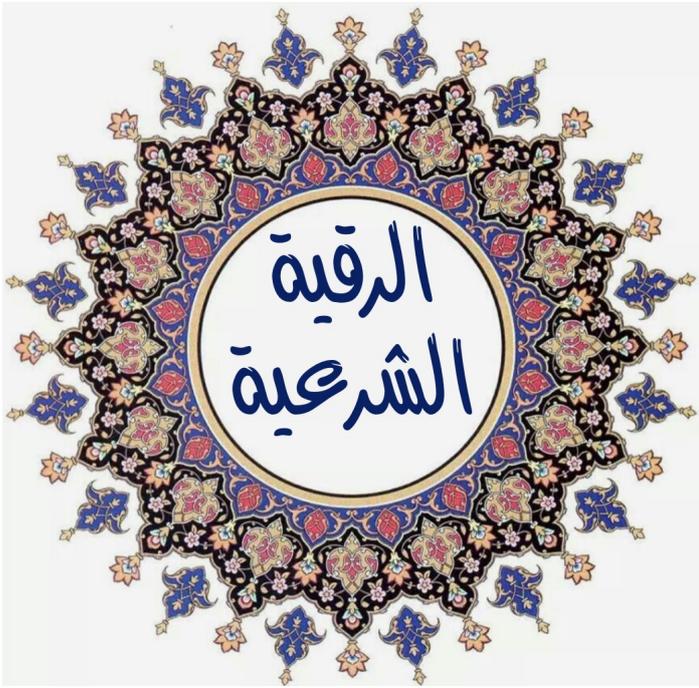


Protective and Healing Supplications from the Qura'an and Sunnah

6 جمادي الآخرة 1439
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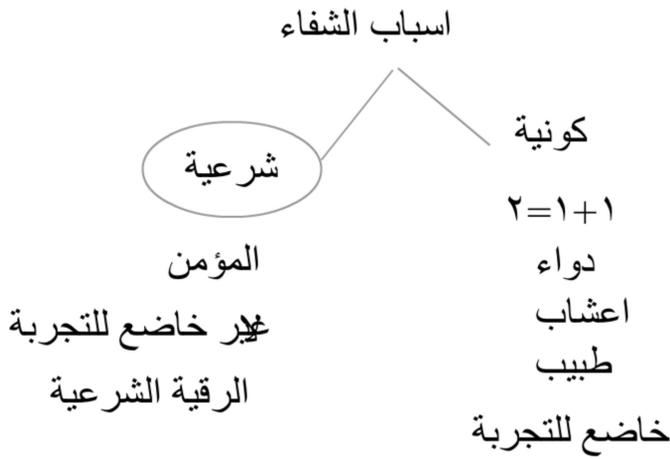


The Ruqya, which is a remedy and a treatment, will only be effective with the will of Allah. Don't give it any power in your eyes. It is only a means, so don't commit shirk with it. Don't think it can benefit you on its own, otherwise you will make it look like magic.

Your heart should only belong to Allah. All your emotions should be directed to Him. Only Allah can make the means work. There are two kinds of means, universal and legislative. Both kinds are powerless. Allah is the One who creates and guides His creation with means which are suited to their guidance.

Everything is ordained by Allah, but don't attribute anything negative to Allah. We don't say Allah made us sick, or put us in a problem. Allah is الشافي, the One who cures, any kind of sickness, whether it is microbe or a bacteria or cancer, any sickness of the heart, mind or body.

belong to Allah. All your emotions should be directed to Him. Only Allah can make the means work. There are two kinds of means, universal and legislative. Both kinds are powerless. Allah is the One who creates and guides His creation with means which are suited to their guidance.



There are means, but don't look at them. The legislative means need belief in Allah to work.

▲ The universal means can be proved by experiments. They comprise of tangible components of materials found on earth. They need to be real, and recognized as a cure the world over, not only by a group of people. These means can be medicines, herbs, doctors, etc. They will benefit everyone.

▲ The legislative means are the ones prescribed and ordained by Allah. They will only benefit the believers. They cannot be experimented upon. The more faith you have in Allah, the more these means will work. The one reciting the ruqya must have immense belief in Allah.

The ruqya is prescribed means by Allah. If the disbeliever reads it, it will not be effective. You must believe in Allah. It is tricky because it's components are from the Qura'an and Sunnah. But your heart should only look at Allah. He is الأول, the First; He brings the means. He is الآخر, the Last; He brings the results. He is the Rabb, He is the One who guides. He provided for you until you die.

On the Day of Judgement, your wealth and children will not benefit you. Only a pure and clean heart will be of help; a heart which is sound and healthy, empty of the sicknesses of desires and doubts. We cannot experiment with the ruqya, like with medicines.

الَّذِي خَلَقْتَنِي فَهُوَ يَهْدِينِ
Who created me, and
He [it is who] guides me
وَالَّذِي هُوَ يُطْعِمُنِي وَيَسْقِينِ
And it is He who feeds me and gives me drink.
وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ
And when I am ill, it is
He who cures me
وَالَّذِي يُمَيِّتُنِي ثُمَّ يُحْيِينِ
And who will cause me to die and then bring me to life
وَالَّذِي أَطْمَعُ أَنْ يَغْفِرَ لِي خَطِيئَتِي يَوْمَ الدِّينِ
And who I aspire that He will forgive me my sin on the Day of Recompense.
رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ
My Lord, grant me authority and join me with the righteous
وَأَجْعَلْ لِي لِسَانَ صِدْقٍ فِي الْآخِرِينَ
And grant me a reputation of honor among later generations.
وَأَجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ النَّعِيمِ
And place me among the inheritors of the Garden of Pleasure.

سورة الشعراء
26:78-85

الرقية هي الأمور التي نعوذ بها لرفع البلاء أو دفعه

The Ruqya is a means to remove or lift the sickness, or avert it. So it has a dual purpose, to lift the sickness and protect the person against it.

شروط الرقية الشرعية

Conditions for the Legislative Ruqya

You must follow the instructions and conditions, otherwise it can end towards shirk.

① الرقية لا يؤثر بذاتها

The Ruqya will not be effective by itself. It has no power, it is a means. You must believe in Allah.

② لا يعتمد عليها المرء بقلبه

Don't let your heart depend on the Ruqya. Depend only on Allah. This is for the one reading the Ruqya. If you depend on it, then it becomes shirk. What they call the power of the brain is the test.

③ أن يعتقد أن النفع من الله

You must believe that the benefit is only from Allah. So you read the Ruqya, because Allah prescribed it, but attach only to Allah. This is tawheed.

④ الرقية سبب من الأسباب الشرعية

The Ruqya is a legislative and prescribed means. Take it, but don't depend on it.

▲ سورة الفاتحة

Surah Al-Fatihah is a cure, not a remedy. It is shifa from every disease. If it doesn't work, blame yourself; your faith is not strong enough.

Surah Al-Fatihah is also called الشافية, the cure, and الكافية, sufficient.

We recite Surah Al-Fatihah every day a minimum of 17 times, in the 5 daily prayers. So we may be cured of so many sicknesses without even trying.

Ibn Al-al-Qayyim said that Surah Al-Fatihah has an effect on the

أَنَّ نَاسًا مِنْ أَصْحَابِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَتَوْا عَلَى حَيٍّ مِنْ أَحْبَاءِ الْعَرَبِ فَلَمْ يَفْرُوهُمْ، فَبَيَّنَمَا هُمْ كَذَلِكَ إِذْ لَدَغَ سَيْدٌ أَوْلَيْكَ فَقَالُوا هَلْ مَعَكُمْ مِنْ دَوَاءٍ أَوْ رَاقٍ فَقَالُوا إِنَّا لَمْ نَفْرُوْنَا، وَلَا نَفْعَلُ حَتَّى تَخْطُوا لَنَا جَعَلًا. فَجَعَلُوا لَهُمْ قَطِيعًا مِنَ الشَّاءِ، فَجَعَلَ يَقْرَأُ بِأَمِّ الْقُرْآنِ، وَيَجْمَعُ بَرَاقَةَ، وَيَنْقُلُ، فَبَرَأَ، فَأَتَوْا بِالشَّاءِ، فَقَالُوا لَا نَأْخُذُهُ حَتَّى نَسْأَلَ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَسَأَلُوهُ فَضَحِكَ وَقَالَ " وَمَا أَدْرَاكَ أَنَّهَا رُقِيَّةٌ، خُذُوهَا، وَاصْرُبُوا لِي بِسْتِهِمْ " .

Some of the companions of the Prophet صلى الله عليه وسلم came across a tribe amongst the tribes of the Arabs, and that tribe did not entertain them. While they were in that state, the chief of that tribe was bitten by a snake (or stung by a scorpion). They said, to the companions of the Prophet صلى الله عليه وسلم "Have you got any medicine with you or anybody who can treat with Ruqya?" The Prophet's companions said, "You refuse to entertain us, so we will not treat (your chief) unless you pay us for it." So they agreed to pay them a flock of sheep. One of them (the Prophet's companions) started reciting Surat-al-Fatiha and gathering his saliva and spitting it (at the snake-bite). The patient got cured and his people presented the sheep to them, but they said, "We will not take it unless we ask the Prophet (whether it is lawful)." When they asked him, he smiled and said, "How do you know that Surat-al-Fatiha is a Ruqya? Take it (flock of sheep) and assign a share for me."

صحيح البخاري ، حديث #5736

▲ المعوذات

Surah Al-Ikhlās, Surah Al-Falaq, and Surah An-Naas. So the beginning and end of the Qura'an is the cure. We recite them before we sleep, blow on our hands, and run on our body every night, automatically curing ourselves.

A'isha رضي الله عنها narrated:

رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ إِذَا أَخَذَ مَضْجَعَهُ نَفَثَ فِي يَدَيْهِ، وَقَرَأَ بِالْعُودَاتِ، وَمَسَحَ بِهِمَا جَسَدَهُ

Whenever Allah's Messenger صلى الله عليه وسلم went to bed, he used to blow on his hands while reciting the Mu'auwidhat and then pass his hands over his body.
صحيح البخاري ، حديث #6319

get confused. This surah reinforces your belief in Allah. He is One, He accommodates everyone who goes to Him. Allah is available all the time to the One who calls Him. He doesn't reject anyone, He is never too busy. There is no one like Allah.

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

Say, "I seek refuge in the Lord of daybreak
من شر ما خلق

From the evil of that which He created

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ

And from the evil of darkness when it settles

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

And from the evil of the blowers in knots

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

And from the evil of an envier when he envies.

سورة الفلق

113:1-5

● Surah Al-Falaq is for seeking refuge from outer evils. Allah is the One who splits the seed, so that it sprouts. Allah is the One who splits the dawn. Any sickness and disease can be taken care of by Allah. Who makes the day split into the night? Only Allah. This gives so much certainty. Don't fear anyone, ask Allah to protect you from the evil which He created. You are inside His shelter, and nothing can harm you.

All evils are more intense at night; even physical sicknesses became more intense. But you can also worship Allah so well at night. Magic is nothing, it is only an illusion; don't give it the power in your eyes, or it will play on your mind. The magic is usually used by women. The witches tie knots and blow on them with their evil breath. Don't fear them. Jealousy comes from a sick heart. This is why belief is so important.

● Surah An-Nas is for protection from the shaitan, who is worse than a magician, he is their leader. The shaitan whispers in the chest of people, making them sick from the inside without realizing it. He is the head of all evil.

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأَحَازِرُ

I seek refuge with Allah and with His Power from the evil that I find and that I fear

صحيح مسلم ، حديث #2202

→ If there is a pain in your body, place your hand on the place of pain, and say بِسْمِ اللَّهِ 3 times, and then repeat this du'a 7 times.

The name الله consists of all the names of Allah. The decree of Allah is His power and ability. His ability is above any sickness or pain. So you seek refuge with Allah from what you are finding now and in the future, as of asking Allah not to make it continue. Only Allah can do this.

بِسْمِ اللَّهِ أَرْقِيكَ ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، وَمِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِسْمِ اللَّهِ أَرْقِيكَ

With the Name of Allah. I recite over you from all that troubles you, and from every harmful mischief and from the evil of the eyes of an envier. Allah will cure you; and with the Name of Allah, I recite over you.

صحيح مسلم ، رياض الصالحين ، كتاب #7 ، حديث 908#

The Messenger of Allah صلى الله عليه وسلم used these surahs for his household too. You can recite it and blow on the place of the pain, or on waters. This is also a cure for magic and the evil eye.

● Surah Al-Ikhlās is about tawheed. When you are sick, you

قُلْ هُوَ اللَّهُ أَحَدٌ

Say : He is Allah , [who is] One
الله الصمد

Allah , the Eternal Refuge.

لَمْ يَلِدْ وَلَمْ يُولَدْ

He neither begets nor is born,
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Nor is there to Him any equivalent

سورة الإخلاص

112:1-4

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Say, "I seek refuge in the Lord of mankind

مَلِكِ النَّاسِ

The Sovereign of mankind

إِلَهِ النَّاسِ

The God of mankind
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

From the evil of the retreating whisperer

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ

Who whispers [evil] into the breasts of mankind
مِنَ الْجِنَّةِ وَالنَّاسِ

From among the jinn and mankind.

سورة الناس

114:1-6

→ This du'a was recited by Jibreel upon the Messenger of Allah صلى الله عليه وسلم when he was sick. It can be used by you for someone who is sick.

Allah can do everything, so ask Allah to remove  all the harm. Sickness, stress, worry; all are cured only by the shifa of Allah.

أَذْهَبِ الْبَاسَ رَبِّ النَّاسِ اشْفِهِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا
شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

Lord of the people. remove the disease, cure him,
for Thou art the great Curer, there is no cure but
through Thine healing Power, which leaves nothing
of the disease.

صحیح مسلم ، حدیث #2191c

