

Ruqyah رُقْيَة

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General ruqyah

16 passages of the Quran, gathered for this purpose — Arabic, transliteration and Sahih International translation.

الرقية العامة

THE SHORT CORE SET OF 16 PASSAGES FOR A GENERAL RUQYAH.

How to use this set

Make wudū', sit somewhere quiet, and begin with *A'ūdhu billāhi minash-shayṭānir-rajīm* and *Bismillāh*.

Recite clearly and with presence of heart. You need not finish the whole set in one sitting — consistency over quantity.

Blow lightly into your palms and wipe over the head, face and body, or recite over water and oil.

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

Ruqyah itself is always free at Ruqyah with Nizam. Text of the Quran: Uthmani script; translation: Sahih International. Please report any typo to us so it can be corrected.

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿1﴾

Bismillaahir Rahmaanir Raheem

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

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿2﴾

Alhamdu lillaahi Rabbil 'aalameen

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

الرَّحْمَنِ الرَّحِيمِ ﴿3﴾

Ar-Rahmaanir-Raheem

The Entirely Merciful, the Especially Merciful,

مَلِكِ يَوْمِ الدِّينِ ﴿4﴾

Maaliki Yawmid-Deen

Sovereign of the Day of Recompense.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿5﴾

Iyyaaka na'budu wa Iyyaaka nasta'een

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

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿6﴾

Ihdinas-Siraatal-Mustaqeem

Guide us to the straight path -

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿7﴾

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.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الم ﴿1﴾

Alif-Laaam-Meeem

Alif, Lam, Meem.

ذَٰلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ ﴿2﴾

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 ﴿3﴾

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,

وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنْزِلَ إِلَيْكَ وَمَا أُنْزِلَ مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿4﴾

Wallazeena yu'minoona bimaa unzila ilaika wa maaa unzila min qablika wa bil Aakhirati hum yooqinoon

And who believe in what has been revealed to you, [O Muhammad], and what was revealed before you, and of the Hereafter they are certain [in faith].

أُولَٰئِكَ عَلَىٰ هُدًى مِّن رَّبِّهِمْ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿5﴾

Ulaaa'ika 'alaa hudam mir rabbihim wa ulaaa'ika humul muflihoon

Those are upon [right] guidance from their Lord, and it is those who are the successful.

وَالْهُدَىٰ إِلَهُ ۖ وَحْدَهُ 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.

إِنَّ فِي خَلْقِ السَّمَوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ وَالْفُلْكِ الَّتِي تَجْرِي فِي الْبَحْرِ بِمَا يَنْفَعُ
النَّاسَ وَمَا أَنْزَلَ اللَّهُ مِنَ السَّمَاءِ مِنْ مَّاءٍ فَأَحْيَا بِهِ الْأَرْضَ بَعْدَ مَوْتِهَا وَبَثَّ فِيهَا مِنْ كُلِّ دَابَّةٍ
وَتَصْرِيفِ الرِّيْحِ وَالسَّحَابِ الْمُسَخَّرِ بَيْنَ السَّمَاءِ وَالْأَرْضِ لَآيَاتٍ لِقَوْمٍ يَعْقِلُونَ ﴿164﴾

*Inna fee khalqis samaawaati wal ardi wakhtilaafil laili wannahaari walfulkil latee tajree fil hahri bimaa
yanfa'unnaasa wa maaa anzalal laahu minas samaaa'i mim maaa'in fa ahyaa bihil arda ba'da mawtihaa wa bas
sa feehaa min kulli daabbatinw wa tasreefir riyaaahi wassahaabil musakhkhari bainas samaaa'i wal ardi la
aayaatil liqawminy ya'qiloon*

Indeed, in the creation of the heavens and earth, and the alternation of the night and the day, and the [great] ships which sail through the sea with that which benefits people, and what Allah has sent down from the heavens of rain, giving life thereby to the earth after its lifelessness and dispersing therein every [kind of] moving creature, and [His] directing of the winds and the clouds controlled between the heaven and the earth are signs for a people who use reason.

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﴾

*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
mww 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.

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ ۚ وَالْمُؤْمِنُونَ ۚ كُلُّ ءَامِنٍ بِاللَّهِ وَمَلَكَاتِهِ ۚ وَكُتُبِهِ ۚ وَرُسُلِهِ ۚ لَا
نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿285﴾

*Aamanar-Rasoolu bimaana unzila ilaihi mir-Rabbihee walmu'minoon; kullun aamana billaahi wa Malaaa'ikathihee
wa Kutubhihee wa Rusulih laa nufarriqu baina ahadim-mir-Rusulihee wa qaaloo sami'naa wa ata'naa
ghufraanaka Rabbanaa wa ilaikal-maseer*

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination."

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۚ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ
أَخْطَأْنَا ۚ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا
بِهِ ۚ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿286﴾

*Laa yukalliful-laahu nafsan illaa wus'ahaa; lahaa maa kasabat wa 'alaihaa maktasabat; Rabbanaa la
tu'aakhiznaa in naseenaaa aw akhtaanaa; Rabbanaa wa laa tahmil-'alainaaa isran kamaa hamaltahoo 'alal-
lazeena min qablinaa; Rabbanaa wa laa tuhammilnaa maa laa taaqata lanaa bih wa'fu 'annaa waghfir lanaa
warhamnaa; Anta mawlaanaa fansurnaa 'alal qawmil kaafireen*

Allah does not charge a soul except [with that within] its capacity. It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned. "Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people."

شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ وَالْمَلَائِكَةُ وَأُولُوا الْعِلْمِ قَائِمًا بِالْقِسْطِ ۚ لَا إِلَهَ إِلَّا هُوَ الْعَزِيزُ الْحَكِيمُ ﴿18﴾

*Shahidal laahu annahoo laa ilaaha illaa Huwa walmalaaa'ikatu wa ulul 'ilmi qaaa'imam bilqist; laaa ilaaha illaa
Huwal 'Azeezul Hakeem*

Allah witnesses that there is no deity except Him, and [so do] the angels and those of knowledge - [that He is] maintaining [creation] in justice. There is no deity except Him, the Exalted in Might, the Wise.

إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَىٰ عَلَى الْعَرْشِ يُغْشَىٰ اللَّيْلَ
النَّهَارَ يَطْلُبُهُ حَثِيثًا وَالشَّمْسُ وَالْقَمَرُ وَالنُّجُومُ مُسَخَّرَاتٌ 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.

أَدْعُوا رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً ۚ إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ ﴿55﴾

Ud'oo Rabbakum tadarru'anw wa khufyah; innahoo laa yuhibbul mu'tadeen

Call upon your Lord in humility and privately; indeed, He does not like transgressors.

وَلَا تُفْسِدُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا وَادْعُوهُ خَوْفًا وَطَمَعًا ۚ إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِّنَ الْمُحْسِنِينَ ﴿56﴾

*Wa laa tufsidoo fil ardi ba'da islaahihaa wad'obhu khawfanw wa tama'aa; inna rahmatal laahi qareebum minal
muhsineen*

And cause not corruption upon the earth after its reformation. And invoke Him in fear and aspiration. Indeed, the mercy of Allah is near to the doers of good.

أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿115﴾

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 ﴿116﴾

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.

وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ

﴿117﴾

*Wa mai yad'u ma'allaahi ilaahan aakhara laa burhaana lahoo bihee fa innnamaa hisaabuhoo 'inda Rabbih;
innahoo laa yuflihul kaafiroon*

And whoever invokes besides Allah another deity for which he has no proof - then his account is only with his Lord. Indeed, the disbelievers will not succeed.

وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّحِيمِينَ ﴿118﴾

Wa qur Rabbigh fir warham wa Anta khairur raahimeen

And, [O Muhammad], say, "My Lord, forgive and have mercy, and You are the best of the merciful."

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالصَّفِّ صَفًّا ﴿1﴾

Wassaaaaffaati saffaa

By those [angels] lined up in rows

فَالزَّجْرِ زَجْرًا ﴿2﴾

Fazzaajiraati zajraa

And those who drive [the clouds]

فَأَتْلَيْتَ ذِكْرًا ﴿3﴾

Fattaaliyaati Zikra

And those who recite the message,

إِنَّ إِلَهُكُمْ لَوَاحِدٌ ﴿4﴾

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

لَّا يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَىٰ وَيُقَذَّفُونَ مِنْ كُلِّ جَانِبٍ ﴿٨﴾

Laa yassamma 'oona ilal mala il a'ala wa yuqzafoona min kulli jaanib

[So] they may not listen to the exalted assembly [of angels] and are pelted from every side,

دُحُورًا ۖ وَلَهُمْ عَذَابٌ وَاصِبٌ ﴿٩﴾

Duhooranw wa lahum 'azaabunw waasib

Repelled; and for them is a constant punishment,

إِلَّا مَنْ خَطِفَ الْخَطْفَةَ فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ ﴿١٠﴾

Illaa man khatifal khatfata fa atba'ahoo shihaabun saaqib

Except one who snatches [some words] by theft, but they are pursued by a burning flame, piercing [in brightness].

يَمْعَشَرُ الْجِنَّ وَالْإِنْسَ إِنِ اسْتَطَعْتُمْ أَنْ تَنْفُذُوا مِنْ أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ فَانْفُذُوا ۚ لَا تَنْفُذُونَ إِلَّا بِسُلْطَنِ ﴿٣٣﴾

Yaa ma'sharal jinni wal insi inis tata'tum an tanfuzoo min aqtaaris samaawaati wal ardi fanfuzoo; laa tanfuzoona illaa bisultaan

O company of jinn and mankind, if you are able to pass beyond the regions of the heavens and the earth, then pass. You will not pass except by authority [from Allah].

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٤﴾

Fabi ayyi aalaaa'i Rabbikumaa tukazzibaan.

So which of the favors of your Lord would you deny?

يُرْسَلُ عَلَيْكُمَا شُوَاظٌ مِّنْ نَّارٍ وَنُحَاسٌ فَلَا تَنْتَصِرَانِ ﴿٣٥﴾

Yursalu 'alaikumaa shuwaazum min naarifiw-wa nuhaasun falaa tansasiraan

There will be sent upon you a flame of fire and smoke, and you will not defend yourselves.

فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٦﴾

Fabi ayyi aalaaa'i Rabbikumaa tukazzibaan.

So which of the favors of your Lord would you deny?

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

Law anzalnaa haazal quraana 'alaa jabiliil 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.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عِلْمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ﴿22﴾

Huwal-laahul-lazee laaa Ilaaha illaa Huwa 'Aalimul Ghaibi wash-shahaada; Huwar Rahmaanur-Raheem

He is Allah, other than whom there is no deity, Knower of the unseen and the witnessed. He is the Entirely Merciful, the Especially Merciful.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ ﴿23﴾

Huwal-laahul-lazee laaa Ilaaha illaa Huwal-Malikul Quddoosus-Salaamul Muminul Muhaiminul-'aAzeezul Jabbaarul-Mutakabbir; Subhaanal laahi 'Ammay yushrikoon

He is Allah, other than whom there is no deity, the Sovereign, the Pure, the Perfection, the Bestower of Faith, the Overseer, the Exalted in Might, the Compeller, the Superior. Exalted is Allah above whatever they associate with Him.

هُوَ اللَّهُ الْخَلِيقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿24﴾

Huwal Laahul Khaaliqul Baari 'ul Musawwir; lahul Asmaaa'ul Husnaa; yusabbihu lahoo maa fis samaawaati wal ardi wa Huwal 'Azeezul Hakeem

He is Allah, the Creator, the Inventor, the Fashioner; to Him belong the best names. Whatever is in the heavens and earth is exalting Him. And He is the Exalted in Might, the Wise.

وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لِيُزْلِقُونَكَ بِأَبْصَرِهِمْ مَا سَمِعُوا الذِّكْرَ وَيَقُولُونَ إِنَّهُ لَمَجْنُونٌ ﴿51﴾

Wa iny-yakaadul lazeena kafaroo la-yuzliqoonaka biabsaarihim lammaa saml'uz-Zikra wa yaqooloon innahoo lamajnoon

And indeed, those who disbelieve would almost make you slip with their eyes when they hear the message, and they say, "Indeed, he is mad."

وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ ﴿52﴾

Wa maa huwa illaa zikrul lil'aalameen

But it is not except a reminder to the worlds.

وَأَنَّهُ تَعَالَى 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

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."

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾

Qul a'uzoo bi rabbil-falaq

Say, "I seek refuge in the Lord of daybreak

﴿2﴾ مِنْ شَرِّ مَا خَلَقَ

Min sharri ma khalaq

From the evil of that which He created

﴿3﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ

Wa min sharri ghasiqin iza waqab

And from the evil of darkness when it settles

﴿4﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

Wa min sharrin-naffaa-thaati fil 'uqad

And from the evil of the blowers in knots

﴿5﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Wa min shar ri haasidin iza hasad

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿1﴾ قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Qul a'uzu birabbin naas

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

﴿2﴾ مَلِكِ النَّاسِ

Malikin naas

The Sovereign of mankind.

﴿3﴾ إِلَهِ النَّاسِ

Ilaahin naas

The God of mankind,

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾

Min sharriil was waasil khannaas

From the evil of the retreating whisperer -

الَّذِي يُوَسْوِسُ 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."

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