

Ruqyah رُقْيَة

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Mountains

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

الجبال

"VERSES SEVERE ON THE REBELLIOUS JINN (MARADAH), THE SERVANTS OF SIHR AND THE KINGS OF THE JINN, ON JINN WHO DWELL IN MOUNTAINS AND ON THOSE WHO PLACE SIHR ON M

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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وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ أَرِنِي كَيْفَ تُحْيِي الْمَوْتَىٰ ۖ قَالَ أَوْ لَمْ تُؤْمِنْ ۖ قَالَ بَلَىٰ وَلَكِن لِّيَطْمَئِنَّ قَلْبِي ۖ
 قَالَ فَخُذْ أَرْبَعَةً مِّنَ الطَّيْرِ فَصُرْهُنَّ إِلَيْكَ ثُمَّ أَجْعَلْ عَلَىٰ كُلِّ جَبَلٍ مِّنْهُنَّ جُزْءًا ثُمَّ ادْعُهُنَّ يَأْتِينَكَ
 سَعْيًا ۚ وَاعْلَمْ أَنَّ اللَّهَ عَزِيزٌ حَكِيمٌ ﴿260﴾

*Wa iz qaala Ibraaheemu Rabbi arinee kaifa tuhyil mawtaa qaala awa lam tu'min qaala balaa wa laakil liyatma'inna
 qalbee qaala fakhuz arab'atam minal tairi fasurhunna ilaika summaj 'al a'ala kulli jabalim minhunna juz'an
 sumaad 'uhunna yaateenaka sa'yaa; wa'lam annal laaha 'Azeezun Hakeem*

And [mention] when Abraham said, "My Lord, show me how You give life to the dead." [Allah] said, "Have you not believed?" He said, "Yes, but [I ask] only that my heart may be satisfied." [Allah] said, "Take four birds and commit them to yourself. Then [after slaughtering them] put on each hill a portion of them; then call them - they will come [flying] to you in haste. And know that Allah is Exalted in Might and Wise."

وَاذْكُرُوا إِذْ جَعَلَكُمْ خُلَفَاءَ مِن بَعْدِ عَادٍ وَبَوَّأَكُمْ فِي الْأَرْضِ تَتَّخِذُونَ مِنْ سَهُولِهَا قُصُورًا وَتَنْحِتُونَ
 الْجِبَالَ بُيُوتًا ۖ فَادْكُرُوا ءَالَ اللَّهِ وَلَا تَعْتَوْا فِي الْأَرْضِ مُفْسِدِينَ ﴿74﴾

*Wazkkurooo iz ja'alakum khulafaaa'a mim ba'di 'Aadinw wa bawwa akum fil ardi tattakhizoon min suhoolihaa
 qusooranw wa tanhitoonal jibaala buyootan fazkurooo aalaaa'al laahi wa laa ta'saw fil ardi mufsideen*

And remember when He made you successors after the 'Aad and settled you in the land, [and] you take for yourselves palaces from its plains and carve from the mountains, homes. Then remember the favors of Allah and do not commit abuse on the earth, spreading corruption."

وَلَمَّا جَاءَ مُوسَىٰ لِمِيقَاتِنَا وَكَلَّمَهُ رَبُّهُ قَالَ رَبِّ أَرِنِي أَنْظُرْ إِلَيْكَ ۚ قَالَ لَنْ تَرَنِي وَلَكِنْ أَنْظُرْ إِلَى الْجَبَلِ فَإِنِ اسْتَقَرَّ مَكَانَهُ فَسَوْفَ تَرَنِي ۚ فَلَمَّا تَجَلَّىٰ رَبُّهُ لِلْجَبَلِ جَعَلَهُ دَكًّا وَخَرَّ مُوسَىٰ صَعِقًا ۚ فَلَمَّا أَفَاقَ قَالَ سُبْحَنكَ تُبُّ إِلَيْكَ وَأَنَا أَوَّلُ الْمُؤْمِنِينَ ﴿١٤٣﴾

Wa lammaa jaaa'a Moosa limeeqaatinaa wa kallamahoo Rabbuhoo qaala Rabbi arineee anzur ilaik; qaala lan taraanee wa laakininzur ilal jabali fa inistaqarra makaanahoo faswfa taraanee; falammaa tajallaa Rabbuhoo liljabali ja'alahoo dakkanw wa kharra Moosaa sa'iqaa; falammaaa afaaqa qaala Subhaanaka tubtu ilaika wa ana awwalul mu'mineen

And when Moses arrived at Our appointed time and his Lord spoke to him, he said, "My Lord, show me [Yourself] that I may look at You." [Allah] said, "You will not see Me, but look at the mountain; if it should remain in place, then you will see Me." But when his Lord appeared to the mountain, He rendered it level, and Moses fell unconscious. And when he awoke, he said, "Exalted are You! I have repented to You, and I am the first of the believers."

* وَإِذْ نَتَقْنَا الْجَبَلَ فَوْقَهُمْ كَأَنَّهُ ظُلَّةٌ وَظَنُوا أَنَّهُ وَاقِعٌ بِهِمْ خُذُوا مَا آتَيْنَكُمْ بِقُوَّةٍ وَاذْكُرُوا مَا فِيهِ لَعَلَّكُمْ تَتَّقُونَ ﴿١٧١﴾

Wa iz nataqnal jabala fawqahum ka annahoo zullatunw wa zannooo annahoo waaqi'um bihim khuzoo maaa aatainaakum biquwwatinw wazkuroo maa feehi la'allakum tattaqoon

And [mention] when We raised the mountain above them as if it was a dark cloud and they were certain that it would fall upon them, [and Allah said], "Take what We have given you with determination and remember what is in it that you might fear Allah."

وَهِيَ تَجْرِي بِهِمْ فِي مَوْجٍ كَالْجِبَالِ وَنَادَىٰ نُوحٌ ابْنَهُ وَكَانَ فِي مَعْزِلٍ يَبْنِ أَرْكَبَ مَعَنَا وَلَا تَكُن مَعَ الْكَافِرِينَ ﴿٤٢﴾

Wa hiya tajree bihim fee mawjin kaljibaali wa naadaa Noohunib nahoo wa kaana fee ma'ziliny yaa bunai yarkam ma'anaa wa laa takum ma'al kaafireen

And it sailed with them through waves like mountains, and Noah called to his son who was apart [from them], "O my son, come aboard with us and be not with the disbelievers."

قَالَ سَأُوۡىٓ إِلَىٰ جَبَلٍۭ يَّعِصِمُنِي مِنَ الْمَآءِ ۖ قَالَ لَا عَاصِمَ الْيَوْمَ مِنْ أَمْرِ اللَّهِ إِلَّا مِنْ رَّحِمٍ ۖ وَحَالَ
بَيْنَهُمَا الْمَوْجُ فَكَانَ مِنَ الْمَغْرِقِينَ ﴿٤٣﴾

*Qaala sa aaweee ilaa jabaliny ya'simune minal maaa'; qaala laa 'aasimal yawma min amril laahi illaa mar rahim;
wa haala bainahumal mawju fakaana minal mughraqueen*

[But] he said, "I will take refuge on a mountain to protect me from the water." [Noah] said, "There is no protector today from the decree of Allah, except for whom He gives mercy." And the waves came between them, and he was among the drowned.

وَلَوْ أَنَّ قُرْءَانًا سُيِّرَتْ بِهِ الْجِبَالُ أَوْ قُطِعَتْ بِهِ الْأَرْضُ أَوْ كَلِمَ بِهِ الْمَوْتُ ۚ بَلِ لِلَّهِ الْأَمْرُ جَمِيعًا ۚ
أَفَلَمْ يَأْتِئِسَ الَّذِينَ ءَامَنُوا أَنَّ لَوْ يَشَاءُ اللَّهُ لَهْدَىٰ النَّاسَ جَمِيعًا ۚ وَلَا يَزَالُ الَّذِينَ كَفَرُوا تُصِيبُهُم بِمَا
صَنَعُوا قَارِعَةٌ أَوْ تَحُلُّ قَرِيبًا مِّن دَارِهِمْ حَتَّىٰ يَأْتِيَ وَعْدُ اللَّهِ ۚ إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ ﴿٣١﴾

*Wa law anna Quraanan suyyirat bihil jibaalu aw qutti'at bihil ardu aw kullima bihil mawtaa; bal lillaahil amru
jamee'aa; afalam ya'asil lazeena aamanooo al law yashaaa 'ullaahu lahadan naasa jamee'aa; wa laa yazaalul
lazeena kafaroo tuseebuhum bimaa sana'oo qaari'atun aw tahullu qareebam min daarihim hatta yaatiya wa'dul
laah; innal laaha laa yukhliful mee'aad*

And if there was any qur'an by which the mountains would be removed or the earth would be broken apart or the dead would be made to speak, [it would be this Qur'an], but to Allah belongs the affair entirely. Then have those who believed not accepted that had Allah willed, He would have guided the people, all of them? And those who disbelieve do not cease to be struck, for what they have done, by calamity - or it will descend near their home - until there comes the promise of Allah. Indeed, Allah does not fail in [His] promise.

وَقَدْ مَكَرُوا مَكْرَهُمْ وَعِنْدَ اللَّهِ مَكْرُهُمْ وَإِنْ كَانَ مَكْرُهُمْ لِتَزُولَ مِنْهُ الْجِبَالُ ﴿٤٦﴾

Wa qad makaroo makrahum wa 'indal laahi makruhum wa in kaana makruhum litazoola minhul jibaal

And they had planned their plan, but with Allah is [recorded] their plan, even if their plan had been [sufficient] to do away with the mountains.

وَكَانُوا يَنْحِتُونَ مِنَ الْجِبَالِ بُيُوتًا ءَامِنِينَ ﴿٨٢﴾

Wa kaanoo yanhitoona minal jibaali buyootan aamineen

And they used to carve from the mountains, houses, feeling secure.

وَأَوْحَىٰ رَبُّكَ إِلَى النَّحْلِ أَنْ اتَّخِذِي مِنَ الْجِبَالِ بُيُوتًا وَمِنَ الشَّجَرِ وَمِمَّا يَعْرِشُونَ ﴿٦٨﴾

Wa awhaa Rabbuka ilannnabli anit takhizee minal jabaali buyootanw wa minash shajari wa mimmaa ya'rishoon

And your Lord inspired to the bee, "Take for yourself among the mountains, houses, and among the trees and [in] that which they construct.

وَاللَّهُ جَعَلَ لَكُم مِّمَّا خَلَقَ ظِلَالًا وَجَعَلَ لَكُم مِّنَ الْجِبَالِ أَكْنَانًا وَجَعَلَ لَكُم سُرِيرًا تَقِيكُمْ الْحَرَّ وَسُرِيرًا تَقِيكُمْ بَأْسَكُمْ ۚ كَذَلِكَ يُتِمُّ نِعْمَتَهُ عَلَيْكُمْ لَعَلَّكُمْ تُسْلِمُونَ ﴿٨١﴾

Wallaahu ja'ala lakum mimmaa khalaqa zilaalanw wa ja'ala lakum minal jibaali aknaanaw wa ja'ala lakum saraabeela taqeeukumul harra wa saraabeela taqeeukum baasakum; kazaalika yutimmu ni'matahoo alaikum la'allakum tuslimoon

And Allah has made for you, from that which He has created, shadows and has made for you from the mountains, shelters and has made for you garments which protect you from the heat and garments which protect you from your [enemy in] battle. Thus does He complete His favor upon you that you might submit [to Him].

وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا ۚ إِنَّكَ لَن تَخْرِقَ الْأَرْضَ وَلَن تَبْلُغَ الْجِبَالَ طُولًا ﴿٣٧﴾

Wa laa tamshi fil ardi marahan innaka lan takhriqal arda wa lan tablughal jibaala toola

And do not walk upon the earth exultantly. Indeed, you will never tear the earth [apart], and you will never reach the mountains in height.

وَيَوْمَ نُسَيِّرُ الْجِبَالَ وَتَرَى الْأَرْضَ بَارِزَةً وَحَشَرْنَاهُمْ فَلَمْ نُغَادِرْ مِنْهُمْ أَحَدًا ﴿٤٧﴾

Wa yawma nusaiyirul jibaala wa taral arda baariza tanw wa hasharnaahum falam nughaadir minhum ahadaa

And [warn of] the Day when We will remove the mountains and you will see the earth prominent, and We will gather them and not leave behind from them anyone.

تَكَادُ السَّمَوَاتُ يَتَفَطَّرْنَ مِنْهُ وَتَنْشَقُّ الْأَرْضُ وَتَخِرُّ الْجِبَالُ هَدًّا ﴿٩٠﴾

Takaadus samaawaatu yatafattarna minhu wa tanshaq qul ardu wa takhirrul jibaalu haddaa

The heavens almost rupture therefrom and the earth splits open and the mountains collapse in devastation

وَيَسْأَلُونَكَ عَنِ الْجِبَالِ فَقُلْ يَنْسِفُهَا رَبِّي نَسْفًا ﴿١٠٥﴾

Wa yas'aloona 'anil jibaali faqul yansifuhaa Rabbee nasfaa

And they ask you about the mountains, so say, "My Lord will blow them away with a blast.

فَفَهَّمْنَاهَا سُلَيْمَانَ ۚ وَكُلًّا ءَاتَيْنَا حُكْمًا وَعِلْمًا ۚ وَسَخَّرْنَا مَعَ دَاوُدَ الْجِبَالَ يُسَبِّحْنَ وَالطَّيْرَ ۚ وَكُنَّا فَاعِلِينَ ﴿٧٩﴾

Fafahhamnaahaa sulaimaan; wa kullaa aatainaa hukmanw wa'ilmanw wa sakh kharnaa ma'a Daawoodal jibaala yusabbihna wattayr; wa kunnaa faa'ileen

And We gave understanding of the case to Solomon, and to each [of them] We gave judgement and knowledge. And We subjected the mountains to exalt [Us], along with David and [also] the birds. And We were doing [that].

أَلَمْ تَرَ أَنَّ اللَّهَ يَسْجُدُ لَهُ مَنْ فِي السَّمَوَاتِ وَمَنْ فِي الْأَرْضِ وَالشَّمْسُ وَالْقَمَرُ وَالنُّجُومُ وَالْجِبَالُ
وَالشَّجَرُ وَالْدَّوَابُّ وَكَثِيرٌ مِنَ النَّاسِ ۖ وَكَثِيرٌ حَقَّ عَلَيْهِ الْعَذَابُ ۚ وَمَنْ يُهِنِ اللَّهُ فَمَا لَهُ مِنْ مُكْرِمٍ
إِنَّ اللَّهَ يَفْعَلُ مَا يَشَاءُ ﴿١٨﴾

*Alam tara annal laaha yasjudu lahoo man fis samaawaati wa man fil ardi wash shamsu walqamaru wan nu joomu
wal jibaalu wash shajaru wad dawaabbu wa kaseerum minan naasi wa kaseerun haqqa 'alaihil 'azaab; wa mai
yuhinil laahu famaa lahoo mim mukrim; innallaaha yaf'alu maa yashaaa*

Do you not see that to Allah prostrates whoever is in the heavens and whoever is on the earth and the sun, the moon, the stars, the mountains, the trees, the moving creatures and many of the people? But upon many the punishment has been justified. And he whom Allah humiliates - for him there is no bestower of honor. Indeed, Allah does what He wills.

أَلَمْ تَرَ أَنَّ اللَّهَ يَزْجِي سَحَابًا ثُمَّ يُؤَلِّفُ بَيْنَهُ ثُمَّ يَجْعَلُهُ رُكَّامًا فَتَرَى الْوَدْقَ يَخْرُجُ مِنْ خِلَالِهِ وَيَنْزِلُ
مِنَ السَّمَاءِ مِنْ جِبَالٍ فِيهَا مِنْ بَرَدٍ فَيُصِيبُ بِهِ مَنْ يَشَاءُ وَيَصْرِفُهُ عَنِ مَنْ يَشَاءُ ۚ يَكَادُ سَنَا
بَرْقُهُ يَذْهَبُ بِالْأَبْصَارِ ﴿٤٣﴾

*Alam tara annal laaha yuzjee sahaaban summa yu'allifu bainahoo summa yaj'aluhoo rukaaman fataral wadqa
yakhruju min khilaalihee wa yunazzilu minas samaaa'i min jibaalin feehaa mim barain fa yuseebu bihee mai
yashaaa'u wa yasrifuhoo 'am mai yashaaa'u yakkaadu sanaa barqihee yazhabu bil absaar*

Do you not see that Allah drives clouds? Then He brings them together, then He makes them into a mass, and you see the rain emerge from within it. And He sends down from the sky, mountains [of clouds] within which is hail, and He strikes with it whom He wills and averts it from whom He wills. The flash of its lightning almost takes away the eyesight.

وَتَنْحِتُونَ مِنَ الْجِبَالِ بُيُوتًا فَرِهِينَ ﴿١٤٩﴾

Wa tanhitoona minal jibaali buyootan faariheen

And you carve out of the mountains, homes, with skill.

وَتَرَى الْجِبَالَ تَحْسَبُهَا جَامِدَةً وَهِيَ تَمُرُّ مَرَّ السَّحَابِ ۚ صُنِعَ اللَّهُ الَّذِي لَيْسَ أَتَقَنَ كُلَّ شَيْءٍ إِنَّهُ خَبِيرٌ
بِمَا تَفْعَلُونَ ﴿٨٨﴾

Wa taral jibaala tahsabuhaa jaamidatanw wa hiya tamurru marras sahaab; sun'al laahil lazeeee atqana kulla shai'; innahoo khabeerum bima taf'aloona

And you see the mountains, thinking them rigid, while they will pass as the passing of clouds. [It is] the work of Allah, who perfected all things. Indeed, He is Acquainted with that which you do.

إِنَّا عَرَضْنَا الْأَمَانَةَ عَلَى السَّمَوَاتِ وَالْأَرْضِ وَالْجِبَالِ فَأَبَيْنَ أَنْ يَحْمِلْنَهَا وَأَشْفَقْنَ مِنْهَا وَحَمَلَهَا الْإِنْسُ
إِنَّهُ كَانَ ظَلُومًا جَهُولًا ﴿٧٢﴾

Innaa 'aradnal amaanata 'alas samaawaati walardi wal jibaali fa abaina ai yahmil nahaa wa ashfaqna minhaa wa hamalahal insaanu innahoo kaana zalooman jahoolaa

Indeed, we offered the Trust to the heavens and the earth and the mountains, and they declined to bear it and feared it; but man [undertook to] bear it. Indeed, he was unjust and ignorant.

* وَلَقَدْ آتَيْنَا دَاوُودَ مِنَّا فَضْلًا ۚ يَجِبَالُ أُوبَىٰ مَعَهُ وَالطَّيْرُ ۚ وَأَلْنَا لَهُ الْحَدِيدَ ﴿١٠﴾

Wa laqad aatainaa Daawooda minnaa fadlany yaa jibaalu awwibee ma'ahoo wattaira wa alannaa lahul hadeed

And We certainly gave David from Us bounty. [We said], "O mountains, repeat [Our] praises with him, and the birds [as well]." And We made pliable for him iron,

أَلَمْ تَرَ أَنَّ اللَّهَ أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ ثَمَرَاتٍ مُخْتَلِفًا أَلْوَنُهَا ۚ وَمِنَ الْجِبَالِ جُدَدٌ بَيَضٌ
وَحُمْرٌ مُخْتَلِفٌ أَلْوَنُهَا وَغَرَايِبُ سُودٌ ﴿٢٧﴾

Alam tara annal laaha anzala minas samaaa'i maaa'an fa akhrajnaa bihee samaraatim mukhtalifan alwaanuhaa; wa minal jibaali judadum beedunw wa humrum mukhtalifun alwaanuhaa wa gharaabeebu sood

Do you not see that Allah sends down rain from the sky, and We produce thereby fruits of varying colors? And in the mountains are tracts, white and red of varying shades and [some] extremely black.

إِنَّا سَخَّرْنَا الْجِبَالَ مَعَهُ يُسَبِّحْنَ بِالْعِشِيِّ وَالْإِشْرَاقِ ﴿١٨﴾

Innaa sakhkharnal jibaala ma'ahoo yusabbihna bil'ashaiyi wal ishraaq

Indeed, We subjected the mountains [to praise] with him, exalting [Allah] in the [late] afternoon and [after] sunrise.

وَتَسِيرُ الْجِبَالُ سَيْرًا ﴿١٠﴾

Wa taseerul jibaalu sairaa

And the mountains will pass on, departing -

وَبُسَّتِ الْجِبَالُ بَسًّا ﴿٥﴾

Wa bussatil jibaalu bassaa

And the mountains are broken down, crumbling

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

*Law anzalnaa haazal quraana 'alaa jabilil lara aytahoo khaashi'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.

وَحُمِلَتِ الْأَرْضُ وَالْجِبَالُ فَدُكَّتَا دَكَّةً وَاحِدَةً ﴿١٤﴾

Wa humilatil ardu wal jibaalu fadukkataa dakkatanw waahidah

And the earth and the mountains are lifted and leveled with one blow -

وَتَكُونُ الْجِبَالُ كَالْعِهْنِ ﴿٩﴾

Wa takoonul jibaalu kal'ihn

And the mountains will be like wool,

يَوْمَ تَرْجُفُ الْأَرْضُ وَالْجِبَالُ وَكَانَتِ الْجِبَالُ كَثِيبًا مَّهِيلًا ﴿١٤﴾

Yawma tarjuful ardu waljibaalu wa kaanatil jibaalu kaseebam maheelaa

On the Day the earth and the mountains will convulse and the mountains will become a heap of sand pouring down.

وَإِذَا الْجِبَالُ نُسِفَتْ ﴿١٠﴾

Wa izal jibaalu nusifat

And when the mountains are blown away

وَالْجِبَالِ أَوْتَادًا ﴿٧﴾

Wal jibaala au taada

And the mountains as stakes?

وَسُيِّرَتِ الْجِبَالُ فَكَانَتْ سَرَابًا ﴿٢٠﴾

Wa suyri raatil jibaalu fa kaanat saraaba

And the mountains are removed and will be [but] a mirage.

وَالْجِبَالِ أَرْسَاهَا ﴿٣٢﴾

Wal jibala arsaaha.

And the mountains He set firmly

وَإِذَا الْجِبَالُ سُيِّرَتْ ﴿٣﴾

Wa izal jibaalu suyyirat

And when the mountains are removed

وَإِلَى الْجِبَالِ كَيْفَ نُصِبَتْ ﴿١٩﴾

Wa ilal jibaali kaifa nusibat

And at the mountains - how they are erected?

وَتَكُونُ الْجِبَالُ كَالْعِهْنِ الْمَنْفُوشِ ﴿٥﴾

Wa ta koonul jibalu kal 'ihnul manfoosh

And the mountains will be like wool, fluffed up.

Ruqyah رُقْيَا

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