



Ruqya Relief
Leicester

Performing Ruqya

Compiled by Br. Imran ibn Yusuf

Ruqya is the recitation of the Quran along with relevant supplications as a means of treating sicknesses and other problems.

Ruqya can be done to cure evil eye, Jinn related incidents, envy and black magic. The secret behind this is that one puts his full trust, reliance and dependence in Allah, the source of all healing and cure.

The best way to perform Ruqya is on ones self. Firstly, you have to make the intention as to why you're doing Ruqya and then you can proceed with what is listed.

After making clear intention recite each of these once before reciting the Holy Qur'an

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'oodhu bi kalimaat-illahi- taamaati min sharri ma khalaq

I seek refuge in the perfect words of Allah from the evil that which he has created.

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

A'oodhu bi kalimaat-illahi- taamaati min kulli-shaytaanin wa hamaah - wa-min-kulli-aiynin-laamah

I seek refuge in Allah's perfect words

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oodhu Billahi Minashaytaanir Rajeem

I seek refuge in Allah from the accursed Satan

Al-Faatiha

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝^١ الرَّحْمَنِ الرَّحِيمِ ۝^٢
مَلِكِ يَوْمِ الدِّينِ ۝^٣ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝^٤
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝^٥ صِرَاطَ الَّذِينَ أَنْعَمْتَ
عَلَيْهِمْ ۝^٦ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝^٧

Recite 7x

- 1.1 Bismi Allāhi Ar-Raḥmāni Ar-Raḥīm
- 1.2 Al-Ḥamdu Lillāhi Rabbi Al-`Ālamīn
- 1.3 Ar-Raḥmāni Ar-Raḥīm
- 1.4 Māliki Yawmi Ad-Dīn
- 1.5 'Īyāka Na`budu Wa 'Īyāka Nasta`in
- 1.6 Ihdinā Aṣ-Ṣirāṭa Al-Mustaqīm
- 1.7 Ṣirāṭa Al-Ladhīna 'An`amta `Alayhim Ghayri Al-Maghḍūbi `Alayhim Wa Lā Aḍ-Ḍāllīn

Translation

- 1.1 In the name of Allah, the Beneficent, the Merciful.
- 1.2 Praise be to Allah, Lord of the Worlds,
- 1.3 The Beneficent, the Merciful.
- 1.4 Master of the Day of Judgment,
- 1.5 Thee (alone) we worship; Thee (alone) we ask for help.
- 1.6 Show us the straight path,
- 1.7 The path of those whom Thou hast favoured; Not the (path) of those who earn Thine anger nor of those who go astray.

Al-Baqara (1-5)

الْم ۝ ذَٰلِكَ الْكِتَابُ لَا رَيْبَ ۚ فِيهِ ۚ هُدًى لِّلْمُتَّقِينَ ۝
الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا
رَزَقْنَاهُمْ يُنْفِقُونَ ۝ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ
إِلَيْكَ وَمَا أُنزِلَ مِنْ قَبْلِكَ ۚ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ۝
أُولَٰئِكَ عَلَىٰ هُدًى مِنْ رَبِّهِمْ ۚ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ۝
إِنَّ الَّذِينَ كَفَرُوا سَوَاءٌ عَلَيْهِمْ ءَأَنذَرْتَهُمْ أَمْ لَمْ
تُنذِرْهُمْ لَا يُؤْمِنُونَ ۝

Recite 3x

2.1 'Alif-Lām-Mīm

2.2 Dhālika Al-Kitābu Lā Rayba Fīhi Hudāan Lilmuttaqīn

2.3 Al-Ladhīna Yu'uminūna Bil-Ghaybi Wa Yuqīmūna Aṣ-Ṣalāata
Wa Mimmā Razaqnāhum Yunfiqūn

2.4 Wa Al-Ladhīna Yu'uminūna Bimā 'Unzila 'Ilayka Wa Mā
'Unzila Min Qablika Wa Bil-'Ākhirati Hum Yūqinūn

2.5 'Ūlā'ika `Alā Hudāan Min Rabbihim Wa 'Ūlā'ika Humu Al-
Mufliḥūn

2.6 'Inna Al-Ladhīna Kafarū Sawā'un `Alayhim 'A 'Andhartahum
'Am Lam Tundhirhum Lā Yu'uminūn

Translation

2.1 Alif. Lam. Mim.

2.2 This is the Scripture whereof there is no doubt, a guidance unto those who ward off (evil).

2.3 Who believe in the Unseen, and establish worship, and spend of that We have bestowed upon them;

2.4 And who believe in that which is revealed unto thee (Muhammad) and that which was revealed before thee, and are certain of the Hereafter.

2.5 These depend on guidance from their Lord. These are the successful.

Al-Baqarah (102)

وَ اتَّبِعُوا مَا تَتْلُوا

الشَّيْطَانُ عَلَىٰ مُلْكٍ سُلَيْمٍ ؕ وَ مَا كَفَرَ سُلَيْمٌ

وَلَكِنَّ الشَّيْطَانِ كَفَرُوا يُعَلِّمُونَ النَّاسَ السِّحْرَ وَمَا

أُنْزِلَ عَلَى الْمَلَكَيْنِ بِبَابِلَ هَارُوتَ وَ مَارُوتَ ؕ

وَ مَا يُعَلِّمَنِ مِنْ أَحَدٍ حَتَّى يَقُولَا إِنَّمَا نَحْنُ فِتْنَةٌ

فَلَا تَكْفُرْ فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ

الْمَرْءِ وَ زَوْجِهِ ؕ وَ مَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا

بِإِذْنِ اللَّهِ ؕ وَ يَتَعَلَّمُونَ مَا يَضُرُّهُمْ وَ لَا يَنْفَعُهُمْ ؕ

وَلَقَدْ عَلِمُوا لَمَنِ اشْتَرَاهُ مَا لَهُ فِي الْآخِرَةِ مِنْ

خَلَاقٍ ؕ وَلَبِئْسَ مَا شَرَوْا بِهِ أَنْفُسَهُمْ ؕ لَوْ كَانُوا

يَعْلَمُونَ ﴿١٠٢﴾

Recite 3x

Wa Attaba` ū Mā Tatlū Ash-Shayāṭinu `Alá Mulki Sulaymān

Wa Mā Kafara Sulaymānu Wa Lakinna Ash-Shayāṭīna

Kafarū Yu`allimūna An-Nāsa As-Siḥra Wa Mā 'Unzila `Alá

Al-Malakayni Bibābila Hārūta Wa Mārūt

Wa Mā Yu`allimāni Min 'Aḥadin Ḥattá Yaqūlā 'Innamā

Naḥnu Fitnatun Falā Takfur Fayata`allamūna Minhumā Mā

Yufarriqūna Bihi Bayna Al-Mar'i Wa Zawjihi Wa Mā Hum
Bidārrīna Bihi Min 'Aḥadin 'Illā Bi'idhni Allāh

Wa Yata`allamūna Mā Yaḍurruhum Wa Lā Yanfa`uhum
Wa Laqad `Alimū Lamani Ashtarāhu Mā Lahu Fī Al-
'Ākhirati Min Khalāq

Wa Labi'sa Mā Sharaw Bihi 'Anfusahum Law Kānū
Ya`lamūn

Translation

And follow that which the devils falsely related against the kingdom of Solomon. Solomon disbelieved not; but the devils disbelieved, teaching mankind magic and that which was revealed to the two angels in Babel, Harut and Marut. Nor did they (the two angels) teach it to anyone till they had said: We are only a temptation, therefore disbelieve not (in the guidance of Allah). And from these two (angles) people learn that by which they cause division between man and wife; but they injure thereby no-one save by Allah's leave. And they learn that which harmeth them and profiteth them not. And surely they do know that he who trafficketh therein will have no (happy) portion in the Hereafter; and surely evil is the price for which they sell their souls, if they but knew.

Ayat ul Kursi (Al-Baqarah 255)

﴿٢٥٥﴾ اللَّهُ لَا إِلَهَ إِلَّا

هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ ط
لَهُ مَا فِي السَّمُوتِ وَمَا فِي الْأَرْضِ ط مَنْ ذَا الَّذِي
يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ط يَعْلَمُ مَا بَيْنَ
أَيْدِيهِمْ وَمَا خَلْفَهُمْ ط وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ
عِلْمِهِ إِلَّا بِمَا شَاءَ ط وَسِعَ كُرْسِيُّهُ السَّمُوتِ
وَالْأَرْضَ ط وَلَا يَئُودُهُ حِفْظُهُمَا ط وَهُوَ الْعَلِيُّ
الْعَظِيمُ ﴿٢٥٥﴾

Recite 7x

Allāhu Lā 'Ilāha 'Illā Huwa Al-Ĥayyu Al-Qayyūm

Lā Ta'khudhuhu Sinatun Wa Lā Nawmun Lahu Mā Fī As-Samāwāti Wa Mā Fī Al-'Ard

Man Dhā Al-Ladhī Yashfa`u `Indahu 'Illā Bi'idhnihi

Ya`lamu Mā Bayna 'Aydīhim Wa Mā Khalfahum

Wa Lā Yuhīṭuna Bishay'in Min `Ilmihi 'Illā Bimā Shā'a \

Wasi`a Kursiyuhu As-Samāwāti Wa Al-'Ard

Wa Lā Ya'ūduhu Ḥifẓuhumā Wa Huwa Al-`Alīyu Al-`Aẓīm

Translation

Allah! There is no deity save Him, the Alive, the Eternal. Neither slumber nor sleep overtaketh Him. Unto Him belongeth whatsoever is in the heavens and whatsoever is in the earth. Who is he that intercedeth with Him save by His leave? He knoweth that which is in front of them and that which is behind them, while they encompass nothing of His knowledge save what He will. His throne includeth the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous.

﴿٢٨٥﴾ اٰمَنْ الرَّسُوْلُ بِمَا اُنْزِلَ

اِلَيْهِ مِنْ رَّبِّهِ وَالْمُؤْمِنُوْنَ كُلُّ اٰمَنْ بِاللّٰهِ
وَمَلٰئِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ تَدٰلٰا نُّفَرِّقُ بَيْنَ اَحَدٍ
مِّنْ رُّسُلِهِ تَدٰوَلُوْا سَمِيعَنَا وَاَطَعْنَا غُفْرَانَكَ
رَبَّنَا وَاِلَيْكَ الْمَصِيْرُ ﴿٢٨٦﴾ لَا يُكَلِّفُ اللّٰهُ نَفْسًا اِلَّا
وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ
رَبَّنَا لَا تُؤَاخِذْنَا اِنْ نَّسِيْنَا اَوْ اَخْطَاْنَا رَبَّنَا
وَلَا تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِيْنَ مِنْ
قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ
وَاعْفُ عَنَّا وَارْحَمْنَا اَنْتَ مَوْلَانَا
فَاَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِيْنَ ؕ

Recite 3x

2.285 'Āmana Ar-Rasūlu Bimā 'Unzila 'Ilayhi Min
Rabbihi Wa Al-Mu'uminūna Kullun 'Āmana Billāhi Wa
Malā'ikatihi Wa Kutubihi Wa Rusulihi Lā Nufarriqu Bayna
'Aḥadin Min Rusulihi Wa Qālū Sami`nā Wa 'Aṭa`nā
Ghufrānaka Rabbanā Wa 'Ilayka Al-Maṣīru

2.286 Lā Yukallifu Allāhu Nafsāan 'Illā Wus `ahā Lahā
Mā Kasabat Wa `Alayhā Mā Aktasabat Rabbanā Lā
Tu'uākhidhnā 'In Nasīnā 'Aw 'Akhṭa'nā Rabbanā Wa Lā
Taḥmil `Alaynā 'Iṣrāan Kamā Ḥamaltahu `Alá Al-Ladhīna
Min Qablinā Rabbanā Wa Lā Tuḥammilnā Mā Lā Ṭāqata
Lanā Bihi Wa A`fu `Annā Wa Aghfir Lanā Wa Arḥamnā
'Anta Mawlānā Fānṣurnā `Alá Al-Qawmi Al-Kāfirīn

Translation

2.285 The messenger believeth in that which hath
been revealed unto him from his Lord and (so do)
believers. Each one believeth in Allah and His angels and
His scriptures and His messengers - We make no
distinction between any of His messengers - and they say:
We hear, and we obey. (Grant us) Thy forgiveness, our
Lord. Unto Thee is the journeying.

2.286 Allah tasketh not a soul beyond its scope. For it
(is only) that which it hath earned, and against it (only)
that which it hath deserved. Our Lord! Condemn us not if
we forget, or miss the mark! Our Lord! Lay not on us such
a burden as thou didst lay on those before us! Our Lord!
Impose not on us that which we have not the strength to
bear! Pardon us, absolve us and have mercy on us, Thou,
our Protector, and give us victory over the disbelieving
folk.

Surah Al-Imran (18-19)

﴿١٨﴾ شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ ۖ وَ
الْمَلَائِكَةُ وَأُولُوا الْعِلْمِ قَائِمًا بِالْقِسْطِ ۚ لَا إِلَهَ إِلَّا
هُوَ الْعَزِيزُ الْحَكِيمُ ﴿١٩﴾ إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ ۗ
وَمَا اخْتَلَفَ الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِنْ بَعْدِ
مَا جَاءَهُمْ الْعِلْمُ بَغْيًا بَيْنَهُمْ ۚ وَمَنْ يَكْفُرْ
بِآيَاتِ اللَّهِ فَإِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿١٩﴾

Recite 3x

3.18 Shahida Allāhu 'Annahu Lā 'Ilāha 'Illā Huwa Wa Al-
Malā'ikatu Wa 'Ūlū Al-`Ilmi Qā'imāan Bil-Qist

Lā 'Ilāha 'Illā Huwa Al-`Azīzu Al-Ĥakīm

3.19 'Inna Ad-Dīna `Inda Allāhi Al-'Islām

Wa Mā Akhtalafa Al-Ladhīna 'Ūtū Al-Kitāba 'Illā Min Ba`di
Mā Jā'ahumu Al-`Ilmu Baghyāan Baynahum

Wa Man Yakfur Bi'āyāti Allāhi Fa'inna Allāha Sarī`u Al-
Ĥisāb

Translation

3.18 Allah (Himself) is Witness that there is no Allah save Him. And the angels and the men of learning (too are witness). Maintaining His creation in justice, there is no Allah save Him the Almighty, the Wise.

3.19 Lo! religion with Allah (is) the Surrender (to His Will and Guidance). Those who (formerly) received the Scripture differed only after knowledge came unto them, through transgression among themselves. Whoso disbelieveth the revelations of Allah (will find that) lo! Allah is swift at reckoning.

Al-A'raf (54-56)

إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ
فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى عَلَى الْعَرْشِ يُغْشَى
الَّيْلَ النَّهَارَ يَطْلُبُهُ حَثِيثًا وَالشَّمْسَ وَالْقَمَرَ
وَالنُّجُومَ مُسَخَّرَاتٍ بِأَمْرِهِ ۗ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ
تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ ﴿٥٤﴾ اُدْعُوا رَبَّكُمْ
تَضَرُّعًا وَخُفْيَةً ۚ إِنَّهُ لَا يُحِبُّ الْمُبْتَدِينَ ﴿٥٥﴾
وَلَا تُفْسِدُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا وَادْعُوهُ خَوْفًا
وَطَمَعًا ۚ إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِّنَ الْمُحْسِنِينَ ﴿٥٦﴾

Recite 1x

7.54 'Inna Rabbakumu Allāhu Al-Ladhī Khalaqa As-
Samāwāti Wa Al-'Arḍa Fī Sittati 'Ayyāmin Thumma Astawá
`Alá Al-`Arshi Yughshī Al-Layla An-Nahāra Yaṭlubuhu
Ĥathīthāan Wa Ash-Shamsa Wa Al-Qamara Wa An-Nujūma
Musakhkharātin Bi'amrihi 'Alā Lahu Al-Khalqu Wa Al-
'Amru Tabāraka Allāhu Rabbu Al-`Ālamīna

7.55 Ad`ū Rabbakum Taḍarru`āan Wa Khufyatan 'Innahu Lā Yuḥibbu Al-Mu` tadīna

7.56 Wa Lā Tufsidū Fī Al-'Arḍi Ba`da 'Iṣlāḥihā Wa Ad`ūhu Khawfāan Wa Ṭama`āan 'Inna Raḥmata Allāhi Qarībun Mina Al-Muḥsinīna

Translation

7.54 Lo! your Lord is Allah Who created the heavens and the earth in six Days, then mounted He the Throne. He covereth the night with the day, which is in haste to follow it, and hath made the sun and the moon and the stars subservient by His command. His verily is all creation and commandment. Blessed be Allah, the Lord of the Worlds!

7.55 (O mankind!) Call upon your Lord humbly and in secret. Lo! He loveth not aggressors.

7.56 Work not confusion in the earth after the fair ordering (thereof). and call on Him in fear and hope. Lo! the mercy of Allah is nigh unto the good.

Al-A'raf (117-122)

﴿١١٧﴾ وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ أَلْقِ عَصَاكَ فَإِذَا
هِيَ تَلْقَفُ مَا يَأْفِكُونَ ﴿١١٨﴾ فَوَقَعَ الْحَقُّ وَبَطَلَ مَا
كَانُوا يَعْمَلُونَ ﴿١١٩﴾ فَغُلِبُوا هُنَالِكَ وَانْقَلَبُوا
صَغِيرِينَ ﴿١٢٠﴾ وَأَلْقَى السَّحَرَةُ سِجْدِينَ ﴿١٢١﴾ قَالُوا
أَمَّا بِرَبِّ الْعَالَمِينَ ﴿١٢٢﴾ رَبِّ مُوسَىٰ وَهَارُونَ ﴿١٢٣﴾

Recite 7x

Repeat following section at least 5x

وَأَلْقَى السَّحَرَةُ سِجْدِينَ

Wa 'Ulqiya As-Saḥaratu Sājidīna

7.117 Wa 'Awhaynā 'Ilā Mūsá 'An 'Alqi `Aṣāka Fa'idhā
Hiya Talqafu Mā Ya'fikūna

7.118 Fawaqa `a Al-Ĥaqqu Wa Baṭala Mā Kānū
Ya `malūna

7.119 Faghulibū Hunālika Wa Anqalabū Ṣāghirīna

7.120 Wa 'Ulqiya As-Saḥaratu Sājidīna

7.121 Qālū 'Āmannā Birabbi Al- `Ālamīna

7.122 Rabbi Mūsá Wa Hārūna

Translation

7.117 And We inspired Moses (saying): Throw thy staff! And lo! it swallowed up their lying show.

7.118 Thus was the Truth vindicated and that which they were doing was made vain.

7.119 Thus were they there defeated and brought low.

7.120 And the wizards fell down prostrate,

7.121 Crying: We believe in the Lord of the Worlds,

7.122 The Lord of Moses and Aaron.

Surah Yunus (81-82)

﴿٨٠﴾ فَلَمَّا أَلْقَوْا
قَالَ مُوسَىٰ مَا جِئْتُم بِهِ ٱلْسِحْرُطُ إِنَّ ٱللَّهَ
سَيُبْطِلُهُ ٱِنَّ ٱللَّهَ لَا يُصْلِحُ عَمَلَ ٱلْمُفْسِدِينَ ﴿٨١﴾
وَيُحِقُّ ٱللَّهُ ٱلْحَقَّ بِكَلِمَاتِهِ ۖ وَلَوْ كَرِهَ ٱلْجُرْمُونَ ﴿٨٢﴾
أَمَّا بِرَبِّ ٱلْعَلَمِينَ ﴿١٣١﴾ رَبِّ مُوسَىٰ وَهَارُونَ ﴿١٣٢﴾

Recite 7x

Repeat following section at least 5x

إِنَّ ٱللَّهَ سَيُبْطِلُهُ

'Inna Allāha Sayubṭiluhu

10.81 Falam mā 'Alqaw Qāla Mūsá Mā Ji'tum Bihi As-Siḥru 'Inna Allāha Sayubṭiluhu 'Inna Allāha Lā Yuṣliḥu
`Amala Al-Mufsidīna

10.82 Wa Yuḥiqqu Allāhu Al-Ḥaqqā Bikalimātihi Wa Law Kariha Al-Mujrimūna

Translation

10.81 And when they had cast, Moses said: That which ye have brought is magic. Lo! Allah will make it vain. Lo! Allah upholdeth not the work of mischief-makers.

10.82 And Allah will vindicate the Truth by His words, however much the guilty be averse.

Surah Ta-Ha (69)

وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفْ مَا صَنَعُوا ۖ إِنَّمَا
صَنَعُوا كَيْدُ سَاحِرٍ ۖ وَلَا يُفْلِحُ السَّاحِرُ حَيْثُ أَتَى ﴿٦٩﴾

Recite 7x

Wa 'Alqi Mā Fī Yamīnika Talqaf Mā ṣana`ū 'Innamā ṣana`ū
Kaydu Sāhirin Wa Lā Yufliḥu As-Sāhiru Ḥaythu 'Atá

Translation

Throw that which is in thy right hand! It will eat up that which they have made. Lo! that which they have made is but a magician's artifice, and a magician shall not be successful to whatever point (of skill) he may attain.

Al-Mu'minun (115-118)

﴿١١٣﴾ أَفَحَسِبْتُمْ أَنبَا خَلَقْنَكُمْ
عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿١١٥﴾ فَتَعَالَى اللَّهُ الْمَلِكُ
الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ﴿١١٦﴾ وَمَنْ
يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا
حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ﴿١١٧﴾
وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ ﴿١١٨﴾

Recite 1x

23.115 'Afaḥasibtum 'Annamā Khalaqnākum `Abathāan
Wa 'Annakum 'Ilaynā Lā Turja`ūn

23.116 Fata`ālā Allāhu Al-Maliku Al-Ḥaqqu Lā 'Ilāha 'Illā
Huwa Rabbu Al-`Arshi Al-Karīm

23.117 Wa Man Yad`u Ma`a Allāhi 'Ilahāan 'Ākhara Lā
Burhāna Lahu Bihi Fa'innamā Ḥisābuhu `Inda Rabbihi
'Innahu Lā Yufliḥu Al-Kāfirūn

23.118 Wa Qul Rabbi Aghfir Wa Arḥam Wa 'Anta Khayru
Ar-Rāḥimīn

Translation

23.115 Deemed ye then that We had created you for naught, and that ye would not be returned unto Us?

23.116 Now Allah be Exalted, the True King! There is no Allah save Him, the Lord of the Throne of Grace.

23.117 He who crieth unto any other god along with Allah hath no proof thereof. His reckoning is only with his Lord. Lo! disbelievers will not be successful.

23.118 And (O Muhammad) say: My Lord! Forgive and have mercy, for Thou art Best of all who show mercy.

As-Saffaat (1-10)

وَالصَّفَّاتِ صَفًّا ۝ فَالزَّجَرَاتِ زَجْرًا ۝ فَالتَّلَايَاتِ
ذِكْرًا ۝ إِنَّ إِلَهَكُمْ لَوَاحِدٌ ۝ رَبُّ السَّمَوَاتِ وَالْأَرْضِ
وَمَا بَيْنَهُمَا وَرَبُّ الْمَشَارِقِ ۝ إِنَّا زَيْنَا السَّمَاءِ الدُّنْيَا
بِزِينَةِ الْكَوَاكِبِ ۝ وَحِفْظًا مِّنْ كُلِّ شَيْطَانٍ مَّارِدٍ ۝
لَا يَسْبَعُونَ إِلَى الْمَلَأِ الْأَعْلَى وَيُقَذَّفُونَ مِّنْ كُلِّ
جَانِبٍ ۝ دُحُورًا وَلَهُمْ عَذَابٌ وَاصِبٌ ۝ إِلَّا مَنْ
خَطِفَ الْخَطْفَةَ فَاتَّبَعَهُ شِهَابٌ ثَاقِبٌ ۝

Recite 1x

37.1 Wa Aş-Şāffāti Şaffāa

37.2 Fālzzājirāti Zajrāa

37.3 Fālttāliyāti Dhikrāa

37.4 'Inna 'Ilahakum Lawāhid

37.5 Rabbu As-Samāwāti Wa Al-'Arđi Wa Mā Baynahumā
Wa Rabbu Al-Mashāriq

37.6 'Innā Zayyannā As-Samā'a Ad-Dunyā Bizīnatin Al-
Kawākib

37.7 Wa Ĥifẓāan Min Kulli Shayṭānin Mārid

37.8 Lā Yassamma `ūna 'Ilā Al-Mala'i Al-'A`lá Wa
Yuqdhafūna Min Kulli Jānib

37.9 Duĥūrāan Wa Lahum `Adhābun Wa Aṣib

37.10 'Illā Man Khaṭifa Al-Khaṭfata Fa'atba `ahu
Shihābun Thāqib

Translation

37.1 By those who set the ranks in battle order

37.2 And those who drive away (the wicked) with reproof

37.3 And those who read (the Word) for a reminder,

37.4 Lo! thy Lord is surely One;

37.5 Lord of the heavens and of the earth and all that is
between them, and Lord of the sun's risings.

37.6 Lo! We have adorned the lowest heaven with an
ornament, the planets;

37.7 With security from every froward devil.

37.8 They cannot listen to the Highest Chiefs for they are
pelted from every side,

37.9 Outcast, and theirs is a perpetual torment;

37.10 Save him who snatcheth a fragment, and there
pursueth him a piercing flame.

Al-Ahqaf (29-32)

وَإِذْ ﴿٢٨﴾

صَرَفْنَا إِلَيْكَ نَفَرًا مِّنَ الْجِنِّ يَسْتَمِعُونَ الْقُرْآنَ ۖ
فَلَمَّا حَضَرُوهُ قَالُوا أَنصِتُوا ۖ فَلَمَّا قُضِيَ وَلَّوْا
إِلَىٰ قَوْمِهِمْ مُّنْذِرِينَ ﴿٢٩﴾ قَالُوا يَقَوْمُنَا إِنَّا سَمِعْنَا
كِتَابًا أَنْزَلَ مِنْ بَعْدِ مُوسَىٰ مُصَدِّقًا لِّمَا بَيْنَ
يَدَيْهِ يَهْدِي إِلَى الْحَقِّ وَإِلَى طَرِيقٍ مُّسْتَقِيمٍ ﴿٣٠﴾
يَقَوْمَنَا أَجِيبُوا دَاعِيَ اللَّهِ وَآمِنُوا بِهِ يَغْفِرَ لَكُمْ
مِّن ذُنُوبِكُمْ وَيُجِرْكُم مِّنْ عَذَابٍ أَلِيمٍ ﴿٣١﴾ وَ
مَنْ لَّا يُجِبْ دَاعِيَ اللَّهِ فَلَيْسَ بِمُعْجِزٍ فِي الْأَرْضِ
وَلَيْسَ لَهُ مِن دُونِهِ أَوْلِيَاءُ ۗ أُولَٰئِكَ فِي ضَلَالٍ

مُبِينٍ ﴿٣٢﴾

Recite 1x

46.29 Wa 'Idh şarafnâ 'Ilayka Nafarāan Mina Al-Jinni
Yastami`ūna Al-Qur'āna - Falammā Ḥaḍarūhu Qālū 'Anṣitū
Falammā Quḍiya Wa Llaw 'Ilá Qawmihim Mundhirīn

46.30 Qālū Yā Qawmanā 'Innā Sami`nā Kitābāan 'Unzila
Min Ba`di Mūsá Muşaddiqāan Limā Bayna Yadayhi Yahdī
'Ilā Al-Ĥaqqi Wa 'Ilā Ṭarīqin Mustaqīm

46.31 Yā Qawmanā 'Ajībū Dā`iya Allāhi Wa 'Āminū Bihi
Yaghfir Lakum Min Dhunūbikum Wa Yujirkum Min
'Adhābin 'Alīm

46.32 Wa Man Lā Yujib Dā`iya Allāhi Falaysa
Bimu`jizin Fī Al-'Arḍi Wa Laysa Lahu Min Dūnihi 'Awliyā'u
'Ūlā'ika Fī Ḍalālin Mubīn

Translation

46.29 And when We inclined toward thee (Muhammad)
certain of the jinn, who wished to hear the Qur`an and,
when they were in its presence, said: Give ear! and, when
it was finished, turned back to their people, warning.

46.30 They said: O our people! Lo! we have heard a
scripture which hath been revealed after Moses,
confirming that which was before it, guiding unto the
truth and a right road.

46.31 O our people! respond to Allah`s summoner
and believe in Him. He will forgive you some of your sins
and guard you from a painful doom.

46.32 And whoso respondeth not to Allah`s
summoner he can nowise escape in the earth, and he
hath no protecting friends instead of Him. Such are in
error manifest.

Ar-Rahman (33-36)

يَمْعُشَرُ الْجِنَّ وَالْإِنْسِ إِنْ اسْتَطَعْتُمْ
أَنْ تَنْفُذُوا مِنْ أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ
فَانْفُذُوا ۚ لَا تَنْفُذُونَ إِلَّا بِسُلْطَانٍ ۖ فَبِأَيِّ آلَاءِ
رَبِّكُمْ تُكَذِّبُونَ ۚ يُرْسَلُ عَلَيْكُمْ شَوَاطِئُ مِّنْ
نَّارٍ ۚ وَنُحَاسٌ فَلَا تَنْتَصِرُونَ ۚ فَبِأَيِّ آلَاءِ رَبِّكُمْ
تُكَذِّبُونَ ۚ

Recite 3x

55.33 Yā Ma`shara Al-Jinni Wa Al-'Insi 'Ini Astaṭa`tum
'An Tanfudhū Min 'Aqṭāri As-Samāwāti Wa Al-'Arḍ
Fānfudhū Lā Tanfudhūna 'Illā Bisulṭān

55.34 Fabi'ayyi 'Ālā'i Rabbikumā Tukadhibān

55.35 Yursalu `Alaykumā Shuwāḏun Min Nārin Wa
Nuḥāsun Falā Tantaṣirān

55.36 Fabi'ayyi 'Ālā'i Rabbikumā Tukadhibān

Translation

55.33 O company of jinn and men, if ye have power to penetrate (all) regions of the heavens and the earth, then penetrate (them)! Ye will never penetrate them save with (Our) sanction.

55.34 Which is it, of the favours of your Lord, that ye deny?

55.35 There will be sent, against you both, heat of fire and flash of brass, and ye will not escape.

55.36 Which is it, of the favours of your Lord, that ye deny?

Al-Hashr (21-24)

﴿٢٠﴾ لَوْ أَنزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ
لَّرَأَيْتَهُ خَاشِعًا مُّتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ ۖ
وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ
يَتَفَكَّرُونَ ﴿٢١﴾ هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ
عِلْمُ الْغَيْبِ وَالشَّهَادَةِ ۚ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿٢٢﴾
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ الْمَلِكُ الْقُدُّوسُ
السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ۚ
سُبْحَنَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿٢٣﴾ هُوَ اللَّهُ الْخَالِقُ
الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى ۚ يُسَبِّحُ لَهُ مَا
فِي السَّمَوَاتِ وَالْأَرْضِ ۚ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٢٤﴾

Recite 3x

59.21 Law 'Anzalnā Hādhā Al-Qur'āna `Alá Jabalin
Lara'aytahu Khāshi`āan Mutaṣaddi`āan Min Khashyati
Allāhi Wa Tilka Al-'Amthālu Naḍribuhā Lilnnāsi
La`allahum Yatafakkarūn

59.22 Huwa Allāhu Al-Ladhī Lā 'Ilāha 'Illā Huwa `Ālimu Al-Ghaybi Wa Ash-Shahādati Huwa Ar-Raḥmānu Ar-Raḥīm

59.23 Huwa Allāhu Al-Ladhī Lā 'Ilāha 'Illā Huwa Al-Maliku Al-Quddūsu As-Salāmu Al-Mu'uminu Al-Muhayminu Al-`Azīzu Al-Jabbāru Al-Mutakabbiru Subḥāna Allāhi `Ammā Yushrikūn

59.24 Huwa Allāhu Al-Khāliqu Al-Bārī'u Al-Muṣawwiru Lahu Al-'Asmā'u Al-Ḥusnā Yusabbīḥu Lahu Mā Fī As-Samāwāti Wa Al-'Arḍi Wa Huwa Al-`Azīzu Al-Ḥakīm

Translation

59.21 If We had caused this Qur'an to descend upon a mountain, thou (O Muhammad) verily hadst seen it humbled, rent asunder by the fear of Allah. Such similitudes coin We for mankind that haply they may reflect.

59.22 He is Allah, than Whom there is no other Allah, the Knower of the Invisible and the Visible. He is the Beneficent, Merciful.

59.23 He is Allah, than Whom there is no other Allah, the Sovereign Lord, the Holy One, Peace, the Keeper of Faith, the Guardian, the Majestic, the Compeller, the Superb. Glorified be Allah from all that they ascribe as partner (unto Him).

59.24 He is Allah, the Creator, the Shaper out of naught, the Fashioner. His are the most beautiful names. All that is in the heavens and the earth glorifieth Him, and He is the Mighty, the Wise.

Al-Mulk (1-7)

تَبْرَكَ الَّذِي يَدُهُ الْمُلْكُ ۚ وَهُوَ عَلَى كُلِّ شَيْءٍ
قَدِيرٌ ۝^١ الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ
أَيُّكُمْ أَحْسَنُ عَمَلًا ۗ وَهُوَ الْعَزِيزُ الْغَفُورُ ۝^٢ الَّذِي
خَلَقَ سَبْعَ سَمَاوَاتٍ طَبَاقًا ۗ مَا تَرَىٰ فِي خَلْقِ الرَّحْمَنِ
مِنْ تَفَوتٍ ۖ فَارْجِعِ الْبَصَرَ ۚ هَلْ تَرَىٰ مِنْ فُطُورٍ ۝^٣
ثُمَّ ارْجِعِ الْبَصَرَ كَرَّتَيْنِ يَنْقَلِبْ إِلَيْكَ الْبَصَرُ
خَاسِئًا وَهُوَ حَسِيرٌ ۝^٤ وَلَقَدْ زَيَّنَّا السَّمَاءَ الدُّنْيَا
بِمَصَابِيحٍ ۖ وَجَعَلْنَاهَا رُجُومًا لِلشَّيَاطِينِ وَأَعْتَدْنَا لَهُمْ
عَذَابَ السَّعِيرِ ۝^٥ وَلِلَّذِينَ كَفَرُوا بِرَبِّهِمْ عَذَابُ
جَهَنَّمَ ۖ وَبِئْسَ الْمَصِيرُ ۝^٦ إِذَا أُلْقُوا فِيهَا سَمِعُوا
لَهَا شَهيقًا ۖ وَهِيَ تَفُورٌ ۝^٧ تَكَادُ تَمَيَّزُ مِنَ الْغَيْظِ ۖ

Recite 1x

67.1 Tabāraka Al-Ladhī Biyadihi Al-Mulku Wa Huwa `Alá
Kulli Shay'in Qadīrun

67.2 Al-Ladhī Khalaqa Al-Mawta Wa Al-Ĥayāata
Liyabluwakum 'Ayyukum 'Aĥsanu `Amalāan Wa Huwa Al-
`Azīzu Al-Ghafūru

67.3 Al-Ladhī Khalaqa Sab`a Samāwātin Ṭibāqāan Mā Tará
Fī Khalqi Ar-Raĥmāni Min Tafāwutin Fārji `i Al-Baṣara Hal
Tará Min Fuṭūrin

67.4 Thumma Arji `i Al-Baṣara Karratayni Yanqalib 'Ilayka
Al-Baṣaru Khāsi'āan Wa Huwa Ĥasīrun

67.5 Wa Laqad Zayyannā As-Samā'a Ad-Dunyā Bimaṣābīĥa
Wa Ja `alnāhā Rujūmāan Lilshayāṭīni Wa 'A`tadnā Lahum
`Adhāba As-Sa`īri

67.6 Wa Lilladhīna Kafarū Birabbihim `Adhābu
Jahannama Wa Bi'sa Al-Maṣīru

67.7 'Idhā 'Ulqū Fīhā Sami`ū Lahā Shahīqāan Wa Hiya
Tafūru

Translation

67.1 Blessed is He in Whose hand is the Sovereignty, and, He is Able to do all things.

67.2 Who hath created life and death that He may try you which of you is best in conduct; and He is the Mighty, the Forgiving,

67.3 Who hath created seven heavens in harmony. Thou (Muhammad) canst see no fault in the Beneficent One's creation; then look again: Canst thou see any rifts?

67.4 Then look again and yet again, thy sight will return unto thee weakened and made dim.

67.5 And verily We have beautified the world's heaven with lamps, and We have made them missiles for the devils, and for them We have prepared the doom of flame.

67.6 And for those who disbelieve in their Lord there is the doom of hell, a hapless journey's end!

67.7 When they are flung therein they hear its roaring as it boileth up,

Al-Jinn (1-9)

قُلْ أُوحِيَ إِلَيَّ أَنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوا
إِنَّا سَمِعْنَا قُرْآنًا عَجَبًا ۖ يَهْدِي إِلَى الرُّشْدِ
فَأَمَّا بِهِ ۖ وَلَن تُشْرِكَ بِرَبِّنَا أَحَدًا ۖ وَأَنَّهُ
تَعَالَىٰ جَدُّ رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَلَا وَلَدًا ۖ
وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللَّهِ شَطَطًا ۖ
وَأَنَّا ظَنَنَّا أَن لَّنْ تَقُولَ 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 ۖ وَأَنَّا لَمَسْنَا
السَّمَاءَ فَوَجَدْنَاهَا مُلِئَتْ حَرَسًا شَدِيدًا وَشُهُبًا ۖ
وَأَنَّا كُنَّا نَقْعُدُ مِنْهَا مَقَاعِدَ لِلسَّمْعِ ۖ فَمِنَ
يَسْتَمِعِ الْآنَ يَجِدْ لَهُ شَهَابًا رَّصَدًا ۖ

Re

Re

72.1 Qul 'Ūhiya 'Ilayya 'Annahu Astama`a Nafarun Mina
Al-Jinni Faqālū 'Innā Sami`nā Qur'ānāan `Ajabāan

72.2 Yahdī 'Ilā Ar-Rushdi Fa'āmannā Bihi Wa Lan Nushrika
Birabbinā 'Aḥadāan

72.3 Wa 'Annahu Ta`ālā Jaddu Rabbinā Mā Attakhadha
Ṣāhibatan Wa Lā Waladāan

72.4 Wa 'Annahu Kāna Yaqūlu Safihunā `Alā Allāhi
Shaṭaṭāan

72.5 Wa 'Annā Ḥanannā 'An Lan Taqūla Al-'Insu Wa Al-
Jinnu `Alā Allāhi Kadhibāan

72.6 Wa 'Annahu Kāna Rijālun Mina Al-'Insi Ya`ūdḥūna
Birijālin Mina Al-Jinni Fazādūhum Rahaqāan

72.7 Wa 'Annahum Ḥannū Kamā Ḥanantum 'An Lan
Yab`atha Allāhu 'Aḥadāan

72.8 Wa 'Annā Lamasnā As-Samā'a Fawajadnāhā Muli'at
Ḥarasāan Shadīdāan Wa Shuhubāan

72.9 Wa 'Annā Kunnā Naq`udu Minhā Maqā`ida Lilssam`i
Faman Yastami`i Al-'Āna Yajid Lahu Shihābāan Raṣadāan

Translation

72.1 Say (O Muhammad): It is revealed unto me that a company of the Jinn gave ear, and they said: Lo! we have heard a marvellous Qur´an,

72.2 Which guideth unto righteousness, so we believe in it and we ascribe no partner unto our Lord.

72.3 And (we believe) that He - exalted be the glory of our Lord! - hath taken neither wife nor son,

72.4 And that the foolish one among us used to speak concerning Allah an atrocious lie.

72.5 And lo! we had supposed that humankind and jinn would not speak a lie concerning Allah -

72.6 And indeed (O Muhammad) individuals of humankind used to invoke the protection of individuals of the jinn, so that they increased them in revolt against Allah);

72.7 And indeed they supposed, even as ye suppose, that Allah would not raise anyone (from the dead) -

72.8 And (the Jinn who had listened to the Qur´an said): We had sought the heaven but had found it filled with strong warders and meteors.

72.9 And we used to sit on places (high) therein to listen. But he who listeneth now findeth a flame in wait for him;

Surah Ikhlaas

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ ۝ وَلَمْ
يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

Recite 7x

- 112.1 Qul Huwa Allāhu 'Aḥadun
- 112.2 Allāhu Aṣ-ṣamadu
- 112.3 Lam Yalid Wa Lam Yūlad
- 112.4 Walam Yakun Lahu Kufūan 'Aḥadun

Translation

- 112.1 Say: He is Allah, the One!
- 112.2 Allah, the eternally Besought of all!
- 112.3 He begetteth not nor was begotten.
- 112.4 And there is none comparable unto Him.

Surah Falaq

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثِ
فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝

Recite 7x

Repeat following verse at least 5x

وَمِنْ شَرِّ النَّفَّاثِ فِي الْعُقَدِ ۝

And from the evil of malignant witchcraft

- 113.1 Qul 'A`ūdhu Birabbi Al-Falaqi
- 113.2 Min Sharri Mā Khalaqa
- 113.3 Wa Min Sharri Ghāsiqin 'Idhā Waqaba
- 113.4 Wa Min Sharri An-Naffāthāti Fī Al-`Uqadi
- 113.5 Wa Min Sharri Ḥāsīdin 'Idhā Ḥasada

Translation

- 113.1 Say: I seek refuge in the Lord of the Daybreak
- 113.2 From the evil of that which He created;
- 113.3 From the evil of the darkness when it is intense,
- 113.4 And from the evil of malignant witchcraft,
- 113.5 And from the evil of the envier when he envieth.

Surah Naas

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝١ مَلِكِ النَّاسِ ۝٢ إِلَهِ
النَّاسِ ۝٣ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝٤ الَّذِي
يُوسُوسُ فِي صُدُورِ النَّاسِ ۝٥ مِنَ الْجِنَّةِ وَالنَّاسِ ۝٦

Recite 7x

- 114.1 Qul 'A`ūdhu Birabbi An-Nās
114.2 Maliki An-Nās
114.3 'Ilahi An-Nās
114.4 Min Sharri Al-Waswāsi Al-Khannās
114.5 Al-Ladhī Yuwaswisu Fī ṣudūri An-Nās
114.6 Mina Al-Jinnati Wa An-Nās

Translation

- 114.1 Say: I seek refuge in the Lord of mankind,
114.2 The King of mankind,
114.3 The god of mankind,
114.4 From the evil of the sneaking whisperer,
114.5 Who whispereth in the hearts of mankind,
114.6 Of the jinn and of mankind.