

Healing by Ruqia

Here below you can find some prayers and verses any of us can memorize or read in order to protect him/her from known and unknown diseases...

Reading this Ruqia could be your way toward success in your life, because it will protect you from devil and evil eye Ensha'ALAAH "if ALAAH wills".

Practical way of Ruqia:

- In order to achieve effectiveness of this Ruqia try to read these verses and prayers in an audible voice, making sure to recite them in a good and beautiful way.
- while reading these verses and prayers, put in front of you a glass of water to read them on it. After you have finished, you may either drink the water or put some of it where it hurts on your body. You may also put some of this water on your face, or on your chest. Try to feel a kind of reassurance, peace and godliness while doing this. You may read it on olive oil, melted honey in water or Zamzam water.
- You have to be certain that what are you doing will not go with the wind; on the contrary, it will affect your body cells and raise your immune system. Be sure that you will recover sooner or later. This Ruqia could be a treatment for many unknown diseases you have not been aware of before, but ALAAH could protect you from them by using it.
- You may use this Ruqia while you are on bed, sitting , standing, driving your car, or in any other conditions, as long as you are focusing on verses' meanings, imagining that your body is recovering, disease has vanished and that you are active and full of energy. It is an important step which accelerate your recovery EnshALAAH (if ALLAH wills).

Finally, we have to mention that a group of Islamic studies confirmed that [reciting](#) and [listening](#) to the Qur'an have a great effect in the healing from many diseases.

Therefore we should recite and listen to the Qur'an in the Arabic language as the only reason for translating the Arabic text to the English for understanding purpose but reading or listening to the Qur'an in English for healing will not result any benefit for the reader or the listener.

Therefore non- Arabic speakers can use the English text only for supplication but not for healing.

Here below you find the simple Ruqia:

1. The Verses(Sûrat):

Sûrat Al-FâtiḥahRead seven times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ (١)

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (٢) الرَّحْمَنُ الرَّحِيمُ (٣) مَالِكِ يَوْمِ الدِّينِ (٤) إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ (٥)
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ (٦) صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ (٧)

1. In the Name of Allah, the Most Gracious, the Most Merciful.
2. All the praises and thanks be to Allah, the Lord of the 'Alamîn (mankind, jinn and all that exists).
3. The Most Gracious, the Most Merciful.
4. The Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection).
5. You (Alone) we worship, and you (Alone) we ask for help (for each and everything).
6. Guide us to the Straight Way.
7. The Way of those on whom you have bestowed Your Grace, not (the way) of those who earned Your Anger (i.e. those who knew the Truth, but did not follow it) nor of those who went astray (i.e. those who did not follow the Truth out of ignorance and error).

The first five verses of Sûrat Al-Baqarah...Read one time

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الم (١) ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ (٢) الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ (٣) وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ (٤) أُولَئِكَ عَلَى هُدًى مِّن رَّبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ (٥)

1. Alif-Lâm-Mîm. [These letters are one of the miracles of the Qur'an and none but Allah (Alone) knows their meanings.]
2. This is the Book (the Qur'an), whereof there is no doubt, a guidance to those who are Al-Muttaqûn [the pious believers of Islamic Monotheism who fear Allah much (abstain from all kinds of sins and evil deeds which He has forbidden) and love Allah much (perform all kinds of good deeds which He has ordained)].
3. Who believe in the Ghaib and perform As-Salât (Iqâmat-as-Salât), and spend out of what We have provided for them [i.e. give Zakât , spend on themselves, their parents, their children, their wives, etc., and also give charity to the poor and also in Allah's Cause - Jihad].
4. And who believe in (the Qur'an and the Sunnah) which has been sent down (revealed) to you (O Muhammad) and in that which was sent down before you [the Taurât (Torah) and the Injeel (Gospel), etc.] and they believe with certainty in the Hereafter. (Resurrection, recompense of their good and bad deeds, Paradise and Hell).
5. They are on (true) guidance from their Lord, and they are the successful.

Ayat-al-Kursî (Sûrat Al-Baqarah-verse255) ...Read three times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

Allah! Lâ ilâha illa Huwa (none has the right to be worshipped but He), Al-Hayyul-Qayyum (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 (His creatures) 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 Kursî 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.

The last two verses of Sûrat Al-Baqarah Read one time

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا تَفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ (٢٨٥) لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ (٢٨٦).

285. The Messenger (Muhammad) believes in what has been sent down to him from his Lord and (so do) the believers. Each one believes in Allah, His Angels, His Books, and His Messengers. (They say), "We make no distinction between one another of His Messengers" - and they say, "We hear, and we obey. (We seek) Your Forgiveness, our Lord, and to you is the return (of all)."

286. Allah burdens not a person beyond his scope. He gets reward for that (good) which he has earned, and he is punished for that (evil) which he has earned. "Our Lord! Punish us not if we forget or fall into error, our Lord! Lay not on us a burden like that which you did lay on those before us (Jews and Christians); our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have mercy on us. You are our Maulâ (Patron, Supporter and Protector, etc.) and give us victory over the disbelieving people."

Some verses from Sûrat Âl-'Imrân....Read one time

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

(They say): "Our Lord! Let not our hearts deviate (from the truth) after you have guided us, and grant us mercy from you. Truly, you are the Bestower."

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

"Our Lord! You have not created (all) this without purpose, glory to you! (Exalted are you above all that they associate with you as partners). Give us salvation from the torment of the Fire.

رَبَّنَا إِنَّكَ مَنْ تَدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ

Our Lord! Verily, whom you admit to the Fire, indeed, you have disgraced him; and never will the Zâlimûn (polytheists and wrong-doers) find any helpers.

Some Verses from Sûrat Yûnus..... Read seven times

قَالَ مُوسَىٰ مَا جِئْتُ بِهَ السَّحَرِ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ (٨١) وَيَحْقُ اللَّهُ الْحَقَّ
بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ.

Mûsâ (Moses) said: "What you have brought is sorcery; Allah will surely make it of no effect. Verily, Allah does not set right the work of Al-Mufsidûn (the evil-doers, corrupters).*" And Allah will establish and make apparent the truth by His Words, however much the Mujrimûn (criminals, disbelievers, polytheists, sinners) may hate it."

A verse from Sûrat Ar-Ra'd...Read seven times

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ (٢٨)

Those who believed (in the Oneness of Allah - Islamic Monotheism), and whose hearts find rest in the remembrance of Allah: verily, in the remembrance of Allah do hearts find rest.

Last four verses from Sûrat Al-Mu'minûn.....Read one time

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ (١١٥) فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ (١١٦) وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ (١١٧) وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

115. Did you think that we had created you in play (without any purpose), and that you would not be brought back to us?

116. So Exalted be Allah, the True King: Lâ ilâha illâ Huwa (none has the right to be worshipped but He), the Lord of the Supreme Throne!

117. And whoever invokes (or worships), besides Allah, any other ilâh (God), of whom he has no proof; then his reckoning is only with his Lord. Surely! Al-Kâfirûn (the disbelievers in Allah and in the Oneness of Allah, polytheists, pagans, and idolaters) will not be successful.

118. And say (O Muhammad): "My Lord! Forgive and have mercy, for you are the Best of those who show mercy!"

A verse from Sûrat An-Nûr.....Read one time

اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ كَمِشْكَاةٍ فِيهَا مِصْبَاحٌ الْمِصْبَاحُ فِي زُجَاجَةٍ الزُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ
 دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ زَيْتُونَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ نُورٌ
 عَلَى نُورٍ يَهْدِي اللَّهُ لِنُورِهِ مَنْ يَشَاءُ وَيَضْرِبُ اللَّهُ الْأَمْثَالَ لِلنَّاسِ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ (٣٥)

Allah is the Light of the heavens and the earth. The parable of His Light is as (if there were) a niche and within it a lamp: the lamp is in a glass, the glass as it were a brilliant star, lit from a blessed tree, an olive, neither of the east (i.e. neither it gets sun-rays only in the morning) nor of the west (i.e. nor it gets sun-rays only in the afternoon, but it is exposed to the sun all day long), whose oil would almost glow forth (of itself), though no fire touched it. Light upon Light! Allah guides to His Light whom He wills. And Allah sets forth parables for mankind, and Allah is All-Knower of everything.

A verse from Sûrat As-Sâffât.....Read one time

إِنَّا زَيْنَّا السَّمَاءَ الدُّنْيَا بِزِينَةِ الْكَوَاكِبِ (٦) وَحِفْظًا مِنْ كُلِّ شَيْطَانٍ مَارِدٍ (٧) لَا يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَى
 وَيُقَذَّفُونَ مِنْ كُلِّ جَانِبٍ (٨) [نُحُورًا وَلَهُمْ عَذَابٌ وَأَصِيبٌ ... ٧ مرات] (٩) إِلَّا مَنْ خَطِفَ الْخَطْفَةَ
 فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ

6. Verily we have adorned the near heaven with the stars (for beauty).
7. And to guard against every rebellious devil.
8. They cannot listen to the higher group (angels) for they are pelted from every side.
9. Outcast, and theirs is a constant (or painful) torment. (Read seven times)
10. Except such as snatch away something by stealing, and they are pursued by a flaming fire of piercing brightness.

A verse from Sûrat Az-ZumarRead three times

قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ أَوْ أَرَادَنِي بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَاتُ رَحْمَتِهِ قُلْ حَسْبِيَ اللَّهُ عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ (٣٨)

Say: "Tell me then, the things that you invoke besides Allah - if Allah intended some harm for me, could they remove His harm? Or if He (Allah) intended some mercy for me, could they withhold His Mercy?" Say: "Sufficient for me is Allah; in Him those who trust (i.e. believers) must put their trust."

Last four verses from Sûrat Al-Hashr.....Read three times

لَوْ أَنزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا مِنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ (٢١) هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ (٢٢) هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ (٢٣) هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

21. Had we sent down this Qur'an on a mountain, you would surely have seen it humbling itself and rent asunder by the fear of Allah. Such are the parables which We put forward to mankind that they may reflect.

22. He is Allah, beside whom Lâ ilâha illâ Huwa (none has the right to be worshipped but He) the All-Knower of the unseen and the seen. He is the Most Gracious, the Most Merciful.

23. He is Allah beside Whom Lâ ilâha illa Huwa (none has the right to be worshipped but He), the King, the Holy, the One Free from all defects, the Giver of security, the Watcher over His creatures, the All-Mighty, the Compeller, the Supreme. Glory be to Allah! (High is He) above all that they associate as partners with Him.

24. He is Allah, the Creator, the Inventor of all things, the Bestower of forms. To Him belong the Best Names. All that is in the heavens and the earth glorify Him. And He is the All-Mighty, the All-Wise.

Last two verses from Sûrat Al-Qalam.....Read three times

وَأِنْ يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا سَمِعُوا الذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ (٥١) وَمَا هُوَ إِلَّا
ذِكْرٌ لِلْعَالَمِينَ

51. and verily, those who disbelieve would almost make you slip with their eyes (through hatred) when they hear the Reminder (the Qur'an), and they say: "Verily, he (Muhammad) is a madman!"

52. But it is nothing else than a Reminder to all the 'Alamîn (mankind, and jinn).

A verse from Sûrat Al-BurûjRead seven times

إِنَّ الَّذِينَ فَتَنُوا الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ ثُمَّ لَمْ يَتُوبُوا فَلَهُمْ عَذَابُ جَهَنَّمَ وَلَهُمْ عَذَابُ الْحَرِيقِ

Verily, those who put into trial the believing men and believing women (by torturing them and burning them), and then do not turn in repentance (to Allah), then they will have the torment of Hell, and they will have the punishment of the burning Fire.

Sûrat Al-Ikhlâs.....Read eleven times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ (١) اللَّهُ الصَّمَدُ (٢) لَمْ يَلِدْ وَلَمْ يُولَدْ (٣) وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (٤)

1. Say (O Muhammad): "He is Allah, (the) One.
2. Allah -us-Samad [Allah the Self-Sufficient Master, Whom all creatures need, (He neither eats nor drinks)].
3. "He begets not, nor was He begotten.
4. "And there is none co-equal or comparable unto Him.

Sûrat Al-Falaq.....Read three times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ (١) مِنْ شَرِّ مَا خَلَقَ (٢) وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ (٣) وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ (٤) وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (٥)

In the Name of Allah, the Most Gracious, the Most Merciful

1. Say: "I seek refuge with (Allah), the Lord of the daybreak
2. "From the evil of what He has created.
3. "And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away).
4. "And from the evil of those who practice witchcraft when they blow in the knots,
5. "And from the evil of the envier when he envies."

Sûrat An-Nâs..... Read three times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (١) مَلِكِ النَّاسِ (٢) إِلَهِ النَّاسِ (٣) مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (٤) الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ (٥) مِنَ الْجِنَّةِ وَالنَّاسِ (٦)

In the Name of Allah, the Most Gracious, the Most Merciful

1. Say: "I seek refuge with (Allah) the Lord of mankind.
2. "The King of mankind.
3. "The Ilâh (God) of mankind.
4. "From the evil of the whisperer (devil who whispers evil in the hearts of men) who withdraws (from his whispering in one's heart after one remembers Allah).
5. "Who whispers in the breasts of mankind.
6. "Of jinn and men."

2. Prophetic prayers:

We advise you to repeat these prayers below. Prophet Mohammed (Peace and blessings be upon him) was keen to say these prayers in case of illness.

Repeat this Prayer three times

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

In the name of Allah with whose Name nothing is harmful neither on Earth nor in the Heavens and He is the All-Hearing, the All-Knowing

A prayer to recover from disease....

بِسْمِ اللَّهِ

In the name of Allah...

Say it **three times**

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

I seek refuge in Allah and His Power from the evil of what I find and I fear. Say it **seven times**

Read this Prayer seven Times

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيَنِي

I ask Almighty God, lord of the mighty throne, to heal me

Prayer of Wellness... Repeat it as much as you can

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

God, I ask you for pardon and well-being in this world and the Hereafter.

Note:

Within these verses of Qur'an Allah deposited secrets of healing and success, therefore, I advise our sisters and brothers to memorize and read them every day.

Sûrat **Al-Baqarah** , Sûrat **Al-An'âm**, Sûrat **Ar-Ra'd** , Sûrat **Yâ-Sîn**, Sûrat **Az-Zumar**, Sûrat **Al-Burûj**, Sûrat **Az-Zalzalah** are great Sûrats and you may not discover the greatness of these verses until you have the time to experience them by listening or reciting regularly. Therefore, we ask you to read these Verses at least once a month.

Don't forget to make a prayer for us.

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