



RUQYAH - SIHR

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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 rugyah, intentions are extremely important. Firstly in terms of who you are seeking from (Allah alone), and secondly what you are asking for. For general rugyah, 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 rugyah specifically related to **magic**, here are some of the intentions that you can have: O Allah, I ask you to destroy the magic inside and outside the body O Allah, I ask you to untie and loosen the knots O Allah, I ask you to remove the needles/pins O Allah, I ask you to eliminate the sacrifice and expel/wash away the blood O Allah, I ask you to destroy the magicians from human and jinn O Allah, I ask you to break the link between the magic, the magician, and the afflicted O Allah, I ask you to shield me from more magic entering and the renewed magic O Allah, I ask you to break the contracts/pacts/agreements

Adkhaar (remembrance):

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

Rabbish rahli sadri wa yassirli amri wah lul uqdatan min lisaani, yaf qahu qawli

My Lord, expand for me my chest and ease for me my task and until the knot from my tongue that they may understand my speech

رَبَّنَا آتِهِمْ ضِعْفَيْنِ مِنَ الْعَذَابِ وَالْعَنْهُمْ لَعْنًا كَبِيرًا

Rabbanaa aatihim dhi'faynee minal athaabi wal'anhum la'nan kabeeraa

Our Lord! Give them double punishment, and curse them with a mighty curse

Quran

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu Billahi Min ash-Shaytan ir-Rajim

I seek refuge in Allah from the accursed Shaytan



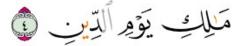
In the name of Allah, the entirely merciful, the especially merciful. (1:1)



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)

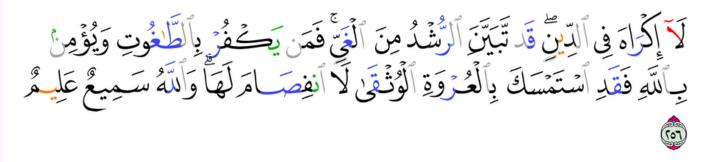
وَاتَّبَعُواْ مَا تَتَلُواْ ٱلشَّيَطِينُ عَلَى مُلْكِ سُلَيْمَنَّ وَمَا كَفَرُ الشَّيْمِنُ وَلَكِنَّ ٱلشَّيْطِينَ كَفَرُواْ يُعَلِّمُونَ ٱلنَّاسَ السّحْرَ وَمَا أُنْزِلَ عَلَى ٱلْمَلَكِيْنِ بِبَابِلَ هَرُوتَ وَمَرُوتً وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ حَتَّى يَقُولًا إِنَّ مَا نَحْنُ فِتْنَةُ فَلَا تَكُفُّرُ وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ حَتَّى يَقُولًا إِنَّ مَا نَحْنُ فِتْنَةُ فَلَا تَكُفُّرُ وَمَا يُعْرَفُونَ بِهِ عَبَيْنَ ٱلْمَرْءِ وَزَوْجِهِ وَمَا فَيُ تَعْمَلُمُ وَلَا يَعْمَلُمُ اللّهُ وَيَتَعَلَّمُونَ مَا فَكُنُ فَيْتَعَلَّمُونَ مَا فَيْ وَمَا يَعْمَلُمُ اللّهُ وَيَتَعَلَّمُونَ مَا يَعْمَلُمُ اللّهُ وَيَتَعَلَّمُونَ مَا لَهُ وَيَعْمَلُمُ وَلَا يَنْفَعُهُمْ وَلَا يَنْفَعُهُمْ وَلَا يَنْفَعُهُمْ وَلَا يَنْفَعُهُمْ وَلَقَدُ عَلِمُواْ لَمِنِ ٱشْتَرَابُهُ مَا لَهُ وَقِي يَعْلَمُونَ مَا اللّهُ فَي فَلَا يَعْفَعُهُمْ وَلَا يَنْفَعُهُمْ وَلَا يَنْفَعُهُمْ وَلَكُونَ مَا شَرَواْ بِهِ عَلَمُوا لَمَنِ ٱشْتَرَابُهُ مَا لَهُ وَقَلَا يَعْفَعُهُمْ وَلَكُونَ مَا شَرَواْ بِهِ عَلَمُوا لَمَنِ ٱشْتَرَابُهُ مَا لَهُ وَلَا يَعْفَعُهُمْ وَلَكُونَ مَا شَرَواْ بِهِ عَلَمُوا لَمَنِ ٱشْتَرَابُهُ مَا لَهُ وَلَا يَنْفَعُهُمْ لَوْ كَانُواْ يَعْمُونَ وَلَا يَعْمُونَ مَنَ خَلَقَ وَلَيِشَى مَا شَرَواْ بِهِ عَلَمُولَ مَنَ اللّهُ مَا مَعْمَلُوا لَعَنَ اللّهُ مَا لَهُ وَلَعُلُمُ وَلَا يَعْمُونَ وَلَكُوا وَلَمَا لَا يَعْمَلُوا لَمَنَ اللّهُ وَلَى اللّهُ مَنْ فَيْ اللّهُ وَلَا يَعْفَى اللّهُ وَلَمُ اللّهُ وَلَيْ اللّهُ مَا اللّهُ وَلَا يَعْفَى اللّهُ وَلَا يَعْفَى الْمُولِقَ فَي الْمُولِقُ لَقُولُ الللّهُ وَلَا يَعْمُونَ اللّهُ اللّهُ وَلَا لَا لَا عَلَالُهُ وَلَا لَا لَا لَكُولُوا اللّهُ اللّهُ وَلَا اللّهُ اللّهُ اللّهُ وَلَا يَعْلَقُولُوا اللّهُ اللّهُ وَلَعُلُولُ اللّهُ اللّهُ وَلَعُلُولُ اللّهُ اللّهُ وَلَمُ اللّهُ اللّهُ اللّهُ اللّهُ وَلَا اللّهُ اللّهُ اللّهُ وَلَا اللّهُ اللّهُ وَلَمُ اللّهُ اللّهُولُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّهُ اللّه

They 'instead' followed the magic promoted by the devils during the reign of Solomon. Never did Solomon disbelieve, rather the devils disbelieved. They taught magic to the people, along with what had been revealed to the two angels, Hârût and Mârût, in Babylon. The two angels never taught anyone without saying, "We are only a test 'for you', so do not abandon 'your' faith." Yet people learned 'magic' that caused a rift 'even' between husband and wife; although their magic could not harm anyone except by Allah's Will. They learned what harmed them and did not benefit them—although they already knew that whoever buys into magic would have no share in the Hereafter. Miserable indeed was the price for which they sold their souls, if only they knew! (2:102)

الله لآ إِلَه إِلَا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوَمُ لَهُ مَا فِي السَّمَوَتِ وَمَا فِي الْأَرْضُ مَن ذَا الَّذِي يَشْفَعُ عِندَهُ وَ إِلَّا بِإِذْنِهِ يَعَلَمُ مَا بَيْنَ السَّمَوَتِ وَمَا فِي الْأَرْضُ مَن ذَا الَّذِي يَشْفَعُ عِندَهُ وَ إِلَّا بِإِذْنِهِ مَا يَئِنَ السَّمَوَتِ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءً وَسِعَ كُرسِينَهُ الْيَدِيهِ مُووَتِ وَالْأَرْضُ وَلَا يَعُودُهُ وَفَظُهُمَا وَهُوَ الْعَلِيُ الْعَظِيمُ هَا السَّمَوَتِ وَالْأَرْضُ وَلَا يَعُودُهُ وَفَظُهُمَا وَهُوَ الْعَلِيُ الْعَظِيمُ هَا

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)

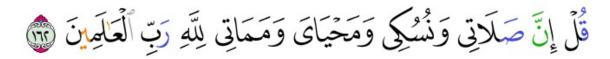
ءَامَنَ ٱلرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِن رَّبِهِ وَٱلْمُؤْمِنُونَ حُلُّ ءَامَنَ بِٱللَّهِ وَالْمُؤْمِنُونَ حُلُّ الْمُؤَمِنُونَ حُلُلَ عَامَنَ بِٱللَّهِ وَقَالُواْ وَمَلَابِكِ وَقَالُواْ مَنْ رَسُلِهِ وَقَالُواْ سَمِعْنَا وَأَطْعَنَا عُفْرَانَكَ رَبَّنَا وَإِلَيْكَ ٱلْمَصِيرُ شَ

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)

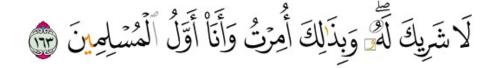
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَأَ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اَّكْسَبَتْ رَبِّنَا لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَأَ لَهَا مَا كَسَنَا إِصْرَا كَمَا تُوَاخِذُنَا إِن نَسِينا أَوْ أَخْطَأُنَا رَبِّنَا وَلَا تَحْمِلُ عَلَيْنَا إِصْرَا كَمَا حَمَلَتُهُ عَلَى الَّذِينَ مِن قَبُلِنَا رَبِّنَا وَلَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِقِي حَمَلَتُهُ عَنَا وَالْحَرْنَا عَلَى اللَّهُ وَمِ وَالْحَمْنَ أَانَتَ مَوْلَىنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَفِرِينَ هَا اللَّهُ وَاللَّهُ وَالْمَا وَارْحَمْنَا أَانَتَ مَوْلَىنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَفِرِينَ هَا وَالْحَمْنِ اللَّا اللَّا اللَّهُ وَالْمَا وَارْحَمْنَا أَانَتَ مَوْلَىنَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَفِرِينَ هَا وَالْعَالَا وَارْحَمْنَا أَانتَ مَوْلَىنَا فَانصُرُنَا عَلَى الْقَوْمِ اللَّهُ وَالْمُولِينَ هَا وَالْعَالَا اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَلَا اللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَالْمُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَا اللَّهُ وَالْمُ لَا اللَّهُ وَلَا اللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُا وَاللَّهُ وَاللَّهُ وَالْمُ الْمُولِينَ اللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَالْمُولِي اللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَالْمُولِي اللَّهُ وَالْمُ اللَّهُ وَالْمُولِي اللَّلَا اللَّهُ اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُ اللَّهُ وَالْمُ اللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُولِي اللَّهُ وَاللَّهُ وَاللَّهُ وَاللَّهُ وَالْمُولِي اللَّهُ وَاللَّهُ وَالْمُ اللَّهُ اللَّهُ اللَّهُ وَالْمُولِي اللَّهُ اللَّهُ وَالْمُ اللَّهُ اللَّهُ اللَّهُ وَالْمُولِي اللَّهُ اللَّهُ اللَّهُ اللَّ

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)

Forbidden to you are carrion, blood, and swine; what is slaughtered in the name of any other than Allah... (5:3)



Say, "Surely my prayer, my sacrifice, my life, and my death are all for Allah—Lord of all worlds. (6:162)



He has no partner. So I am commanded, and so I am the first to submit." (6:163)



They asked, "O Moses! Will you cast, or shall we be the first to cast?" (7:115)

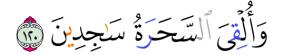
Moses said, "You first." So when they did, they deceived the eyes of the people, stunned them, and made a great display of magic. (7:116)

Then We inspired Moses, "Throw down your staff," and—behold!—it devoured the objects of their illusion! (7:117)

So the truth prevailed and their illusions failed. (7:118)



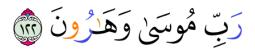
So Pharaoh and his people were defeated right there and put to shame. (7:119)



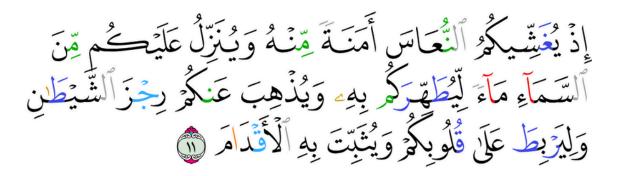
And the magicians fell down, prostrating. (7:120)



They declared, "We 'now' believe in the Lord of all worlds— (7:121)



the Lord of Moses and Aaron." (7:122)



'Remember' when He caused drowsiness to overcome you, giving you serenity. And He sent down rain from the sky to purify you, free you from Satan's whispers, strengthen your hearts, and make 'your' steps firm. (8:11)

Pharaoh demanded, "Bring me every skilled magician." (10:79)



When the magicians came, Moses said to them, "Cast whatever you wish to cast!" (10:80)

When they did, Moses said, "What you have produced is mere magic, Allah will surely make it useless, for Allah certainly does not set right the work of the corruptors. (10:81)

And Allah establishes the truth by His Words-even to the dismay of the wicked." (10:82)

Cast what is in your right hand, and it will swallow up what they have made, for what they have made is no more than a magic trick. And magicians can never succeed wherever they go." (20:69)

Do the disbelievers not realize that the heavens and earth were 'once' one mass then We split them apart? And We created from water every living thing. Will they not then believe? (21:30)

Then We will turn to whatever 'good' deeds they did, reducing them to scattered dust. (25:23)



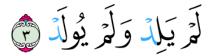
In the name of Allah, the entirely merciful, the especially merciful.



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.