SUPPLICATIONS OF GREAT CONVICTIONS & BENEFIT FOR MEN, WOMEN AND CHILDREN TAUGHT BY RASULULLAH (ﷺ)





MUFTI MAHMOOD HAFEZJI BARDOLI



### **NOORANI MAKATIB**

www.nooranimakatib.com



### **Contact Numbers:**

81409 02756 99249 15118 99090 33145

www.nooranimakatib.com



No.	Topic	Page
		No.
*	Translators note	9
*	Introduction	10
*	DEEDS FOR THE	13
	MORNING	
1	SMALL DEED, GREAT	14
	REWARD	
	Plenty of a rewards in a	
	short time	
2	Dua for the protection	15
	of one's life, Wealth and	
	Household	
3	Virtue of Surah Yaseen	16
4	Safeguarding Oneself	17
	From Shirk And	
	Ostentation	

<u></u>

*	SUPPLICATIOND FOR THE	19
	MORNING AND THE EVENING	
5	The recitation of the duaa with which Allah Ta'ala himself has taken the responsibility of pleasing the servant on the day of reckoning	19
6	To Attain Reward Of The Missed Suplications Of The Morning	20
	And The Evening	
7	The virtues, benefits, timings and method of reciting Surah Ikhlaas and the Muawwathatain	21
8	Supplication of Immense Benefit	24
9	For protection against Jinn and Magic	25
10	For Acceptance of Duaas	27
11	Protection from Accidents and Calamities	28

*	PROTECTION FROM ENEMIES AND CALAMITIES	29
12	Blessed Duas Of The	29
	Prophet () To Be Read	
	Morning And Evening	
13	Seeking Protection from Evil Deeds	29
14	Safeguard From Every	29
	Calamity	
15	The Virtue of Reciting	31
	Aayatul Kursi and a few	
	verses of Surah Mu'min	
16	Hadhrat Anas's(🍇)	32
	special Dua for safety	
17	To gain the help of	33
	Allah and to solve ones	
	matters	
18	For good health and	33
	wellbeing	

19	To earn the status of a  Martyr and to gain  Allah's mercy	34
20	For ease in completing any task and to remove worries, grief etc	36
21	The best supplication for asking for forgiveness	36
22	Supplication to be grateful for all the blessings of Allah, day and night	38
23	The benefits of Istighfaar	39
24	Read the following  Durood 10 times	41
25	The reward of reciting Kalima Tamjeed 100times in the morning and evening	41
26	Reading Durood a hundred times daily	42

27	Supplication for	44
	Protection from the fire	
	of Jahannum	
28	Safety from Stinginess,	45
	Cowardice, III-fated old	
	age, Trials of the world and	
	Punishment of the grave	
29	To get cured from	46
	Illnesses	
30	Aayaat to be recited at	47
	the time of severe	
	illness	
*	SUPPLICATIONS TO BE	51
	READ AFTER THE FARDH	
	SALAAH	
31	Special Virtues of	52
	Aayatul Kursi	
32	A deed which if carried	54
	out after	

0-0-0-0-0		
33	Two Duas To Be Recited	55
	After The Fardh Of Fajr	
	And Maghrib Salaah	
34	Supplication for after Fajr	56
	and Maghrib Salaah	
*	SUPPLICATIONS AND	58
	ACTIONS TO BE DONE	
	BEFORE GOING TO SLEEP	
35	First deed to do before	59
	going to sleep	
36	Second Deed	59
37	Third Deed	61
38	Fourth Deed	61
39	Fifth Deed A special	63
	benefit of making Istighfar	
40	Sixth Deed: The Tasbeeh	63
	of Hadhrat Faatimah(نوٹاٹٹیر)	
*	A deed that safeguards a	64
	person from the Evils of a	
	nightmare	

#### TRANSLATOR'S NOTE

All praises belong to Allah, the High and Mighty and peace and salutations upon our Master Muharnmed (ﷺ), who was sent as a mercy unto mankind. Alhamdulillah, the English translation of the Urdu Booklet containing the Daily Wazaaif compiled by the Honourable Mufti Mahmood of Bardoli, India is presented to you.

The language has been kept very simple considering the general masses that will be reading and memorising the Wazaaif presented from Authentic sources. I, also would take this opportunity to thank the many individuals who helped in translating, editing and designing this booklet, namely Moulana Mohammed Choonara, Mohammed Laheri and the entire Al-Mahmood team.

We do look forward to your critical as well as positive feedbacks.

MIArifAhmed Issa +265 999 226120 P.O.Box 739 Lilongwe, Malawi.

email: asb.publications@ymail.com

#### INTRODUCTION

Hadhrat Abu Darda ( ) narrates that Rasulullah ( ) was once asked, "What is the pinnacle of knowledge after which one can be called a Faqih (Jurisprudent)?". Rasulullah ( ) "Whosoever propagates unto my Ummah forty Ahaadeeth regarding Deen, will be resurrected with the Fuqaha and the Ulamaa and I, personally will intercede for that person and bear testimony regarding his Imaan." replied:

(Mishkaat Pg: 36)

In this booklet, we present supplications narrated in the Ahaadeeth of Rasulullah (ﷺ) with references, and in many places just a summary of a Hadeeth has been presented. i.e. the Hadeeth have not been quoted word by word. These supplications have a definite benefit. Therefore, one

should supplicate with full attention and conviction. If Allah wills, the full benefit mentioned will surely be acquired. One should set aside fifteen minutes in the morning and evening, five minutes after every Fardh Salaah and ten minutes every day before going to sleep for the reading of these supplications. If Allah wills, you will witness great benefit and blessings in your lives. Despite the busy schedule of each one of us, a person can acquire many rewards and benefits in a short while through these supplications. One should make it a habit to recite these supplications without fail. And for easy access, one should keep it in one's pocket. And it will also be very beneficial if once a week, after any Salaah, our Imams were to read out one Hadeeth to

their congregations and repeat it for them. May Allah grant us happiness in both the worlds. Aameen. Waiting in anticipation for your beneficial feedback.

MUFTI MAHMOOD IBN MOULANA SULAIMAN HAFEJI, BARDOLI JAMIAH TÁLIMUD DEEN DABHEL, SIMLAK





# DEEDS FOR THE MORNING



### بِسهِ اللهِ الرَّحْنِ الرَّحِيمِ

#### **SMALL DEED, GREAT REWARD**

(1) Plenty of a rewards in a short time

سُبْحَانَ اللهِ وَ بِحَمْدِه ، عَدَدَ خَلْقِهِ وَ رِضَا نَفْسِهِ وَ زِنَةَ عَرْشِهِ وَ مِدَادَ كَلِمَاتِهِ. (To be recited thrice in the morning)

Virtue: The mother of the belivers, Hadhrat juwairiyyah ( ) narrates that I was sitting on my praying mat doing Dhikr at the time of Fajr when Rasulullah ( ) left for salaah. When Rasulullah ( ) returned after sunrise, I was still on my prayer mat. Hence he inquired, "Are you still in the same state that I had left you in?" I replied in the affirmative. Rasulullah ( ) said, "I have said foar sentences after I departed from you. If they were to be weighed against all the Dhikr that you have done today, my sentences would outweigh all the Dhikr that you have done." (Mishkat 1:200, Muslim 2:350, Musnad Ahmed 1:581)

(2) Dua for the protection of one's life, Wealth and Household

رِيِّيَ اللَّهُ الَّذِيْ لَآإِلْـهَ إِلَّا هُوَ ، عَلَا م، أَشْهَدُ أَنَّ اللَّهَ عَلَىٰ قَدِيْرٌ وَّ أَنَّ اللَّهَ قَدْ أَحَاطَ بِكُ عُوْذُ بِاللَّهِ الَّذِيْ يُمْسِكُ السَّمَ ضِ إِلَّا بِإِذْنِهِ مِنْ كُلِّ دَابَّةٍ ا إِنَّ رَكِيْ عَلِي صِرَاطٍ مَّسْتَقِيْ

Virtue: It has been narrated on the authority of hadhrat Hasan ( that he once said; we were sitting with one of the companions of Rasulullah (36) when someone came to him and exclaimed."Your house has been burnt down." He replied, "My house has not

burnt down." The man came once again and exclaimed. "Your house has been burnt down." He replied, "I swear by Allah My house has not burnt down." Upon this, the informer said, "You are taking an oath despite it burning down." the companion replied, "I heard the Prophet of Allah ( ) saying; whosoever recited the Duaa (mentioned above) no afflictions will afflict his family, wealth and life." the companion then said,"Let us go and see the house." Everyone present went with him and saw that all the surroundings had been burnt down and nothing had happened to house. Ibnussunni: Page no.21 Hadith no.58

### (3)Virtue of Surah Yaseen

Hadhrat Ata Bin Abi Raba (ﷺ) mentions that I have been informed that Rasulullah (ﷺ) mentioned, "whosoever recites Surah Yaseen in the beginning portion of the day, all his needs (for that day) will be fulfilled."

Mishkat: Page no.189

Note: Make it a point to read Surah Yaseen once every morning. It is also the deserved right of the Glorious Quran to read it as much as we can daily. Starting from the beginning, and reading it accordingly will make it easy for completion.

Imam Abu Hanifah (ﷺ) mentions that to complete the Glorious Quran twice anually is an earned right of the Glorious Quran.

Fazaile Aamal: page no.532

### SAFEGUARDING ONESELF FROM SHIRK AND OSTENTATION

(4)The duaa below is for Safeguarding oneself from both types of shirk, SHIRK AKBAR (ascribing partners onto Allah Ta'ala) SHIRK ASGER (doing an action for show)

It has been narrated on the authority of Hadhrat Abubakr (🌼) that once, whilst

mentioning Shirk, Rasulullah (ﷺ) said that shirk penetrates into you so discreetly like the crawling of an ant, that it cannot even be perceived. And He (ﷺ) said, "That I am informing you regarding one such deed that when you do it, you will be protected from Shirk-e-Akber (major shirk meaning: ascribing partners with Allah Ta'ala) Shirk-e-Asgher (minor shirk meaning: doing an action for austantation and show off)". He then mentioned the above duaa.

(Musannaf Ibn Abu Shaiba 10:337)

Note: It is suffcient to read at any time as in the Hadeeth, there is a general mention of reading it thrice daily. However, since the morning is a time when the mind and heart is most focused, to read it at that time is better.



# SUPPLICATIOND FOR THE MORNING AND THE EVENING

(5)The recitation of the duaa with which Allah Ta'ala himself has taken the responsibility of pleasing the servant on the day of reckoning

Hadhrat Thawbaan ( ) narrates that Rasulullah ( ) mentioned; whichever Muslim servant recites (the above mentioned phrases) thrice in the morning and in the evening, Allah Ta'ala will take up the responsibility of pleasing him (on the day of Reckoning). Tirmidhi 2:176, Ibn Majah 284 Note: In the naratin of Tirmidhi, the word "Rasoolan" has not been mentioned. This has been presented as a comprehensive phrase combined from different narrations.

(6)To attain reward of the missed suplications of the morning and the evening

أَعُوْذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

هِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ
فَسُبْحٰنَ اللهِ حِيْنَ تُمْسُوْنَ وَحِيْنَ
تُصْبِحُوْنَ وَلَهُ الْحُمْدُ فِي السَّمٰوٰتِ وَ الْاَرْضِ
وَ عَشِيًّا وَّ حِيْنَ تُظْهِرُوْنَ ۞ يُخْرِجُ الْحَيَّ مِنَ
الْمَيِّتِ وَ يُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَ يُحْيِ
الْمَيِّتِ وَ يُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَ يُحْيِ
الْاَرْضَ بَعْدَمَوْتِهَا، وَكَذٰلِكَ تُخْرَجُوْنَ ۞

Vitue: It has been mentioned in a Hadeeth that the person who recites this verse in the morning, will attain the reward of whatever supplication he had missed, and whoever recite this verse in the evening, will also get the reward of the missed supplications.

(Awnul Ma'bood 13:285)

(7) The virtues, benefits, timings and method of reciting Surah Ikhlaas and the Muawwathatain

أَعُوْدُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

فِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ هُوَ اللهُ أَحَدُ ﴿ اَللهُ الصَّمَدُ ﴿ لَمْ يَلِدُ اللهُ الصَّمَدُ ﴿ لَمْ يَلِدُ اللهُ يُولُدُ ﴿ وَلَمْ يَكُنْ لَهُ كُفُواً أَحَدُ ﴾

وَلَمْ يُولُدُ ﴿ وَلَمْ يَكُنْ لَهُ كُفُواً أَحَدُ ﴾

فِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ أَعُوْدُ بِرَبِ الْفَلَقِ ﴿ مِنْ شَرِ مَا خَلَقَ 
فَوْ مِنْ شَرِ مَا خَلَقَ ﴾
وَمِنْ شَرِ مَا خَلَقَ ﴿ وَمِنْ شَرِ مَا خَلَقَ ﴾

النَّفْنُتِ فِي الْعُقَدِ ﴿ وَمِنْ شَرِّ حَاسِدٍ إِذَا

### بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

قُلْ أَعُوْذُ بِرَبِّ النَّاسِ مَلِكِ النَّاسِ ﴿ إِلَهِ النَّاسِ ﴿ مِنْ شَرِّ الْوَسُوَاسِ الْخُنَّاسِ ﴿ النَّاسِ ﴿ النَّذِيْ يُوَسُوسُ فِيْ صُدُوْرِ النَّاسِ ﴿ مِنَ الْجُنَّةِ وَالنَّاسِ ﴿

It has been narrated on the authority of Hadhrat Abdullah Ibn Khubaib ( ) that one night, there was a downpour and total darkness. We came out in search of Rasullullah ( ) so that he could lead us in salah. When we found him, he said, "Read". I did not answer. He said it again a second time. The third time when he said, "Read", I asked him, "What shall I read?" He replied, "QuI huwallahu ahad and the Muawwathatain (QuI aúdhu bi rabbil falaq and QuI aúdhu bi rabbinnas) thrice in the morning and thrice in the

evening, it will be enough for you (you will be saved from all calamities)."

(Abu Dawood; Kitabul Adab pg 693)

Therefore, one should recite the three surahs thrice in the morning and in the evening.

Note: Hadhrat Aísha ( ) narrates that whenever Rasulullah ( ) was ill, he would recite both these Surahs (Surah Falaq and An-nas), blow on his palms and pass them over his entire body. And when he was on his death bed, I used to recite these Surahs and blow on his palms and he would than pass them over his entire body. I used to make him pass his hands over his body as my hands were not of any match (in virtue & blessings) compared to his hands.

(Bukhari 2:750, Muatta Hadeeth 375)

It can be deduced from a narration of Imam Bukhari that when the Prophet ( ) used to be ill, He would recite the Muawwathatain (Surah Ikhlas, Falaq and

An-nas), blow on his palms and pass them over his entire body. And he also did this on his death bed.

(Bukhari 2:649)

Note: We also learn from a Hadeeth that one should also recite these two Surahs (Falaq and An-nas) upon awakening in the morning.

(Ma'ariful Quran volume 8 page 847, Nasai)

(8) Supplication of Immense Benefit

It comes in a narration that whosoever recites this once in the morning then:

- (1) He will be rewarded such as if freeing a slave from the progeny of Ismail (ﷺ).
- (2) Ten rewards will be rewarded in his book of deeds.
- (3)Ten sins will be forgiven.
- (4)Ten stages will be elevated in Jannah.
- (5) He will be safeguarded from shaytaan

until the evening.

And the one who recites it in the evening, will also be rewarded as above.

(Abu Dawood 2:692, Ibn Majah hadeeth 284)

### (9) For protection against Jinn and Magic

أَعُوْذُ بِوَجْهِ اللهِ الْكَرِيْمِ، وَ بِكَامِ اللهِ الْكَرِيْمِ، وَ بِكَامِ اللهِ الْكَرِيْمِ، وَ بِكَامِ اللهِ اللهِ اللهِ السَّمَآءِ وَ بَرُّ وَلَا فَاجِرُ، مِّنْ شَرِ مَا يَنْزِلُ مِنَ السَّمَآءِ وَ شَرِ مَا ذَرَأَ فِيْ الاَرْضِ شَرِ مَا ذَرَأَ فِيْ الاَرْضِ وَشَرِ مَا يَغْرُجُ مِنْهَا، وَ مِنْ فِتَنِ اللَّيْلِ وَالنَّهارِ وَمِنْ فِتَنِ اللَّيْلِ وَالنَّهارِ وَمِنْ فِتَنِ اللَّيْلِ وَالنَّهارِ وَمِنْ طَوَارِقِ اللَّيْلِ وَالنَّهَارِ إِلَّا طَارِقًا يَظُرُقُ بِخَيْرِيَّا رَحْمَٰنُ!

### 9) For protection against Jinn and Magic

(a) Protection against a troubling and evil Jinn Hadhrat Jibraéel ( ) taught Rasulullah ( ) the above mentioned dua to distance an impure jinn who followed Rasulullah ( ) with a ball of fire.

Note: No fixed time or number has been allocated for this Dua in the Ahaadeeth. Therefore, reciting it once in the morning will suffice, and reciting once in the morning and evening will also suffice.

أَعُوْذُ بِوَجْهِ اللهِ الْعَظِيمِ الَّذِيْ لَيْسَ شَيْئُ أَعْظَمَ مِنْهُ ' وَ بِكَلِمَاتِ اللهِ التَّامَّاتِ الَّتِيْ لَا يُجَاوِزُهُنَّ بَرُّ وَ لَا فَاجِرٌ ' وَ بِاَسْمَاءِ اللهِ الْحُسْنَى كُلِّهَا ' مَا عَلِمْتُ مِنْهَا وَ مَا لَمْ أَعْلَمْ ' مِنْ شَرِّ مَا خَلَقَ وَ بَرَءَ وَ ذَرَءَ ·

#### b) Protection from Magic

Virtue: Hadhrat Ka'b Ahbar () says, "If it was not for a few supplications that I used to supplicate, the Jews would have turned me into a donkey".

Therefore, one should abundantly recite the above mentioned Dua for safety against magic.

Clarification: Ka'b Ahbar was a great Jewish scholar and was a Haafidh of the Taurat. When he accepted Islam, the Jews became his enemies and tried to bewitch him.

Note: No fixed time or number has been allocated for this Dua in the Hadeeth. Therefore, reciting once in the morning will suffice. And reciting once in the morning and evening will also suffice.

(10) For Acceptance of Duaas

اَللهُمَّ أَنْتَ خَلَقْتَنِيْ وَأَنْتَ تَهْدِيْنِيْ وَ أَنْتَ تُطْعِمُنِيْ وَأَنْتَ تَسْقِيْنِيْ وَ أَنْتَ تُمِيْتُنِيْ وَأَنْتَ تُحْيِيْنِيْ.

Whomsoever after reciting this Dua in the morning and evening asks (good) from Allah, Allah will grant it to him.

It has also been narrated that these phrases were given to Hadhrat Musa ( ). He would recite them seven times daily and whatever he asked from Allah, Allah granted it to him.

### (11)Protection from Accidents and Calamities

بِسْمِ اللهِ الَّذِيْ لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِيْ الْأَرْضِ وَلَا فِي السَّمَآءِ وَهُوَ السَّمِيْعُ الْعَلِيْمُ.

Hadhrat Aban bin Uthman narrates from his father that, "Whoever reads the above mentioned Dua thrice in the morning and in the evening, no calamity will befall him".

(At Targheeb 1:415)

Once Hadhrat Aban bin Uthman was afflicted with leprosy. His students were amazed and astonished. Upon this he, said to them, "Why are you astonished? I swear by Allah I have not fabricated this hadeeth nor was it fabricated to me, (the hadeeth is true to its core that its harm will not afflict a person), but when Allah destined sickness for me, I forgot to recite this Dua". (Abu Dawood Kitaabul Adab 2:694)

In another narration whoever recites this, no sudden calamity will befall him.(Abu Dawood 1:694)

# PROTECTION FROM ENEMIES AND CALAMITIES

(12) Blessed Duas Of The Prophet ( ) To Be Read Morning And Evening

Read once اَللَّهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ جُهْدِ الْبَلَآءِ وَ دَرْكِ الشَّقَاءِ وَ سُوْءِ الْقَضَاءِ وَ شَمَاتَةِ الْآعْدَاءِ.

(13) Seeking Protection from Evil Deeds

اَللَّهُمَّ إِنِّي أَعُوْذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّمَالَمْ أَعْمَلْ·

#### SAFEGUARD FROM EVERY CALAMITY

(14) Safeguard against all calamities

To be recited thrice in the Evening

أُعُوْذُ بِكَلِمَاتِ اللهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ· A person from the clan of Aslam said to Rasulullah (ﷺ), "I could not sleep last night." He (ﷺ) asked him the reason, the man answered, "I was stung by a scorpion!" Rasulullah (ﷺ) said to him, "Had you recited this Dua in the evening, no calamity would have befallen you."

(Muslim 2:347, Tabrani Hadeeth 6346:955)

Note: It has been narrated in Tirmidhi that by reciting this Dua thrice in the evening, fever, poison etc will not befall the reader.

(Tirmidhi 2:200)

Suhail (🍅) a narrator, mentions that my family members had memorized this Dua. They would recite it every night. One night a girl (from the family) was bitten by a scorpion, but because of the blessings of this Dua it did nothanm her.

Note: In a few books of supplications it has been reported that this Dua should also be recited in the morning.

### (15) The Virtue of Reciting Aayatul Kursi and a few verses of Surah Mu'min

One should recite Aayatul Kursi (pg 49) and the following verses of Surah M'umin once in thế morning and in the evening.

أَعُوْذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

Hadhrat Abu Hurairah (\*) mentions that Rasulullah (\*) said whoever recites Aayatul Kursi and the first three verses of Surah Mu'min in the morning will be safeguarded (from all calamities) till evening, and whoever recites it in the evening will be safeguarded (from all calamities) till morning.(Timidhi 2:115)

# (16) Hadhrat Anas's (🏇) special Dua for safety

Morning and Evening one or three times

كْدُ ، اللهُ أَكْدُ ، وَ ثَنَائُكَ وَلَا إِلَّهَ غَيْرُكَ ، اَللَّهُمَّ إِنَّيْ وَ مِنْ شَرّ كُلّ شَيْطَان

Note: This Dua has been narrated by the special student of Rasulullah (\$\\$), Hadhrat Anas bin Malik. It is very beneficial if recited once in the morning and evening for protection against enemies, oppressors, shaitaan etc, and to read it three times is even better.

(17) To gain the help of Allah and to solve ones matters

Morning and Evening three times

يَاحَيُّ يَا قَيُّوْمُ! بِرَحْمَتِكَ أَسْتَغِيْثُ ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّه ، وَ لَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرَفَةَ عَيْنٍ.

(18) For good health and wellbeing

Morning and Evening three times

اَللَّهُمَّ عَافِنِيْ فِيْ بَدَنِيْ، اَللَّهُمَّ عَافِنِيْ فِيْ سَمْعِيْ اَللَّهُمَّ عَافِنِيْ فِيْ بَصَرِيْ، لَآ إِلْــهَ إِلَّا أَنْتَ. Note: One should recite the above mentioned Dua thrice in the morning and thrice in the evening.

It has been narrated in the narration of Abu Dawood that this Dua should also be recited thrice in the morning and evening. If Allah wills, it will suffice from kufr, poverty and the punishment of the grave.

اَللَّهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، اَللَّهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَآ إِلْـهَ إِلَّا أَنْتَ.

(19)To earn the status of a Martyr and to gain Allah's mercy

THRICE أَعُوْذُ بِاللهِ السَّمِيْعِ الْعَلِيْمِ مِنَ الشَّيْطَانِ الرَّجِيْمِ.

READ ONCE هُوَ اللَّهُ الَّذِيْ لَآاِلٰهَ الَّا هُوَ عَلْمُ

الْغَيْبِ وَالشَّهَادَةِ ﴿ هُوَ الرَّحْمٰنُ الرَّحِيْمُ ﴿ هُوَاللّٰهُ الَّذِيْ لَآلِلٰهَ اللّٰهُ هُو ۚ اَلْمَلِكُ الْقُدُّوسُ السَّلْمُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيْزُ الجُبَّارُ اللّٰهِ عَمَّا يُشْرِكُونَ ﴿ اللّٰهِ عَمَّا يُشْرِكُونَ ﴿ اللّٰهِ عَمَّا يُشْرِكُونَ ﴿ اللّٰهِ عَمَّا يُشْرِكُونَ ﴿ اللّٰهُ الْخَالِقُ الْبَارِئُ اللّٰهِ عَمَّا يُشْرِكُونَ ﴿ هُوَاللّٰهُ الْخَالِقُ الْبَارِئُ اللّٰهِ عَمَّا يَشْرِكُونَ ﴾ هُوَاللهُ الْخَالِقُ الْبَارِئُ اللّٰهُ الْمُصَوِّرُ لَهُ الْاَسْمَاءُ الْخُسْنَى ﴿ يُسَبِّحُ لَهُ مَا فِي السَّمْوٰتِ وَالْأَرْضِ ﴿ وَالْأَرْضِ ﴿ وَهُو الْعَزِيْزُ الْحُكِيْمُ ﴿ وَهُو الْعَزِيْزُ الْحَكِيْمُ ﴿ وَهُو الْعَزِيْزُ الْحَكِيْمُ ﴿ وَهُو الْعَزِيْزُ الْحَكِيْمُ ﴿ وَهُو اللّٰهَ الْمُصَوِّرِ وَالْاَرْضِ وَالْمَامُ وَهُو الْعَزِيْزُ الْحَكِيْمُ ﴿ وَهُو اللّٰهُ الْمُصَوِّرُ لَلّٰهُ الْمُعَامِلُهُ الْمُعَامِلُهُ وَاللّٰهُ وَالْمُوالِ وَالْالْمُ الْمُعَامِلُونِ وَالْأَرْضِ وَالْمُوالِلّٰهُ وَالْمُؤْمِنُ وَاللّٰمُ وَاللّٰمُ الْمُعَامِلُهُ اللّٰهُ عَزِيْزُ الْحَكَمِيْمُ اللّٰهُ وَاللّٰمُ اللّٰمُ الْمُعَلِيْمُ اللّٰهُ اللّٰهُ اللّٰهُ اللّٰمُ اللّٰمُ الْمُلْكِمُ اللّٰمُ اللّٰمُ اللّٰمُ اللّٰمُ اللّٰمُ الللّٰمُ اللّٰمُ اللّٰمُ اللّٰمُ اللّٰمُ الْمُعَرِبُونَ اللّٰمُ الْمُعَامِلُونِ وَاللّٰمُ الْمُعَلِيْمُ الْمُولِ اللّٰمُ الْمُعَلِيْمُ اللّٰمُ الْمُعَلِيْمُ اللّٰمُ الْمُعَلِّلُهُ الْمُعَلِيْمُ الْمُعَلِيْمُ اللّٰمُ الْمُعَلِي السَّمُ الْمُعَلِيْمُ الْمُعَلِيْمُ الْمُعَلِيْمُ الْمُعُلِيْمُ الْمُعُلِيْمُ الْمُعَلِيْمُ الْمُ الْمُعَامِي الْمُعَلِيْمُ الْمُعَلِيْمُ الْمُعَامِلَهُ الْمُعَالَمُ الْمُعُلِيْمُ الْمُعَلِيْمُ الْمُعُلِيْمُ الْمُعُلِيْمُ الْمُعَامِيْمُ الْمُعُلِيْمُ الْمُعَلِيْمُ الْمُعُلِيْمُ الْمُعْمِقُونِ الْمُعْلِيْمُ الْمُعْلِمُ الْمُعَلِيْمُ الْمُعُلِمُ الْمُعِلْمُ الْمُعُلِمُ الْمُؤْمِنُ الْمُعْلِمُ الْمُعِلْمُ الْمُعِلَّمُ الْمُعِلْمُ الْمُعْلِمُ الْمُعْلِمُ الْمُؤْمِنُ الْمُعْمُ الْمُعْلِمُ الْمُعْلِمُ الْمُعْمُ الْمُعُلِمُ الْمُعْمُ الْمُع

Allah assigns seventy thousand Angels to make Dua of mercy day and night for that person who supplicates with the above mentioned Dua in the mornings and in the evenings.

(Angels making Dua for mercy means that he will be granted the Taufeeq (ability) to carry out good deeds) And if he dies during that day or night, he will die as a martyr. (20) For ease in completing any task and to remove worries, grief etc.

Morning and Evening seven times

Virtue: It has been narrated that Allah will suffice for all important tasks of that person who recites the above mentioned seven times in the morning and evening.

(Targheeb 1:255, Abu Dawood 4:482)

It has been narrated in one Hadeeth that neither calamity nor sadness will befall him whether it be day or night, and he will also not drown.

Note: If a person holds where it hurts on his body and recites this Aayah till the end, then InshaAllah his pain will subside.

(Ruhul Ma'aani 6:54)

(21)The best supplication for asking for forgiveness

Morning and Evening once

اَللَّهُمَّ أَنْتَ رَبِّيْ لَآ إِلٰهَ إِلَّا أَنْتَ خَلَقْتَنِيْ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوْءُ لَكَ بِنَعْمَتِكَ عَلَى وَ أَبُوْءُ لَكَ بِذَنْبِيْ فَاغْفِرْ لِنَّ فَوْبَ إِلَّا أَنْتَ.

This is the king of all istighfaars. (Holds the highest status of all the Istighfaars). Therefore, one should sincerely regret over his sins and shed tears whilst reciting this, and hope that Allah will forgive him.

Virtue: anyone was to recite this in the morning having full conviction in the virtue of this supplication and was to die before the evening, Jannat will become Waajib for him. And if anyone was to recite this in the evening with full conviction over the virtue of this supplication and was to die before morning, Jannat will become Waajib for him.

(Bukhari 2:933)

(22) Supplication to be grateful for all the blessings of Allah, day and night

In the morning one should recite it as follows:

اَللَّهُمَّ مَا أَصْبَحَ بِيْ مِنْ نِعْمَةٍ أَوْ بِاَحَدٍ مِنْ خَلْقِكَ أَوْ بِاَحَدٍ مِنْ خَلْقِكَ لَكَ ' مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَاشَرِيْكَ لَكَ ' فَلَكَ الْحُمْدُ وَلَكَ الشُّكُرُ ·

In the evening one should recite it as follows:

اَللَّهُمَّ مَا أَمْسٰى بِيْ مِنْ نِعْمَةٍ أَوْ بِاَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيْكَ لَكَ ' فَلَكَ الْحُمْدُ وَلَكَ الشُّكْرُ·

Virtue: Rasulullah (36) mentions that whosoever recites this in the morning will fulfill the right of being grateful for all the blessings of Allah for that day. And whosoever recites this in the evening will fulfill the rights of being grateful for all the blessings of Allah for that night.

(Mishkat: 1:211)

Whosoever wishes for immense blessings from Allah, and desires that the current blessings remain forever, should at all times be grateful to Allah.

(23) The benefits of Istighfaar

It has been narrated in a Hadeeth that whosoever recites this thrice after Fajr and thrice after Asr, all his sins will be forgiven even if they be as the foam of the ocean (in quantity).

Note: Further on, in this same narration Rasulullah ( mentions that "O Qabeesa, if you recite the following (above) you will be safeguarded from blindness, leprosy and paralysis." Therefore, one should make it a point to recite this thrice after fajr. (Targheeb 1:377)

سُبْحَانَ اللهِ الْعَظِيْمِ وَ بِحَمْدِه.

''أَسْتَغْفِرُ الله ''OR''أَسْتَغْفِرُ الله اَلله ''OR''أَسْتَغْفِرُ الله الله الله يُوبُ الله الله الله الله الله وَ أَتُوبُ إلله مَنْ كُلِّ ذَنْبٍ وَّ إَتُوْبُ إِلَيْهِ''. إِلَيْهِ'OR''أَسْتَغْفِرُ الله رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّ أَتُوْبُ إِلَيْهِ''.

(One should recite either of the three a hundred times in the morning and in the evening daily).

It has been narrated in Riyadh-Us-Saliheen on the authority of Imam Muslim and Imam Bukhari that Rasulullah ( ) used to ask for forgiveness from Allah more than seventy times daily. In another narration a hundred times has also been mentioned. (Riyaadh us Saliheen 1:25)

The following benefits of Istighfaar have been mentioned in the glorious Quraan:

- (1) Beneficial rain.
- (2) Blessings in wealth.
- (3) Blessings in children.

- (4) Blessings in crops.
- (5) Blessings in streams and rivers.

(24)Read the following Durood 10 times daily to be eligible for the intercession of Rasulullah (ﷺ) on the day of Qiyamah

Hadhrat Abu Dardah (\*) reports that Nabie-Kareem (\*) said, "That person will be granted myintercession who sends salutations on me ten times in the morning and in the evening." (Majma uz Zawaaid 10:120)

(25)The reward of reciting Kalima
Tamjeed 100 times in the morning and
evening

It has been narrated in a Hadeeth that whoever reads a hundred times in the

سُنْحَانَ الله morning and in the evening Will get the reward of performing a hundred Hajj, And whosoever recites a hundred times in the morning اَلْحُمْدُ للله and in the evening, will get the reward of giving a hundred horses with all provisions in the path of Allah, or will get the reward of a hundred battles. And whosoever recites a hundred times in the morning and in the evening אווע עווג ווע וועג Will get the reward of freeing a hundred slaves from the progeny of Ismail ( ). then no one اَللّٰهُ أَكْبَرِ And whoever recites will get the reward that he will get, except for that person who also reads the same or reads more than him. (Tirmidhi 2:185)

#### (26)Reading Durood a hundred times daily

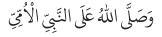
It has been narrated that whosoever will recite durood a hundred times:

(1) Allah Ta'la will write on his forehead that he is free from hypocrisy and he is safe from hell fire.

- (2) His questioning will be done with the martyrs on the day of Qiyamah.
- (3) Allah will reward him with a thousand of His mercies.

(Al-Mu'jamul Awsat Lit Tabrani 7:187, Maktabah Darul Haramain)

Rasulullah (ﷺ) has many rights over us. Therefore, one should send at least a hundred Durood on him daily. Through the barakah of Durood, illnesses will be cured, a person will experience tranquility, a person will get to love Allah and his Prophet (ﷺ) etc. A person can supplicate using any form of durood, be it the durood lbraheem (which is recited in salah)or be it any short Durood such as



OR

صَلَّى اللَّهُ عَلَىٰ سَيِّدِنَا مُحَمَّدْ

(27) Supplication for Protection from the fire of Jahannum

اَللَّهُمَّ إِنِّيْ أَصْبَحْتُ أَشْهِدُكَ وَأَشْهِدُ حَمَلَةَ عَرْشِكَ وَمَلَآثِكَتَكَ وَجَمِيْعَ خَلْقِكَ أَنَّكَ أَنْتَ اللَّهُ لَآإِلَة إِلَّا أَنْتَ وَأَنَّ مُحَمَّدًا عَبْدُكَ وَ رَسُولُكَ.

Virtue: Hadhrat Anas (旧) reports that Rasulullah (🕾) said whosoever recites this four times in the morning, Allah will save every limb of his body from the fire of Jahannum.

(Abu Dawood: 2:691)

And one should recite it four times in the evening as follows:

اَللَّهُمَّ إِنِّيْ أَمْسَيْتُ أَشْهِدُكَ وَ أُشْهِدُ وَ أُشْهِدُ مَمَلَةً عَرْشِكَ وَمَلآئِكَتَكَ وَجَمِيْعَ خَلْقِكَ أَنْتَ اللَّهُ، لَآإِلٰهَ إِلَّا أَنْتَ وَأَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُوْلُكَ. عَبْدُكَ وَرَسُوْلُكَ. (28)Safety from Stinginess, Cowardice, III-fated old age, Trials of the world and Punishment of the grave

اَللَّهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْبُخْلِ وَ أَعُوْذُ بِكَ مِنَ الْجُبْنِ وَ أَعُوْدُ بِكَ أَنْ أُرَدَّ إِلَىٰ أَرْذَلِ الْعُمُرِ وَأَعُوْذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا وَ عَذَابِ الْقَبْرِ.

Imam Nasai ( ) has narrated on the authority of Hadhrat Sa'ad ( ) that Rasulullah ( ) used to make this Dua excessively. The narrator of this Hadeeth, Hadhrat Sa'ad ( ) used to make his children memorise this Dua without fail.

Nasai chapter: Seeking refuge from stinginess 3:266 Hadeeth 5455) This Hadeeth has also been narrated with an addition in some narrations.

(Abu Dawood Hadeeth 1555, 10:217)

اَللَّهُمَّ اِنِّيْ أَعُوْذُ بِكَ مِـنَ الْهَمِّ وَ الْحُزْنِ وَ أَعُوْذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَ أَعُوْذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوْذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ.

#### (29)To get cured from Illnesses

تَوَكَّلْتُ عَلَى الْحَيِّ الَّذِيْ لَا يَمُوْتُ ، اَلْخَمْدُ لِللهِ الَّذِيْ لَمُ يَكُنْ لَهُ الْخُمْدُ لِللهِ الَّذِيْ لَمْ يَتَّخِذْ وَلَداً وَّلَمْ يَكُنْ لَهُ شَرِيْكُ فِيْ الْمُلْكِ وَلَمْ يَكُنْ لَهُ وَلِيُّ مِّنَ الذَّلِ وَكَمْ يَكُنْ لَهُ وَلِيُّ مِّنَ الذَّلِ وَكَمْ يَكُنْ لَهُ وَلِيُّ مِّنَ الذَّلِ وَكَمْ وَكَمْ يَكُنْ لَهُ وَلِيُّ مِّنَ الذَّلِ

Hadhrat Abu Jannah (﴿) mentions, once I was with Rasulullah (٤) hand in hand when we passed a man who looked very fragile and sick. Rasulullah (٤) asked him the reason for his condition. He replied, "Ilness and poverty has made me such." Rasulullah (٤) said, "I will teach you a supplication which if you read, your illness will be cured and your poverty will be removed." Thereafter Rasulullah (٤) taught him the above mentioned Dua.

After a period of time, Rasulullah (ﷺ) saw him in a cheerful mood when he walked passed that road. Rasulullah (ﷺ) expressed his happiness to which he said, "I have been supplicating that prayer punctually ever since you taught it to me."

(Ma'ariful Quran 5:543)

Note: Neither a fixed time nor quantity has been mentioned for this supplication, therefore if Allah wills; it will be enough for a person if he recites it once in the morning. It will also be correct to recite it once in the morning and in the evening.

(30) Aayaat to be recited at the time of severe illness

أَعُوْذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

فِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

اَفَحَسِبْتُمْ اَنَّمَا خَلَقْنْكُمْ عَبَمًّا وَّ

اَنَّكُمْ اِلَيْنَا لَا تُرْجَعُوْنَ ﴿ فَتَعْلَى اللهُ

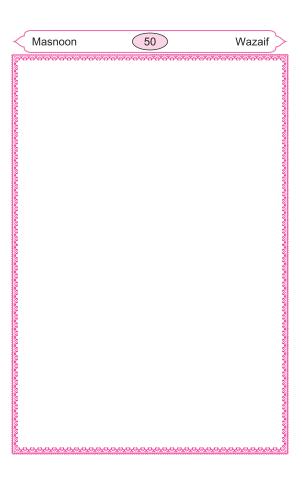
الْمَلِكُ الْحُقُّ ، لَآ اِلٰهَ اِلَّا هُوَ ، رَبُّ الْعَرْشِ الْكَرِيْمِ ﴿ وَمَنْ يَّدْعُ مَعَ اللهِ اِلْهَا الْخَرَ لا اللهِ اللهُ الللهُ اللهُ الل

These last few Aayaats of Surah M'umin hold great virtue. Imam Tha'labi and Imam Baghawi have narrated on the authority of Hadhrat Abdullah ibn Masúd (﴿) that once Hadhrat Abdullah ibn Masúd (﴿) walked passed by a person who was critically ill. Hadhrat Abdullah ibn Masúd (﴿) recited the mentioned verses in his ear and he was instantly cured. Rasulullah (﴿) inquired as to what he recited to which Hadhrat Abdullah ibn Masúd (﴿) recited these verses. Rasulullah (﴾) said, "I take an oath of that being in whose

control my life is in, even the mountains would move from its place if a person were to recite these verses with full conviction." (Qurtubi 12:157)

Note: Neither fixed time nor quantity has been allocated for this supplication therefore, if Allah wills, it will be enough for a person if he recites it once in the morning. It will also be correct to recite it once in the morning and in the evening.







### SUPPLICATIONS TO BE READ AFTER THE FARDH SALAAH



#### (31) Special Virtues of Aayatul Kursi

عُوْذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيْم بسْم اللهِ الرَّحْمٰنِ الرَّ الله لا إِلٰهَ إِلَّا هُوَ الْحَيُّ سِـنَةٌ وَّلَا نَوْمٌ ، لَهُ مَا فِي السَّمٰ الْأَرْضِ، مَنْ ذَا الَّذِيْ يَشْفَعُ يَعْلَمُ مَا بَيْنَ أَيْدِيْهِمْ وَمَ عِيْطُوْنَ بِشَيْءٍ مِّنْ عِلْمِهِ اللَّا بِمَا شَ ـيُّهُ السَّمٰوٰتِ وَالْأَرْضَ وَلَا يَـُوْدُهُ وَهُوَ الْعَلِيُّ الْعَظِيْمُ.

 Hadhrat Abu Hurairah (\*) narrates that Rasulullah (\*) said there is a verse from Surah Al-Baqarah which is the king of all verses. Shaytaan comes out of the house wherein this verse is recited.  Imam Nasai has narrated a Hadeeth, that whosoever recites Aayatul Kursi after every Salaah only death will be a barrier for that person from entering into Jannah. He will witness the comforts and the bliss of Jannah immediately after death.

(Saheeh Ibnus Sunni 124, Nasai pg 182)

• It is narrated in a Hadeeth that the Prophet (ﷺ) said, "Whoever reads Aayatul Kursi after Fardh salaah remains in the protection of Allah till the next Salaah." In one Hadeeth Rasulullah (ﷺ) mentions, "That a person who reads Aayatul Kursi after every Fardh Salaah will get the reward of fighting in the path of Allah alongside the Prophets, and getting martyred therein."

(Majma'uz Zawaaid 2:148)

It is learnt from these Ahaadeeth that one should make it a point of reading Aayatul Kursi after every Salaah and one should also recite it in the house at any time of the day and night, and once before going to sleep.

## (32) A deed which if carried out after Fardh Salaah erases the sins

Hadhrat Abu Hurairah (🍩) mentions that

Rasulullah ( said: "Whoever recites

33 times سُبْحَانَ اللهِ 33 times الْخُمْدُ لِلهِ آللهُ ٱكْبَرُ اللهُ ٱكْبَرُ

making it a total of ninety nine and recites the hundredth time

All his sins are wiped off even though they may be as the foam of the ocean (in quantity)."

(Saheeh Ibnus Sunni 124, Nasai pg 182)

Note: It is learnt from the Ahadeeth that one should make it a habit of reciting Surah Ikhlas, Falaq and An-Naas after every Fardh Salaah.

# TWO DUAS TO BE RECITED AFTER THE FARDH OF FAJR AND MAGHRIB SALAAH

(33)Dua for immunity from the fire of Jahannum

Seven Times

One should supplicate with the following Dua after Fajr and Maghrib Salaah.

Virtue: Hadhrat Haarith (\*) narrates that once Rasulullah (\*) whispered in my ear that after you complete your Maghrib Salaah, recite this Dua seven times. If you recite this Dua and you happen to pass away that night, you will be saved from the fire of Jahannum. And recite this Dua after you complete your Fajr Salaah, for if you were to pass away that day, you will be saved from the fire of Jahannum.

(Abu Dawood 2:693, Tabrani Kabeer 19.433)

(34) Supplication for after Fajr and Maghrib Salaah

Ten Times

It has been narrated in a Hadeeth that whoever reads this ten times after Fajr Salaah, before getting up from his place, whilst still seated in the Tashahhud position, before talking to anyone, will get rewarded with the following for every word read:

- (1)Ten rewards are written.
- (2)Ten sins are forgiven.
- (3)Ten stages are elevated.
- (4)He will be safeguarded from all calamities, distress and shaytaan for that whole day.
- (5) He will be safeguarded from all sins

except that he ascribes partners with Allah. (Tirmidhi 2:185, Amalul Yawmi Wal Lailah 353)

Note: In one narration, it has been reported that he will get the reward of emancipating ten slaves, and these words i.e tasbeeh will make Dua for him.

(Majmáuz Zawaaid 10:109,110)





### SUPPLICATIONS AND ACTIONS TO BE DONE BEFORE GOING TO SLEEP



#### (35)First deed to do before going to sleep

First, one should recite Aayatul Kursi. (page 60)

It is narrated in Bukhari that whoever recites Aayatul Kursi before going to sleep, Allah appoints an angel who protects him till the morning and shaytan does not come near him.

#### (36)Second Deed

أَعُوْذُ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ

بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

اَمَنَ الرَّسُوْلُ بِمَآ أُنْزِلَ اِلَيْهِ مِنْ رَّبِهِ وَ الْمُؤْمِنُوْنَ، كُلُّ اَمَنَ بِاللهِ وَ مَلْئِكَتِهِ وَ كُتُبِهِ وَ رُسُلِهِ، لَا نُفَرِّقُ بَيْنَ اَحَدٍ مِّنْ رُسُلِه، وَقَالُوْا سَمِعْنَا وَاَطَعْنَا، غُفْرَانَكَ رَبَّنَا وَ اِلَيْكَ الْمَصِيْرُ ﴿

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا، لَهَا مَا كَسَبَتْ

وَ عَلَيْهَا مَااكْتَسَبَتْ، رَبَّنَا لَا تُؤَاخِذْنَآ اِنْ نَّسِيْنَآ اَوْ اَخْطَأْنَا، رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَآ اِصْرًا كَمَا حَمَلْتَهُ عَلَي الَّذِيْنَ مِنْ قَبْلِنَا، رَبَّنَا وَلَا تُحَمِّلْنَا مَالَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَارْحَمْنَا، اَنْتَ مَوْلُنَا فَانْصُرْنَا عَلَى الْقَوْمِ الْكُفِر لَنَا وَارْحَمْنَا، اَنْتَ مَوْلُنَا فَانْصُرْنَا عَلَى الْقَوْمِ الْكُفِر يْنَ ﴿

These are the last two verses of Surah Baqarah. In authentic narrations, it has been narrated that these two verses have great virtue. Rasulullah ( ) said these two verses are enough for that person who recites them at night. (Abu Dawood 2:692) Hadhrat Ibn Masúd narrates that Rasulullah

In the narration of Mustadrak Hakim and Baihaqi, it has been narrated that Rasulullah (\$\otins\$) said, that Allah has completed Surah Baqarah with these two verses and they have been given to me from that special treasure which is beneath the Arsh. Therefore, one should learn these two verses with great emphasis and teach it to ones wife and children. (Al Mustadrak 1:750) Hadhrat Ali and Umar (\$\otins\$) mention that anyone with the slightest intellect should not go to sleep without reciting these two verses.

#### (37)Third Deed

Hadhrat Nawfil (\*) once asked Rasulullah (\*), "Teach me something that I may recite on my bedding before going to sleep." Rasulullah (\*) said, "Recite Surah Al Kaafiroon, as in it you proclaim your dislike for shirk."

#### (38)Fourth Deed

Hadhrat Aisha (🕬) narrates that every night when Rasulullah (🚳) used to retire

to his bedding, he used to recite Surah Ikhlas, Falaq and An Naas, blow over his palms and pass them over his entire body. When passing them over his body, he would begin with his head, then the face, then the front of his body and then finally the back part of his body. He used to do this thrice.

(Abu Dawood, Kitabul Aadaab 2:689)

Method: One should recite Surah Ikhlas, Falaq and An Naas once, thereafter blow over both palms and pass them over the entire body. Thereafter read these Surahs once, a second time, blow over the palms and pass them over the entire body. Once again read these three Surahs a third time blow over the palms and pass them over the entire body. When passing them over the body, one should begin with the head, then the face, then the front of the body and finally the back.

(Bukhari 2:750, Abu Dawood 2:689)

## (39)Fifth Deed A special benefit of making Istighfar

الْقَيُّوْمُ وَأَتُوْبُ إِلَيْهِ.

It has been narrated in a Hadeeth that whoever upon retiring to his bed at night, recites the above mentioned Dua three times, all his sins will be forgiven even if they may be as many as the foam of the oceans, as the leaves of the trees, as the particles in a heap of sand, as the days of the world (in quantity).

# (40)Sixth Deed: The Tasbeeh of Hadhrat Faatimah (🕬)

سُبْحَانَ اللهِ 33 times أَخْمُدُ لِلهِ 34 times أَخْمُدُ لِلهِ 34 times

(Abu Dawood 2:690)

The beloved daughter of Rasulullah ( b) used to get tired due to carrying out all

the household chores by herself hence, she came to Rasulullah (ﷺ) asking for an attendant (who would help her) Instead, Rasulullah (ﷺ) taught her the above mentioned deed. (Bukhari 2:935, Abu Dawood 2:690) Therefore, one should recite this Tasbeeh at night before going to sleep.

Note: If one was to recite this Tasbeeh with full conviction, then if Allah wills, all his tiredness will fade and he will wake up fresh in the morning.

### A deed that safeguards a person from the Evils of a nightmare

It has been narrated in a Hadeeth that whenever any one of you sees an evil dream, he should immediately make a spitting gesture thrice towards his left, seek Allah's refuge from the evils of shaytaan and the evils of that dream, and turn to the other side from where he saw the dream and relate the dream to his beloved ones only. (Muslim 2:241, Hadeeth 2462)

And immediately or later on, read two Rakaats of salah and seek refuge from the evils of that dream.