

Ruqyah رُقْيَة

WITH NIZAM · FOR RAQIS

The raqi manual

Ruqyah step by step for the one doing it — twelve steps, every verse in full, the situations you meet, the questions, the checklist.

FOR RAQIS, AND FOR THOSE TRAINING UNDER ONE

Before you begin

For raqis, and for those training under one. If you have never done ruqyah on another person, do not start alone – sit with someone experienced first. Ruqyah on yourself is always fine. Medical care comes first and continues alongside, always.

The rules we keep

Only Allah cures. You recite; He heals. Never take credit and never boast about a case.

Never ask a jinn about the future – it lies. Ask only what helps this patient.

Let jinn leave in batches. Never force every jinn out at once.

Keep the patient's dignity: consent, a mahram present for a woman, no touching beyond what ruqyah needs.

Stop and refer to a doctor when the signs are medical. Seizures, voices and mood changes are usually medical.

Nothing you say to a jinn may drift toward shirk. You do not bargain with it, you recite over it.

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01 Wudū' for everyone

Raqi, patient, and anyone helping.

Everyone in the room makes wudū' — the raqi, the patient, and whoever is assisting.

Phones on silent. A quiet room. Face the qiblah if you can.

If the patient cannot make wudū', ruqyah is still valid — cleanliness helps presence of heart.

02 Prepare recited water

Optional · in person · takes 15–20 minutes

Water, or Zamzam. Leave it uncovered in front of you.

Recite each passage below the number of times shown, blowing lightly into the water after each one.

Pour some into a spray bottle and some into a cup. The spray is used later; the cup for the patient to drink.

AL-FĀTIHAH 1:1-7 · ×11

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾

Bismillaahir Rahmaanir Raheem

In the name of Allah, the Entirely Merciful, the Especially Merciful.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾

Alhamdu lillaahi Rabbil 'aalameen

[All] praise is [due] to Allah, Lord of the worlds -

الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾

Ar-Rahmaanir-Raheem

The Entirely Merciful, the Especially Merciful,

مَلِكِ يَوْمِ الدِّينِ ﴿٤﴾

Maaliki Yawmid-Deen

Sovereign of the Day of Recompense.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾

Iyyaaka na'budu wa iyyaaka nasta'een

It is You we worship and You we ask for help.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾

Ihdinas-Siraatal-Mustaqeem

Guide us to the straight path -

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

Siraatal-lazeena an'amta 'alaihim ghayril-maghdoobi 'alaihim wa lad-daaalleen

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

AL-BAQARAH 2:1-3 · ×2

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾

Alif-Laaam-Meeem

Alif, Lam, Meem.

ذَٰلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ﴿٢﴾

Zaalikal Kitaabu laa raiba feeh; udal lilmuttaqeen

This is the Book about which there is no doubt, a guidance for those conscious of Allah -

الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾

Allazeena yu'minoona bilghaibi wa yuqeemoonas salaata wa mimmaa razaqnaahum yunfiqoon

Who believe in the unseen, establish prayer, and spend out of what We have provided for them,

AL-BAQARAH 2:102 · ×7 · TO "KAFARŪ"

وَاتَّبَعُوا مَا تَتْلُوا الشَّيْطَانُ عَلَىٰ مُلْكِ سُلَيْمَٰنَ ۖ وَمَا كَفَرَ سُلَيْمَٰنُ وَلَكِنَّ الشَّيْطَانَ كَفَرُوا يَعْلَمُونَ
النَّاسَ السِّحْرَ وَمَا أُنْزِلَ عَلَى الْمَلَكَيْنِ بِبَابِلَ هَارُوتَ وَمَارُوتَ ۚ وَمَا يُعَلِّمَانِ مِنْ أَحَدٍ حَتَّى يَقُولَا إِنَّمَا
نَحْنُ فِتْنَةٌ فَلَا تَكْفُرْ ۖ فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ ۚ وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ
أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ ۚ وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ وَلَا يَنْفَعُهُمْ ۚ وَلَقَدْ عَلِمُوا لَمَنِ اشْتَرَاهُ مَا لَهُ فِي الْآخِرَةِ
مِنْ خَلْقٍ ۚ وَلَبِئْسَ مَا شَرَوْا بِهِ أَنْفُسَهُمْ ۚ لَوْ كَانُوا يَعْلَمُونَ ﴿١٠٢﴾

Wattaba'oo maa tatlush Shayaateenu 'alaa mulki Sulaimaana wa maa kafara Sulaimaanu wa laakinnash
Shayattena kafaroo yu'al limoonan naasas sihra wa maaa unzila 'alal malakaini bi Baabila Haaroota wa Maaroot;
wa maa yu'allimaani min ahadin hattaa yaqoolaaa innamaa nahnu fitnatun falaa takfur fayata'al lamoona
minhumaa maa yufarriqoon bihee binal mar'i wa zawjih; wa maa hum bidaaarreena bihee min ahadin illaa bi-
iznillah; wa yata'allamoona maa yadurruhum wa laa yanfa'uhum; wa laqad 'alimoo lamanish taraahu maa lahoo
fil Aakhirati min khalaq; wa labi'sa maa sharaw biheee anfusahum; law kaanoo ya'lamoona

And they followed [instead] what the devils had recited during the reign of Solomon. It was not Solomon who disbelieved, but the devils disbelieved, teaching people magic and that which was revealed to the two angels at Babylon, Harut and Marut. But the two angels do not teach anyone unless they say, "We are a trial, so do not disbelieve [by practicing magic]." And [yet] they learn from them that by which they cause separation between a man and his wife. But they do not harm anyone through it except by permission of Allah. And the people learn what harms them and does not benefit them. But the Children of Israel certainly knew that whoever purchased the magic would not have in the Hereafter any share. And wretched is that for which they sold themselves, if they only knew.

AL-BAQARAH 2:163 · ×3

وَالْهُكْمُ إِلَهُ وَحْدٌ لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿163﴾

Wa ilaahukum illaahunw waahid, laaa ilaaha illaa Huwar Rahmaanur Raheem

And your god is one God. There is no deity [worthy of worship] except Him, the Entirely Merciful, the Especially Merciful.

ĀYAT AL-KURSĪ · AL-BAQARAH 2:255 · ×11

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ 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 السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿255﴾

﴿255﴾

Allahu laaa ilaaha illaa Huwal Haiyul Qaiyoom; laa taakhuzuhoo sinatunw wa laa nawm; lahoo maa fissaamaawaati wa maa fil ard; man zal lazee yashfa'u indahooo illaa bi-iznih; ya'lamu maa baina aydeehim wa mwww khalfahum wa laa yuheetoona bishai'im min 'ilmihee illaa bimaa shaaa'; wasi'a Kursiyyuhus samaawaati wal arda wa laa ya'oooduho hifzuhumaa; wa Huwal Aliyyul 'Azeem

Allah - there is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

ĀL 'IMRĀN 3:26 · ×3

قُلِ اللَّهُمَّ مَلِكُ الْمَلِكِ تُؤْتِي الْمَلِكَ مِنْ تَشَاءَ وَتَنْزِعُ الْمَلِكَ مِنْ تَشَاءَ وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿26﴾

Qulil laahumma Maalikal Mulki tu'til mulka man tashaaa'u wa tanzi'ulmulka mimman tashhaaa'u wa tu'izzu man tashhaaa'u wa tuzillu man tashhaaa'u biyadikal khairu innaka 'alaa kulli shai'in Qadeer

Say, "O Allah, Owner of Sovereignty, You give sovereignty to whom You will and You take sovereignty away from whom You will. You honor whom You will and You humble whom You will. In Your hand is [all] good. Indeed, You are over all things competent.

AL-A'RAF 7:54 · ×3 · TO "HATHITHA"

إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَىٰ عَلَى الْعَرْشِ يُغْشِي اللَّيْلَ
النَّهَارَ يُطَلِّبُهُ حَثِيثًا وَالشَّمْسَ وَالْقَمَرَ وَالنُّجُومَ مُسَخَّرَاتٍ بِأَمْرِهِ ۗ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ ۗ تَبَارَكَ اللَّهُ
رَبُّ الْعَالَمِينَ ﴿54﴾

*Inna Rabbakumul laahul lazee khalaqas sammaawaati wal arda fee sittati qiyaamin summmas tawaa 'alal 'arshi
yughshil lailan nahaara yatlu buhoo haseesanw washshamsa walqamara wannujooma musakhkharaatim bi
amrih; alaa laahul khalqu wal-amr; tabaarakal laahu Rabbul 'aalameen*

Indeed, your Lord is Allah, who created the heavens and earth in six days and then established Himself above the Throne. He covers the night with the day, [another night] chasing it rapidly; and [He created] the sun, the moon, and the stars, subjected by His command. Unquestionably, His is the creation and the command; blessed is Allah, Lord of the worlds.

AL-A'RĀF 7:117-122 · x11

* وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ أَلْقِ عَصَاكَ ۚ إِذَا هِيَ تَلْقَفُ مَا يَأْفِكُونَ ﴿١١٧﴾

Wa awhainaaa ilaa Moosaaa an alqi 'asaaka fa izaah hiya talqafu maa yaafikoon

And We inspired to Moses, "Throw your staff," and at once it devoured what they were falsifying.

فَوَقَعَ الْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ ﴿١١٨﴾

Fawaqa'al haqqu wa batala maa kaanoo ya'maloon

So the truth was established, and abolished was what they were doing.

فَغُلِبُوا هُنَالِكَ وَانْقَلَبُوا صَٰغِرِينَ ﴿١١٩﴾

Faghuliboo hunaalika wanqalaboo saaghireen

And Pharaoh and his people were overcome right there and became debased.

وَأُلْقِيَ السَّحَرَةُ سَٰجِدِينَ ﴿١٢٠﴾

Wa ulqiyas saharatu saajideen

And the magicians fell down in prostration [to Allah].

قَالُوا ءَامَنَّا بِرَبِّ الْعَالَمِينَ ﴿١٢١﴾

Qaaloo aamannaa bi Rabbil 'aalameen

They said, "We have believed in the Lord of the worlds,

رَبِّ مُوسَىٰ وَهَارُونَ ﴿١٢٢﴾

Rabbi Moosaa wa Haaroon

The Lord of Moses and Aaron."

YŪNUS 10:81-82 · ×11

فَلَمَّا أَلْقَوْا قَالَ مُوسَىٰ مَا جِئْتُمْ بِهِ السِّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ

﴿81﴾

Falammaaa alqaw qaala Moosaa maa ji'tum bihis sihru innal laaha sa yubtiluhoo innal laaha laa yuslihu 'amalal mufsideen

And when they had thrown, Moses said, "What you have brought is [only] magic. Indeed, Allah will expose its worthlessness. Indeed, Allah does not amend the work of corrupters.

وَيُحَقِّقُ اللَّهُ الْحَقَّ بِكَلِمَتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ ﴿82﴾

Wa yuhiqqul laahul haqqa bi Kalimaatihee wa law karihal mujrimoon

And Allah will establish the truth by His words, even if the criminals dislike it."

TĀ HĀ 20:68-70 · ×7

قُلْنَا لَا تَخَفْ إِنَّكَ أَنْتَ الْأَعْلَىٰ ﴿68﴾

Qulnaa laa takhaf innaka antal a'laa

Allah said, "Fear not. Indeed, it is you who are superior.

وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفْ مَا صَنَعُوا إِنَّمَا صَنَعُوا كَيْدٌ سِحْرٌ وَلَا يُفْلِحُ السَّاحِرُ حَيْثُ أَتَىٰ ﴿69﴾

Wa alqi maa fee yamee nika talqaf maa sana'oo; innamaa sana'oo kaidu saahir; wa laa yuflihus saahiru haisu ataa

And throw what is in your right hand; it will swallow up what they have crafted. What they have crafted is but the trick of a magician, and the magician will not succeed wherever he is."

فَأَلْقَى السَّحَرَةُ سُجَّدًا قَالُوا ءَامَنَّا بِرَبِّ هَارُونَ وَمُوسَىٰ ﴿70﴾

Fa ulqiyas saharatu sujjadan qaalooo aamannaa bi Rabbi Haaroona wa Moosa

So the magicians fell down in prostration. They said, "We have believed in the Lord of Aaron and Moses."

AL-MU'MINŪN 23:97-98 · ×7

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ﴿97﴾

Wa qur Rabbi a'oozu bika min hamazaatish Shayaateen

And say, "My Lord, I seek refuge in You from the incitements of the devils,

وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُوا ﴿98﴾

Wa a'oozu bika Rabbi ai-yahduroon

And I seek refuge in You, my Lord, lest they be present with me."

AL-MU'MINŪN 23:115-116 · ×7

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿١١٥﴾

Afahsibtum annamaa khalaqnaakum 'abasanw wa annakum ilainaa laa turja'oon

Then did you think that We created you uselessly and that to Us you would not be returned?"

فَتَعَلَىٰ اللَّهُ الْمَلِكُ الْحَقُّ ۚ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ﴿١١٦﴾

Fata'aalal laahul Malikul Haqq; laaa ilaaha illaa Huwa Rabbul 'Arshil Kareem

So exalted is Allah, the Sovereign, the Truth; there is no deity except Him, Lord of the Noble Throne.

ADH-DHĀRIYĀT 51:56 · ×7

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ ﴿٥٦﴾

Wa maa khalaqtul jinna wal insa illaa liya'budoon

And I did not create the jinn and mankind except to worship Me.

AŞ-ŞĀFFĀT 37:1-7 · ×11

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَالصَّفِّ صَفًّا ﴿١﴾

Wassaaaffaati saffaa

By those [angels] lined up in rows

فَالزَّجْرِ زَجْرًا ﴿٢﴾

Fazzaajiraati zajraa

And those who drive [the clouds]

فَالْتَلَيْتِ ذِكْرًا ﴿٣﴾

Fattaaliyaati Zikra

And those who recite the message,

إِنَّ إِلَهُكُمْ لَوَاحِدٌ ﴿٤﴾

Inna Illaahakum la Waahid

Indeed, your God is One,

رَبُّ السَّمَوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ الْمَشْرِقِ ﴿٥﴾

Rabbus samaawaati wal ardi wa maa bainahumaa wa Rabbul mashaariq

Lord of the heavens and the earth and that between them and Lord of the sunrises.

إِنَّا زَيْنَّا السَّمَاءَ الدُّنْيَا بِزِينَةِ الْكَوَاكِبِ ﴿٦﴾

Innaa zaiyannas samaaa 'ad dunyaa bizeenatinil kawaakib

Indeed, We have adorned the nearest heaven with an adornment of stars

وَحِفْظًا مِّنْ كُلِّ شَيْطَانٍ مَّارِدٍ ﴿٧﴾

Wa hifzam min kulli Shaitaanim maarid

And as protection against every rebellious devil

AZ-ZUKHRUF 43:1 · ×11

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ هَمْ ﴿١﴾

Haa-Meeem

Ha, Meem.

AD-DUKHĀN 44:48 · ×11 · FROM "ṢUBBŪ"

﴿48﴾ ثُمَّ صُبُّوا فَوْقَ رَأْسِهِ مِنْ عَذَابِ الْحَمِيمِ

Summa subboo fawqa raasihee min 'azaabil hameem

Then pour over his head from the torment of scalding water."

AL-HASHR 59:21 · ×2

لَوْ أَنزَلْنَاهُ هَذَا الْقُرْآنَ عَلَىٰ جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُّتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ ۚ وَتِلْكَ الْأَمْثَلُ نَضْرِبُهَا
لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿21﴾

*Law anzalnaa haazal quraana 'alaa jabilil lara aytahoo khashi'am muta saddi'am min khashiyatil laah; wa tilkal
amsaalu nadribuhaa linnaasi la'allahum yatafakkaroon*

If We had sent down this Qur'an upon a mountain, you would have seen it humbled and coming apart from fear of Allah. And these examples We present to the people that perhaps they will give thought.

AL-JINN 72:1-8 · ×7

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أُوحِيَ إِلَيَّ أَنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوا إِنَّا سَمِعْنَا قُرْءَانًا عَجَبًا ﴿١﴾

Qul oohiya ilaiya anna hustama'a nafarum minal jininni faqaalooo innaa sami'naa quraanan 'ajabaa

Say, [O Muhammad], "It has been revealed to me that a group of the jinn listened and said, 'Indeed, we have heard an amazing Qur'an.

يَهْدِي إِلَى الرُّشْدِ فَآمَنَّا بِهِ ۖ وَلَن تُشْرِكَ بِرَبِّنَا أَحَدًا ﴿٢﴾

Yahdeeee ilar rushdi fa aamannaa bihee wa lan nushrika bi rabbinaaa ahadaa

It guides to the right course, and we have believed in it. And we will never associate with our Lord anyone.

وَأَنَّهُ تَعَالَىٰ جَدُّ رَبِّنَا مَا اتَّخَذَ صُحْبَةً وَلَا وَلَدًا ﴿٣﴾

Wa annahoo Ta'aalaa jaddu Rabbinaa mat takhaza saahibatanw wa la waladaa

And [it teaches] that exalted is the nobleness of our Lord; He has not taken a wife or a son

وَأَنَّهُ كَانَ يَقُولُ سَفِيهُنَا عَلَى اللَّهِ شَطَطًا ﴿٤﴾

Wa annahoo kaana yaqoolu safeehunaa 'alal laahi shatataa

And that our foolish one has been saying about Allah an excessive transgression.

وَأَنَا ظَنَنَّا أَن لَّنْ تَقُولَ الْإِنسُ وَالْجِنُّ عَلَى اللَّهِ كَذِبًا ﴿٥﴾

Wa annaa zanannaaa al lan taqoolal insu wal jinnu 'alal laahi kazibaa

And we had thought that mankind and the jinn would never speak about Allah a lie.

وَأَنَّهُ كَانَ رِجَالٌ مِّنَ الْإِنسِ يَعُوذُونَ بِرِجَالٍ مِّنَ الْجِنِّ فَزَادُوهُمْ رَهَقًا ﴿٦﴾

Wa annahoo kaana rijaa lum minal insi ya'oozoona birijaalim minal jinni fazaa doohum rahaqaa

And there were men from mankind who sought refuge in men from the jinn, so they [only] increased them in burden.

وَأَنَّهُمْ ظَنُّوا كَمَا ظَنَنْتُمْ أَن لَّنْ يَبْعَثَ اللَّهُ أَحَدًا ﴿٧﴾

Wa annahum zannoo kamaa zanantum al lany yab'asal laahu ahadaa

And they had thought, as you thought, that Allah would never send anyone [as a messenger].

وَأَنَا لَمَسْنَا السَّمَاءَ فَوَجَدْنَاهَا مُلْتَأَةً حَرِّبًا شَدِيدًا وَشُهُبًا ﴿٨﴾

Wa annaa lamasnas sa maaa'a fa wajadnaahaa muli'at harasan shadeedanw wa shuhubaa

And we have sought [to reach] the heaven but found it filled with powerful guards and burning flames.

AL-IKHLĀṢ 112:1-4 · ×7

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾

Qul huwal laahu ahad

Say, "He is Allah, [who is] One,

اللَّهُ الصَّمَدُ ﴿٢﴾

Allah hus-samad

Allah, the Eternal Refuge.

لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾

Lam yalid wa lam yoolad

He neither begets nor is born,

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

Wa lam yakul-lahu kufuwan ahad

Nor is there to Him any equivalent."

AL-FALAQ 113:1-5 · ×7

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿1﴾

Qul a'uzoo bi rabbil-falaq

Say, "I seek refuge in the Lord of daybreak

مِنْ شَرِّ مَا خَلَقَ ﴿2﴾

Min sharri ma khalaq

From the evil of that which He created

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿3﴾

Wa min sharri ghasiqin iza waqab

And from the evil of darkness when it settles

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿4﴾

Wa min sharrin-naffaa-thaati fil 'uqad

And from the evil of the blowers in knots

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿5﴾

Wa min shar ri haasidin iza hasad

And from the evil of an envier when he envies."

AN-NĀS 114:1-6 · ×7

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾

Qul a'uzu birabbin naas

Say, "I seek refuge in the Lord of mankind,

مَلِكِ النَّاسِ ﴿٢﴾

Malikin naas

The Sovereign of mankind.

إِلَهِ النَّاسِ ﴿٣﴾

Ilaahin naas

The God of mankind,

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾

Min sharriil was waasil khannaas

From the evil of the retreating whisperer -

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾

Al lazee yuwas wisu fee sudoorin naas

Who whispers [evil] into the breasts of mankind -

مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Minal jinnati wan naas

From among the jinn and mankind."

Optional • The "lā ilāha illallāh" verses: Āl 'Imrān 3:2 · Āl 'Imrān 3:6 · Āl 'Imrān 3:18 · An-Nisā' 4:87 · Al-An'ām 6:102 · Al-An'ām 6:106 · Al-A'rāf 7:158 · At-Tawbah 9:31 · At-Tawbah 9:129 · Hūd 11:14 · Ar-Ra'd 13:30 · Ṭā Hā 20:8 · Ṭā Hā 20:98 · 23:116 · An-Naml 27:26 · Al-Qaṣaṣ 28:70 · Al-Qaṣaṣ 28:88 · Fāṭir 35:3 · Az-Zumar 39:6 · Ghāfir 40:3 · Ghāfir 40:62 · Ghāfir 40:65 · Ad-Dukhān 44:8 · Al-Ḥaṣhr 59:22-24 · At-Taghābun 64:13 · Al-Muzzammil 73:9

Optional • For jinn: Al-Aḥqāf 46:29-32 · Ar-Raḥmān 55:33-35 · Qāf 50:19

03 Sit with the patient

Optional · in person

Sit close. If it is fitting (a man with a man, a woman with a woman, or with a mahram present), the raqi may hold the patient's hand or place a hand on the head.

Explain what will happen in one or two sentences so the patient is not frightened by their own reactions.

04 Intention

Two things, said in the heart or aloud.

The goal: "I intend ruqyah to break this sihr and to remove whatever jinn is harming this person, by Allah's permission."

The source of cure: only Allah cures. You are reciting His words; the healing is His alone.

Keep this with you through the session. A raqi who feels superior has already lost the plot.

The goal: I intend ruqyah to break this sihr and remove the harm from this person, by Allah's permission.

The source: Only Allah cures. I recite; He heals. I take no credit for what follows.

05 Protection and cure du'ās

Ten du'ās, in Arabic where you can.

Say each the number of times shown. They protect you and the patient and open the ruqyah properly.

Tap a du'ā to see it in full – Arabic, transliteration and meaning.

REFUGE IN ALLAH, THE ALL-HEARING · ×3 · ABŪ DĀWŪD 775

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ، مِنْ هَمْزِهِ وَنَفْخِهِ وَنَفْثِهِ

A'ūdhu billāhis-Samī'il-'Alīm minash-shayṭānir-rajīm, min hamzihi wa nafkhihi wa nafthih

I seek refuge in Allah, the All-Hearing, the All-Knowing, from the accursed Shayṭān – from his madness, his pride and his poetry.

THE PERFECT WORDS OF ALLAH · ×3 · BUKHĀRĪ 3371

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

A'ūdhu bi-kalimātillāhit-tāmmāti min kullī shayṭānin wa hāmmah, wa min kullī 'aynin lāmmah

I seek refuge in the perfect words of Allah from every devil and every poisonous creature, and from every evil eye.

IN THE NAME OF ALLAH, WITH WHOSE NAME NOTHING HARMS · ×3 · ABŪ DĀWŪD 5088

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillāhil-ladhī lā yaḍurru ma'asmihi shay'un fil-arḍi wa lā fis-samā'i wa Huwas-Samī'ul-'Alīm

In the name of Allah, with whose name nothing on earth or in the heavens can harm – and He is the All-Hearing, the All-Knowing.

IN THE NAME OF ALLAH I RECITE OVER YOU · ×3 · MUSLIM 2186 · IBN MĀJAH 3523

بِسْمِ اللَّهِ أَرْقِيكَ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِسْمِ اللَّهِ أَرْقِيكَ

Bismillāhi arqīk, min kullī shay'in yu'dhīk, min sharri kullī nafsin aw 'aynin ḥāsīd, Allāhu yashfīk, bismillāhi arqīk

In the name of Allah I recite over you, from everything that harms you, from the evil of every soul or envious eye – may Allah heal you; in the name of Allah I recite over you.

BISMILLĀH · ×3 · —

بِسْمِ اللَّهِ

Bismillāh

In the name of Allah.

O ALLAH, LORD OF THE PEOPLE, REMOVE THE HARM · ×3 (OR 7) · BUKHĀRĪ 5743

اللَّهُمَّ رَبَّ النَّاسِ، أَذْهِبِ الْبَأْسَ، اشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ، شِفَاءٌ لَا يُغَادِرُ
سَقَمًا

Allāhumma Rabban-nās, adhhibil-ba's, ishfi antash-Shāfi, lā shifā'a illā shifā'uk, shifā'an lā yughādiru saqamā

O Allah, Lord of the people, remove the harm and heal — You are the Healer; there is no healing but Yours, a healing that leaves no illness behind.

THE DU'Ā OF DISTRESS · ×3 · BUKHĀRĪ 6346

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ
وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

Lā ilāha illallāhu l-'Aẓimul-Ḥalīm, lā ilāha illallāhu Rabbul-'arshil-'aẓīm, lā ilāha illallāhu Rabbus-samāwāti wa Rabbul-arḍi wa Rabbul-'arshil-karīm

There is no god but Allah, the Magnificent, the Forbearing. There is no god but Allah, Lord of the mighty Throne. There is no god but Allah, Lord of the heavens, Lord of the earth, Lord of the noble Throne.

ALLAH IS SUFFICIENT FOR ME · ×3 · ABŪ DĀWŪD 5081 · AT-TAWBAH 9:129

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Ḥasbiyallāhu lā ilāha illā Huwa, 'alayhi tawakkaltu wa Huwa Rabbul-'arshil-'aẓīm

Allah is sufficient for me; there is no god but Him. In Him I place my trust, and He is Lord of the mighty Throne.

ṢALĀH ON THE PROPHET 1× · ۞ · MUSLIM 406

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ

Allāhumma ṣalli 'alā Muḥammadin wa 'alā āli Muḥammad, kamā ṣallayta 'alā Ibrāhīma wa 'alā āli Ibrāhīm, innaka Ḥamīdun Majīd

O Allah, send blessings upon Muḥammad and the family of Muḥammad, as You sent blessings upon Ibrāhīm and the family of Ibrāhīm; You are Praiseworthy, Glorious.

AL-A'RĀF 7:196 · ×1

﴿196﴾ إِنَّ وَلِيَّيَ اللَّهِ الَّذِي نَزَّلَ الْكِتَابَ ۖ وَهُوَ يَتَوَلَّى الصَّالِحِينَ

Inna waliyyial laahul lazee nazzalal Kitaaba wa Huwa yatawallas saaliheen

Indeed, my protector is Allah, who has sent down the Book; and He is an ally to the righteous.

06 Open the ruqyah

The core verses, in Arabic, always.

Al-Fātiḥah once. Āyat al-Kursī 7, 11, 21 or 41 times — you choose by the case. Then the three Quls, three times each.

Add from the optional list as the case needs; one recitation each is enough.

AL-FĀTIHAH 1:1-7 · ×1

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾

Bismillaahir Rahmaanir Raheem

In the name of Allah, the Entirely Merciful, the Especially Merciful.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾

Alhamdu lillaahi Rabbil 'aalameen

[All] praise is [due] to Allah, Lord of the worlds -

الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾

Ar-Rahmaanir-Raheem

The Entirely Merciful, the Especially Merciful,

مَلِكِ يَوْمِ الدِّينِ ﴿٤﴾

Maaliki Yawmid-Deen

Sovereign of the Day of Recompense.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾

Iyyaaka na'budu wa iyyaaka nasta'een

It is You we worship and You we ask for help.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾

Ihdinas-Siraatal-Mustaqeem

Guide us to the straight path -

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

Siraatal-lazeena an'amta 'alaihim ghayril-maghdoobi 'alaihim wa lad-daaalleen

The path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray.

ĀYAT AL-KURSĪ · AL-BAQARAH 2:255 · ×7

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ 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 السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

﴿255﴾

Allahu laaa ilaaha illaa Huwal Haiyul Qaiyoom; laa taakhuzuhoo sinatunw wa laa nawm; lahoo maa fissamaawaati wa maa fil ard; man zal lazee yashfa'u indahooo illaa bi-iznih; ya'lamu maa baina aydeehim wa maww khalfahum wa laa yuheetoona bishai'im min 'ilmihee illaa bimaa shaaa'; wasi'a Kursiyyuhus samaawaati wal arda wa laa ya'ooduho hifzuhumaa; wa Huwal Aliyyul 'Azeem

Allah - there is no deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is [presently] before them and what will be after them, and they encompass not a thing of His knowledge except for what He wills. His Kursi extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.

AL-IKHLĀS 112:1-4 · ×3

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ هُوَ اللَّهُ أَحَدٌ ﴿1﴾

Qul huwal laahu ahad

Say, "He is Allah, [who is] One,

اللَّهُ الصَّمَدُ ﴿2﴾

Allah hus-samad

Allah, the Eternal Refuge.

لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿3﴾

Lam yalid wa lam yoolad

He neither begets nor is born,

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿4﴾

Wa lam yakul-lahu kufuwan ahad

Nor is there to Him any equivalent."

AL-FALAQ 113:1-5 · ×3

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾

Qul a'uzoo bi rabbil-falaq

Say, "I seek refuge in the Lord of daybreak

مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾

Min sharri ma khalaq

From the evil of that which He created

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾

Wa min sharri ghasiqin iza waqab

And from the evil of darkness when it settles

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾

Wa min sharrin-naffaa-thaati fil 'uqad

And from the evil of the blowers in knots

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Wa min shar ri haasidin iza hasad

And from the evil of an envier when he envies."

AN-NĀS 114:1-6 · ×3

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾

Qul a'uzu birabbin naas

Say, "I seek refuge in the Lord of mankind,

مَلِكِ النَّاسِ ﴿٢﴾

Malikin naas

The Sovereign of mankind.

إِلَهِ النَّاسِ ﴿٣﴾

Ilaahin naas

The God of mankind,

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾

Min sharriil was waasil khannaas

From the evil of the retreating whisperer -

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾

Al lazee yuwas wisu fee sudoorin naas

Who whispers [evil] into the breasts of mankind -

مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Minal jinnati wan naas

From among the jinn and mankind."

Optional · Add as needed, once each: Al-Baqarah 2:1-5 · Al-Baqarah 2:102 · Al-Baqarah 2:137 · Al-Baqarah 2:284-286 · Āl 'Imrān 3:1-5 · Āl 'Imrān 3:85 · Āl 'Imrān 3:173-174 · Al-An'ām 6:1-7 · Al-A'rāf 7:54-56 · Al-A'rāf 7:117-119 · Yūnus 10:79-82 · Al-Isrā' 17:82 · Al-Kahf 18:39 · Ṭā Hā 20:65-69 · Al-Mu'minūn 23:115-118 · Yā Sīn 36:1-9 · Ghāfir 40:1-3 · Al-Aḥqāf 46:29-32 · Ar-Raḥmān 55:33-35 · Al-Ḥashr 59:21-24 · Al-Mulk 67:1-4 · Al-Qalam 68:51-52 · Al-Jinn 72:1-9

07 Call the jinn

Recite until there are signs.

Recite these four, over and over, watching the patient.

Signs: twitching, shaking hands, head movement, shivering, sounds, a change in the eyes or voice.

No signs after a good while? That is information too — not every case is a jinn. Continue the ruqyah as a whole and reassess.

AL-BAQARAH 2:148 · REPEAT AS NEEDED

وَلِكُلِّ وُجْهَةٍ هُوَ مُوَلِّيهَا فَاسْتَبِقُوا الْخَيْرَاتِ ۚ إِنَّمَا تَكُونُونَ يَٰٓأَيُّهَا اللَّهُ جَمِيعًا ۚ إِنَّ اللَّهَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿١٤٨﴾

Wa likullinw wijhatun huwa muwalleehee fastabiqul khairaat; ayna maa takoonoo yaati bikumullaahu jamee'aa; innal laaha 'alaa kulli shai'in qadeer

For each [religious following] is a direction toward which it faces. So race to [all that is] good. Wherever you may be, Allah will bring you forth [for judgement] all together. Indeed, Allah is over all things competent.

AN-NAML 27:30-31 · REPEAT AS NEEDED

إِنَّهُ مِن سُلَيْمَانَ وَإِنَّهُ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿٣٠﴾

Innahoo min Sulaimaana wa innahoo bismil laahir Rahmanir Raheem

Indeed, it is from Solomon, and indeed, it reads: 'In the name of Allah, the Entirely Merciful, the Especially Merciful,

أَلَّا تَعْلُوا عَلَيَّ وَأْتُونِي مُسْلِمِينَ ﴿٣١﴾

Allaa ta'loo 'alaiya waa toonee muslimheen

Be not haughty with me but come to me in submission [as Muslims].' "

AŞ-ŞĀFFĀT 37:158 · REPEAT AS NEEDED

﴿158﴾ وَجَعَلُوا بَيْنَهُ وَبَيْنَ الْجِنَّةِ نَسَبًا وَلَقَدْ عَلِمَتِ الْجِنَّةُ إِنَّهُمْ لَمُحْضَرُونَ

Wa ja'aloo bainahoo wa bainal jinnati nasabaa; wa laqad 'alimatil jinnatu innahum lamuhdaroon

And they have claimed between Him and the jinn a lineage, but the jinn have already known that they [who made such claims] will be brought to [punishment].

YĀ SĪN 36:32 · REPEAT AS NEEDED

﴿32﴾ وَإِنْ كُلُّ لَمَّا جَمِيعٌ لَدَيْنَا مُحْضَرُونَ

Wa in kullul lammaa jamee'ul-ladainaa muhdaroon

And indeed, all of them will yet be brought present before Us.

08 Speak to the jinn

Ask for the chief. Keep control.

Ask to speak to the chief – the others follow it. If it is not the chief: tell it to step back and call the chief, and recite 2:148.

Speak calmly and briefly. You are not there to converse; you are there to finish the ruqyah.

If the jinn It is mute

AR-RAḤMĀN 55:1-5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾

The Most Merciful

عَلَّمَ الْقُرْآنَ ﴿٢﴾

Taught the Qur'an,

خَلَقَ الْإِنْسَانَ ﴿٣﴾

Created man,

عَلَّمَهُ الْبَيَانَ ﴿٤﴾

[And] taught him eloquence.

الشَّمْسُ وَالْقَمَرُ بِحُسْبَانٍ ﴿٥﴾

The sun and the moon [move] by precise calculation,

If the jinn It will not, or cannot, speak

FUṢṢILAT 41:21

وَقَالُوا لَجُلُودِهِمْ لَمْ شَهِدْتُمْ عَلَيْنَا قَالُوا أَنْطَقَنَا اللَّهُ الَّذِي أَنْطَقَ كُلَّ شَيْءٍ وَهُوَ خَلَقَكُمْ أَوَّلَ مَرَّةٍ وَإِلَيْهِ تُرْجَعُونَ ﴿٢١﴾

And they will say to their skins, "Why have you testified against us?" They will say, "We were made to speak by Allah, who has made everything speak; and He created you the first time, and to Him you are returned.

AL-FALAQ 113:4

وَمِنْ شَرِّ النَّفَّاثِ فِي الْعُقَدِ ﴿٤﴾

And from the evil of the blowers in knots

AŞ-ŞĀFFĀT 37:92

مَا لَكُمْ لَا تَنْطِقُونَ ﴿٩٢﴾

What is [wrong] with you that you do not speak?"

TĀ HĀ 20:27-28

وَأَحْلُلْ عُقْدَةً مِّن لِّسَانِي ﴿٢٧﴾

And untie the knot from my tongue

يَفْقَهُوا قَوْلِي ﴿٢٨﴾

That they may understand my speech.

ADH-DHĀRIYĀT 51:23

فَوَرَبِّ السَّمَاءِ وَالْأَرْضِ إِنَّهُ لَحَقٌّ مِّثْلَ مَا أَنَّكُمْ تَنْطِقُونَ ﴿٢٣﴾

Then by the Lord of the heaven and earth, indeed, it is truth - just as [sure as] it is that you are speaking.

If the jinn It is violent, or threatens to tell the sorcerer

AL-FURQĀN 25:45

أَلَمْ تَرَ إِلَىٰ رَبِّكَ كَيْفَ مَدَّ الظِّلَّ وَلَوْ شَاءَ لَجَعَلَهُ سَاكِنًا ثُمَّ جَعَلْنَا الشَّمْسَ عَلَيْهِ دَلِيلًا ﴿٤٥﴾

Have you not considered your Lord - how He extends the shadow, and if He willed, He could have made it stationary? Then We made the sun for it an indication.

AL-HĀQQAH 69:30-32

خُذُوهُ فَغُلُّوهُ ﴿30﴾

[Allah will say], "Seize him and shackle him.

ثُمَّ اجْبِمْ صَلُّوهُ ﴿31﴾

Then into Hellfire drive him.

ثُمَّ فِي سِلْسِلَةٍ ذَرْعُهَا سَبْعُونَ ذِرَاعًا فَاسْلُكُوهُ ﴿32﴾

Then into a chain whose length is seventy cubits insert him."

AL-AN'ĀM 6:13

* وَلَهُ مَا سَكَنَ فِي الْإِيلِ وَالنَّهَارِ وَهُوَ السَّمِيعُ الْعَلِيمُ ﴿13﴾

And to Him belongs that which reposes by night and by day, and He is the Hearing, the Knowing.

09 Call it to Islam

Introduce Allah, then Islam, then the shahādah.

If it is not Muslim, call it to Islam — plainly, without bargaining.

The shahādah three times, index finger raised: “Ashhadu an lā ilāha illallāh, wa ashhadu anna Muḥammadan rasūlullāh. Allāhu akbar.”

If it lies about accepting Islam, recite 4:145 and continue.

If the jinn It does not know Allah

AZ-ZUMAR 39:62-63

اللَّهُ خَلَقَ كُلَّ شَيْءٍ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ وَكِيلٌ ﴿٦٢﴾

Allah is the Creator of all things, and He is, over all things, Disposer of affairs.

لَهُ مَقَالِيدُ السَّمَوَاتِ وَالْأَرْضِ ۚ وَالَّذِينَ كَفَرُوا بِآيَاتِ اللَّهِ أُولَٰئِكَ هُمُ الْخَاسِرُونَ ﴿٦٣﴾

To Him belong the keys of the heavens and the earth. And they who disbelieve in the verses of Allah - it is those who are the losers.

AN-NŪR 24:35

* اللَّهُ نُورُ السَّمَوَاتِ 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 عَلَىٰ نُورٍ ۚ يَهْدِي اللَّهُ لِنُورِهِ ۚ مَنْ يَشَاءُ ۚ وَيَضْرِبُ اللَّهُ الْأَمْثَلَ لِلنَّاسِ ۚ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ ﴿٣٥﴾

Allah is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides to His light whom He wills. And Allah presents examples for the people, and Allah is Knowing of all things.

AL-BAQARAH 2:257

اللَّهُ وَلِيُّ الَّذِينَ ءَامَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ ۚ وَالَّذِينَ كَفَرُوا أَوْلِيَائُهُمُ الطُّغُوتُ يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى الظُّلُمَاتِ ۚ أُولَٰئِكَ أَصْحَابُ النَّارِ ۖ هُمْ فِيهَا خَالِدُونَ ﴿257﴾

Allah is the ally of those who believe. He brings them out from darknesses into the light. And those who disbelieve - their allies are Taghut. They take them out of the light into darknesses. Those are the companions of the Fire; they will abide eternally therein.

If the jinn It does not know Islam

ĀL 'IMRĀN 3:19

إِنَّ الدِّينَ عِنْدَ اللَّهِ الْإِسْلَامُ ۚ وَمَا اخْتَلَفَ الَّذِينَ أُوتُوا الْكِتَابَ إِلَّا مِن بَعْدِ مَا جَاءَهُمُ الْعِلْمُ بَغْيًا ۚ بَيْنَهُمْ ۚ وَمَن يَكْفُرْ بآيَاتِ اللَّهِ فَإِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ﴿19﴾

Indeed, the religion in the sight of Allah is Islam. And those who were given the Scripture did not differ except after knowledge had come to them - out of jealous animosity between themselves. And whoever disbelieves in the verses of Allah, then indeed, Allah is swift in [taking] account.

ADH-DHĀRIYĀT 51:56

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنسَ إِلَّا لِيَعْبُدُونِ ﴿56﴾

And I did not create the jinn and mankind except to worship Me.

AL-AN'ĀM 6:162-163

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ ﴿162﴾

Say, "Indeed, my prayer, my rites of sacrifice, my living and my dying are for Allah, Lord of the worlds.

لَا شَرِيكَ لَهُ ۚ وَبِذَلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ ﴿163﴾

No partner has He. And this I have been commanded, and I am the first [among you] of the Muslims."

If the jinn It says a pact with the magician binds it

AT-TAWBAH 9:1

بَرَاءَةٌ مِّنَ اللَّهِ وَرَسُولِهِ إِلَى الَّذِينَ عَاهَدْتُم مِّنَ الْمُشْرِكِينَ ﴿١﴾

[This is a declaration of] disassociation, from Allah and His Messenger, to those with whom you had made a treaty among the polytheists.

If the jinn It lies about accepting Islam

AN-NISĀ' 4:145

إِنَّ الْمُنَافِقِينَ فِي الدَّرَكِ الْأَسْفَلِ مِنَ النَّارِ وَلَنْ تَجِدَ لَهُمْ نَصِيرًا ﴿١٤٥﴾

Indeed, the hypocrites will be in the lowest depths of the Fire - and never will you find for them a helper -

10 Question the jinn

Only what helps this patient.

Use the question sheet – tap each question as you ask it and note the answer.

Never ask about the future. Never ask about things unrelated to this patient. Nothing that edges toward shirk.

11 Find and destroy the sihr

Do not let it leave before the sihr is gone.

A jinn sent to guard sihr cannot leave until the sihr is destroyed. Do not let it go early.

To help it find the sihr, recite 50:22.

While it destroys the sihr – by its own hands, or as you spray the recited water – recite the passages below.

TO FIND IT · QĀF 50:22 · REPEAT AS NEEDED

لَقَدْ كُنْتَ فِي غَفْلَةٍ مِّنْ هَٰذَا فَكَشَفْنَا عَنْكَ غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ ﴿٢٢﴾

Laqad kunta fee ghaf latim min haazaa fakashafnaa 'anka ghitaaa'aka fabasarukal yawma hadeed

[It will be said], "You were certainly in unmindfulness of this, and We have removed from you your cover, so your sight, this Day, is sharp."

YŪNUS 10:81 · REPEAT AS NEEDED

فَلَمَّا أَتَوْا قَالِ مُوسَىٰ مَا جِئْتُمْ بِهِ السِّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ الْمُفْسِدِينَ ﴿٨١﴾

﴿81﴾

Falammaa alqaw qaala Moosaa maa ji'tum bihis sihru innal laaha sa yubtiluhoo innal laaha laa yuslihu 'amalal mufsideen

And when they had thrown, Moses said, "What you have brought is [only] magic. Indeed, Allah will expose its worthlessness. Indeed, Allah does not amend the work of corrupters.

AL-HASHR 59:21 · REPEAT AS NEEDED

لَوْ أَنزَلْنَاهُ هَٰذَا الْقُرْآنَ عَلَىٰ جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُّتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثُلُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٢١﴾

Law anzalnaa haazal quraana 'alaa jabilil lara aytahoo khashi'am muta saddi'am min khashiyatil laah; wa tilkal amsaalu nadribuhaa linnaasi la'allahum yatafakkaroon

If We had sent down this Qur'an upon a mountain, you would have seen it humbled and coming apart from fear of Allah. And these examples We present to the people that perhaps they will give thought.

AL-ANBIYĀ' 21:30 · REPEAT AS NEEDED

أَوَلَمْ يَرِ الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا ۖ وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ أَفَلَا يُؤْمِنُونَ ﴿30﴾

Awalam yaral lazeena kafarooo annas samaawaati wal arda kaanataa ratqan faftaqnaahumaa wa ja'alnaa minal maaa'i kulla shai'in haiyin afalaa yu'minoon

Have those who disbelieved not considered that the heavens and the earth were a joined entity, and We separated them and made from water every living thing? Then will they not believe?

AL-FURQĀN 25:23 · REPEAT AS NEEDED

وَقَدِمْنَا إِلَىٰ مَا عَمِلُوا مِنْ عَمَلٍ فَجَعَلْنَاهُ هَبَاءً مَّنْثُورًا ﴿23﴾

Wa qadimnaaa ilaa maa 'amiloo min 'amalin faja'alnaahu habaaa'am mansooraa

And We will regard what they have done of deeds and make them as dust dispersed.

AL-ANFĀL 8:11 · REPEAT AS NEEDED

إِذْ يَغْشِيكُمْ النُّعَاسُ أَمَنَةً مِّنْهُ وَيُنْزِلُ عَلَيْكُمْ مِّنَ السَّمَاءِ مَاءً لِّيُطَهِّرَ كُمْ بِهِ ۖ وَيُذْهِبَ عَنْكُمْ رِجْزَ الشَّيْطَانِ وَلِيَرْبِطَ عَلَىٰ قُلُوبِكُمْ وَيُثَبِّتَ بِهِ الْأَقْدَامَ ﴿11﴾

Iz yughashsheekumun nu'assa amanatam minhu wa yunazzilu 'alaikum minas samaaa'i maaa'al liyutah hirakum bihee wa yuzhiba 'ankum rijzash Shaitaani wa liyarbita 'ala quloobikum wa yusabbita bihil aqdaam

[Remember] when He overwhelmed you with drowsiness [giving] security from Him and sent down upon you from the sky, rain by which to purify you and remove from you the evil [suggestions] of Satan and to make steadfast your hearts and plant firmly thereby your feet.

AN-NAHL 16:26 · REPEAT AS NEEDED

قَدْ مَكَرَ الَّذِينَ مِنْ قَبْلِهِمْ فَأَتَى اللَّهُ بُنْيَانَهُمْ مِنَ الْقَوَاعِدِ فَخَرَّ عَلَيْهِمُ السَّقْفُ مِنْ فَوْقِهِمْ وَأَتَاهُمُ الْعَذَابُ مِنْ حَيْثُ لَا يَشْعُرُونَ ﴿26﴾

Qad makaral lazeena min qablihim fa atal laahu bunyaa nahum minal qawaa'idi fakharra 'alaihimus saqfu min fawqihim wa ataahumul 'azaabu min haisu laa yash'uroon

Those before them had already plotted, but Allah came at their building from the foundations, so the roof fell upon them from above them, and the punishment came to them from where they did not perceive.

AT-TAWBAH 9:1 · REPEAT AS NEEDED

بَرَاءَةٌ مِّنَ اللَّهِ وَرَسُولِهِ إِلَى الَّذِينَ عَاهَدْتُم مِّنَ الْمُشْرِكِينَ ﴿١﴾

Baraaa'atum minal laahi wa Rasooliheee ilal lazeena 'anhattum minal mushrikeen

[This is a declaration of] disassociation, from Allah and His Messenger, to those with whom you had made a treaty among the polytheists.

12 Let the jinn leave

In batches. Never all at once.

Once it has accepted Islam and the sihr is gone, let it leave. Ask how many will leave now — batches are normal.

Tell it to go to Makkah, and to leave with salām.

Never recite 6:45 to force every jinn out at once. Forcing many out together can seriously harm the patient.

Never. Never force all the jinn out at once (never recite 6:45 for this). Batches, always.

If the jinn It does not know where to go

Ask if it can fly to Makkah; if not, ask Allah together to give it wings.

AR-RŪM 30:47

وَلَقَدْ أَرْسَلْنَا مِنْ قَبْلِكَ رُسُلًا إِلَىٰ قَوْمِهِمْ فَجَاءَهُمْ بِالْبَيِّنَاتِ فَأَتَقَمْنَا مِنَ الَّذِينَ أَجْرُمُوا ۖ وَكَانَ حَقًّا عَلَيْنَا نَصْرُ الْمُؤْمِنِينَ ﴿٤٧﴾

And We have already sent messengers before you to their peoples, and they came to them with clear evidences; then We took retribution from those who committed crimes, and incumbent upon Us was support of the believers.

If the jinn It asks where it can live and what it can eat

AL-HIJR 15:21

وَإِنْ مِنْ شَيْءٍ إِلَّا عِنْدَنَا خَزَائِنُهُ وَمَا نُنْزِلُهُ إِلَّا بِقَدَرٍ مَعْلُومٍ ﴿٢١﴾

And there is not a thing but that with Us are its depositories, and We do not send it down except according to a known measure.

If the jinn It will not leave

AZ-ZALZALAH 99:1-2

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ إِذَا زُلْزِلَتِ الْأَرْضُ زِلْزَالَهَا ﴿١﴾

When the earth is shaken with its [final] earthquake

وَأَخْرَجَتِ الْأَرْضُ أَثْقَالَهَا ﴿٢﴾

And the earth discharges its burdens

FĀṬĪR 35:36-38

وَالَّذِينَ كَفَرُوا لَهُمْ نَارُ جَهَنَّمَ لَا يُقْضَىٰ عَلَيْهِمْ فَيَمُوتُوا وَلَا يُخَفَّفُ عَنْهُمْ مِنْ عَذَابِهَا ۚ كَذَٰلِكَ نَجْزِي
كُلَّ كَافُورٍ ﴿٣٦﴾

And for those who disbelieve will be the fire of Hell. [Death] is not decreed for them so they may die, nor will its torment be lightened for them. Thus do we recompense every ungrateful one.

وَهُمْ يَصْطَرِخُونَ فِيهَا رَبَّنَا أَخْرِجْنَا نَعْمَلْ صَالِحًا غَيْرَ الَّذِي كُنَّا نَعْمَلُ ۖ أَوَلَمْ نُعَمِّرْكُم مَّا يَتَذَكَّرُ فِيهِ
مَنْ تَذَكَّرَ وَجَاءَكُمُ النَّذِيرُ فَذُوقُوا فَمَا لِلظَّالِمِينَ مِنْ نَصِيرٍ ﴿٣٧﴾

And they will cry out therein, "Our Lord, remove us; we will do righteousness - other than what we were doing!" But did We not grant you life enough for whoever would remember therein to remember, and the warner had come to you? So taste [the punishment], for there is not for the wrongdoers any helper.

إِنَّ اللَّهَ عِلْمُ غَيْبِ السَّمَوَاتِ وَالْأَرْضِ ۚ إِنَّهُ عَلِيمٌ بِذَاتِ الصُّدُورِ ﴿٣٨﴾

Indeed, Allah is Knower of the unseen [aspects] of the heavens and earth. Indeed, He is Knowing of that within the breasts.

If the jinn It still refuses

AN-NAML 27:30-31

إِنَّهُ مِنْ سُلَيْمَانَ وَإِنَّهُ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿٣٠﴾

Indeed, it is from Solomon, and indeed, it reads: 'In the name of Allah, the Entirely Merciful, the Especially Merciful,

أَلَّا تَعْلُوا عَلَيَّ وَأْتُونِي مُسْلِمِينَ ﴿٣١﴾

Be not haughty with me but come to me in submission [as Muslims].' "

YĀ SĪN 36:82

إِنَّمَا أَمْرُهُ إِذَا أَرَادَ شَيْئًا أَنْ يَقُولَ لَهُ كُنْ فَيَكُونُ ﴿٨٢﴾

His command is only when He intends a thing that He says to it, "Be," and it is.

AR-RŪM 30:47

وَلَقَدْ أَرْسَلْنَا مِنْ قَبْلِكَ رُسُلًا إِلَىٰ قَوْمِهِمْ فَجَاءَهُمْ بِالْبَيِّنَاتِ فَأَتَقَمْنَا مِنَ الَّذِينَ أَجْرُمُوا^ط وَكَانَ حَقًّا عَلَيْنَا نَصْرُ الْمُؤْمِنِينَ ﴿٤٧﴾

And We have already sent messengers before you to their peoples, and they came to them with clear evidences; then We took retribution from those who committed crimes, and incumbent upon Us was support of the believers.

AN-NISĀ' 4:76

الَّذِينَ ءَامَنُوا يُقَاتِلُونَ فِي سَبِيلِ اللَّهِ^ط وَالَّذِينَ كَفَرُوا يُقَاتِلُونَ فِي سَبِيلِ الطَّاغُوتِ فَقَاتِلُوا أَوْلِيَاءَ الشَّيْطَانِ^ط إِنَّ كَيْدَ الشَّيْطَانِ كَانَ ضَعِيفًا ﴿٧٦﴾

Those who believe fight in the cause of Allah, and those who disbelieve fight in the cause of Taghut. So fight against the allies of Satan. Indeed, the plot of Satan has ever been weak.

If the jinn It fears being killed if it leaves

AL-ISRĀ' 17:45

وَإِذَا قَرَأْتَ الْقُرْآنَ جَعَلْنَا بَيْنَكَ وَبَيْنَ الَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ حِجَابًا مَّسْتُورًا ﴿٤٥﴾

And when you recite the Qur'an, We put between you and those who do not believe in the Hereafter a concealed partition.

If the jinn It fears the sorcerer

AR-RŪM 30:47

وَلَقَدْ أَرْسَلْنَا مِنْ قَبْلِكَ رُسُلًا إِلَىٰ قَوْمِهِمْ فَجَاءَهُمْ بِالْبَيِّنَاتِ فَأَنْتَقَمْنَا مِنَ الَّذِينَ أَجْرُمُوهُوَ كَانَ حَقًّا عَلَيْنَا نَصْرُ الْمُؤْمِنِينَ ﴿٤٧﴾

And We have already sent messengers before you to their peoples, and they came to them with clear evidences; then We took retribution from those who committed crimes, and incumbent upon Us was support of the believers.

AL-AḤZĀB 33:3

وَتَوَكَّلْ عَلَى اللَّهِ ۚ وَكَفَىٰ بِاللَّهِ وَكِيلًا ﴿٣﴾

And rely upon Allah; and sufficient is Allah as Disposer of affairs.

If the jinn It leaves and comes back in later sessions

The sihr is being renewed. Repeat the ruqyah, keep the patient on daily self-ruqyah and a plan, and make du'ā against the one renewing it — Allah is the one who deals with them.

If the jinn...

IF THE JINN	RECITE
is lying, or trying to fool you	Āl 'Imrān 3:61 · An-Nisā' 4:145
says you are lying	Al-Isrā' 17:81
tries to run away	Al-Insān 76:4 · Aş-Şaffāt 37:24–26 · Aṭ-Ṭāriq 86:8–17 — Then Āyat al-Kursī ×7, intending to hold it in the left leg.
asks who you are	Al-A'rāf 7:196
asks you to free its family	Al-Baqarah 2:148
says its family was killed	Ar-Rūm 30:17–19
dislikes its shape	Ar-Rūm 30:30
claims to be a king or a chief	Āl 'Imrān 3:26 · Şād 38:20
is burning and uncomfortable	Al-Anbiyā' 21:69 — Only if you do not intend it to burn.
is strong and challenges you	Yā Sīn 36:82
cannot stay calm	Yā Sīn 36:58 · Al-Faḥ 48:4
is a 'lover' jinn	Ar-Rūm 30:21
is very old and weak	Subḥānal-Malikil-Quddūs
has sacrifices or offerings — cancel them	Al-An'ām 6:162–163
takes orders from Shayṭān	Fāṭir 35:6 · Ibrāhīm 14:22
is forgetful	Al-Fātiḥah 1:1–7 · Al-Faḥ 48:4 · At-Tīn 95:4
is stubborn and would rather go to Hell	Yā Sīn 36:63–64 · Fāṭir 35:36–38
needs to be shown Paradise	An-Naba' 78:31–36
is mute	Ar-Raḥmān 55:1–5
will not, or cannot, speak	Fuṣṣilat 41:21 · Al-Falaq 113:4 · Aş-Şaffāt 37:92 · Ṭā Hā 20:27–28 · Adh-Dhāriyāt 51:23

IF THE JINN	RECITE
is violent, or threatens to tell the sorcerer	Al-Furqān 25:45 · Al-Ḥāqqah 69:30–32 · Al-An'ām 6:13
does not know Allah	Az-Zumar 39:62–63 · An-Nūr 24:35 · Al-Baqarah 2:257
does not know Islam	Āl 'Imrān 3:19 · Adh-Dhāriyāt 51:56 · Al-An'ām 6:162–163
says a pact with the magician binds it	At-Tawbah 9:1
lies about accepting Islam	An-Nisā' 4:145
cannot find the sihr	Qāf 50:22
is destroying the sihr — recite meanwhile	Yūnus 10:81 · Al-Ḥashr 59:21 · Al-Anbiyā' 21:30 · Al-Furqān 25:23 · Al-Anfāl 8:11 · An-Naḥl 16:26 · At-Tawbah 9:1
does not know where to go	Ar-Rūm 30:47 — Ask if it can fly to Makkah; if not, ask Allah together to give it wings.
asks where it can live and what it can eat	Al-Ḥijr 15:21
will not leave	Az-Zalzalah 99:1–2 · Fāṭir 35:36–38
still refuses to leave	An-Naml 27:30–31 · Yā Sīn 36:82 · Ar-Rūm 30:47 · An-Nisā' 4:76
fears being killed if it leaves	Al-Isrā' 17:45
fears the sorcerer	Ar-Rūm 30:47 · Al-Aḥzāb 33:3

The question sheet

Never ask about the future — a jinn lies. · Only what helps this patient. Nothing else. · Nothing that edges toward shirk. You do not bargain; you recite.

About the jinn

- ☐ How many jinn are in this person's body?
- ☐ What is your job here? (e.g. to break the marriage)
- ☐ Do all of you have the same job, or different ones?
- ☐ When were you sent?
- ☐ Were you all sent at once, or at different times?
- ☐ When exactly did you enter the body?
- ☐ Where are you from?
- ☐ Are you here temporarily or permanently?
- ☐ How long have you been in this body?
- ☐ Where in the body do you live?
- ☐ Do all of you live in the same place, or different parts?
- ☐ Are there other jinn outside, watching?
- ☐ Do you belong to the magician, or were you forced?

About the sender

- ☐ Who sent you?
- ☐ One person, or several?
- ☐ How many people did sihr on this person?
- ☐ Did the sender do it themselves, or hire a magician?
- ☐ Why did they send you?
- ☐ Does the sender do sihr often?
- ☐ When did the sender first do sihr?
- ☐ How many times has sihr been done to this person?
- ☐ How many times in total?

- ☐ Are they planning more?

About the magician

- ☐ How many magicians?
- ☐ Where are they from?
- ☐ Does the magician check on your progress?

About the sihr itself

- ☐ How many pieces of sihr are there?
- ☐ Where is it?
- ☐ Describe it (a doll with needles, buried hair, a knot, a paper, in water...)
- ☐ Can you destroy all of it?

About others

- ☐ Are people close to this person also affected by the sihr?

Checklist & safety

Before anyone arrives

- ☐ You have made wudū' and prayed two rak'ahs if you can.
- ☐ You are not alone with a patient of the opposite sex; a mahram is present.
- ☐ The room is quiet, phones are on silent, water and a spray bottle are ready.
- ☐ You know the nearest medical help and have the patient's emergency contact.

Medical first — ask the patient

- ☐ Any diagnosed condition? Epilepsy, heart problems, diabetes, asthma?
- ☐ Any medication? (Never advise stopping it.)
- ☐ Pregnant, or possibly pregnant?
- ☐ Seen a doctor about these symptoms? If not, ask them to — alongside, not instead.
- ☐ Any history of seizures, fainting, or psychiatric care?

Consent and expectations

- ☐ The patient (or guardian) agrees to ruqyah and knows what may happen: crying, shaking, heat, sleep, nothing at all.
- ☐ You have said plainly: only Allah cures; ruqyah is not a guarantee, and it is free.
- ☐ The patient knows they can stop at any point.

During the session — stop and refer if

- ☐ A seizure lasts more than a few minutes, or the patient injures themselves.
- ☐ Breathing difficulty, chest pain, or loss of consciousness that does not pass.
- ☐ The patient asks to stop.
- ☐ Nothing about the case fits spiritual illness — refer to a doctor kindly and clearly.

After

- ☐ Give a plan: daily self-ruqyah, recited water and oil, the morning and evening adhkār.

- ☐ Write your notes while it is fresh.
- ☐ Book a follow-up if needed. Never promise a cure.

Red flags — for us

Charging for ruqyah. You may charge for your time in a scheduled consultation, and accept a gift freely given — never a price on ruqyah, never 'the more you pay, the stronger it works'.

Talismans, amulets, papers to carry or bury. Nothing worn, hung, buried or burned. If your hand reaches for one, you have left ruqyah.

Asking the patient's mother's name, star sign, or for a personal item. These are the tools of the magician, not the raqi.

Being alone with a woman, or asking her to remove hijab or clothing. Never. A mahram present, always; recite over the clothes.

Words you cannot explain. Only the Quran, the Sunnah du'ās, and Arabic or your language that both of you understand.

Telling a patient to stop medication, or to stop seeing doctors. This has killed people. Medicine first, ruqyah alongside.

Diagnosing sihr or jinn in every case, or before you have heard the patient. Most illness is medical. Listen first; be slow to name a cause.

Boasting, secrecy, or 'only I can do this'. Only Allah cures. Anyone can recite. Teach the patient self-ruqyah on the first day.

Bargaining with a jinn, or asking it about the future. You recite over it. You do not make deals, and you do not believe what it says about what is to come.

Striking the patient. Beating 'to hurt the jinn' hurts the patient. It is not ruqyah.

Ruqyah رُقْيَة

The live manual, with counters and session mode, is at
ruqyahwithnizam.com/raqis — free, as everything here is.

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