tirmidhi)

## 10. Recite

اللَّهُ أَكْبَرُ الْحَمْدُ لِلَّهِ سُبْحَانَ اللَّهِ  
*Subh`aanallaah Alh`amdulillaah Alaahuakbar*  
 (33 times) (33 times) (34 times)

And recite once

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

*Laa ilaaha illallaahu wa`dahuu laa sharika lahuu lahuu lahul mulku walahul h`amdu wa huwa a`laa kulli shai-in qadiir.*

**Virtue:** Whoever practise this Zikr (Remembrance) daily after Salaah, all ones sins will be forgiven even if they as numerous as foams of the ocean.

(Muslim 1/418)

## 11. Put your right hand over your forehead and recite the following duaa (Recite once)

بِسْمِ اللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ  
 اللَّهُمَّ أذْهَبْ عَنِّي الْهَمَّ وَالْحُزْنَ

*Bismillaahil Izaai laa ilaaha illaa huwar rah`maanur rah`iim, allaahumma azhib a`nnil hamma wal huzn.*

*(Amal Al-Yaum Wal Lailah p. 101)*

## 12. Recite once

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَوَسِّعْ لِي فِي  
دَارِي وَبَارِكْ لِي فِي رِزْقِي.

*Allaahummag firlii zanbii wa wassia`lii fii daari wa baarik lii fii rizqii.*

**Note:** It is also valid to recite the above mentioned duaa while doing Wudhu (ablution) and after the completion of Salaah.

(Hayatus Sahaba 3/386; Amal Al-Yaum Wal Lailah, p. 80; Ibnus-Sunni, p. 30)

(This duaa is also present on Page No. 222 in Hisne Haseen with minor difference).

**I used to recite your book “Ad-Du’a (Divine Help)” but occasionally?**

**Question.** I and my children read your book “Ad-Du’a (Divine Help)” without any gap but sometime, due to other engagements, we discontinue it. Can we recompense its reading at some other time?

**Reply:** Imam Nawawi (α) in his book ‘Al-Azkaar’ on page no. 70, says that if a person practices a daily Wazifa (daily recital) and sometime he missed it, then it is preferable that he could recompense it when ever he gets time and should not leave it. It is because when a person uses to practice Wazifa, he becomes accustomed to it. But when he leaves it occasionally, then there is a danger that his habit of Wazifa may get disturb. It is narrated by Umar bin Khattab (τ) that the Nabi (peace be upon him) said: Whoever went to sleep without completing his Wazifa, then he should complete it in between Fajr and Zuhr Salaah, he will get the same reward as he had completed it in the same night.

*(Muslim, 5/256)*

Therefore it is recommended to continue your Wazifa in the morning and the evening.

Seeker of Allaah’s Pleasure  
**Mohammad Yunus Palanpuri (Moulana)**

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### **Humble Request**

Take care of this book and when you have utilised it, passed it on to others. So that you may also get reward for their recitation.

Translation edited by  
A.H.Elias (Mufti)  
May ALLAAH protect him.