Protective and Healing Supplications from the Quran and Sunnah



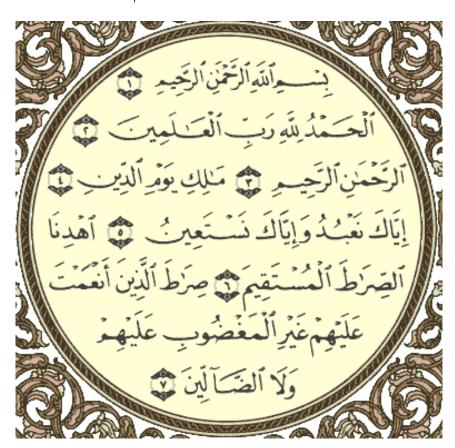
First: Al Ruqyah from the Quran

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

"I seek refuge in Allah from Satan the outcast."

Surat Al-Fatiha





"In the Name of Allâh, the Most Gracious, the Most Merciful. All the praises and thanks be to Allâh, the Lord of the 'Alamîn (mankind, jinn and all that exists). The Most Gracious, the Most Merciful. The Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection). You (Alone) we worship, and You (Alone) we ask for help (for each and everything). Guide us to the Straight Way. The Way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger (such as the Jews), nor of those who went astray (such as the Christians)."

#### *Ayat al-Kursi (2:255)*

### بِنُ مِلْدُ الرَّهِمِ اللَّهِ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهُمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهُمُ الرَّهُ الرَّهُمُ الرَّهُمُ الرَّهُمُ الرَّهُمُ الْمُعِمُ الرَّهُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعِم

الله كُلَّ إِلله إِلَّه هُوَ الله كُلَّ إِلله إِلَّه الله كُلَّ إِلله إِلَّا هُوَ الله كُلَّ إِلله إِلَّه هُوَ الله كُلَّ إِلله إِلَّه هُو الله كَارَ الله كَلَّ الله كَلَ الله كَلَّ الله كَلُولُ الله كَلَّ الله كَلَ الله كَلْ الله كَلَ الله كَلْ الله كَلْ الله كَلَ الله كَلَ الله كَلْ الله كَلَ الله كَلَ الله كَلَ الله كَلَ الله كَلَ الله كَلَ الله كَلْ الله كَلْ الله كَلَ الله كَلْ الله كَا الله كَلْ الله كَا الله كَا الله كَلْ الله كَلْ الله كَلْ الله كَلْ الله كَا الله كَلْ الله كَلْ الله كَا الله كَلْ الله كَلْ الله كَا الله كَا الله كَا ال

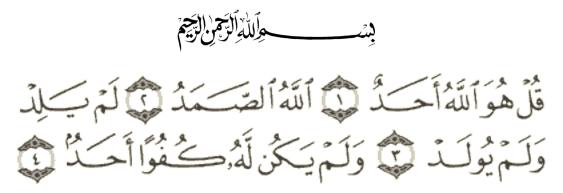
"Allah! There is none worthy of worship but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never compass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great."

## بِنُ مِلْدُ الرَّهِمِ اللَّهِ الرَّهِمِ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ

ءَامَنَ الرَّسُولُ بِمَا أَنْ رِلَ اللهِ مِن رَّبِهِ وَ وَالْمُؤْمِنُونَ كُلُّ الْمَن بِاللهِ وَمَكَيْ كَيْهِ وَكُلُيهِ وَرُسُلِهِ وَمَكَيْ كَيْهِ وَكُلُيهِ وَرُسُلِهِ وَمَكَيْ كَيْهِ وَكُلُيهِ وَرُسُلِهِ وَقَالُوا سَمِعْنَا وَرُسُلِهِ وَقَالُوا سَمِعْنَا وَالطَعْنَ عَفَى اللهَ اللهُ اللهَ اللهُ ال

"The Messenger believes in what has been sent down to him from his Lord, and so do the believers. Each one believes in Allah, His Angels, His Books, and His Messengers. They say: "We make no distinction between any of His Messengers," and they say: "We hear, and we obey. (We seek) Your Forgiveness, our Lord, and to You is the return." Allah burdens not a person beyond what he can bear. He gets reward for that (good) which he has earned, and he is punished for that (evil) which we has earned. Our Lord! Punish us not if we forget or fall into error. Our Lord! Lay not on us a burden like that which You did lay on those before us. Our Lord! Put not on us a greater burden than we have strength to bear. Pardon us and grant us forgiveness. Have mercy on us. You are our Protector, and help us against the disbelieving people."

#### Surat Al-Ikhlas (3 Times)



"Say: He is Allah (the) One. The Self-Sufficient Master, Whom all creatures need, He begets not nor was he begotten, and there is none equal to Him."

Surat Al-Falaq (3 Times)

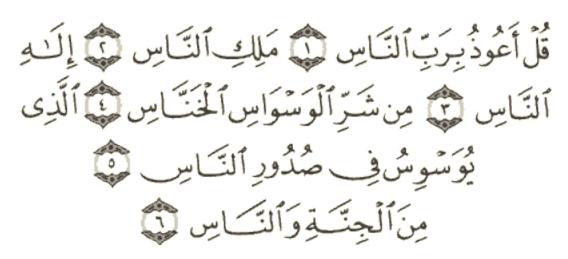


قُلُ أَعُوذُ بِرَبِ ٱلْفَلَقِ ﴿ مِن شَرِّمَا خَلَقَ ﴿ وَمِن شَرِّمَا خَلَقَ ﴾ وَمِن شَرِّمَا خَلَقَ ﴾ وَمِن شَرِّعَا ضَلَقَ النَّفَ ثَلْتِ فِي شَرِّعَا سِنْ إِذَا كَسَدَ ﴿ وَمِن شَرِّحَا سِدٍ إِذَا حَسَدَ ﴾ وَمِن شَرِّحَا سِدٍ إِذَا حَسَدَ ﴾

"Say: I seek refuge with (Allah) the Lord of the daybreak, from the evil of what He has created, and from the evil of the darkening (night) as it comes with its darkness, and from the evil of those who practice witchcraft when they blow in the knots, and from the evil of the envier when he envies."

#### Surat An-Nas (3 Times)

## بِئَ مِلْدُ الرَّهِمِ اللَّهِ الرَّهِمِ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهِمُ الرَّهُمُ الرَّهُ الرَّهُمُ الرَّهُمُ الرَّهُمُ الرَّهُمُ الْمُعِمُ الْمُعِمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعُمُ الْمُعِم



"Say: I seek refuge with (Allah) the Lord of mankind, the King of mankind, the God of mankind, from the evil of the whisperer who withdraws, who whispers in the breasts of mankind, of jinns, and men."

#### ثانياً: الرقية من السنة النبوية عَيْدُ

Second: Al Ruqyah from the Prophet's Sunnah

# أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ هَمْزِهِ وَنَفْخِهِ وَنَفْتْهِ

"I seek refuge with Allah, the All-Hearing, the All-Knowing, from the accursed Satan, from his madness, his arrogance, and his poetry."

"I seek protection for you in the Perfect Words of Allah from every devil and every beast, and from every envious blameworthy eye."

"I seek refuge in the Perfect Words of Allah from the evil of what He has created."

بِسِهْ اللَّهِ الَّذِي لاَ يَضِرُ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلاَ فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ (٣)

"In the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing." (3 Times)

"In the Name of Allah." (3 Times) "I seek refuge in Allah and in His Power from the evil of what I find and of what I guard against." (7 Times)

"In the Name of Allah I pray over you for healing (Ruqyah), from everything that bothers you, from the evil of every soul and every evil eye that hates you, may Allah cure you, in the Name of Allah I pray over you for healing."

بِسِهُ اللَّهِ يُبْرِيكَ، وَمِنْ كُلِّ دَاءٍ يَشْفيكَ، وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسدَ، وَشَرِّ كُلِّ دَاءٍ يَشْفيك، وَمَنْ شَرِّ حَاسِدٍ إِذَا حَسدَ، وَشَرِّ كُلِّ ذِي عَيْنٍ

"I ask Allah Almighty, Lord of the Magnificent Throne, to make you well." (7 Times)

# لاَ إِلَهَ إِلاَّ اللَّهُ الْعَظِيمُ الْحَلِيمُ، لاَ إِلَهَ إِلاَّ اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لاَ إِلهَ إلاَّ اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لاَ إِلهَ إِلاَّ اللَّهُ رَبُّ الْعَرْشِ الْكَرِيمِ إِللَّهَ إِلاَّ اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

"There is no god but Allah, the All-Powerful, the Forbearing; there is no god but Allah, Lord of the mighty Throne; there is no god but Allah, Lord of heaven, Lord of earth, and Lord of the noble Throne."

# يَا ذَا الْجَلاَلِ وَالإِكْرَامِ، يَا حَيُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ

"O the Lord of Glory and Honor, O Ever Living One, O Eternal One, I seek help through Your mercy."

"O Allah, Lord of the people, take away the disease and cure him; You are the One Who cures and there is no cure except Your Cure – a cure that leaves no disease."

"O Allah, make me healthy in my body. O Allah, preserve for me my hearing. O Allah, preserve for me my sight. There is none worthy of worship but You." (3 Times)

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي، وَمَالِي، اللَّهُمَّ اسْأَلُكَ الْعَفْو وَالْعَافِيةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي، وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَينْ يَدَيَّ، وَمِنْ فَسْتُرْ عَوْرَاتِي، وَمَنْ شَمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ خَلْفِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أَعْتَالَ مِنْ تَحْتِي

"O Allah, I seek Your forgiveness and Your protection in this world and the next. O Allah, I seek Your forgiveness and Your protection in my religion, in my worldly affairs, in my family, and in my wealth. O Allah, conceal my secrets and preserve me from anguish. O Allah, guard me from what is in front of me and behind me, from my left, and from my right, and from above me. I seek refuge in Your Greatness from being struck down from beneath me."

## اللَّهُمَّ اهْدِنِي وَارْزُقْنِي وَعَافِنِي وَارْحَمْنِي

"O Allah guide me, provide for me, protect me, and have mercy on me."

اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلاَ تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصلُحْ لِي شَائُنِي كُلَّهُ، لاَ إِلَهَ إِلاَّ أَنْتَ

"O Allah, I hope for Your Mercy. Do not leave me to myself even for the blinking of an eye. Correct all of my affairs for me. There is none worthy of worship but You."

اللَّهُمَّ إِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلُكَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ عَلِيٍّ، وَنَعُوذُ بِكَ مِنْ شَرَ شَرَ مَا اسْتَعَاذَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ عَلِيْكَ، وَأَنْتَ الْ مُسْتَعَانُ وَعَلَيْكَ مِنْ شَرَ مَا اسْتَعَاذَ مِنْهُ نَبِيلُكَ مُحَمَّدٌ عَلِيْكَ، وَأَنْتَ الْ مُسْتَعَانُ وَعَلَيْكَ مِلْ قُوَّةَ إِلاَّ بِاللَّهِ الْبَلاَغُ، وَلاَ حَوْلَ وَلاَ قُوَّةَ إِلاَّ بِاللَّهِ

اللَّهُمُّ صلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى اللَّهُمُّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ اللَّهُمُّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى أَلِ إِبْرَاهِيمَ (فِي الْعَالَمِينَ)، إِنَّكَ حَمِيدٌ مَجِيدٌ مَجِيدٌ

<sup>&</sup>quot;O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim (in mankind, jinn and all that exists), You are Praiseworthy, Most Glorious."