

الورد يَا حَفِيزُ

فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ

- for 'only' Allah is the best Protector, and He is the Most Merciful of the merciful.

The following litany of Athkar [Rememberances of Allah] - derived from a Hadith [Recorded Saying] of the Prophet - has been compiled for ease of recitation. This litany is composed of Ayat [Verses of Quran], Duas [Suplications], and general Athkar. It is recommended to recite this litany at least once a day, and each segment may be recited as many times as desired.

Begin reciting from here

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah—the Most Compassionate, Most Merciful.

إِنَّ اللَّهَ هُوَ الرَّزَّاقُ ذُو الْقُوَّةِ الْمَتِينُ

Indeed, Allah 'alone' is the Supreme Provider—Lord of all Power, Ever Mighty.

فَلَمَّا أَلْفَوْا قَالَ مُوسَىٰ مَا جِئْتُمْ بِهِ السَّحَرُ إِنَّ اللَّهَ سَيَبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ | وَيُحِقُّ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ

When they did, Moses said, “What you have produced is mere magic, Allah will surely make it useless, for Allah certainly does not set right the work of the corruptors.

And Allah establishes the truth by His Words—even to the dismay of the wicked.”

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ - بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ، وَهُوَ السَّمِيعُ الْعَلِيمُ.

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ سَهْلًا إِذَا شِئْتَ.

يَا حَيُّ حِينَ فِي دَيْمُومَةٍ مُلْكِهِ وَبِقَائِهِ يَا حَيُّ يَا حَيُّ يَا حَيُّ.

In the Name of Allah—the Most Compassionate, Most Merciful - In the name of Allah, with whose name nothing on earth or in the sky can cause harm, and He is the All-Hearing, the All-Knowing.

O Allah, there is no ease except what You make easy, and You can make difficulty easy if You will.

O Ever-Living, Everlasting in His Sovereignty and Existence. O Ever-Living, O Ever-Living, O Ever-Living.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَعُوذُ بِكَ رَبَّ أَنْ يَحْضُرُونِ.

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أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ مِنْ عَقَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ.

I seek refuge in Allah from the accursed devil. And say, “My Lord! I seek refuge in You from the temptations of the devils. And I seek refuge in You, my Lord, that they ‘even’ come near me.”

- for ‘only’ Allah is the best Protector, and He is the Most Merciful of the merciful.

I seek refuge in the perfect words of Allah from the evil of what He has created, from its harm and consequences, and from the evil of His servants.

Al-Fatihah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ {١} الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ {٢} مَلِكِ يَوْمِ الدِّينِ {٣} إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ {٤} اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ {٥} صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ {٦} {٧}

{1} In the Name of Allah—the Most Compassionate, Most Merciful. {2} All praise is for Allah—Lord of all worlds, {3} the Most Compassionate, Most Merciful, {4} Master of the Day of Judgment. {5} You ‘alone’ we worship and You ‘alone’ we ask for help. {6} Guide us along the Straight Path, {7} the Path of those You have blessed—not those You are displeased with, or those who are astray.

Ayat-ul-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمَاوَاتِ 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 السَّمَاوَاتِ وَالْأَرْضَ ۖ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allah! There is no god 'worthy of worship' except Him, the Ever-Living, All-Sustaining. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who could possibly intercede with Him without His permission? He 'fully' knows what is ahead of them and what is behind them, but no one can grasp any of His knowledge—except what He wills 'to reveal'. His Seat encompasses the heavens and the earth, and the preservation of both does not tire Him. For He is the Most High, the Greatest.

Surat-ul-Falaq

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ {١} مِنْ شَرِّ مَا خَلَقَ {٢} وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ {٣} وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ {٤} وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ {٥}

{1} Say, 'O Prophet, ' "I seek refuge in the Lord of the daybreak {2} from the evil of whatever He has created, {3} and from the evil of the night when it grows dark, {4} and from the evil of those 'witches casting spells by' blowing onto knots, {5} and from the evil of an envier when they envy."

Surat-un-Nas

قُلْ أَعُوذُ بِرَبِّ النَّاسِ {١} مَلِكِ النَّاسِ {٢} إِلَهِ النَّاسِ {٣} مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ {٤} الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ {٥} مِنَ الْجِنَّةِ وَالنَّاسِ {٦}

{1} Say, 'O Prophet, ' "I seek refuge in the Lord of humankind {2} the Master of humankind, {3} the God of humankind, {4} from the evil of the lurking whisperer— {5} who whispers into the hearts of humankind— {6} from among jinn and humankind."