

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

SEVEN VALUABLE PRESCRIPTIONS

Prescription 1 | Protection from all worries

Hadhrat Abu Darda (Radhiyallaahu 'anhu) narrated that a person who recites 7 times after Fajr and after Maghrib, the last part of the last Ayah of Surah Taubah, in the eleventh Juz, Allah Jalla Jalaaluhu will suffice (protect) him from all the worries of Dunya and Akhirah.

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Hasbiyallaahu La ilaaha illaa hu 'alaihi tawakkaltu wa Huwa Rabbul Arshil Aziem

Translation: Allah is sufficient for me. There is god but He. In Him I have placed my trust and He is the Lord of the Great Throne! [Ruhul Ma'ani pg 53]

Prescription 2 | Dua of 70 000 Angels

Hadhrat Ma'qal bin Yasaar (Radhiyallaahu 'anhu) narrated that a person who recites 3 times, after Fajr and after Maghrib:

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oozu Billaahis Samie'il 'Aliem minash shaytaanir rajiem

Translation: I seek protection in Allah, The All-Hearing, The All-Knowing, from shaytaan, the rejected one.

And thereafter the last 3 Ayaat of Suratul Hashr in the 28th Juz (ONCE)

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ - هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ - هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

Allah Jalla Jalaaluhu appoints 70 000 angels, who make Dua for him continuously, from after Fajr until Maghrib, when he reads it again after Maghrib, another 70 000 angels make Dua for him, from after Maghrib until Fajr. And, if he happens to die in that day or night having read this, he dies as a Shaheed. [Mishkaat Page 188]

Prescription 3 | Protection from all harm

Hadhrat Abdullah bin Khubaib (Radhiyallaahu 'anhu) narrated that a person who recites the 3 Quls [i.e. the last 3 Surahs of the Qur'aan Sharief with Bismillah (in full), with every Surah (i.e. 9 Bismillahs)], Allah Jalla Jalaaluhu will suffice/protect him from everything. [Mishkaat P188]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا خَلَقَ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ النَّاسِ إِلَهِ النَّاسِ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ مِنَ الْجِنَّةِ وَالنَّاسِ

The Commentators of Hadith explain: 1.) This recitation will suffice him from all his Wazeefas (readings) - i.e. if, due to illness, travelling, etc. a person cannot read all of his normal Wazeefas, this will be sufficient for him for that day. He should never miss this Wazeefa. 2.) It will protect him from all evil.

Prescription 4 | Protection from 4 ailments

It is narrated that a person who recites 3 times, after Fajr and after Maghrib, he will be protected from 4 deadly diseases: Insanity, becoming blind, leprosy, paralysis. [Tabrani & Ahmed]

سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Subhaanallaahil Aziem wa bi Hamdihi wala haula wa laa Quwwata illaa Billah

Translation: Pure and Sublime is Allah, The Mighty. And Praise belongs only to Him. There is no power (to save a person from sins) nor strength (to accomplish good) but with the Help of Allah.

Prescription 5 | Concerns for Dien, life, family & wealth

Hazrat Ma'qal bin Yasaar (Radhiyallaahu 'anhu) once came to Nabi (Sallallaahu alayhi wa sallam) and expressed his concerns and fears in regards to his Dien, life, children, wife and wealth. **Nabi (Sallallaahu alayhi wa sallam) taught him the following Dua:**

بِسْمِ اللَّهِ عَلَى دِينِي وَنَفْسِي وَوَلَدِي وَأَهْلِي وَمَالِي

Bismillaahi 'ala Dienie wa nafsie wa waladie wa ahlie wa maalie

Translation: May the Blessings of Allah be on my religion, myself, my offspring, my family and my wealth.

(To be read 3 times after Fajr and 3 times after Maghrib)

After a few days he met Nabi (Sallallaahu alayhi wa sallam) again who asked him how his condition was. He replied that Allah Ta'ala had removed his fears. [Kanzul Ummaal]

Prescription 6 | Comprehensive Masnoon Dua

Hadhrat Abu Umaamah (Radhiyallaahu 'anhu) once mentioned to Nabi (Sallallaahu alayhi wa sallam) that he (Sallallaahu alayhi wa sallam) had taught them so many valuable and necessary Duas, but he (Abu Umaamah (Radhiyallaahu 'anhu)) did not remember all of them. Nabi (Sallallaahu alayhi wa sallam) replied: "Should I not show you such a comprehensive Dua which includes all these Duas? Say:"

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

Allahumma innie asaluka min khairi ma sa'alaka minhu Nabieuka Muhammadun Sallallaahu alayhi wa sallam wa a'uzubika min sharrie mas ta 'aazaka minhu Nabieuka Muhammadun Sallallaahu alayhi wasallam. Wa antal musta'aan wa alaykal balaagh wa laa haula wa laa quwwata illa Billah.

Translation: O Allah! I beg of You for all the good that Your Nabi Muhammad (Sallallaahu 'alayhi wa sallam) asked of You, and I seek refuge from all the evil that Your Nabi Muhammad (Sallallaahu 'alayhi wa sallam) sought refuge from. You alone are the one from whom help is sought. And it is upon You to answer our plea. There is no power to refrain from sins and to perform righteous deeds except from You. [Jawaahirul-Bukhari P572]

Prescription 7 | Protection from Minor and Major Shirk

Hadhrat Abu Bakr (Radhiyallaahu 'anhu) reported that Nabi (Sallallaahu alayhi wa sallam) explained to the Sahaba-e-Kiraam (Radhiyallaahu 'anhum) that ascribing partners to Allah Ta'ala (through seeking name, fame, doing things for show, etc.) creeps into a person's heart, quieter and more secretly and more unseen than a black ant walking on a black rock in a black night (totally unnoticed). Out of fear and concern, Hadhrat Abu Bakr Siddique (Radhiyallaahu 'anhu) asked as to how one can be saved from it. **Rasulullah (Sallallaahu alayhi wa sallam) then directed him to the following Dua, and said that if recited, a person will be freed from minor and major shirk.**

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ

Allahumma innie a'uzu bika an ushrika bika shai aw wa ana a'alamu wa astaghfiruka lima la 'alamu

Translation: O Allah, I seek protection in You from that I ascribe partners to You knowingly and I seek forgiveness from You for those things which I do not know. [Kanzul Ummaal P816]