



RUQYAH - 'AYN

www.ruqyahresort.com

info@ruqyahresort.com

07942 262 793

Niyyah (intention):

The Prophet Muhammad (peace and blessings be upon him) said: Verily actions are by intentions and every person will have only what they intended. (Bukhari), meaning that whatever action you do, and for whose sake you did it, that's how you will be judged and rewarded. In ruqyah, intentions are extremely important. Firstly in terms of who you are seeking from (Allah alone), and secondly what you are asking for. For general ruqyah, here are some of the intentions you can have:

- ☐ O Allah, I ask you to relieve me of all illness including **physical, spiritual, and psychological** illnesses so that I can worship you to the best of my ability
- ☐ O Allah, I ask you to relieve me of all spiritual illness including the **evil eye, black magic, and jinn possession**

For ruqyah specifically related to the **evil eye**, here are some of the intentions that you can have:

- ☐ O Allah, I ask you to remove the evil eye of jealousy (hasad) and amazement ('ujab)
- ☐ O Allah, I ask you to remove the evil eye of humans, jinn, and creatures/animals
- ☐ O Allah, I ask you to remove the link between me and the haasid/een
- ☐ O Allah, I ask you to shield me from more evil eye from penetrating my spiritual body

Adkhaar (remembrances):

Ruqyah is a form of du'a (supplication) to Allah. Part of the etiquette of du'a is that we humble ourselves before Allah and praise Him with words of praise, mention our needs, and send peace and blessings upon the Prophet Muhammad (peace be upon Him). There are no set remembrances that we must say, and every ruqyah session can be different in terms of what is included. Adhkaar/Du'a can be included at the beginning, during, and at the end of a session. Here are some suggestions as to what to include:

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ
السَّمَوَاتِ، وَرَبُّ الْأَرْضِ، وَرَبُّ الْعَرْشِ الْكَرِيمِ

La ilaha illallahul-Adheemul-Haleem. La ilaha illallahu Rabbul-'Arshil-'Adheem. La ilaha illallahu
Rabbus-samawati, wa Rabbul-ardi, wa Rabbul-'Arshil- Kareem

None has the right to be worshipped except Allah, the Most Great, the Most-Forbearing. None has the right to be worshipped except Allah, Lord of the Magnificent Throne. None has the right to be worshipped except Allah, Lord of the Heavens, Lord of the Earth, and Lord of the Noble Throne.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bikalima tillahit tammati min sharri ma khalaq

I seek refuge in the perfect words of Allah from the evil of that which He has created (3x)

اللَّهُمَّ رَبَّ النَّاسِ ، أَذْهَبِ الْبَاسَ ، وَاشْفِ ، أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ ،
شِفَاءَ لَا يُغَادِرُ سَقَمًا

Allaahumma Rabban-naas, adhhibil-ba's, washfi antash-Shaafi laa shifaa'a illaa shifaa'uk shifaa'an
laa yughaadiru saqama

O Allah, Lord of mankind, do away with my difficulty/suffering. Cure me as You are the only Curer and there is no cure except that of Yours, it is that which leaves no ailment/disease behind

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

Allahumma 'aafinee fee badani, allahumma 'aafinee fee sam'ee,

allahumma 'aafinee fee basari, laa ilaaha illa ant

O Allah, grant me well-being in my body. O Allah, grant me well-being in my hearing. O Allah, grant me well-being in my sight. There is none worthy of worship but You. (3x)

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

La hawla wa la quwwata illa billah

There is no power and no strength except with Allah

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu wa ni'mal wakeel

Allah (alone) is Sufficient for us, and He is the best disposer of affairs

يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ

Ya Hayyu Ya Qayyum, bi-Rahmatika astagheeth

O the ever living, o the one that sustains and protects al that exists, in your mercy I seek relief

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَةٍ وَمِنْ كُلِّ عَيْنٍ لَامَةٍ

A'udhu bikalimatillahi-ttaammati min kulli shaytanin wa haammah, wa min kulli 'aynin laammah

I seek refuge in the perfect words of Allah from every devil and every poisonous creature, and from every envious evil eye

Quran:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu Billahi Min ash-Shaytan ir-Rajim

I seek refuge in Allah from the accursed Shaytan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ١

In the name of Allah, the entirely merciful, the especially merciful. (1:1)

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ٢

All praise and thanks is due to Allah, Lord of all the worlds. (1:2)

الرَّحْمَنِ الرَّحِيمِ ٣

The entirely merciful, the especially merciful. (1:3)

مَلِكِ يَوْمِ الدِّينِ ٤

Master of the day of judgement. (1:4)

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ٥

You alone we worship, and you alone we ask for help. (1:5)

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ٦

Guide us to the straight path. (1:6)

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ٧

The path of those whom you have blessed,

not the path of those who earn your anger,

nor of those who are astray. (1:7)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the entirely merciful, the especially merciful.

آلَمْ

Alif, Laam, Meem. (2:1)

ذَٰلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ

That is the book in which there is no doubt, a guidance for those who fear Allah. (2:2)

الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنفِقُونَ

Those who believe in the unseen, and establish the prayers, and spend out of that which we have provided for them. (2:3)

وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ

And believe in what was revealed to you, and what was revealed to those before you, and in the hereafter they are certain. (2:4)

أُولَٰئِكَ عَلَىٰ هُدًى مِّن رَّبِّهِمْ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ

It is those who are truly guided by their Lord, and it is those who are successful. (2:5)

يَكَادُ الْبَرْقُ يَخْطَفُ أَبْصَارَهُمْ كُلَّمَا أَضَاءَ لَهُمْ مَّشَوْا فِيهِ وَإِذَا أَظْلَمَ عَلَيْهِمْ قَامُوا
وَلَوْ شَاءَ اللَّهُ لَذَهَبَ بِسَمْعِهِمْ وَأَبْصَارِهِمْ إِنَّ اللَّهَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

It is as if the lightning were about to snatch away their sight. Whenever lightning strikes, they walk in its light, but when darkness covers them, they stand still. Had Allah willed, He could have taken away their hearing and sight. Surely Allah is Most Capable of everything. (2:20)

قَالُوا ادْعُ لَنَا رَبَّكَ يُبَيِّنْ لَنَا مَا لَوْنُهَا قَالَ إِنَّهُ يَقُولُ إِنَّهَا بَقَرَةٌ صَفْرَاءُ فَاقِعٌ لَوْنُهَا تَسُرُّ النَّظِيرِينَ ﴿٦٩﴾

They said, "Call upon your Lord to specify for us its colour." He replied, "Allah says, 'It should be a bright yellow cow—pleasant to see.'" (2:69)

وَدَّ كَثِيرٌ مِّنْ أَهْلِ الْكِتَابِ لَوْ يَرُدُّونَكُم مِّنْ بَعْدِ إِيمَانِكُمْ كُفَّارًا حَسَدًا مِّنْ عِندِ أَنْفُسِهِمْ مِّنْ بَعْدِ مَا تَبَيَّنَ لَهُمُ الْحَقُّ فَاعْفُوا وَاصْفَحُوا حَتَّى يَأْتِيَ اللَّهُ بِأَمْرٍ ةَ إِنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿١٠٩﴾

Many among the People of the Book wish they could turn you 'believers' back to disbelief because of their envy, after the truth has been made clear to them. Pardon and bear with them until Allah delivers His decision. Surely Allah is Most Capable of everything. (2:109)

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

Allah, there is none worthy of worship except Him, the ever-living, the all-sustaining. Neither drowsiness nor sleep overtakes Him. To him belongs whatever is in the heavens and the earth.

Who is the one that can intercede with Him, except with His permission? He knows what will

happen to his creatures in this world and what will happen to them in the next. None can encompass anything of his knowledge except what He wills. His Kursi extends over the heavens and the earth, and the preservation of both does not tire Him. He is the most high, the greatest.

(2:255)

لَا إِكْرَاهَ فِي الدِّينِ ۚ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ ۚ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ
بِاللَّهِ فَقَدْ اَسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْفِصَامَ لَهَا ۗ وَاللَّهُ سَمِيعٌ عَلِيمٌ



Let there be no compulsion in religion, for the truth stands out clearly from falsehood. So whoever renounces false gods and believes in Allah has certainly grasped the firmest, unfailing hand-hold.

And Allah is All-Hearing, All-Knowing. (2:256)

اللَّهُ وَلِيُّ الَّذِينَ ءَامَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ ۚ وَالَّذِينَ كَفَرُوا
أَوْلِيَآؤُهُمُ الطَّاغُوتُ يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى الظُّلُمَاتِ ۗ أُولَٰئِكَ
أَصْحَابُ النَّارِ هُمْ فِيهَا خَالِدُونَ



Allah is the Guardian of the believers—He brings them out of darkness and into light. As for the disbelievers, their guardians are false gods who lead them out of light and into darkness. It is they who will be the residents of the Fire. They will be there forever. (2:257)

لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ ۗ وَان تَبَدُّوْا مَا فِىْ اَنْفُسِكُمْ اَوْ تَخْفَوْهُ
يُحَاسِبْكُمْ بِهِ ۗ اللّٰهُ فَيَغْفِرْ لِمَنْ يَّشَآءُ وَيُعَذِّبْ مَنْ يَّشَآءُ ۗ وَاللّٰهُ عَلَىٰ كُلِّ
شَيْءٍ قَدِيْرٌ



To Allah 'alone' belongs whatever is in the heavens and whatever is on the earth. Whether you reveal what is in your hearts or conceal it, Allah will call you to account for it. He forgives whoever He wills, and punishes whoever He wills. And Allah is Most Capable of everything. (2:284)

ءَاْمَنَ الرَّسُوْلُ بِمَا اُنْزِلَ اِلَيْهِ مِنْ رَّبِّهٖ ۚ وَالْمُؤْمِنُوْنَ كُلُّ ءَاْمَنَ بِاللّٰهِ
وَمَلَآئِكَتِهٖ ۚ وَكُتِبَ عَلَيْهِ ۚ وَرُسُلِهٖ ۚ لَا نُفَرِّقُ بَيْنَ اَحَدٍ مِّنْ رُّسُلِهٖ ۚ وَقَالُوْا
سَمِعْنَا وَاَطَعْنَا ۚ غُفِرَ لَكَ رَبَّنَا ۚ وَاِلَيْكَ الْمَصِيْرُ



The Messenger 'firmly' believes in what has been revealed to him from his Lord, and so do the believers. They 'all' believe in Allah, His angels, His Books, and His messengers. 'They proclaim,'

"We make no distinction between any of His messengers." And they say, "We hear and obey. 'We seek' Your forgiveness, our Lord! And to You 'alone' is the final return." (2:285)

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا أُكْتَسَبَتْ رَبَّنَا لَا
تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا
حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ ﴿٢٨٦﴾

Allah does not burden any soul more than what it can bear. All good will be for its own benefit, and all evil will be to its own loss. 'The believers pray,' "Our Lord! Do not punish us if we forget or make a mistake. Our Lord! Do not place a burden on us like the one you placed on those before us. Our Lord! Do not burden us with what we cannot bear. Pardon us, forgive us, and have mercy on us. You are our 'only' Guardian. So grant us victory over the disbelieving people." (2:286)

لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ وَهُوَ اللَّطِيفُ الْخَبِيرُ ﴿١٠٣﴾

No vision can encompass Him, but He encompasses all vision. For He is the Most Subtle, All-Aware. (6:103)

فَلَا تُعْجِبْكَ أَمْوَالُهُمْ وَلَا أَوْلَادُهُمْ إِنَّمَا يُرِيدُ اللَّهُ لِيُعَذِّبَهُمْ بِهَا فِي الْحَيَاةِ
الدُّنْيَا وَتَرْهَقَ أَنْفُسُهُمْ وَهُمْ كَافِرُونَ ﴿٥٥﴾

So let neither their wealth nor children impress you 'O Prophet'. Allah only intends to torment them through these things in this worldly life, then their souls will depart while they are disbelievers. (9:55)

وَأَصْنَعِ الْفُلَكَ بِأَعْيُنِنَا وَوَحَيْنَا وَلَا تُخَاطِبُنِي فِي الَّذِينَ ظَلَمُوا إِنَّهُمْ مُغْرَقُونَ ﴿٣٧﴾

And build the Ark under Our 'watchful' Eyes and directions, and do not plead with Me for those who have done wrong, for they will surely be drowned." (11:37)

وَقَالَ يَبْنَى لَا تَدْخُلُوا مِنْ بَابٍ وَاحِدٍ وَأَدْخُلُوا مِنْ أَبْوَابٍ مُتَفَرِّقَةٍ وَمَا أُغْنِي عَنْكُمْ مِنَ اللَّهِ مِنْ شَيْءٍ إِنْ الْحُكْمُ إِلَّا لِلَّهِ عَلَيْهِ تَوَكَّلْتُ وَعَلَيْهِ فَلْيَتَوَكَّلِ الْمُتَوَكِّلُونَ ﴿٦٧﴾

He then instructed 'them', "O my sons! Do not enter 'the city' all through one gate, but through separate gates. I cannot help you against 'what is destined by' Allah in the least. It is only Allah Who decides. In Him I put my trust. And in Him let the faithful put their trust." (12:67)

وَلَقَدْ جَعَلْنَا فِي السَّمَاءِ بُرُوجًا وَزَيَّنَّاهَا لِلنَّظِيرِ ﴿١٦﴾

Indeed, We have placed constellations in the sky, and adorned it for all to see. (15:16)

وَحَفِظْنَاهَا مِنْ كُلِّ شَيْطَانٍ رَجِيمٍ ﴿١٧﴾

And We protected it from every accursed devil, (15:17)

إِلَّا مَنْ أَسْتَرَقَ السَّمْعَ فَاتَّبَعَهُ شِهَابٌ مُبِينٌ ﴿١٨﴾

except the one eavesdropping, who is then pursued by a visible flare. (15:18)

وَلَوْ لَا إِذْ دَخَلْتَ جَنَّتَكَ قُلْتَ مَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ إِنْ تَرِنَا أَقْلَ مِنْكَ مَالًا وَوَلَدًا ﴿٣٩﴾

If only you had said, upon entering your property, 'This is what Allah has willed! There is no power except with Allah!' Even though you see me inferior to you in wealth and offspring, (18:39)

وَلَا تَمُدَّنَّ عَيْنَيْكَ إِلَى مَا مَتَّعْنَاهُ أَزْوَاجًا مِنْهُمْ زَهْرَةَ الْحَيَاةِ الدُّنْيَا لِنَفْتِنَهُمْ فِيهِ وَرِزْقُ رَبِّكَ خَيْرٌ وَأَبْقَى ﴿١٣١﴾

Do not let your eyes crave what We have allowed some of the disbelievers to enjoy; the 'fleeting' splendour of this worldly life, which We test them with. But your Lord's provision 'in the Hereafter' is far better and more lasting. (20:131)

قُلْ مَنْ ذَا الَّذِي يَعْصِمُكُمْ مِنَ اللَّهِ إِنْ أَرَادَ بِكُمْ سُوءًا أَوْ أَرَادَ بِكُمْ رَحْمَةً وَلَا يَجِدُونَ لَهُمْ مِنْ دُونِ اللَّهِ وَلِيًّا وَلَا نَصِيرًا ﴿١٧﴾

Ask 'them, O Prophet', "Who can put you out of Allah's reach if He intends to harm you or show you mercy?" They can never find any protector or helper besides Allah. (33:17)

* قَدْ يَعْلَمُ اللَّهُ الْمُعَوِّقِينَ مِنْكُمْ وَالْقَائِلِينَ لِإِخْوَانِهِمْ هَلُمَّ إِلَيْنَا وَلَا يَأْتُونَ الْبَاسَ إِلَّا قَلِيلًا ﴿١٨﴾

Allah knows well those among you who discourage 'others from fighting', saying 'secretly' to their brothers, "Stay with us," and who themselves hardly take part in fighting. (33:18)

أَشِحَّةً عَلَيْكُمْ فَإِذَا جَاءَ الْخَوْفُ رَأَيْتَهُمْ يَنْظُرُونَ إِلَيْكَ تَدُورُ أَعْيُنُهُمْ كَالَّذِي يُغْشَى عَلَيْهِ مِنَ الْمَوْتِ فَإِذَا ذَهَبَ الْخَوْفُ سَلَقُوكُمْ بِاللِّسَانِ حِدَادٍ أَشِحَّةً عَلَى الْخَيْرِ أُولَئِكَ لَمْ يُؤْمِنُوا فَأَحْبَطَ اللَّهُ أَعْمَالَهُمْ وَكَانَ ذَلِكَ عَلَى اللَّهِ يَسِيرًا ﴿١٩﴾

'They are' totally unwilling to assist you. When danger comes, you see them staring at you with their eyes rolling like someone in the throes of death. But once the danger is over, they slash you with razor-sharp tongues, ravenous for 'worldly' gains. Such people have not 'truly' believed, so Allah has rendered their deeds void. And that is easy for Allah. (33:19)

فَنَظَرَ نَظْرَةً فِي النُّجُومِ ﴿٨٨﴾

He later looked up to the stars 'in contemplation', (37:88)

فَقَالَ إِنِّي سَقِيمٌ ﴿٨٩﴾

then said, "I am really sick." (37:89)

فَتَوَلَّوْا عَنْهُ مُدْبِرِينَ ﴿٩٠﴾

So they turned their backs on him and went away. (37:90)

سَيَقُولُ الْمُخَلَّفُونَ إِذَا انْطَلَقْتُمْ إِلَى مَغَانِمَ لِتَأْخُذُوهَا ذَرُونَا
نَتَّبِعْكُمْ يُرِيدُونَ أَنْ يُبَدِّلُوا كَلِمَ اللَّهِ قُلْ لَنْ تَتَّبِعُونَا كَذَلِكُمْ قَالَ اللَّهُ
مَنْ قَبْلُ فَسَيَقُولُونَ بَلْ تَحْسُدُونَنَا بَلْ كَانُوا لَا يَفْقَهُونَ إِلَّا قَلِيلًا ﴿١٥﴾

Those who stayed behind will say, when you 'believers' set out to take the spoils of war, "Let us accompany you." They wish to change Allah's promise. Say, 'O Prophet,' "You will not accompany us. This is what Allah has said before." They will then say, "In fact, you are driven by jealousy against us!" The truth is: they can hardly comprehend. (48:15)

وَأَصْبِرْ لِحُكْمِ رَبِّكَ فَإِنَّكَ بِأَعْيُنِنَا وَسَبِّحْ بِحَمْدِ رَبِّكَ حِينَ تَقُومُ ﴿٤٨﴾

So be patient with your Lord's decree, for you are truly under Our 'watchful' Eyes. And glorify the praises of your Lord when you rise. (52:48)

*وَإِذَا رَأَيْتَهُمْ تُعْجِبُكَ أَجْسَامُهُمْ وَإِنْ يَقُولُوا تَسْمَعُ لِقَوْلِهِمْ كَأَنَّهِمْ
خُشُبٌ مُسَنَّدَةٌ يَحْسَبُونَ كُلَّ صَيْحَةٍ عَلَيْهِمْ هُمُ الْعَدُوُّ فَاحْذَرْهُمْ
قَتَلَهُمُ اللَّهُ أَنَّى يُؤْفَكُونَ ﴿٤٩﴾

When you see them, their appearance impresses you. And when they speak, you listen to their 'impressive' speech. But they are 'just' like 'worthless' planks of wood leaned 'against a wall'. They think every cry is against them. They are the enemy, so beware of them. May Allah condemn them! How can they be deluded 'from the truth'? (63:4)

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿١﴾

Blessed is the One in Whose Hands rests all authority. And He is Most Capable of everything. (67:1)

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا وَهُوَ الْعَزِيزُ الْغَفُورُ ﴿٢﴾

'He is the One' Who created death and life in order to test which of you is best in deeds. And He is the Almighty, All-Forgiving. (67:2)

الَّذِي خَلَقَ سَبْعَ سَمَوَاتٍ طِبَاقًا مَّا تَرَىٰ فِي خَلْقِ الرَّحْمَنِ مِن تَفَوُّتٍ
فَازْجِعِ الْبَصَرَ هَلْ تَرَىٰ مِن فُطُورٍ ﴿٣﴾

'He is the One' Who created seven heavens, one above the other. You will never see any imperfection in the creation of the Most Compassionate. So look again: do you see any flaws?
(67:3)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ن وَالْقَلَمِ وَمَا يَسْطُرُونَ ﴿١﴾

Nūn. By the pen and what everyone writes! (68:1)

مَا أَنْتَ بِنِعْمَةِ رَبِّكَ بِمَجْنُونٍ ﴿٢﴾

By the grace of your Lord, you 'O Prophet' are not insane. (68:2)

وَإِنَّ لَكَ لَأَجْرًا غَيْرَ مَمْنُونٍ ﴿٣﴾

You will certainly have a never-ending reward. (68:3)

وَإِنَّكَ لَعَلَىٰ خُلُقٍ عَظِيمٍ ﴿٤﴾

And you are truly 'a man' of outstanding character. (68:4)

فَسَتُبْصِرُ وَيُبْصِرُونَ ﴿٥﴾

Soon you and the pagans will see, (68:5)

بِأَيِّكُمْ الْمَفْتُونُ ﴿٦﴾

which of you is mad. (68:6)

وَأِنْ يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَرِهِمْ لَمَّا سَمِعُوا الذِّكْرَ
وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ ﴿٥٥﴾

The disbelievers would almost cut you down with their eyes when they hear 'you recite' the Reminder, and say, "He is certainly a madman." (68:51)

وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ ﴿٥٥﴾

But it is simply a reminder to the whole world. (68:52)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the entirely merciful, the especially merciful.

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾

Say, 'O Prophet,' "He is Allah—One 'and Indivisible'; (112:1)

اللَّهُ الصَّمَدُ ﴿٢﴾

Allah—the Sustainer 'needed by all'. (112:2)

لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾

He has never had offspring, nor was He born. (112:3)

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

And there is none comparable to Him." (112:4)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the entirely merciful, the especially merciful.

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾

Say, 'O Prophet,' "I seek refuge in the Lord of the daybreak (113:1)

مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾

from the evil of whatever He has created, (113:2)

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾

and from the evil of the night when it grows dark, (113:3)

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾

and from the evil of those 'witches casting spells by' blowing onto knots, (113:4)

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

and from the evil of an envier when they envy." (113:5)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the entirely merciful, the especially merciful.

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾

Say, 'O Prophet,' "I seek refuge in the Lord of humankind, (114:1)

مَلِكِ النَّاسِ ﴿٢﴾

the Master of humankind, (114:2)

إِلَهُ النَّاسِ ٣

the God of humankind, (114:3)

مِنْ شَرِّ الْوَسْوَاسِ الْخَفَّاسِ ٤

from the evil of the lurking whisperer— (114:4)

الَّذِي يُوسَّوْسُ فِي صُدُورِ النَّاسِ ٥

who whispers into the hearts of humankind— (114:5)

مِنَ الْجِنَّةِ وَالنَّاسِ ٦

from among jinn and humankind." (114:6)

Self Ruqyah Tips:

- ☐ You must be praying your 5 daily prayers and understand what you are saying in the prayer.
- ☐ Say your morning (after fajr) and evening (after asr) adhkaar with a double niyyah (to remove what has afflicted you, and to keep yourself protected from more harm)
- ☐ Recite the document once daily (more if it easy)
- ☐ To benefit yourself more from the Qur'an you are reciting, blow onto yourself, onto water and onto any pure, good quality oil
- ☐ You can blow, dry spittle, or spit fully
- ☐ You should use the water to wash/rinse with and to drink, and the oil should be used to apply to the body. These can be done morning, evening, and night. Try to do each at least once daily
- ☐ Keep a record of your progress by creating a timetable/checklist
- ☐ Keep a record/journal of what happens during your self treatment
- ☐ Things to keep track of are: Feelings, changes in behaviour/thoughts, pains, heat/cold sensations, dreams etc.

important note/disclaimer:

- ☐ Please note that this document has been created to aid you in your self ruqyah journey. It is not a prescription set in stone. Specifying certain things to recite only would be a type of innovation. Rather the whole of the Qur'an is a shifaa (cure) and we have selected ayaat based upon various factors including: Their mention in the Sunnah, the experience of ruqyah practioners in the field, and the principle of ruqyah being a type of dua (and thus selecting ayaat based upon their relevance to the thing you wish to cure/target). This document, or the collection of documents have been created to give you a start in your ruqyah journey. Please take the time to recite and reflect upon the Qur'an and the prophetic supplications, and concentrate on that which is relevant to your case/situation.