

SEEKING SERENITY

DUAS FOR PEACE AND CONTENTMENT

Sadaqah Jaariyah

We ask Allah to send the reward to us, our parents, all our loved ones, all deceased from the first to the last till the day of Qiyamah.

Dedication

This book is dedicated to both my Parents for their sage advice over the years.

My Dad (Mohamed Shafee Mohamed) who always advised us to start our day with Surah Yaseen.

My mom (Zubeida Mohamed), who always sent us the right dua for every situation while growing up when faced with life's challenges. She instilled in us the importance of placing our trust in the Almighty and establishing a firm bond with Allah.

May we all reunite in Jannatul Firdous.
Allah have mercy on all our Marhoomeen,
expand their graves, fill them with light and
grant them peace and serenity .
Ameen.

Preface

In 2018 and 2019 we lost 6 family members within a very short span of time. 4 members of our family in 1 week. As we were in a state of shock we were looking for ways to deal with our grief.

My cousin Rukshana had a file filled with duas mainly from her late mother. She wanted to compile them into a book as useful guide for everyone to enjoy on their journey of life.

Special thanks to Mufti Menk and my teachers for checking the book and Aaeen Alee creative specialist from Pakistan for all his help and guidance regarding the design of this book.

Any funds raised from this book will be donated to
the Nanim Foundation

Paypal/Bank details : nanima@nanima.co.za
more info

1000 Good Deeds:

www.1000gooddeeds.com

Nanima Foundation
www.nanima.co.za

Serenity Prayer

**O Allah , grant me the serenity
to accept the things I cannot
change,**

**Courage to change the things
I can,**

**And wisdom to know the
difference.**

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HOPE

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكْلِنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَإِلَهٌ لَّا إِلَهَ إِلَّا أَنْتَ

Allahumma rahmataka arju fala takilni ila nafsi tarfata
‘aynin wa aslih li sha’ni kullahu la ilaha ila anta

O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye, and rectify for me all of my affairs. None has the right to be worshiped except You.



GOOD

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ
فَقِيرٌ

Rabbi innee limaaa anzalta ilaiya min
khairin faqeer

My Lord, I am in need of whatever
good you send down to me.”



PATIENCE

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Rabbana afrigh 'alaina sabraw wa
tawaffana Muslimeen

Our Lord! Pour out on us
patience and constancy, and
take our souls unto thee as
Muslims



GOODNESS

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Rabbana atinafee addunya hasanatan wafee al-
akhiratihasanatan waqina AAathaba annar

Our Lord! Grant us good in this world and
good in the hereafter, and save us from
the chastisement of the fire

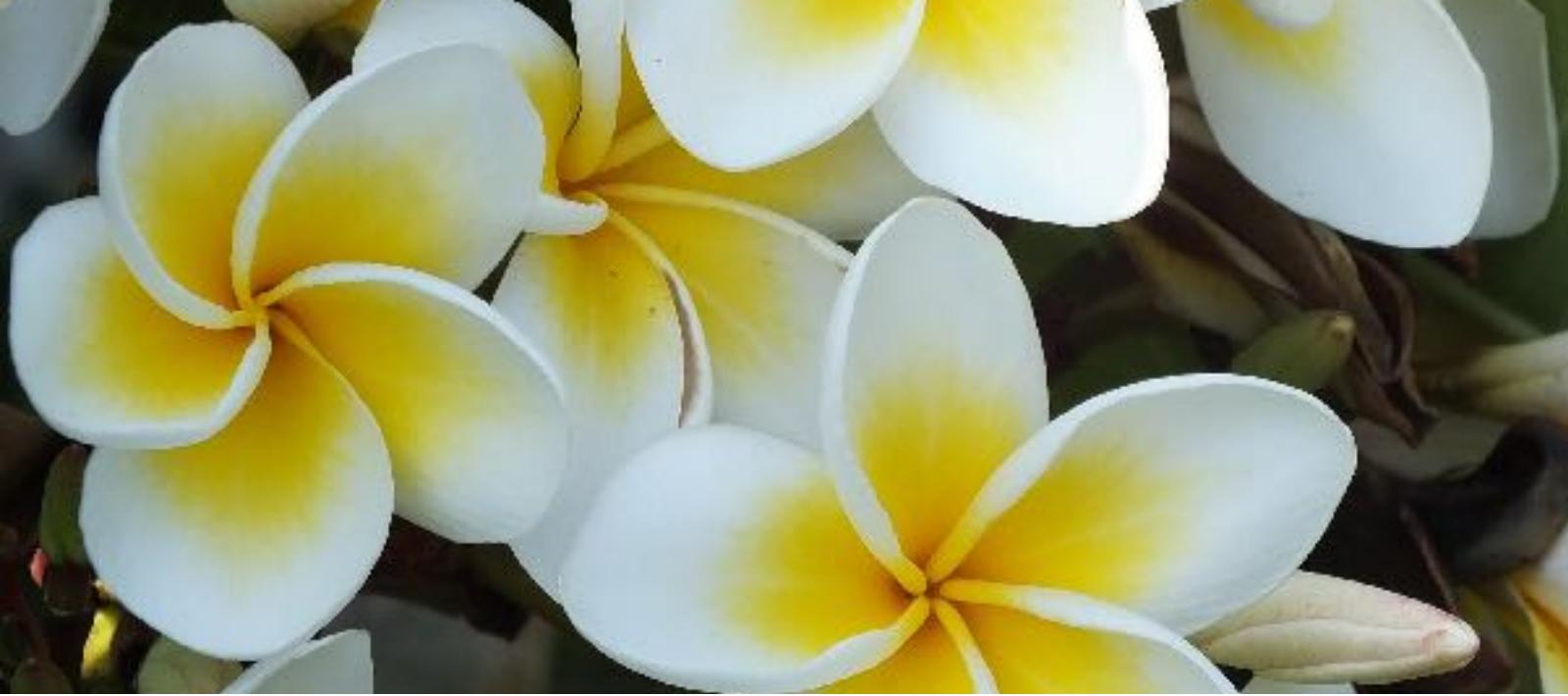


EASE

اللَّهُمَّ لَا سَهْلٌ إِلَّا مَا جَعَلْتَهُ سَهْلًا
وَأَنْتَ تَجْعَلُ الْحَزَنَ إِذَا شِئْتَ سَهْلًا

Allahumma la sahla illa ma ja`altahu sahla
wa anta taj`al ul-hazna idha shi'ta sahla

O Allah, there is no ease except in
that which You have made easy,
and You make the difficulty, if You
wish, easy.



PEACE

RECITE AFTER EVERY SALAAH

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Allahumma anta Al-Salam wa minka Al-Salaam.
Tabarakta ya Dha Al-Jalali wa Al-Ikram”

O Allah, You are Peace and from You
is all peace, blessed are You,
O Possessor of Majesty and Honor.



MERCY

رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ
الرَّاجِهِينَ

Rabbana amanna faghfir lana warhamna
wa anta khairur Rahimiin

Our Lord! We believe; then do Thou
forgive us, and have mercy upon us:
For Thou art the Best of those who
show mercy



SERVICE

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbana taqabbal minna innaka antas
Sameeaул Aleem

Our Lord! Accept (this service)
from us: For Thou art the All-
Hearing, the All-knowing



SUFFICIENT

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu Wa Ni'mal Wakeel

Allah (Alone) is Sufficient for us, and
He is the Best Disposer of affairs



TRUST

RECITE 7 TIMES MORNING AND EVENING

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ
الْعَرْشِ الْعَظِيمِ

Hasby Allah, la ilaha ila huwa, 'alayhi tawakalt
wa huwa Rabb al-'arsh al-'adheem

Sufficient for me is Allah; there is no deity except Him. On Him I have relied, and He is the Lord of the Great Throne.

QURAN 9:129

ABU DAWOOD 5081



THANKFULNESS

اللَّهُمَّ أَعِنْنِي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ
عِبَادَتِكَ

“Allâhumma a’innî alâ dhikrika, wa shukrika, wa husni
‘ibâdatika

O Allah, Help me remember you, to
be grateful to you, and to worship
you in an excellent manner



GRATITUDE

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ
وَعَلَى وَالدَّى وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ
لِى فِي ذُرِّيَّتِى إِنِّى تُبْتُ إِلَيْكَ وَإِنِّى مِنَ
الْمُسْلِمِينَ

Rabbi awzi'nee an ashkura ni'mataka allatee anAAamta
AAalayya waAAalawalidayya waan aAmala salihan
tardahuwaaslih lee fee thurriyyatee innee tubtuilayka
wa-innee mina almuslimeen

My Lord, enable me to be grateful for Your favor which You have bestowed upon me and upon my parents and to work righteousness of which You will approve and make righteous for me my offspring. Indeed, I have repented to You, and indeed, I am of the Muslims.



PRAISE

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدُ خَلْقِهِ
وَرِضا نَفْسِهِ ● وَزِنَةُ عَرْشِهِ
وَمِدَادُ كَلِمَاتِهِ

Subhaanallaahi wa bihamdihi: ‘Adada
khalqihi wa ridhaa nafsihi, wa zinata
‘arshihi wa midaada kalimaatihi.

Glory is to Allaah and praise is to
Him, by the multitude of his creation,
by His Pleasure, by the weight of His
Throne, and by the extent of His
Words

A landscape photograph showing a range of mountains in the background under a clear blue sky. In the foreground, there is a dark, silhouetted area, possibly a forest or a rocky outcrop.

SEEKING SOLACE



DISTRESS

رَبِّ أَنِّي مَسَنِي الضرُّ وَأَنْتَ أَرْحَمُ
الرَّاحِمِينَ

Rabbi anni massani-yadh-urru wa 'anta
arhamur-Raahimeen

O my Rabb, Surely, distress has
touched me, and You are the most
Merciful of the merciful ones.



TRIALS

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ
مِنَ الظَّالِمِينَ

La ilaha illa Anta, Subhanaka, inni kuntu
mina z-zalimin.

There is no deity but You.

Glory be to You!

Verily, I have been among the
wrongdoers



CALAMITIES

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Iā ḥawla wa Iā quwwata illā billāh

There is no might nor power
but with Allah.



PAIN

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allâhu, Allâhu rabbî. Lâ ushriku bihi
shay'an.

Allah, Allah is my Lord, I do not
associate anything with Him."



HELP

أَنِّي مَغْلُوبٌ فَانْتَصِرْ

Annee maghloobun fantasir

Indeed, I am overpowered,
so help me.



AFFLICTIONS

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أُجْزِنِي فِي
مُصِيبَتِي وَاخْلِفْ لِي خَيْرًا مِنْهَا

Innâ li-l-lâhi wa innâ ilayhi râjiuna. Allahumma 'jurnî
musîbatî wa khluf lî khayran minhâ.

We belong to Allah and to Him shall we return; O Allah, reward me for my affliction and give me something better than it in exchange for it.



ANXIETY & SORROW

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ أَمْتِكَ نَاصِيَتِي بِيَدِكَ ● مَا خِفَ فِي
حُكْمِكَ ● عَدْلٌ فِي قَضَاؤكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِّيَتْ بِهِ نَفْسَكَ
أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ ● أَوْ عَلَمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي
عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي ● وَنُورَ صَدْرِي
وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

Allâhumma innî abduka, ibnu abdika, ibnu amatika. Nâsiyatî bi-yadika. Mâdin fiyya hukmuka, adlun fiyya qadâ'uka. As'aluka bi-kulli smin huwa laka, sammayta bihi nafsaka, aw anzaltahu fî kitâbika, aw allamtahu ahadan min khalqika, aw ista'tharta bihi fî ilmi-l-ghaybi indaka, an taj ala-l-qur'âna rabâa qalbî, wa nûra ssadrî, wa jalâ'a huznî, wa dhahâba hammî.

O Allah, I am Your servant, son of Your servant, son of Your maidservant,
my forelock is in Your hand, Your command over me is forever executed and
Your decree over me is just. I ask You by every name belonging to You
which You named Yourself with, or revealed in Your Book, or You taught to
any of Your creation, or You have preserved in the knowledge of the unseen
with You, that You make the Quran the life of my heart and the light of my
breast, and a departure for my sorrow and a release for my anxiety.



COMPLAIN

إِنَّمَا أَشْكُو بَثَّي وَحُزْنِي إِلَى اللَّهِ

innama ashkoo baththee wahuzneeila Allahi

I only complain of my suffering and
my grief to Allah,



LOST

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَمْ تَغْفِرْ لَنَا
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbana zalamna anfusina wa il lam taghfir lana wa tarhamna lanakoonanna minal khaasireen

Our Lord! We have wronged our own souls: If thou forgive us not and bestow not upon us Thy Mercy, we shall certainly be lost



ANGER

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oothu billaahi minash-Shaytaanir-rajeem

I seek refuge with Allah
against the Satan, the outcast.



AILMENTS

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ ● وَالْعِجْزِ
وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ ● وَضَلْعِ الدَّيْنِ وَغَلَبَةِ
الرِّجَالِ

Allâhumma innî aûdhu bika minâ-l-hammi
wa-l-hazani, wa-l-ajzi wa-l-kasali, wa-l-
bukhli wa-l-jubni, wa ddalai d-dayni wa
ghalabati r-rijâl.

O Allah, I take refuge in You from anxiety and
sorrow, weakness and laziness, miserliness and
cowardice, the burden of debts and from being
over powered by men.



NIGHTMARES

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ ● وَشَرِّ
عِبَادِهِ ● وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَخْضُرُونَ

A'oothu bikalimaatil-laahit-taammaati min
ghadhabihī wa 'iqaabihi, wa sharri 'ibaadihi,
wa min hamazaatish-shayaateeni wa 'an
yahdhuroon.

I seek refuge in the Perfect Words of Allah from
His anger and His punishment, from the evil of
His slaves and from the taunts of devils and
from their presence.



SHIRK

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أُشْرِكَ بِكَ وَإِنِّي
أَعْلَمُ • وَأَسْتَغْفِرُكَ لِمَا لَأَعْلَم

Allaahumma 'innee 'a'oothu bika 'an 'ushrika bika wa
'anaa 'a'lamu, wa 'astaghfiruka limaa laa 'a'lamu

O Allah, I seek refuge in You lest I
associate anything with You
knowingly, and I seek Your
forgiveness for what I know not.



WEAKNESS

اللَّهُمَّ إِلَيْكَ أَشْكُوْا ضُعْفَ قُوَّتِي وَقِلَّةَ حِيلَتِي وَهَوَانِي عَلَى النَّاسِ يَا أَرْحَمَ الرَّحِيمِينَ أَنْتَ رَبُّ الْمُسْتَضْعَفِينَ وَأَنْتَ رَبِّي إِلَيْ مَنْ. تَكِلْنِي إِلَى بَعِيدٍ
يَتَجَهَّمُنِي أَمْ إِلَى عَدُوِّ مَلَكَتِهِ أَمْرِي إِنْ لَمْ يَكُنْ بِكَ عَلَيَّ غَضَبٌ فَلَا أُبَالِي
وَلَكِنْ عَافِيَتُكَ هِيَ أَوْسَعُ لِي أَعُوذُ بِنُورِ وَجْهِكَ الَّذِي أَشْرَقْتَ لَهُ الظُّلُمَاتُ وَ
صَلَحَ عَلَيْهِ أَمْرُ الدُّنْيَا وَالْآخِرَةِ مِنْ أَنْ تُنَزِّلَ بِي غَضِبِكَ أَوْ يَحِلَّ عَلَيَّ سَخْطُكَ
لَكَ الْعَتِيَ حَتَّى تَرْضَى وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِكَ

Allahumma ilayka ashku Dhu'fa quwwati,Wa qillata hilaty,Wa hawany alla nas, Ya arham-ar rahimin
Anta rabbul mustadaafeen, Wa anta rabbi, Ila man takilny, Ila baeedin yatajahhamuny , Am ila
aduwwin mallaktahu amry, In lam yakun bika ghadabun alayy , Ila man takilny, Falaa ubaali, Wa
laakinn aafiyatuka heeya awsa'uw lee, A'uzu bi Noori wajhik allazee, Ashraqtu lahuz- zulumatu Wa
saluha 'alayhi amrud-dunya wal-akhirah Min an yanzila bi ghadabuka, Min an yanzila bi ghadabuka,
Lakal utba, Hatta tardha Wa la hawla, Wa la quwwata illa bika

O Allah to You I complain of my weakness and lack of resources, and my humiliation before mankind. You are the most merciful of those who show mercy. You are the Lord of the weak and You are my Lord. To whom do You entrust me? To someone distant that attacks me! Or to an enemy that You gave him control over my affairs? If you are not angry with me then I do not care, but Your protection is much better and more ample for me. I seek protection in the light of Your face, which illuminates the darkness, and through which all affairs in this life and in the Hereafter become right, may it never that I should incur Your wrath, or that You should be displeased with me. I will appeal to You till You are pleased with me. There is no power, and there is no way except through You



HELPER

وَكَفَىٰ بِاللّٰهِ وَلِيًّا وَكَفَىٰ بِاللّٰهِ نَصِيرًا

Wakafa billahi waliyyan wakafa billahinaseera

And sufficient is Allah as an ally, and
sufficient is Allah as a helper.



SEEKING
SUCCESS



GUIDANCE

اللَّهُمَّ أَلْهِمْنِي رُشْدِي وَأَعِذْنِي مِنْ شَرِّ نَفْسِي

“Allahumma al-himni rushdi, wa a’idhni min sharri nafsi”

O Allah! Inspire in me guidance and deliver me from the evils within myself.



DECISION - ISTIKHARAH

اللَّهُمَّ إِنِّي أَسْتَخِرُكَ بِعِلْمِكَ ● وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ ● وَأَسْأَلُكَ مِنْ فَضْلِكَ
الْعَظِيمِ ● فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ ● وَتَعْلَمُ وَلَا أَعْلَمُ ● وَأَنْتَ عَلَامُ الْغُيُوبِ ●
اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ * - وَيُسَمِّي حَاجَتَهُ - خَيْرٌ لِي فِي دِينِي
وَمَعَاشِي وَعَاقِبَةِ أَمْرِي ● فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بارِكْ لِي فِيهِ ● وَإِنْ كُنْتَ
تَعْلَمُ أَنَّ هَذَا الْأَمْرَ شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي ● فَاصْرِفْهُ عَنِّي
وَاصْرِفْنِي عَنْهُ وَاقْدُرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

Allâhumma innî astakhîruka bi-ilmika wa astaqdiruka bi-qudratika, wa as-aluka min fadlika-l-azîmi. Fa-innaka taqdiru wa lâ aqdiru, wa talamu wa lâ aclamu, wa anta allâmu-l-ghuyûbi. Allâhumma in kunta talamu anna hâdhâ-l-amra khayrun lî fî dînî wa maâshî, wa âqibati amrî fa-qdurhu lî, wa yassirhu lî, thumma bârik lî fîhi. Wa in kunta talamu anna hâdhâ-l-amra sharrun lî fî dînî wa maâshî, , wa âqibati amrî (ou : âjilihi wa âjilihi) fa-srifhu annî, wa srifnî anhu, wa qdur lî-l-khayra haythu kâna thumma arddinî bihi.

O Allah, I seek Your counsel by Your knowledge and by Your power I seek strength and I ask You from Your immense favour, for verily You are able while I am not and verily You know while I do not and You are the Knower of the unseen. O Allah, if You know this affair -and here he mentions his need-to be good for me in relation to my religion, my life, and end, then decree and facilitate it for me, and bless me with it, and if You know this affair to be ill for me towards my religion, my life, and end, then remove it from me and remove me from it, and decree for me what is good wherever it be and make me satisfied with such."



SUCCESS

وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ عَلَيْهِ
تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ

Wama tawfeeqee illa
billahiAAalayhi tawakkaltu
wa-ilayhi oneeb

My success is not but through
Allah. Upon him I have relied, and
to Him I return.



CONTENTMENT

أَللّٰهُمَّ قَنِعْنِي بِمَا رَزَقْتَنِي وَبَارِكْ لِي
فِيهِ وَاحْلُفْ عَلَيَّ كُلَّ غَآئِبَةٍ لِي
بِخَيْرٌ

Allaahuma qanni‘ni bima razaqtani wa
baarik li feeh wakhluf ‘ala kulli
ghaa’ibatin li bikhayr

O Allah, make me content with what
You have provided me, bless it for me
and grant me good thing in
compensation for whatever I miss



HAPPINESS

تَوَكَّلْتُ عَلَى الْحَيِّ الَّذِي لَا يَمُوتُ • وَالْحَمْدُ لِلَّهِ
الَّذِي لَمْ يَتَّخِذْ وَلَدًا • وَلَمْ يَكُنْ لَهُ شَرِيكٌ فِي الْمُلْكِ
• وَلَمْ يَكُنْ لَهُ وَلِيٌّ مِنَ الذُّلِّ • وَكَبِرُهُ تَكْبِيرًا

Tawakkaltu 'alal hayyil ladhee laa yamootu wal hamdu
lillaahil ladhee lam yattakhidh waladan walam
yakullahoo shareekun fil mulki walam yakullahoo
waliyyum minadh dhulli wa kabbirhu takbeeraa"

I place my trust in the Ever Living who is not to die.
Praise belongs to Allah who has neither taken to
Him a son, nor is there any partner to Him in His
kingdom, nor is anyone (needed) to protect Him
because of (any) weakness. And proclaim His
greatness, an open proclamation.



HEAVY ON SCALES

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

Subhan Allahi wa bi-hamdihi; Subhan Allahi-l-'Adhim,"

Glory be to Allah and His is the praise, (and) Allah,
the Greatest is free from imperfection



SEEKING KNOWLEDGE



KNOWLEDGE

رَبِّ زِدْنِي عِلْمًا

Rabbi zidni ilma

O My Lord!

Increase me in Knowledge



ELOQUENCE

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاحْلُلْ
عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

Rabbi ishrah lee sadree, Wayassir lee amree, Wahlul
AAuqdatan min lisabee, Yafqahoo qawlee

My Lord, expand for me my breast [with assurance], ease for me my task, and untie the knot from my tongue that they may understand my speech.



BENEFICIAL KNOWLEDGE

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ قَلْبٍ لَا يَخْشَعُ وَمِنْ
نَفْسٍ لَا تَشْبَعُ وَعِلْمٍ لَا يَنْفَعُ وَدَعْوَةٍ لَا يُسْتَجَابُ
لَهَا " لَهَا "

Allahumma inni a'udhu bika min qalbin la yakhsha'u wa
min nafsin la tashba'u wa 'ilmin la yanfa'u wa da'watin la
yustajabu laha

O Allah, I seek refuge in You from a heart that is not
humble, a soul that is not satisfied, knowledge that
is of no benefit and a supplication that is not
answered.

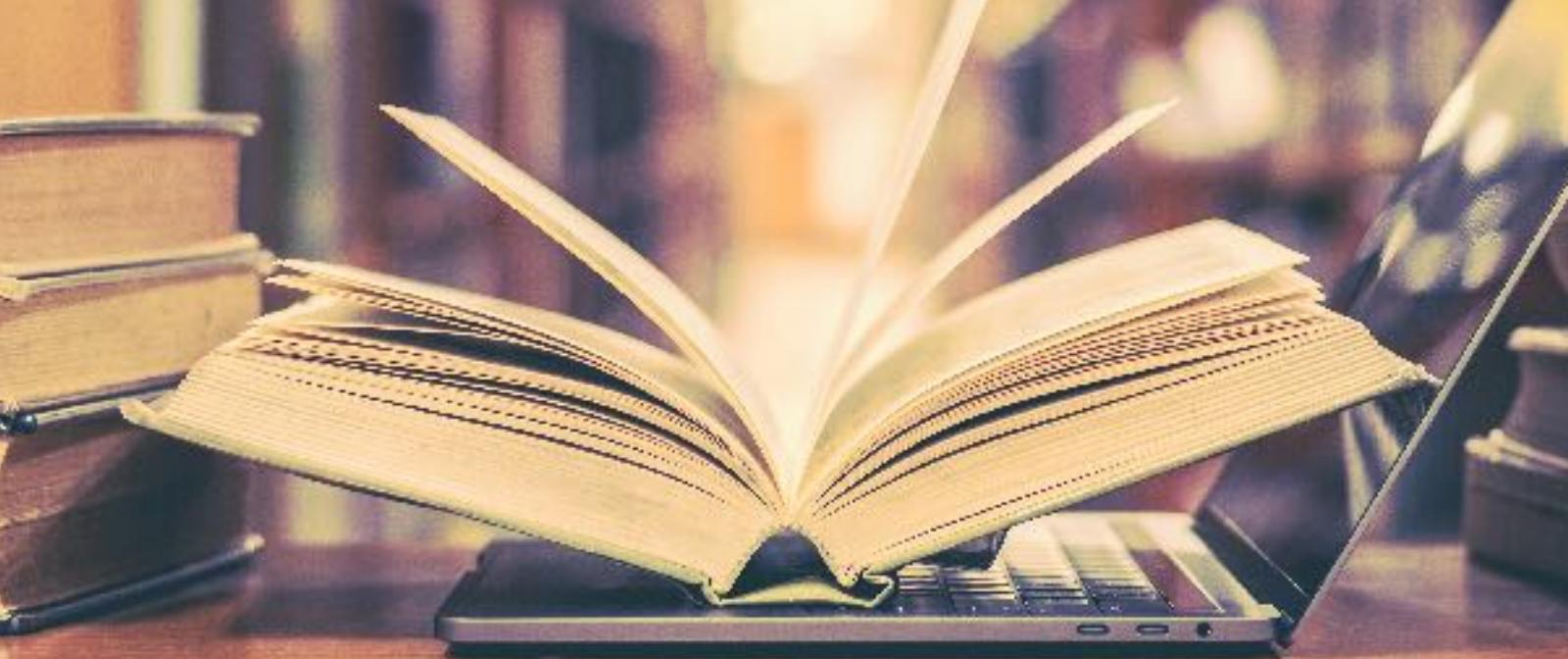


TAUGHT

سُبْحَانَكَ لَا عِلْمَ لَنَا إِلَّا مَا عَلَمْتَنَا صَدِيقٌ إِنَّكَ أَنْتَ
الْعَلِيمُ الْحَكِيمُ

Subhanaka la ‘ilma lana ‘illa ma ‘allamtana ‘innaka
‘antal-’Alimul Hakim

Glory be to you, we have no knowledge except what
you have taught us. Verily, it is You, the All-Knower
, the All-Wise



ACCEPTANCE

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا طَيِّبًا وَعَمَلاً
مُتَقَبِّلًا

‘Allaahumma innee assaluka ilman nafia, wa rizzqan tayyebun, wa amalan mutaqabilan.,’

O Allaah indeed I ask You for beneficial knowledge, and a good provision, and actions which are accepted.



TEACH

اللَّهُمَّ انْفَعْنِي بِمَا عَلَّمْتَنِي وَعَلِمْنِي مَا يَنْفَعُنِي
وَزِدْنِي عِلْمًا وَالْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ

'Allahummanfa'ni bima 'allamtani, wa 'allimnima yanfa'uni, wa zidni 'ilman. Wal-hamdu Lillahi 'ala kulli ha

O Allah, benefit me by that which You have taught me, and teach me that which will benefit me, and increase my knowledge. Praise is to Allah in all circumstance

A photograph of four light-colored wooden blocks stacked vertically. Each block has a large, dark brown letter stamped on it: L, O, V, and E. To the left of the blocks, a single, shiny red heart sits on a dark, textured surface. The background is a solid, warm-toned brown.

L
O
V
E

SEEKING
LOVE



BELOVED

اللَّهُمَّ إِنِّي أَسْأَلُكَ حُبَّكَ وَحُبَّ مَنْ يُحِبُّكَ وَالْعَمَلَ
الَّذِي يُبَلِّغُنِي حُبَّكَ اللَّهُمَّ اجْعِلْ حُبَّكَ أَحَبَّ إِلَيَّ مِنْ
نَفْسِي وَأَهْلِي وَمِنْ الْمَاءِ الْبَارِدِ

Allahumma inni asaluka hubbaka wa hubba may
yuhibbuka wal 'amal aladhi yuballighuni hubbak.

Allahummaj'al hubbaka ahabba ilayya min nafsi wa
ahli wa minal ma il barid

O Allah, I ask you for Your love and the love of
those who love You and the deeds that will bring
me Your love. O Allah, make Your love more
beloved to me than myself and my family and
even cold water.



LOVE

أَللَّهُمَّ مَا رَزَقْتَنِي مِمَّا أُحِبُّ فَاجْعَلْهُ قُوَّةً لِي
فِيمَا تُحِبُّ

Allahumma ma razaqtani mimma uhibb faj'alhu
quwwatan li fima tuhibb.

O Allāh! Whatever you have granted me what I
love, Make it a means of strength for me to use in
the way of what you love.



ULTIMATE LOVE

اللَّهُمَّ ارْزُقْنِي حُبَكَ وَ حُبَّ مَنْ يَنْفَعُنِي حُبُّهُ
عِنْدَكَ

Allahummar-zuqni hubbaka wa hubba man yyan-
fa'ani hubbuhu 'indaka

O Allah! Grant me Your Love, and the love of that
person, whose love would benefit me in Your
presence.

AFFECTION

اللَّهُمَّ أَلْفِ بَيْنَ قُلُوبِنَا • وَأَصْلِحْ ذَاتَ بَيْنَنَا • وَاهْدِنَا سُبُّلَ
السَّلَامِ • وَنَجِنَا مِنَ الظُّلُمَاتِ إِلَى النُّورِ • وَجَنِبْنَا الْفَوَاحِشَ مَا
ظَهَرَ مِنْهَا وَمَا بَطَنَ • وَبَارِكْ لَنَا فِي أَسْمَاعِنَا • وَأَبْصَارِنَا •
وَقُلُوبِنَا • وَأَزْوَاجِنَا • وَذُرِّيَّاتِنَا • وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَابُ
الرَّحِيمُ

Allahumma allif bayna quloobinnaa wa aslih thaata bayninaa wahdinaa subul as salaam wa najjinaa minaz zulumaati ilan noori wa jannibnal fawaahisha maa zahara minhaa wa maa batana wa baarik lanaa fi asmaa'inaa wa absaarinaa wa quloobinnaa wa azwaajinnaa wa thurri yaatinaa wa tub alaynaa innaka antat tawwaab al raheem waj'alna shaakireena lini' matika muthneena bihaa qaabileehaa wa atammahaa alaynaa"

O Allah! Put affection amongst our hearts, set right our matters between ourselves, guide us to the ways of peace, save us from darkness towards light, save us from all kinds of indecency; the apparent as well as the hidden, and bless our hearing, our seeing, our hearts, our spouses and our children, and turn in mercy upon us. Indeed Your are the One who greatly Accepts repentance, One who is repeatedly Merciful.



PARENTS

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

"Rabbir ham huma kama rabbayani
sagheera."

My Lord, have mercy on them, as
they raised me when I was a
child.



OFFSPRING

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ
صَلِّ عَلَى الْمُحَمَّدِ
سَمِيعُ الدُّعَاءِ

Rabbi habli min ladunka thurriyyatan
tayyibah. Innaka
samiu addua

My Lord! Grant me from you, a
good offspring. You are indeed
the hearer of du‘ā.



COOLNESS OF EYES

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةً
أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَقِينَ إِمَامًا

rabbana hablana min azwaajina wa
dhuriyyatina qurrata A'yunin waj'alna
lil- muttaqina imama

Our Lord, grant us from among our
spouses and offspring coolness to
our eyes and make us an example
for the righteous."



SEEKING
FORGIVENESS



REPENT

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbana thalamna anfusana wain lam
taghfir

lana watarhamna lanakoonanna mina
alkhasireena

Our Lord! We have wronged
ourselves. If You forgive us not, and
bestow not upon us Your Mercy, we
shall certainly be of the losers.



SUBMISSION

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتَنَا
أُمَّةً مُسْلِمَةً لَكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ
عَلِيْنَا إِنَّكَ أَنْتَ التَّوَابُ الرَّحِيمُ

Rabbana waijAAalna muslimayni laka
wamin thurriyyatina ommatan muslimatan laka
waarina manasikana watub AAalayna innaka
anta alttawwabu alrraheemu

"Our Lord! And make us submissive unto You and
of our offspring a nation submissive unto You, and
show us our Manasik (ceremonies of pilgrimage),
and accept our repentance. Truly, You are the One
Who accepts repentance, the Most Merciful."



FORGIVENESS

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَ وَلِلْمُؤْمِنِينَ يَوْمَ
يَقُومُ الْحِسَابُ

Rabbana ighfir lee waliwalidayya
walilmumineena yawma yaqoomu
alhisabu

Our Lord! Forgive me and my
parents, and (all) the believers on
the Day when the reckoning will be
established.



REFUGE

رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا لَيْسَ
لِي بِهِ عِلْمٌ وَاللَّهُ تَعْفُرْ لِيْ وَتَرْحَمْنِي
أَكُنْ مِّنَ الْخَسِيرِينَ

Rabbi Inneee A-o'od'u Bika An As-alaka

Maa Laysa Lee Bihee I'Im Wa Illaa

Taghfirlee Wa Tarh'amneee Akum Minal

Khaasireen

O my Lord! I seek refuge with You from asking You that of which I have no knowledge. And unless You forgive me and have Mercy on me, I would indeed be one of the losers.



SUPPORT

اللَّهُمَّ اغْفِرْ لِي • وَارْحَمْنِي • وَاهْدِنِي
وَاجْبُرْنِي • وَعَافِنِي • وَارْزُقْنِي
وَارْفَعْنِي

Allaahum-maghfir lee, warhamnee,
wahdinee, wajburnee, wa 'aafinee,
warzuqnee, warfa'nee

O Allah forgive me, have mercy
on me, guide me, support me,
protect me, provide for me and
elevate me.



TRANSGRESSION

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا
وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ

Rabbana-ghfir lāna dhunuubana wa
israfana fi amrina wa thabbit
aqdamana wansurna 'alal qawmil
kafireen

Our Lord! Forgive us our sins and
anything We may have done that
transgressed our duty: Establish our
feet firmly, and help us against
those that resist Faith



SINS

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ دِقَهُ وَجِلَهُ
وَأَوَّلَهُ وَآخِرَهُ وَعَلَانِيَتَهُ وَسِرَّهُ

Allaahum-maghfir lee thanbee kullahu,
diqqahu wa jillahu, wa 'awwalahu wa
'aakhirahu wa 'alaaniyata hu wa
sirrahu

O Allah, forgive me all my sins,
great and small, the first and the
last, those that are apparent and
those that are hidden.



WRONGED MYSELF

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا ○ وَلَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ ○ فَاغْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ
وَارْحَمْنِي إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Allaahumma 'innee dhalamtu nafsee dhulman
katheeran, wa laa yaghfiruth-thunooba 'illaa
'Anta, faghfir lee maghfiratan min 'indika
warhamnee 'innaka 'Antal-Ghafoorur-Raheem

O Allah, I have greatly wronged myself
and no one forgives sins but You. So,
grant me forgiveness and have mercy
on me. Surely, you are Forgiving,
Merciful.

PROTECTION FROM PUNISHMENT

اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخْطِكَ
وَبِمُعَافَاتِكَ مَنْ عُقُوبَتِكَ وَأَعُوذُ بِكَ مِنْكَ لَا
أُحِصِّي ثَنَاءً عَلَيْكَ أَنْتَ كَمَا أَثْنَيْتَ عَلَى
نَفْسِكَ

Allaahumma 'innee 'a'oothu biridhaaka min
sakhatika, wa bimu'aafaatika min
'uqoobatika wa 'a'oothu bika minka, laa
'uhsee thanaa'an 'alayka 'Anta kamaa
'athnayta 'alaa nafsika

O Allah, I seek protection in Your pleasure
from Your anger, and I seek protection in
Your forgiveness from Your punishment. I
seek protection in You from You. I cannot
count Your praises. You are as You have
praised Yourself.



WELL BEING

لَهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ
الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَوْرَاتِي
وَآمِنْ رَوْعَاتِي وَاحْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ
شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Add Allahumma inni as'alukal-'afwa wal-'afiyah fid-dunya wal-akhirah. Allahumma inni as'alukal-'afwa wal-'afiyah fi dini wa dunyaya wa ahli wa mali. Allahu-mastur 'awrati, wa amin raw'ati wahfazni min bayni yadayya, wa min khalfi, wa 'an yamini wa 'an shimali, wa min fawqi, wa 'audhu bika an ughtala min tahti subheading

O Allah, I ask You for forgiveness and well-being in this world and in the Hereafter. O Allah, I ask You for forgiveness and well-being in my religious and my worldly affairs. O Allah, conceal my faults, calm my fears, and protect me from before me and behind me, from my right and my left, and from above me, and I seek refuge in You from being taken unaware from beneath me



ABUNDANT SINS

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَقُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

Astaghfir ullah-alladhi la ilaha illa Huwal-Haiyul-Qayyumu, wa atubu ilaihi

I seek the forgiveness of Allah, there is no true God except Allah, the Ever-Living, the Self-Subsisting, and I turn to Him in repentance

SEEKING PROTECTION





AYATAL KURSI

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ 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 مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

Allaahu laa 'ilaaha 'illaa Huwal-Hayyul-Qayyoom, laa ta'khuthuhu sinatun wa laa nawm, lahu maa fis-samaawaati wa maafil-'ardh, man thal-lathee yashfa'u 'indahu 'illaa bi'ithnih, ya'lamu maa bayna 'aydeehim wa maa khalfahum, wa laa yuheetoona bishay'im-min 'ilmahi 'illaa bimaa shaa'a, wasi'a kursiyyuhus-samaawaati wal'ardh, wa laa ya'ooduhu hifdhuhumaa, wa Huwal-'Aliyyul- 'Adheem

Allah! There is none worthy of worship but He, the Ever Living, the One Who sustains and protects all that exists. Neither slumber nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who is he that can intercede with Him except with His Permission? He knows what happens to them in this world, and what will happen to them in the Hereafter. And they will never compass anything of His Knowledge except that which He wills. His Throne extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the Most High, the Most Great.2:255



SECURITY

اللَّهُمَّ أَنْتَ رَبِّيْنِ لَأَ إِلَهٌ إِلَّا أَنْتَ ● عَلَيْكَ تَوْكِلْتُ وَأَنْتَ رَبُّ الْعَرْشِ
الْكَرِيمُ مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَاءْ لَمْ يَكُنْ ● وَلَا حَوْلَ وَلَا قُوَّةَ
إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ● أَعْلَمُ أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ● وَأَنَّ
اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا ● اللَّهُمَّ إِنِّي
أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذُ بِنَاصِيَتِهَا ●
إِنَّ رَبِّيْنِ عَلَى صِرَاطٍ مُسْتَقِيمٍ

Allahoumma anta rabbi laa ilaaha illaa anta, 'alaika tawakkaltou wa anta rabboul'arshil kareem, maa shaa Allahou kaan wa maa lam yasha' lam yakoun, wa laa Hawla wa laa qouwwata illaa billaahil 'aliyyil 'azweem, a'alamou annal laaha 'alaa koulli shai in qadeer, wa annal laaha qad aHaatwa bi koulli shai in 'ilman. Allahoumma inni a'ouzou bika min sharri nafsi wa min sharri koulli daab batin anta aakhizoun binaaswiyatihaa, inna rabbi 'alaa swiraatim moustaqeem

O Allah ! You are my Rabb, there is no deity besides You. I put my trust in You and You are the Rabb of the noble Throne. Whatever Allah wishes, happens. And whatever He does not wish, will not happen. And there is no power or defense except Allah's, the most High, the Greatest of all. I know that definitely Allah has power over everything and that Allah has encompassed everything in knowledge. O Allah, I ask You protection against the evils of my nafs, and against the evils of all living things, that You only have complete power over them.

Definitely my Rabb is on the right path



EVIL

اللَّهُمَّ عَالِمَ الْغَيْبِ وَالشَّهَادَةِ فَاطِرُ السَّمَاوَاتِ وَالْأَرْضِ
رَبُّ كُلِّ شَيْءٍ وَمَلِيكُهُ أَشْهُدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ أَعُوذُ
بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ شَرِّ الشَّيْطَانِ وَشَرِّ كِبِيرٍ وَأَنْ
أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أَجْرَهُ إِلَى مُسْلِمٍ

Allaahumma 'Aalimal-ghaybi wash-shahaadati faatirasmaawaati wal'ardhi, Rabba kulli shay 'in wa maleekahu, 'ash-hadu 'an laa 'ilaaha 'illaa 'Anta, 'a'oorthu bika min sham nafsee, wa min sharrish-shaytaani wa shirkahi, wa 'an 'aqtarifa 'alaa nafsee soo'an, 'aw 'ajurrahu 'ilaa Muslimin

O Allah, Knower of the unseen and the evident , Maker of the heavens and the earth , Lord of everything and its Possessor , I bear witness that there is none worthy of worship but You . I seek refuge in You from the evil of my soul and from the evil of Satan and his helpers . (I seek refuge in You) from bringing evil upon my soul and from harming any Muslim.



EVIL EYE

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ
وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

a`udhu bi kalimatillahi al-tammati min
kulli shaytaanin wa hammatin wa
min kulli `aynin lammah

I seek refuge in Allah's most
perfect words from every devil,
harmful thing, and accusing eye



HARM

recite in morning and evening 3 times

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي
الْأَرْضِ وَلَا فِي السَّمَاوَاتِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil-lazi la yadurru ma'asmihi
syai'un fil ardhi wa la fis-sama'i wa
huwas-sami'u'l aleem

In the Name of Allah with Whose Name there is
protection against every kind of harm in the
earth or in heaven, and He is All-Hearing and
All-Knowing



SAFETY

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Audhu bi kalimati-llahi at-tammati
min sharri ma khalaqa

I seek refuge in the Perfect
Word of Allah from the evil
of what He created



PROTECTION FROM DEVIL

recite when leaving home

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا
بِاللَّهِ

bismillaah, tawakkaltu 'alal-laah, wa
laa ḥawla wa laa quwwata illaa
billaah

I seek refuge in the Perfect
Word of Allah from the evil of
what He created



MISLED

recite when leaving home

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أَضْلَلُ أَوْ
أَظْلِمَ أَوْ أَظْلَمَ أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَىٰ

Allahumma inni a'udhu bika min an
adilla aw udalla aw adhlima aw
udhlama aw ajhila aw yujhala 'alayya

Allah, I seek refuge in You from
misleading or being misled or
oppressing or being oppressed or from
being ignorant or bearing the result of
ignorance

SEEKING HEALTH

ENVIRONMENT
MAINTENANCE
STYLE HAPPINESS
REFUL ENERGY
RE ENERGY

FITNESS MENTAL SELF-CARE
RELAXATION

MUSIC LIVING POSITIVE BODY

MENTAL SCIENCE LIFESTYLE
PHYSICAL ENERGY
MENTAL SCIENCE LIFESTYLE
HEALTHY SPORT



HEALTH

اللَّهُمَّ عَافِنِي فِي بَدْنِي اللَّهُمَّ عَافِنِي فِي سَمْعِي
اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

Allahumma 'afini fi badani, Allahumma
'afini fi sam'i, Allahumma 'afini fi basari La
ilaha illa anta

O Allah! Grant me health in my
body. O Allah! Grant me good
hearing. O Allah! Grant me good
eyesight. There is no god but Thou.



WRATH

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحْوُلِ
عَافِيَتِكَ، وَفَجْأَةٍ نِقْمَتِكَ، وَجَمِيعِ سَخَطِكَ

Allahumma inni a'udhu bika min zawali
ni'matika, wa tahawwuli 'afiyatika, wa fuja'ati
niqmatika, wa jami'i sakhatika

O Allah! I seek refuge in you from the
withholding of your favor, the decline of
the good health you have given, the
suddenness of your vengeance and from
all forms of your wrath.



GOOD HEALTH

اللَّهُمَّ اغْفِرْ لِي وَاهْدِنِي وَارْزُقْنِي
وَعَافِنِي

Allahummaghfirli, wahdini,
warzuqni, wa'afin

O Allah, forgive me, guide
me, grant me provision and
give me good health



HEALING

أَذْهِبِ الْبَاسْ رَبَّ النَّاسِ وَاشْفِ
أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ
شِفَاءً لَا يُغَادِرُ سَقَمًا

Adhibil-bas, Rabban-nas, washfi Antash-Shafi, la shifa'a illa shifa'uka shifa'an la yughadiru saqama

Take away the pain, O Lord of mankind,
and grant healing, for You are the Healer,
and there is no healing but Your healing
that leaves no trace of sickness



ALL DISEASES

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ
وَالْجُنُونِ وَالْجُذَامِ وَمِنْ سَيِّئِ
الْأَسْقَامِ

Allahumma inni d'uzubika minal baras, wal
junuun wal juzzam, wa min sayyi'il-asqam

O Allah, I seek refuge in
Thee from leprosy,
madness, elephantiasis,
and evil diseases



BODILY PAIN

Place hand where you feel pain say Bismillah 3 times and recite this dua 7 times

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ
وَأَحَذِرُ

A'udhu billahi wa qudratihi min sharri ma
ajidu wa uhadhiru

I seek refuge with Allah and
with His Power from the
evil that I find and that I
fear



GRIEF TALBINA

hadith on benefits of talbina

حَدَّثَنَا حِبَّانُ بْنُ مُوسَىٰ • أَخْبَرَنَا عَبْدُ اللَّهِ • أَخْبَرَنَا يُونُسُ بْنُ يَزِيدَ • عَنْ عَقِيلٍ • عَنْ ابْنِ شِهَابٍ • عَنْ عُرْوَةَ • عَنْ عَائِشَةَ - رضي الله عنها - أنها كانت تأمر بالتلبية للمريض وللمحزون على الحال و كانت تقول إني سمعت رسول الله صلى الله عليه وسلم يقول "إِنَّ التَّلْبِيَةَ تُحِمُّ فُؤَادَ الْمَرِيضِ • وَتَذَهَّبُ بِعَضُّ الْحُزْنِ ".

Aisha used to recommend at-Talbina for the sick and for such a person as grieved over a dead person. She used to say, "I heard Allah's Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) saying, 'at-Talbina gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief.'"

Recipe: add 1 or 2 tablespoon of barley flour to 1 and half cup water. Simmer on low heat for 15 minutes. Drink cup daily. Optional add milk and/or honey to sweeten

SEEKING SUSTENANCE





FAVOUR

أَللّٰهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allaahumma 'innee 'as'aluka min
fadhlka

O Allah, I ask for
Your favor.



PROVISION

اللَّهُ لَطِيفٌ بِعِبَادِهِ يَرْزُقُ مَنْ يَشَاءُ
وَهُوَ الْقَوِيُّ الْعَزِيزُ

Allahu lateefun biAAibadihiyarzuqu
man yashao wahuwa alqawiyyu
alAAazeez

Allah is very Gracious and Kind to His slaves. He gives provisions to whom He wills. And He is the All-Strong, the All-Mighty.



HALAAL

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِنِي بِفَضْلِكَ
عَمَّنْ سِوَاكَ

ma yattaqi Allaha yajAAal lahu makhraja
Wayarzuqhu min haythu la yahtasibuwaman
yatawakkal AAala Allahi fahuwa hasbuuinna Allaha
balighu amrihi qad jaAAala Allahulikulli shay-in qadra

O Allah, make what is lawful enough for me, as opposed to what is unlawful, and spare me by Your grace, of need of others.



SELF SUFFICIENCY

اللَّهُمَّ كَمَا صُنْتُ وَجْهِي عَنِ السُّجُودِ لِغَيْرِكَ
فَصُنْهُ عَنِ الْمَسَأَةِ لِغَيْرِكَ

Allahumma Kama Sunta Wajhi 'Anis Sujudi
Bighayrika, Fasun Wajhi 'Anil Mas'alati Bighayrik"

O Allah even as you have preserved my face, by safeguarding me from prostrating to others. Do save my face by safeguarding me from stretching my hand to others.



SUSTENANCE

وَمَن يَتَّقِ اللَّهَ يَجْعَلُ لَهُ مَخْرَجًا
وَيَرْزُقُهُ مِنْ حَيْثُ لَا يَحْتَسِبُ وَمَن يَتَوَكَّلُ عَلَى اللَّهِ
فَهُوَ حَسْبُهُ إِنَّ اللَّهَ بَالْغُ أَمْرِهِ قَدْ جَعَلَ اللَّهُ لِكُلِّ
شَيْءٍ قَدْرًا

ma yattaqi Allaha yajAAal lahu makhraja
Wayarzuqhu min haythu la yahtasibuwaman
yatawakkal AAala Allahi fahuwa hasbuhuinna Allaha
balighu amrihi qad jaAAala Allahulikulli shay-in qadra

And whoever fears Allah - He will make for him a way out. And will provide for him from where he does not expect. And whoever relies upon Allah - then He is sufficient for him. Indeed, Allah will accomplish His purpose. Allah has already set for everything a [decreed] extent.



PROVIDE

مَرْزُقْنَا وَأَنْتَ خَيْرُ الْرَّزِّيقِينَ

Ur zuqna wa anta Khayrul-Raziqeen

Provide for us, and You are
the best of providers



INDEPENDENCE

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتُّقَى وَالْعَفَافَ
وَالْغِنَى

Allahumma inni as'alukal-huda wat-tuqa wal-'afafa
wal-ghina

Oh Allah! I ask you (to bestow me with)
guidance, God consciousness purity and
independence



WEALTH

اللَّهُمَّ أَكْثِرْ مَالِي وَوَلَدِي وَبَارِكْ لِي فِيمَا
أَعْطَيْتَنِي

O Allah! Increase my wealth and progeny, and bless me in whatever you bestow me!



BLESSING

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي • وَوَسِعْ لِي فِي
دَارِي • وَبَارِكْ لِي فِي رِزْقِي

Allahummagh fir li dhambi wa wassi' li fi dari
wa barik li fi rizqi.

O Allah, forgive my sins and
widen my grave and grant
blessing in my sustenance



NEED

RECITE AFTER 2 RAKAH

لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ
سُبْحَانَ اللَّهِ رَبِّ الْعَرْشِ الْعَظِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
أَسْأَلُكَ مُوجَبَاتِ رَحْمَتِكَ وَعَزَائِمَ مَغْفِرَتِكَ وَالْغَنِيمَةَ مِنْ كُلِّ
إِثْمٍ
لَا تَدْعُ لِي ذَنْبًا إِلَّا غَفَرْتَهُ وَلَا هَمًّا إِلَّا فَرَجْتَهُ وَلَا حَاجَةً هِيَ لَكَ رِضًا إِلَّا قَضَيْتَهَا
يَا أَرْحَمَ الرَّاحِمِينَ

La ilaha illallahul Halimul karim

Subhanallahi Rabbil Arshil Azim, Alhamdulillahi Rabbil Alamin, Asaluka
Mujibaati Rahmatika Wa Azaa'ima maghfiratika Wal Ghanimata Min Kulli
Birrin, Was salamata Min Kulli Ithmin, La Tada' Li Zanmban Illa Ghafartahu,
Wa la Hamman Illa Farrajtahu, Wa la hajatan hiya Laka Ridhan Illa
Qadhaitaha, Ya Arhamar Rahimeen."

There there no God but Allah the Clement and Wise. There is no God but Allah the High and Mighty. Glory be to Allah, Lord of the Tremendous Throne. All praise is to Allah, Lord of the worlds. I ask you (O Allah) everything that leads to your mercy, and your tremendous forgiveness, enrichment in all good, and freedom from all sin. Do not leave a sin of mine (O Allah), except that you forgive it, nor any concern except that you create for it an opening, nor any need in which there is your good pleasure except that you fulfill it, O Most Merciful!"



**SEEKING
STRAIGHT PATH**



QURAN

وَنُنَزِّلُ مِنَ الْقُرْءَانِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ
لِلْمُؤْمِنِينَ

Wanunazzilu mina alqurani ma huwa
shifaon warahmatun lilmumineena

And We send down from the
Quran that which is a healing and
a mercy to those who believe



SUNNAH

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ ● كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ ● إِنَّكَ حَمِيدٌ مَجِيدٌ ● اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ
وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ ● إِنَّكَ
حَمِيدٌ مَجِيدٌ".

Allaahumma salli 'alaa Muhamadin wa 'alaa 'aali Muhamadin, kamaa sallayta 'alaa 'Ibraaheema wa 'alaa 'aali 'Ibraaheema, 'innaka Hameedun Majeed. Allaahumma baarik 'alaa Muhamadin wa 'alaa 'aali Muhamadin, kamaa baarakta 'alaa 'Ibraaheema wa 'alaa 'aali 'Ibraaheema, 'innaka Hameedun Majeed.

O Allah, bestow Your favor on Muhammad and on the family of Muhammad as You have bestowed Your favor on Ibrahim and on the family of Ibrahim, You are Praiseworthy, Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahim and the family of Ibrahim, You are Praiseworthy, Most Glorious.



SALAAH

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي
رَبَّنَا وَتَقَبَّلْ دُعَاءٍ

rabbi ij'ālnī muqīma l-ṣalati wamin
dhurriyyatī rabbanā wataqabbal du'āi

My Lord! Make me an establisher
(of) the prayer, and from my
offsprings. Our Lord! and accept
my prayer.



STEADFASTNESS

رَبَّنَا لَكَ تُزِغُ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ
لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَابُ

Rabbana la tuzigh quloobanabaAAda ith
hadaytana wahab lana min
ladunkarahmatan innaka anta alwahhab

"Our Lord, let not our hearts
deviate after You have guided us
and grant us from Yourself mercy.
Indeed, You are the Bestower



STRAIGHT PATH

اَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ - صِرَاطَ الَّذِينَ
أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا
الظَّالِمِينَ

Ihdina assirata almustaqeem.

Sirata allatheena anAAamta AAalayhim ghayri
almaghdoobi AAalayhim wala addalleen

Guide us to the straight path.
The path of those upon whom You
have bestowed favor, not of those
who have evoked [Your] anger or of
those who are astray.

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