

'Place your hand at the site of the pain and say:

بِسْمِ اللَّهِ (ثَلَاثًا)

Bismil-lah (three times)

'In the name of Allah' (three times)

...then supplicate seven times:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ
وَأُحَاذِرُ (سبع مرات)

**Aoothu billahi waqudratih min sharri
ma ajidu wa-ohathir (seven times).**

**'I take refuge in Allah and within His
omnipotence from the evil that I feel and
am wary of.' (seven times).**