

Self Ruqyah Healing Guide

A practical book for self-ruqyah diagnosis, understanding the symptoms, and moving forward to self-treatment.



LILLAH
TRUST

Publication

Publishers note

Ruqyah, in an Islamic context, refers to the practice of reciting verses from the Quran and supplications from the Sunnah to seek protection or healing from ailments, whether physical, psychological, or spiritual. It's a form of spiritual healing, often used to address conditions like the evil eye (ayn), magic (sihr), and possession by jinn (mass/junoon).

To perform ruqyah on yourself, you should first ensure you have a strong intention for seeking healing from only Allah and then recite specific Quranic chapters, verses, and supplications with conviction, blowing into your hands and rubbing them over your body, especially on areas of pain. You can also recite over water, blow into it, and drink it or use it for bathing; additionally, you can blow it on olive oil to anoint the whole body or at least where the pain is.

Important Considerations

Seeking knowledge: It's crucial to understand the correct verses and procedures involved in Ruqyah.

Avoiding superstition: Ruqyah should be practised with a clear understanding of its purpose and without falling into superstition or seeking help from other sources than Allah.

Combining with other treatments: In cases of physical or mental illness, Ruqyah can be combined with medical and psychological treatments.

Consistency and Belief

Recite Regularly: Continue reciting the Ruqyah verses and supplications daily, preferably at the same time each day.

Believe in Allah: Have absolute conviction and trust that Allah is the Healer and that He will cure you.

Follow the Sunnah: Strive to follow the Prophet's (peace be upon him) guidance in your recitation and actions.

Steps for Self Ruqyah

- 1) Establish Strong Belief: Begin with strengthening your faith and Tawhid (belief in the oneness of God).
- 2) Follow the Sunnah: Adhere to the Prophet's (peace be upon him) example by reciting Quranic verses and duas.
- 3) Recite Quranic Chapters, Verses: Begin by seeking refuge in Allah from the Shaytaan then recite Surah Al Fatiha, Ayat al Kursi, last 2 verses from Surah Al Baqarah and the last 3 chapters of the Quran (Al Ikhlas, Al Falaq, and An Nas).
- 4) Recite Specific Duas: Include duas for seeking refuge in Allah and for protection from evil and harm.
- 5) Blow and Rub: Recite on your hands and blow into them, then rub your body, especially areas where you feel pain or discomfort.
- 6) Recite on Water: You can also recite on water, blow into it, and then drink it or use it for bathing; additionally you can recite and blow it on olive oil to anoint the whole body or atleast where the pain is.
- 7) Be Consistent: Perform these practices regularly and with sincerity, as prescribed in the Sunnah.
- 8) Seek Professional Help if Needed: If symptoms persist or are severe, seek guidance from a qualified healthcare professional.

Rules and Conditions

'Auf b. Malik Ashja'i reported. We practised incantation in the pre-Islamic days, and we said: Allah's Messenger, what is your opinion about it? He said, "Let me know your invocation and said: There is no harm in the invocation as long as there is no polytheism in it." (Sahih Muslim 2200/64)

- Rectify Aqeedah (creed) in Islam.
- Performing the 5 daily mandatory Salah is a must.
 - Recite morning and evening Adhkar.
 - Recite other daily and sleeping Adhkar.
 - Recite or listen to Ruqyah Shariyyah.
 - Recite or listen to the Adhan.
 - Seek forgiveness from Allah.
- Give Sadaqah for the sake of Allah (secretly).
 - Stop listening to music.
- Remove all pictures that have faces in the house.
- Avoid being extremely angry, sad, heedless, lustful, and fearful.

Basic Ruqyah for All Diseases and Ailments

Recite Surah Al-Fatiha, Ayat Al-Kursi, the last two verses from Surah Al-Baqarah, and the last three Surahs of the Quran (Al-Ikhlās, Al-Falaq, and An-Nas). Begin by seeking refuge in Allah from Shaytaan. Additionally, you can recite specific Du'as, including those for seeking refuge in Allah and for protection from evil and harm. These Du'as can be found in the later part of this book. Recite on your hands and blow into them, then rub your body, especially in areas where you feel pain or discomfort. Also, recite and blow on water to drink or use it for bathing. You can also use seven Sidr leaves (lotus tree leaves); crush them, then boil them, and after that mix them with the recited water to bathe with it. You can also recite and blow on olive oil to anoint your whole body or at least rub the recited olive oil on the areas where you feel pain.





Evil eye

Practical Self Ruqyah Diagnosis

STEP 1 - Calm Environment

Sit in a comfortable place or lie down on a bed in a quiet place.

STEP 2 - Reference Point

Observe your reaction for comparison before and after the practical self-ruqyah diagnosis.

Close your eyes and feel your body's current state for 5 minutes.

STEP 3 - Intention With Supplications

Make the intention for diagnosing through Surah Al-Falaq and make du'a to Allah (O Allah, please show me significant signs to prove that I'm suffering from the evil eye).

STEP 4 - Practical Self Ruqyah Diagnosis

Recite Surah Al-Falaq, starting with Ta'awwuzh and Tasmiyah. When you come to verse number 5 (the last verse), repeat this verse for 20 to 30 minutes. If you feel nothing and notice no differences from your reference point state while reciting the actual ruqyah, it means you have no evil eye, etc. However, if you feel and notice differences, such as any physical reaction, then stop reciting. Once you're convinced of the physical reaction, then there's no need to recite for 20 to 30 minutes.

PHYSICAL REACTIONS:

Headaches, stomach pain, body pain, eye flickering, tremors, hallucinations, excessive sweating, extreme sensations of cold or heat in the body, or any reaction that is abnormal and unusual; however, everyone's reaction is different from one person to another.

STEP 5 - Seek self-Ruqyah treatment.



Evil eye

Symptoms during
Ruqyah session

- Either one or both sides of the eyes flickering
 - Eyes felt watering
 - Heaviness in the chest (hard to breathe)
- Pins and needles (fingertips, arms, leg, or feet)
 - Muscle spasms anywhere under the skin
 - Feel like yawning or crying (sadness), etc
 - Body twitching

Evil eye

Treatment Plan



To treat the evil eye, you should obtain the used water (from the wudu or ghusl) of the person whom you think inflicted the evil eye and pour it over the victim. However, in many circumstances, this is difficult to do. Therefore, you should pray ruqyah over water, especially the last three surahs of the Qur'an, and bathe with it daily. Alternatively, you can pray ruqyah and blow on yourself. Ibn Al-Qayyim said, "The effectiveness of these surahs is great for repelling magic, the evil eye, and the rest of the evils, and the need for a slave to seek Allah's protection from these two surahs is greater than his need for self, eating, drinking, and wearing clothing" (Al-Fawwaid).

Alternative Treatment Plan

Recite Surah Al-Falaq and Surah An-Nas upon the patient on a daily basis. Additionally, crush 7 Sidr leaves and boil them with water, recite Al-Falaq and An-Nas upon the water, and then bathe with this water.

Recite

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ غَيْنٍ لَآمَةٍ

A'uzu bi kalimatillah hit-taammati min kulli shaytaa new-wa hammah, wa min kulli ay nil-lammah (O Allah! I seek refuge with Your Perfect Words from every devil and from poisonous pests and from every evil, harmful, envious eye.)

Jinn Possession



Practical Self Ruqyah Diagnosis

STEP 1 - Calm Environment

Sit in a comfortable place or lie down on a bed in a quiet location.

STEP 2 - Reference Point

Observe the comparison of reactions before and after the practical self-ruqyah diagnosis.

Close your eyes and feel your body's current state for 5 minutes.

STEP 3 - Intention With Supplications

Make the intention for diagnosis through Surah An-Nas and make du'a to Allah (O Allah, please show me significant signs to prove that I'm suffering from Jinn possession).

STEP 4 - Practical Self-Ruqyah Diagnosis

Recite Surah An-Nas, starting with Ta'awwuzh and Tasmiyah. When you come to verse number 6 (the last verse), repeat this verse for 20 to 30 minutes. If you feel nothing and there are no differences from your reference point state while reciting the actual ruqyah, that means you have no Jinn possession, etc. However, if you feel and notice differences, like any physical reaction, then stop reciting, and once you're convinced by the physical reaction, then there's no need to recite for 20 to 30 minutes.

PHYSICAL REACTIONS:

Headaches, stomach pain, body pain, eye flickering, tremors, hallucinations, excessive sweating, extreme sensations of cold or heat in the body, or any reaction that is abnormal and unusual; however, everyone's reaction is different from one person to another.

STEP 5 - Seek self-Ruqyah treatment

Jinn Possession



Symptoms Jinn touch (Mass)
during Ruqyah session

- Cold feet
- Cold fingertips
- Pins and needles up and down (especially in the feet)
 - Muscle twitching under the skin
 - Body twitching outwardly
 - Eyes flickering
- Getting annoyed/irritated while listening to the ruqyah
- Strong thoughts regarding listening to ruqyah are a waste of time, etc
- Shooting pain or weird sensation close to your private parts
 - Feeling tired, sleepiness, or drowsiness

Jinn Possession



Symptoms Jinn Possession
during Ruqyah session

- Screaming
- Shouting
- Laughing
- Breathing heavily
- Psychotic behaviour

Jinn Possession



Treatment Plan

for touch of Jinn (Mass) or full
Jinn Possession (Junoon)

Treatment Plan In the experience of Raqis (Muslim exorcists), jinn possession of humans takes a variety of forms. Possession may be partial, affecting only certain parts of the body, or it may be complete, affecting the whole body and consciousness.

Possession may also be temporary (in effect for a short period of time) or long-lasting (in effect for an indefinite or long period).

Recite these Surahs and verses, then blow them onto your palms and rub the whole body of the patient. Also, recite these over olive oil to anoint at night, and over water to drink and bathe.

Additionally, crush 7 Sidr leaves and boil them with water, recite those Ruqyahs over the water, and then bathe with this water.

These Surahs and verses can be recited once, three times, seven times, or in any odd number.

Surah Al Fatiha, Surah Al Baqarah from verse 1 to 5, 102, 255 (Ayatul Kursi), 284 to 286, Surah Al Mu'minun from verse 115 to 118, Surah As Saffat (whole) or from verse 1 to 10, Surah Al Jinn (whole), Surah Al Hashr from verse 22 to 24, Surah Al Ikhlas, Surah Al Falaq and Surah An Nas



Black Magic

Practical Self Ruqyah Diagnosis

STEP 1 - Calm Environment

Sit in a comfortable place or lie down on a bed in a quiet place.

STEP 2 - Reference Point

Observe the reaction of comparison before and after the practical self-ruqyah diagnosis.

Close your eyes and feel your body's current state for 5 minutes.

STEP 3 - Intention with Supplications

Make the intention for diagnosing through Surah Al Falaq and make du'a to Allah: "O Allah, please show me significant signs to prove that I'm suffering from black magic."

STEP 4 - Practical Self Ruqyah Diagnosis

Recite Surah Al Falaq, starting with Ta'awwuzh and Tasmiyah. When you come to verse number 4, repeat this verse for 20 to 30 minutes. If you feel nothing and notice no differences from your reference point state while reciting the actual ruqyah, it means you have no black magic. However, if you feel and notice differences, such as any physical reactions, then stop reciting, and once you're convinced of the physical reaction, then there's no need to recite for 20 to 30 minutes.

PHYSICAL REACTIONS:

Headaches, stomach pain, body pain, eye flickering, tremors, hallucinations, excessive sweating, extreme sensations of cold or heat in the body, or any reaction that is abnormal and unusual. However, everyone's reaction is different from one person to another.

STEP 5 - Seek self-Ruqyah treatment.



Black Magic

Symptoms during Ruqyah session

- Cold fingertips, feet, or toes
- Numbness/heavyweight anywhere in the body
 - Pins and needles anywhere in the body
- Sensation of insects crawling anywhere in the body
 - Nausea, vomiting, or movement in the stomach
- Feeling irritated, annoyed with listening to the ruqyah
 - Heaviness in the chest
 - Increase of heartbeat
- Feel like screaming, shouting, crying, or getting angry
 - Body twitching inwardly or outwardly



Black Magic

Treatment Plan

Recite these Surahs and verses, then blow them onto your palms and rub the whole body of the patient. Also, recite these over olive oil to anoint at night, and over water to drink and bathe. Additionally, crush 7 Sidr leaves and boil them with water, recite those Ruqyahs over the water, and then bathe with this water. These Surahs and verses can be recited once, three times, seven times, or in any odd number.

Surah Fatihah, Surah Al Baqarah verse 255 (Ayatul Kursi), 102 and also verse 285 to 286, Surah Al Araf from verse 115 to 121, Surah Yunus from verse 79 to 82, Surah Taha from verse 65 to 70, Al Ikhlas, Al Falaq & An Nas

Recite this du'a often, and it can be included with the recitation of those Ruqyahs.

اللَّهُمَّ رَبَّ النَّاسِ ، اذْهَبِ الْبَأْسَ ، وَاشْفِ ، أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا بِشِفَاؤِكَ ، شِفَاءً لَا يُغَادِرُ سَقَمًا

Allaahumma Rabban-naas, adhhibil-ba's, washfi antash-Shaafi laa shifaa'a illaa shifaa'uka shifaa'an laa yughaadiru saqaman (O Allaah, Lord of mankind, do away with my suffering. Heal (me) as You are the only Healer and there is no cure except that of Yours, it is that which leaves no ailment behind)

Prophetic du'as (supplications) can be included in your Ruqyah treatment

اللَّهُمَّ رَبَّ النَّاسِ ، اذْهَبِ
الْبَاسَ ، واشْفِ ، أَنْتَ الشَّافِي
لَا شِفَاءَ إِلَّا شِفَاؤُكَ ، شِفَاءً لَا
يُغَادِرُ سَقَمًا

Allaahumma Rabban-naas, adhhibil-ba's, washfi
antash-Shaafi laa shifaa'a illaa shifaa'uka shifaa'an
laa yughaadiru saqaman

O Allaah, Lord of mankind,
do away with my suffering.
Heal (me) as You are the
only Healer and there is no
cure except that of Yours, it
is that which leaves no
ailment behind.

Al Bukhari (with Al-Fath 10/206)
and Muslim 4/1721



بِسْمِ اللّٰهِ اَرْقِيْكَ, مِنْ كُلِّ شَيْءٍ
يُّؤْذِيْكَ, مِنْ شَرِّ كُلِّ نَفْسٍ اَوْ
عَيْنٍ حَاسِدٍ, اللّٰهُ يَشْفِيْكَ, بِسْمِ
اللّٰهِ اَرْقِيْكَ

Bismillahi arqeeek, min kulli shay'in
yu'dheek, min sharri kulli nafsin aw
'aynin haasid, Allaahu yashfeek,
Bismillaahi arqeeek

With the Name of Allah, I
recite over you (to cleanse
you) from all that troubles
you, and from every
harmful mischief and from
the evil of the eyes of an
envier. Allah will cure you;
and with the Name of Allah,
I recite over you.

Sunan Ibn Majah 3523
(Book 31, Hadith 88)



بِسْمِ اللَّهِ يُبْرِكُ وَمِنْ كُلِّ دَاءٍ
يَشْفِيكَ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ
وَشَرِّ كُلِّ زِيٍّ عَيْنٍ

Bismillahi yubrika min kulli dain
yashfika wa min sharri hasidin 'iza
hasad wa sharri kulli zi'ayn.

In the name of Allah, may
He cure you from all
kinds of illnesses and
safeguard you from the
evil of a jealous one
when he feels jealous
and from the evil
influence of eye.

Sahih Muslim 2185
(Book 39, Hadith 53)



أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ
كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ
عَيْنٍ لَامَّةٍ

A'uzu bi kalimatillah hit-taammati
min kulli shaytaa new-wa hammah,
wa min kulli ay nil-lammah

O Allah! I seek refuge
with Your Perfect
Words from every
devil and from
poisonous pests and
from every evil,
harmful, envious eye.

Sahih al-Bukhari
3371



اللهم إني أعوذ بك من
البرص والجنون، والجذام،
وسبئ الأَسقام

Allahumma inni a'udhu bika minal
barasi, wal jununi, wal judhami, wa
sayyi'il asqami'

O Allah! I seek
refuge in You from
leukoderma,
insanity, leprosy,
and evil diseases.

Abu Dawud
(Riyad as-Salihin
1484)



Place your hand at the place where you feel pain in
your body and say

بِسْمِ اللَّهِ

Bismillah (In the name of Allah) 3 times

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَازِرُ

And then 7 times

A'udhu billahi wa qudratihi min sharri ma ajidu wa uhadhir

I seek refuge with Allah and His Might against the evil of
what I feel and fear

Sahih Muslim 2202



Amulets are strictly prohibited in Islam



Uqbah ibn 'Amir reported: The Messenger of Allah, peace and blessings be upon him, said, "Whoever hangs an amulet around his neck, Allah will not fulfill his wishes. Whoever hangs a seashell as a charm, Allah will not leave him without penalty."

Musnad Ahmad 16951





It was narrated from Uqbah ibn Aamir al-Juhani that a group came to the Messenger of Allah peace be upon him [to swear their allegiance (bay'ah) to him]. He accepted the bay'ah of nine of them but not of one of them.

They said, "O Messenger of Allah, you accepted the bay'ah of nine but not of this one." He said, "He is wearing an amulet." The man put his hand (in his shirt) and took it off, then he the Prophet peace be upon him accepted his bay'ah. He said, "Whoever wears an amulet has committed shirk."

Masnud Ahmed 16969





Ruwaifi' bin Thabit said: "The Messenger of Allah peace be upon him said: 'O Ruwaifi', you may live for a long time after me, so tell the people that whoever ties up his beard, or twists it, or hangs an amulet, or cleans himself (after relieving himself) with animal dung or bones, Muhammad has nothing to do with him."

Sunan an-Nasa'i 5067

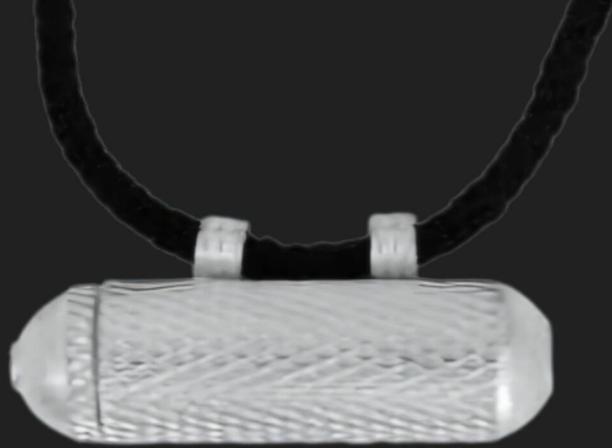




‘Imran ibn Husayn reported: The Prophet, peace and blessings be upon him, noticed a man was wearing a brass ring as a charm. The Prophet said, “Woe to you! What is this?” The man said, “It is protection from arthritis.” The Prophet said, “Remove it, for it will only add to your arthritis. If you died while wearing it, you would never succeed.”

Musnad Ahmad 20000





Narrated Abdullah ibn Mas'ud: Zaynab, the wife of Abdullah ibn Mas'ud, told that Abdullah said: I heard the Messenger of Allah (ﷺ) saying: spells, charms and love-potions are polytheism. I asked: Why do you say this? I swear by Allah, when my eye was discharging I used to go to so-and-so, the Jew, who applied a spell to me. When he applied the spell to me, it calmed down. Abdullah said: That was just the work of the Devil who was picking it with his hand, and when he uttered the spell on it, he desisted. All you need to do is to say as the Messenger of Allah (ﷺ) used to say: Remove the harm, O Lord of men, and heal. Thou art the Healer. There is no remedy but Thine which leaves no disease behind.

Sunan Abi Dawud 3883



Conclusion

Following the Sunnah

Ensure that the practices used in your self-Ruqya are in accordance with the teachings and guidance of the Prophet (peace be upon him).

Avoiding Extremism

Be cautious of those who make claims or use practices that are not in accordance with Islamic teachings.