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Cures

Permission to Practice Cures

The law is that when a spiritualist grants his practice or process to another person the same pattern of belief is produced within that person as the spiritualist. It becomes fixed in that person's mind that if we do this then this will happen. It is important to keep in mind that the manifested results will be in proportion to the strength of faith within one. The stronger the faith, the better the results.

Before carrying out any practice or recitation it is important for one to receive permission.

After performing ablution sit down facing the Holy Kaba and lift the hands as one would when supplicating. Recite **يَا حَيُّ** once and blow on the hands and then wipe the hands over the face three times. Repeat this procedure two more times. Then close the eyes and sit down. In the heart recite **يَا حَيُّ** ninety-nine times and pray to Allah for success. Donate five and a quarter rupees (or the equivalent in foreign currency in terms of market value) to a needy person. Now you can recite Allah's divine Names that have been mentioned in this book.

In the name of the Holy Prophet (pbuh) may Allah the Almighty bless us with His mercy. *Ameen*

Cure for Inferiority Complex

Inferiority Complex is such an emotion in which one constantly remains in misery and grief and in which one takes little things to heart and becomes upset and disheartened. This condition is produced when one's willpower becomes weak. Due to a weak willpower even issues which have already been resolved become disturbed. The constant occurrence of these emotions causes one to start suffering from inferiority complex. Reciting **يَا اللَّهُ** (*Ya Allāhu*) 100 times after each Prayer results in an increase of willpower and removes an unsettled temperament. Disturbed circumstances also become settled.

If there is pain in the chest and ribs write *Ya Allāhu* with the index finger of the right hand on the place of pain seven times. One will be relieved from pain.

Weak Eyesight

Boil water in a steel pan and then allow to cool. When the sun is setting recite **يَا رَحْمَنُ** (*Ya Rahmānu*) fourteen times and blow on the water. Use a staining needle (a needle used to apply *surma* to eyes) made out of silver to apply the water into the eyes.

By the blessings of this divine Name the ailments related to eyes caused by heat, cold, injury, smoke, dust and pollution will be cured.

To become Popular

To achieve a high rank, respect and dignity, become popular amongst others and to create attraction and personality in the face, recite **يَا رَحِيمُ** (*Ya Raheemu*) 101 times after offering the *Fajr* Prayer and then wipe the hands over the face.

Success in a Court Case

After offering the *Fajr* Prayer or before going to sleep at night recite *Durood Shareef* 33 times before and after reciting **يَا مَلِكُ** (*Ya Māliku*) 300 times. This will protect one from the evilness of an enemy and Allah will grant one success in a court case.

Obedient Children

After marriage when Allah grants happiness to a woman and she becomes pregnant, she should recite **يَا قُدُّوسُ** (*Ya Qudoosu*) 100 times and blow on her stomach. The child born will be well mannered, well behaved, attractive, obedient and will possess good morals.

By the blessings of this Name of Allah the child will possess such a character that he will be looked upon with respect in society.

Relief from All Kinds of Illnesses

Whether standing, sitting, walking, having performed ablution or not, in other words at all times if one continuously recites **يَا سَلَامُ** (*Ya Salāmu*) one will be safeguarded against unforeseen calamities and worldly problems.

Reciting *Ya Salāmu* 33 times and blowing on water and then giving it to an ill person to drink will remove all kinds of illnesses. By the blessings of this auspicious Name there becomes an abundance of provision in the house.

A Loving Husband

After offering the *Isha* Prayer recite **يَا مُؤْمِنُ** (*Ya Mu'minu*) 1100 times and then close the eyes after sitting down. Imagine that you are in the shadow of the High Throne and your husband is below you. When this thought becomes well-established blow on the husband. Without speaking go to bed and fall asleep while thinking of your husband. *Inshā Allāh* (Allah willing) there will be no mistreatment, evilness and unfairness from behalf of the husband. By the blessings of this act the husband will become attached to the wife.

If a wife is behaving in an undesirable manner with the husband then the husband may also implement this exercise. In both cases the same results will be achieved.

Disclosure of the Unseen

After offering the *Tahajjud* Prayer recite **يَا مُحَيِّمُنِ** (*Ya Muhayminu*) one thousand (1000) times and then meditate. This will disclose the unseen world to one. Lost things come in front of one's eyes if one wishes to find them. Reciting this Name of Allah 1100 times daily is *Istikhārah*. By the grace and mercy of Allah within three days the correct answer will become known to one. Before going to sleep at night offer two *rakats* of *Nafl* Prayer and recite *Ya Muhayminu* eleven hundred (1100) times. Keep repeating in the heart what one wishes to know and fall asleep in this state.

Success in Employment or Labour

One does not find employment, has been dismissed from his job or instead of progressing in his post falls downwards from his post and despite a lot of effort does not become successful. In any of these situations, after midnight, perform ablution and offer two *rakats* of *Nafl* Prayer and then without covering the head, stand facing the Holy Kaba. Recite **يَا عَزِيزُ** (*Ya Azeezu*) 300 times and pray in front of Allah with great fear and humility, and ask Him to resolve the situation. *Inshā Allāh* one will succeed in achieving the desired rank or post and will achieve great success.

Weak Children

Take two pounds (2 lb) of pure mustard oil and recite **يَا جَبَّارُ** (*Ya Jabāru*) 1000 times and blow on it daily. Take the oil and massage it into children who are thin, weak and those who are underdeveloped from birth. By the blessings and mercy of Allah the children will be blessed with energy and strength. Weakness and thinness will be removed. By wearing a silver ring with *Ya Jabāru* engraved on it one receives respect and honour in society.

Success in Business

Before starting up any new business if a person recites **يَا مُتَكَبِّرُ** (*Ya Mutakabbiru*) in the morning, afternoon, evening and night, his business will be successful. A person who constantly recites this divine Name becomes humble and tolerant. He presents himself courteously, cheerfully and politely towards others. To serve humanity becomes a trait of his personality and he looks upon it as a blessing. He becomes respected among society.

Release from Evil Spirits

If the people residing in a house suspect or feel that the house is an abode of a *jinn*, ghost or evil spirit, or if snakes are seen in the house on several occasions, write **يَا قَاهِرُ** (*Ya Qahharu*) on a piece of paper 21 times and tie it to the branch of a nice flourishing green tree in the house. If there is not a tree in the house the paper can be tied to a tree nearby the house. By the blessings and mercy of Allah the house will become completely protected from evil spirits and other demons.

Lack of Motivation in Studies

Parents often complain that their children do not take interest in studying. Due to the lack of interest in studying they often become dull-minded. If something is taught to them they forget it. To remove dull-mindedness from children and to develop their interest in studies recite **يَا عَلِيمُ** (*Ya Aleemu*) 21 times in the morning and blow on some water. Make the child drink this water on an empty stomach. Their mind will become sharper, their memory will be enhanced and their brain will become powerful.

Weakness of Faith

When the faith within a person becomes weak he becomes subjected to many types of evil suggestions. Sometimes the thought crosses his mind that someone has performed black magic upon him. Sometimes he thinks that there is a shadow of a demon upon him. At times the devil feeds into his mind that someone

has cursed him. But when he analyses the situation he cannot find any valid reason why anyone would curse him. He also does not understand who his enemy could be as he has not done any evil deed to anyone. To protect the self from evil suggestions and impure thoughts, recite **يَا قَابِضُ** (*Ya Qābizu*) 111 times before going to sleep at night. This is an extremely effective and proven cure.

For an Increase in Resources

After offering the *Fajr* Prayer sit down in a place where the sun can be seen rising. As soon as the edge of the sun can be seen from the horizon, start reciting **يَا بَاسِطُ** (*Ya Bāsitu*). After reciting it 63 times blow on the hands, wipe the hands over the face and then get up. Act upon this for forty days. This will bring an increase in means and resources. Difficult circumstances and poverty will be removed. Only those people are permitted to act upon this who, Allah forbid, are afflicted by poverty and cannot seem to find a way out of it.

A Harsh Ruler

Every month on the night of the fourteenth day of the moon-cycle, at midnight, recite **يَا رَافِعُ** (*Ya Rāfi'u*) 100 times. This will establish love for Allah in one's heart and one will do every deed in order to please Allah.

وَالرَّاسِخُونَ فِي الْعِلْمِ يَقُولُونَ آمَنَّا بِهِ كُلٌّ مِّنْ عِنْدِ رَبِّنَا

‘And those who are firm in knowledge, say that we have faith that every thing is from our Provider, our Lord’

If one feels nervous and fearful when confronting an evil-minded or harsh ruler, one should recite *Ya Rāfi'u* when in their presence. The harshness of the ruler will change into compassion and thoughtfulness.

Defeating an Enemy

By reciting **يَا خَافِضُ** (*Ya Khāfizu*) 510 times one's wishes are fulfilled. One manages to defeat an enemy.

Ease During a Journey

To create respect and dignity of oneself in the eyes of others, to become liberated from relying on others except Allah for wants and needs and to attain ease and safety during a journey, recite **يَا مُعِزُّ** (*Ya Mu'izzu*) 100 times after each Prayer.

Hearing Beyond the Physical Plane

If a traveller on the path of mystic initiation recites **يَا سَمِيعُ** (*Ya Samee'u*) after the Friday Prayer until the *Asr* Prayer, the strength of his sense of hearing will increase and his ears will become acquainted with the voices of the angels. This should only be practiced after seeking the permission of one's spiritual mentor. It is necessary for one to be familiar with the spiritual mentor's knowledge.

Contentment with Allah's Will

The effect of Allah's Name **يَا عَدْلُ** (*Ya Adlu*) is that the one who constantly recites it thanks Allah in all circumstances and remains satisfied and content. He keeps good people as his friends and avoids people who are mean and cruel.

Marriage of One's Choice

These days the subject of marrying daughters has become a difficult and troublesome one for the parents. In many households girls have grown old in wait of getting married. May Allah keep us all in His protection. The nights of the parents have become sleepless. To cure this serious issue the recitation of **يَا لَطِيفُ** (*Ya Lateefu*) is extremely effective. Recite *Ya Lateefu* 16641 times. A simple method of doing this is as follows:

Put 129 prayer beads in a *Tasbeeh* (Rosary) and read the *Tasbeeh* 129 times. After each *Tasbeeh* recite

لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ وَهُوَ اللَّطِيفُ الْخَبِيرُ

three times and state by tongue the purpose for which one is acting upon this. Keep repeating this procedure until the *Tasbeeh* is read 129 times. One is required to be very cautious when carrying out this course of action; if one exceeds the stated limits the process will become ineffective.

Istikhārah

If one wishes to do an *Istikhārah* for any matter, offer the *Ishā* Prayer at its prime time and then recite **يَا خَبِيرُ أَخْبِرْنِي** (*Ya Khabeeru Akhbirni*) 1100 times and go to sleep without talking to anyone. Go to sleep by lying on the right side of the body and placing the right hand under the right ear. *Inshā Allāh* whatever one is hoping to find out will be disclosed to him in his dream.

By constantly reciting *Ya Khabeeru* one becomes familiar with the formulae of nature and it comes to his knowledge how the universe came into being. He also comes to know what fixed quantities are operating in the creation of angels, *jinn*s, animals, vegetation, minerals and humans.

Protection from Poverty

After waking up in the morning and before going to sleep at night recite **يَا عَظِيمُ** (*Ya Azeemu*) a few times. This brings an increase in prosperity and an increase in one's lifespan. This divine Name provides us with indications towards the meaning of *Ayat-ul-Kursi* and the Greatest Name (*Ism-e-Azam*) functioning within this *Ayat*. The one who continuously recites *Ya Azeemu* is never afflicted with poverty.

Abundance of Provisions

Allah declares in the Holy Qur'ān:

‘O People of David, make it a habit to express gratitude, as the ones who do are little in number’

The meaning of Allah's divine Name **يَا شَكُورُ** (*Ya Shakooru*) is ‘One who truly appreciates and knows the true worth of all.’

If one recites this sacred Name either 41 times or 100 times before going to sleep one becomes one of Allah's grateful servants who show gratitude in every situation. When one makes it a habit to thank Allah in every situation, Allah blesses him with abundance in his provisions.

Ease and Comfort During a Journey

Whether a journey is undertaken on a plane, train, boat or any other means, before travelling if one draws boxes on a piece of paper by making three columns and four rows and then writes **يَا حَفِيزُ** (*Ya Hafeezu*) in them, Allah protects one from all troubles and hardships during the journey. One receives help from the unseen during the journey. This amulet (*Taweez*) is also very effective in ridding children from an evil eye. Dip the amulet in wax in order to keep it protected and make it waterproof. Then sew it in a blue coloured cloth and wear it around the neck.

Protection from Potential Harm

If one suspects that a person or a thing might cause him harm, recite **يَا حَسِيبُ** (*Ya Haseebu*) 70 times daily from one Thursday until the following Thursday.

Increase in Respect and Status

Engrave Allah's divine Name **يَا جَلِيلُ** (*Ya Jaleelu*) on a strip of silver and keep it with you at all times. This will bring an increase in respect and status to one.

Allah's Compassion

Compassion is an attribute of Allah on which the entire universe is set upon. If Allah's compassion did not encircle everything, nothing could stay established for even a moment. If one wishes to attain more of Allah's mercy and compassion recite **يَا كَرِيمُ** (*Ya Kareemu*) 101 times daily while lying down on the right side of the body before going to sleep at night and then blow on the chest. Go to sleep without talking to anyone. After having some sleep if one wakes up again before going to sleep again there is no harm in talking to someone.

Protection from Theft and Robbery

To protect the house from theft and enemies recite **يَا رَقِيبُ** (*Ya Raqeebu*) three times and blow on all four corners of the house. Allah will protect the house. If someone is suffering from an ulcer that does not seem to get better recite *Ya Raqeebu* 300 times and blow on it. Eventually the ulcer will leave.

Headache

If one is suffering from a severe headache which cannot be diagnosed and one does not seem to benefit from any treatment, seat the patient in front of you and ask him to hold his head with both hands. Recite **يَا مُجِيبُ** (*Ya Mujeebu*) in the heart 7 times and give him a strong knock. As soon as he is knocked he should take his hands away from his head. Practising this for a few days will end the patient complaining about a headache.

Bite / Sting by a Poisonous Animal

If an insect, snake, scorpion, hornet, wasp or any other poisonous creature stings one, recite يَا وَاسِعُ (*Ya Wāsi'u*) 11 times and blow on the bite or sting. Repeat this procedure another six times.

For Reconciliation / To Make Peace With

To end dispute and to make peace with another or between two other parties, recite يَا حَكِيمُ (*Ya Hakeemu*) and blow on water and make them drink this water. If for any reason it is not possible to do this, then blow on the pillows of both parties. If this too is not possible then recite *Ya Hakeemu* 101 times and visualise both parties in the mind and blow on them.

Kashf-Al-Qaboor (Manifestation of Graves)

One of the stages of *Tassawuf* (Sufism) is *Kashf-Al-Qaboor*. At this stage one is granted the knowledge of where the souls reside after passing away from this world, what state they are in, how they are spending their life there and how the day and night, months and years are in that realm. One meets the souls and converses with them. This course of action is called *Kashf-Al-Qaboor*. To awaken this ability it is essential that one has taken oath (*Baith*) in a spiritual school of thought (*Silsila*). If a student is connected with his spiritual mentor and the spiritual abilities within him begin to awaken then by reciting يَا بَاسِعُ (*Ya Bā'isu*) that eye is opened through which one observes the souls, those ears are opened through which one hears the voices of the souls. Allah grants one with that power of speech through which one can converse with the souls.

Disclosure of Tajalli (The Beatific Vision of Allah)

Allah has declared that 'I am the beginning, I am the end, I am the manifested, I am the hidden.' Allah encircles everything. The 'thing' that is encircling everything is what is called *Tajalli*. Allah's divine *Tajalli* surrounds all that exists, in other words, all that exists is enclosed in *Tajalli* and all the creation in the universe, whether it is a whole species or an individual, its existence is established and settled upon *Tajalli*. With the repeated invocation of Allah's divine Name يَا شَهِيدُ (*Ya Shaheedu*) Allah's divine *Tajalli* is disclosed to one. The one who witnesses the attributes and wisdom of *Ya Shaheedu* is blessed with the opportunity of appearing at the High Throne of Allah.

Release from Depression

If matters stay unresolved, no one's recommendations come in use and one becomes deprived and depressed, recite يَا وَكِيلُ (*Ya Wakeelu*) 101 times after each Prayer. This will remove depression and all other obstacles.

Safety of a Pregnant Woman

If during pregnancy a woman becomes weak, medicines for strength do not take effect, the pain gets worse day by day, the feet get extra swollen, the eyes become yellow, the blood pressure increases, she

does not feel like eating or drinking anything or if she does she feels sick, she should recite **يَا قَوِيَّةُ** (*Ya Qawiyyu*) 11 times and blow on some water, any kind of fruit juice, glucose or medicine, and then drink it.

Shortage in Milk

Allah has made the chest of women food for children. If after birth a woman does not produce milk or if there is a shortage in milk the child's nutritional requirements are not fulfilled. To compensate for this shortage one has to take the support of milk from tubs. If the laws of nature are contemplated upon we come to realise that to drink a mother's milk is a natural right of a child and when a mother fulfils this right of her children, the children grow to become obedient. To overcome this deficiency the recitation of **يَا مَتِينُ** (*Ya Mateenu*) holds extraordinary and strange properties. Before feeding the baby milk the mother should recite *Ya Mateenu* eleven times and blow upon her self.

The Friends of Allah

Allah has stated in the Qur'an that 'the friends of Allah have no fear and no sorrow'. The meaning of **يَا وَليُّ** (*Ya Waliyu*) is supporter and friend. One who constantly recites this divine Name becomes a symbol of friendship amongst people and such praiseworthy characteristics are created in him that Allah's creation holds him very dear. The one whom Allah's creation holds dear and who benefits Allah's creation, Allah loves such people and the one whom Allah loves is Allah's friend.

Deliverance from Temptation and Evil Habits

It is the declaration of the Holy Prophet (pbuh) that Satan is an open enemy of humans and it is his mission to involve humans in temptation and evil habits. To get rid of evil habits and temptations sit alone at night in the dark and recite **يَا حَمِيدُ** (*Ya Hameedu*) 93 times. In the name of the Holy Prophet, Allah will bless one and grant one freedom from evil habits and temptations. The duration of this course of action is 45 days.

Trust in Allah

By reciting **يَا مُخْصِي** (*Ya Muhsiyu*) 11 times after the Morning Prayer, trust in Allah is produced in one and Allah's creation becomes submissive to him. On small pieces of thin paper write *Ya Muhsiyu* 125 times. Cut them into smaller pieces with scissors and mix them with some dough. Throw them into water in which fish reside. Clarity will be produced in one's personality and one will be released from inferiority complex, irritation and anger.

Childbirth Before Due Time

It has been observed that sometimes before due time a child is born, sometimes after six months and sometimes after seven months. Such children are weak in many aspects. To protect a pregnant woman from a mishap as such, one should place their hand on the pregnant woman's stomach and recite **يَا مُبْدِي** (*Ya Mubdi'u*) 99 times daily for two months. With the blessings and mercy of Allah the child will not be miscarried and the birth will be on due time.

Lost Children

Reciting **يَا مُعِيدُ** (*Ya Mu'eedu*) is expiation of one's previous sins and errors. If a sick person recites *Ya Mu'eedu* continuously he will be cured within a few days. If children are lost it causes the parents great anxiety. Their total peace of mind is destroyed and their nights become sleepless. When all the people in the house have gone to sleep, at midnight recite *Ya Mu'eedu* 70 times and blow on a corner of the house. Carry out this procedure four times in order to blow on all four corners of the house. With the blessings of Allah the lost children will return back home or their whereabouts will become known. Thousands of parents have got their lost children back again by the blessings of this exercise.

Bringing A Husband Back on the Right Track

If a person is overcome by sexual desire and cannot seem to control himself or if the husband takes interest in other women in order to fulfil his desires and does not fulfil the rights of his wife, in this case the one who is overcome by sexual desire should recite **يَا مُعِيْتُكَ** (*Ya Mumeetu*) and fall asleep whilst reciting this. Either this, or the wife can recite it 100 times and go to sleep whilst visualising the husband.

High Blood Pressure

Use saffron and rosewater to write **يَا حَيُّ** (*Ya Hayyu*) 11 times on a glass, transparent plate or a small dish made out of clay. Wash the plate with water and drink the water. Carry out this process once in the morning, evening and night. This is a very effective method to gain mental peace and to cure weaknesses in the nervous system. If one is suffering from a high blood pressure, whenever one drinks water, recite **يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ** three times and blow on water before drinking it. *Inshā Allāh* one will be healed.

Enlightenment of the Soul

After removing the mind from all else sit in a secluded corner or under open sky and recite **يَا مُجِيدُ** (*Ya Majeedu*) 300 times. With the grace and mercy of Allah one's heart will become filled with *Noor* and one will witness this attribute of Allah. During the period when one is practising this exercise it is important that one avoids smoking, eating garlic and other strong smelling foods.

Release from Fear and Sorrow

If **يَا صَمَدُ** (*Ya Samadu*) is recited abundantly one becomes independent and unconcerned with others and worldly affairs. To others it seems that the physical world has become narrow on him but in fact he becomes involved in Allah's sovereignty. The one who recites this Name constantly is released from fear and sorrow.

Acceptance of One's Repentance

By repenting to Allah one's sins are forgiven and one becomes closer to Allah. Humans do make mistakes. No one is free from sins. Allah likes that his servants repent to Allah for their sins. Before repenting recite **يَا مُؤَخِّرُ** (*Ya Mu'akhiru*) as many times as one wishes. *Inshā Allāh* one's repentance will be accepted. It is best to express regret of sinning with humility and helplessness in front of Allah.

Help from the Unseen

If one after waking up in the morning recites **يَا مُقْتَدِرُ** (*Ya Muqtadiru*) 100 times, all his tasks for that day will be made easy. One ordinarily goes about doing his daily chores and tasks and without even perceiving, he receives help from the unseen in all that he does.

Feeling of Insecurity

If there occurs a riot, fight, blood shedding, trouble making, destruction due to war or one feels insecure and wishes to be safeguarded against all this, recite **يَا مُقَدِّمُ** (*Ya Muqaddimu*) 125000 times. This should be recited collectively as a group. *Inshā allāh* Allah will protect one from all hazards, troubles and evil.

For a Baby Boy

It has been observed that in several cases there are more girls born than boys in a household. Even after five, six, seven girls a boy is not born. If one wishes for a baby boy, once a woman is pregnant she should recite **يَا أَوَّلُ** (*Ya Awwalu*) 40 times daily and blow on her stomach for the first three months. *Inshā Allāh* one's hope will be fulfilled. After the birth of a boy he should be named with a name of Allah, for example, *Abdullah, Abdul-Awwal, Abdul-Ghafār* etc.

For Respect and Honour

By reciting **يَا آخِرُ** (*Ya Ākhiru*) after every Prayer the love for Allah starts to thrive in one and this results in faith in Allah. When on a journey recite *Ya Ākhiru* 101 times and blow on the self and others travelling along with one. Wherever one goes he will achieve respect and honour.

Attractive Eyes

After the sun has risen and its light gets brighter, recite **يَا ظَاهِرُ** (*Ya Zāhiru*) 100 times and blow on the eight fingers (excluding the thumbs) of the hands and wipe over the eyes. *Inshā allāh* the eyes will become beautiful and attractive.

Conversing with Angels

Before going to sleep at night recite *Durood Shareef* 1100times and then **يَا بَاطِنُ** (*Ya Bātinu*) 1100 times and perform meditation after this. The heart of one who frequently invokes this divine Name of Allah becomes filled with the love for Allah and his heart gets filled with so many lights that the divine secrets and mysteries that are hidden within one begin to reveal themselves. After success in meditation when the inner eye of one is opened one converses with the angels. All the creation of the unseen world regard it a privilege and a great fortune to witness such a person.

Note: this exercise should only be carried out with the supervision of one's spiritual mentor.

Menstrual Problems

According to Allah's system the secret of sexual beauty is set upon the regularity of the menstrual cycle. If this system is disturbed or the internal organs become swollen or inflamed, not only does a woman

have to spend this month in sheer agony but her beauty is also affected. To recover this system recite **يَا مُتَعَالِي** (*Ya Muta'alee*) 1000 times and blow on linseed oil daily. Continue to recite this and blow on the linseed oil for eleven days. After eleven days, before sunrise, massage this oil into the backbone for a month, except on the days of menstruation.

Protection / Deliverance from an Evil Eye

When young children are inflicted with an evil eye they stop drinking milk and become irritated. They cry without any reason. This problem of the child upsets the parents and all others living in the house. Measure a blue coloured thread from the child's head down to the feet seven times and recite **يَا بَرُّ** (*Ya Barru*) 7 times and blow on the child, then blow on the thread. Burn the thread after this. The effect of the evil eye will be ended. For protection against intoxication and evil habits sit down facing the Holy Kaba after performing ablution and then recite *Ya Barru* 1100 times. This will cause one to severely dislike evil deeds. To benefit from this disgust of committing evil deeds one should use his own willpower and verdict as well.

Superiority Complex

People who have a superiority complex are hard at heart. Watching others in trouble makes them happy and they think themselves as better than others. Mostly people do not consider this adverse habit as bad and they wish to continue to stay in this circle of evilness. On the other hand there are people who after realising the reality of this evil trait, wish to find release from it. People as such should recite **يَا تَوَّابُ** (*Ya Tawwabu*) as much as possible. The one who constantly recites this divine Name becomes merciful and kind towards others.

Forgiving Others

In this world and in the hereafter the law of retribution governs, in other words, one will suffer from one's own deeds. Whatever one will do will come back to one, sooner or later. Allah has the ability to take revenge but it is Allah's habit to forgive. By following this deed of Allah's we all too should forgive others for their mistakes and negligence. If one's anger does not seem to end and the fire of revenge within one does not seem to cool down and consequently one is unable to forgive others, recite **يَا مُنْتَقِمُ** (*Ya Muntaqimu*) constantly, whether one has performed ablution or not, sitting, standing, lying or walking. Recite this Name for seven days.

Hatred of Sinning

Allah forgives all the disobedience and negligence of His servants and overlooks them. The plentiful recitation of **يَا عَفُوُّ** (*Ya 'Afuwwu*) creates hatred of sinning in one's heart and one develops a hearty connection with Allah.

At Time of Farewell (of Bride)

Allah has unapproved of anger:

And those who eat anger and forgive others,
Allah loves people as such who favour others.

If we study this with a deep vision we realise that the one being angry is causing harm to himself only. When a person is angry his blood circulates faster around the body. The waves which are essential in keeping a person healthy go to waste after dispersing. When one is angry one's senses become disturbed and it is possible for him to commit such a deed which he will regret all his life. The recitation of **يَارُؤْفُ** (*Ya Ra'ufu*) has a miraculous and strange effect. It protects one from getting angry. After offering the *Ishā* Prayer recite *Durood Shareef* 11 times before and after reciting *Ya Ra'ufu*. This creates love and affection for others within one. One begins to look upon the whole of Allah's creation as his own brothers and sisters, mother and father, and his own children. All others begin to look upon him in the same manner and hold him very dear.

After farewell when a bride comes in front of her husband, if she recites *Ya Ra'ufu* 7 times and blows upon herself her husband will remain considerate and affectionate towards her all her life.

Success in an Appeal

If one is unsuccessful in a case and wishes to appeal, during the time of appeal one should recite **يَا مَالِكُ الْمُلْكِ** *a Malik-ul-Mulki* on a collective basis for forty days. Within these forty days this should be recited 125,000 times. *Inshā Allāh* one's appeal will be successful.

Weak Memory

Reciting **يَا ذُو الْجَلَالِ وَالْإِكْرَامِ** (*Zuljalāli Wal Ikrām*) after each Prayer will bring an increase in respect and dignity to one. If a person has a weak memory and he is also dull-minded he should recite *Zuljalāli Wal Ikrām* three times and blow on three almond kernels. He should eat one almond at night before going to sleep, one in the morning on an empty stomach and one in the afternoon before having a meal. Parents can carry out this cure for their children. The duration of practising this cure is 21 days.

A Distracted and Disturbed Mind

To find relief from a distracted and disturbed mind and from evil suggestions recite **يَا مُتَّبِعُ** (*Ya Muqsitu*) 100 times after each Prayer. This is an extremely effective remedy. By reciting this Name one is granted happiness and joy.

Separated Relatives

If one's dear relatives have separated from one to distant places and one does not seem to find any way of contacting them, get up half an hour before the sun comes out, have a bath and then whilst looking at the sky recite **يَا جَامِعُ** (*Ya Jāmi'u*) 10 times and close one finger. Then recite this Name ten times again and close another finger. Repeat this procedure until all ten fingers are closed. First close the fingers of the right hand and then the left. When both fists are closed, bring them both near the face and open them and then wipe them over the face.

With forty days of this exercise *Inshā Allāh* one will find one's separated relatives.

For Blessings

For blessings and prosperity in one's possessions and children, recite يَا غَنِيُّ (Ya Ghaniyu) 100 times any time after offering Prayer.

Misunderstanding Between Husband and Wife

If the husband is angry or displeased with the wife or if the wife is angry or displeased with the husband, whichever one of the two wishes to resolve the situation should recite يَا مَانِعُ (Ya Māni'u) before going to sleep at night and fall asleep whilst reciting this. This will remove any misunderstanding and hard feelings between the two.

Obstruction in Getting Married

If there are any obstacles getting in the way of a boy and girl getting married or without any reason the agreement to get married is broken, the boy or girl or their mother should recite يَا مُغْنِيُّ (Ya Mughniyu) 300 times after the offering the *Ishā* Prayer. The duration of this exercise is 90 days. This exercise can also be performed during the days of menstruation.

Protection from an Accident

Before starting any task one should recite يَا نَافِعُ (Ya Nāfi'u) 21 times. *Inshā allāh* one will be granted success. Before travelling, whether it is on a train, bus, taxi or any other means of transport, recite *Ya Nāfi'u* a few times. This will protect one from any accidents occurring.

Allah's Noor (Divine Light)

By constantly reciting يَا نُورُ (Ya Nooru) at all times whether one is sitting, standing, lying, walking, having performed ablution or not, the heart becomes illuminated with *Noor*.

Mārifat-e-Haq (Intimate Knowledge of Allah)

To walk on the straight path, to be included amongst the class of those who earned Allah's reward, and to attain intimate knowledge of Allah, after offering the *Nafls* of the *Tahajjud* Prayer recite *Durood Shareef* before and after reciting يَا هَادِيُّ (Ya Hādiyu) and then perform meditation.

Blessings in the Home

After performing ablution if one goes to sleep whilst reciting يَا بَدِيعُ (Ya Badee'u) one will see true dreams and one is informed of incidents and situations which will occur in the future. If this Name is recited 100 times after offering the *Ishā* Prayer one will find release from worries and sorrow. If there are any obstacles in one's way of earning livelihood, they are removed. It also brings blessings and welfare in the house. The people in the house spend their life in harmony with each other.

Infertile Land

If the land is infertile, waterlogged and saline or if the soil itself is okay but the seeds inside the soil do not seem to grow and develop properly, recite يَا بَاقِي (Ya Bāqiyu) 11 hundred times and blow on twenty pounds (20 lb) of clay and spread this clay on the whole field.

Increase in One's lifespan

By reciting يَا وَارِث (Ya Wārisu) abundantly one's lifespan is increased and one's heart is filled with delight and pleasure.

To Become a Demonstrator of Piety

A demonstrator of piety is one who is righteous, fond of pious deeds, regards the pain and troubles of others as his own pain and troubles, prefers good for others what he prefers good for himself, gives good advice to others and helps others to solve their problems. Virtuous people as such are governed by Allah's Name يَا رَشِيد (Ya Rasheedu).

By reciting يَا رَشِيد 41 times after every Prayer one becomes a demonstrator of piety and righteousness and all the paths of obedience and submission open up to him. The qualities of sainthood begin to show in one's character.

A Good Wife

Pious and virtuous people are tolerant. They respect elders and treat those that are younger than them with kindness. Even in the worst of situations and troubles they remain patient. No matter how good circumstances become they never become proud or arrogant. They help the poor by using the wealth and goods that Allah has granted them and at every moment of their life they remain attentive towards good deeds.

By reciting يَا صَبُور (Ya Sabooru) 21 times after every Prayer all the aforementioned qualities are produced within one.

If a woman's husband uses foul language at every little thing and considers his wife equivalent to a footstool, recite *Ya Sabooru 1100 times after offering the Zuhr Prayer. The duration of this exercise is eleven days. Inshā Allāh* one will be protected from these situations.
