

Frequently asked questions:

Question 1 - Can this be recited by a woman who is menstruating?

Answer: Yes, the menstruating woman can recite from her memory, an iPad, her phone, a piece of paper etc – but she is not allowed to touch the mushaf while in a state of impurity.

Question 2 – What if I want to increase or decrease the number of times I recite something?

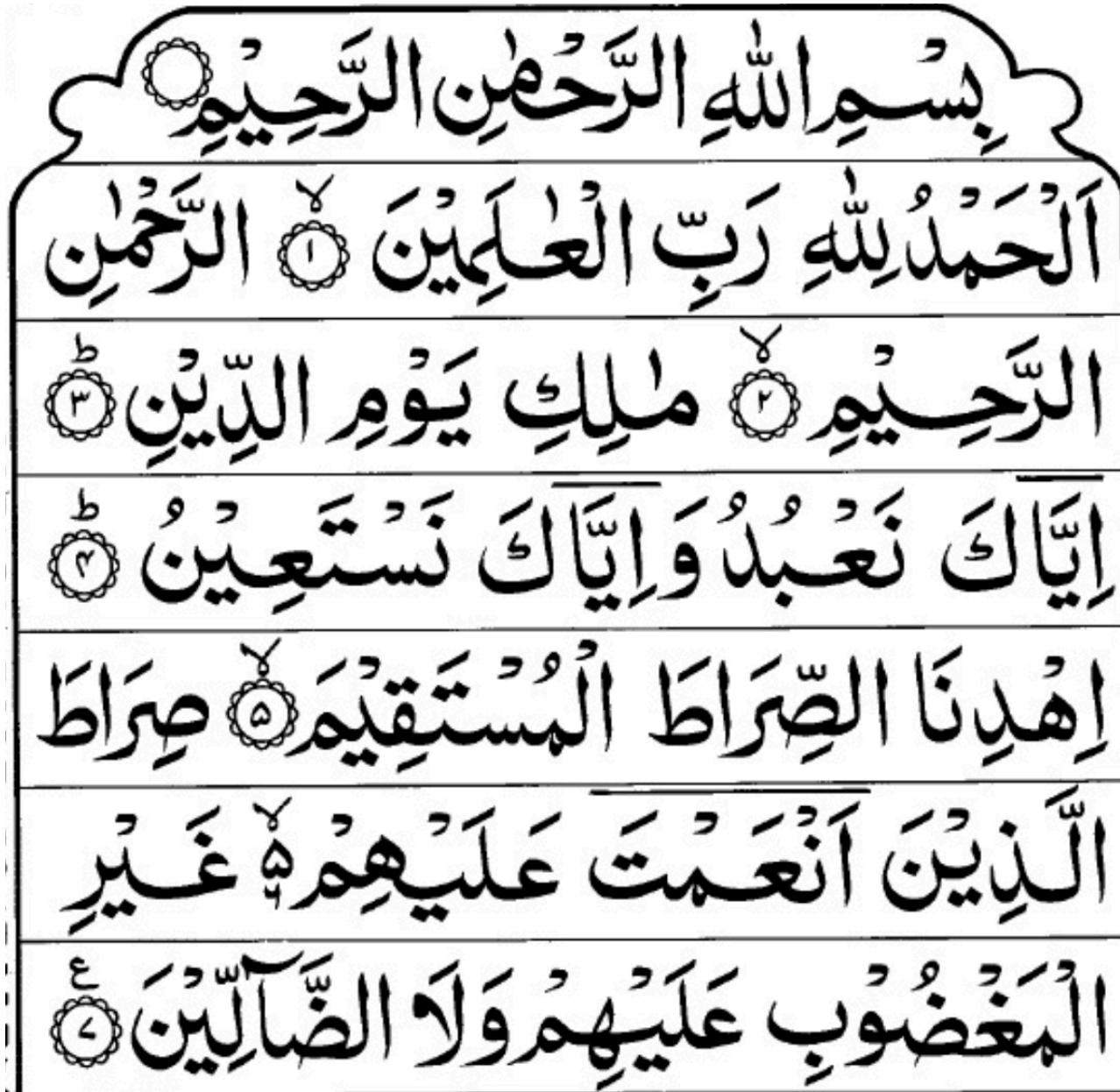
Answer: No problem! The numbers mentioned are merely a guide aimed at keeping it manageable while at the same time ensuring you get a good amount of recitation done.

Question 3 – Are these arranged in a particular order?

Answer: First, the verses/duaas that are explicitly mentioned in the Sunnah are given precedence. Next come those verses which mention the general healing of the Quran and finally those verses which focus on contextual situations – such as sihr / punishment of the shayateen etc. The key thing is, we give precedence to what the messenger of Allah explicitly mentioned in his Sunnah.

Question 4 – If I don't want to do this – what else can you recommend?

Answer – Simple. There is something at least as good as all of this, if not better, in terms of effectiveness against magic and a lack of barakah in our lives – that is Surat Al Baqarah. If you recite it daily, completing it every single day, I promise you will feel a great difference inshaa'Allah.



Recite this seven times. After each complete recitation – spittle on the water / olive oil. You can also spittle over your hands and pass them over your body.

TIP: Try to really focus when you are reciting this. Take it slow, let every verse go deep into your soul as you read it. Ponder the meaning while you recite it.

اللَّهُ لَا إِلَهَ إِلَّا ۖ

هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ

لَهُ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ ۚ مَنْ ذَا الَّذِي

يَشْفَعُ عِنْدَهُ ۚ اِلَّا بِاِذْنِهٖ ۚ يَعْلَمُ مَا بَيْنَ

اَيْدِيهِمْ وَمَا خَلْفَهُمْ ۚ وَلَا يُحِيطُوْنَ بِشَيْءٍ مِّنْ

عَلَيْهِ ۚ اِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمٰوٰتِ

وَ الْاَرْضَ ۚ وَلَا يَـُٔوْدُهٗ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ

الْعَظِيْمُ ۚ

Recite this seven times. After each complete recitation – spittle on the water / olive oil. You can also spittle over your hands and pass them over your body.

TIP: Try to really focus when you are reciting this. Take it slow, let every verse go deep into your soul as you read it. **This is the greatest verse in the Quran!** Think about that as you recite it and really let it sink in.

٢٨٢ ﴿أَمِنَ الرَّسُولُ بِمَا أُنزِلَ
 إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمِنَ بِاللَّهِ
 وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ تَقُولُوا نَفَرَقُ بَيْنَ أَحَدٍ
 مِّنْ رُّسُلِهِ تَقُولُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ
 رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ٢٨٥ ﴿لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا
 وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ
 رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَانَا رَبَّنَا
 وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ
 قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
 وَاعْفُ عَنَّا وَاقْفُوعْنَا وَاغْفِرْ لَنَا وَارْحَمْنَا إِنَّكَ مَوْلَانَا
 فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ٢٨٦ ﴿

Recite this three times. After each complete recitation – spittle on the water / olive oil. You can also spittle over your hands and pass them over your body.

TIP: The prophet (salAllahu alayhi wa sallam) said – “Whoever recites the last two verses of Surat Al Baqarah at night, they will suffice him” (Bukhari & Muslim)

Some of the scholars said explaining this – “they will suffice him against any evil that may harm him”

اياتها ٢ (١١٢) سُورَةُ الْاِخْلَاصِ مَكِّيَّةٌ (٢٢) رُكُوعُهَا ١

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ ۝۱ اللّٰهُ الصَّمَدُ ۝۲ لَمْ يَلِدْ ۝۳ وَلَمْ يُولَدْ ۝۴ وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ ۝۴

Recite this seven times. After each complete recitation – spittle on the water / olive oil. You can also spittle over your hands and pass them over your body.

TIP: This one surah is equivalent to a **third** of the Qur'an – such is its greatness! Recite this with huge reflection on the Oneness of Allah.

اياتها ٥ (١١٣) سُورَةُ الْفَلَقِ مَكِّيَّةٌ (٢٠) رُكُوعُهَا ١

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۝۱ مِنْ شَرِّ مَا خَلَقَ ۝۲ وَ مِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ ۝۳ وَ مِنْ شَرِّ النَّفّٰثِ فِي الْعُقَدِ ۝۴ وَ مِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ ۝۵

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ۝۱ مَلِكِ النَّاسِ ۝۲ اِلٰهِ النَّاسِ ۝۳ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝۴ الَّذِي يُّوسَّوْسُ فِيْ صُدُوْرِ النَّاسِ ۝۵ مِنَ الْجِنَّةِ وَالنَّاسِ ۝۶

Recite these seven times each. After each complete recitation – spittle on the water / olive oil. You can also spittle over your hands and pass them over your body.

Recite this one to three times
(depending on your speed of
recitation)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 أَلَمْ يَهْدِئْ لَكَ الْكِتَابَ لِأَرْبَابٍ مُّشْتَكِلِينَ فِيهِ
 هُدًى لِلْمُتَّقِينَ ﴿٢﴾ الَّذِينَ يُؤْمِنُونَ
 بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا
 رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ
 يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ
 مِنْ قَبْلِكَ ۗ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾

وَاتَّبِعُوا مَا تَتْلُوا

الشَّيْطَانِ عَلَىٰ مُلْكِ سُلَيْمَانَ ؑ وَمَا كَفَرَ سُلَيْمَانُ

وَلَكِنَّ الشَّيْطَانَ كَفَرُوا يُعَلِّمُونَ النَّاسَ السِّحْرَ وَمَا

أُنزِلَ عَلَىٰ الْمَلَائِكَةِ بِبَابِلَ هَارُوتَ وَ مَارُوتَ ط

وَمَا يُعَلِّمِينَ مِنْ أَحَدٍ حَتَّىٰ يَقُولَا إِنَّمَا نَحْنُ فِتْنَةٌ

فَلَا تَكْفُرْ فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ

الْمَرْءِ وَزَوْجِهِ ط وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا

بِإِذْنِ اللَّهِ ط وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ وَلَا يَنْفَعُهُمْ ط

وَلَقَدْ عَلِمُوا لَمَنِ اشْتَرَاهُ مَا لَهُ فِي الْآخِرَةِ مِنْ

خَلَاقٍ نَفْسٌ وَلَبِئْسَ مَا شَرَوْا بِهِ أَنفُسَهُمْ ط لَوْ كَانُوا

يَعْلَمُونَ ﴿١٠٢﴾

Surat Al Baqarah - Ayah 102

Recite this three times – if you feel anything unusual when reciting this passage then recite it 7 times instead of 3

TIP: Some raqis focus on the word “sihr” in this passage – repeating it. You may want to try this and see how you feel (in particular for those who have issues with magic)

قَالُوا يَمُوسَىٰ إِمَّا أَنْ تُلْقَىٰ وَإِمَّا أَنْ نَكُونَ نَحْنُ الْمُلْقِينَ ﴿١١٥﴾
 قَالَ الْقَوْمُ فَلِمَ آلَقُوا سِحْرَهُمْ وَأَعْيُنَ النَّاسِ وَاسْتَرْهَبُواهُمْ
 وَجَاءُوا بِسِحْرٍ عَظِيمٍ ﴿١١٦﴾ وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ ألقِ عَصَاكَ
 فَإِذَا هِيَ تَلْقَفُ مَا يَأْفِكُونَ ﴿١١٧﴾ فَوَقَعَ الْحَقُّ وَبَطَلَ مَا
 كَانُوا يَعْمَلُونَ ﴿١١٨﴾ فغلبوا هُنَالِكَ وَانْقَلَبُوا صَغِيرِينَ ﴿١١٩﴾ وَ
 ألقى السَّحْرَةَ سُجُودًا ﴿١٢٠﴾ قَالُوا آمَنَّا بِرَبِّ الْعَالَمِينَ ﴿١٢١﴾

Recite this three times – if you feel anything unusual when reciting this passage then recite it 7 times instead of 3

وَقَالَ فِرْعَوْنُ ائْتُونِي بِكُلِّ سِحْرِ عَلِيمٍ ﴿٨٩﴾ فَلَمَّا جَاءَ السَّحَرَةُ

قَالَ لَهُمْ مُوسَى الْقَوْمَا انْتُمْ مُلْقُونَ ﴿٩٠﴾ فَلَمَّا الْقَوَا قَالَ مُوسَى

مَا جِئْتُمْ بِهِ السِّحْرُ اِنَّ اللّٰهَ سَيُبْطِلُهُ اِنَّ اللّٰهَ لَا يَصْدِقُ عَمَلَ

الْمُفْسِدِيْنَ ﴿٩١﴾ وَيُحِقُّ اللّٰهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ ﴿٩٢﴾

Recite this three times – if you feel anything unusual when reciting this passage then recite it 7 times instead of 3

TIP: You may want to recite this ayah 3 times – depending on how you are feeling upon reciting it.

قَالُوا يَمْوَسَىٰ اِمَّا اَنْ تُلْقَىٰ وَاِمَّا اَنْ تَكُوْنَ اَوَّلَ مَنْ اَلْقَىٰ ﴿٦٥﴾

قَالَ بَلْ اَلْقُوا فَاِذَا جَبَّ اَلْهُمُّ وَعَصِيْبُهُمْ يُخَيَّلُ اِلَيْهِمْ مِنْ سِحْرِهِمْ

اَنْهَا تَسْعَىٰ ﴿٦٦﴾ فَاَوْجَسَ فِي نَفْسِهِ خِيفَةً مُّوسَىٰ ﴿٦٧﴾ قُلْنَا لَا تَخَفْ

اِنَّكَ اَنْتَ اَلْاَعْلَىٰ ﴿٦٨﴾ وَاَلْقَ مَا فِي يَمِيْنِكَ تَلْقَفُ مَا صَنَعُوا اِنَّمَا

صَنَعُوا كَيْدُ سِحْرٍ وَلَا يُفْلِحُ السَّاحِرُ حَيْثُ اَتَىٰ ﴿٦٩﴾

Recite this three times – if you feel anything unusual when reciting this passage then recite it 7 times instead of 3

وَنُزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ
الظَّالِمِينَ إِلَّا خَسَارًا ﴿٨٢﴾

Meaning: And we send down of the Quran that which is a healing and a mercy for the believers, but it does not increase the wrongdoers except in loss.

Recite this seven times

TIP: All of the verses on this page talk about the general healing nature of the Qur'an – so which illness can withstand the greatness of the Quran?!

يَا أَيُّهَا

النَّاسُ قَدْ جَاءَ تَكْمُومُوعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ
وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٤﴾

Recite this seven times

Meaning: Oh mankind! There has come to you from your Lord a good instruction and a healing for that which is in the breasts, guidance and mercy for the believers

قُلْ هُوَ الَّذِيْنَ اٰمَنُوْا هُدًى وَّ شِفَاۗءٌ

Recite this seven times

Meaning: Say – “it is for those who believe a guidance and a cure”

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا
 مُتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا
 لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٢١﴾

Recite this three times

TIP: In this verse Allah talks about the power of the Quran – if it had been sent down on a mountain, the mountain would turn to dust! What about an illness we may have?!

Meaning: If we had sent down this Quran on a mountain, you would have seen it humbled and splitting apart from the fear of Allah. And we present these examples to the people that perhaps they may give thought.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ١
 وَالصَّفَاتِ صَفًا ١ فَالزُّجُرِيتِ زَجْرًا ٢ فَالتَّلِيَّتِ ذِكْرًا ٣
 إِنَّ إِلَهَكُمْ لَوَاحِدٌ ٤ رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ
 الْمَشَارِقِ ٥ إِنَّا زَيْنَبًا السَّمَاءَ الدُّنْيَا بِزِينَةِ الْكَوَاكِبِ ٦ وَحِفْظًا
 مِنْ كُلِّ شَيْطَانٍ تَارِدٍ ٧ لَا يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَى وَيُقَدِّفُونَ
 مِنْ كُلِّ جَانِبٍ ٨ دُحُورًا وَلَهُمْ عَذَابٌ وَاصِبٌ ٩ إِلَّا مَنْ خِطَفَ
 الْخَطْفَةَ فَاتَّبَعَهُ شِهَابٌ ثَاقِبٌ ١٠

Recite this once

Recite this once

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ٥
 تَبْرَكَ الَّذِي بِيَدِهِ الْمُلْكُ وَهُوَ عَلَى كُلِّ شَيْءٍ
 قَدِيرٌ ١ الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ
 عَمَلًا وَهُوَ الْعَزِيزُ الْغَفُورُ ٢ الَّذِي خَلَقَ سَبْعَ سَمَاوَاتٍ طِبَاقًا
 مَا تَرَى فِي خَلْقِ الرَّحْمَنِ مِنْ تَفْوُتٍ فَا رْجِعِ الْبَصَرَ هَلْ
 تَرَى مِنْ فُطُورٍ ٣ ثُمَّ ارْجِعِ الْبَصَرَ كَرَّتَيْنِ يَنْقَلِبْ إِلَيْكَ
 الْبَصَرُ خَاسِئًا وَهُوَ حَسِيرٌ ٤ وَلَقَدْ زَيَّنَّا السَّمَاءَ الدُّنْيَا
 بِمِصَابِيحٍ وَجَعَلْنَاهَا رُجُومًا لِلشَّيْطَانِ وَأَعْتَدْنَا لَهُمْ
 عَذَابَ السَّعِيرِ ٥ وَالَّذِينَ كَفَرُوا أُولَئِكَ لَهُمْ عَذَابٌ جَهَنَّمَ ٦
 وَبِسْمِ الْبَصِيرِ ٧

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ○
 قُلْ أُوحِيَ إِلَيَّ أَنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوا إِنَّا سَمِعْنَا قُرْآنًا عَجَبًا ۝
 يَهْدِي إِلَى الرُّشْدِ فَآمَنَّا بِهِ وَلَنْ نُشْرِكَ بِرَبِّنَا أَحَدًا ۝
 وَأَنَّهُ تَعَلَّى جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَلَا وَلَدًا ۝
 أَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللَّهِ شَطَطًا ۝
 وَأَنَا ظَنَنَّا
 أَن لَّنْ نَقُولَ الْإِنسُ وَالْجِنُّ عَلَى اللَّهِ كَذِبًا ۝
 وَأَنَّهُ كَانَ
 رِجَالٌ مِّنَ الْإِنسِ يَعُوذُونَ بِرِجَالٍ مِّنَ الْجِنِّ فَزَادُوهُمْ
 رَهَقًا ۝
 وَأَنَّهُمْ ظَنُّوا كَمَا ظَنَنْتُمْ أَن لَّنْ يَبْعَثَ اللَّهُ أَحَدًا ۝

Recite this once

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ؛ مِنْ هَمَزِهِ
وَنَفْخِهِ وَنَفْثِهِ.

“I seek refuge in Allah, the All-Hearing, All-Knowing, from Satan, the outcast, and from his whispers, his blowing and his Nafth.” [Sunan Abu-Daawud, Hadiths No. 775 and No. 764]

Say this three times

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ
كُلِّ عَيْنٍ لَامَّةٍ.

“I seek refuge in Allah’s perfect words from the evil of all what He has created, from all devils and insects and from all envious eyes.” [Sahih Al-Bukhari, Hadith No. 3371]

Say this three times

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ كُلِّهِنَّ مِنْ شَرِّ مَا خَلَقَ.

“I seek refuge in Allah’s perfect Words from the evil of what He has created.” [Sahih Muslim, Hadith No. 2708]

Say this three times

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

“There is no god but Allah, the magnificent, the Forbearing; there is no god but Allah, Lord of the Tremendous Throne, Lord of the heavens and the earth, and Lord of the Glorious Throne.” [Sahih Al-Bukhari, Hadith No. 6345]

Say this three times

«بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ
وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ»

*Bismillāhil-lathee lā yadhurru
ma 'asmihī shay' un fil-'ardhi wa lā fis-
samā' wa Huwas-Samee 'ul-'Aleem.*

Say this three times

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ
الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ»

Say this three times

٣- «اللَّهُمَّ رَبَّ النَّاسِ أَذْهِبِ الْبَأْسَ وَأَشْفِ
أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ
سَقَمًا»

Say this three times