

40 LITANIES FOR PROTECTION



A collection of litanies from the Holy Qur'an, Sunnah, Salaf and the Pious

Extracted from
Sihaah Sittaah, Majmua' Aamaal e Raza, Hisn al Haseen & Al-Adhkaar

Compiled by
Tehseen Raza Hamdani
Nuri



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Contents

Prologue by the compiler.....	i
Litany 1 – <i>Al-Musabbi'aat Al-'Ashar</i>	1
Litany 2 – Dua of Sayyiduna Abu Darda ﷺ.....	3
Litany 3 – Protection from all harms.....	4
Litany 4 – The Three Shields.....	5
Litany 5 – Dua of Sayyiduna Anas bin Maalik ﷺ.....	6
Litany 6 – A treasure trove from <i>Siraaj al-'Awarif</i>	8
Litany 7 – Verse of the Mighty Throne.....	9
Litany 8 – First sword of defence.....	11
Litany 9 – Second sword of defence.....	12
Litany 10 – Third sword of defence.....	13
Litany 11 – <i>Hisaar e Hifaazat</i> – Circle of protection.....	13
Litany 12 – Protection from afflictions & sickness of others.....	15
Litany 13 – Protection from sensory ailments, poverty, sadness.....	16
Litany 14 – Protection from a difficult journey.....	17
Litany 15 – Protection from rejected supplications.....	18
Litany 16 – Protection from evil whispers of the soul.....	19
Litany 17 – Protection from misguidance.....	20
Litany 18 – Protection from insomnia.....	21
Litany 19 – A supplication that includes all supplications.....	22
Litany 20 – Protection from night frights and evils of darkness.....	23
Litany 21 – Protection from poisonous stings and wounds.....	24
Litany 22 – Protection from the evils of oneself.....	25
Litany 23 – Protection from depression and worry.....	26
Litany 24 – A comprehensive supplication from Ayesha ﷺ.....	27
Litany 25 – Protection from possession, skin illness, disability.....	28
Litany 26 – Highly emphasised supplication by the Prophet ﷺ.....	29
Litany 27 – Surah Al-Baqarah – protection from Jinn.....	30
Litany 28 – Surah Kahf – weekly protection from all harms.....	31
Litany 29 – Surah Saad – for evil eyes.....	31

Litany 30 – Surah Al-Jumuah – for peace between spouses.....	32
Litany 31 – Surah Al-Taghaabun – protection from thieves.....	32
Litany 32 – Surah Al-Mulk – protection from Divine wrath.....	33
Litany 33 – Naad e Ali ﷺ	34
Litany 34 – Ten Kaafs	35
Litany 35a – Eradication of witchcraft [<i>Sihr</i>].....	36
Litany 35b – Eradication of <i>Sihr</i> with <i>Sidr</i>	36
Litany 36 – Protection from miscarriage	39
Litany 37 – Protection of a new born from various maladies	40
Litany 38 – Protection from lunacy, psychosis & hyperactivity.	41
Litany 39 – Protection from severe headaches	42
Litany 40 – Protection from various heart ailments.....	43
Epilogue by the compiler.....	44

Prologue by the compiler

All praise is for Allah Alone – the Protector, Guardian and Patron of the Muslims.

Seeking refuge and protection in Allah Ta’ala, from things that may harm us, is the noble way of the Messenger of Allah ﷺ. Though He ﷺ was the Best of creation, the One who is at the greatest proximity to Allah – yet He ﷺ did not fail in constant supplications that involved seeking protection.

Sayyiduna Sa’ad ibn Abi Waqqaas ؓ said:

تَعَوَّذُوا بِكَلِمَاتِ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَتَعَوَّذُ بِهِنَّ

“Seek refuge with Allah by uttering the words which the Prophet ﷺ used to recite while seeking refuge with Allah”¹

The Messenger of Allah ﷺ sought protection in Allah Ta’ala from disbelief, poverty, calamities, debt, drowning, incapacity, evil diseases, witchcraft, devils, enemies, drowning, fleeing, overwhelming darkness, torrid rains, storms and so forth. The books of *Hadith* are filled with these supplications – and these supplications were uttered by the Messenger of Allah ﷺ. Due to this association, these supplications hold a special significance in the Court of Allah Ta’ala. Indeed, that which is uttered by the Beloved is also beloved.

¹ Sahih Al-Bukhari, Hadith 6374

Another vital reason for these utterances was for the education and purification of his *Ummah*:

هُوَ الَّذِي بَعَثَ فِي الْأُمِّيِّينَ رَسُولًا مِنْهُمْ يَتْلُوا عَلَيْهِمْ آيَاتِهِ وَيُزَكِّيهِمْ

*“It is He Who has sent among the unlettered people a Noble Messenger from themselves, who recites His verses to them and purifies them”*²

The *Ummah* must yield to these supplications and recite them day and night. Indeed, one will find solutions to all problems in these treasures.

The Messenger of Allah ﷺ said,

عُذُّوا بِاللَّهِ مِنْ عَذَابِ اللَّهِ عُذُّوا بِاللَّهِ مِنْ عَذَابِ الْقَبْرِ عُذُّوا بِاللَّهِ مِنْ فِتْنَةِ الْمَسِيحِ
الدَّجَالِ عُذُّوا بِاللَّهِ مِنْ فِتْنَةِ الْبَحْيَا وَالْمَمَاتِ

*“Seek refuge with Allah from the torment of Hell, seek refuge with Allah from the torment of the grave, and seek refuge with Allah from the trial of Maseeh al-Dajjal and seek refuge with Allah from the trial of life and death.”*³

He ﷺ used to seek refuge for his children as well and teach them the supplications. Abdullah ibn Abbas ﷺ narrates that the Messenger of Allah ﷺ told Hasan ﷺ and Hussain ﷺ:

² Holy Qur'an, [62:2]

³ Sahih Al Muslim, Hadith 588

إِنَّ أَبَاكُمْ كَانَ يُعَوِّذُ بِهَا إِسْمَاعِيلَ وَإِسْحَاقَ، أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ
وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

“Your forefather (i.e. Ibrahim) used to seek refuge with Allah for Ismaael and Ishaq [peace be upon them] by reciting the following: ‘O Allah! I seek refuge with Your Perfect Words from every devil and from poisonous pests and from every evil, harmful, envious eye.’”⁴

The Messenger of Allah ﷺ once told Abu Dharr ؓ:

يَا أَبَا ذَرٍّ تَعَوَّذْ بِاللَّهِ مِنْ شَرِّ شَيْاطِينِ الْجِنَّ وَالْإِنْسِ

“O Abu Dharr! Seek refuge with Allah from the evils of the devils among the Jinn and mankind.”

At this, Abu Dharr asked, “Are there devils among mankind?” He ﷺ said: “Yes.”⁵

Hence, it was crucial that a concise book be formulated to include the supplications and litanies for the purpose of seeking refuge in Allah Ta’ala. These litanies are derived from the Qur’an and Hadith as a primary source. All the litanies, whether they are extracted directly from the Qur’an or Sunnah; or they are extracted from the practice of the Pious – they are all effective because all of them are ultimately derived from the Qur’an and Hadith.

⁴ Sahih Al-Bukhari, Hadith 3371

⁵ Sunan An-Nasaai, Hadith 5507

Those who brand certain litanies to be polytheism [*Shirk*] because the names of the pious are mentioned in it – they should fear Allah Ta’ala! There was a slave of Abu Mas’ood Ansari ؓ who was being beaten until he said loudly:

أَعُوذُ بِاللَّهِ أَعُوذُ بِرَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

*“I seek refuge with Allah, I seek refuge with Allah's Messenger”*⁶

If this statement of the slave was polytheistic, then the Messenger of Allah ؓ would have admonished him, but He ؓ did not. Similarly, the Angels and the Pious Servants of Allah Ta’ala help and protect Muslims – by the Permission of Allah Ta’ala:

إِنَّمَا وَلِيُّكُمُ اللَّهُ وَرَسُولُهُ وَالَّذِينَ آمَنُوا الَّذِينَ يُقِيمُونَ الصَّلَاةَ وَيُؤْتُونَ الزَّكَاةَ وَهُمْ رَاكِعُونَ

*“Indeed, your Guardian is Allah and His Noble Messenger and those Believers who establish the prayer and pay the charity, and are bowed down before Allah”*⁷

فَإِنَّ اللَّهَ هُوَ مَوْلَاةُ وَجِبْرِيلَ وَصَالِحِ الْمُؤْمِنِينَ وَالْمَلَائِكَةَ بَعْدَ ذَلِكَ ظَهِيرٌ

*“Indeed Allah is his Supporter, and Jibraeel and the virtuous Believers are also his Helpers; and in addition the Angels are also his Helpers.”*⁸

⁶ Sahih Al Muslim, Hadith 1659

⁷ Holy Qur’an, [5:55]

⁸ Holy Qur’an, [66:4]

As for those who say that *Ta'aweedh* are a form of *Shirk* and that hanging any amulet around the neck is prohibited – then for them the following Prophetic narrations should suffice:

عَنْ عَوْفِ بْنِ مَالِكٍ، قَالَ كُنَّا نَرُقِي فِي الْجَاهِلِيَّةِ فَعُلْنَا يَا رَسُولَ اللَّهِ كَيْفَ تَرَى فِي ذَلِكَ فَقَالَ
اغْرَضُوا عَلَيَّ رُقَاكُمْ لَا بَأْسَ بِالرُّقِيِّ مَا لَمْ تُكُنْ شِرْكًَا

Awf ibn Maalik رضي الله عنه narrates: “In the pre-Islamic period we used to apply spells and we asked: ‘O Messenger of Allah! How do you look upon it?’ He رضي الله عنه replied: ‘Submit your spells to me. There is no harm in spells so long as they involve no polytheism.’”⁹

أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ يُعَلِّمُهُمْ مِنَ الْفَرَجِ كَلِمَاتٍ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ
مِنْ غَضَبِهِ وَشَرِّ عِبَادِهِ وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونَ وَكَانَ عَبْدُ اللَّهِ بْنُ عَمْرٍو
يُعَلِّمُهُنَّ مَنْ عَقَلَ مِنْ بَنِيهِ وَمَنْ لَمْ يَعْقِلْ كَتَبَهُ فَأَعْلَقَهُ عَلَيْهِ

Narrated by Abdullah ibn Amr ibn al-'Aas رضي الله عنه:

‘The Messenger of Allah رضي الله عنه used to teach them the following words in the case of unease: *I seek refuge in Allah's perfect words from His anger, the evil of His servants, the evil suggestions of the devils and their presence.*’ Abdullah ibn Amr رضي الله عنه used to teach them [the words of the supplication] to those of his children who had reached puberty, and he wrote them

⁹ Sunan Abi Dawood, Hadith 3886

down (on some material) and hung on the child who had not reached puberty.’¹⁰

Based on these two authentic narrations our scholars have issued permission to have amulets that does not contain any element of *Shirk*. It can be hung around the necks as the Companions would do so for their children.

Imam Ibn Aabideen Shaami رحمه الله عليه said:

*“It is permitted to write a Ta’weedh and put it around the neck. It would be better if a person recites the supplications taught by the Prophet ﷺ. But if a person cannot read or is too young to recite it then it is permitted for that person to put it around the neck”*¹¹

Allama Shahaabuddin Mahmood Alusi Al-Baghdadi رحمه الله عليه writes in his *Tafsir* of the Qur’an:

*“According to Imam Malik ﷺ it is permitted to put around the neck the Ta’weedh written with the name of Allah. Imam Baqir ﷺ also stated that it is permitted to put such a Ta’weedh around the neck of a child.”*¹²

Now to clarify that which is referred to as *Shirk*: it refers to idol-worshipping, voodoo, witchcraft, black magic, satanic incantations and so forth. It also refers to the evil talismans and amulets that were used in the pre-Islamic era wherein they would utilise the names of idols to bring about a cause and

¹⁰ Sunan Abi Dawood, Hadith 3893

¹¹ Radd Al Muhtar, Baab Al-Qira’ah

¹² Rooh-ul-Ma’ani, verse 97 of *Surah Mu’minoona*

effect situation. However, to use the names of the Prophets, Angels, Saints and the Pious are all Islamic because their names and indications are mentioned in the Holy Qur'an. The agreed upon position of the *Ahl As-Sunnah Wa Al-Jama'ah* is that the names of the pious Muslims are a source of blessings because the Prophet ﷺ ordered the Muslims to name the children after the pious. All these blessings transpire by the Will of Allah Ta'ala.

All of these litanies have general permissions issued and requires no stringent conditions. I have also included some imprints [*Naqsh*] of the verses of the Holy Qur'an or the Names of Allah Ta'ala and the Pious. The numerical values in these imprints are the values of verses of the Holy Qur'an through the *Abjad* formula of Arabic. This is permissible and a practice of our pious predecessors. May Allah Ta'ala cause this compilation to become beneficial for all the believers!

I sincerely thank Shaykh Ebraahim Sufi [may Allah preserve him] of Riverside in perusing through this book for any errors before its release. I pray that Allah Ta'ala allow us to benefit from him and his blessed forefathers.

Salutations in abundance be upon His Eminence – Hadrat Muhammad Al-Mustafa {ﷺ} and his noble Family, his blessed Companions and the army of his Friends.

Dust of Mahrehra & Bareilly
Tehseen Raza Hamdani
Nuri

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



This is dedicated to the two Masters:

The Knowers of Allah
The Beacons of Guidance
The Guardians of Secrets

Shaykh Al-Akbar

Ja'far Abu Bakr ibn Yunus Al-Shibli

[d. 334 AH]

&

Shaykh Al-Akbar

Muhyuddeen Muhammad Ibn Al-Arabi

[d. 638 AH]

[May Allah Ta'ala sanctify us through their sanctity!]



Released on the blessed occasion of the URS of my Master

*The Helper for the seekers,
The Beacon for the believers,
The Cardinal Pole for the saints*



Shaykh Ale Rasool Ahmadi Marehrawi



*18th Dhul Hijjah
1440 AH*



Litany 1 ***Al-Musabbi'aat Al-'Ashar*** **The Ten Sevens**

The following litany was prescribed by the Sayyiduna Khidr عليه السلام to Shaykh Ibraahim Taimi رحمه الله عليه [d. 92 AH]. It is a collection of ten litanies to be recited daily seven times in the morning and evening¹³. In *Majmua Aamaal e Raza*, it is mentioned that the reciter of this litany will receive ten pious Jinn who all will be ordained by Allah Ta'ala to protect the reciter and his possessions from all types of worldly and spiritual adversities.

Imam Muhammad Al-Ghazaali رحمه الله writes in his *Ihya Al-Uloom* that Al-Khidr عليه السلام received these supplications from the Messenger of Allah ﷺ. Al-Khidr عليه السلام then taught these to Shaykh Ibraahim Taimi رحمه الله عليه in the blessed Haram Al-Sharif under the shade of the illuminated Ka'abah. Imam Al-Haddad Al-Yamaani رحمه الله عليه has included this at the end of his *Wird al-Kabir*. This litany should be recited daily with continuity with the intention of seeking proximity to Allah and for goodness, blessings, favours and protection from Him in one's faith, in this world and the Hereafter. Doing so, this litany becomes sufficient for everything and the reciter does not need to pursue alternatives.

¹³ Morning refers to the time after midnight until sunrise and evening refers to the time after midday until sunset. If on a certain day if a person misses his or her recitation before sunrise or sunset – it should be recited after sunrise or sunset so that the blessings of the supplication can still be attained.

The litany begins by reciting the complete *Bismillah* and thereafter each litany in the following list is recited seven times:

1	<i>Surah Al-Fatiha</i>
2	<i>Aayat Al-Kursi</i>
3	<i>Surah Al-Kaafiroon</i>
4	<i>Surah Al-Ikhlaas</i>
5	<i>Surah Al-Falaq</i>
6	<i>Surah An-Naas</i>
7	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ
8	اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ عَبْدِكَ وَحَبِيبِكَ وَنَبِيِّكَ وَرَسُولِكَ النَّبِيِّ الْأُمِّيِّ وَعَلَى آلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ
9	اللَّهُمَّ اغْفِرْ لِجَمِيعِ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْمُسْلِمِينَ وَالْمُسْلِمَاتِ الْأَحْيَاءِ مِنْهُمْ وَالْأَمْوَاتِ إِنَّكَ مُجِيبُ الدَّعَوَاتِ وَرَافِعُ الدَّرَجَاتِ يَا قَاضِيَ الْحَاجَاتِ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ
10	اللَّهُمَّ يَا رَبِّ افْعَلْ لِي وَبِهِمْ عَاجِلًا وَآجِلًا فِي الدُّنْيَا وَالْآخِرَةِ افْعَلْ بِمَا آتَتْ أَهْلٌ وَلَا تَفْعَلْ بِمَا نَحْنُ لَهُ أَهْلٌ إِنَّكَ غَفُورٌ كَرِيمٌ مَلِكٌ بَرُّ رَءُوفٌ رَحِيمٌ

Litany 2 Dua of Sayyiduna Abu Darda ﷺ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ رَبُّ الْعَرْشِ الْكَرِيمِ ، عَلَيْكَ تَوَكَّلْتُ وَأَنْتَ رَبُّ الْعَرْشِ الْعَظِيمِ مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ . أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ، وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا وَأَخْصَى كُلَّ شَيْءٍ عَدَدًا ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا ، إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ

Narrated by Imam Baihaqi رحمه الله عليه that the Messenger of Allah ﷺ taught this supplication to Sayyiduna Abu Darda ﷺ for the purpose of protecting one's house, belongings and possessions from all harms. Reciting this will also bring one's family under the Divine Protection of Allah Ta'ala. It is mentioned in *Al-Adhkaar* of Imam Nawawi Ash-Shaafi' رحمه الله عليه that some people came to Abu Darda ﷺ informing him that his house was incinerated in the fire. He denied this outright by saying that he had recited the supplication taught to him by the Messenger of Allah ﷺ. When they all went to see the place – all the houses in the area were caught in the inferno, except for the house of Abu Darda ﷺ. Imam Jalaaluddin Suyuti رحمه الله عليه has stated that one should recite this supplication seven times in the morning and evening, or at least once. Doing so, will produce similar benefits of *Al-Musabbi'aat Al-Ashar* [**Litany 1**].

Litany 3 Protection from all harms

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

“In the Name of Allah, with whose Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing.”

Many people underestimate the value of brief supplications. This is the case with this litany. It is concise but the protection that entails from reciting this is immense. Imam Nawawi رحمه الله عليه narrates in his *Riyaadh As-Saaliheen* a *Hadith* in reference to Tirmidhi, Abu Dawood and Musnad Imam Ahmad that the Messenger of Allah ﷺ said:

مَا مِنْ عَبْدٍ يَقُولُ فِي صَبَاحِ كُلِّ يَوْمٍ وَمَسَاءِ كُلِّ لَيْلَةٍ: بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ، ثَلَاثَ مَرَّاتٍ، إِلَّا لَمْ يَضُرَّهُ شَيْءٌ

“He who recites three times every morning and evening: [the above Dua] nothing will harm him.”¹⁴

All ‘harms’ has been mentioned without any limitations, therefore it will include physical, metaphysical, spiritual, supernatural, demonic, worldly, heavenly, minor, major, hidden, open and all objects or entities or places or persons that may be associated with harm.

¹⁴ *Riyaadh As-Saaliheen*, *Hadith* 1457

Litany 4 The Three Shields

عَنْ مُعَاذِ بْنِ عَبْدِ اللَّهِ ، عَنْ أَبِيهِ ، قَالَ أَصَابَنَا طَشٌّ وَطَلْمَبَةٌ فَأَنْتَظَرْنَا رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لِيُصَلِّيَ بِنَا فَقَالَ " قُلْ " . فَقُلْتُ مَا أَقُولُ قَالَ { قُلْ هُوَ اللَّهُ أَحَدٌ } وَالْمُعَوِّذَتَيْنِ حِينَ تُبْسِي وَحِينَ تُصْبِحُ ثَلَاثًا يَكْفِيكَ كُلَّ شَيْءٍ

“It was raining and dark, and we were waiting for the Messenger of Allah ﷺ to lead us in prayer. Then the Messenger of Allah ﷺ came out to lead us in prayer and He said: ‘Say.’ I said: ‘What should I say?’ He ﷺ said: ‘Say: He is Allah, (the) One and Al-Mu’awwidhatain in the evening and in the morning, three times, and that will suffice you against everything.’”¹⁵

It should be understood that the words of the Messenger of Allah ﷺ are true with certainty. This conviction is necessary when one recites this or any litany. If one does not receive benefits in a litany then this defect should be ascribed to the reciter and not the litany. It is one of the conditions that *Surahs Ikhlaas, Falaq* and *Naas* are to be recited with proper rules of Quranic recitation [*Tajweed*]. *Imaan* [proper Sunni creed], *Yaqaen* [total conviction] and *Qir’at* [accurate recitation] must go hand in hand. A plant requires suitable soil, adequate water and ample sunlight to grow healthy. If one of them is missing, whose fault is that?

¹⁵ Sunan An-Nasaai, Hadith 5428

Litany 5
Dua of Sayyiduna Anas bin Maalik ﷺ

بِسْمِ اللَّهِ خَيْرِ الْأَسْمَاءِ بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ آدَى بِسْمِ اللَّهِ الْكَافِي بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ بِسْمِ اللَّهِ عَلَى نَفْسِي وَدِينِي بِسْمِ اللَّهِ عَلَى أَهْلِ بَيْتِي بِسْمِ اللَّهِ عَلَى كُلِّ شَيْءٍ أَعْطَانِيهِ رَبِّي اللَّهُ أَسْمِعُ اللَّهُ أَسْمِعُ اللَّهُ أَسْمِعُ اللَّهُ أَسْمِعُ اللَّهُ مِمَّا أَحَافُ وَأَخَذَرُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا عَزَّ جَارُكَ وَجَلَّ ثَنَاءُكَ وَتَقَدَّسَتْ أَسْمَاءُكَ وَلَا إِلَهَ غَيْرُكَ . اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ جَبَّارٍ عَنِيدٍ وَشَيْطَانٍ مَرِيدٍ وَمِنْ شَرِّ قَضَاءِ السُّوءِ وَمِنْ شَرِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا . إِنَّ رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ

Umar ibn Abaan narrates that Hajjaj bin Yusuf ordered him to bring in Anas bin Maalik ﷺ - the Companion of the Messenger of Allah ﷺ. When Anas bin Maalik ﷺ was brought into the court of al-Hajjaj, the following conversation transpired:

Hajjaj: “Are you Anas bin Maalik?”

Anas ﷺ: “Yes”

Hajjaj: “Are you the one who curses me?”

Anas ﷺ: “Yes! Rather, this is compulsory upon me and all the Muslims because you are the enemy of Allah and Islam. You have respected the enemies of Allah and disgraced the Friends of Allah.”

Hajjaj: “Do you know why I have brought you in?”

Anas ﷺ: “I do not know.”

Hajjaj: “I want to kill you in the most horrifying way.”

Anas ﷺ: “If I had any certainty in your words, then I would have worshipped you instead of Allah, and I would have doubted the words of the Messenger of Allah ﷺ who had taught

me a certain supplication and informed me, *'Whoever recites these words in the morning, nobody will be able to harm him and nobody will have any power over him'*. I have recited that supplication this very morning [so I do not fear you].”

Hajjaj: “I request that you teach me that supplication.”

Anas ؓ: “You are not worthy of it.”

Hajjaj then told his officers: “Leave him, let him go.”

When Anas bin Maalik ؓ departed, the courtiers asked Hajjaj bin Yusuf: “May Allah keep you steadfast! You were searching for him for many days. At last when you had him, why did you spare him?”

Hajjaj replied: “By Allah! I saw two fierce lions standing upon his shoulders. Whenever I spoke to him, those beasts looked towards me [as if ready to pounce upon me]. If I had done anything with him, what would have happened to me?”¹⁶

This supplication is recited once or thrice daily in the morning and in the evening. I have heard from the Masters of knowledge that the Dua of Sayyiduna Anas bin Maalik ؓ is from the secrets of Prophethood. In modern times where Muslims are prosecuted and oppressed, this supplication is a must for every home and individual. Muslims should recite this supplication whenever they are travelling – especially to Western countries. By the blessings of this supplication no one will be able to harm a single strand of hair – *In Sha Allah*.

¹⁶ Al-Mustatraf fi Kulli Fannin Mustadhraf, Bahauddin Abul-Fath al-Abshihi (d. 854 AH)

Litany 6

A treasure trove from *Siraaj al 'Awaarif*

The following litany has been handed down to us by our Master, the luminous saint, Shaykh Abul Hussain Ahmad e Nuri رحمته الله – who relates it from his Shaykh – the awesome personality of light and guidance, Shaykh Ale Rasool Ahmadi رحمته الله:

Recite the following on the first night of every Islamic month after sighting the new moon:

1. Kalima Tayyiba 1000 times:

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ الرَّسُولُ اللَّهُ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

2. *Surah Al-Fatiha* 41 times. Every single time, begin with *Bismillah* and join the *Meem* of *Rahim* with the *Laam* of *Al-Hamd*:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

“*Bismillahir Rahmaanir Raheemil-Hamdulillahi
Rabbil Aalameen*”

In the case of bad weather due to which the crescent could not be sighted it should be recited on both nights, once for the night of doubt and the other after the moon-sighting. The benefit of this litany is that the entire month will pass with peace and security. One’s sustenance will also be increased. The Saints of *Mahrehra* have emphasized their disciples to be steadfast on this litany.

Litany 7

Verse of the Mighty Throne

Reciting *Aayatul Kursi* after every *Fardh* prayer has been prescribed by the Messenger of Allah ﷺ. In our previous publication – 40 Litanies for *Rizq* – we prescribed this litany for blessings in one’s sustenance. Now we are apprising the readers of the same litany and a slightly different method of reciting it for the purpose of protection from one’s enemies. This verse contains ten stops [*waqf*] within it and one should try and memorize its places.

Thereafter, when reciting *Aayatul Kursi* one should close one finger at every stop. One should start with the little finger of the right hand. Then at the second stop close the ring finger of the right hand. At the third, fourth and fifth stops close the middle, index and thumb fingers of the right hand, respectively. Similarly, at the sixth stop one should close the little finger of the left hand and continue to close each finger next to it at every stop until both hands have become fists.

Thereafter, recite *Surah Inshirah* [*Alam Nashrah*], *Surah Ikhlaas* and *Durood Sharif* – all of them three times. Then look towards the sky and blow out one’s breath towards it. Then recite the full *Bismillah* and *Surah Al Fatiha* by attaching the *Meem* of *Raheem* in *Bismillah* with the *Laam* of *Alhamd* of *Surah Fatiha* [see **Litany 6** as an example]. Open the little finger of the right hand [the first one that was closed] at completion of one recitation of *Surah Al Fatiha*. Likewise, recite *Surah Al-Fatiha* nine more times and open one finger at the end of each recitation in the same order as it was closed.

Thereafter blow towards the open hands and rub it over your face.

For the intention of protection from one's enemies and to bring control over them one should pause and ponder over it in the mind when one reaches the moment between the two *Meems* in the words *ya'lamu' mabayna* [indicated with (~)] then continue the litany to the end.

For the purpose of understanding I have included the *Aayatul Kursi* and its stops and indications herein:

اللَّهُ لَا إِلَهَ إِلَّا هُوَ (1) الْحَيُّ الْقَيُّومُ (2) لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ (3) لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي
الْأَرْضِ (4) مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ (5) يَعْلَمُ (~) مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ
(6) وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ (7) وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ (8) وَلَا
يَئُودُهُ حِفْظُهُمَا (9) وَهُوَ الْعَلِيُّ الْعَظِيمُ (10)

- 1 – Close the little finger of the right hand
- 2 – Close the ring finger of the right hand
- 3 – Close the middle finger of the right hand
- 4 – Close the index finger of the right hand
- 5 – Close the thumb of the right hand
- (~) – Here ponder over one's enemies
- 6 – Close the little finger of the left hand
- 7 – Close the ring finger of the left hand
- 8 – Close the middle finger of the left hand
- 9 – Close the index finger of the left hand
- 10 – Close the thumb of the left hand

Litany 8 First sword of defence

اللَّهُ رَبِّي لَا شَرِيكَ لَهُ

“Allah is my Provider! He does not have any partner!”

The aforementioned litany has been advised by the *Qaadiri saints*. The words of this litany are light upon the tongue but the spiritual sword that it yields is remarkable. There are two methods to recite it: special and general.

Special method: Perform *Wudhu*, sit in the position of *Tashahud* – as one sits during *Salaah*, face the *Qibla* and recite the above incantation 874 times daily. *Durood Sharif* is to be recited 11 times in the beginning and ending.

The general method is to frequently recite this litany daily as much as possible – whether one is sitting or standing, in the state of *Wudhu* or not, at work or at home.

اللَّهُ

Litany 9 Second sword of defence

حَسْبُنَا اللهُ وَنِعْمَ الْوَكِيلُ

“Allah is sufficient for us, and the Best Disposer of affairs”¹⁷

This litany is recited 450 times daily. Begin by reciting *Durood Sharif* 11 times in the beginning and ending it with the same. In the times of anxiety, this is recited abundantly. The greatness of this litany can be acknowledged by the following Words of Allah Ta’ala and His Divine Promise:

الَّذِينَ قَالَ لَهُمُ النَّاسُ إِنَّ النَّاسَ قَدْ جَمَعُوا لَكُمْ فَاخْشَوْهُمْ فَزَادَهُمْ إِيمَانًا وَقَالُوا حَسْبُنَا

اللهُ وَنِعْمَ الْوَكِيلُ

“Those to whom the people said, ‘The people have gathered against you, therefore fear them’, so their faith was further increased; and they said, ‘Allah is Sufficient for us - and what an excellent (reliable) Trustee (of affairs) is He!’”¹⁸

فَانْقَلَبُوا بِنِعْمَةِ رَبِّهِمْ مِنْهُ لَمْ يُلَاقِهِمْ سُوْعٌ وَاتَّبَعُوا رِضْوَانَ اللهِ وَاللهُ ذُو فَضْلٍ

عَظِيمٍ

“So they returned with the favour and benevolence from Allah, in that no harm reached them; they followed what pleased Allah; and Allah is Exceedingly Munificent”¹⁹

¹⁷ Holy Qur’an, [3:173]

¹⁸ Holy Qur’an, [3:173]

¹⁹ Holy Qur’an, [3:174]

Litany 10
Third sword of Defence

طُفَيْلِ حَضْرَتِ دَسْتِگِيرِ دُشْمَنِ بُوِ عَيْ زَيْرِ

['Tufayl e Hadrat Dastagheer Dushman hu way Zer']

“By the means of the saintly personality of authority [Shaykh Abd Al-Qaadir Al-Jilaani ؒ], may the enemies be defeated.”

This Persian phrase is recited 111 folds after the Esha prayers. Begin by reciting *Durood Sharif* 11 times in the beginning and ending it with the same.

Litany 11
Hisaar e Hifaazat
Circle of Protection

وَالشَّمْسِ وَالْقَمَرِ وَالنُّجُومِ مَسْخَرَاتِ بِأَمْرِهِ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ
گِرْدِ مَنْ، گِرْدِ خَائِنِ مَنْ، گِرْدِ زَنِّ وَفِرْزَنْدَانِ مَنْ، گِرْدِ دَمَالِ وَدُوسْتَانِ مَنْ حِصَارِ حِفَاظَتِ تُو شُو دَنگَا دَارِ بَاشِ
يَا اللَّهُ بِحَقِّ سُلَيْمَانَ بْنِ دَاوُدَ عَلَيْهِمَا السَّلَامُ وَبِحَقِّ أَهْبَاءِ أَشْرَاهِيَاءَ وَبِحَقِّ عَلِيْقَا مَلِيْقَا تَلِيْقَا
أَنْتَ تَعْلَمُ مَا فِي الْقُلُوبِ وَبِحَقِّ لَالَةِ إِلَّا اللَّهُ مُحَمَّدٌ رَسُوْلُ اللَّهِ وَبِحَقِّ يَا مُؤْمِنُ يَا مُهَيَّبُ
صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَصَحْبِهِ وَسَلَّمَ

[Transliteration of the underlined Persian phrase of the litany: 'Gird e mann, Gird e khaanaa e mann, Gird e zann o farzandaan e mann, Gird e maal o dostaan e mann, Hisaar e Hifaazat Tu shood Nigahdaar Baashi]

It is recited once after every prayer. While reciting this litany shape the right hand in a way that the index finger is open and all the other fingers are closed in a fist [as it is done in the time of *Tashahhud*]. After the litany has been recited blow over the index finger of the right hand. Thereafter, circle the index finger three times over the right ear without touching the skin of the ear. The intention of protection should be in mind.

Similarly, at the time of sleeping recite the litany and blow over the index finger – with intention of protection of the house – and circle the index finger outwardly towards the house three times.

This litany is the practice of many scholars and saints alike. When one recites this, a barrier is created between the reciter and harmful things. Evil spirits, witchcraft, evil eye, demons, oppressors, human attack and the likes are deflected by this barrier. Indeed, all Power and Might is from Allah Almighty!



Litany 12
Protection from afflictions, sickness, calamities,
misfortunes seen in others

الْحَمْدُ لِلَّهِ الَّذِي عَاقَبَنِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

“All praise is due to Allah Who saved me from that which He has afflicted you with, and blessed me greatly over many of those whom He has created”

The Messenger of Allah ﷺ said: “Whoever sees a person afflicted and say [the supplication above] then he shall be saved from that affliction for as long as he lives.”²⁰

This litany is recited softly when one sees others in difficult times. The greatness of this litany is that it allows the reader to be protected from whatever evil, defects and afflictions, spiritual or worldly, he observes in others. In other words, the reader will not be afflicted with the similar affliction all his life, by the Will of Allah Ta’ala. Imam Ahmad Rida Al-Qaadiri رحمه الله mentions that once he recited this supplication when he saw someone with conjunctivitis. All his life, Imam Ahmad Rida Al-Qaadiri was not afflicted with this disease.²¹

²⁰ Jaami Tirmidhi, Hadith 3431

²¹ Al-Malfuzaat Imam Ahmad Rida

Litany 13

Protection from sensory ailments, poverty & sadness

اللَّهُمَّ عَافِنِي فِي بَدَنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ لَا إِلَهَ إِلَّا أَنْتَ
اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

“O Allah! Grant me well-being in my body. O Allah! Grant me good hearing. O Allah! Grant me good eyesight. There is no deity worthy of worship besides You!”

“O Allah! I seek refuge in You from infidelity and poverty. O Allah! I seek refuge in You from punishment of the grave. There is no deity worthy of worship besides You!”

“O Allah! Your Mercy is what I hope for. Do not abandon me to myself for an instant, but put all my affairs in good order for me. There is no deity worthy of worship besides You!”

The Messenger of Allah ﷺ taught this beautiful supplication which the reader should make it a habit of reciting it daily, three times, before sunrise and sunset. One will be protected from various illnesses of the body, ears and eyes. Moreover, this supplication protects one from poverty and sadness.

Litany 14 Protection from a difficult journey

اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيفَةُ فِي الْأَهْلِ اللَّهُمَّ اصْحَبْنَا بِنُصْرِكَ وَأَقْلِبْنَا بِدِمَمَةٍ
اللَّهُمَّ ارْزُقْنَا الْأَرْضَ وَهَوِّنْ عَلَيْنَا السَّفَرَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعَثَاءِ السَّفَرِ وَكَآبَةِ
الْمُنْقَلَبِ وَمِنَ الْحُورِ بَعْدَ الْكُؤُونِ وَمِنَ دَعْوَةِ الْمَظْلُومِ وَمِنَ سُوءِ الْمَنْظَرِ فِي الْأَهْلِ وَالْمَالِ

“O Allah You are the Companion on the journey, and the Guardian for the family. O Allah, accompany us with Your Protection, and return us in security. O Allah, I seek refuge in You from the difficulties of the journey, and from returning in great sadness, and from loss after increase, and from the supplication of the oppressed, and from someone looking with evil at our families and wealth”

Sayyiduna Abu Hurairah رضي الله عنه and Sayyyiduna Abdullah bin Sarjis رضي الله عنه narrated that when the Prophet صلى الله عليه وسلم would travel, and he would mount his riding camel, he would gesture with his finger and say [the above supplication]²². In reciting this supplication the journey becomes easy, obstacles are nullified and dangers are eradicated. One’s life, wealth and family are safeguarded throughout the journey. This is the supplication of the Best of Creation صلى الله عليه وسلم and his noble words have tremendous effect.

²² Jaami’ Tirmidhi, Hadith 3438 & 3439

Litany 15 Protection from rejected supplications

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ قَلْبٍ لَا يَخْشَعُ وَدُعَاءٍ لَا يُسْمَعُ وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ عِلْمٍ لَا
يَنْفَعُ أَعُوذُ بِكَ مِنْ هَؤُلَاءِ الْأَرْبَعِ

“O Allah, I seek refuge in You from a heart that does not humble itself, and from a supplication that is not heard, and from a soul that is never satisfied, and from knowledge that does not benefit, I seek refuge in You from these four!”²³

This litany protects the reciter from four things: a) an arrogant heart, b) rejected supplications or when *Dua* is not answered, c) a soul that is not satisfied with evil – it refers to immorality, d) futile knowledge that does not benefit oneself or the creation. It is vital to point out that these four elements are essential for one’s supplications to be accepted in the Court of Allah Ta’ala. A heart that is sincere will be true when supplicating to Allah. A soul which is protected from immorality and filled with beneficial knowledge will allow the person to be aware of ethics of supplication. Adding this with the plea to the Creator to accept supplications - such comprehensiveness has been surmised into four elements, by the Messenger of Allah ﷺ.

²³ Jaami’ Tirmidhi, Hadith 3482

Litany 16
Protection from evil whispers of the soul and asking Allah
for inspiration of goodness

اللَّهُمَّ الْهِنِّي رُشْدِي وَأَعِزَّنِي مِنْ شَرِّ نَفْسِي

*“O Allah, inspire me with my guidance, and protect me from
the evil of my soul”*

Imran bin Husayn ؓ narrated:

‘The Prophet ﷺ said to my father: “O Husayn, how many deities do you worship now?” He said: “Seven. Six in the earth, and one above the heavens.” He said: “So which of them do you take for your ardent requests and fears?” He said: “The one above the heavens.” He said: “O Husayn, if you accept Islam, I would teach you two phrases that would benefit you.”’

‘So when Husayn accepted Islam, he said: “O Messenger of Allah, teach me the two phrases you promised me.” So He ﷺ [said and taught the above supplication]’.²⁴

This supplication should be recited odd number of times daily in the mornings and evenings. The benefit of this supplication is that the reciter will start to incline towards goodness and well-being and he shall be protected from the destruction of the evil self [*Nafs e Ammaarah*].

²⁴ Jaami’ Tirmidhi, Hadith 3483

Litany 17 Protection from misguidance

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

“O Mover of the hearts, make my heart firm upon Your Deen”

Shahr bin Hawshab asked Umm Salamah ﷺ the Mother of Believers:

‘O Mother of the Believers! What was the litany that the Messenger of Allah ﷺ recited most frequently when He ﷺ was with you?’ She said: “The litany He ﷺ recited the most frequently was: *“O Mover of the hearts, make my heart firm upon Your Deen”*”. So I [Umm e Salamah] said: “O Messenger of Allah ﷺ, why do you supplicate so frequently: *‘O Mover of the hearts, make my heart firm upon Your religion.’*” He ﷺ replied: “O Umm Salamah! Verily, there is no human being except that his heart is between the Two Fingers of the Fingers of Allah, so whomsoever He wills He makes steadfast, and whomever He wills He causes to deviate.”²⁵

Allah Ta’ala is free from any resemblance to any of His Creation. The word ‘finger’ is used as an allegory indicating the Will and Power of Allah Ta’ala. Just as it is easy to move something which is between our fingers – for Allah Ta’ala it is far easier to move hearts.

²⁵ Jaami’ Tirmidhi, Hadith 3522

Litany 18 Protection from insomnia

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَمَا أَظَلَّتْ وَرَبَّ الْأَرْضِينَ وَمَا أَقَلَّتْ وَرَبَّ الشَّيَاطِينِ وَمَا أَصَلَّتْ
كُنْ لِي جَارًا مِّنْ شَرِّ خَلْقِكَ كُلِّهِمْ جَمِيعًا أَنْ يَفْرُطَ عَلَيَّ أَحَدٌ مِنْهُمْ أَوْ أَنْ يَبْغِيَ عَلَيَّ عَرَّ جَارِكَ
وَجَلَّ تَنَاوُكَ وَلَا إِلَهَ غَيْرُكَ وَلَا إِلَهَ إِلَّا أَنْتَ

“O Allah, Lord of the Seven Heavens and what they have shaded! Lord of the earths and what they carry! Lord of the devils and those they have misguided! Be for me a Protector against the evil of Your creation, all of them together, so that none of them should transgress against me, or oppress me. Mighty is the one who seeks protection in You, and glorified is Your praise, and there is none worthy of worship other than You, and there is none worthy of worship except You.”

Sayyiduna Khalid bin Walid ؓ came to the Messenger of Allah ﷺ and complained about insomnia. So He ﷺ taught him this supplication to be recited at night before sleeping.²⁶

اللَّهُمَّ
اصْبِرْ
العظيم

²⁶ Jaami' Tirmidhi, Hadith 3523

Litany 19
A Supplication that includes all the supplications of the
Messenger of Allah ﷺ

اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ ﷺ وَنَعُوذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ بِكَ
مِنْهُ نَبِيُّكَ مُحَمَّدٌ ﷺ وَأَنْتَ الْمُسْتَعَانُ وَعَلَيْكَ الْبَلَاءُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

“O Allah! We seek from You for all the goodness which was sought from You by Your Prophet Muhammad ﷺ. We seek protection in You from all the evil which was sought in You by Your Prophet Muhammad ﷺ. And You are the One from whom help is sought, and it is for You to fulfil. There is no Might nor Power except with Allah!”

Abu Umaama Baahili ﷺ narrates,

‘The Messenger of Allah ﷺ supplicated with many supplications of which we did not preserve everything. We said: “O Messenger of Allah, you supplicated with many supplications of which we did not preserve everything.” He ﷺ said: “Should I not direct you to what will include all of that?” So He ﷺ taught them the above supplication.²⁷

وَالسَّلَامُ
عَلَيْكَ يَا
رَسُولَ اللَّهِ

²⁷ Jaami’ Tirmidhi, Hadith 3521

Litany 20
**Protection from night frights and evils that lurk during
darkness**

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ وَمِنْ هَمْزَاتِ الشَّيَاطِينِ وَأَنْ
يَحْضُرُونِ

“I seek refuge in Allah’s Perfect Words from His anger, His punishment, and the evil of His creatures, from the whisperings of the demons, and that they should come [near me]”.

‘Amr bin Shu’aib narrated from his father, from his grandfather, that the Messenger of Allah ﷺ said:

“When one of you becomes frightened during sleep, then let him say [the above supplication] - for verily, they shall not harm him.”

‘Amr bin Shu’aib said: “So Abdullah bin ‘Amr ﷺ used to teach it to his children who attained maturity, and those of them who did not, he would write it on a sheet and then hang it around his neck.”²⁸

This Hadith indicates the permissibility of hanging a paper – around one’s neck, in which the supplication of protection is inscribed.

²⁸ Jaami’ Tirmidhi, Hadith 3528

Litany 21
Protection from poisonous stings and wounds

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

*“I seek refuge in Allah’s Perfect Words from the evil of what
He created”*

Abu Hurairah رضي الله عنه narrated that the Prophet صلى الله عليه وسلم said:

“Whoever says three times when he reaches the evening [the above supplication], no poisonous sting shall harm him that night.”

(One of the narrators) Suhail said: “So our family used to learn it and they used to say it every night. A girl among them was stung, and she did not feel any pain.”²⁹

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

²⁹ Jaami’ Tirmidhi, Hadith 3604

Litany 22 Protection from the evils of oneself

أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي وَشَرِّ بَصَرِي وَشَرِّ لِسَانِي وَشَرِّ قَلْبِي وَشَرِّ مَنِيِّ

“I seek refuge with You from the evil of my hearing, the evil of my seeing, the evil of my tongue, the evil of my heart, and the evil of my sperm”

It was narrated that Shakal bin Humaid رضي الله عنه said:

“I came to the Prophet ﷺ and said: “O Prophet of Allah! Teach me words by means of which I may seek refuge with Allah.” He ﷺ took me by the hand and said: “Say [and He ﷺ taught him the above supplication].”³⁰

Evil of the hearing, sight and tongue is to hear, see or speak things which are prohibited by the sacred law of Islam – such as slander, obscenity, promiscuity, infidelity and immorality. The evil of the heart is immoral thoughts and intentions. The evil of the sperm is fornication and masturbation. One can see that many evils transpire from oneself through these channels. The Messenger of Allah ﷺ taught a supplication in which refuge is sought from these evils. By Allah! If one is protected from these evils, this will have a positive impact on our societies, communities, cities and the entire world.

³⁰ Sunan An-Nasaai, Hadith 5444

Litany 23 Protection from depression and worry

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ
وَعَلْبَةِ الرِّجَالِ

“O Allah, I seek refuge with You from worry, grief, incapacity, laziness, miserliness, cowardice, difficult debt, and being overpowered by (other) men”

Sayyiduna Anas bin Malik رضي الله عنه said:

“The Messenger of Allah ﷺ had litanies that He ﷺ never neglected. He used to say [the above litany].”³¹This supplication includes a wide range of things that may place a person in a difficult position. Worry and grief psychologically incapacitates a person from positive activities. Incapacity also refers to physical challenges and disabilities that may cause a person to become restricted. Laziness is never a good quality and the Messenger of Allah ﷺ sought protection from it. Many youngsters should include this supplication in their daily prayers. Miserliness is a playground of the devil in which the seeds of greed are planted – so it is an evil quality from which one should seek protection from Allah. A coward will never be able express the truth openly – and this quality gives rise to hypocrisy and backbiting. A difficult debt shatters one’s sleep and inner peace. It will lead a person to be overpowered by men. A brief supplication but it has an overall protection.

³¹ Sunan An-Nasaai, Hadith 5450 & 5453

Litany 24
A comprehensive supplication narrated by Sayyidah
Ayesha ؓ

The Mother of Believers – Ayesha ؓ narrates that the Messenger of Allah ﷺ used to supplicate with these words:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ وَفِتْنَةِ النَّارِ وَفِتْنَةِ الْقَبْرِ وَعَذَابِ الْقَبْرِ وَشَرِّ فِتْنَةٍ
الْمَسِيحِ الدَّجَالِ وَشَرِّ فِتْنَةِ الْغِنَى وَشَرِّ فِتْنَةِ الْفَقْرِ اللَّهُمَّ اغْسِلْ خَطَايَايَ بِمَاءِ الشَّلْحِ
وَالْبَرْدِ وَنَقِّ قَلْبِي مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ
النَّكْسِلِ وَالْهَرَمِ وَالْمَغْرَمِ وَالْمَأْتَمِ

“O Allah, I seek refuge with You from the torment of the grave, the tribulation of the Fire, the tribulation of the grave and the torment of the grave, the evil of the tribulation of Antichrist-Dajjal, the evil of the tribulation of richness and the evil of the tribulation of poverty. O Allah, wash away my sins with water of snow and hail, and cleanse my heart of sin as a white garment is cleansed of filth. O Allah, I seek refuge with You from laziness, despicable old age, debt and sin.”³²

³² Sunan An-Nasaai, Hadith 5477

Litany 25

Protection from evil possession, skin illness and disabilities

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُنُونِ وَالْجَذَامِ وَالْبَرَصِ وَسَيِّئِ الْأَسْقَامِ

“O Allah, I seek refuge in You from possession, leprosy, leucoderma and evil sicknesses (that may lead to visible deformity).”

Sayyiduna Anas ibn Maalik رضي الله عنه narrates that the Messenger of Allah صلى الله عليه وسلم used to say this supplication.³³

Possession refers to insanity and madness that is either caused by psychological breakdown or from the influence of the Jinn. It also refers to epilepsy and it is widely common knowledge within the Islamic traditional healers [*Hukama*] that epilepsy is a negative influence of an evil Jinn. Imam Ahmad Rida رحمته الله has also referred to it in his *Al-Malfoozaat*. Besides possession – the other illnesses mentioned in this litany are all those diseases that debilitates a person. Nowadays cancer is very common and it is an evil disease – therefore I cannot over accentuate the importance of this supplication. It should be recited thrice every day in the mornings and evenings.

³³ Sunan An-Nasaai, Hadith 5493

Litany 26

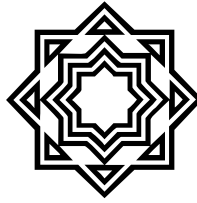
Highly emphasised supplication taught by the Prophet ﷺ

Sayyiduna Abdullah bin Abbas ؓ narrates:

“The Messenger of Allah ﷺ used to teach them [the Companions] this litany as if He ﷺ would teach them a *Surah* of the Qur'an:

اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ
الْمَسِيحِ الدَّجَالِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

“O Allah, we seek refuge with You from the torment of Hell, and I seek refuge with You from the torment of the grave, and I seek refuge with You from the tribulation of Antichrist-Dajjal, and I seek refuge with You from the trials of life and death”³⁴



³⁴ Sunan An-Nasaai, Hadith 5512

Litany 27
Surah Al-Baqarah – protection from Jinn

The Messenger of Allah ﷺ said,

لَا تَجْعَلُوا بُيُوتَكُمْ مَقَابِرَ إِنَّ الشَّيْطَانَ يَنْفِرُ مِنَ الْبَيْتِ الَّذِي تُقْرَأُ فِيهِ سُورَةُ الْبَقَرَةِ

“Do not make your houses as graveyards. Satan runs away from the house in which Surah Baqarah is recited.”³⁵

If any house is affected with *Jinn* or demons – one should appoint a good reciter of the Holy Qur’an and make him recite the entire *Surah* loudly in the center of the particular house. By the blessings of this *Surah*, every demon and evil *Jinn* will flee from that place. It is a practice of our pious that when one moves into a new place of residence – one should recite this *Surah* loudly in the new place before moving in.



³⁵ Sahih Al-Muslim, Hadith 780

Litany 28
***Surah Kahf* – weekly protection from all harm**

The Messenger of Allah said:

*“Whoever reads Surah al-Kahf on the day of Jumu’ah, will have a light that will shine from him from one Friday to the next.”*³⁶

This spiritual light is the Divine Protection from Allah Ta’ala that shields the reciter from every mischief, trial and calamity until the following Friday. One may recite it either on the eve or on the day of *Jumuah*.

Litany 29
***Surah Saad* – for evil eye**

This *Surah* is effective in protection and eradicating the effects of evil eye. This *Surah* is recited seven times consecutively and each time one should blow over the glass of water. Then let the one who has been affected with the evil eye drink from it. By the Power and Might of Allah Ta’ala, the affected person will become cured. This *Surah* is the 38th chapter of the Holy Qur’an found in the 23rd Part. If this *Surah* is too lengthy, then one may recite *Surah Humazah* [104th Chapter in the 30th Part] 3, 7 or 11 times and blow on the affected person.

³⁶ Mustadrak al-Haakim, 2/399; Al-Bayhaqi, 3/249

Litany 30

***Surah Al-Jumuah* – to bring peace between the spouses**

A small amount of feud between the husband and wife is common. But if the feud reaches to the level of such severity that hatred ensues – then it is important to recite the following litany to protect the family from unlawful separation. On the day of *Jumuah*, recite *Surah Jumu'ah* three times and blow it over the water. Let both spouses drink from the same glass – and preferably from the same place of the same glass. *In Sha Allah*, whatever the differences, the quarrel will evaporate. It is the 62nd *Surah* in the 28th Part of the Holy Qur'an.

Litany 31

***Surah Al-Taghaabun* – protection from thieves**

Reciting *Surah Al-Taghaabun* three times daily renders the house and all the belongings of the reciter protected from thieves, robbers and the likes. It is the 64th *Surah* in the 28th Part of the Holy Qur'an.



Litany 32

Surah Al-Mulk – protection from Divine Wrath

Narrated by Abdullah ibn Abbas ؓ:

‘One of the companions of the Prophet ﷺ pitched a tent on a grave without knowing that it was a grave. Suddenly he heard a person from the grave reciting *Surah al-Mulk* till he completed it. So he went to the Prophet ﷺ and said: “O Messenger of Allah! I pitched my tent on a grave without realizing that it was a grave. Then suddenly I heard a person from the grave reciting *Surah al-Mulk* till he completed it.” The Messenger of Allah ﷺ said:

هِيَ الْمَانِعَةُ هِيَ الْمُنْجِيَةُ تُنْجِيهِ مِنْ عَذَابِ الْقَبْرِ

“It is the defender, it is the saviour - it delivers [the reciter] from the punishment of the grave.”³⁷

One should recite this *Surah* daily after Esha prayers. It is an ideal *Surah* to recite in the graveyard and for the *Esaal e Thawaab* for the late Muslims.

³⁷ Jaami' Tirmidhi, Hadith 2890

Litany 33
Naad e Ali ﷺ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ نَادِ عَلِيًّا مَظْهَرَ الْعَجَائِبِ تَجِدُهُ عَوْنًا لَكَ فِي النَّوَائِبِ كُلِّ هَمٍّ وَ
غَمٍّ سَيُنَجِّئِي بِدُبُوتِكَ يَا رَسُولَ اللَّهِ ﷺ وَيَوْلَايَتِكَ يَا عَلِيُّ يَا عَلِيُّ يَا عَلِيُّ

“Call Ali, for he is able to bring about the extraordinary [by the Permission of Allah Almighty]. You will find him an effective supporter in all calamities. All trepidations and sorrows will soon evaporate, by your Prophethood, O Messenger of Allah ﷺ! And by your Sainthood, O Ali, O Ali, O Ali!”

Shah Waliyullah Muhaddith Dehlawi ﷺ has cited this litany in his manuscript *Al-Intiba fi Salaasil Al-Awliya*. The litany is famously known as *Naad e ‘Ali*. There are many benefits attached with this litany. Those that concern protection from various things, I have hereby listed them:

- For any **severe difficulty** – recite 41 times daily
- For any person who is **terminally ill** – recite 17 times and blow over pure rain water – and allow the patient to drink from it.
- For disturbances due to an **evil spirit** – recite 15 times, blow over the water and sprinkle the water over the person.
- In the event of fear from a **certain enemy**, recite it 7 times and blow it over clean soil and throw the soil in

the direction of the enemy, *In Sha Allah*, the reciter will be safeguarded from oppression.

- In the event of **witchcraft [Sihr]** – recite it 7 times and blow it over clean water collected from a well. Then, let the affected person drink a little from this water and perform *Ghusl* from it.
- In the event of being **wrongly accused of blame** – recite it 40 times daily in the morning. *In Sha Allah*, the accusation will become defaulted.

Litany 34 Ten Kaafs

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اللَّهُ الْكَافِي قَصَدْتُ الْكَافِي وَجَدْتُ الْكَافِي لِكُلِّ الْكَافِي كَفَّانِي الْكَافِي
وَكَافِ الْكَافِي وَنَعَمَ الْكَافِي وَاللَّهُ الْحَمْدُ يَا شَيْخَ عَبْدِ الْقَادِرِ جِيلَانِي شَيْئًا لِلَّهِ الْأَمَانُ يَا رَسُولَ
اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

This supplication is called the ten *Kaafs*. This was the supplication instructed by Umm al Khayr Amat al Jabbar Faatima [may Allah be pleased with her] to her son - Shaykh Abdul Qadir Al-Jilaani ﷺ – at the time of his departure towards Baghdad. Highly beneficial to eradicate any sort of worry, difficulty and calamity. Moreover, it is also prescribed for blessings in one's *Rizq*. It should be recited 111 times after the *Esha* prayers, beginning and ending with *Durood Sharif* 11 times.

Litany 35a
Eradication of Witchcraft [*Sih*r]

وَاتَّبِعُوا مَا نَزَّلْنَا الشَّيَاطِينَ عَلَىٰ مُلْكِ سُلَيْمَانَ وَمَا كَفَرَ سُلَيْمَانُ وَلَكِنَّ الشَّيَاطِينَ كَفَرُوا
يُعَلِّمُونَ النَّاسَ السِّحْرَ وَمَا أُنزِلَ عَلَى الْمَلَكَيْنِ بِبَابِلَ هَارُوتَ وَمَارُوتَ وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ
حَتَّى يَقُولَا إِنَّمَا نَحْنُ فِتْنَةٌ فَلَا تَكْفُرْ فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ وَمَا
هُمْ بِضَآئِرِينَ بِهِ مِنْ أَحَدٍ إِلَّا يَأْذِنُ اللَّهُ وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ وَلَا يَنْفَعُهُمْ وَلَقَدْ عَلِمُوا لَمَنِ
اشْتَرَاهُ مَا لَهُ فِي الْآخِرَةِ مِنْ خَلَقٍ وَلَبِئْسَ مَا شَرَوْا بِهِ أَنفُسَهُمْ لَوْ كَانُوا يَعْلَمُونَ

This is the 102nd verse of *Surah Al-Baqarah*. If a person is affected with witchcraft – one should have this verse inscribed on a copper plate. Thereafter, burn incense and allow the smoke from the incense to touch the plate where the verse is inscribed. Let the affected person drink water from this plate and allow him or her to eat from the same plate. This will, by the Will of Allah, eradicate the traces of witchcraft from the person and protect him from it thereafter.

Litany 35b
Eradication of *Sih*r with *Sidr*

Lote-tree leaves have remarkable properties to eradicate all forms of witchcraft and evil eye influences. The Arabic name of the tree from which these leaves grow is called *Sidr*. The specie of this tree is called *Ziziphus* and there are many forms of them such as *Z. Christi*, *Z. Jujube* and *Z. Lotus*.

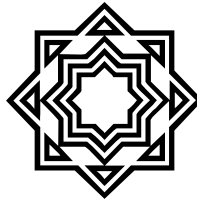
It is reported from Qais bin Asim ؓ that when he accepted Islam the Prophet ﷺ ordered him to perform *Ghusl* with water and *Sidr*.³⁸ Hence, the following method has been prescribed by the pious to wash away the traces of witchcraft, evil eye and other diseases:

1. Take 7 *Sidr* leaves and grind them to pulp with two clean stones [such as marble-made pestle and mortar used in the pharmacies].
2. Take the pulp and place it in a small pot of water and boil the water.
3. The colour of the boiled water will become light yellowish to dark orange.
4. Filter the water into a jug so that the pulp leaves are eradicated. Discard the leaves.
5. Use a clean stick or spoon and stir the water anticlockwise while reciting *Surah Al-Fatiha* seven times, *Ayatul Kursi* once, *Surah Al-Ikhlaas* seven times, *Surah Falaq* and *Surah An-Naas* seven times – together [that is, recite *Surah Falaq* and *Naas* together each time]. Make sure that one is stirring the water during the recitation. The recitation should be loud enough to hear oneself.
6. After the recitation is completed, blow on the water.
7. Allow the affected person to sip from this water – be it one or two or three sips.
8. Pour this stirred water into a bucket of clean water. The clean water should be ½ or ¾ full in the bucket. Once

³⁸ Jaami' Tirmidhi, Hadith 605

both waters are mixed, the colour of the entire water will be light yellowish.

9. Allow the affected person to bath from this water in such a way that every portion of the body is washed thoroughly – especially the head.
10. It is important to note that the used bath water must not be left to trickle down the drain. It should be retained and poured in the garden – over the grass. Therefore, it would be wise to bath in the garden [with appropriate covering] so that the water need not be retained.
11. For those who are affected with witchcraft, they should bath daily in this method for seven consecutive days. For evil eye or to protect oneself from it, one day or two days or three days are sufficient. *In Sha Allah.*



Litany 36 Protection from Miscarriage

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ لِاحْوَالٍ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ سَلَامٌ قَوْلًا مِنْ رَبِّ رَحِيمٍ

٣٩٢	٩٩١	٩٩٦	١٣٠
٩٩٥	سَلَامٌ	شَافِي	٩٩٢
١٣٢	حَفِيزٌ	حَافِظٌ	٣٩٠
٩٩٠	٣٨٩	١٣٣	٩٩٤

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ اعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَاتِ مِنْ كُلِّ عَيْنٍ الْأَمَاتِ وَمِنْ شَرِّ شَيْطَانٍ وَهَامَاتٍ وَمِنْ كُلِّ أَوْجَاعٍ وَأَسْقَامٍ وَأَمْرَاضٍ وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لِيَزَلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا سَمِعُوا الذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ أَيُّهَا إِسْرَاهِيَا بِحَقِّ كَهَيْعَتِمْ وَبِحَقِّ حَمِيسِمْ بِسْمِ اللَّهِ الشَّافِي بِسْمِ اللَّهِ الْكَافِي بِسْمِ اللَّهِ الْمَعَالِي بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ اعُوذُ بِرَبِّ النَّاسِ مَلِكِ النَّاسِ إِلَهِ النَّاسِ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ مِنَ الْجِنَّةِ وَالنَّاسِ وَصَلَّى اللَّهُ تَعَالَى عَلَيَّ سَيِّدِنَا مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ وَبَارَكَ وَسَلَّمَ

This *Ta'aweedh* is formulated by the great saint of Islam – Mufti-e-Azam Hadrat Shaykh Muhammad Mustafa Rida Al-Qaadiri رحمه الله. It is to protect women from all sorts of ailments, including protection from miscarriage.

During the months of pregnancy, this should hang around the neck in such a way that the amulet is suspended in the line of the navel. If a woman is not pregnant then it should hang in line with the heart.

As it is known, an amulet is folded first, then wrapped in a cloth and tied around a string.

I have also included another amulet in the following page that also serves as a protection from miscarriage, by the Will of Allah Ta'ala. One may use any of the two.



Litany 37

Protection of a new born from various maladies

The following *Ta'weedh* is for an infant. As it is a *Sunnah* that a new born is to be first given *Adhaan* in the right ear and *Iqaamah* in the left ear. One may do so 3, or 5 or 7 times. This is very important and one must not wait for someone else to give the *Adhaan*. The parent or guardian may do so immediately. After the infant is given *ghusl*, one should hang this amulet around the infant's neck so that the amulet is in line with the heart:

٤٨٦			
يا وكيلا	يا رقيب	يا حفيظ	يا حافظ
يا حافظ	يا حفيظ	يا رقيب	يا وكيلا
يا رقيب	يا وكيلا	يا حافظ	يا حفيظ
يا حفيظ	يا حافظ	يا وكيلا	يا رقيب

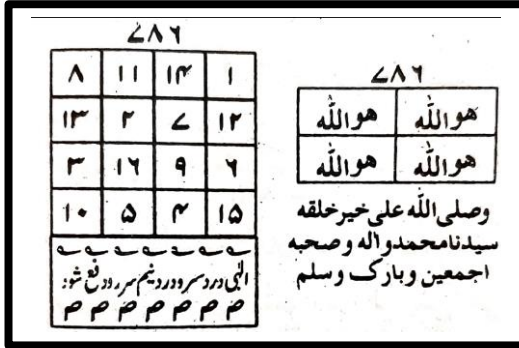
Litany 38
Protection from lunacy, psychosis & hyperactivity

٤٨٢

موسى الرضا بن الامار على	حصنى لا اله الا الله	صلى الله تعالى عليه وسلم	رضى الله تعالى عنهم
قال حدثنى جبرئيل	ابن ابى طالب عن ابيه على	موسى الكاظم حدثنى ابى	يقول قال سمعت رب العزة
الحسين عن ابيه	قال حدثنى حبيبى	ومن دخل حصنى امين من عذابى	الصادق جعفر عن ابيه
فمن قالها دخل حصنى	محمد الباقر عن ابيه	زين العابدين عن ابيه	وقرة عيني رسول الله

This amulet protects the wearer, by the Will of Allah Ta'ala, from all types of mental illnesses. Moreover, this amulet is very beneficial for those children and toddlers who are hyperactive and agitated. Have two copies of this amulet and fold each one and place them in a cloth that can be placed around the head of the toddler. Each amulet will be placed on the temporal areas of the head [above the ear]. Do this while the child is fast asleep. *In Sha Allah*, in a few days the child will become calm and intelligent. This can be used for adults as well.

Litany 39
Protection from severe headaches



This set of three amulets have been used in patients with severe headaches and it was found to be highly beneficial in eradication of the pain. Have it wrapped in a cloth and placed around the head. By the Will of Allah, the pain will subside spontaneously. This may be used for any kinds of headaches.

Litany 40
Protection from various heart ailments

٨٦			
الاعلى العظيم	الابالله	ولا قوة	لا حول
لا حول	ولا قوة	الابالله	الاعلى العظيم
الابالله	الاعلى العظيم	لا حول	ولا قوة
ولا قوة	لا حول	الاعلى العظيم	الابالله

واصبر وما صبرك الا بالله ولا تحزن
عليهم ولاتك في ضيق مما يمكرون

For those people who have heart diseases, they should wear this amulet by hanging it around the neck so that the amulet is in line with the heart. This amulet protects the wearer, by the Will of Allah Ta'ala, from worsening heart ailments – and it will cause the current ailment to dissipate. *In Sha Allah.*

Epilogue by the compiler

There are many other litanies that have not been cited in this book. It should be understood that everything transpires by the Will of Allah Ta'ala. Reciting these litanies may have its beneficial effects if the Will of Allah Ta'ala is part of it. One should not opt for a litany that will be difficult on oneself because one may leave it after reciting it for a few days. Therefore it is a humble advice to opt of a litany that is easy and convenient on oneself so that it remains as a part of one's daily supplications. May Allah Ta'ala eradicate our difficulties, give us the ability and forgive the compiler – and all those who helped him in this task – for any shortcomings!

Aameen

ذُو الْحِجَّةِ

[1440 Hijri]



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