



RUQYAH - 'AYN

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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:

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.

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)

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

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

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)

La hawla wa la quwwata illa billah

There is no power and no strength except with Allah

Hasbunallahu wa ni'mal wakeel

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

Ya Hayyu Ya Qayyum, bi-Rahmatika astagheeth

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

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



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



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



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



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



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



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



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)



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



Alif, Laam, Meem. (2:1)



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

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

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)



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



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)

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)

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)

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)

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)

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)

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)

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)

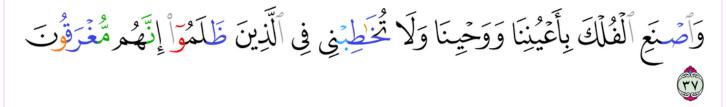
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا أَحْسَبَتْ رَبَّنَا لَا يُحَا لَا تُحْمِلُ عَلَيْنَا إِصْرَاحَمَا تُوَاخِذُنَا إِن نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلُ عَلَيْنَا إِصْرَاحَمَا حَمَلْتَهُ عَلَى الدِّينَ مِن قَبُلِنَا رَبَّنَا وَلَا تُحْمِلْنَا مَا لَا طَاقَة لَنَا بِقِي حَمَلْتَهُ عَنَا وَاعْفِرُلَنَا وَارْحَمْنَا أَنْتَ مَوْلَدِنَا فَانصُرُنَا عَلَى الْقَوْمِ وَاعْفِرِينَ هَا وَارْحَمْنَا أَنْتَ مَوْلَدِنَا فَانصُرُنَا عَلَى الْقَوْمِ الْكَفِرِينَ هَا وَلَا عُلَى الْقَوْمِ الْكَفِرِينَ هَا وَلَا عَلَى الْفَوْمِ الْكَفِرِينَ هَا وَالْكَفِرِينَ هَا وَالْمَا وَارْحَمْنَا أَنْتَ مَوْلَدِنَا فَانصُرُنَا عَلَى الْقَوْمِ الْكَفِرِينَ هَا فَانْ اللَّهُ وَالْمَا وَارْحَمْنَا أَنْتَ مَوْلَدِنَا فَانْصُرُنَا عَلَى الْفَوْمِ الْمُعْرِينَ هَا فَانْتُ مَا لَا عَلَى اللَّهُ وَالْمَا وَارْحَمْنَا أَنْتُ مَوْلَدِنَا فَانْصُرُنَا عَلَى الْفَوْمِ الْمُعْرِينَ هَا وَالْمُولِينَ هَا وَالْمُعْرِينَ هَا وَالْمُعْرِينَ هَا وَالْمُعْرِينَ هُمُ اللَّهُ اللَّهُ الْمُؤْمِدِينَ هَا وَالْمُنْ فَا فَعَلْمُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ مَا عَنْ اللَّهُ فَا اللَّهُ اللَّهُ وَالْمُلْمُ اللَّهُ اللّهُ اللّ

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)

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

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)



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)

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)



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



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

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

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)

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 مَن ذَا ٱلَّذِى يَعْصِمُكُمْ مِّنَ ٱللَّهِ إِنْ أَرَادَ بِكُرْ سُوِّءًا أَوْ أَرَادَ بِكُرْ رَحْمَةً وَلَا يَجِدُونَ لَهُم مِّن دُونِ ٱللَّهِ وَلِيَّا وَلَا نَصِيرًا ١

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)

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)





'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)



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



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





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)

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)

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)

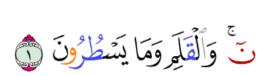
Blessed is the One in Whose Hands rests all authority. And He is Most Capable of everything. (67:1)

'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)

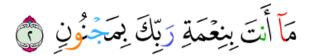


'He is the One' Who created seven heavens, one above the other. You will never see any imperfection in the creation of the Most Compassionate. So look again: do you see any flaws? (67:3)





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



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



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



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



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



وَإِن يَكَادُ ٱلَّذِينَ كَفَرُواْ لَيُزَلِقُونَكَ بِأَبْصِرِهِمْ لَمَّا سَمِعُواْ ٱلذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ ۞

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)



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



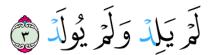
In the name of Allah, the entirely merciful, the especially merciful.



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



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



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



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



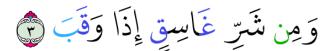
In the name of Allah, the entirely merciful, the especially merciful.



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



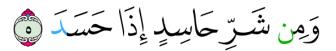
from the evil of whatever He has created, (113:2)



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



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



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



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



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



the Master of humankind, (114:2)



the God of humankind, (114:3)



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



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



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.