**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.
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.
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”
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.

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

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

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

Recite this seven times

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُ الْرَّحْمنِ الْرَّحِيمِ

تَبَارَكَ الَّذِي بِيَدَيهِ الْمُلُكُ وَهُوَ عَلَيْ كُلِّ شَيْءٍ

قَدْرٌ إِلَّا الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لَيْبَعْلُوْكُمْ إِنَّكَ أَحْسَنُ عَمَلَاهُ وَهُوَ العَزِيزُ الْغَفُورُ

الَّذِي خَلَقَ سَبْعَ سَمَوَاتٍ طَبَاقًا

مَثَّلَ الْعَزِيزُ الْعَلِيمُ مَثَلًا فِي خَلْقِ الْرَّحْمَنِ مِن نَّفْوَتِ فَارِجٍ الْبَصْرَةِ

تَرَى مِن قُطُورٍ نَّفْوُتُ الْبَصْرَةِ كُتُبٌ يَنْقِلُهُ إِلَيْكَ

الْبَصْرَةُ خَاسِرًا وَهُوَ حُسَيْنًا وَلَقَدْ أَنْزَلْنَا السَّمَاءَ الْمَيْمًا

بِمَصَابِيحِهِ وَجَعَلْنَاهَا رَجُومًا لِّلسَّيِّئِينَ وَأَعَنَّا نَاصِرًا

عَذَابَ السَّيِّئِينَ وَلَا لِذِينَ كَفَّارٍ وَيَبْرِرُهُمْ عَذَابَ غَدَّهُمْ

وَبَيْسَ الْمُسِئِيٰٰ
Recite this once
أَعْوذُ بِاللَّهِ السَّمِيعِ العَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ هَمَّتِهِ وَفَنَّخِهِ وَتَفَنِّيَهِ.

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

أَعْوذُ بِكِلَمَاتِ اللَّهِ الْقَائِمَةَ، مِنْ كُلِّ شَيْطَانٍ وَهَمَانِهِ، مِنْ كُلِّ عَيْنٍ لَّامَثِ.

“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]

أَعْوذُ بِكِلَمَاتِ اللَّهِ الْقَائِمَةَ كُلَّهُنَّ مِنْ شَرٍّ مَا خَلَقَ.

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

لَا إِلَهِ إِلَّا اللَّهُ الْعَظِيمُ الْخَلِيمُ، لَا إِلَهِ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهِ 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. 5345]
بِسْمِ اللَّهِ الَّذِي لَا يُضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الأَرْضِ وَلَا فِي السَّمَاوَاتِ وَهُوَ الْحَمِيدُ الْغَلِیْمُ

لا إِلَهِ إِلَّا اللَّهُ وَحۡدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلۡکُ وَلَهُ الْحَمۡدُ وَهُوَ عَلَی كُلِّ شَيۡءٍ قَدِیرٍ

۳٣- اللَّهُمَّ رَبَّ النَّاسِ أَذَّنِي الۡبَأَسَ وَاشۡفِ أَنتَ الشَّافِی لَا شَفَاءٌ إِلَّا شَفَاءٌ الَّذِی لَا يُغَادِرُ سَقِیمًا