

Ruqyah رُقْيَة

WITH NIZAM · A PLAN

Evil eye relief

Fourteen days of focused ruqyah for the evil eye and envy — the Sunnah du'ās, recited water for drinking and washing, and the habits that protect you.

14 DAYS · TICK EACH ACTION AS YOU DO IT

Before you start

“The evil eye is real” (Bukhari, Muslim). This plan is for the 'ayn and ḥasad: recited water to drink and wash with, the specific du'ās, and cutting off what keeps re-inviting the eye. If you know who caused it, ask them to make ghusl for you as in the Sunnah — see the Evil eye article.

Safety: Keep any medical treatment going. If mood or sleep worsen, please speak to a doctor.

Medical first. Ruqyah runs alongside medical care, never instead of it. Not every illness is spiritual — please keep seeing your doctor.

Prepare

- ☐ Prepare a large container of recited water for drinking and washing (see Cures → Recited water)
- ☐ Reduce sharing of blessings publicly for the duration (photos, achievements, new purchases)

Every day

Drink recited water on an empty stomach · Morning

Morning and evening adhkār with the du'ās for the eye (A'ūdhu bi-kalimātillāhit-tāmmah..., Bismillāhi arqīk...) · Morning & evening

Recite the 'ayn/ḥasad ruqyah over yourself for 15 minutes — Fātiḥah, Kursī, al-Falaq ×7, al-Nās ×7, the Sunnah du'ās · Any time

Wash the face, hands and feet (or the whole body) with recited water · Evening

The three Quls ×3, blow and wipe; sleep on your right side in wudū' · Before sleep

The 14 days

DAY	DRINK RECITED WATER ON AN ...	MORNING AND EVENING ADHKĀR...	RECITE THE 'AYN/HASAD RUQY...	WASH THE FACE, HANDS AND F...	THE THREE QULS ×3, BLOW AN...	NOTES / REACTIONS
01	☐	☐	☐	☐	☐	
02	☐	☐	☐	☐	☐	
03	☐	☐	☐	☐	☐	
04	☐	☐	☐	☐	☐	
05	☐	☐	☐	☐	☐	
06	☐	☐	☐	☐	☐	
07	☐	☐	☐	☐	☐	One week in – check: is anything easier? Note it. Keep going even if nothing has changed yet.
08	☐	☐	☐	☐	☐	
09	☐	☐	☐	☐	☐	
10	☐	☐	☐	☐	☐	
11	☐	☐	☐	☐	☐	
12	☐	☐	☐	☐	☐	
13	☐	☐	☐	☐	☐	
14	☐	☐	☐	☐	☐	Fourteen days complete. If symptoms persist, book a consultation and keep the daily adhkār for life.

Ruqyah رُقْيَة

Track this plan on your phone at
ruqyahwithnizam.com/plans/evil-eye-relief — with reactions,
notes and the texts to recite, all in one place.

ruqyahwithnizam.com · [@ruqyahwithnizam](https://twitter.com/ruqyahwithnizam)

Everything here is free — only a scheduled consultation is paid.