

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Jinn, Man and Ruqyah

Praise be to Allah (The Glorified and Exalted).

The existence of the Jinn race is based on the Qur'an and authentic hadith. Similar to angels, jinns are part of the unseen world. The word "jinn" comes from an Arabic root meaning "hidden from sight." Jinn are commonly referred to as spirits. The world of the jinn is separate from the world of man, with its own distinct nature.

Their Creation:

The jinn race was created before mankind, but after the creation of the angels. Iblis is the first jinn and is believed to be the father of the jinn race, just as Adam (peace be upon him) is the father of mankind. This is mentioned in the following verse of the Qur'an and hadith:

"And the jinn, We created aforetime from the smokeless flame of fire." [15:27]

Qur'an - Ar-Rahmaan 55:15, 15

He created man (Adam) from sounding clay like the clay of pottery.
And the jinns did He create from a smokeless flame of fire.

Their Purpose:

The jinn have the same destiny and fate as man. The jinn race has been given the freewill to decide to submit to Allah or choose to be ungrateful. They have also been sent Messengers from among their own, but the Prophet Muhammad (peace and blessings be upon him) was the last prophet and messenger, sent to both mankind and the jinn race.

"And I (Allah) created not the jinns and men, except that they should worship Me (Alone)."
[51:56]

Similar to man, the jinns will be reckoned on the Day of Judgment:

"O ye assembly of jinns and men! Came there not unto you Messengers from amongst you, setting forth unto you My signs, and warning you of the meeting of this Day of yours? They will say: 'We bear witness against ourselves.' It was the life of this world that deceived them. So against themselves will they bear witness that they rejected Faith." [6:130]

They are Part of The Unseen:

Allah (The Exalted and Glorified) through His Mercy for man, has placed a veil over the eyes of mankind, so they cannot see the jinn. However, animals may see the jinn. For example, horses and dogs can see the jinn. It is also the case that the jinn can see man. The jinn reside in their own realm on Earth, existing parallel to the world of man. This is mentioned in the following verses of the Qur'an:

"Soon shall We settle your affairs, O both ye worlds!" [55:31]

"O ye Children of Adam! Let not Iblis (Satan) seduce you, in the same manner as he got your parents out of the Garden, stripping them of their raiment, to expose their shame: for he and his tribe watch you from a position where ye cannot see them: We made the devils [i.e. evil jinn] friends (only) to those without faith." [7:27]

Types of Jinn:

The Prophet (peace and blessings be upon him) mentioned that there were three different types of jinn:

Abu Tha'labah al-Khushani said:

The Messenger of Allah (peace and blessings of Allah be upon him) said, "The jinn are of three types: a type that has wings, and they fly through the air; a type that looks like snakes and dogs; and a type that stops for a rest then resumes its journey [i.e. they appear to be nomadic]." [Reported by al-Tahhaawi in *Mushkil al-Athaar*, 4/95, and by al-Tabaraani in *al-Kabeer*, 22/214. Shaykh al-Albaani said in *al-Mishkaat* (2/1206, no. 4148): al-Tahhaawi and Abu'l-Shaykh reported it with a saheeh isnaad]

In Saheeh Muslim (2236) it is narrated that Abu Sa'eed al-Khudri (may Allaah be pleased with him) said: I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say: "In Madeenah there is a group of the jinn who have become Muslim, so whoever sees any of these creatures let him give it a warning three times, then if it appears after that he may kill it, for it is a devil."

The word translated as "creatures" here refers to kinds of snakes that appear in houses; they are not to be killed until they have been given a warning three times, because they may be jinn. See *Ghareeb al-Hadeeth* by Ibn al-Atheer.

Al-Nawawi said: What this means is that if they do not disappear after being warned, then they are not the kind of creatures that inhabit houses and they are not among the jinn who have become Muslim, rather that is a devil so there is no sin on you if you kill it and Allaah will never give the Shaytaan a way to prevail over you by taking revenge, unlike the creatures (snakes) and jinn who have become Muslim. And Allaah knows best. *Sharh Muslim*, 14/236.

Their Abilities:

The jinns have abilities beyond that of human beings. Some jinn can fly, they can appear in different forms, travel quickly, and have an extraordinary level of strength. Their bodies can also be sustained underneath the ground, underwater, or in outer space (i.e. flying near the Earth in the lowest heaven). The jinn have a much longer lifespan than humans, but they eventually die. Due to the fact that the bodies of the jinn were created from fire, when they die, their bodies evaporate into the air. Unlike man, whose body was created from the Earth, this is why humans decay and become one with the Earth when they die.

The jinn may also appear in the disguise of other creatures. For example, jinns can take the form of humans. This is mentioned in the following hadith:

Abu Hurayrah (may Allah be pleased with him) said:

The Messenger of Allah (peace and blessings of Allah be upon him) put me in charge of guarding the zakah of Ramadan. Someone came to me and started scooping up some of the food, and I said, "By Allah, I will take you to the Messenger of Allah (peace and blessings of Allah be upon him)."-He [the thief] complained of being in need and having dependents, so Abu Hurayrah took pity on him and let him go. This happened three times, and on the third occasion, -Abu Hurayrah said: "I will take you to the Messenger of Allah. This is the third time and each time you say that you will not come back, then you come back." He [the thief] said, "Let me go and I will teach you something by means of which Allah will benefit you." I said: "What is it?" he said: "When you go to bed, recite Ayat al-Kursi, "Allah. There is no god but He, the Living, the Self-subsisting, Eternal..." [2:255], until you complete the verse. Then you will always have a protector [angel] from Allah, and no devil will come near you until morning comes." So I let him go, and the next morning I told the Messenger of Allah (peace and blessings of Allah be upon him) what had happened. The Messenger of Allah (peace and

blessings of Allah be upon him) said: "He told you the truth, although he is a liar. Do you know who you have been speaking to for three nights, O Abu Hurayrah?" He said: "No." He said: "That was a devil [a shaytaan or evil jinn]." [al-Bukhari no. 3275]

From the above hadith, various points are evident. Firstly, the conduct of the shaytaan, an Arabic word which refers to the evil jinn, is that they frequently lie and speak untruthfully in order to mislead people. Secondly, the jinn are only unseen to humans when they are in the form in which they were created. When the jinns appear in other forms in the world of man, then they can be seen. Lastly, Ayat al-Kursi can be recited in order to protect an individual from the harm of the shaytaan.

Their Dwellings:

The jinns usually live in unclean places, such as: garbage dumps, toilets, ruins of buildings, etc. They also gather in the cemeteries during the night, reside in buildings or homes that have been abandoned for over forty days, and they congregate at construction sites. Besides these dwellings, the jinns are also known to live underground and within water. Because of their dwellings most jinn carry a foul stench. Many of them avoid the daylight and usually come out during the night.

Zayd ibn Arqam reported:

The Apostle of Allah (peace and blessings be upon him) said, "These privies [public bathrooms] are frequented by the jinns and devils [i.e. any jinn in general]. So when anyone amongst you goes there, he should say: 'I seek refuge in Allah from male and female shaytaan.'" [Dawud: Book 1: Hadith 6]

Narrated Jabir:

The Prophet (peace and blessings be upon him) said, "When night falls, then keep your children close to you, for the devils spread out then. An hour later you can let them free; and close the gates (i.e. doors) of your house (at night), and mention Allah's Name thereupon (i.e. Bismillah), and cover your utensils (i.e. foods), and mention Allah's Name thereupon, (and if you don't have something to cover your utensil) you may put across it something (e.g. a piece of wood, etc.)." [Bukhari: Book 4: Volume 54: Hadith 500]

Their Needs:

Similar to humans, the jinns require food, water, and rest in order to survive. In the following hadith, it is mentioned that some jinn eat bones:

Ibn Mas'ood reported:

The Messenger of Allah (peace and blessings of Allah be upon him) said, "Someone from among the jinn called me, and I went with him and recited Qur'an for them." He [the Prophet] took us and showed us the traces of where they had been and the traces of their fires. They [the jinn] asked him [the Prophet] for food and he said, "You can have every bone on which the name of Allah has been mentioned that comes into your possession, as meat, and all the droppings as food for your animals." The Prophet (peace and blessings of Allah be upon him) said, "So do not use [these things] for cleaning yourselves [after relieving oneself], for they are the food and provision of your brothers." [Muslim no. 450]

Their Animals:

Similar to humans, the jinn have their own animals as part of their world. This is alluded to in the following hadith, in which their animals eat droppings in order to sustain themselves.

Ibn Mas'ood reported:

The Messenger of Allah (peace and blessings of Allah be upon him) said, "...all the droppings as food for your animals." [Muslim no. 450]

Their Civilization:

Similar to mankind, the jinn race has its own languages, nations, leaders, cultures, customs, religions, and so forth.

Their Religions:

Some of the jinns are Muslims and others the contrary. In the following verses of the Qur'an, Allah mentions a group of jinn who had become Muslims after hearing the recitation of the Qur'an.

"Say: It has been revealed to me that a company of Jinns listened (to the Qur'an). They said, 'We have really heard a wonderful Recital! It gives guidance to the Right, and we have believed therein: we shall not join (in worship) any (gods) with our Lord. And Exalted is the Majesty of our Lord: He has taken neither a wife nor a son.'" [72:1-3]

The Qareen:

Every human has a jinn companion throughout his or her life, which is called the qareen. The qareen is different from other jinn, because it specifically stays with its human host throughout the life of the human, by shadowing the person. The man has a male qareen and the woman has a female companion. It is sometimes the case that an individual will die and other will say, "I have seen the spirit (or ghost) of so-and-so." What they have seen is either the qareen of the dead or another jinn in the guise of the deceased. This life involves man being tested by Allah (The Exalted). The qareen is evil (a shaytaan) and whispers for man to commit sins and disobey Allah. Therefore, it is part of the trial in this life that every individual must overcome and not engage in the evil temptations of his constant companion. The Prophet (peace and blessings be upon him) also had a qareen, but Allah made him become a Muslim:

Ibn Mas'ood said:

The Messenger of Allah (peace and blessings of Allah be upon him) said, "There is not one of you who does not have a jinn appointed to be his constant companion." They said, 'And you too, O Messenger of Allah?' He said, "Me too, but Allah has helped me and he has submitted, so that he only helps me to do good." [Muslim no. 2814]

The Believer suppresses his qareen by obeying Allah and adhering to His religion, until the qareen becomes weak and unable to stop the Believer from doing good, except what Allah Wills. The sinner, by his disobedience and evil actions, gives his shaytaan the strength to encourage him to do evil and discourage him from doing good. The Believer has to fear Allah and strive against his qareen, by obeying Allah and His Messenger (peace and blessings be upon him). It is wisdom and insight in a Believer to realize that the qareen of other individuals may succeed in causing that person to falter at any moment. Therefore, the Muslim should not place himself or his children in a vulnerable position, alone with other individuals, which may lead to being harmed. After the human counterpart dies, it is possible for the qareen to still live on, considering that jinns naturally live longer than humans. The Muslim should be aware of his constant companion as much as possible and resist his sinful temptations.

The weakness of science – the following examples could be Jinn as science does not believe on Jinn and is not as advanced as the Quran and Sunnah – We can not trust on kuffar, Allah knows best

Bigfoot:

The notorious American Bigfoot is considered to be a large hairy hominoid that lives in the

forest. This creature is known by numerous other names from around the world: Yeti, Sasquatch, Yowie, Abominable Snowman, Skunk Ape, Barmanou, etc. Long before modern Americans gave eyewitness accounts of Bigfoot, many of the Native American tribes that had lived in North America were well acquainted with the creature. Some tribes considered Bigfoot as their "brother" from the forest, which was a spirit that lived underground and surfaced during the night, in order to feed. Some Native Americans also mention in their legends that Bigfoot was capable of making himself appear visible and invisible. Another tribe, the Dakota Indians, considered Bigfoot to exist in another dimension and to appear in the world of man when they had reason. This jinn is perhaps the third type mentioned in the section "Types of Jinn," the one that stops for a rest then resumes its journey, living a nomadic existence.

Mothman:

Mothman was the name given to a creature that appeared in Point Pleasant, West Virginia in the 1960s. The creature was man-like in appearance, possessed two large wings on its back, and was excessively hairy. The persons who came into contact with the Mothman, mentioned that it could travel quickly and fly. This creature has been seen around the world. For example, in Zanzibar, there is a creature known as "Bat Wings," which is described as being similar in appearance to the Mothman. This is the jinn that has wings and flies. This was mentioned in the section "Types of Jinn."

Werewolf of Wisconsin:

In the state of Wisconsin, there have been numerous sightings of a large creature that walks erect and has the features of a dog, which include: claws, a snout, and excessive hair. Among the first sightings was by a man who spotted the "werewolf" east of Jefferson, Wisconsin. While driving during the night, the man spotted the beast digging in an old Indian mound. He described it as standing erect over six feet, having a muzzle, and claws with three fingers and a twisted thumb. The man came back to the spot the next night and found the same beast. In the second encounter, the man said he heard the creature utter something that was not tangible. The beast went away from the man and eventually vanished from sight.

The so-called "werewolf" or dog form of the jinn is well known around the world. In fact, in Arabia, this was the manner in which the jinn were commonly seen when they encountered Arabs in the world of man. This is the type of jinn that looks like a dog and is mentioned in the section "Types of Jinn." The jinn from Wisconsin, is mentioned to have been seen digging in an Indian mound, which is a graveyard, this is probably because he was searching for bones to eat. The following account mentions the encounter of a Muslim with a jinn that appeared in this form:

Strength of faith and religiosity in general will also prevent the jinn from harming a person, so much so that if a Muslim were to fight with a jinn, the one who has faith in Allah would win.

'Abd-Allah ibn Mas'ood (may Allah be pleased with him) said:

A man from among the Companions of Muhammad (peace and blessings of Allah be upon him) met a man [i.e. male] from among the jinn. They wrestled, and the human knocked down the jinn. The human said to him, 'You look small and skinny to me, and your forearms look like the front paws of a dog. Do all the jinn look like this, or only you?' He said, 'No, by Allah, among them I am strong, but let us wrestle again, and if you defeat me I will teach you something that will do you good.' The human said, 'Fine.' He [the jinn] said, 'Recite, "Allah! None has the right to be worshipped but He, the Ever-Living, the One Who sustains and protects all that exists..." [2:255]. The human said, 'Fine.' He [the jinn] said, 'You will never recite this in your house but the Shaytaan will come out of it like a donkey breaking wind, and he will never come back in until the next morning.'" [al-Darimi no. 3247]

Narrated 'Abd-Allah ibn Ubayy ibn Ka'b that his father told him that he had a vessel in which he kept dates. He used to check on it and found that the number was decreasing. So he kept guard on it one night and saw a beast that looked like an adolescent boy. He said: "I greeted him with salaams [peace] and he returned my greeting, then I asked him, 'What are you, a jinn or a human?' He said, 'A jinn.' I said to him, 'Show me your hand.' So he showed me his hand, and it looked like a dog's paw with dog's fur. I said, 'Do all the jinn look like this?' He said, 'I know no one among the jinn who is stronger than I.' I said, 'What made you do what you did [i.e., taking the dates]?' He said, 'We heard that you are a man who loves charity, and we wanted to have some of your food.'" Ubayy asked him, "What will protect us from you?" He said, "This ayah, Ayat al-Kursi." Then the next day he [Ubayy] went to the Prophet (peace and blessings of Allah be upon him) and told him (about what had happened) and he [the Prophet] said, "The evil one spoke the truth."

Unidentified Flying Objects:

UFO sightings have always been plentiful. Although many of them may be aircrafts or lights, some of them are jinn. For example, during World War II, many war pilots spotted circular balls of light flying and encircling their planes. These lights appeared interested in the aircrafts and would also engage in a game of "cat and mouse" with the pilots. This type of activity continues to happen to pilots in modern times. Since jinns can change their form into various appearances, including the circular light appearance, these were jinn. The Kung! tribe (Bush Men) living in the southern part of Africa have also complained that evil spirits appear to them in this form during the night. It is also the case that some video footage has showed these spherical lights creating crop circles. There have also been accounts by individuals who have had jinns living within their homes, mentioning the fact that the jinn appear as circular spheres of light.

And Allah (The Glorified and Exalted) Knows Best.

Signs of Jinn possession:

There are many signs of jinn possession, every person is different. Some have 1 or 2 signs while others have many or all of these signs depends on how close the person is to Allah (swt) and how much they worship Him.

There are those who became possessed before they were practicing islam ie. By wearing taweez or going to magician for help, or harming the jinns. So that jinn that's now inside the muslim can't stop him/ her from becoming guided and become practising muslim since hidaya (guidance) is in the Hands of Allah swt.

Allah swt Guides whom He Wills and allows to be misguided who He Wills and He has Power over all things.

But if the person's eman is strong and the jinn is weak there will be very little signs of it.

The signs are many but the main ones are...

***1.** Feeling a heaviness on the shoulders and/ or head or head ache when standing up for salah.

***2.** Feeling a movement (actual movement or like a pulse) or a pain (can be moving pain) or burning (part of the body becoming hot) or pins and needles, numbness, shaking, fear, anxiety **when listening to the Quran with ear phones with a loud volume.**

***3.** Dislike of reading or listening to Quran, urge to turn it off, or agitated and irritated or angry (opposite of tranquillity)

***4.** Anxiety or fear of going to the masjid or feeling uncomfortable in the masjid or getting head aches during Islamic lectures etc.

5. Dislike of azan.

6. Insomnia (either can't sleep to very late and just before fajr feeling very tired, or broken sleep)

***7.** Nightmares-

Some jinns are black dogs, snakes and lions, lizards, rats, carnivorous animals and give birth to the same type of jinns.

Others are flying jinns so u see men flying in the dream, others are earth bound ones but are very ugly so they chase you.

Some take pleasure by causing a person to have a wet dream.

These nightmares will be quite frequent ie. Always seeing one self being chased by a black dog, or a lion, snake or a ugly man.

Seeing a lion caged up.

Seeing a tall bold headed man.

Seeing snakes around you or trying enter the house etc.

Every case is different.

8. Anxiety- Fear of sleeping and fear of dying for no reason. Sometimes at night other times at maghrib time

***9.** Urges or thoughts to jump off bridge or commit suicide or go to the park at maghrib time or at night alone!

***10.** Hearing voices in the head, sometimes a clear distinct voice.

11. Preferring to keep one self away from family and like to be alone. Like to sit in corners.

12. Prefer not to have showers or keep one self clean. Dislikes good smells

13. Uncontrollable or irrational anger.

***14.** Obscene thoughts during salah- pornographic or even kufr things like throwing the Quran.

15. Urge to push people or babies down the stairs.

16. Pain in the left hand and constant pain in parts of the body.

17. Bigger appetite but the body does not absorb the nutrients which may lead to health problems which medically can not be explained (excessive bleeding or no menses for women)

18. Sometimes cry or laugh for no reason, or the feeling he wants to run, does not feel comfortable being still

19. Can sometimes smell things that others around him can not smell

20. Experience sexual encounters when sleeping

21. Forgetfulness, especially in acts of worshipping Allah

22. Doing things out of character

Allah knows better

You will know as soon as you read these signs if they apply to you or not. No need to concentrate and force your self to believe these things apply to you.

The ones with the red asterix * are the ones that need to watch for....

Sihr (magic) is almost always accompanied by a jinn possession, so the above signs will apply to sihr too.

Taweez – this is haram

Those who use taweez are committing shirk

Often magicians use taweez as a weapon, they will often write ayats in the wrong order, or other obscene quotations to please the shaytan and obtain the help of jinn. The magician will then use Jinn to help the patient, he will ask the patient for her and mothers name, ask to bring hair, or menses, clothing and photos of the patient and others – the magician will then use these to call the help of shaytan and produce taweez for the patient to wear around the neck, wrist, waist or private parts. Sometime the removal of these taweez by burning them can cure the patient by the will of Allah.

The only way to find out for sure is to listen to the sihr verses (2:102, 10:81-82, 20:68-71) with ear phone an a loud volume. If you feel any of the feelings like head ache or pain etc its best to get in touch with a raqi to double check your situation.

To be 100% its best to arrange a ruqya session with a raqi who is known and only uses methods that are strictly according to the Quran and Sunnah.

IMPORTANT POINTS

"The ground being wet is a sign of its been raining, but not every wet ground means its been raining"

So not every sign means a person is possessed. Many people convince themselves that they have a Jinn problem when they don't actually have one.

A person's eman can be weak, they might not be praying salah on time or with khushu, or according to the sunnah or getting waswas(whispers of shaytan) to commit sins and immorality. Wasting time, not making zikr (rememberance of Allah), not having the heart to do ibadah (worship) etc.

I think we all forget that there are shaytan around us all the time, that give us waswas and we even has a shaytan inside us called the Qareen who tries to lead us to sin. The Prophet

peace be upon him also had a Qareen but alhumdulillah his Qareen became Muslim so he was not affected by him.

Surah an Nas: 5 and 6

'who whispers (evil) into the breasts of mankind
From among the jinn and mankind

So it is not only Jinn that whispers evil to us, it is also mankind (man and jinn can be both evil)

So shaytan from Jinn, mankind and your own kareen work hard to weaken you and cause you to forget about Allah (swt) and indulge in time wasting.

Shaytaan can even keep us occupied in good deeds that are less beneficial than to perform deeds that are obligation and of more reward.

So we must fight against evil from others and from ourselves by worshiping Allah SWT in the way He should be worshipped according to Quran and Sunnah.

Making adkhaar (reading duas – remembrance of Allah) is reading words which are light on the tongue and putting tawakul (trust) in Allah.

Imagine if the only way to protect our selves from jinn and magic was to wear heavy, hot, hard metal suit of armour!! all day all night!! This is difficult!

So even making adkhaar is a blessing, and even if it means losing half an hour sleep after fajr- we get rewarded for protecting our selves!! How Merciful is Allah!!

You can't tell 100% just from reading the signs if your possessed or not.

Before you go about booking an appointment or having ruqya, you should ask your self the following questions-

1. Do I really need ruqya?
2. How will I benefit from it?
3. Even if I am affected, is it really bothering me?
4. Can I go about my daily life and worship Allah (swt)?
5. Can I be patient with my situation?

So if you can be patient and it is not affecting you seriously then it is better not to ask for ruqya and be amongst the 70,000 who will enter paradise without accountability.

Al-Bukhaari (6472) and Muslim (220) narrated from Ibn 'Abbaas (may Allah be pleased with him) that the Messenger of Allah (blessings and peace of Allah be upon him) said: "Seventy thousand of my ummah will enter Paradise without being brought to account; they are the ones who did not ask for ruqyah or believe in omens or use cautery and they put their trust in their Lord." These people will enter Paradise without being brought to account because of the perfection of their Tawheed, their complete trust in Allah and their independence from people.

The one who asks for ruqyah from others is not included in that seventy thousand who will enter Paradise without being brought to account, due to the shortfall in their trust in Allah, because asking for ruqyah involves a kind of humiliation and need of the raqi (the one who performs ruqyah), and part of complete trust and Tawheed is that the Muslim should not ask people for anything.

Ibn Al-Qayyim (may Allah have mercy on him) said:

That is because these people will enter Paradise without being called to account because of the perfection of their Tawheed, therefore he described them as people who did not ask others to perform ruqyah for them. Hence he said "and they put their trust in their Lord." Because of their complete trust in their Lord, their contentment with Him, their faith in Him, their being pleased with Him and their seeking their needs from Him, they do not ask people for anything, be it ruqyah or anything else, and they are not influenced by omens and superstitions that could prevent them from doing what they want to do, because superstition detracts from and weakens Tawheed. End quote.

Seeking ruqyah from another person is not haraam, but it is contrary to what is best and most perfect.

The scholars of the Standing Committee for Issuing Fatwas said:

Asking others to offer du'aa' for one and asking them to perform ruqyah are permissible, but not doing them and doing without people and doing these things for oneself is better.

End quote.

Fataawa al-Lajnah al-Daa'imah, 24/261

Shaykh Ibn Baaz (may Allah have mercy on him) said:

This hadeeth indicates that not asking is better, just as not using cautery is better, but when there is a need for it, there is nothing wrong with asking for ruqyah or using cautery, because the Prophet (blessings and peace of Allah be upon him) told 'Aa'ishah to ask for ruqyah for an illness that had befallen her, and he told the mother of the children of Ja'far ibn Abi Taalib (may Allah be pleased with him), whose name was Asma' bint 'Umays (may Allah be pleased with her), to seek ruqyah for them. This indicates that there is nothing wrong with that when there is a need to ask for ruqyah. End quote.

Majmoo' Fataawa Ibn Baaz, 25/118-119

This is my advice is that not everyone who is affected needs ruqya. In majority of the cases, the person just simply has to increase in thier ibadah – worship of Allah. Healing is in the hand of Allaah alone. Repentance to Allaah and giving up the sins that can lead to many problems and calamities.

TREATMENT

Providing a setting of faith:

- Burning any taweez
- No music/ modern so-called nasheeds, inappropriate TV programs
- Removing photos and statues, pictures of any living thing
- Remembering that only Allah alone will provide the cure
- Follow Allah and the Sunnah and strictly avoid the path of shaytan
- In the case of women – they are prone to the evils of shaytan and jinn if they do not cover hair, body and face – be careful the shaytan will use you

Surah's to recite:

- 1. Al Fahtiha which is also known as surah tul Shifa (cure) – many times
- 2. Al-Baqarah – first ten ayat, ayat 255(ayat kursi) - many times, Ayat 29-33, Ayat 102 and Ayat 283(last ayat of Al-Baqarah)
- 3. Al Imran – Ayats 1 to 3, 18 and 19, 26 and 27
- 20.Ta Ha – Ayat 69
- 23.al-Muminun – Ayats115-118
- 36. Yaasin – First ten ayats

- 37. As-Saffat – First 15 ayats
- Three Quls – many times

Also listen to and recite the Athan

Undoubtedly, when a person persists in reciting the adhkaar (dhikr) for morning and evening, and the adhkaar for going to sleep, and others, this will have a great effect in protecting him from the evil eye, because it will be like a stronghold for him, by Allah's Leave. So everyone should strive to recite these adhkaar.

Duas from Fortress of Muslim Darussalam (little black book)

- Page 114 no.93 – one hundred times after fajr
- Page 134 no 30 – recite many times

Other duas

- "A'oodhu bi kalimaat Allaah al-tammaati min sharri maa khalaq (I seek refuge in the perfect words of Allaah from the evil of that which He has created)."
- "Bissmillah hilla thee la itharoo ma iss man, shayaan, filardee wa la fis aah my, wa ho wa samiun aleem

Carry out the above surah's and supplications daily and Allah will cure you Inshallah, let me know your progress Inshallah and if Allah wants me to help you I will visit you for ruqah inshallah.

Muhammad Ghouri

And Allah knows best.