

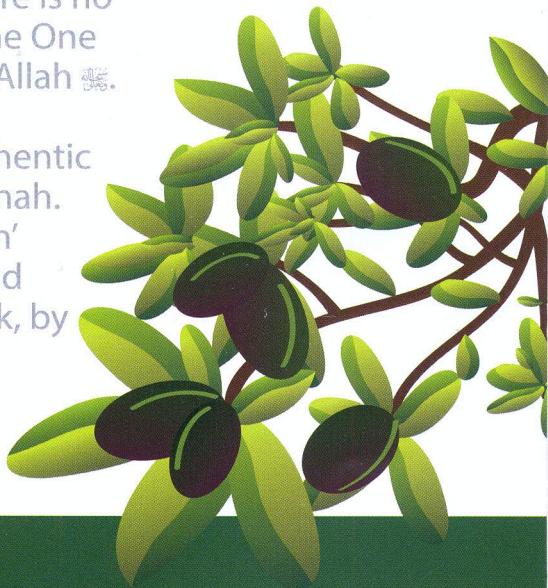
# A SELF-HELP GUIDE TO ISLAMIC SPIRITUAL HEALING

## Breaking free from the shackles of Shirk

Even in the age of information, science and technology, many people suffer from unexplainable illnesses. For the Muslim, they are all tests from Allah ﷻ and an opportunity to raise one's rank as a believer.

It's time to turn your life around, break free from the shackles of Shirk, as there is no need to rely on anyone except the One Who has the power to cure you; Allah ﷻ.

This guide is based solely on authentic teachings of the Qur'an and Sunnah. Follow the 'Seven Day Shifaa' Plan' included inside this pamphlet and seek to be cured within one week, by the permission of Allah ﷻ.



# STARTING THE HEALING PROCESS

You may be told that you are suffering the effects of black magic (As-Sihr), evil eye (Al-Ayn), Jinn possession (Al-Mass) or evil insinuations (Al-Waswaas). However it is difficult to be completely sure, as knowledge of the unseen lies with Allah ﷻ alone.

Whatever the cause, turning only to Allah ﷻ for help, with hope and optimism, is the key to all your problems.

## Tawheed

Begin the healing process by re-affirming your belief in the oneness of Allah and put your complete reliance on Him alone. It is only by Allah's permission that you can be cured so seek His Help and Guidance alone. He is the sole Master over all things; He is the only deity worthy of worship; He ﷻ simply says 'Be' and it is.

## The Right Method

Follow the way of the one beloved to Allah, the Prophet Muhammad ﷺ and you will stay upon the path of guidance and mercy. Even our beloved Prophet ﷺ was once affected by Sihr. Thus Allah sent down Surat Al Falaq and Surat An Naas which were recited on him and he ﷺ, was, by Allah's permission, cured.

“YOU ALONE WE WORSHIP AND YOU ALONE WE ASK FOR HELP”

SURAH AL FAATIHA

# WHAT CURES

From the teachings of the Prophet Muhammad ﷺ, we find that many things can be used to cure a person as they have certain virtues and blessings (Barakah). It was narrated from Abu Hurayrah ؓ that the Prophet ﷺ said: "Allah has not sent down any disease but He has also sent down a cure for it." (Narrated by Al-Bukhaari, 5678).

The following are things which are used in the 'Seven Day Shifaa' Plan' and the references are given thereof.

**The Qur'an** – "And We send down of this Qur'an that which is a healing and mercy for the believers" (Surat Al Israa verse 82). There are specific authentic narrations relating to Surat Al Faatihah, Surat Al Baqarah, Ayat Al Kursi, Surat Al Ikhlaas, Surat Al Falaq and Surat An Naas.

**Zam Zam Water** – 'Aa'ishah ؓ reported that she took Zam Zam water home with her in bottles, and said, "The Messenger of Allah ﷺ took some of it away with him, and he used to pour it on the sick and give it to them to drink." (Reported by Al-Tirmidhi, 4/37).

If you cannot access Zam Zam Water, then effort should be made to collect rain water as it has Barakah. Allah ﷻ has said, "And We have sent down blessed rain from the sky and made grow thereby gardens and grain from the harvest" (Surat Al Qaaf verse 9).

# HAS ALLAH GIVEN US?

**Olive Oil** – Abu Aseed said: "The Prophet ﷺ said: "Eat the oil and use it on your hair and skin, for it comes from a blessed tree." (Reported by Al-Tirmidhi 1775)

**Honey** – "And your Lord inspired the bees, saying: "Take you habitations in the mountains and in the trees and in what they erect. Then, eat of all fruits, and follow the ways of your Lord made easy (for you). There comes forth from their bellies, a drink of varying color wherein is healing for men. Verily, in this is indeed a sign for people who think" (Surat An Nahl verse 68-69)

**Black Seed**- The Prophet Muhammad ﷺ said, "Use the black seed for indeed, it is a cure for all diseases except death." (Saheeh Al-Bukhari)

**Remembrance, Supplications, Seeking Refuge and Seeking Forgiveness** – Prevention is always better than cure. Keep yourself protected by reading your morning and evening Adhkaar everyday. There are many supplications that the Prophet ﷺ taught us, use those in order to get more reward for following his Sunnah ﷺ.

Authentic Du'as and Adhkaars can be found in the book 'Al-Hisnul Muslim' or 'The Fortress of the Muslim'. For example, Allah's Prophet ﷺ said, "Whoever recites

"Bismillaahil-lathee laa yadhurru ma'as-mihi shay'un fil-'ardhi wa laa fis-samaa'i wa huwa-Samee'ul- 'Aleem" three times in the morning will not be afflicted by any calamity before evening, and whoever recites it three times in the evening will not be overtaken by any calamity before morning." (Abu Dawud).

The meaning of this supplication is: "In the Name of Allah, Who with His Name nothing can cause harm neither in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing.

## WHAT NOT TO USE!

Relying on amulets, talismans, Ta'weez or particular "pious" individuals as cures which are forms of Shirk. Stay away from such things as they are likely to be the cause of more harm.



# WHAT YOU NEED

You will need these items to follow the Seven Day Shifaa' Plan. The quantities are approximations only.

- 1) 6 litres of Zam Zam water\*
- 2) 500ml of extra virgin olive oil
- 3) 500g of honey
- 4) 100g of black seed grains
- 5) A copy of the Qur'an to read from

\*Rain water can be used if Zam Zam water is not available. If that proves too difficult then use tap water.

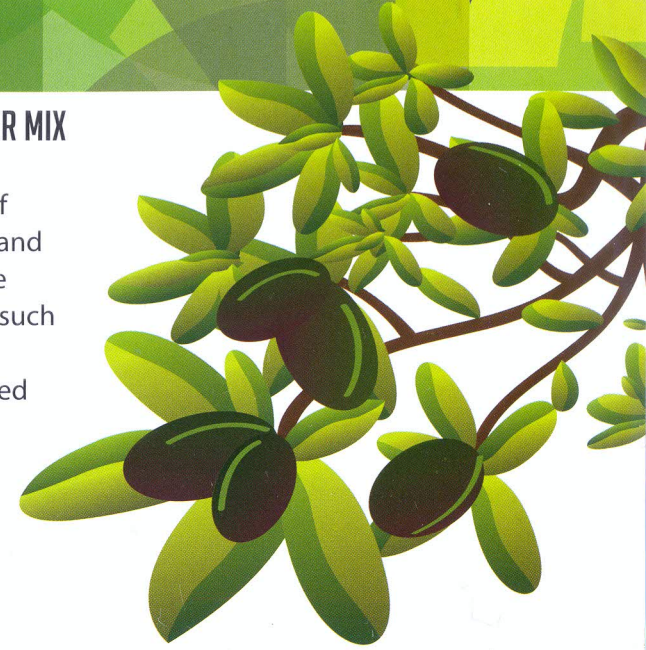
## HOW TO PREPARE THE WATER & OLIVE OIL

Recite the following chapters from the Qur'an and blow over both the Zam Zam water and olive oil.

- ✽ Surah Al Faatiha (three times)
- ✽ Surah Al Baqarah (once)
- ✽ Ayat Al Kursi (three times)
- ✽ Surat Al Ikhlāas (three times)
- ✽ Surat Al Falaq (three times)
- ✽ Surat An Naas (three times)

## HOW TO PREPARE THE HONEY & WATER MIX

To prepare this mix, simply add two tablespoons of honey to a cup full of water that you have read upon. Stir and dissolve the honey and drink it three times every day, at regular intervals such as morning, afternoon and evening. Prepare this mix as and when required according to the plan below.



# THE SEVEN DAY SHIFAA' PLAN

### DAY 1

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

Rub the entire body with olive oil before going to sleep

### DAY 2

In the morning, wash the entire body with soap. Take a cup out of the water that has been read upon, mix it with normal tap water and pour over the entire body

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

Rub the entire body with olive oil before going to sleep

### DAY 3

In the morning, wash the entire body with soap. Take a cup out of the water that has been read upon, mix it with normal tap water and pour over the entire body

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

Rub the entire body with olive oil before going to sleep

### DAY 4

In the morning, wash the entire body with soap. Take a cup out of the water that has been read upon, mix it with normal tap water and pour over the entire body

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

You may find that you have pain in a particular areas of your body; massage only these areas with olive oil

### DAY 5

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

Massage only the painful areas with the olive oil

### DAY 6

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

Massage only the painful areas with the olive oil

### DAY 7

Drink the honey and water mix, three times at regular intervals

Eat seven grains of black seed, three times at regular intervals

Massage only the painful areas with the olive oil

### FINAL POINTS OF REFLECTION

Now that you have completed the Seven Day Shifaa' Plan, it is important to thank Allah ﷻ, for it was only by His permission that you were able to complete the plan.

It is also important to understand the three basic principles of medicine: prevention, maintaining good health and removing that which causes harm to the body, both physically and spiritually. Analyse and reflect upon your current lifestyle and seek to improve it, based upon these three principles.

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## SHAYKH ADIL IBN TAHIR AL MUQBIL

The information contained within this pamphlet was based on the works of Shaykh Adil Ibn Tahir Al Muqbil. He is the President in the Department of Ruqya Shari'ah (Islamic Spiritual healing) from the Committee for the Promotion of Virtue and Prevention of Vice in Saudi Arabia.

## SUPPORT THIS PUBLICATION AND MORE

You can help us spread authentic knowledge and get a share in the reward . The Prophet Muhammad ﷺ said, "The one who tells another about something good is like the one who does it." (Narrated by Muslim, 1983).

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