

Protection and the Power of Healing



Why is Surah Fatiha one of the best *surahs* in the Quran?

How can Surah Al Fatiha protect us?

Is it possible to heal someone using Quranic verses?

Reciting Surah Al Fatiha can soothe us – not just spiritually but physically as well. It has the power to both protect us from harm and to heal us.

According to *Hadith*, a new door in heaven opened and an angel descended to earth for the first time to proclaim that Surah Al Fatiha and the end of Surah Al Baqarah were two special lights gifted to the *ummah* (followers) of Prophet Muhammad (peace be upon him), a gift unlike any verse that has been given to prophet before. Indeed, the Prophet (peace be upon him) mentioned that 'Nothing of the *Tawrah*, *Zabur* (Psalms) or *Injil* (Bible) will match the Fatihah.'

Moreover, another *hadith* suggests that if we recite Surah Al Fatihah and the closing two verses of Surah Al Baqarah we can be granted our *duas* for anything during this life or the hereafter.

Effectiveness of *Ruqyah*

During the time of the Prophet (peace be upon him) the tribal chief was bitten by either a snake or scorpion and asked the companions of the Prophet (peace be upon him) to treat him. As the tribe had not been on good terms with them, they agreed to make payment for it. So one companion recited Surah Al Fatihah, gathering his saliva and spitting it at the bite. The chief was cured and paid with a flock of thirty sheep. The companions sought permission from the Prophet (peace be upon him) for taking payment, and he gave it. His approval confirmed that we can use Surah Al Fatiha for healing as well as the acceptability of receiving a gift for it. The word to describe treatment through recitation is *ruqyah*.

In more recent times, a blacksmith became very ill, and found himself becoming very thin and vomiting blood. A pious man, who was not a scholar, but from the *awliya* (one whose piety has brought him close to Allah Almighty) visited him. He recited verse 105 from Surah Isra: '*Wa bilhaqqi anzalnahu wa bilhaqqi naza'*', translated as: 'We sent down the Quran in truth and in truth has it

descended.' As soon as the man departed, the blacksmith started coughing and spat out a piece of metal. The *wali* had disappeared.

The impact of the *ruqyah* depends on the vessel carrying it, meaning the purity of the heart and the station of the one who is reciting it. If the person has complete *tawakkul* (reliance) on Allah Almighty and feels the weight of what he or she recites, that connection with Allah Almighty enables the Quran to have an effect and heal us. *Ruqyah* is therefore about purity of intention and correct recitation. If you believe the Quran will cure you then it can.

Verses for healing

There are six verses of healing (*shifa*) in the Quran, which may be recited repeatedly. The most well-known and also the most potent of these is: 'And when I am ill, it is He who cures me', (26:80). This was the supplication of Prophet Ibrahim (peace be upon him), and should be recited placing one's hand on the chest.

- And heal the breasts of a believing people. (Tawbah:9:14)
- And a healing for that which is in your breasts – a guidance and a mercy for the believers. (Yunus:10:57).
- And We send down of the Quran that which is a healing and a mercy to those who believe. (Israa':17: 82).
- Wherein is healing for men. (Nahl:14:69).
- And when I am ill, it is He who cures me.(Shu'ara:26:80).
- Say: 'It is for those who believe, a guide and a healing'. (Fussilat:41:44).

Studies in North America where non-Muslim patients have been randomized to treatment with water blessed with Quran or ordinary water showed a significantly increased rate of healing when treated with Quranic water.

Protecting our Children

A child was once brought to the Prophet (peace be upon him) looking pale and yellow. The Prophet (peace be upon him) asked why *ruqyah* had not been made. Therefore, we should make *ruqyah* for our children, reciting Allah's verses slowly, with deep faith three or seven times. An alternative acceptable method of making *ruqyah* is to recite Quran on water and give this to children to drink. To rely on other than Allah or His words is forbidden and may be tantamount to *shirk* (polytheism). Examples of this might include wearing an amulet (*taweez*), especially if it contains anything other than Allah's words i.e. the Quran, or praying to graves, in the hope of achieving a cure.

How can we protect ourselves from illness and magic?

There are different levels of *ruqyah*. Ordinary *ruqyah* is for common physical ailments and protection from *ayn* (evil eye)/ *sihr* (black magic)/ *hasad* (envy). This comprises the recitation of:

- Surah Al Fatihah
- Last two verses of Surah Al Baqarah
- Ayat ul Kursi
- Surah Al Ikhlas, Surah Al Falaq and Surah An Nas seven times each.

Recite slowly and with purity of intention. The person performing *ruqyah* should place their hand on the one who is suffering, ideally on their head. This should be concluded with the following supplication: '*Allahumma Rabban naas addhi bil ba's. Washfi, anta Shafi. La shif'a illa shifa'uk, shifa'an la yughadiru saqama.*' Translated as: 'O Allah, Lord of mankind, remove the harm and heal

him, for You are the Healer and there is no healing except Your healing, with a healing which does not leave any disease behind.'

How can we protect ourselves from jinn?

The other type of *ruqyah* is for treating *jinn*. This is a more complex process, although the same basic principles apply. A special dua can be downloaded for this purpose from the internet www.quranaudio.info/2011/08/mishary-rashid-alafasy-ruqya.html recited by Sheikh Mishary Rashid Al Afasy and should be listened to, lasting between 40 to 60 minutes. Specialists in this area are rare and many people are vulnerable to being misdirected to unorthodox practices by underqualified *pirs* (spiritual guides and healers). We should endeavor to maintain our *salah* (prayer), *adhkar* (remembrance), *awrad* (regular acts of worship) and *tilawah* (recitation of the Quran). Maintaining this connection with Allah and, particularly, with His Name – *bismillah*, will, *inshaAllah*, protect us from any harm. We should, therefore, always recite *bismillah*, especially in the dark, when discarding boiling water in the garden or wash basin, or when discarding bones.

Regarding protection, the Prophet (peace be upon him) mentioned that whosoever recites *Ayat ul Kursi* before sleeping will be protected until the morning. He (peace be upon him) also mentioned this regarding the last two verses of Surah Baqarah. It is narrated from Abu Hurairah (may Allah be pleased with him) in Sahih Al Bukhari: 'Allah's Apostle (peace be upon him) ordered me to guard the *Zakat* revenue of *Ramadan*. Then somebody came to me and started stealing of the foodstuff. I caught him and said, 'I will take you to Allah's Apostle!' Then Abu Hurairah described the whole narration and said: 'That person said to me, 'Please don't take me to Allah's Apostle and I will tell you a few words by which Allah will benefit you. When you go to your bed, recite *Ayat Al Kursi*, (2.255) for then there will be a guard from Allah who will protect you all night long, and Satan will not be able to come near you till dawn.' When the Prophet (peace be upon him) heard the story he said to me, 'He who came to you at night told you the truth although he is a liar; and it was Satan.'

Regarding Surah Al Baqarah, it has been related from Abu Hurairah in Sahih Muslim that the Prophet (peace be upon him) said: 'Do not turn your houses into graves. Verily, *Shaytan* does not enter the house where Surat Al Baqarah is recited.' He (peace be upon him) further explained, 'Whoever recites Al Baqarah at night in his house, then *Shaytan* will not enter that house for three nights. Whoever recites it during the day in his house, then *Shaytan* will not enter that house for three days.' (Tabarani, Sahih of Ibn Hibban). It has therefore been recommended to listen to Surah Al Baqarah daily or every other day in one's home, as this will keep *Shaytan* away for three days.

The entire Quran is healing, as depicted by its name, *Ash Shifa*. Allah has asserted: 'And We sent down in the Quran such things that have healing and mercy for the believers.' (17:82). If we truly believe in the Quran and its healing, then it will be a *shifa* for us – for our souls, our bodies, our families and society.