

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



QUR'ANIC VERSE COLLECTION — WITH ENGLISH MEANING

Ayat ash-Shifa was-Sakinah

Verses relating to healing (shifa) and tranquillity (sakinah)



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Introduction — when these verses are read

English rendering of Sheikh Khalid al-Habashi's Arabic introduction.

A collection of verses recited for healing (shifa) and for tranquillity of the heart. The original Arabic compilation carries no separate introduction for this chapter; it begins directly with Surat al-Fatihah.

In this collection:

65 passages

101 verses

The verses are kept in the order of the original compilation, unchanged. The Arabic is set in the Indo-Pak (Nurani) style. English translation: Saheeh International.

Important note: Ruqyah is a Shariah-based method of treatment. It runs alongside necessary medical examination and treatment, never in place of it. Matching a symptom is not proof of sihr (sorcery), the evil eye or jinn possession.

Ayat ash-Shifa was-Sakinah

101 verses in 65 passages.

1

Surah Al-Faatiha 1:1-7

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ① الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ②
الرَّحْمَنِ الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ
نَسْتَعِينُ ⑤ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ الَّذِينَ أَنْعَمْتَ
عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

In the name of Allāh, the Entirely Merciful, the Especially Merciful. [All] praise is [due] to Allāh, Lord of the worlds - The Entirely Merciful, the Especially Merciful, Sovereign of the Day of Recompense. It is You we worship and You we ask for help. Guide us to the straight path - The path of those upon whom You have bestowed favor, not of those who have earned [Your] anger or of those who are astray.

2

Surah At-Tawba 9:14

قَتْلُوهُمْ يُعَذِّبُهُمُ اللَّهُ بِأَيْدِيكُمْ وَيُخْزِهِمْ وَيَنْصُرْكُمْ عَلَيْهِمْ وَيَشْفِ

صُدُورَ قَوْمٍ مُّؤْمِنِينَ ﴿١٤﴾

Fight them; Allāh will punish them by your hands and will disgrace them and give you victory over them and satisfy the breasts [i.e., desires] of a believing people

3

Surah Yunus 10:57

يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِّن رَّبِّكُمْ وَشِفَاءٌ لِّمَا فِي الصُّدُورِ

وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾

O mankind, there has come to you instruction from your Lord and healing for what is in the breasts and guidance and mercy for the believers.

4

Surah An-Nahl 16:69

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ رَبِّكِ ذُلًّا^ج يَخْرُجُ مِنْ بُطُونِهَا
شَرَابٌ مُخْتَلِفٌ أَلْوَنُهُ^{قفه} فِيهِ شِفَاءٌ لِلنَّاسِ^{قله} إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ

يَتَفَكَّرُونَ ﴿٦٩﴾

Then eat from all the fruits and follow the ways of your Lord laid down [for you]." There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for a people who give thought.

5

Surah Al-Israa 17:82

وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ^{لا}

إِلَّا خَسَارًا ﴿٨٢﴾

And We send down of the Qur'ān that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss.

6

Surah Ash-Shu'araa 26:80

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨٠﴾

And when I am ill, it is He who cures me

وَلَوْ جَعَلْنَاهُ قُرْءَانًا أَعْجَبِيًّا لَقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ ^{صَلِّ} ءَأَعْجَبِيٌّ وَعَرَبِيٌّ ^{قُلْ}

قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ ^{صَلِّ} وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقُرْ

وَهُوَ عَلَيْهِمْ عَمًى ^ج أُولَٰئِكَ يُنَادَوْنَ مِنْ مَّكَانٍ بَعِيدٍ ﴿٤٤﴾ وَلَقَدْ آتَيْنَا

مُوسَى الْكِتَابَ فَاخْتَلَفَ فِيهِ ^{قُلْ} وَلَوْلَا كَلِمَةٌ سَبَقَتْ مِنْ رَبِّكَ لَقَضَىٰ بَيْنَهُمْ ^ج

وَأِنَّهُمْ لَفِي شَكٍّ مِنْهُ مُرِيبٍ ﴿٤٥﴾ مَنْ عَمِلَ ضَلِحًا فَلِنَفْسِهِ ^{صَلِّ} وَمَنْ

أَسَاءَ فَعَلِيهَا ^{قُلْ} وَمَا رَبُّكَ بِظَلَمٍ لِّلْعَبِيدِ ﴿٤٦﴾

And if We had made it a foreign [i.e., non-Arabic] Qur'ān, they would have said, "Why are its verses not explained in detail [in our language]? Is it a foreign [recitation] and an Arab [messenger]?" Say, "It is, for those who believe, a guidance and cure." And those who do not believe - in their ears is deafness, and it is upon them blindness. Those are being called from a distant place. And We had already given Moses the Scripture, but it came under disagreement. And if not for a word [i.e., decree] that preceded from your Lord, it would have been concluded between them. And indeed they are, concerning it [i.e., the Qur'ān], in disquieting doubt. Whoever does righteousness - it is for his [own] soul; and whoever does evil [does so] against it. And your Lord is not ever unjust to [His] servants.

8

Surah Al-Baqara 2:35

وَقُلْنَا يٰۤاٰدَمُ اسْكُنْ اَنْتَ وَزَوْجُكَ الْجَنَّةَ وَكُلَا مِنْهَا رَغَدًا حَيْثُ شِئْتُمَا وَلَا

تَقْرَبَا هَذِهِ الشَّجَرَةَ فَتَكُونَا مِنَ الظَّالِمِيْنَ ﴿٣٥﴾

And We said, "O Adam, dwell, you and your wife, in Paradise and eat therefrom in [ease and] abundance from wherever you will. But do not approach this tree, lest you be among the wrongdoers."

9

Surah Al-Baqara 2:248

وَقَالَ لَهُمْ نَبِيُّهُمْ اِنَّ ءَايَةَ مُلْكِهِ ۚ اَنْ يٰۤاتِيَكُمْ التَّابُوتُ فِيْهِ سَكِيْنَةٌ مِّنْ

رَّبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ ءَالُ مُوسٰى وَءَالُ هٰرُونَ تَحْمِلُهُ الْمَلٰٓئِكَةُ ۚ اِنَّ فِي

ذٰلِكَ لَءَايَةً لَّاكُمْ اِنْ كُنْتُمْ مُّؤْمِنِيْنَ ﴿٢٤٨﴾

And their prophet said to them, "Indeed, a sign of his kingship is that the chest will come to you in which is assurance from your Lord and a remnant of what the family of Moses and the family of Aaron had left, carried by the angels. Indeed in that is a sign for you, if you are believers."

10

Surah Al-An'aam 6:13

﴿١٣﴾ وَلَهُ مَا سَكَنَ فِي اللَّيْلِ وَالنَّهَارِ ۚ وَهُوَ السَّمِيعُ الْعَلِيمُ ج

And to Him belongs that which reposes by night and by day, and He is the Hearing, the Knowing.

11

Surah Al-An'aam 6:96

فَالِقُ الْإِصْبَاحِ وَجَعَلَ اللَّيْلَ سَكَنًا وَالشَّمْسَ وَالْقَمَرَ حُسْبَانًا ۚ ذَٰلِكَ ج

﴿٩٦﴾ تَقْدِيرُ الْعَزِيزِ الْعَلِيمِ

[He is] the cleaver of daybreak and has made the night for rest and the sun and moon for calculation. That is the determination of the Exalted in Might, the Knowing.

12

Surah Al-A'raaf 7:189

هُوَ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَحِدَةٍ وَجَعَلَ مِنْهَا زَوْجَهَا لِيَسْكُنَ إِلَيْهَا

فَلَمَّا تَغَشَّاهَا حَمَلَتْ حَمْلًا خَفِيفًا فَمَرَّتْ بِهِ^{صلى} فَلَمَّا أَثْقَلَتْ دَعَوَا اللَّهَ

رَبَّهُمَا لَئِنْ ءَاتَيْتَنَا صَالِحًا لَنَكُونَنَّ مِنَ الشَّاكِرِينَ ﴿١٨٩﴾

It is He who created you from one soul and created from it its mate that he might dwell in security with her. And when he [i.e., man] covers her, she carries a light burden [i.e., a pregnancy] and continues therein. And when it becomes heavy, they both invoke Allāh, their Lord, "If You should give us a good [child], we will surely be among the grateful."

13

Surah At-Tawba 9:26

ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ^{نَفَقَ} عَلَى رَسُولِهِ^ج وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا لَمْ

تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا^ج وَذَلِكَ جَزَاءُ الْكَافِرِينَ ﴿٢٦﴾

Then Allāh sent down His tranquility upon His Messenger and upon the believers and sent down soldiers [i.e., angels] whom you did not see and punished those who disbelieved. And that is the recompense of the disbelievers.

إِلَّا تَنْصُرُوهُ فَقَدْ نَصَرَهُ اللَّهُ إِذْ أَخْرَجَهُ الَّذِينَ كَفَرُوا ثَانِيَ اثْنَيْنِ إِذْ هُمَا
 فِي الْغَارِ إِذْ يَقُولُ لِصَاحِبِهِ لَا تَحْزَنْ إِنَّ اللَّهَ مَعَنَا ^{صلى} فَأَنْزَلَ اللَّهُ سَكِينَتَهُ ^{وقفه}
 عَلَيْهِ وَأَيَّدَهُ ^{وقفه} بِجُنُودٍ لَمْ تَرَوْهَا وَجَعَلَ كَلِمَةَ الَّذِينَ كَفَرُوا السُّفْلَى ^{قله} وَكَلِمَةَ
 اللَّهِ هِيَ الْعُلْيَا ^{قله} وَاللَّهُ عَزِيزٌ حَكِيمٌ ﴿٤٠﴾

If you do not aid him [i.e., the Prophet (peace be upon him)] - Allāh has already aided him when those who disbelieved had driven him out [of Makkah] as one of two, when they were in the cave and he [i.e., Muḥammad (peace be upon him)] said to his companion, "Do not grieve; indeed Allāh is with us." And Allāh sent down His tranquility upon him and supported him with soldiers [i.e., angels] you did not see and made the word of those who disbelieved the lowest, while the word of Allāh - that is the highest. And Allāh is Exalted in Might and Wise.

خُذْ مِنْ أَمْوَالِهِمْ صَدَقَةً تُطَهِّرُهُمْ وَتُزَكِّيهِمْ بِهَا وَصَلِّ عَلَيْهِمْ إِنَّ

صَلَاتِكَ سَكَنٌ لَّهُمْ ^{قُلْ} وَاللَّهُ سَمِيعٌ عَلِيمٌ ﴿١٠٣﴾

Take, [O Muḥammad], from their wealth a charity by which you purify them and cause them increase, and invoke [Allāh's blessings] upon them. Indeed, your invocations are reassurance for them. And Allāh is Hearing and Knowing.

وَلَا يَخْزُنكَ قَوْلُهُمْ إِنَّ الْعِزَّةَ لِلَّهِ جَمِيعًا ۖ هُوَ السَّمِيعُ الْعَلِيمُ ﴿٦٥﴾ أَلَا
 إِنَّ لِلَّهِ مَنْ فِي السَّمَوَاتِ وَمَنْ فِي الْأَرْضِ ۚ وَمَا يَتَّبِعُ الَّذِينَ يَدْعُونَ مِنْ
 دُونِ اللَّهِ شُرَكَاءَ ۖ إِنَّ يَتَّبِعُونَ إِلَّا الظَّنَّ وَإِنْ هُمْ إِلَّا يَخْرُصُونَ ﴿٦٦﴾

And let not their speech grieve you. Indeed, honor [due to power] belongs to Allāh entirely. He is the Hearing, the Knowing. Unquestionably, to Allāh belongs whoever is in the heavens and whoever is on the earth. And those who invoke other than Allāh do not [actually] follow [His] "partners." They follow not except assumption, and they are not but misjudging.

17

Surah An-Nahl 16:80

وَاللَّهُ جَعَلَ لَكُم مِّن بُيُوتِكُمْ سَكَنًا وَجَعَلَ لَكُم مِّن جُلُودِ الْأَنْعَامِ بُيُوتًا
تَسْتَخِفُّونَهَا يَوْمَ ظَعْنِكُمْ وَيَوْمَ إِقَامَتِكُمْ ۖ وَمِنْ أَصْوَافِهَا وَأَوْبَارِهَا
وَأَشْعَارِهَا أَثْنَا وَمِئَةً إِلَىٰ حِينٍ ﴿٨٠﴾

And Allāh has made for you from your homes a place of rest and made for you from the hides of the animals tents which you find light on your day of travel and your day of encampment; and from their wool, fur and hair is furnishing and enjoyment [i.e., provision] for a time.

18

Surah Al-Furqaan 25:45

أَلَمْ تَرَ إِلَىٰ رَبِّكَ كَيْفَ مَدَّ الظِّلَّ وَلَوْ شَاءَ لَجَعَلَهُ سَاكِنًا ثُمَّ جَعَلْنَا
الشَّمْسُ عَلَيْهِ دَلِيلًا ﴿٤٥﴾

Have you not considered your Lord - how He extends the shadow, and if He willed, He could have made it stationary? Then We made the sun for it an indication.

أَلَمْ يَرَوْا أَنَّا جَعَلْنَا اللَّيْلَ لِيَسْكُنُوا فِيهِ وَالنَّهَارَ مُبْصِرًا إِنَّ فِي ذَلِكَ

لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ ﴿٨٦﴾

Do they not see that We made the night that they may rest therein and the day giving sight? Indeed in that are signs for a people who believe.

قُلْ أَرَأَيْتُمْ إِنْ جَعَلَ اللَّهُ عَلَيْكُمُ النَّهَارَ سَرْمَدًا إِلَى يَوْمِ الْقِيَمَةِ مَنْ

إِلَهُ غَيْرُ اللَّهِ يَأْتِيكُمْ بَلِيلٌ تَسْكُنُونَ فِيهِ أَفَلَا تُبْصِرُونَ ﴿٧٢﴾ وَمِنْ

رَحْمَتِهِ ۚ جَعَلَ لَكُمْ اللَّيْلَ وَالنَّهَارَ لِتَسْكُنُوا فِيهِ وَلِتَبْتَغُوا مِنْ فَضْلِهِ ۚ

وَلَعَلَّكُمْ تَشْكُرُونَ ﴿٧٣﴾

Say, "Have you considered: if Allāh should make for you the day continuous until the Day of Resurrection, what deity other than Allāh could bring you a night in which you may rest? Then will you not see?" And out of His mercy He made for you the night and the day that you may rest therein and [by day] seek from His bounty and [that] perhaps you will be grateful.

21

Surah Ar-Room 30:21

وَمِنْ ءَايَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ

بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ۚ إِنَّ فِي ذَلِكَ لَءَايَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴿٢١﴾

And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.

22

Surah Ash-Shura 42:33

إِنْ يَشَأْ يُسْكِنِ الرِّيحَ فَيَظْلَلْنَ رَوَاكِدَ عَلَى ظَهْرِهِ ۚ إِنَّ فِي ذَلِكَ لَءَايَاتٍ

لِكُلِّ صَبَّارٍ شَكُورٍ ﴿٣٣﴾

If He willed, He could still the wind, and they would remain motionless on its surface. Indeed in that are signs for everyone patient and grateful.

23

Surah Al-Fath 48:4

قل

هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَعَ إِيْمَانِهِمْ

وَلِلَّهِ جُنُودُ السَّمَوَاتِ وَالْأَرْضِ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا ﴿٤﴾

It is He who sent down tranquility into the hearts of the believers that they would increase in faith along with their [present] faith. And to Allāh belong the soldiers of the heavens and the earth, and ever is Allāh Knowing and Wise.

24

Surah Al-Fath 48:18

لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ مَا

فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَبَهُمْ فَتْحًا قَرِيبًا ﴿١٨﴾

Certainly was Allāh pleased with the believers when they pledged allegiance to you, [O Muḥammad], under the tree, and He knew what was in their hearts, so He sent down tranquility upon them and rewarded them with an imminent conquest

25

Surah Al-Fath 48:26

إِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي قُلُوبِهِمُ الْحَمِيَّةَ الْحَمِيَّةَ الْجُهْلِيَّةَ فَأَنْزَلَ اللَّهُ
 سَكِينَتَهُ عَلَى رَسُولِهِ^١ وَعَلَى الْمُؤْمِنِينَ وَأَلْزَمَهُمْ كَلِمَةَ التَّقْوَى وَكَانُوا أَحَقَّ
 بِهَا وَأَهْلَهَا^ج وَكَانَ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمًا ﴿٢٦﴾

When those who disbelieved had put into their hearts chauvinism - the chauvinism of the time of ignorance. But Allāh sent down His tranquility upon His Messenger and upon the believers and imposed upon them the word of righteousness, and they were more deserving of it and worthy of it. And ever is Allāh, of all things, Knowing.

26

Surah Al-Baqara 2:186

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ^ص أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ^ص
 فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ ﴿١٨٦﴾

And when My servants ask you, [O Muḥammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.

27

Surah Yusuf 12:34

فَاسْتَجَابَ لَهُ رَبُّهُ^{وَقَفَّةٌ} فَصَرَفَ عَنْهُ كَيْدَهُنَّ^ج إِنَّهُ هُوَ السَّمِيعُ

الْعَلِيمُ ٣٤

So his Lord responded to him and averted from him their plan. Indeed, He is the Hearing, the Knowing.

28

Surah Al-Anbiyaa 21:76

وَنُوحًا إِذْ نَادَىٰ مِنْ قَبْلُ فَاسْتَجَبْنَا لَهُ^{وَقَفَّةٌ} فَنَجَّيْنَاهُ وَأَهْلَهُ^{وَقَفَّةٌ} مِنَ الْكَرْبِ

الْعَظِيمِ ٧٦

And [mention] Noah, when he called [to Allāh] before [that time], so We responded to him and saved him and his family from the great affliction [i.e., the flood].

﴿٨٣﴾ وَيُؤَيِّبُ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ

فَاسْتَجَبْنَا لَهُ فَكَشَفْنَا مَا بِهِ^{صَلَّى} مِنْ ضُرٍّ^{وَعَاتَيْنَهُ أَهْلَهُ} وَمِثْلَهُمْ مَعَهُمْ

﴿٨٤﴾ رَحْمَةً مِّنْ عِنْدِنَا وَذِكْرَىٰ لِلْعَبِيدِينَ

And [mention] Job, when he called to his Lord, "Indeed, adversity has touched me, and You are the most merciful of the merciful." So We responded to him and removed what afflicted him of adversity. And We gave him [back] his family and the like thereof with them as mercy from Us and a reminder for the worshippers [of Allāh].

وَذَا النُّونِ إِذْ ذَهَبَ مُغْضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَىٰ فِي الظُّلُمَاتِ

أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾ فَاسْتَجَبْنَا لَهُ ^{دَقْفَةً}

وَنَجَّيْنَاهُ مِنَ الْغَمِّ ^ج وَكَذَلِكَ نُجِي الْمُؤْمِنِينَ ﴿٨٨﴾

And [mention] the man of the fish [i.e., Jonah], when he went off in anger and thought that We would not decree [anything] upon him. And he called out within the darknesses, "There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers." So We responded to him and saved him from the distress. And thus do We save the believers.

31

Surah An-Naml 27:62

قُلْ
أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ وَيَجْعَلُكُمْ خُلَفَاءَ الْأَرْضِ
أَإِلَهُ مَعَ اللَّهِ جَ قَلِيلًا مَّا تَذَكَّرُونَ ﴿٦٢﴾

Is He [not best] who responds to the desperate one when he calls upon Him and removes evil and makes you inheritors of the earth? Is there a deity with Allāh? Little do you remember.

32

Surah As-Saaffaat 37:75

وَلَقَدْ نَادَيْنَا نُوحًا فَلَنِعْمَ الْمُجِيبُونَ ﴿٧٥﴾

And Noah had certainly called Us, and [We are] the best of responders.

33

Surah Ghafir 40:60

وَقَالَ رَبُّكُمْ ادْعُونِي أَسْتَجِبْ لَكُمْ^ج إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي

سَيَدْخُلُونَ جَهَنَّمَ دَاخِرِينَ ﴿٦٠﴾

And your Lord says, "Call upon Me; I will respond to you." Indeed, those who disdain My worship will enter Hell [rendered] contemptible.

34

Surah Al-An'aam 6:17

وَإِنْ يَنْسِفْكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ^{صَلَّى} إِلَّا هُوَ^{قَفَّ} وَإِنْ يَنْسِفْكَ بِخَيْرٍ فَهُوَ

عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿١٧﴾

And if Allāh should touch you with adversity, there is no remover of it except Him. And if He touches you with good - then He is over all things competent.

وَأِنْ يَّمْسَسْكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ ^{صَلَّى} وَأِنْ يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ
لِفَضْلِهِ ^ج يُصِيبُ بِهِ ^ج مَنْ يَشَاءُ مِنْ عِبَادِهِ ^ج وَهُوَ الْغَفُورُ الرَّحِيمُ ﴿١٠٧﴾

And if Allāh should touch you with adversity, there is no remover of it except Him; and if He intends for you good, then there is no repeller of His bounty. He causes it to reach whom He wills of His servants. And He is the Forgiving, the Merciful.

وَلَئِنْ سَأَلْتَهُمْ مَنْ خَلَقَ السَّمَوَاتِ وَالْأَرْضَ لَيَقُولُنَّ اللَّهُ^ج قُلْ أَفَرَأَيْتُمْ
 مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ^١ أَوْ
 أَرَادَنِي بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَتُ رَحْمَتِهِ^ج قُلْ حَسْبِيَ اللَّهُ عَلَيْهِ يَتَوَكَّلُ^ص

الْمُتَوَكِّلُونَ ﴿٣٨﴾

And if you asked them, "Who created the heavens and the earth?" they would surely say, "Allāh." Say, "Then have you considered what you invoke besides Allāh? If Allāh intended me harm, are they removers of His harm; or if He intended me mercy, are they withholders of His mercy?" Say, "Sufficient for me is Allāh; upon Him [alone] rely the [wise] reliers."

إِنَّمَا النَّجْوَى مِنَ الشَّيْطَانِ لِيَحْزُنَ الَّذِينَ ءَامَنُوا وَلَيْسَ بِضَارِّهِمْ شَيْئًا

إِلَّا بِإِذْنِ اللَّهِ ج وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿١٠﴾

Private conversation is only from Satan that he may grieve those who have believed, but he will not harm them at all except by permission of Allāh. And upon Allāh let the believers rely.

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ أَرِنِي كَيْفَ تُحْيِي الْمَوْتَىٰ قَالَ أُولَٰئِكَ لَمَّا صَلَىٰ
 وَلَٰكِن لِّيَطْمَئِنَّ قَلْبِي قَالَ فَخُذْ أَرْبَعَةً مِّنَ الطَّيْرِ فَصُرْهُنَّ إِلَيْكَ ثُمَّ
 اجْعَلْ عَلَىٰ كُلِّ جَبَلٍ مِّنْهُنَّ جُزْءًا ثُمَّ ادْعُهُنَّ يَأْتِينَكَ سَعْيًا ۚ وَاعْلَمْ أَنَّ

اللَّهُ عَزِيزٌ حَكِيمٌ ﴿٢٦٠﴾

And [mention] when Abraham said, "My Lord, show me how You give life to the dead." [Allāh] said, "Have you not believed?" He said, "Yes, but [I ask] only that my heart may be satisfied." [Allāh] said, "Take four birds and commit them to yourself. Then [after slaughtering them] put on each hill a portion of them; then call them - they will come [flying] to you in haste. And know that Allāh is Exalted in Might and Wise."

39

Surah Aal-i-Imraan 3:126

وَمَا جَعَلَهُ اللَّهُ إِلَّا بُشْرَىٰ لَكُمْ وَلِتَطْمَئِنَّ قُلُوبُكُم بِهِ ^{قُلْ} وَمَا النَّصْرُ إِلَّا

مِنْ عِنْدِ اللَّهِ الْعَزِيزِ الْحَكِيمِ ﴿١٢٦﴾

And Allāh made it not except as [a sign of] good tidings for you and to reassure your hearts thereby. And victory is not except from Allāh, the Exalted in Might, the Wise -

40

Surah Al-Maaida 5:113

قَالُوا نُرِيدُ أَنْ نَأْكُلَ مِنْهَا وَتَطْمَئِنَّ قُلُوبُنَا وَنَعْلَمَ أَنْ قَدْ صَدَّقْتَنَا

وَنَكُونَ عَلَيْهَا مِنَ الشُّهَدَاءِ ﴿١١٣﴾

They said, "We wish to eat from it and let our hearts be reassured and know that you have been truthful to us and be among its witnesses."

41

Surah Ar-Ra'd 13:28

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ^{قُلْ} أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ

الْقُلُوبُ ﴿٢٨﴾

Those who have believed and whose hearts are assured by the remembrance of Allāh. Unquestionably, by the remembrance of Allāh hearts are assured."

42

Surah An-Nahl 16:106

مَنْ كَفَرَ بِاللَّهِ مِنْ بَعْدِ إِيمَانِهِ ^١ إِلَّا مَنْ أُكْرِهَ وَقَلْبُهُ مُطْمَئِنٌّ بِالْإِيمَانِ
وَلَكِنْ مَنْ شَرَحَ بِالْكُفْرِ صَدْرًا فَعَلَيْهِمْ غَضَبٌ مِّنَ اللَّهِ وَلَهُمْ عَذَابٌ

عَظِيمٌ ﴿١٠٦﴾

Whoever disbelieves in [i.e., denies] Allāh after his belief... except for one who is forced [to renounce his religion] while his heart is secure in faith. But those who [willingly] open their breasts to disbelief, upon them is wrath from Allāh, and for them is a great punishment;

43

Surah Al-Israa 17:95

قُلْ لَوْ كَانَ فِي الْأَرْضِ مَلَائِكَةٌ يَمْشُونَ مُطْمَئِنِّينَ لَنَزَّلْنَا عَلَيْهِم مِّنَ

السَّمَاءِ مَلَكًا رَسُولًا ﴿٩٥﴾

Say, "If there were upon the earth angels walking securely, We would have sent down to them from the heaven an angel [as a] messenger."

44

Surah Al-Fajr 89:27

يَا أَيَّتُهَا النَّفْسُ الْمُطْمَئِنَّةُ ﴿٢٧﴾

[To the righteous it will be said], "O reassured soul,

45

Surah Al-An'aam 6:125

فَمَنْ يُرِدِ اللَّهُ أَنْ يَهْدِيَهُ ^{يُفَفِّ} يَشْرَحْ صَدْرَهُ ^{لِلْإِسْلَامِ} ^{صَلَّى} وَمَنْ يُرِدْ أَنْ يُضِلَّهُ ^{يُفَفِّ}
يَجْعَلْ صَدْرَهُ ضَيِّقًا حَرَجًا كَأَنَّمَا يَصْعَدُ فِي السَّمَاءِ ^ج كَذَلِكَ يَجْعَلُ اللَّهُ

الرَّجْسَ عَلَى الَّذِينَ لَا يُؤْمِنُونَ ﴿١٢٥﴾

So whoever Allāh wants to guide - He expands his breast to [contain] Islām; and whoever He wants to send astray - He makes his breast tight and constricted as though he were climbing into the sky. Thus does Allāh place defilement upon those who do not believe.

46

Surah Taa-Haa 20:25

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي ﴿٢٥﴾

[Moses] said, "My Lord, expand [i.e., relax] for me my breast [with assurance]"

أَفَمَنْ شَرَحَ اللَّهُ صَدْرَهُ لِلْإِسْلَامِ فَهُوَ عَلَى نُورٍ مِّن رَّبِّهِ ۖ فَوَيْلٌ لِلْقَاسِيَةِ
 قُلُوبُهُم مِّن ذِكْرِ اللَّهِ ۖ أُولَٰئِكَ فِي ضَلَالٍ مُّبِينٍ ﴿٢٢﴾

So is one whose breast Allāh has expanded to [accept] Islām and he is upon [i.e., guided by] a light from his Lord [like one whose heart rejects it]? Then woe to those whose hearts are hardened against the remembrance of Allāh. Those are in manifest error.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ① وَوَضَعْنَا عَنْكَ
 وِزْرَكَ ② الَّذِي أَنْقَضَ ظَهْرَكَ ③ وَرَفَعْنَا لَكَ ذِكْرَكَ ④ فَإِنَّ مَعَ
 الْعُسْرِ يُسْرًا ⑤ إِنَّ مَعَ الْعُسْرِ يُسْرًا ⑥ فَإِذَا فَرَغْتَ
 فَانْصَبْ ⑦ وَإِلَىٰ رَبِّكَ فَارْغَب ⑧

Did We not expand for you, [O Muḥammad], your breast? And We removed from you your burden Which had weighed upon your back And raised high for you your repute. For indeed, with hardship [will be] ease [i.e., relief]. Indeed, with hardship [will be] ease. So when you have finished [your duties], then stand up [for worship]. And to your Lord direct [your] longing.

49

Surah Ash-Sharh 94:7

فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾

So when you have finished [your duties], then stand up [for worship].

50

Surah Al-A'raaf 7:2

كِتَابٌ أَنْزَلْنَا إِلَيْكَ فَلَا يَكُنْ فِي صَدْرِكَ حَرَجٌ مِّنْهُ لِتُنذِرَ بِهِ^١ وَذِكْرَىٰ

لِلْمُؤْمِنِينَ ﴿٢﴾

[This is] a Book revealed to you, [O Muḥammad] - so let there not be in your breast distress therefrom - that you may warn thereby and as a reminder to the believers.

وَنَزَعْنَا مَا فِي صُدُورِهِمْ مِّنْ غَلٍ تَجْرَىٰ مِنْ تَحْتِهِمُ الْأَنْهَارُ ^{صَلَى} وَقَالُوا
 الْحَمْدُ لِلَّهِ الَّذِي هَدَانَا لِهَذَا وَمَا كُنَّا لِنَهْتَدِيَ لَوْلَا أَنَّ هَدَانَا اللَّهُ ^{صَلَى} لَقَدْ
 جَاءَتْ رُسُلُ رَبِّنَا بِالْحَقِّ ^{صَلَى} وَنُودُوا أَنْ تِلْكَ الْجَنَّةُ الَّتِي أُورِثْتُمُوهَا بِمَا كُنْتُمْ

تَعْمَلُونَ ﴿٤٣﴾

And We will have removed whatever is within their breasts of resentment, [while] flowing beneath them are rivers. And they will say, "Praise to Allāh, who has guided us to this; and we would never have been guided if Allāh had not guided us. Certainly the messengers of our Lord had come with the truth." And they will be called, "This is Paradise, which you have been made to inherit for what you used to do."

الَّذِينَ جَعَلُوا الْقُرْآنَ عِضِينَ ﴿٩١﴾ فَوَرِّبْكَ لَنَسْأَلَنَّهُمْ أَجْمَعِينَ ﴿٩٢﴾

عَمَّا كَانُوا يَعْمَلُونَ ﴿٩٣﴾ فَاصْدَعْ بِمَا تُؤْمَرُ وَأَعْرِضْ عَنِ الْمُشْرِكِينَ ﴿٩٤﴾

إِنَّا كَفَيْنَاكَ الْمُسْتَهْزِئِينَ ﴿٩٥﴾

Who have made the Qur'ān into portions. So by your Lord, We will surely question them all
About what they used to do. Then declare what you are commanded and turn away from
the polytheists. Indeed, We are sufficient for you against the mockers

وَالَّذِينَ تَبَوَّءُوا الدَّارَ وَالْإِيمَانَ مِنْ قَبْلِهِمْ يُحِبُّونَ مَنْ هَاجَرَ إِلَيْهِمْ وَلَا
يَجِدُونَ فِي صُدُورِهِمْ حَاجَةً مِمَّا أُوتُوا وَيُؤْثِرُونَ عَلَىٰ أَنْفُسِهِمْ وَلَوْ كَانَ
بِهِمْ خَصَاصَةٌ ۚ وَمَنْ يُوَقِّ شَخَّ نَفْسِهِ ۖ فَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿٩﴾

And [also for] those who were settled in the Home [i.e., al-Madīnah] and [adopted] the faith before them. They love those who emigrated to them and find not any want in their breasts of what they [i.e., the emigrants] were given but give [them] preference over themselves, even though they are in privation. And whoever is protected from the stinginess of his soul - it is those who will be the successful.

54

Surah Al-Ahzaab 33:25

وَرَدَّ اللَّهُ الَّذِينَ كَفَرُوا بِغَيْظِهِمْ لَمْ يَنَالُوا خَيْرًا ۚ وَكَفَى اللَّهُ الْمُؤْمِنِينَ

الْقِتَالَ ۚ وَكَانَ اللَّهُ قَوِيًّا عَزِيزًا ﴿٢٥﴾

And Allāh repelled those who disbelieved, in their rage, not having obtained any good. And sufficient was Allāh for the believers in battle, and ever is Allāh Powerful and Exalted in Might.

55

Surah Az-Zumar 39:36

أَلَيْسَ اللَّهُ بِكَافٍ عَبْدَهُ ۚ وَيُخَوِّفُونَكَ بِالَّذِينَ مِنْ دُونِهِ ۚ وَمَنْ يُضِلِلْ

اللَّهُ فَمَا لَهُ مِنْ هَادٍ ۚ ﴿٣٦﴾

Is not Allāh sufficient for His Servant [i.e., Prophet Muḥammad (peace be upon him)]? And [yet], they threaten you with those [they worship] other than Him. And whoever Allāh leaves astray - for him there is no guide.

56

Surah Al-Muminoon 23:29

وَقُلْ رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ ﴿٢٩﴾

And say, 'My Lord, let me land at a blessed landing place, and You are the best to accommodate [us].'"

57

Surah Al-Anbiyaa 21:69

قُلْنَا يَنَّا رُكُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ ﴿٦٩﴾

We [i.e., Allāh] said, "O fire, be coolness and safety upon Abraham."

وَقَالَتِ الْيَهُودُ يَدُ اللَّهِ مَغْلُولَةٌ ^ج غُلَّتْ أَيْدِيهِمْ وَلُعِنُوا بِمَا قَالُوا ^م بَلْ يَدَاهُ
 مَبْسُوطَتَانِ يُنْفِقُ كَيْفَ يَشَاءُ ^ج وَلَيَزِيدَنَّ كَثِيرًا مِّنْهُمْ مَا أُنْزِلَ إِلَيْكَ
 مِنْ رَبِّكَ طُغْيَانًا وَكُفْرًا ^ج وَالْقَيْنَا بَيْنَهُمُ الْعَدَاوَةَ وَالْبَغْضَاءَ إِلَى يَوْمِ الْقِيَمَةِ
^ج كُلَّمَا أُوقِدُوا نَارًا لِلْحَرْبِ أَطْفَأَهَا اللَّهُ ^ج وَيَسْعَوْنَ فِي الْأَرْضِ فَسَادًا ^ج وَاللَّهُ

لَا يُحِبُّ الْمُفْسِدِينَ ﴿٦٤﴾

And the Jews say, "The hand of Allāh is chained." Chained are their hands, and cursed are they for what they say. Rather, both His hands are extended; He spends however He wills. And that which has been revealed to you from your Lord will surely increase many of them in transgression and disbelief. And We have cast among them animosity and hatred until the Day of Resurrection. Every time they kindled the fire of war [against you], Allāh extinguished it. And they strive throughout the land [causing] corruption, and Allāh does not like corrupters.

59

Surah Saad 38:41-42

وَاذْكُرْ عَبْدَنَا أَيُّوبَ إِذْ نَادَىٰ رَبَّهُ أَنِّي مَسَّنِيَ الشَّيْطَانُ بِنُصْبٍ

وَعَذَابٍ ۝٤١ ارْكُضْ بِرِجْلِكَ ۖ هَذَا مُغْتَسَلٌ بَارِدٌ وَشَرَابٌ ۝٤٢

And remember Our servant Job, when he called to his Lord, "Indeed, Satan has touched me with hardship and torment." [So he was told], "Strike [the ground] with your foot; this is a [spring for a] cool bath and drink."

60

Surah Ash-Shura 42:19

اللَّهُ لَطِيفٌ بِعِبَادِهِ ۖ يَرْزُقُ مَن يَشَاءُ ۖ وَهُوَ الْقَوِيُّ الْعَزِيزُ ۝١٩

Allāh is Subtle with His servants; He gives provision to whom He wills. And He is the Powerful, the Exalted in Might.

61

Surah Hud 11:48

ج
قِيلَ يٰنُوحُ اهْبِطْ بِسَلَامٍ مِّنَّا وَبَرَكَاتٍ عَلَيْكَ وَعَلَىٰ أُمَمٍ مِّمَّنْ مَعَكَ

وَأُمَمٌ سَتُتَعَذَّبُ ثُمَّ يَمَسُّهُمْ مِنَّا عَذَابٌ أَلِيمٌ ﴿٤٨﴾

It was said, "O Noah, disembark in security from Us and blessings upon you and upon nations [descending] from those with you. But other nations [of them] We will grant enjoyment; then there will touch them from Us a painful punishment."

62

Surah Al-Hijr 15:46

﴿٤٦﴾ اَدْخُلُوهَا بِسَلَامٍ ءَامِنِينَ

[Having been told], "Enter it in peace, safe [and secure]."

63

Surah Al-Ikhlaas 112:1-4

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ هُوَ اللَّهُ أَحَدٌ ① اللَّهُ الصَّمَدُ ② لَمْ

يَلِدْ وَلَمْ يُولَدْ ③ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ④

Say, "He is Allāh, [who is] One, Allāh, the Eternal Refuge. He neither begets nor is born, Nor is there to Him any equivalent."

64

Surah Al-Falaq 113:1-5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ① مِنْ شَرِّ مَا

خَلَقَ ② وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ③ وَمِنْ شَرِّ النَّفَّاثِ فِي

الْعُقَدِ ④ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ⑤

Say, "I seek refuge in the Lord of daybreak From the evil of that which He created And from the evil of darkness when it settles And from the evil of the blowers in knots And from the evil of an envier when he envies."

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ① مَلِكِ

النَّاسِ ② إِلَهِ النَّاسِ ③ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ④ الَّذِي

يُوسْوِسُ فِي صُدُورِ النَّاسِ ⑤ مِنَ الْجِنَّةِ وَالنَّاسِ ⑥

Say, "I seek refuge in the Lord of mankind, The Sovereign of mankind, The God of mankind, From the evil of the retreating whisperer - Who whispers [evil] into the breasts of mankind - From among the jinn and mankind".

Sources and credits:

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Personal guidance:

If you are not sure whether your problem is the evil eye, envy, sihr or something else, message the center and write **Diagnosis**.

Ruqyah is a Shariah-based method of treatment. It is not a substitute for necessary medical care.

Raqi Faisal Ahmed Sabit

Al Quranic Ruqyah Healing Center

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