

Islamic Healing & Protection

Tips for protection and healing using Islamic supplications and Quranic verses.

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Tahseen*:

(*Literally, fortification: protection from harm, such as 'ayn/evil eye and hasad/envy.)

Intention!! Make intentions first: Ask God to heal whoever from every 'ayn, sihr, mas, illness, physical or spiritual or mental, everything. When reading over yourself, you can also make intention for it to protect others (mention them!) too.

📖 Yes, you should make sure you read Surat Al-Ikhlās, Surat Al-Falaq, Surat An-Nas, and Ayat Al-Kursi over yourself while blowing into your hands brought together like in du'a. After every surah/Ayat al Kursi, blow, when done, rub it over your body, everywhere you can reach. The Prophet would not neglect this. When he was too sick to do it, he had family do it for him. It's important to keep yourself safe on a daily basis. The best time to do this is after Fajr prayer but before sunrise (so within an hour after Fajr)—the time of morning adhkar--and after Asr but before Maghrib—the time of evening adhkar. If you forget to do this, you can do it when you remember, but it's best in its proper time. Another time for tahseen is before you sleep.

*If you fail to do this before performing ruqyah, you are unprotected.

There are many other forms of dhikr (remembrance of God) that is beneficial for protection and other matters, you can find apps like Dua & Azkar ([for Android](#)) and ([for iPhone or iOS](#)) to read and hear them.

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

Image from [this website](#), where you can hear it recited too.

Tahseen usually consists of the morning and evening adhkar, along with reciting the following verses + short chapters (blowing after each one into your gathered hands, when you're completely finished reciting all of them, run them over what you can reach of your body, like you're trying to cover yourself with them):

- Ayat Al-Kursi (Verse of the Throne)
- The last two verses of Surat Al-Baqarah
- The final three short chapters of the Quran (the three short ones that make up the last page of the Quran! The Mu'awidattayn [literally 'the two [chapters] of seeking refuge', they are Surat An-Nas and Surat Al-Falaq] + Surat Al-Ikhlās)
- Having seven black 'ajwa dates (like those from Medina/Madinah) on an empty stomach in the

mornings help keep you safe from sihr (magic).

- Surat Al-Mulk before sleeping is also protective (and it also safeguards from punishment of the grave if you pass away in your sleep).

The strongest protection from magic is finishing Surat AlBaqarah either in one go or completed within three days, before 'Asr on the third day... that one will keep the whole house completely safe for three days!), but as it's the longest surah of the Quran, it is not commonly recited all at once or daily (but it is recommended to be read regularly in homes!).

For every day tahseen/protection, the Mu'awidattayn, Surat Al-Ikhlhas, and Ayat Al-Kursi should be enough.

The final two ayat (verses) of Surat Al-Baqarah are also very powerful for both protection and healing.

If you do nothing other than Ayat AlKursi and the Mua'widattayn during your morning/evening adhkar on a daily basis, please include this short du'a too:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ، ثَلَاثَ مَرَّاتٍ، لَمْ يَضُرَّهُ شَيْءٌ

"BismilLahi al-ladhee la yadhurru ma'a ismihi shay-an fil-ardh wa la fis-samaa wa huwa as-samee'ul-'aleem" (In the name of God, by Whose name nothing is harmed in the earth nor in the sky, and He is of all things, All-Hearing, All-Knowing). This is recited three times.

"Whoever recites this three times in the morning will not be afflicted by any calamity before evening. And whoever recites this three times in the evening will not be afflicted by any calamity before morning." [Tirmidhi, Abu Dawud]

Ruqyah*

(*Exorcism and faith healing, usually for spiritual ailments—use physical means to treat organic ailments, see doctors, therapists, etc., relying on God means using all permissible means at your disposal.)

Tahseen must be done first, or you are unprotected and the jinni can retaliate!

📖 Everything beyond Ayat Al-Kursi (Verse of the Throne), Surat Al-Baqarah, and the final three short chapters of the Quran (last page! The Mu'awidattayn + Surat Al-Ikhlhas) is what is permissible, based on the hadeeth where the Prophet Muhammad (peace be upon him) asked people to present to him their ruqyah (which they used even before Islam, then told them there was no harm in their methods, as long as they didn't involve shirk (association of others with God, idolatry, pantheism contrary to Islam's pure monotheism):

أَخْرَجَ مُسْلِمٌ فِي صَحِيحِهِ (2200) عَنْ عَوْفِ بْنِ مَالِكٍ الْأَشْجَعِيِّ، قَالَ: كُنَّا نَرْقِي فِي الْجَاهِلِيَّةِ فَقُلْنَا يَا رَسُولَ اللَّهِ كَيْفَ تَرَى فِي ذَلِكَ فَقَالَ: اغْرَضُوا عَلَيَّ رِقَاقَكُمْ، لَا تَأْسَ بِالرُّقَى مَا لَمْ يَكُنْ فِيهِ شِرْكٌ

the Messenger of Allâh (May the blessings and peace of Allâh be upon him) said, "Let me know your invocation (ruqyah)" and he said, "There is no harm in the invocation as long as it does not involve polytheism." [Muslim]

Of the permissible means not detailed in the deen, but commonly used today and found to be effective as a means of healing (while the true source of the healing is, of course, God) is selecting verses as relates to the condition (jinn are affected more strongly by verses that mention whatever they were sent for—words have very real power in their world, so a raaqi will select verses like **وَعْيُونٌ** عيون even though **فَجَرْنَا فِيهَا مِنَ الْعْيُونِ** it refers to springs, it removes 'ayn likely because the word 'uyoon (plural of 'ayn) affects them.

Jinn brought by sihr are strongly affected by verses concerning magic (so the stories of Sulayman and Musa), I think all jinn are affected by Surat An-Najm, etc. It is best to be in a state of wudhu, you and whoever you're performing it for, but if it's not possible, it's okay.

The strongest protection from magic is finishing Surat AlBaqarah either in one go or completed within three days, before 'Asr on the third day... that one will keep the whole house completely safe for three days!). The day in Islam ends at 'Asr time, so it would be counted as the night of the following day, if you didn't finish by 'Asr on the third day... Surat AlBaqarah is effective for 3! For every day tahseen/protection, the Mu'awidattayn, Surat Al-Ikhlhas, and Ayat Al-Kursi should be enough.

The final two ayat (verses) of Surat Al-Baqarah are also very powerful for protection and healing.

You can also simply make du'a (supplicate) in your own words and ask God for protection and to break whatever is affecting you and/or your family. For example, if you're fed magic in their sleep or dreams, you can drink ruqyah water (same thing, Ayat AlKursi, almu'awiddat blown over it) after asking God to make it a means of healing from every sihr in this world or in the world of the spirits and jinn, etc.

There is also the du'a (supplication) made by Jibreel (archangel Gabriel) when the prophet Muhammad (peace and blessings of God be upon him) was sick:
وفي رواية ابن ماجه ما يوضح أن جبريل قرأها على النبي صلى الله عليه وسلم وهو مريض، فعن عبادة بن الصامت رضي الله عنه قال: أتى جبريل عليه السلام النبي صلى الله عليه وسلم وهو يوعك، فقال:

بسم الله أرقبك، من كل شيء يؤذيك، من حسد حاسد ومن كل عين الله يشفيك بسم الله أرقبك
، ، وحسنه الألباني

I moved the verses for tahseen from se/x//ually aggressive jinn from this section to the [ruqyah](#) section.

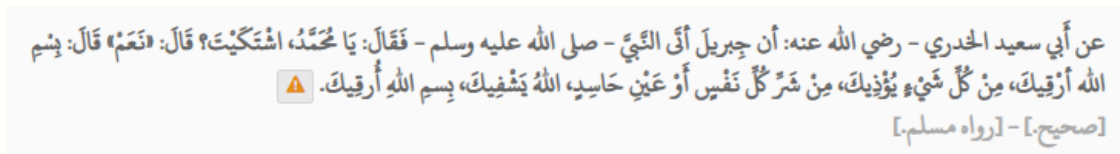


Image of Arabic hadeeth and translations from hadeethenc.com, [more supplications can be found there too!](#)

Abu Sa'id al-Khudri (may Allah be pleased with him) reported: Jibril came to the Prophet (may Allah's peace and blessings be upon him) and said: "O Muhammad, have you fallen ill?" He said: "Yes." So Jibril said: "In the name of Allah I recite over you, (to cleanse you) from everything that troubles you, from the evil of every soul or envious eye, Allah will cure you, in the name of Allah I recite over you."

"BismilLah arqeeq, min kulli shay-in yu-dhikka, min hassad hasiddin, wa min kulli 'aynin, Allah yushfeeka, bismilLahi urqeeq."

If you want to protect a house, sprinkling ruqyah water in every corner, possibly also mixing in some salt, and saying bismilLah (in the name of God) is very good! But if you can't do that consistently, saying Bismillah while even just imagining the corners and making the intention to protect the house is enough.

(Washing with ruqyah water also works for removing 'ayn from a house, bi-idhnilLah/by God's permission).

The prophet Muhammad (salla Allahu 'alaihi wa sallam/peace and blessings of God be upon him) also used "اخرج عدو الله" (leave, enemy of God) to chase them out.

Sexually predatory jinn are also common (they can be sent due to magic or of their own will if one neglects to say the du'a for entering bathrooms (Allahuma inni a'udhu bikka minal-khubthi wal-khabayyith بسم الله الذي لا اله الا هو بسم الله، اللهم اني أعوذ بك من الخبث و الخبائث bismilLahi al-ladhi la illaha illa huwa bismilLahi Ar-Rahman Ar-Raheem while removing clothes, or stands naked in front of mirrors, sleeps naked, or sleeps in a state of impurity... there are a lot of ways to deal with these, but among the most important aside from sleeping in a state of wudhu, praying at least two rak'ah as night vigil prayers after the obligatory ones are finished, and of course the regular tahseen before sleep is this collection of verses! First, say Allahuma ij'alni fi hisnika-al-aman:

- 1- (.. أَقْبِلْ وَلَا تَخَفْ إِنَّكَ مِنَ الْأَمِينِينَ) القصص 31
- 2- (لَهُ مُعَقَّبَاتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِنْ أَمْرِ اللَّهِ)
الرعد 11
- 3- (وَجَعَلْنَا مِنْ بَيْنِ أَيْدِيهِمْ سَدًّا وَمِنْ خَلْفِهِمْ سَدًّا فَأَغْشَيْنَاهُمْ فَهُمْ لَا يُبْصِرُونَ) يس 9
- 4- (وَإِذَا قَرَأْتَ الْقُرْآنَ جَعَلْنَا بَيْنَكَ وَبَيْنَ الَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ حِجَابًا مَّسْتُورًا) الإسراء 45
- 5- (وَحِيلَ بَيْنَهُمْ وَبَيْنَ مَا يَشْتَهُونَ ..) سبا 54
- 6- (.. كَذَلِكَ لِنَصْرِفَ عَنْهُ السُّوءَ وَالْفَحْشَاءَ إِنَّهُ مِنْ عِبَادِنَا الْمُخْلَصِينَ) يوسف 24 ..
- 7- (قَالَ رَبِّ السِّجْنُ أَحَبُّ إِلَيَّ مِمَّا يَدْعُونَنِي إِلَيْهِ وَإِلَّا تَصْرِفْ عَنِّي كَيْدَهُنَّ أَصْبُ إِلَيْهِنَّ وَأَكُنْ مِنَ الْجَاهِلِينَ . فَاسْتَجَابَ لَهُ رَبُّهُ فَصَرَفَ عَنْهُ كَيْدَهُنَّ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ) يوسف 33-34
كرر الآية المكتوبة باللون الأحمر على الأقل 7 مرات ..
- 8- (وَاعْلَمُوا أَنَّ فِيكُمْ رَسُولَ اللَّهِ لَوْ يُطِيعُكُمْ فِي كَثِيرٍ مِّنَ الْأَمْرِ لَعَنِتُّمْ وَلَكِنَّ اللَّهَ حَبِيبٌ إِلَيْكُمْ الْإِيمَانَ وَزِينَةً فِي قُلُوبِكُمْ وَكَرَهِ إِلَيْكُمْ الْكُفْرَ وَالْفُسُوقَ وَالْعِصْيَانَ أُولَئِكَ هُمُ الرَّاشِدُونَ) الحجرات 7
كرر الجزء المكتوب باللون الأحمر على الأقل 7 مرات
- * ثم بعد قراءة ما سبق .. قل : آمين يا رب العالمين .

Read them, blowing into your hands after every ayah (aside from the last two, the last part of which is repeated seven times), then run them over your body and you should be done! Ignore whatever you might see to discourage/frighten/sadden you or their attempts to renew magic (if that is what brought them to you, just silently pray that God destroys all their attempts and prevents them from succeeding), just carry on, know you're braver and stronger than them as long as you rely on the Creator of the world and, after that, possess good and clean intentions and and you'll see an immediate difference!

I am planning on providing translation (of tafseer/interpretation of meaning) in English of the verses on that webpage soon.

Breaking sihr (magic):

☞ For a definitive breaking of sihr, after making the right intention and asking God to break every magic/sihr, 'ayn/evil eye, and remove envy/hasad from you, your family, your home, and belongings, read Surat AlBaqarah, it is undeniably strongest and most effective. It can be read all in one go, or broken up over three days, as long as you finish before the time of Asr on the third day (otherwise, you exceeded the three days it can work and have to start over) .

☞ I also think it helps a lot to recite on your water (we use gallons in our home!), followed with a (A'udhu bilallah al-samee' al-illahi As-Samee' ul Al-'Aleem min ash-shaytan ar-rajeem wa min hamzihi wa nafkhihi wa nafthih) "I seek refuge in God's words, the All-Hearing, All-Knowing from Satan the accursed, and from his whispers, his blowing, and his expectoration) so they don't mess with it.

Dua for expelling the devil and his whisperings #1

Dua No: 266



أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ هَمِّهِ، وَنَفْخِهِ، وَنَفْثِهِ

(Note: if spiritual illness is the case, much like any other illness, you will often feel worse before you get better, don't be scared off by it!)

(You'll notice a change in taste if you have any spiritual issues! It might taste "hot"/"burning" or stinging or you'll feel like there's rope or string in your throat, or it could just taste sweeter instead, etc. Best to use clean, not used yet water, but as long as it's safe to drink, it should be okay. ^^ It's important to say bismillah, before every sip for maximum benefit with this, but it's all helpful in sha Allah.

Resources:

- Dua & Azkar ([for Android](#)) and ([for iPhone or iOS](#)). Athkar is a good Arabic language app I use! Athan Pro has a wide selection of du'a.
 [Manzil](#) - this is a collection of verses and chapters from the Quran that are very effective for ruqya, I see it commonly used by South East Asian Muslims.
- [Practical Self Ruqya](#) - an excellent resource with a lot of information (including about waswas and programming that should be very beneficial to those who suffer from them to recognize these patterns), very easy to read!
- [Muhammad Tim Humble](#) - more in-depth information on ruqyah and how to perform it for yourself, there's also a page [on simple tahseen/adhkar to do daily](#).
- [Ruqya in London](#) - very straight-forward, useful, and easy to read, I especially think the [Emergency Ruqya](#) is uniquely helpful. It's preceded by a helpful list in case you're actually witnessing a [seizure](#) instead (note that there are many different kinds of seizures! Grand-mal is the one people generally imagine where the person collapses and alternates between rigid and lax, but someone can have a petite mal/absence seizure [especially common in autistic children] where they stare off into space for an extended period of time, lose track of time and forget everything that happened during the seizure, sometimes with a chewing motion or while in an odd slumping posture... there are also localized seizures where only a certain limb convulses.)
- [الراقي سعيد المغربي](#) has helpful ruqya videos for a variety of different conditions, consisting of verses followed by supplications for breaking magic and healing. (As this includes supplication in plain words and not only Quranic verses, **please do not listen to these while falling asleep, but stay vigilant and awake** [unless it's a video explicitly referred to as ayat/verses in the title], or it might not work properly! I used to walk while listening to these). Examples: [ruqya to break magic done during sleep](#), [Quran-only ruqya consisting of verses of exiting/leaving to chase out possessing jinn](#), [ruqya to break blood magic done with photographs](#), [ruqya to break magic or remove evil eye affecting one's knowledge and learning](#), [ruqya to break magic causing unnatural/extreme fear](#), [ruqya to break magic in graves](#), [ruqya to break star/planetary magic...](#)
- [نور الحق يبقى](#) has many (lengthy) ruqya and educational videos (Arabic only) for rare and specific spiritual ailments, many that afflict specific bloodlines commonly targeted/harmed/used in rituals.
-  [Ruqya video for breaking magic containing only verses of the Quran](#) - this one is safe to listen to before sleeping and even while sleeping.
- [A collection of videos to show what the repetitive hand/foot gestures and movements represent by الراقي ابو خالد المغربي](#) - the video's audio in Arabic, the subtitles are in French, the first comment has a list of the symbols' meanings written in Arabic (a computer translator should be able to translate them roughly well!)

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