



Beneficial Litanies



Shaykh-e-Tareeqat Armoor-e-Ahl-e-Sunnat
Bani-e-Dawat-e-Islami Hazrat 'Allamah Maulana Abu Bilal

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Translated into English by
Translation Department (Dawat-e-Islami)

ڪام ڪے اوراد

Kaam Kay Awraad

Beneficial Litanies

THIS booklet was written by Shaykh-e-Tareeqah, Ameer-e-Ahl-e-Sunnah, the founder of Dawat-e-Islami ‘Allamah Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةَ** in Urdu. **Translation Department** (Dawat-e-Islami) has translated it into English. If you find any mistake in the translation or composing, please inform the Translation Department on the following postal or email address with the intention of earning reward.

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An English translation of 'Kaam Kay Awraad'



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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
أَتَابَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Du'a for Reading the Book

Read the following Du'a (supplication) before you study a religious book or an Islamic lesson, you will remember whatever you study, **إِنْ شَاءَ اللَّهُ**:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Translation

O Allah **عَزَّوَجَلَّ**! Open the doors of knowledge and wisdom for us, and have mercy on us! O the One Who is the Most Glorious and Honourable! (*Al-Mustatraf, vol. 1, pp. 40*)

Note:

Recite Salat upon the Prophet ﷺ once before and after the Du'a.

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أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Beneficial Litanies

Du'a-e-Attar

O Allah! Whosoever reads or listens to the 27 page booklet 'Beneficial Litanies', save him from sins and futile actions and bestow him with a tongue that remains engaged in Zikr and Na't, and grant him forgiveness without accountability.

اٰمِيْنَ بِجَاهِ النَّبِيِّ الْاَمِيْنِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Virtue of Salat upon the Prophet ﷺ

The Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said: Whoever desires to meet Allah Almighty in such a state that Allah عَزَّوَجَلَّ is pleased with him, he should send Salat upon me in abundance. (*Afzal-us-Salawat 'Ala Sayyid-us-Sadaat, p. 27*)

Ho, Aur شَفِيعُ الْمُنْذِرِيْنَ رَحْمَةً لِلْعَالَمِيْنَ

Fazl-e-Rab say kaya nahin ho, ba'd Rab kay bas tumheen ho

يَا نَبِيَّ سَلَامٌ عَلَيْكَ يَا رَسُوْلَ سَلَامٍ عَلَيْكَ يَا حَبِيْبَ سَلَامٍ عَلَيْكَ صَلَاةُ اللهِ عَلَيْكَ

(*Wasail-e-Bakhshish, p. 614*)

صَلُّوْا عَلَيَّ الْحَبِيْبِ صَلَّى اللهُ عَلَيَّ مُحَمَّدٍ

38 Madani Litanies Reported from the Pious Predecessors

1. Freedom from nightmares

Invoke 'يَا مُتَكَبِّرُ' 21 times (with Salat upon the Prophet ﷺ once before and once after) when going to sleep, *إِنْ شَاءَ اللَّهُ* you will not face nightmares. (*Faizan-e-Sunnat, chapter Adab-e-Ta'aam, p. 242, vol. 1*)

2. A ritual to treat an animal bite

This blessed Ayah is a proven remedy for every sort of animal bite. Recite it 11 times and perform Dam on the area that was bitten:

أَمْ أَبْرَمُوا أَمْراً فَإِنَّا مُبْرِمُونَ ﴿٤٩﴾

(Part 25, Surah Az-Zukhruf, verse 79)

3. For getting rid of external & internal haemorrhoids (piles)

For every type of haemorrhoids, whether it is external (bleeding) or internal (non-bleeding), offer 2 Rak'at of Salah reciting Surah Alam Nashrah in the first Rak'at and Surah Feel

in the second after Surah Al-Fatihah. After the Salam, invoke the following litany 70 times:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Do this for a few days, **رَبِّ شَاءَ اللَّهُ**, the haemorrhoids will be cured.

4. Palsy and facial paralysis

Facial Paralysis and Palsy: Write Surah Zilzaal onto a steel pot, rinse it and make the patient drink this water.

Another Method: Write Surah Zilzaal onto a steel pot and make the patient look at it, **رَبِّ شَاءَ اللَّهُ**, the patient will be cured.

5. For strengthening the memory

Before studying religious books or Islamic lessons, recite the Du'a given below (with Salat upon the Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** once before and once after) you will remember whatever you read: **رَبِّ شَاءَ اللَّهُ**

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Translation: *Ya Allah عَزَّوَجَلَّ! Open the portal of knowledge and wisdom for us, and send down Your mercy on us! O the One who is the Most Honourable and Magnificent!*

(Al-Mustatraf, vol. 1, p. 40)

6. To improve brainpower

Every day before reading the lesson, recite this 41 times and then start your lesson.

إِلَهِي أَنْتَ إِلَهٌ عَالِمٌ وَأَنَا عَبْدُكَ جَاهِلٌ
أَسْأَلُكَ أَنْ تَرْزُقَنِي عِلْمًا نَافِعًا وَفَهْمًا كَامِلًا
وَطَبْعًا زَكِيًّا وَقَلْبًا صَفِيًّا حَتَّى أَعْبُدَكَ وَلَا تُهْلِكَنِي
بِالْجَهَالَةِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

7. Leprosy and jaundice

Recite Surah Bayyinah and perform Dam on the person who is suffering from leprosy or jaundice. In addition to this, write it and place it around the neck of the patient. At both meal times, have this Surah recited by somebody who recites correctly, perform Dam on the meal, and then give the food to the patient. **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ** This will provide great relief.

8. Increase in sustenance

Recite 'يَا مُسْتَبِيبُ الْأَسْبَابِ' 500 times, with Salat upon the Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** eleven times before and eleven times after it, after Salat-ul-'Isha, whilst facing the Qiblah, in the state of Wudu,

and whilst bare-headed in such a place where there is nothing between your head and the sky, to the extent that there should not even be a hat on the head.

9. Seeking livelihood

For seeking a means of earning a livelihood, the recitation of Surah Ikhlas 1001 times along with 'بِسْمِ اللّٰهِ', with Salat upon the Prophet صَلَّى اللّٰهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ 100 times before and 100 times after it, from the 1st to the 14th of the lunar month, is very effective.

10. Never face destitution

Whoever recites Surah Waaqi'ah every night will never face destitution. اِنْ شَاءَ اللّٰهُ (Mishkat, vol. 1, p. 409, Hadith 2181)

Khuwajah Kaleemullah Sahib رَحْمَةُ اللّٰهِ عَلَيْهِ advised that this should be recited after Maghrib for repaying of debt and distancing poverty. (Jannati Zaywar, p. 597)

11. Security from burglary

Keep Surah Taubah amongst your belongings; اِنْ شَاءَ اللّٰهُ these will remain secured from burglary.

12. Ritual for getting back a lost possession

Recite Surah Yaseen 40 times daily for 7 days.

13. For the fulfilment of needs

It has been mentioned in a Hadith that the Merciful Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated, 'I know one such Ayah that if people were to implement it, their needs would be fulfilled.' He then recited the following Ayah (for repaying debts and increasing sustenance, abundant recital of this Ayah is proven).

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا ۖ وَيَرْزُقْهُ مِنْ حَيْثُ لَا يَحْتَسِبُ ۗ وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ ۗ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ ۗ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا ﴿٢٨﴾

(Part 28, Surah Al-Talaaq, verses 2-3)

14. Every need and desire will be fulfilled

After reciting 'يَا شَيْخُ عَبْدِ الْقَادِرِ شَيْئًا لِلَّهِ' 1000 times, with Salat upon the Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ 10 times before and 10 times after it, perform Dam on your right hand, place it under your cheek, and go to sleep. Every need and desire of yours will be fulfilled *إِنْ شَاءَ اللَّهُ*.

15. To cease snowfall

Write the following Du'a onto the lower side of a steel griddle and place it under the sky; *إِنْ شَاءَ اللَّهُ* the snowfall will stop:

يَا حَافِظُ يَا حَافِظُ

16. To find one who is lost or absconded

Whilst sitting beside the mausoleum of a saint, or if this is not possible, whilst sitting in some corner of the house, recite the following Ayah 990 times:

وَوَجَدَكَ ضَالًّا فَهَدَىٰ ۖ وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ ۗ ﴿٨﴾

(Part 30, Surah Ad-Duha, verses 7-8)

Then recite the whole of Surah Ad-Duha once and make Du'a, the missing person will come back *إِنْ شَاءَ اللَّهُ*.

After Salat-ul-'Isha, recite Surah Ad-Duha 41 times reading 'بِسْمِ اللَّهِ' every time. Then, whilst standing, call Azaan in 2 corners of the house and pronounce Takbeer in the other 2 corners. Then make Du'a for the return of the missing person, *إِنْ شَاءَ اللَّهُ* he will return within one week.

17. Poison will have no effect

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

Recite this Du'a regularly before eating/drinking, the effect of poison will be removed and the poison *إِنْ شَاءَ اللَّهُ* will not cause any harm. (Jannati Zaywar, p. 579)

18. Cure for fever

Whoever is suffering from fever should invoke this Du'a 7 times:

بِسْمِ اللَّهِ الْكَبِيرِ أَعُوذُ بِاللَّهِ الْعَظِيمِ مِنْ شَرِّ كُلِّ عِرْقٍ نَعَّارٍ وَمِنْ شَرِّ حَرِّ النَّارِ

(*Mustadrak Haakim, vol. 5, p. 592, Hadith 8324*)

If the ill person is not able to recite it himself, then any other person who is regular in Salah may recite it 7 times and then perform Dam on the ill person or perform Dam on water and give it to the ill person to drink, **إِنْ شَاءَ اللَّهُ** the fever will be cured. If the fever is not cured after doing this practice once, do it repeatedly. (*Jannati Zaywar, p. 580, slightly amended*)

19. For refuge from an oppressor and Shaytan

Sayyiduna Shaykh ‘Abdul Haq Muhaddis Dihlavi **رَحْمَةُ اللَّهِ عَلَيْهِ** has stated in one of his epistles:

In ‘*Jam’-ul-Jawami*’, Sayyiduna Imam Jalaluddin Suyuti **رَحْمَةُ اللَّهِ عَلَيْهِ** has reported from *Kitab-us-Sawab* of Muhaddis Abul Shaykh and Tareekh Ibn-e-‘Asakir that one day Hajjaj Bin Yusuf Saqafi, the cruel governor, showed 400 horses of different types to Sayyiduna Anas **رَضِيَ اللَّهُ عَنْهُ** and said, ‘O Anas! Did you see this many horses and this high grandeur with your companion (i.e. the Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**)?’

Sayyiduna Anas **رَضِيَ اللَّهُ عَنْهُ** replied, ‘I swear by Allah **عَزَّ وَجَلَّ**! I saw much superior things with Rasulallah **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** and I heard from the Noble Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** that there are three types of horses kept by people. Firstly, the horse that is

kept for the purpose of Jihad, and then the reward of keeping such a horse was mentioned (this is commonly found in the books of Hadith). Secondly, the horse which is kept for use as a conveyance, and thirdly, the horse which is kept due to arrogance and for showing off, and such keeping will lead to Hell. O Hajjaj! Your horses are of this (third) type!’

Upon hearing this Hajjaj became full of fury and said, ‘O Anas! If it wasn’t for me being mindful of the fact that you have served Rasulullah ﷺ, and the fact that the ruler (‘Abdul Malik Bin Marwan) has advised to take care, of you, I would have dealt with you very ruthlessly.’

Sayyiduna Anas رضى الله عنه replied, ‘O Hajjaj! I swear by Allah عزَّوجلَّ! You cannot do any harm to me, because I have heard some words from Rasulullah ﷺ by virtue of which I always remain under the protection of Allah عزَّوجلَّ, and due to these words I do not fear from the cruelty of any oppressor or the evil of any Shaytan.’ Hajjaj was left speechless in awe of these words and he lowered his head. After some time, he lifted his head and said, ‘O Abu Hamzah! (This was the Kunyah¹ of Sayyiduna Anas رضى الله عنه) please tell me these words.’ Sayyiduna Anas رضى الله عنه replied, ‘Under no circumstances will I tell you, because you are not worthy of them.’

¹ Patronymic appellation

The narrator says that when Sayyiduna Anas رضي الله عنه was near the end of his life, his servant Sayyiduna Abbaan رضي الله عنه came to him and began to weep. Sayyiduna Anas رضي الله عنه asked him, ‘What do you want?’ Sayyiduna Abbaan رضي الله عنه replied, ‘Teach us the words which Hajjaj asked you to tell him, and you refused.’ Sayyiduna Anas رضي الله عنه then said, ‘Here are these words; learn them; and recite them in the morning and in the evening.’

The Du’a of Sayyiduna Anas رضي الله عنه

بِسْمِ اللَّهِ عَلَى نَفْسِي وَدِينِي بِسْمِ اللَّهِ عَلَى أَهْلِي وَمَالِي وَوَلَدِي بِسْمِ اللَّهِ عَلَى مَا
أَعْطَانِي اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَأَعَزُّ وَأَجَلُّ
وَأَعْظَمُ مِمَّا أَخَافُ وَأَحْدَرُ عَجَّازُكَ وَجَلَّ شَأْنُكَ وَلَا إِلَهَ غَيْرُكَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ
مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ كُلِّ شَيْطَانٍ مَرِيدٍ وَمِنْ شَرِّ كُلِّ جَبَّارٍ عَنِيدٍ فَإِنْ
تَوَلَّوْا فَقُلْ حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ إِنَّ وَدَى اللَّهِ
الَّذِي نَزَّلَ الْكِتَابَ وَهُوَ يَتَوَلَّى الصَّالِحِينَ

It has been the practice of the pious saints of Islam to recite this Du’a 3 times in the morning and 3 times in the evening.

(Jannati Zaywar, p. 583; Akhbar-ul-Akhyar, p. 292)

Shar’i definition of morning & evening

The definition of morning and evening: The duration from

midnight to the glimmering of the first ray of the sun is called 'Morning.' Whatever is recited within this duration will be considered to have been recited in the morning. From the starting of Zuhr time up to sunset is called 'Evening.' Whatever is recited within this duration will be considered to have been recited in the evening.

20. For strengthening the memory

After each of the five daily Salah, place the right hand on the head and invoke 'يَا قَوِيُّ' 11 times. (*Jannati Zaywar, p. 605*)

21. For protection of eyesight

After each of the five daily Salah invoke 'يَا نُورُ' 11 times, perform Dam on the fingertips of both hands and wipe them over the eyes. (*Jannati Zaywar, p. 606*)

22. For treatment of a lisp

After Salat-ul-Fajr, place a pure pebble into the mouth and recite the following Ayah 21 times: (*Ibid*)

رَبِّ اشْرَحْ لِي صَدْرِي ﴿٢٥﴾ وَيَسِّرْ لِي أَمْرِي ﴿٢٦﴾ وَاحْلُلْ عُقْدَةً مِّنْ
لِّسَانِي ﴿٢٧﴾ يَفْقَهُوا قَوْلِي ﴿٢٨﴾

(*Part 16, Surah Taha, verses 25-28*)

23. For relief from abdominal pain

Recite this Ayah onto water etc. 3 times, and drink the water, or write it and tie it onto the belly: *(Jannati Zaywar, p. 606)*

لَا فِيهَا غَوْلٌ وَلَا هُمْ عَنْهَا يُنْزَفُونَ ﴿٤٧﴾

(Part 23, Surah As-Saffat, verse 47)

24. Remedy for splenomegaly (enlargement of the spleen)

Write this Ayah and tie it onto the spleen area: *(Ibid)*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ ذَلِكَ تَخْفِيفٌ مِّن رَّبِّكُمْ وَرَحْمَةٌ ط

(Part 2, Surah Al-Baqarah, verse 178)

25. Cure for disturbed navel (umbilical problem)

a. Write this Ayah and tie it onto the navel: *(Jannati Zaywar, p. 606)*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾
إِنَّ اللَّهَ يُمَسِّكُ السَّمَوَاتِ وَالْأَرْضَ أَنْ تَزُولَا وَلَئِنْ زَالَتَا إِنْ
أَمْسَكَهُمَا مِنْ أَحَدٍ مِّن بَعْدِهِ ۗ إِنَّهُ كَانَ حَلِيمًا غَفُورًا ﴿٢٦﴾

(Part 22, Surah Faatir, verse 41)

- b. Once every day until cured, place the hand on the navel and recite the Ayahs below 7 times, with Salat upon the Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ once before and once after it, and then perform Dam. (This spiritual exercise has been found to be effective by Sag-e-Madinah [the author]).

هُوَ الَّذِي أَنْزَلَ عَلَيْكَ الْكِتَابَ مِنْهُ آيَاتٌ مُحْكَمَاتٌ هُنَّ أُمُّ
 الْكِتَابِ وَأُخَرُ مُتَشَابِهَةٌ فَأَمَّا الَّذِينَ فِي قُلُوبِهِمْ زَيْغٌ
 فَيَتَّبِعُونَ مَا تَشَابَهَ مِنْهُ ابْتِغَاءَ الْفِتْنَةِ وَابْتِغَاءَ تَأْوِيلِهِ وَمَا
 يَعْلَمُ تَأْوِيلَهُ إِلَّا اللَّهُ وَالرَّاسِخُونَ فِي الْعِلْمِ يَقُولُونَ آمَنَّا بِهِ كُلٌّ
 مِنْ عِنْدِ رَبِّنَا وَمَا يَذَّكَّرُ إِلَّا أُولُو الْأَلْبَابِ ﴿٦٨﴾ رَبَّنَا لَا تَجْعَلْ
 قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ
 الْوَهَّابُ ﴿٦٩﴾

(Part 3, Surah Aal-e-'Imran, verses 7-8)

26. Fever

- a. If the symptoms do not include shivers, write this Ayah and place it around the neck, and also recite this and perform Dam. (Jannati Zaywar, p. 606)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْنَا يِنَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ

(Part 17, Surah Al-Anbiya, verse 69)

- b. If the symptoms include shivers, write this Ayah and string it around the neck: (Jannati Zaywar, p. 606)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
بِسْمِ اللَّهِ مَجْرِبَهَا وَمُرْسَهَا إِنَّ رَبِّي لَغَفُورٌ رَحِيمٌ

(Part 12, Surah Hood, verse 41)

27. Blisters/Pimples

Grind a clean, pure lump of earth, recite this Du'a 3 times on it and then spit into it. Then sprinkle some water onto it and rub it into the affected areas a few times a day. If you like, you can apply a bandage around the pimples after applying this soil.

(Jannati Zaywar, p. 607)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
إِنَّهُمْ يَكِيدُونَ كَيْدًا ﴿١٥﴾ وَأَكِيدُ كَيْدًا ﴿١٦﴾ فَمَهْلِكُ الْكَافِرِينَ أَهْمَهُمْ زُوَيْدًا ﴿١٧﴾

(Part 30, Surah Al-Tariq, verses 15-17)

28. If bitten by a rabid dog

Write the above mentioned Ayah onto 40 pieces of bread or biscuit. Give the affected person one piece to eat every day, **إِنْ شَاءَ اللَّهُ** that person will not be afflicted with rabies or insanity. (*Jannati Zaywar, p. 607*)

29. For treatment of infertility

Take 40 cloves and recite the following Ayah on each one 7 times and from the day when such a woman performs Ghusl to become pure from menses, give her one clove daily to eat before going to asleep. She should not drink water after this, and she should undergo copulation with her husband during this time. The Ayah is this: (*Jannati Zaywar, p. 607*)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَوْ كَظُلُمَاتٍ فِي بَحْرٍ لُجِّيٍّ يَغْشَاهُ مَوْجٌ مِنْ فَوْقِهِ مَوْجٌ مِنْ فَوْقِهِ سَحَابٌ ط

ظُلُمَاتٌ بَعْضُهَا فَوْقَ بَعْضٍ ط إِذَا أَخْرَجَ يَدَهُ لَمْ يَكَدْ يَرَاهَا ط وَمَنْ لَمْ يَجْعَلِ

اللَّهُ لَهُ نُورًا فَمَالَهُ مِنْ نُورٍ ؕ

(*Part 18, Surah Al-Noor, verse 40*)

They will be blessed with kids.

30. If the baby becomes tilted in the womb

Recite the first 5 verses of Surah Inshiqaq 3 times (with Salat upon the Prophet 3 times before and 3 times after it). Recite بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ before starting the verses each time, and after recital, perform Dam on water and drink it. Perform this practice every day and from time to time continue to repeat these verses as an invocation. Another person can also perform Dam and give it to the expecting mother to drink. اِنْ شَاءَ اللّٰهُ. The child will normalize. This practice is also a relief for delivery pains.

31. Cholera

Recite Surah Qadr and perform Dam on every food and drink before taking them, اِنْ شَاءَ اللّٰهُ you will remain protected. Perform Dam on food and give it to the one who has already been affected by this disease to eat, اِنْ شَاءَ اللّٰهُ he will be cured. (Jannati Zaywar, p. 609)

32. For vomiting, pain, and abdominal pain

Write this Ayah and make the affected person drink water rinsed with it:

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ
اَوَّلَمَیْرَ الْاِنْسَانِ اَنَا خَلَقْنٰهُ مِنْ نُّطْفَةٍ فَاِذَا هُوَ حَصِیْمٌ مُّبِیْنٌ ﴿۷۷﴾

(Part 23, Surah Yaseen, verse 77)

33. Pain in the body parts

After Salah recite this Ayah 7 times and perform Dam on both hands. Then rub the hands on the area of pain, the pain will recede.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ نَاحِيَةً مُتَصِدِّعًا مِّنْ خَشْيَةِ
اللَّهِ ۗ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٦٦﴾

(Part 28, Surah Al-Hashr, verse 21)

34. Prevention of wet dreams

To prevent wet dreams, recite Surah Nuh once before going to sleep and perform Dam over yourself.

35. Prevention of blindness & eye infection

مَرْحَبًا بِحَبِيبِي وَقُرَّةِ عَيْنِي مُحَمَّدًا بْنَ عَبْدِ اللَّهِ

Sayyiduna Imam Hasan رضي الله عنه has reported, ‘Upon hearing the Muazzin uttering ‘أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ’ whoever recites the above invocation, and then kisses his thumbs and touches them on his eyes, neither will he ever go blind, nor will he suffer eye infection. (Al-Maqasid-ul-Hasanah, p. 391)

36. Method of creating a Madani environment at home

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ

إِمَامًا

*‘O our Rab! Soothe our eyes with our wives and our children,
and make us leader of the pious.’*

[Kanz-ul-Iman (Translation of Quran)] (Part 19, Surah Al-Furqan, verse 74)

Recite this Du’a once after every Salah with Salat upon the Prophet once before and once after it. **إِنْ شَاءَ اللَّهُ** Your children will become adherent to the Sunnah and a Madani environment will establish in your home. *(Masaa'il-ul-Quran, p. 290)*

37. Remedy for diabetes

رَبِّ ادْخِلْنِي مَدْخَلَ صِدْقٍ وَأَخْرِجْنِي مَخْرَجَ صِدْقٍ وَاجْعَلْ لِي مِنْ

تَدْنِكَ سُلْطٰنًا نَصِيْرًا

*‘O my Rab! Admit me with the truth and take me out with the
truth, and give me from Yourself a helpful dominance.’*

[Kanz-ul-Iman (Translation of Quran)] (Part 15, Surah Bani Israel, verse 80)

Recite this Quranic Du’a 3 times every morning and every night, with Salat upon the Prophet 3 times before and 3 times

after it, perform Dam on water and drink it. (*Duration of treatment: until cured*)

38. A ritual for relief from debts

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Translation: Ya Allah عَزَّوَجَلَّ grant me lawful sustenance and save me from that which is unlawful and with Your grace make me independent of everyone except You.

Recite it (with Salat upon the Prophet once before and after it) eleven times after every Salah and one hundred times every morning and evening until the debt is repaid.

According to a narration, once a Mukatab¹ said to Sayyiduna ‘Ali كَرَّمَ اللَّهُ وَجْهَهُ الْكَرِيم: ‘Please help me, I cannot pay for my release.’ He رَضِيَ اللَّهُ عَنْهُ replied: ‘Shall I not teach you a few words that the beloved Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ taught me? Even if you owe as much money as mount Sir² Allah عَزَّوَجَلَّ will pay it off on your behalf. You should recite this:

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

(*Tirmizi, vol. 5, p. 329, Hadith 3574*)

¹ A slave who has signed a contract with his owner to be set free in exchange for a payment. (*Al-Mukhtasar-ul-Quduri, Kitab-ul-Makatib, p. 386*)

² The name of a mountain. (*An-Nihayah, vol. 3, p. 61*)

3 Excellences of Surah Kafiroon

1. It is narrated by Sayyiduna Farwah Bin Nawfal رضي الله عنه that once he presented himself in the blessed court of the Noble and Beloved Prophet صلى الله عليه وآله وسلم and asked, ‘Ya Rasoolallah صلى الله عليه وآله وسلم! Tell me something that I can recite when getting into bed.’ The Beloved and Blessed Prophet صلى الله عليه وآله وسلم replied, ‘Recite قُلْ يَا أَيُّهَا الْكَافِرُونَ, this is relief from Shirk (Polytheism).’ (*Tirmizi, vol. 5, p. 257, Hadith 3414*)
2. It is narrated by Sayyiduna Anas رضي الله عنه that the Holy Prophet صلى الله عليه وآله وسلم once said to a blessed companion, ‘O so and so! Are you married?’ He replied, ‘Ya Rasoolallah صلى الله عليه وآله وسلم! I swear by Allah عَدَّوَجَلَّ, I am not; I do not possess the means for marriage.’ The Holy Prophet صلى الله عليه وآله وسلم asked him, ‘Have you not memorized قُلْ هُوَ اللَّهُ أَحَدٌ?’ He replied, ‘Yes, of course.’ The Holy Prophet صلى الله عليه وآله وسلم then said, ‘This is equivalent to one-third of the Holy Quran.’

He صلى الله عليه وآله وسلم then asked, ‘Have you not memorized قُلْ هُوَ اللَّهُ أَحَدٌ?’ The companion رضي الله عنه replied, ‘Yes, of course.’ The Holy Prophet صلى الله عليه وآله وسلم then said, ‘This is equivalent to a quarter of the Quran.’ The Beloved and Blessed Prophet صلى الله عليه وآله وسلم then asked the companion رضي الله عنه, ‘Have you not memorized قُلْ يَا أَيُّهَا الْكَافِرُونَ?’ He

replied, ‘Yes, of course.’ The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ then said, ‘This is equivalent to a quarter of the Quran.’

He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ then asked, ‘Have you not memorized إِذَا زُرْتِ الْأَرْضُ?’ The companion رَضِيَ اللهُ عَنْهُ replied, ‘Yes, of course.’ The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘This is equivalent to a quarter of the Quran,’ and then said, ‘Get married, get married.’ (Tirmizi, vol. 4, p. 409, Hadith 2904)

3. It is narrated by Sayyiduna Ibn-e-‘Abbas رَضِيَ اللهُ عَنْهُ that the Noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated, إِذَا زُرْتِ is equivalent to half of the Quran, قُلْ هُوَ اللهُ أَحَدٌ is equivalent to one-third of the Quran, and قُلْ يَا أَيُّهَا الْكَافِرُونَ is equivalent to a quarter of the Quran.’ (Tirmizi, vol. 4, p. 409, Hadith 2903)

7 Excellences of Surah Al-Ikhlās

1. It is reported by Sayyiduna Abu Darda رَضِيَ اللهُ عَنْهُ that the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘Why doesn’t anyone amongst you recite one-third of the Quran in the night?’ The honourable companions رَضِيَ اللهُ عَنْهُمْ exclaimed, ‘How can anyone recite one-third of the Quran?’ The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘قُلْ هُوَ اللهُ أَحَدٌ is equivalent to one-third of the Holy Quran.’ (Muslim, p. 315, Hadith 1886)

2. It is narrated by Sayyiduna Abu Hurayrah رَضِيَ اللهُ عَنْهُ that the Beloved and Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘Gather together because I am about to recite one-third of the Holy Quran before you.’ Consequently, those people amongst the blessed Sahabah (companions) رَضِيَ اللهُ عَنْهُم who were to congregate gathered together. Then the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ came, recited قُلْ هُوَ اللهُ أَحَدٌ, and then returned. We [i.e. the Sahabah] began to say to each other, ‘Perhaps a revelation has come from the skies because of which the Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has left.’ When the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ came back, he صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘I said that I would recite one-third of the Quran before you; listen well! This Surah is equivalent to one-third of the Holy Quran.’
(Muslim, p. 316, Hadith 1888)
3. Sayyiduna Abu Sa’eed Khudri رَضِيَ اللهُ عَنْهُ says that there was a person who heard someone reciting قُلْ هُوَ اللهُ أَحَدٌ repeatedly, so he went to the court of the Noble Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ in the morning and mentioned this; it was as if that person was thinking less of that. The Prophet of Allah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘I swear by the One in whose control my soul is, this Surah is equivalent to one-third of the Holy Quran.’
(Sahih Bukhari, vol. 3, p. 406, Hadith 5013)
4. It is narrated by Sayyiduna Mu’aaz Bin Anas Juhani رَضِيَ اللهُ عَنْهُ that the Beloved Prophet of صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘Whoever

recites **قُلْ هُوَ اللَّهُ أَحَدٌ** 10 times, Allah **عَزَّوَجَلَّ** will make a palace for him in Jannah.’ Sayyiduna ‘Umar Bin Khattab **رَضِيَ اللَّهُ عَنْهُ** then said, ‘Ya Rasoolallah **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**! Then we will recite it in abundance.’ The Holy Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** then said, ‘Allah **عَزَّوَجَلَّ** is the One who bestows generously and He **عَزَّوَجَلَّ** is Pure (from all shortcomings).’ (*Musnad Imam Ahmad, vol. 5, p. 308, Hadith 15610*)

5. It is reported by the mother of the believers, Sayyidatuna ‘Aishah Siddiqah **رَضِيَ اللَّهُ عَنْهَا** that the Beloved Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** once deputed a person as the chief (of a battalion) for a battle. Whenever he would lead his companions in Salah, along with another Surah, he would recite **قُلْ هُوَ اللَّهُ أَحَدٌ** at the end.

After returning from that battle, the people mentioned this to Holy Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ**, who said, ‘Ask him why he does this.’ When the people asked him, he responded by saying, ‘I recite this in every Salah because it describes an attribute of Allah **عَزَّوَجَلَّ**, and so I am fond of reciting it.’ Hearing this, the Holy Prophet **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** said, ‘Inform him that Allah **عَزَّوَجَلَّ** also loves him.’ (*Bukhari, vol. 4, p. 531, Hadith 7375*)

6. Sayyiduna Abu Hurayrah **رَضِيَ اللَّهُ عَنْهُ** narrates, ‘I was once going somewhere with the Blessed and Beloved Prophet

صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ when the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ heard someone reciting Surah Al-Ikhlās, and said, ‘It has become Wajib [incumbent]!’ I said, ‘Ya Rasoolallah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ! What has become Wajib?’ He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ replied, ‘Jannah.’ (*Mauta Imam Malik, vol. 1, p. 198, Hadith 495*)

7. It is narrated by Sayyiduna Anas رَضِيَ اللهُ عَنْهُ that the Beloved and Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has stated, ‘Whoever recites قُلْ هُوَ اللهُ أَحَدٌ 200 times every day, 50 years of his sins will be erased, except if he has outstanding loans (i.e., they will not be forgiven).’ (*Tirmizi, vol. 4, p. 411, Hadith 2907*)

5 Excellences of Surah Falaq and Surah Naas

1. Sayyiduna Jabir Bin ‘Abdullah رَضِيَ اللهُ عَنْهُ narrated, ‘The Beloved and Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said to me, ‘O Jabir! Recite.’ I replied, ‘Ya Rasoolallah صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ, may my mother and father be sacrificed for you! What should I recite?’ The Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ then said, ‘قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ’ and ‘قُلْ أَعُوذُ بِرَبِّ النَّاسِ.’ I then recited these two Surahs, and the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said, ‘Recite these two because you can never recite the equal of these.’ (*Al-Ihsan bittartib Sahih Ibn-e-Hibban, vol. 2, p. 84, Hadith 793*)
2. Sayyiduna ‘Uqbah Bin ‘Amir رَضِيَ اللهُ عَنْهُ narrates, ‘I was with the Beloved and Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ on a journey, when he صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said to me, ‘O ‘Uqbah! Shall I not

teach you two of the best Surahs that are recited?’ Then the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ taught me قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ and قُلْ أَعُوذُ بِرَبِّ النَّاسِ.’ (Abu Dawood, vol. 2, p. 103, Hadith 1462)

3. Sayyiduna ‘Uqbah Bin ‘Amir رَضِيَ اللهُ عَنْهُ narrates, ‘I was passing between Ju’fah and Abwa (two places) with the Noble and Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ when we were confronted by a severe storm and we were surrounded by complete darkness. The Beloved and Blessed Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ began to ask for protection through the means of قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ and قُلْ أَعُوذُ بِرَبِّ النَّاسِ and said to me, ‘O ‘Uqbah! Seek protection through the means of these two; no one seeking protection has ever asked for protection through the intercession of anything like these.’ (Sunan Abi Dawood, vol. 2, p. 103, Hadith 1463)
4. It is narrated by the mother of the believers, Sayyidatuna ‘Aaishah Siddiqah رَضِيَ اللهُ عَنْهَا that when the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would go to bed in order to take rest, he صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would join his hands together, recite Surah Al-Ikhlās, Surah Falaq, and Surah Naas, and then perform Dam. He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would pass his hands over every part of his blessed body that they could reach, but he would start from the blessed head, the blessed face, and the front of the blessed body. He صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ would perform all this 3 times. (Bukhari, vol. 3, p. 407, Hadith 5017)

5. It is reported by Sayyiduna ‘Abdullah Bin Habib رَضِيَ اللهُ عَنْهُ that the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ said to him, ‘Recite قُلْ هُوَ اللهُ أَحَدٌ and the Mu’awwazatayn (Surah Falaq and Surah Naas) 3 times in the morning and 3 times in the night daily; these will suffice you for everything.’ (*Ad-Durr-e-Mansoor, vol. 8, p. 681*)

Method of saving oneself from dependency

Whoever recites Surah
Waaqi'ah every night will
never face destitution.

*(Mishkat, vol. 1, p. 409, Hadith
2181)*



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