# The Authentic Authorized Invocation (al-Ruqyah ash-Shar'iyyah),

### Taken from Sidi's: The Gift of Healing

Typed by Maryam Hand. Note: type in italics is my added word or commentary. The Qur'an transliteration and script is taken from The Tajwidi Qur'an transliterated by A. Nooraddeen Durkee. May Allah forgive my mistakes.

# P 14 What is the Authentic Authorized Invocation? (al-Ruqyah ash-Shar'iyyah)

There are particular verses of the Qur'an which a patient can always recite for any disease because their benefit has been proven for healing all diseases.

### Reciting Suratu-l-Fatihah Seven Times

This is an important step in any treatment because Suratu-l-Fatihah is the greatest surah in the Noble Qur'an. Allah planted countless secrets within its words. The Messenger of Allah (salla allahu alayhi was-salam) said, regarding the Fatihah, "By Him in whose hands my soul lies, Allah did not reveal in the Torah, in the New Testament, in the Book of Psalms, nor in al-Furqan anything like it. It is also named Sab'ul-Mathanì, the Seven Often Repeated Verses because they are frequently recited and indeed recited in every rakah of the prayer.

Carrotes I Total . 1.		
Suratu-i-ratinan	(BISMI-LLAHI-R-RAHMANI-R-RAHIM)	Seven Times
	• /	

AL-HAMDU-LI-LLAHI RABBI-L-ALAMIN

Praise be to Allah, Lord of All the Worlds -

AR-RAHMANI-R-RAHIM

The Universally Merciful, the Singularly Compassionate --

MALIKI YOWMI-D-DÎN

Master of the Day of Judgement.

YYYAKA NA BUDU WAYIYYAKA NASTA'IN

You alone we worship, and You alone we ask for help.

'IHDINA-Ş-ŞIRATA-L-MUSTAQÎM

Guide us (to) the straight way.

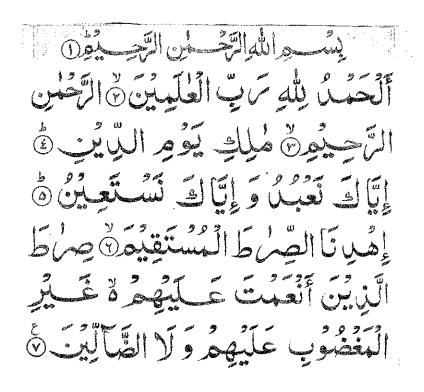
SIRATA-L-LADBINA'AN 'AMTA 'ALAYHIM GBAYRI-L-

The way of those whom You have blessed, not

(the way of) those on whom is

MAGhDUBI \*ALAYHIM WA LA-D-DAAALLIN

(Your) anger, nor those who are astray.



Reciting Ayatu-l-Kursi (Qur'an 2:255) (Sidi did not specifically say in the book, next to this verse to recite it seven times, however, he gave those general instructions verbally by emphasizing the importance of reciting the verses seven times and also in The Gift of Healing on page 13. He says," He must repeat the verses which he thinks are relevant to his disease Seven Times.)"

This is ayah 255 of Suratu-l-Baqarah. Allah says, "Allah, there is no deity other than Him: the Ever-Living, the Self-Subsisting. He is taken neither by slumber nor by sleep. To Him belongs what is in the heavens and what is in the earth. Who is there to intercede with Him save by His Permission? He knows what is between their hands and what is behind their backs. And they encompass nothing from His knowledge save what He wills. His Foundation is more vast than the heavens and the earth. And He is not tired by their preservation. And He is the All-High, the Sublime." (Qur'an 2:255)

This is the most glorious verse of the Qur'an, as our master guide, Muhammad (salla allahu alayhi was-salam) informed. This is why it is essential in healing. Allah (subhanahu wa-ta ala) protects its reciter from all harm, evil and illness.

### Ayatul-l-Kursi (BISMI-LLÄHI-R-RAḤMĀNI-R-RAḤĪM)

### **Seven Times**

ALLAHU LAA ILAHA ILLA HUWA AL-HAYYU-L-QAYYUM: Allah, there is no deity other than Him: Ever-Living, the Self-Subsisting.

LĀ TĀ KhUDhUHŪ SINATUÑW – WA LĀ NOWM; He is taken neither by slumber nor by sleep.

LAHU MA FI-S-SAMAWATI-WA-MA FI-L 'ARD; To Him belongs what is in the heavens and

what is in the earth.

MAN DhA-L-LADhi YAShFA U INDAHUU ILLA BI IDhNIH? Who is there to intercede with Him except

by His permission?

YA'LAMU MA BAYNA 'AYDIHIM WA MA KhALFAHUM: He knows what is between their hands and what is behind their backs.

WA LA YUHITUNA BI-ShAY IM-MIN ILMIHII ILLA BI-MA ShAA: And they encompass nothing from His knowledge save what He wills.

WASI'A KURSIYYUHU-S-SAMAWATI WA-L-ARD: His Foundation is more vast than the heavens

and the earth.

WA LA YA UDUHU HIFDhHUMA:

And He is not tired by their preservation.

WA HUWA-L-ALIYYU-L-ADhIM

And He is the All-High, the Sublime.

الْقَبُّوْمُ الْمَالُونِ وَمَا فِي الْرَّانُ اللَّهُ وَالْمَالِي الْمُوالِمُ الْمَالُونِ وَمَا لِيَا اللَّهُ اللَّهِ اللَّهُ الْمُؤْمِنُ وَاللَّهُ اللَّهُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِنُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ اللَّهُ اللَّهُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ الْمُومُ الْمُؤْمِدُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ الْمُؤْمِدُ الْمُؤْمِدُ الْمُؤْمِدُ الللَّهُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ اللْمُؤْمِدُ اللْمُومُ الْمُؤْمِدُ الْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الْمُؤْمِدُ اللْمُؤْمِدُ اللْمُؤْمِدُ اللْمُؤْمِدُ الللْمُؤْمِدُ اللْمُؤْمِدُ اللَّهُ اللْمُؤْمِدُ اللْمُؤْمِدُ اللَّهُ الْمُؤْمِدُ الللْمُؤْمِدُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللَّهُ اللْمُومُ اللْمُؤْمِدُ اللْمُؤْمِدُ اللْمُؤْمِدُ اللْمُؤْمِدُ اللَّهُ الللْمُؤْمِدُ اللْمُؤْمِدُ الللْمُعُلِمُ اللْمُؤْمِدُ الللْمُؤْمِ

# Reciting The Two Last Ayat of Suratu-l-Baqarah. (Qur'an 2:285-286, Seven Times)

Allah (subhanahu wa-ta ala) says, "The Messenger believes in what was sent down to him from his Lord, and the believers (also). All of them securely believe in Allah and His angels and His books and His messengers. We make no distinction between any one of His Messengers. They (each) say, "We hear and we obey. Grant us forgiveness our Lord, and unto You is the final destination. "Allah does not burden any soul except with what it can bear. To its account is what it has merited (by way of goodness), and against it what it has earned (by way of the evil it did). Our Lord, do not condemn us if we forget or unwittingly do wrong. Our Lord, do not lay a load on us as You burdened those who came before us. Our Lord, do not burden us with what we have no strength to bear. Pardon us. Forgive us. Have mercy on us. You are our Master, so aid us against the folk who cover up the Truth.)" (Quran 2:285-286).

Our master guide, Muhammad (salla allahu alayhi was-salam) said,"Whoever recites these two verses on any night, it is enough protection for him from all evil, harm, illness, grief and sorrow."

### Qur'an 2:285 and 2:286

### 2:285 (BISMI-LLÄHI-R-RAHMANI-R-RAHIM)

**Seven Times** 

AMANA-R-RASULU BI-MAA VINZILA ILAYHI MIR-RABBIHI

The Messenger believes in what was sent down to him from his Lord and the believers (also).

WA-L-MUMINŪN;

KULLUN AMANA BI-LLAHI WA-MALAAIKATIHI WA KUTUBIHI WA RUSULIH; All of them securely

believe in Allah and His angels and

His books and His Messengers.

LA NUFARRIQU BAYNA AHADIM-MIR-RUSULIH: We make no distinction between any of His messengers.

WA QĀLŪ SAMKNĀ WA ATANĀ GŅUFRĀNAKA RABBANA

They (each) say, "We hear and we obey.

Grant us forgiveness our Lord,

WA'ILAYKA-L-MAŞIR:

and unto You is the final destination."

### 2:286 (BISMI-LLÄHI-R-RAHMÄNI-R-RAHIM)

#### Seven Times

LA YUKALLIFU-LLAHU NAFSAN ILLA WUS AHA:

Allah does not burden any soul except with what it

can bear.

LAHA MA KASABAT WA 'ALAYHA MA-K-TASABAT; To its account is what it has merited (by way of goodness), and against it what it has earned (by way of the evil it did).

RABBANA LA TU'AKhIDhNAA' IN-NASINAA:

"Our Lord, do not condemn us if we forget

OW AKHTANA:

or unwittingly do wrong.

RABBANĀ WA LĀ TAḤMIL ʿALAYNĀĀ ʾIṢRĀN KAMĀ Our Lord, do not lay a load on us as You burdened HAMALTAHŪ ʿALA-L-LADḥĪNA MIÑ QABāLINĀ: those who came before us.

RABBANA WA LA TUHAMMILNA MA LA TAQATA LANA BIH: Our Lord, do not burden us with what we have no strength to bear.

WA-FU ANNA: WA-Gh-FIR LANA: WA-R-HAMNA:

Pardon us. Forgive us. Have mercy on us.

ANTA MOWLANA FA-Ñ-SURNA ALA-L-QOWMI-L-KAFIRÎN You are our Master, so aid us against the folk who cover up the Truth."

الرَّسُولُ بِهَا أَنْزِلَ إِلَيْهِ مِن رَّبِهِ وَالْهُؤُمِنُونَ فَكُلُّ أَمَنَ بِاللهِ وَمَلَيْكَتِهِ وَكُنُيهِ وَرُسُلِهٌ لَا نُفَرِقُ بَيْنَ أَحَلِمِن وَكُنُيهِ وَرُسُلِهٌ لَا نُفَرِقُ بَيْنَ أَحَلِمِن رَبَّنَا وَ إِلَيْكَ الْمَصِيْرُ ﴿ لَا يُحَلِقُ اللّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كُسَبَتْ وَعَلَيْهَا مَا الْنَسَبَتْ مُ بَنَا لَا ثُوَاحِنُنَا إِن نَسِينًا

أَوْ أَخْطَأْنَا مَ بَنَا وَلا تَعْمِلُ عَلَيْنَا إِصْمَا كَمَا حَمَلُنَهُ عَلَى الَّنِيْنَ مِنْ قَبْلِنَا مُ بَنَا وَلا تُحَمِّلُنَا مَا لاَ طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا مُولِنَا مَالْاطَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا مُولِنَا مَوْلِنَا مُؤلِنَا مُؤلِنا مُؤلِنا عَلَى الْقُومِ الْكَفِرِيْنَ هَوْلِنَا فَانْصُرْنَا عَلَى الْقُومِ الْكَفِرِيْنَ هَوْلِنَا

### Reciting Surau-I-Ikhlas (Qur'an 112)

**Eleven Times** 

Our trustworthy and honest Prophet (salla allahu alayhi was-salam) told us that suratu-l-Iklas is equivalent to one third of the Qur'an. In this surah Allah establishes the qualities of the Singularity particular to Him.

This is a very important surah in the treatment of any illness.

It is recommended to recite it eleven times which is the number of the letters in the phrase: "Say, He - Allah - is One." (Qul huwa-llahu ahad). This number holds an extraordinary meaning in the surah.

### Surau-l-Ikhlas (BISMI-LLAHI-R-RAHMANI-R-RAHIM)

**Eleven Times** 

QUL HUWA-LLAHU AHADA

Say, "He - Allah - is One.

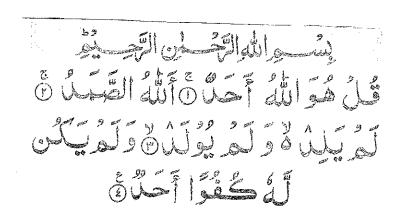
ALLAHU-S-SAMADa

Allah - Eternally Self-Sufficient.

LAM YALIDA WA LAM YULADA

Neither begetting nor begotten -

WA LAM YAKUL-LAHU KUFUWAN AHADa and nothing equals Him."



#### Reciting Suratu-l-Falaqa and Suratu-l-Nas (Qur'an 113 and 114) Seven Times Each

Our honored Prophet (salla allahu alayhi was-salam) said about the two last surah of the Qur'an, which are the surah of seeking refuge, "No faithful believer can seek refuge in anything better than them." When the faithful believer seeks refuge in Allah (subhanahu wa-ta ala) by reciting these two sauah, indeed, Allah will protect him and prevent him from the illness.

On page 16, Sidi goes on to say:

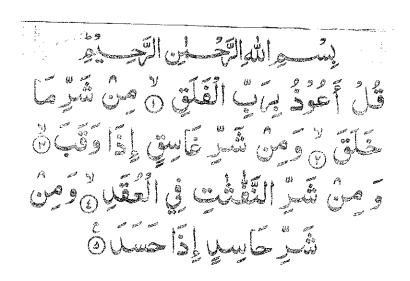
As we have said before, these surah can be recited for any type of illness. Other particular verses which suit a specific illness can be added to them. I shall give some examples.

### Suratu-l-Falaqa (BISMI-LLÄHI-R-RAHMANI-R-RAHIM)

**Seven Times** 

QUL A ÛDHU BI-RABBI-L-FALAQÎ MIÑ SHARRI MA KHALAQÎ WA MIÑ SHARRI GHASIQIN ÎDHA WAQABÎ WA MIÑ SHARRI-N-NAFFATHATI FI-L- UQADÎ WA MIÑ SHARRI HASIDIN ÎDHA HASADÎ

Say, "I take refuge with the Lord of the crack of dawn –
from the evil within His creation –
and from the evil of the darkness when it gathers –
and from the evil of those who blow on knots –
and from the evil of an envier when he envies."



## Suratu-n-Nas (BISMI-LLAHI-R-RAHMANI-R-RAHIM)

**Seven Times** 

QUL'A'ŪDḫU BI-RABBI-N-NĀS MALIKI-N-NĀS

ILAHI-N-NAS

MIN Sharri-L-Waswasi-L-Khannas 'AL-LADhi Yuwaswisu fi suduri-n-nas

MINA-L-JINNATI WA-N-NĀS

Say, "I take refuge in the Lord of the people -

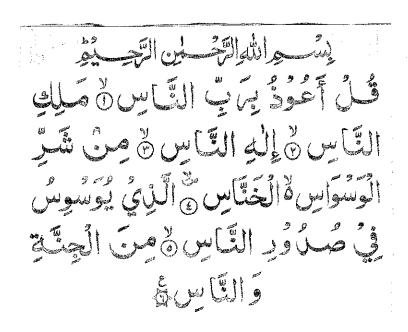
the Ruler of the people -

the God of the people -

from the evil of the sneaking whisperer -

who whispers in the hearts of the people -

from the jinn and the people."



### Worry, Fear and Psychological Stress

In addition to the previous surah (Fatiha, Kursi, the last two ayat of Baqarah, Ikhlas, Falaqa and Nas)

We should recite, "Those who believe and whose hearts are made tranquil by the remembrance of Allah, surely – in the remembrance of Allah do hearts find rest." (Qur'an 13:28) seven times in the morning and seven times in the evening.

# Qur'an 13:28 (BISMI-LLÄHI-R-RAḤMĀNI-R-RAḤĪM) Seven Times AM and Seven Times PM

<sup>\*</sup>AL-LADHINA AMANU WA TATAMAINNU QULÜBUHUM-BI-DHIKRI-LLÄH ; ALĀ BI-DHIKRI-LLĀHI TAŢAMA INNU-L-QULÜBA

Those who believe and whose hearts are made tranquil by the remembrance of Allah, surely — in the remembrance of Allah do hearts find rest.

وَ تَطْمَوْنُ قُلُوْبُهُمْ بِنِ كُو اللهِ أَلَا بِنِ كُو اللهِ أَلَا بِنِ كُو اللهِ أَلَا بِنِ كُو اللهِ تَطْمَوْنُ الْقُلُوبُ اللهِ تَطْمَوْنُ الْقُلُوبُ

We can also recite Suratul Quraysh (Qur'an 106), "In the Name of Allah, the Universally Merciful, the Singularly Compassionate." This surah is a great blessing and protection from Allah.

"For the protection of Quraysh – (and) their safe passage (in) the journey of winter and summer." With His blessings and protection He causes their caravans to set forth safely in winter to the south and in summer to the north without any fear. "Thus they should worship the Lord of this House – " meaning the Ka'bah in Makkah, "Who has fed them in hunger and secured them from fear."

We can repeat this surah as many times as we want, for Allah has put His security and safety in it.

## Suratu Quraysh (BISMI-LLÄHI-R-RAḤMĀNI-R-RAḤĪM) Unlimited Repetitions

LI-ILAFI QURAYSh —

For the protection of Quraysh

TLĀFIHIM RIḤLATA-Sḫ-SḫITĀĀPI WA-Ṣ-ṢAYF

and their safe passage (in) the journey of winter and summer.

FA-L-YA'BUDÜ RABBA HĀDḫA-L-BAYT

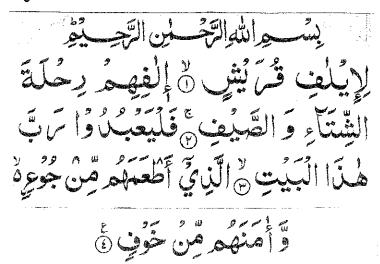
Thus they should worship the Lord of this House -

AL-LADhii Ață AMAHUM-MIN JU INW —

Who has fed them in hunger

WA AMANAHUM-MIN KhOWF

and secured them from fear.



### Schizophrenia, Lethargy and Depression

Recite Surah Yusuf (Qur'an 12) because it is a great surah that was sent down during the hardest of times which the noble prophet (salla allahu alayhi was-salam) experienced. It was sent down to give him solace, to support him and to make him steadfast in the Truth.

It is the surah of optimism which can make the faithful believer happy and more patient.

Surah Yusuf can be found on pages 374-395 Ayat 1-111 in the Tajwidi Qur'an

We can also recite the following ayat three times: "Say, By the Bounty of Allah and by His Universal Mercy – and in that let them rejoice – it is better than what they accumulate." (Qur'an 10:58)

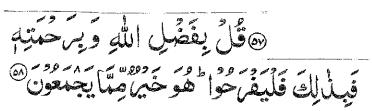
In this ayah, Allah places a mighty secret! It can evoke joy and happiness in the heart of its possessor.

## Qur'an 10:58 (BISMI-LLAHI-R-RAHIM)

**Three Times** 

QUL BI-FADLI-LLĀHI WA BI-RAḤMATIHĪ FA-BI-DḫĀLIKA FA-L-YAFRAḤŪ ; HUWA KḫAYRUM-MIMMĀ YAJāMA'ŪN

Say, "By the bounty of Allah and His Universal Mercy – and in that let them rejoice – it is better than what they accumulate."



### Obsessive Compulsive Disorder, Anxiety, Panic and Sorrow

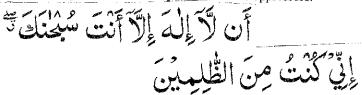
Recite the supplication of Prophet Yunis (salla allahu alayhi wa-salam) when he was in the belly of the whale: There is no deity save You, Glory be to You. Surely I am from among the oppressors." (Qur'an 21:87). Allah answered Yunis by the blessings of this supplication.

### Qur'an 21:87 (BISMI-LLÄHI-R-RAHMANI-R-RAHIM)

**Seven Times** 

LÃÃ ILÃHA ILLÃÃ ANTA SUBAHĀNAKA INNĪ KUNTU MINA-Dḫ-DḫĀLIMĪN

"There is no deity save You. Glory be to You. Surely I am from the oppressors."



I also advise those who are afflicted by the shaytanic whisperer to glorify Allah in abundance by saying: "Glory to Allah and all Praise is His. Glory to Allah, the Greatest" (subhana-llahi wa bihamdihi subhana-llahi al-adhim), for glorifying Allah saves a person from sorrow, depression and anxiety.

### Magic, Envious Eye, Shaytanic Touch and Impotency

I advise reciting Suratu-l-Baqarah (Qur'an 2) in sections. Each day the patient should recite or listen to what he can of this great surah. He should also recite the two last surah of the Qur'an, (Falaqa 113 and Nas 114) seeking refuge frequently.

Suratu-l-Baqarah can be found on pages 3-77 in the Tajwidi Qur'an.

A final note:

Sidi says: The Qur'an is a cure for every illness.

Self-Invocation: It is best if every patient recites upon himself the verses more desirable to his illness. However others can recite for him in addition or instead of the self-invocation if the patient is unable to focus or recite correctly.

Sidi says: The one who recites the healing verses must focus on the patient, imagining him to be completely healed by the blessings of the Words.

(in our case, we can intend and visualize that everyone on the list and everyone in the community at large who needs this healing, receive it by the permission of Allah.)

Sidi says: Because of the way sound vibration acts upon the cells, the recitation should be in an audible tone so that the patient can hear it. The healer should not whisper or recite it within himself.

(even though we are doing distance healing, the audible sounds will affect our own field in a positive way and by the permission of Allah, will reach the people we are praying for through our intentions.)

Sidi says: If possible, the patient should recite for himself upon awakening and just before sleeping. He must repeat the verses that he thinks are relevant to his disease seven times.

Sidi says: The patient should listen to the Qur'an for a few hours daily whenever he can. Reflect on the verses and understand their meaning for this is also a cure. Also listen to the Qur'an in slower speed at night while asleep.