

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

### 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'iyah)**

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-Mathani, the Seven Often Repeated Verses because they are frequently recited and indeed recited in every rakah of the prayer.

#### **Suratu-l-Fatihah (BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)**

#### **Seven Times**

AL-ḤAMDU-LI-LLĀHI RABBI-L-ĀLAMĪN

Praise be to Allah, Lord of All the Worlds –

ḤAR-RAḤMĀNI-R-RAḤĪM

The Universally Merciful, the Singularly Compassionate --

MĀLIKI YOWMI-D-DĪN

Master of the Day of Judgement.

ḤIYYĀKA NA ḤBUDU WA ḤIYYĀKA NASTAḤIN

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

ḤIHDINA-ḤḤIRĀṬA-L-MUSTAQĪM

Guide us (to) the straight way.

ḤIRĀṬA-L-LADḤĪNAḤAN ḤAMTA ḤALAYHIM ḤḤAYRI-L-

The way of those whom You have blessed, not

(the way of) those on whom is

MAGḤDŪBI ḤALAYHIM WA LA-D-DĀĀLLĪN

(Your) anger, nor those who are astray.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①  
 الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ  
 الرَّحِيمِ ③ مُلِكِ يَوْمِ الدِّينِ ④  
 إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤  
 اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ  
 الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ⑦ غَيْرِ  
 الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑧

**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-I-Kursi (BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)**

**Seven Times**

ʾALLĀHU LĀĀ ʾILĀHA ʾILLĀ HUWA AL-ḤAYYU-L-QAYYŪM: Allah, there is no deity other than Him:

Ever-Living, the Self-Subsisting.

LĀ TĀ KHUDḤUHŪ SINATUŅW – WA LĀ NOWM ;

He is taken neither by slumber nor by sleep.

LAHŪ MĀ FI-S-SAMĀWĀTI-WA-MĀ FI-L ʾARD ;

To Him belongs what is in the heavens and what is in the earth.

MAN ḌĤA-L-LADḤĪ YASHFAʿU ʿINDAHŪŪ ʾILLĀ BI-ʾIDḤNIH ? Who is there to intercede with Him except by His permission?

YAʿLAMU MĀ BAYNA ʾAYDĪHIM WA MĀ KHĀLFĀHUM : He knows what is between their hands and what is behind their backs.

WA LĀ YUHĪTUNA BI-ḤAYʾIM-MIN ʿILMIHĪ ʾILLĀ BI-MĀ ḤĀĀ : And they encompass nothing from His knowledge save what He wills.

WASĪʿA KURSIYYUHU-S-SAMĀWĀTI WA-L-ʾARD : His Foundation is more vast than the heavens and the earth.

WA LĀ YAʾUDUHŪ ḤIFḌḤUMĀ : And He is not tired by their preservation.

WA HUWA-L-ʿALIYYU-L-ʿADḤĪM And He is the All-High, the Sublime.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ  
الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ  
مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي  
يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ  
أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ  
مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ  
السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا  
وَهُوَ الْعَلِيُّ الْعَظِيمُ

**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-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)**

**Seven Times**

ʾĀMĀNA-R-RASŪLU BI-MĀĀʾUŅZILAʾILAYHI MIR-RABBIHĪ

The Messenger believes in what was sent down to him from his Lord

WA-L-MUʾMINŪN ;

and the believers (also).

KULLUN ʾĀMĀNA BI-LLĀHI WA-MALĀĀʾIKATIḤI WA KUTUBIḤI WA RUSULIḤI ; All of them securely

believe in Allah and His angels and His books and His Messengers.

LĀ NUFARRIQU BAYNA ʾAḤADIM-MIR-RUSULIḤI : We make no distinction between any of His messengers.

WA QĀLŪ SAMIʾNĀ WAʾATAʾNĀ ḠHUFRĀNAKA RABBANA

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

WAʾILAYKA-L-MAṢĪR :

Grant us forgiveness our Lord,

and unto You is the final destination."

**2:286 (BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)**

**Seven Times**

LĀ YUKALLIFU-LLĀHU NAFSANʾILLĀ WUSʿAHĀ ;

Allah does not burden any soul except with what it can bear.

LAHĀ MĀ KASABAT WA ‘ALAYHĀ 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).

RABBANĀ LĀ TU‘AKHIDHĪNĀĀ IN-NASĪNĀĀ :

“Our Lord, do not condemn us if we forget  
or unwittingly do wrong.

‘OW‘AKHTA‘NĀ :

RABBANĀ WA LĀ TAḤMIL ‘ALAYNĀĀ ISRĀĪN KAMĀ Our Lord, do not lay a load on us as You burdened  
HAMALTAHŪ ‘ALA-L-LADHĪNA MIŪ QABĀLINĀ : those who came before us.

RABBANĀ WA LĀ TUḤAMMILNĀ MĀ LĀ ṬĀQATA LANĀ BIH : Our Lord, do not burden us with what we  
have no strength to bear.

WA-‘FU‘ANNĀ : WA-GH-FIR LANĀ : WA-R-ḤAMNĀ : Pardon us. Forgive us. Have mercy on us.

‘ANTA MOWLĀNĀ FA-Ū-ṢURNĀ ‘ALA-L-QOWMI-L-KĀFIRĪN You are our Master, so aid us against the folk  
who cover up the Truth.”

﴿٧٤﴾ مَنْ

الرَّسُولِ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ  
وَالْمُؤْمِنُونَ كُلُّ مَنْ بِاللَّهِ وَمَلَائِكَتِهِ  
وَكُتُبِهِ وَرُسُلِهِ قَفَا لَا تَفْرِقُ بَيْنَ أَحَدٍ مِّنْ  
رُّسُلِهِ قَفَا وَقَالُوا سَبِعْنَا وَأَطَعْنَا أَغْفِرَ لَكَ  
رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٧٥﴾ لَا يُكَلِّفُ اللَّهُ  
نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا  
مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا

أَوْ أخطأنا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا  
كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا رَبَّنَا  
وَلَا تُحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ  
عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنتَ مَوْلَانَا  
فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٧٦﴾

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

Eleven Times

Our trustworthy and honest Prophet (salla allahu alayhi was-salam) told us that suratu-I-Ikhlās 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-I-Ikhlās (BISMI-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)

Eleven Times

QUL HUWA-LLĀHU AḤADĀ

Say, "He – Allah – is One.

ʾALLĀHU-Ṣ-ṢAMADĀ

Allah – Eternally Self-Sufficient.

LAM YALIDĀ WA LAM YŪLADĀ

Neither begetting nor begotten –

WA LAM YAKUL-LAHŪ KUFUWAN ʾAḤADĀ and nothing equals Him."

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

## Reciting Suratu-I-Falaqa and Suratu-I-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 saurah, 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-LLĀHI-R-RAHMĀNI-R-RAHĪM)**

**Seven Times**

QUL ʾAʿŪDHU BI-RABBI-L-FALAQā

Say, "I take refuge with the Lord of the crack of dawn –

MIÑ SHARRI MĀ KHĀLAQā

from the evil within His creation –

WA MIÑ SHARRI GHĀSIQIN ʾIDHĀ WAQABā

and from the evil of the darkness when it gathers –

WA MIÑ SHARRI-N-NAFFĀTHĀTI FI-L-ʿUQADā

and from the evil of those who blow on knots –

WA MIÑ SHARRI ḤĀSIDIN ʾIDHĀ ḤASADā

and from the evil of an envier when he envies."

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۝۱ مِنْ شَرِّ مَا  
 خَلَقَ ۝۲ وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ ۝۳  
 وَمِنْ شَرِّ النَّفّٰثِۃِ فِي الْعُقَدِ ۝۴ وَمِنْ  
 شَرِّ حَاسِدٍ اِذَا حَسَدَ ۝۵

**Suratu-n-Nas (BISMI-LLĀHI-R-RAHMĀNI-R-RAHĪM)**

**Seven Times**

QUL ʾAʿŪDHU BI-RABBI-N-NĀS

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

MALIKI-N-NĀS

the Ruler of the people –

ʾILĀHI-N-NĀS

the God of the people –

MIÑ SHARRI-L-WASWĀSI-L-KHANNĀS

from the evil of the sneaking whisperer –

ʾAL-LADHĪ YUWASWISU FĪ SUDŪRI-N-NĀS

who whispers in the hearts of the people –

MINA-L-JINNATI WA-N-NĀS

from the jinn and the people."

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
 قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ۝۱ مَلِكِ  
 النَّاسِ ۝۲ اِلٰهِ النَّاسِ ۝۳ مِنْ شَرِّ  
 الْوَسْوَاسِ الْخَنَّاسِ ۝۴ الَّذِي يُّوسَّوْسُ  
 فِيْ صُدُوْرِ النَّاسِ ۝۵ مِنْ الْجِنَّةِ  
 وَ النَّاسِ ۝۶

### 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-LLĀHI-R-RAḤMĀNI-R-RAḤĪM) Seven Times AM and Seven Times PM**

ʾAL-LADĪNĀ ʾĀMANŪ WA TAṬĀMAʾINNU QULŪBUHUM-BI-DĤIKRI-LLĀH ; ʾALĀ BI-DĤIKRI-LLĀHI TAṬĀMAʾINNU-L-QULŪBĀ

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

۝۲۷ الَّذِينَ آمَنُوا  
 وَ تَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللّٰهِ ۗ اَلَا بِذِكْرِ  
 اللّٰهِ تَطْمَئِنُّ 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-LLĀHI-R-RAḤMĀNI-R-RAḤĪM) Unlimited Repetitions

LI-ĪLĀFI QURAYSH —

For the protection of Quraysh

ĪLĀFIHIM RIḤLATA-ṢH-ṢHITĀĀ<sup>1</sup> WA-Ṣ-ṢAYF

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

FA-L-YA‘BUDŪ RABBA HĀDHA-L-BAYT

Thus they should worship the Lord of this House –

‘AL-LADHĪ ATĀ‘AMAHUM-MIN JŪ‘INW —

Who has fed them in hunger

WA ‘ĀMANAHUM-MIN KHOWF

and secured them from fear.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
 لِإِيلَافِ قُرَيْشٍ ①  
 الْفِهِمُ رِحْلَةَ  
 الشِّتَاءِ وَالصَّيْفِ ②  
 فَلْيَعْبُدُوا رَبَّ  
 هَذَا الْبَيْتِ ③  
 الَّذِي أَطْعَمَهُمْ مِنْ جُوعِهِ  
 وَأَمَّنَّهُمْ مِنْ خَوْفٍ ④

### 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-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)**

**Three Times**

QUL BI-FADLI-LLĀHI WA BI-RAḤMATIHĪ FA-BI-DḤĀLIKA FA-L-YAFRAḤŪ ; HUWA KHAYRUM-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.”

﴿٥٧﴾ قُلْ بِفَضْلِ اللَّهِ وَبِرَحْمَتِهِ  
فِي ذَلِكَ فَلْيَفْرَحُوا هُوَ خَيْرٌ مِمَّا يَجْمَعُونَ ﴿٥٨﴾

### **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-LLĀHI-R-RAḤMĀNI-R-RAḤĪM)**

**Seven Times**

LĀĀ ILĀHAH ĀILLĀH AĀNTA SUBḤĀNĀKA INNĪ KUNTU MINA-DḤĀLĪMĪN

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

أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ  
إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

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-I-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-I-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.