



RUQYAH - JINN/MASS

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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 targeting **jinn possession**, here are some of the intentions you can have:

- O Allah, I ask you to burn/kill the oppressing jinn inside and outside the body; the jinn that exist permanently (qareen), the ones that are sent, and the ones that roam freely
- O Allah, I ask you to guide them to Islam or break their backs
- O Allah, I ask you to burn/remove the guard jinn
- O Allah, I ask you to put a barrier between me and the jinn world
- O Allah, I ask you to stop the effects of the psychological attacks of the jinn through waswaas
- O Allah, I ask you to prevent their physical attacks
- O Allah, I ask you to prevent the lustful jinn from entering the intimate areas
- O Allah, I ask you to show the jinn the reality of Iblees

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:

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 ، أَدْهَبِ الْبَأْسَ ، وَاشْفِ ، أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ ،
شِفَاءً لَا يُغَادِرُ سَقَمًا

Allaahumma Rabban-naas, adhibil-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 قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

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

اللَّهُمَّ إِنَّا نَجْعَلُكَ فِي نُحُوْرِهِمْ وَنَعُوْذُ بِكَ مِنْ سُرُوْرِهِمْ

Allahumma inna naj aluka fi nuhurihim wa na'udhu bika min shururihim

O Allah, we make You our shield against them, and take refuge in You from their evils

اللَّهُمَّ أَنْتَ عَضُدِي، وَأَنْتَ نَصِيرِيكَ أَجُولُ وَبِكَ أَصُولُ وَبِكَ أُقَاتِلُ

Allahumma Anta 'adudi wa anta nasiri, bika ajulu, wa bika asulu, wa bika uqatil

O Allah, You are my strength and You are my support.

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)

أَهْدِنَا 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.

آلَم

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 يُنْفِقُونَ

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)

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 فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٥٦﴾

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, unailing 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 ﴿٢٥٧﴾

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)

أَيُّدٌ أَحَدُكُمْ أَنْ تَكُونَ لَهُ جَنَّةٌ مِّن نَّخِيلٍ وَأَعْنَابٍ تَجْرِي مِن تَحْتِهَا الْأَنْهَارُ فِيهَا مِن كُلِّ الثَّمَرَاتِ وَأَصَابَهُ الْكِبَرُ وَلَهُ ذُرِّيَّةٌ ضِعْفًا فَأَصَابَهَا إِعْصَارٌ فِيهِ نَارٌ فَاحْتَرَقَتْ
كَذَلِكَ يُبَيِّنُ اللَّهُ لَكُمْ الْآيَاتِ لَعَلَّكُمْ تَتَفَكَّرُونَ ﴿٢٦٦﴾

Would any of you wish to have a garden with palm trees, grapevines, and all kinds of fruits with rivers flowing underneath and as they grow very old with dependent children, a fiery whirlwind hits the garden, burning it all up? This is how Allah makes His revelations clear to you, so perhaps you will reflect. (2:266)

لِلَّهِ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ وَإِن تُبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ تُخْفُوهُ يُحَاسِبْكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَن يَشَاءُ وَيُعَذِّبُ مَن يَشَاءُ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿٢٨٤﴾

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 الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ كُلُّ ءَامَنَ بِاللَّهِ وَرُسُلِهِ ۚ وَكُتِبَ عَلَيْهِمْ أَنْ يَسْمَعُوا وَأَطِيعُوا ۚ وَاللَّهُ غَفُورٌ رَّحِيمٌ ﴿٢٨٥﴾

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 اكْتَسَبَتْ 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)

الَّذِينَ ءَامَنُوا يُقَاتِلُونَ فِي سَبِيلِ اللَّهِ وَالَّذِينَ كَفَرُوا يُقَاتِلُونَ فِي سَبِيلِ
الطَّاغُوتِ فَقاتِلُوا أَوْلِيَاءَ الشَّيْطَانِ إِنَّ كَيْدَ الشَّيْطَانِ كَانَ ضَعِيفًا ﴿٧٦﴾

Believers fight for the cause of Allah, whereas disbelievers fight for the cause of the Devil. So fight against Satan's 'evil' forces. Indeed, Satan's schemes are ever weak. (4:76)

وَإِذَا يَنْزَعَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ إِنَّهُ سَمِيعٌ عَلِيمٌ ﴿٢٠٠﴾

If you are tempted by Satan, then seek refuge with Allah. Surely He is All-Hearing, All-Knowing. (7:200)

إِنَّ الَّذِينَ اتَّقَوْا إِذَا مَسَّهُمْ طَافٌ مِّنَ الشَّيْطَانِ تَذَكَّرُوا فَإِذَا هُمْ مُبْصِرُونَ ﴿٥١﴾

Indeed, when Satan whispers to those mindful 'of Allah', they remember 'their Lord' then they start to see 'things' clearly. (7:201)

إِذْ يُغَشِّيكُمُ النُّعَاسُ أَمَنَةً مِّنْهُ وَيُنزِلُ عَلَيْكُمْ مِنَ السَّمَاءِ
مَاءً لِّيُطَهِّرَكُم بِهِ وَيُذْهِبَ عَنْكُمْ رِجْسَ الشَّيْطَانِ وَلِيَرْبِطَ عَلَى
قُلُوبِكُمْ وَيُثَبِّتَ بِهِ الْأَقْدَامَ ﴿١١﴾

'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)

وَإِذْ زَيَّنَ لَهُمُ الشَّيْطَانُ أَعْمَالَهُمْ وَقَالَ لَا غَالِبَ لَكُمْ الْيَوْمَ مِنَ النَّاسِ وَإِنِّي جَارٌ لَّكُمْ فَلَمَّا تَرَآتِ الْفَيْتَانِ نَكَصَ عَلَى عَقْبَيْهِ وَقَالَ إِنِّي بَرِيءٌ مِّنْكُمْ إِنِّي أَرَىٰ مَا لَا تَرَوْنَ إِنِّي أَخَافُ اللَّهَ وَاللَّهُ شَدِيدُ الْعِقَابِ ﴿٤٨﴾

And 'remember' when Satan made their 'evil' deeds appealing to them, and said, "No one can overcome you today. I am surely by your side." But when the two forces faced off, he cowered and said, "I have absolutely nothing to do with you. I certainly see what you do not see. I truly fear Allah, for Allah is severe in punishment." (8:48)

قَاتِلُوهُمْ يُعَذِّبُهُمُ اللَّهُ بِأَيْدِيكُمْ وَيُخْزِهِمْ وَيَنْصُرْكُمْ عَلَيْهِمْ وَيَشْفِ صُدُورَ قَوْمٍ مُّؤْمِنِينَ ﴿٤٩﴾

'So' fight them and Allah will punish them at your hands, put them to shame, help you overcome them, and soothe the hearts of the believers— (9:14)

فَقَالُوا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ﴿٨٥﴾

They replied, "In Allah we trust. Our Lord! Do not subject us to the persecution of the oppressive people, (10:85)

وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ ﴿٨٦﴾

and deliver us by Your mercy from the disbelieving people." (10:86)

قَالَ هَلْ ءَامَنُكُمْ عَلَيْهِ إِلَّا كَمَا ءَامَنُتُمْ عَلَىٰ أَخِيهِ مِن قَبْلُ فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ ﴿٦٤﴾

He responded, "Should I trust you with him as I once trusted you with his brother 'Joseph'? But 'only' Allah is the best Protector, and He is the Most Merciful of the merciful." (12:64)

وَقَالَ الشَّيْطَانُ لَمَّا قُضِيَ الْأَمْرُ إِنَّ اللَّهَ وَعَدَكُمْ وَعَدَ الْحَقُّ
 وَوَعَدْتُكُمْ فَأَخْلَفْتُكُمْ وَمَا كَانَ لِي عَلَيْكُمْ مِنْ
 سُلْطَانٍ إِلَّا أَنْ دَعَوْتُكُمْ فَاسْتَجَبْتُمْ لِي فَلَا تَلُمُونِي وَلَوْلَمْ
 أَنْفَسِكُمْ مَا أَنَا بِمُصْرِخِكُمْ وَمَا أَنْتُمْ بِمُصْرِخِيَّ إِنِّي كَفَرْتُ
 بِمَا أَشْرَكْتُمُونِ مِنْ قَبْلُ إِنَّ الظَّالِمِينَ لَهُمْ عَذَابٌ أَلِيمٌ



And Satan will say 'to his followers' after the judgment has been passed, "Indeed, Allah has made you a true promise. I too made you a promise, but I failed you. I did not have any authority over you. I only called you, and you responded to me. So do not blame me; blame yourselves. I cannot save you, nor can you save me. Indeed, I denounce your previous association of me with Allah 'in loyalty'. Surely the wrongdoers will suffer a painful punishment." (14:22)

وَإِذْ قُلْنَا لِلْمَلَائِكَةِ اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا إِبْلِيسَ كَانَ مِنَ الْجِنِّ
 فَفَسَقَ عَنْ أَمْرِ رَبِّهِ أَفَتَتَّخِذُونَهُ وَذُرِّيَّتَهُ أَوْلِيَاءَ مِنْ دُونِي وَهُمْ
 لَكُمْ عَدُوٌّ بِئْسَ لِلظَّالِمِينَ بَدَلًا

And 'remember' when We said to the angels, "Prostrate before Adam," so they all did—but not Iblis,¹ who was one of the jinn, but he rebelled against the command of his Lord. Would you then take him and his descendants as patrons instead of Me, although they are your enemy? What an evil alternative for the wrongdoers 'to choose'! (18:50)

*مَا أَشْهَدْتُهُمْ خَلْقَ السَّمَوَاتِ وَالْأَرْضِ وَلَا خَلْقَ أَنْفُسِهِمْ وَمَا
 كُنْتُ مُتَّخِذَ الْمُضِلِّينَ عَضُدًا

I never called them to witness the creation of the heavens and the earth or 'even' their own creation, nor would I take the misleaders as helpers. (18:51)

وَيَوْمَ يَقُولُ نَادُوا شُرَكَاءِيَ الَّذِينَ زَعَمْتُمْ فَدَعَوْهُمْ فَلَمْ
 يَسْتَجِيبُوا لَهُمْ وَجَعَلْنَا بَيْنَهُمْ مَوْبِقًا

And 'beware of' the Day He will say, "Call upon those you claimed were My associate-gods." So they will call them, but will receive no response. And We will make them 'all' share in the same doom. (18:52)

وَرَاءَ الْمُجْرِمُونَ النَّارَ فَظَنُّوا أَنَّهُم مُّوَاقِعُوهَا وَلَمْ يَجِدُوا عَنْهَا مَصْرِفًا ﴿٥٣﴾

The wicked will see the Fire and realize that they are bound to fall into it, and will find no way to avoid it. (18:53)

وَلَقَدْ صَرَّفْنَا فِي هَذَا الْقُرْآنِ لِلنَّاسِ مِنْ كُلِّ مَثَلٍ وَكَانَ الْإِنْسَانُ أَكْثَرَ شَيْءٍ جَدَلًا ﴿٥٤﴾

We have surely set forth in this Quran every 'kind of' lesson for people, but humankind is the most argumentative of all beings. (18:54)

قَالُوا حَرِّقُوهُ وَانصُرُوا آلِهَتَكُمْ إِن كُنتُمْ فَاعِلِينَ ﴿٦٨﴾

They concluded, "Burn him up to avenge your gods, if you must act." (21:68)

وَالَّذِينَ هُمْ لِأُفُوقِهِمْ حَافِظُونَ ﴿٥﴾

those who guard their chastity. (23:5)

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ ﴿٩٧﴾

And say, "My Lord! I seek refuge in You from the temptations of the devils. (23:97)

وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ ﴿٩٨﴾

And I seek refuge in You, my Lord, that they 'even' come near me." (23:98)

الزَّانِيَةُ وَالزَّانِي فَاجْلِدُوا كُلَّ وَاحِدٍ مِّنْهُمَا مِائَةَ جَلْدَةٍ وَلَا تَأْخُذْكُمْ بِهِمَا رَأْفَةٌ
فِي دِينِ اللَّهِ إِنْ كُنْتُمْ تُؤْمِنُونَ بِاللَّهِ وَالْيَوْمِ الْآخِرِ وَلْيَشْهَدْ عَذَابَهُمَا طَائِفَةٌ مِّنَ
الْمُؤْمِنِينَ ﴿٢٤﴾

As for female and male fornicators, give each of them one hundred lashes, and do not let pity for them make you lenient in 'enforcing' the law of Allah, if you 'truly' believe in Allah and the Last Day. And let a number of believers witness their punishment. (24:2)

وَإِمَّا يَنْزَغَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ إِنَّهُ هُوَ
السَّمِيعُ الْعَلِيمُ ﴿٣٦﴾

And if you are tempted by Satan, then seek refuge with Allah. Indeed, He 'alone' is the All-Hearing, All-Knowing. (41:36)

إِنَّ الَّذِينَ فَتَنُوا الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ ثُمَّ لَمْ يَتُوبُوا فَلَهُمْ عَذَابُ جَهَنَّمَ
وَلَهُمْ عَذَابُ الْحَرِيقِ ﴿١٠﴾

Those who persecute the believing men and women and then do not repent will certainly suffer the punishment of Hell and the torment of burning. (85:10)

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)

إِلَهِ النَّاسِ ﴿٣﴾

the God of humankind, (114:3)

مِن شَرِّ الْوَسْوَاسِ الْخَفِيِّ ﴿٤﴾

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

الَّذِي يُوسْوِسُ 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 practitioners 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.