

Ruqyah رُقْيَة

WITH NIZAM · A PLAN

Home purification

Seven days of spraying recited water in every room — the four corners of the ceiling and the floor — with Sūrat al-Baqarah playing in the home.

7 DAYS · TICK EACH ACTION AS YOU DO IT

Before you start

Shayāṭīn flee from a house in which al-Baqarah is recited (Muslim). This plan cleans the home: recited water sprayed in each room, daily, for seven days – plus removing what invites harm.

Safety: Use plain water only in the spray bottle. Do not spray on electrics.

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

Prepare

- ☐ Get a clean spray bottle and fill it with recited water (see Cures → Recited water)
- ☐ Have a recording of Sūrat al-Baqarah ready to play (or recite it yourself over the week)
- ☐ Remove pictures of living beings on walls, statues, and anything with talismans, symbols or amulets
- ☐ Clean and tidy the house – the angels do not enter a house with a dog or images, and cleanliness is part of the Sunnah

Every day

In every room: say Bismillāh, spray the four upper corners (ceiling), then the floor and corners ·

Morning

Play or recite Sūrat al-Baqarah in the home · Any time

Morning and evening adhkār (yourself and household) · Morning & evening

Before Maghrib: bring children in, close doors with Bismillāh, cover vessels, put out what should be put out (Sunnah of the evening) · Evening

Recite Kursī and the three Quls before sleep; sleep in wudū' · Before sleep

The 7 days

DAY	IN EVERY ROOM: SAY BISMILL...	PLAY OR RECITE SŪRAT AL-BA...	MORNING AND EVENING ADHKĀR...	BEFORE MAGHRIB: BRING CHIL...	RECITE KURSĪ AND THE THREE...	NOTES / REACTIONS
01	☐	☐	☐	☐	☐	
02	☐	☐	☐	☐	☐	
03	☐	☐	☐	☐	☐	
04	☐	☐	☐	☐	☐	
05	☐	☐	☐	☐	☐	
06	☐	☐	☐	☐	☐	
07	☐	☐	☐	☐	☐	Seven days complete. Keep al-Baqarah playing regularly (every three days is a good habit) and keep the home free of what invites harm.

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Track this plan on your phone at
ruqyahwithnizam.com/plans/home-purification — 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.