



# **CURE YOUR WAS' WAS FOREVER**

*In the Light of Islamic & psychological  
Cures*

**BY HASSAN KHALID**

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**CURE YOUR WASWAS FOREVER**

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## ACKNOWLEDGEMENTS

I'd like to acknowledge the artist responsible for the imagery present in this text, my mother, which I believe should enhance the reader's experience. I would also like to thank the team at my self-publishing company for their support and guidance in publishing my first book, it is no mean feat to turn a simple collection of works into something tangible.

## DEDICATION

I dedicate this book to my parents, who have always been extremely supportive of my many and varied interests. They have taught me the value of words, and I will always be grateful for that.

## FOREWORD

This book is divided into three sections, divided by common themes. Any similarities to real or imagined characters, people or places are completely coincidental.

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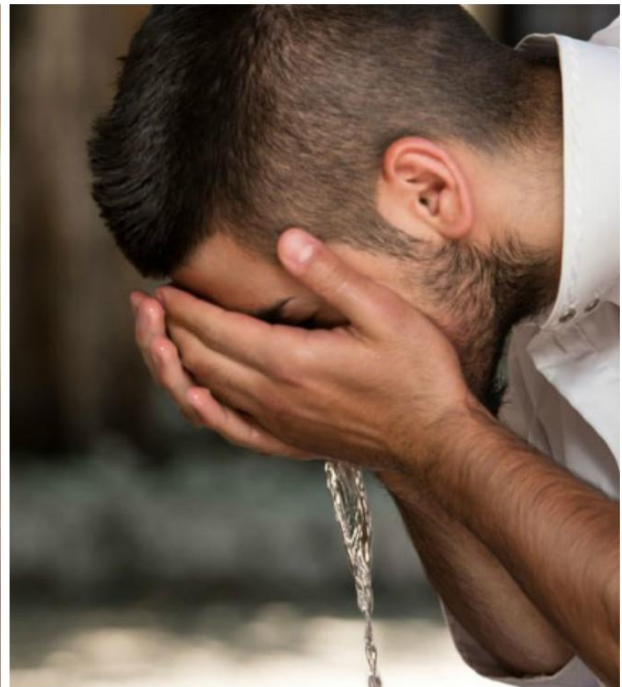
To seek Protection Against Was'was & increase barkah

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# Chapter 1

## Introduction to Problem



# Knowing the Problem

## Exploring the reality of Was'was

First & Foremost, we need to understand what the problem is. Just as a doctor first diagnoses a disease before prescribing proper medicines for that; likewise, we need to first fully understand the origin and reality of Was'was -which is essentially a mental / spiritual disease-. Only then we can find a cure for it in the light of Islamic injunctions and in the experiences of those people who have been able to cure it with the blessing of Allah Ta'ala.

## (A) Reality of Was'was in the Light of Quran

Was'was (وَسْوَاسٍ) is actually an Arabic word. In English it can be translated as "Scruples". In Simpler terms, Was'was can be termed as "Delusions" Or "Whispers" from the Shayta'an (Iblis, Shayta'an).

## First Major Cause of Was'was

Let's start with a few Quranic Verses which confirm that this stressful mental condition of Was'was is more than just a psychological illness; and actually roots from the eternal enmity between Rehman and Shayta'an. The below Verse from the Holy Quran states the dialogue between Almighty Allah and Shayta'an (Devil). Its background is that when Shayta'an refused to abide by the command of Allah to prostrate (To bend in Sajuud (سُجُود)) before Prophet Adam(A.S) , then Allah out

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casted Shayta'an . There and then, Shayta'an expressed his ill intentions of taking revenge from Adam (A.S) and his Children by misguiding them (mainly through his tactics of Was'was).

Let's read what Allah says in the (Verse # 11 to 17) of Surrah AL-A'raf of Holy Quran:

*"And indeed we have created you, [O Mankind], and given you [human] form. Then We said to the angels, "Prostrate to Adam"; so they prostrated, except for Devil. He was Not of those who prostrated. [Allah] said, "What prevented you from prostrating when I commanded you?" [Shayta'an] said, "I am better than him. You created me from fire and created him from clay." [Allah] said, "Descend from there, for it is not for you to be arrogant therein. So get out; indeed, you are of the debased. [Shayta'an] said, "Reprieve me until the day they are resurrected." [Allah] said, "Indeed, you are of those reprieved." [Shayta'an] said, "Because You have perverted me, I will surely sit in wait for them on Your straight path. Then I will come to them from before them and from behind them and on their right and on their left, and You will not find most of them grateful to you . (Surrah: Al-A'raf/ The Elevated Place 7:11-17)*

What do we understand from these holy verses of Quran? What is Allah Almighty telling us by revealing His dialogue with the Devil through His glorious Quran? The answer simply is that , Allah is revealing to us that Shaitaan is the most devout & staunchest enemy of human kind. And since that dialogue took place between Allah and Shayta'an, he (Iblis) is busy waging his war against the progeny (Children) of Adam by using his lethal weapons. One of those lethal weapons is of Was'was. Allah Ta'ala even revealed Shayta'ans techniques of attacking us by recording Shayta'ans words in the Holy Quran.

***"Then I (Shayta'an) will come to them from before and from behind them and on their right and on their left, and you (Allah) will not find most of them grateful to You (Allah)". (Chapter 7 : Verse # 17)***

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Here, let's take a break and analyze ourselves in the light of above Verse. Let's ponder over our own situation when we are being attacked by the Was'was.

What happens to us?

- ✓ We feel like being bombarded by uncontrollable thoughts from every direction.
- ✓ We start to lose control over our thought process, and there is a flood of unwanted and delusional thoughts, which start to sweep every nook and corner of our mind.
- ✓ It feels as if we are helpless; as every next thought is much more heinous and sometimes more shameful from the previous one.
- ✓ We are forgetful of our own actions (How many Raka'ats we offered? Is our Wudhu still intact? etc.).
- ✓ Most importantly, our mind seems to have broken free from our control, and we find ourselves being occupied by either bizarre thoughts OR repetitive Actions (Washing hands, repeating wud'hu , washing certain portions on our clothes etc )

Now relate these above mentioned conditions , that we pass under Was'was with what Shayta'an claimed before Allah. Didn't he claim that "**I will come to them from before and from behind and on their right and on theirleft...**" ?. So it is becoming much clearer. Isn't it? You are undergoing exactly what the Shayta'an claimed that he shall inflict on you i.e. Shayta'an is attacking your thoughts from the left and from the right, from before and from behind with a single purpose of digressing you from the prescribed Path of success which is of submitting your

mind body and soul to the will of Allah Ta'ala .

## (b) Second Major Cause of Was'was

Consider another verse from the glorious Quran which says that:

*" It was We who created man, and We know what **dark suggestions his soul** makes to him: for We are nearer to him than (his) jugular vein."* (Surrah Qaf -Verse # 16)

Did you notice that Allah mentions that He is well aware of the "**dark suggestions**" being whispered to a human by "*his Soul*". Clearly, Allah is referring to that portion of our Souls which is lower in nature and acts in collusion with shayta'an to astray us from the path of salvation and Success. This baser part of our own selves which acts against our spiritual wellness can be called as our "**Lower Self**" or "**Al-nafs al-ammarah**."

Al- Nafs Al Ammarah , is the animalistic aspect of the soul that can be transformed into al-nafs al-mutma'innah (the higher soul) through training and enhancement. Shayta'an uses temptations and shows our Lower soul manifestations of what it desires to misguide us from the right path which Allah Ta'ala wants us to tread upon. For this reason, Shayta'an is only a part of the cause of human misguidance. *Our Lower Self* also plays a major part in the misguidance of Human beings. Now let's connect this all to how is our lower Self is also responsible for creating the horrible Was'was.

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The expression of Was'was which is caused by our "lower-self" includes:

- 1) Our hidden feelings
- 2) Our decisions
- 3) Apprehensions and memories that one says and thinks to himself or feels inside
- 4) And other similar subconscious situations.

In an Islamic conference, a very illustrious Scholar tells more about Was'was caused by one's lower self in these words:

*"They are so hidden and silent that even the angels fail to know some of them. Only Allah knows them. Delusions by one's lower-self are more hidden compared to the delusions caused by Shayta'an. It makes them stronger in a way. For this reason, one's lower-self is a more dangerous enemy to him than Shayta'an. Perhaps, the Messenger of Allah (pbuh) indicated this fact when he said that : "Your biggest enemy is your lower-self." (Kashfu'l-Khafa, 1, 143).*

Therefore, now we can clearly construe that, our **Lower-self & Shayta'an** together try to stop us from progressing on the way of Truth by attacking them with delusions. They try to make people give up good deeds by deceiving their minds. Also both Shayta'an & Our Lower self-obstruct us from the right path by infiltrating our thoughts and by pushing us into *a habit of Worrying*; such as we keep worrying about the purity of our Clothes , or about the purity of our Faith (Eemaan) or if we performed our Sala'at correctly etc . By pushing us into a whirl pool of Worry, our lower self and Shayta'an attain their goal of weakening our Ibaadat (rituals).

## So Far, We Have Learnt that!

- So far , in the light of above Quranic injunctions, we have been enlightened with the fact that there are two major causes of Was'was:
  - 1) The Iblis (Shayta'an)
  - 2) Our Lower Self (Nafs)
- Now that we have known the cause of our problem, we can confidently move towards exploring it even further in the light of Medical and psychological studies.

## B) What does Medical Science tell us about Was'was?

In medical sciences, the psychological situation which is close to Was'was in its nature is called OCD.

### What is OCD?

As per the Anxiety & depression Association of America :

"OCD stands for obsessive Compulsive disorder. Children and adults with

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obsessive-compulsive disorder (OCD) suffer from unwanted and intrusive thoughts that they can't seem to get out of their heads, often compelling them to repeatedly perform ritualistic behaviors and routines (compulsions) to try and ease their anxiety." Most people who have OCD are aware that their obsessions and compulsions are irrational, yet they feel powerless to stop them.

Below is a detailed description of OCD by the Royal College of Psychs, UK. It is strongly advised that you read it thoroughly. When I first read this Leaflet, it opened my eyes and I came very close to diagnosing my problems. Therefore, Please read this portion on OCD very carefully as it shall assist you in identifying the psychological impact of Was'was.

### **OCD comprises of three main parts \***

1. The thoughts that make you anxious (obsessions)
2. The anxiety you feel
3. The things you do to reduce your anxiety (compulsions).

Let's explore these three parts one by one.

### **Your Thoughts (obsessions)**

- **Thoughts** - single words, short phrases or rhymes that are unpleasant, shocking or blasphemous. You try not to think about them, but they won't go away. You worry that you might be contaminated (by germs, dirt, HIV or cancer), or that someone might be harmed because you have been careless.

- **Pictures in your mind** – showing your family dead, or seeing yourself doing something violent or sexual which is completely out of character – stabbing or abusing someone, or being unfaithful. We know that people with obsessions do not become violent, or act on these thoughts.
- **Doubts** – you wonder for hours whether you might have caused an accident or misfortune to someone. You may worry that you have knocked someone over in your car, or that you have left your doors and windows unlocked.
- **Ruminations** – you endlessly argue with yourself about whether to do one thing or another so you can't make the simplest decision.
- **Perfectionism** – you are bothered, in a way that other people are not, if things are not in the exactly the right order, not balanced or not in the right place. For example, if books are not lined up precisely on a bookshelf.

### The anxiety you feel (Emotions)

- You feel tense, anxious, fearful, guilty, disgusted or depressed.
- You feel better if you carry out your compulsive behavior, or ritual – but it doesn't last long.

### Compulsions (Your Reactions to Anxiety)

- **Correcting obsessional thoughts** – you think alternative 'neutralising' thoughts like counting, praying or saying a special word over and over again. It feels as though this prevents bad things from happening. It can also be a way of getting rid of any unpleasant thoughts or pictures that are bothering you.

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- **Rituals** – you wash your hands frequently, do things really slowly and carefully, perhaps arrange objects or activities in a particular way. This can take up so much time that it takes ages to go anywhere, or do anything useful.
- **Checking** – your body for contamination, that appliances are switched off, that the house is locked or that your journey route is safe.
- **Avoidance** – of anything that is a reminder of worrying thoughts. You avoid touching particular objects, going to certain places, taking risks or accepting responsibility. For example, you may avoid the kitchen because you know you will find sharp knives there.
- **Hoarding** – of useless and worn out possessions. You just can't throw anything away.
- **Reassurance** – you repeatedly ask others to tell you that everything is alright.

## Causes of OCD

**Genes:** OCD is sometimes inherited, so can occasionally run in the family.

**Stress:** Stressful life events bring it on in about one out of three cases.

**Life changes:** Times where someone suddenly has to take on more responsibility – for example, puberty, the birth of a child or a new job.

**Brain changes:** We don't know for certain, but if you have the symptoms of OCD for more than a short time, researchers think that an imbalance of a chemical called serotonin (also known as 5HT) develops in the brain.

**Personality:** If you are a neat, meticulous, methodical person with high standards you may be more likely to develop OCD. These qualities are normally helpful, but can slip into OCD if they become too extreme.

**Ways of thinking:** Nearly all of us have odd or distressing thoughts or pictures in our minds at times – "what if I stepped out in front of that car?" or "I might harm my child". Most of us quickly dismiss these ideas and get on with our lives. But, if you have particularly high standards of morality and responsibility, you may feel

that it's terrible to even have these thoughts. So, you are more likely to watch out for them coming back – which makes it more likely that they will.

### **Wait a Minute here !**

Can you understand the Similarities between OCD & Was'was?

After reading about OCD, have you been able to find a connection between OCD and Was'was. Don't they seem to be interrelated to some part?

**Yes, they are!** Let's continue with the leaflet & look at the most common cases of what a patient feels to enhance our understanding a step further on this.

**Patient A.** "I'm afraid of catching something from other people. I spend hours bleaching all the surfaces in my house to stop the germs, and wash my hands many times each day. I try not to go out of the house if possible. When my husband and children come back home, I ask them in great detail where they have been, in case they have visited somewhere dangerous, like a hospital. I also make them take off all their clothes, and wash themselves thoroughly. Part of me realizes these fears are stupid. My family is sick of it, but it has gone on for so long now I can't stop".

**Patient B :** "My whole day is spent checking that nothing will go wrong. It takes me an hour to get out of the house in the morning, because I am never sure that I've turned off all the electrical appliances like the cooker, and locked all the windows. Then I check to see that the gas fire is off five times, but if it doesn't feel right I have to do the whole thing again. In the end, I ask my partner to check it all for me again anyway. At work I am always behind as I go through everything

several times in case I have made a mistake. If I don't check I feel so worried I can't bear it. It's ridiculous I know, but I think if something awful did happen, I'd be to blame".

**Patient C :** "I fear I will harm my baby daughter. I know I don't want to, but bad thoughts keep coming into my head. I can picture myself losing control and stabbing her with a knife. The only way I can get rid of these ideas is to say a prayer, and then have a good thought such as "I know I love her very much". I usually feel a bit better after that, until the next time those awful pictures come into my head. I have hidden away all sharp objects and knives in my house. I think to myself "you must be a horrible mother to think like this. I must be going mad".

### **(C) Relation Between OCD & Was'was**

By reading the examples above we become even more convinced that Was'was and OCD have much in common and the sufferers of both these conditions, more or less, undergo the same effects. However their origin is different; While OCD is claimed by the scientists to occur by an imbalance of a chemical called serotonin (also known as 5HT) which develops in the brain, Was'was is known to be caused by the nefarious workings of Shaitaan and our Lower self.

It is also possible that as a result of the continual attacks of Was'was there occurs an unbalance in the chemicals of the brain of a sufferer which is then detected by the doctors and they consider it to be responsible for OCD. This point is open to debate and further research but we shouldn't spend too much time pondering over the causes as we are more concerned with the Solutions and cures. Let's move towards the second step. ( *End of Chapter 1* )

# Chapter 2

## Symptoms of Was'was



## The Symptoms of Was'was

The Symptoms of Was'was are almost similar in nature to those of OCD but are slightly different in their origin. Let me explain it simply. Was'was are usually originated (though not always) when we are about to perform or we are already in a state of performing rituals; i.e. during Sala'at, during Ablution (Wudhu), during taking a Shower, during reciting the Holy Quran, during zikr etc. For Instance, a learned scholar Maulana Patel mentions a true incident of a woman in one of his illustrious talks :

*"A lady called, saying that whilst reading Sala'ah, the images of idols come in front of her and there is a whispering in her heart saying that "You are not a Muslim. You are a Mushrik (one who associates partners with Allah Ta'ala), so prostrate (or make sajda) to this idol." Surely if an image like that comes before a person in Sala'ah, the person will become terribly worried. And she repeatedly hears this: "You have become a Mushrik. You have become a Mushrik." As a result she was very, very anxious and worried, saying that due to this worry, she hadn't slept. Due to the frequency of these whisperings, she was becoming a nervous wreck. She did not know as to whether she would die as a Muslim or not.*

*In fact, she believed that she had lost her Imaan. Whilst this is one incident, there are very many like this, where Shayta'an is whispering into the hearts of people, such thoughts that these people believe that they have lost their Imaan. Due to various whisperings, some of them do not want to perform Sala'ah anymore, some of them do not want to take a bath and obtain purification and some do not want to read the Qur'aan Sharief. Strange things are happening. The whisperings and evil effects of these Shayateen are such that numerous people have fallen prey to them."*

Here is another incident from his Lecture:

*"One person says that he keeps getting this thought that the Qur'aan Sharief (Na uzu Billahi min zaalik), is an out dated book. It cannot solve our worldly problems, in these*

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*modern times. This is not one of those modernists who is asking for a reformation of the Qur'aan Sharief. This is a pious, young person and he says that this thought is recurring: "The Qur'aan Sharief that you believe in, cannot solve modern day problems." Whereas he says that his yaqeen (conviction) and belief is that the teachings of the Qur'aan Sharief are the solution to the problems of all times.*

*Another person is troubled by the thought that the beliefs of Jannat (paradise), Jahannum (Hell), Aakhirah (hereafter), etc. are merely fairy tales...that there is no truth in this; whereas his deep hearted belief is that there is a hereafter, a day of judgment, paradise and hell. These are not those people who subscribe to or uphold these beliefs. On the contrary, they are extremely uncomfortable with these thoughts. In fact, they want a solution desperately. They want to know how to overcome these thoughts and get rid of them. I told them that this very feeling of discomfort and unhappiness is the sign of Imaan. There is therefore no need for so much of worry and concern."*

From the above quoted incidents, it becomes clear that though not always, but mostly Was'was originate during the performing of religious acts and rituals. And the reason for it is quite evident; which is that the Shayta'an is most interested to derail the focus of a Muslim while he is busy showing his obedience to Allah the Almighty. These acts of obedience to Allah by a Muslim are most irritating for Shayta'an and therefore he wages his war by using the weapons of Was'was against a Muslim during those pious moments; when a Muslim is busy showing his gratitude to his creator and his provider.

Here are the most prevalent Symptoms of Was'was in Muslims: In the language of OCD, these would be called as Obsessions.

## 1) Sala'at Related Was'was

Since a Muslim man or woman is closest to Allah Ta'ala in the state of Sala'at, therefore Shaytan strives hard to disturb his (her) focus during Sala'at the most. Under the attack of Was'was during Sala'at, our minds just seem to lose their concentration over Sala'at and we are taken over by an unending ride of incidents down our memory lane.

Sometimes we are reminded of previous incidents from our life; other times we start to plan our yet to do tasks and worldly matters of miniscule importance. In some cases, the matter becomes even more severe when certain blasphemous thoughts attack us during Sala'at. In short, under the spell of this type of Was'was our mind starts to spin web of thoughts that make us lose our grip over our Sala'at. In the same vein, a sister has related to us her case in these words

*When I do Salah (formal prayers) or intend to do good deeds I often get very evil thoughts in my mind. When I concentrate in Salah, and try to focus on the meaning of the words, evil thoughts enter my mind, which make evil suggestions about everything including Allah. I feel very frustrated and angry about this. I know that none forgives sins except Allah alone, but because of my thoughts I feel that there is nothing worse than to have evil thoughts about Allah. After Salah I ask Allah's forgiveness, but feel very bad because I want to stop these evil thoughts, but I can't stop them. These thoughts spoil my enjoyment of my salah and it feels like I am doomed ".*

Can you relate with this? If yes, then you can heave a sigh of relief that it's only a Was'was and it is nothing to be afraid of because in later chapter we shall discuss on how to control this. Below we will find the most recurring types of Was'was which a person faces during Sala'at.

### **Case #1: Forgetting which Rak'at of Sal'at is this**

Most probably, all of us have undergone this situation. What happens is that a person is offering Sala'at very well when all of a sudden different thoughts start to emerge in his mind. Sometimes he is reminded of his business, other times he is reminded of his conversation with his spouse and yet at other times he is burdened with the thoughts of his unfinished list of things to do and daily errands to run. Whatever the thought is, the result is very similar. He forgets the Raka'at he was offering and gets confused.

Although our beloved Prophet Muhammad (Peace be upon him) has suggested a remedy for this forgetfulness in Sala'at by offering a Sajda-e-suhwa (prostration of forgetfulness) but if you or any of your closed one is facing this situation, then he or she immediately needs to realize that the cause for this forgetfulness in Sala'at is Was'was. And once you are aware of the problem, you definitely can find yourself a cure in the light of recommended ways of Islam. We shall come to the solutions in later chapters.

### **Case#2: Doubt whether I performed Sala'at correctly or not?**

It is also another common problem that once a person has offered Sala'at; it occurs to his/her mind that perhaps the Sala'at was not offered in the manner that it deserved. Sometimes he gets in confusion if he offered all the Rak'ats; Sometimes certain doubts emerge in his mind if he made the right "Niyat" before starting the prayers; Other times he is reminded that perhaps his Istanjah\* (Cleansing after using toilet) was not proper and hence his Sala'at would be

invalid. Still at other times, he gets bulldozed by the consistent thoughts of improper or incomplete Wud'hu (ablution) that would make his Sala'at unacceptable.

**Conclusively**, even after performing Sala'at, if your mind keeps pinching you by casting doubts over the credibility of your Sala'at, hence making you feel anxious and at an un ease , then you are under the impact of this type of Was'was most probably . There has to be a way to cure this state in the light of Islam. .

## **(2) Wud'hu (Ablution) Related Was'was**

Regarding wud'hu, usually three kinds of Was'was have been noticed and reported by different people: All three have been discussed below in detail.

### **Case # 1 Doubts of passing wind, and nullification of Wud'hu'**

This is the most common Was'was which a person faces while or after performing wud'hu. Under the impact of this Was'was, a person starts to feel that he/she has broken her wud'hu as a result of passing of gas. Although that person is not 100 % sure that this has actually occurred; but his mind and some sensations in his body keep reminding him of the nullification of his Wud'hu by the passing of gas.

A brother expressed this problem in these words on an Islamic channel.

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*"When I am performing wudu I feel something moving as if I am passing some winds. It may be bubble or something (I do have loads of doubts) sometimes I just feel something moving. I have to repeat wudu 4to 5 times or more. It is very stressing and it is becoming worse when I am stressed. I just want to perform wudu and sala't easily but most of the time I cannot. At the moment I am not feeling I am passing winds, it is happening only when I need to perform wudu and sala't (prayer)"*

Another Sister complains that:

*"I have this condition called irritable bowel syndrome. Some of its symptoms include: feelings of bloatedness and the release of gas, which means that whenever I perform wud'hu sometimes I have to keep renewing it constantly, sometimes at least 5 times because of the release of gas, during wud'hu, after wud'hu or during sal'at. You see, I don't get it all the time but quite a lot of the time, so it stops me from performing taraweeh etc and even though I'm a sister, I still like to attend Friday prayer but because of this I can't. Also the gas is not just normal gas, the smell can be quite bad that's why I feel I have to what I'm supposed to do? Should I keep renewing my wud'hu, is that what I'm supposed to do?."*

### Case # 2

#### **Doubts of urine drops leakage while performing wud'hu or in Sala'at**

This is the second case of Was'was related to wud'hu. This is more common in women than Men. Under this kind of Was'was, a person after urinating and cleaning himself falls under the impression that he has leaked some urine droplets on his clothes. Resultantly he feels that the clothes have become unclean. This usually happens during or just after performing his wud'hu. Sometimes it also happens while performing Sala'at. Especially when a person goes for Ruku'u or standing up after doing Suju'ud (prostration).

In medical terms this condition when accidental urine leakage takes place is called **"Urine Incontinence"**.

Medically there are two types of Urine incontinence:

- **Stress incontinence:** (leakage of urine when you cough, laugh, bend over or exercise)
- **Urge incontinence** with overactive bladder (the sudden urge to pass urine, and maybe not reaching the toilet in time).

Now coming back to Was'was related Urine Leakage; a brother shared his case in these words:

*"When I urinate and the urine stops a little, I wash the place of urination, but when I move and stand up, I feel that some drops came out. For this reason, I sit in the washroom for a long time. He says: What should I do? Should I ignore this feeling and this doubt and complete my wudoo' (ablution)? Or should I wait until the urine Ceases completely?"*

Another Brother shared his story on one of the Islamic forums saying that:

*"I feel that some drops of urine come out. I asked about prayer and I was told to do wudoo' at the time of each prayer and then pray as much as I want, then when the time for the next prayer comes, I should do wudoo' again. My question is: is it permissible for me to do wudoo' before the time for prayer begins, for example so that I can pray in congregation in the mosque. When I am away from home, is it permissible for me to pray with wudoo' for the prayers whose time comes. If that is not permissible, what should I do to purify my underwear so that I can do wudoo' and pray in them? Is it permissible for me to offer a lengthy prayer with one wudoo', such as 'Isha' prayer then Taraaweeh?"*

### Case # 3: Was my *Wudu* performed correctly or not?

The third kind of Was'was in Wud'hu is even more annoying. A person after or during performing Wud'hu starts to doubt:

- If he has performed the Wud'hu correctly.
- Sometimes he feels like as if he forgot to rinse his face properly
- Or he keeps thinking if he washed his arms properly until his elbows.
- Or he forgets if he even did gargles for three times as has been recommended by Sunn'ah of Prophet Muhammad (May peace be upon him).

This puts a Muslim in an extremely annoying condition.

As a Sister very well has related her case in these words:

- *"For some months I have been having a problem with Was'was in both my prayers and when performing wudu (ablution). I keep forgetting what I have washed in my wudu and keep forgetting how much I have prayed. With regards to wudhu (ablution) I have a combination of problems as I feel that I have not washed properly after using the bathroom or if my clothes get wet that there is something impure on my clothes. When making wudhu I feel like I have not washed properly.*

*I try to ignore these whisperings but I am terrified that if I ignore it and I am wrong, that my prayers will not be answered. I have reached a point where my prayers can take up to an hour or more to perform and have become merely a ritual without any khushoo' (focus) because of these problems. I finish one prayer and start fearing how I am going to manage to get through the next one. I feel I am trapped because there is no way I can miss a prayer as I know this is exactly what shaytan wants me to do. "*

These were the 3 kinds of Wud'u related Was'was, Now we shall move towards other kind of Was'was.

### 3) **Blasphemous thoughts**

This is perhaps the most irritating and troubling kind of Was'was which a Muslim has to deal with. Under this Was'was, the mind of a Muslim becomes clouded with extremely blasphemous and filthy thoughts about very sacred Personalities. These thoughts usually spare no one including the Holy personalities like Prophets, the holy books, and the sacred blood relations and sometimes even God. Under normal circumstances, a person cannot even imagine that such thoughts can ever occur to him. But once such thoughts continuously start to board his mind and continuously pinch him then he becomes irritable and extremely worried. He is no position to control these heinous thoughts but at the same time these disgusting delusional thoughts are in no mood to leave him alone.

Let's try to understand this by a real Life example where a brother states on an Islamic forum that:

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- *" I'm a Muslim and I am suffering for the past several weeks from terrible, obscene Was'was and unwanted thoughts about matters of Aqeedah which I can't even mention here. I feel as if shayta'an tries to twist words in my mind in an inappropriate, blasphemous ways naoozobillah. These thoughts are weighing down on me and making me constantly anxious and worried about my eemaan and hereafter, to the point that sometimes I start questioning my own eemaan (like how can a believing Muslim even have such awful thoughts?). I know that I love Allah subhaana wa ta'aala and believe in the oneness of Allah but these Was'was*

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*are causing me great anxiety. What really confused me is that these thoughts persisted even during Ramadan and often bother me when I'm trying to pray"*

Here is another case from a brother suffering from the same kind of Was'was. He relates that:

- *"A couple of months ago I know for sure that I have OCD (self diagnosed) because it was really severe and it really affected my life. My OCD is to do with religion. So basically before, I would get blasphemous thoughts that were really disturbing and they would affect my prayer, my meditation, my college , practically everything .Every time these thoughts appeared, I would spend ages trying to solve my problem and finding proofs as to why I don't believe in the thoughts and I would write them down and I would think them to myself throughout the whole day...and most times I would be doing this for ages and they won't SINK in and I resort to crying...I just lie down and cry and Wish that my life was over.*

*Every time I am around religious symbols or I see them. I have this sudden reaction in my head and I automatically start thinking about why I don't believe these thoughts or why I am NOT what my OCD is telling me. I have the word Shayta'an whenever i do anything remotely related to my faith especially me prayers LIKE EVERYTIME...it creeps in and I can feel the thought there, its presence always in my head....thoughts like Shayta'an could be God, imagine Shayta'an being God(I feel sick writing this one..I wish I didn't ugh) u might worship Shayta'an or u might become a Shayta'anist or might be one secretly or might secretly want to be one ...or just the word Shayta'an popping up WHENEVER I want do something related to my faith....as usual I cry afterwards coz I don't get enough certainty and am still ruminating .So I end up not leaving the house and not watching TV or anything that could trigger these thoughts...of course they get worse coz when I do end up going outside it the anxiety comes back triple the strength... Like I was physically and mentally exhausted from the anxiety and the thoughts..."*

#### **(4) Iblis fuels Hopelessness from Allah**

Life is not a bed of Roses; if you are past your childhood then you can very well relate to the harshness of life which I am mentioning here. Sometimes your life, like a harsh stepmother, tests you through your Children; sometimes it puts you in trouble by taking away the health of your kith and kin, while at other times you bear a loss of your wealth at the most critical of junctures; Sometimes your prayers don't get answered while at other times despite your best efforts and Dua's, you notice no improvement in the quality of your life no matter how much you try.

As per the philosophy of Islamic teachings, Life of this world is a testing ground; to differentiate the pious from callous, the believer from nonbeliever, and amongst the believers singling out the hypocrites from the true believers i.e. Momin. But during these topsy-turvy tough times of Life, Iblis comes in surreptitiously & sneakily to rob you off the wealth of Eemaan using his weapon of Was'was. Creating hopelessness in our hearts is one of the most potent arrow of Iblis' arrows that he aims at us.

A Brother suffering from this kind of Was'was says that:

*"I have tried to be a real Muslim. But for two years I have suffered like anything, have lost my business, I believe to earn HALAL income. I am religious and against breaking the Islamic law in every path of life. I have 3 children one eighteen years old and two daughters, 14 year and 10 years. I have a few chances to establish myself but not according to ISLAM, only for this world. I always think of the life after death. I am praying for long time, Allah break my difficulties, but now I feel hopeless; I know this is a sin to think like this. ."*

This is a dangerous state. As one might lose his Eema'n because of such kind of consistent Was'was. We need to further understand that there are two stages of hopelessness from Allah in the light of Islamic teachings.

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- First stage of losing hope from Allah is called "Yās".
- Second stage of losing hope from Allah "Qunut".

"Yās" in terms of English can be termed as "*despair*". It could surface as a result of rejection of Dua's or as a result of a loss of some possession –related to health or wealth. While "Qunut" if translated in English would mean "*despondence*", which simply means *extreme hopelessness and in a state of utter grief*.

The phenomenon of despair & despondence has been discussed in the Holy Quran as well :

*“And He it is who sends down rain after they have despaired, and He unfolds His Mercy; and He is the Guardian, the Praised One.”* (Surrāh Ash-Shūrā 42)

An enlightened teacher describes it further by saying that:

*"Qunut (despondence) is described as the condition where one's heart loses all hope of Allah (S.w.T.)'s Mercy and that person does not even dislike the hopelessness. According to the religious scholars the difference between Yās and Qunut is that the term 'Yās' is used in general cases and 'Qunut' in special cases. It means that 'Yās' describes the internal condition of one's heart. When this internal hopelessness intensifies to a degree whereby its effect becomes manifest outwardly and seem obvious to the common people, it is called 'Qunut'."*

Simply, if you are finding yourself these conditions of " Yās" (despair) or Qunut (despondence), then be aware that Iblis is weaving his webs over you. He wants to make your heart so much full of hopelessness from Allah (S. W. T), that you become lost from His guided path of Success.

### **(5) Constant feeling of uncleanness:**

One Muslim brother relates his case in these words:

*" I know that to perform Salah, one should do Wudu and wear clean and appropriate clothes. My question is that, I sometimes feel that my clothes are not clean enough, not as in a doubt. I think there's something on my underwear, I don't know what. It's just wet sometimes, definitely not water or urine. Would you have any idea what it might be? It might be semen, I guess. If so, then does it make my clothing unclean and unfit for prayer? Should I be concerned that my prayers are not accepted because of the cleanliness of clothes? Or is it just Shayta'an messing with me so I don't offer Salah? Also, if it does make my clothes unclean, then what should I do in order to make sure my clothing is clean for my prayers? Because this 'thing' is obviously natural and I can't control it or stop it, even if I want to."*

In the same context, in one of his Speeches, Imam Yunus Patel sahib describes that:

*"Similarly, there are people who are washing their clothes, dozens of times and they are not satisfied. In the case of young couples, who are plagued by the same whisperings, they are put off from taking a Fard'h bath. This keeps them in a state of impurity most of the time. Just wash properly as directed by Shari'ah and ignore doubts."*

Hence, constant feeling of unclean clothes or of unclean body parts is also a form of Was'was that a Muslim should fully be aware of.

## 6) Was'was in Dreams

This is the most misunderstood kind of Was'was. Many simple Muslims are being misled because of interpretation of their dreams at the hands of quack and fake teachers & astrologers that we see taking the front seats in certain Morning Shows on the Television now a days. Women are more prone to falling in these "wrong Numbers" traps; since those charlatans (phony religious figures) ignite fear in some women's gullible minds by telling them some fairy tale scary interpretation of their dreams.

### Types of Dreams.

To fully understand the nature of this kind of Was'was, we need to first understand the reality of our dreams. There are actually three kinds of dreams

- 1) **'Al-hulm**
- 2) **Al-ilham**
- 3) **Al- Ruya**

**Al-Hulm**, are those dreams which are actually a repeat telecast of the incidents that we have been doing during our day time. For example: A woman who went on shopping in the day time for a dress, may dream of herself walking in a market and buying herself clothes or window shopping. A man sees himself growing from young to old in the same dream.

Sigmund Freud, a very notable psychologist who sheds light on the phenomenon of dreams by saying that:

*"Dreams are the royal road to the un-conscious. What is common in all these dreams is obvious. They completely satisfy wishes excited during the day which remain unrealized. They are simply and undisguisedly realizations of wishes."*

*(Sigmend Frued: Interpretations of dreams)*

Some Muslim Scholars have also expressed that the nature of dreams has a lot to do with the condition of stomach. For example: Ibn-e- Sereen, who was famous for his interpretations of dreams, has written that :

*"Sometimes when a person sleeps on a full stomach or is constipated then this also results in bad dreams. Sometimes I tell the person that the 'tabeer' (interpretation) of his dream is that he must take laxative."*

### **Al-ill-haam**

Unlike the Freudian and Jungian understanding of dreams, the Islamic understanding of dreams is different in its application. It means that a person's dream may not always have a message only for him alone. His dreams could be a sign for his son or for his daughter or for his distant relatives or even for his friends. Hence a person can watch a dream about someone else and it can be based on reality.

According to Ibn-Hajr and Al-hakim, Allah has fixed an angel with dreams. This angel's name is "Siddiquoon" (Meaning in English: trust-worthy). It has been given the power to understand the psyche of all humans. Hence the angel can allot a specific dream to a specific person. This angel holds the power to filter the dreams and associate them to a specific individual.

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Al-Ilhaam is the highest and purest form of dream. It is sometimes also taken as a revelation direct from Allah (S.W.T). Ilham usually is attributed to the most pious of the humans. An Example of ilhaam could be the dreams which prophet Muhammad (May peace be upon him) would see before he was declared a prophet. Also another example of ilhaam could be of Hazrat Ibrahim (A.S) where he was inspired to show his devotion to Allah by sacrificing his beloved son, Hazrat Ismail (A.S)

### **Al- Ruya**

In English the Arabic word Al-Ruya can be translated as, "**the Visions**". In such a dream , the dreamer sees visions that are a tell-tale sign of something meaningful about to happen in his future ; it could be a sign to direct him to choose a certain path ; it could be a hint to save him from a mistake that he is about to make . An Example could be the dream of Egyptian King in the times of Hazrat Yusuf (A.S) which has been related in the Chapter # 12 of the Holy Quran

*"And the king (of Egypt) said: "Verily, I saw (in a dream) seven fat cows, whom seven lean ones were devouring - and of seven green ears of corn, and (seven) others dry. O notables! Explain to me my dream, if it be that you can interpret dreams. They said: "Mixed up false dreams and we are not skilled in the interpretation of dreams."*

This dream which the King saw was not Al-hulm; it was actually a clear vision and a guidance being sent from Allah towards him. Through his dream, He was

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being told of the imminent food shortage and drought about to happen in Egypt. Prophet Yusuf (A.S) explained the king's dream in these words as has been recorded in the holy Quran:

*(He said): "O Yusuf (Joseph), the man of truth! Explain to us (the dream) of seven fat cows whom seven lean ones were devouring, and of seven green ears of corn, and (seven) others dry, that I may return to the people, and that they may know." [(Yusuf (Joseph)] said: "For seven consecutive years, you shall sow as usual and that (the harvest) which you reap you shall leave in ears, (all) - except a little of it which you may eat." Then will come after that, seven hard (years), which will devour what you have laid by in advance for them, (all) except a little of that which you have guarded (stored). "Then thereafter will come a year in which people will have abundant rain and in which they will press (wine and oil)."*

Therefore, Al-Ruya is the kind of dream which as per the Islamic teachings can be decoded and they carry a message which can be interpreted as per the dreamer's character and the current times.

Narrated By Abu Huraira (R.A) is that :

*"I heard Allah's Apostle saying, "Nothing is left of the prophetism except Al-Mubashshirat. They asked, "What is Al-Mubashshirat?" He replied, "The true good dreams (that conveys glad tidings)."*

(Sahih Bukhari Volume 9, Book 87, Number 119)

Also our beloved prophet said that:

*"A good dream that comes true is from Allah, and a bad dream is from Shayta'an, so if anyone of you sees a bad dream, he should seek refuge with Allah from Shayta'an and should spit on the left, for the bad dream will not harm him."*

(Sahih Bukhari: "Volume 9, Book 87, Number 115)

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**End of Chapter #2**

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# Chapter # 3

## Compulsions



# What Was'was make us do? "Compulsions "

**Compulsions** are those actions which we repeatedly do under the influence of a Was'was. In the simplest most terms, Compulsions are the actions that we do to reduce our anxiety & mental panic while we are dealing with the Obsessions (Thoughts of Was'was).

In normal OCD patients, these thoughts could range from Washing your hands frequently to checking the doors of your house repeatedly if they are locked or not ; or calling every few minutes to check on your relatives (Parents , Kids etc ) with whom you are emotionally attached to see if everything is fine with them . You avoid touching particular objects, going to certain places, taking risks or accepting responsibility. For example, you may avoid the kitchen because you know you will find sharp knives there.

In people dealing with Was'was, the compulsions can range from doing Wud'hu repeatedly, or reciting certain verses of Quran repeatedly as soon as troubling thoughts come in their mind, or washing their clothes time and again. Let's take a look with real life examples of most Common Compulsions of Was'was.

## **Compulsion # 1**

### **Performing Sajda -e- Sahav in every Salah**

Prostration (sajda) means putting one's forehead down on the floor or

ground showing great respect; sahw (forgetfulness) means being lost in thought, being careless, skipping something inadvertently. Prostration of

## Cure Your Was'was Forever

forgetfulness means two sajdas that become necessary at the end of the prayer due to delaying one of the essential parts of the prayer by mistake or skipping or delaying a wajib. It is a remedy for forgetfulness under the influence of Was'was or general carelessness during Sala'at.

It was advised by Prophet Muhammad (May peace be upon him ) in these sacred words:

- *"When any one of you is in doubt about his prayer and he does not know how much he has prayed, three or four (rak'ats). He should cast aside his doubt and base his prayer on what he is sure of, then perform two prostrations before giving salutations. If he has prayed five rak'ats, they will make his prayer an even number for him, and if he has prayed exactly four, they will be humiliation for the devil . (Bukhari, Sahw, 6, 7; Muslim, Salat, 19, 20; Ahmad b. Hanbal, III, 12, 37, 42).*

**But this correctional Sajda, becomes a compulsion**, when a person is repeatedly forgetting his Raka't under the influence of Was'was. Sometimes, the thoughts are so intrusive that he even forgets if he is offering the "Sun'nat" in his Sala'at or if he is offering the "Farz".

To understand it deeply, let's read a sister's words who has been grappling with the same problem.

She says that :

*"I have this problem of forgetting how many Rak'at I have prayed while offering Namaz. Many a times I have to repeat it again and again. I would like to know what the Islamic rule is for that. For example, if I am offering 4 Raka'ats and in between I forget how many Rak'at I have prayed should I discontinue namaz and start again ?Or can I continue counting the lesser number of Rak'at that comes to my mind. Hope I don't sound too confusing. "*

## Compulsion # 2: Repeating Sala'at Several Times:

Another related kind of compulsion which a person does under Was'was is the repeated performing of his Sala'at. For it occurs to his mind after offering Sala'at that perhaps he missed his Raka't during his Far'd, or perhaps he missed to recite the complete contents of Surrah Fateha while praying etc. These thoughts trouble his mind so much that he has no choice but to repeat his Sala'at.

But sadly, every time he repeats the prayers, he is yet again reminded of vital things that he forgot while praying. So again he is pushed into an un-ending cycle of this:

Praying >>> Worrying about Forgetting something >>> Praying Again >>>  
Again Worrying ..... And it goes on

**This goes on and on. Some people have been noticed to repeat their prayer, as much as, for 5-10 times.**

Here is a case of a Sister:

- *"I've been finding Salaah incredibly difficult to perform. I forget almost everything I said and have too much Was'was in my head when reciting the Quran. I often find myself repeating the prayer over and over and over to the*

*point I've become incredibly frustrated. For example sometimes it takes me up half an hour just to perform two Raka'at because I go back, stall and start again etc."*

Another Muslim brother says that:

- *"There are times where I keep forgetting which Ra'kaat I'm in, when doing the fourth Ra'kaat I start wondering maybe I'm in the third Ra'kaat. So I have to start over again. I read (and also heard it from some one) that when you're in confusion, you could do "As'salualaikum Orohmotullah" once (sorry I don't know what this action is called) and then do sajda again. But to me that's not realistic because it doesn't happen to me just once or twice! I also read that you can just go with your gut like if you feel like you read 3 Ra'kaat, and then just continue with it. But I am unable to make up my mind so I just have to restart most of the time. "*

Do you see how problematic it can get? Of-course, if you have passed through this phase, then no one knows it better than you. But Insha-Allah, we can beat these conditions. So stay assured and let's keeps reading.

### **Compulsion # 3: Repeating Wud'hu Time & Again**

We already have discussed Wudhu related Was'was in detail. Very shortly, let's add a case of a Brother. Infact , Reading the cases of others helps you realize that you are not alone battling with Was'was and this thought shall give you enough strength to regain your confidence and will to fight back.

## Cure Your Was'was Forever

" Ma'shallah , I try to pray 5 times a day (not always on time but try to make up for missed prayers). But for last couple of weeks, it has become almost impossible for me to pray! In the past I had some symptoms of OCD I guess like everyone else such as washing hands, checking the light switch or water tap. But now somehow this got transferred to my prayer and anything to do with Islam in general. For example, during wud'u, after I wash my mouth and clean my nose, when I try washing my hands; I start thinking about whether I cleaned or washed my nose/mouth. So I have to restart Wud'hu again!

Also after I use the washroom (both number one and two), I kept washing my hands again and again to make sure that nothing is left on them and that they won't get into my cloths, tv remote and anything else in the house. This is related to prayer because I feel like my salaah won't be accepted if I'm not 100% clean. Oh and sometimes after coming out of the washroom, i still have to go back and wash my hands again because I feel like maybe I didn't wash my hands. This is one of the biggest problems I'm facing because I keep forgetting whether I cleaned my hands or not. Also I keep wondering about whether I cleaned my private parts and that if they are leaking or not. So I have to use the tissue and wash them with water so many times it's not even funny.

### Compulsion # 4 Taking abnormally long time in Wud'hu & Bath

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It is narrated by Imam Abu Dawood (Rahmatullah 'alaih) that when Abdullah bin Mughaffal (j) heard his son making du'a:

- “O Allah, I ask Thee a white palace on the right of paradise when I enter it.”, he advised his son to ask Allah Ta'ala for Jannat and seek refuge in Him from Jahannum, for he said that he had heard Rasulullah e say : “In this community there will be some people who will exceed the limits in purification as well as supplication.”

Maulana Yunus Patel has very eloquently further elaborated on this in these words

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- *"Exceeding the limits in purification refers to washing the limbs more than the Sunnat method of three times in wudhu and ghusl, using excessive water and washing to such an extent that one reaches the limit of 'Was'was' (whisperings) and 'wehm' (doubts). A person would exceed the limits of supplication (dua) by asking Allah Ta'ala for unlawful things, or asking Allah Ta'ala in a manner which is against the etiquette of asking.*

In case of other Whisperings , Sometimes Shayta'an makes a person remain in the toilet for a long, long time, creating the doubt that **Istinja** is not complete.

Sometimes, before the person can commence his Sala'at , Shayta'an whispers: **"You haven't made the niyyat right."** and the person is taking his own time. The Imam is gone in ruk'u and he is still making his niyyat (intention). Similarly, there are people who are washing their clothes, dozens of times and they are not satisfied.

Some people develop a habit of spending more time in the wash room. . If you notice, they will spend hours and hours in the wash room. They shall keep listening to Music on their IPods or keep reading books there. Unknowingly, they are becoming a prey of Iblis in this manner. As toilet is not a place where it is recommended to spend time needlessly. Our beloved prophet (May Peace Be Upon Him ) would seek protection of Allah from the Shayta'an and his progeny every time before entering the toilet :

*"Allahumma innee a'oodhi bika min al-khubthi wa'l-khabaa'ith (O Allah, I seek refuge with You from male and female devils)." When leaving the toilet, he should say: "Ghufraanak (I seek Your forgiveness)."*

## **Compulsion # 5: Using Cuss words against Angels & Against Sacred Religious Personalities**

This is a very serious Compulsion. Any one suffering from this level of Was'was needs to immediately start remedying this menace; or else his Eemaan can be in dire danger.

During this compulsion, disrespectful and blasphemous Was'was keeps slowly poisoning one's mind slowly; so much so that a time comes that he starts to utter these thoughts using his tongue. He becomes expressive with his insulting thoughts; loud thinking becomes a norm and may Allah Ta'ala forbid there comes a time when he no more feels any repentance for uttering those disrespectful

thoughts, which are extremely foul and disrespecting to sacred personalities and religious entities.

### **For Example**

- The victim of this Was'was could be a Mother who has recently lost her child. After this loss, when she now sees at the children of other Children, certain negative thoughts start to surface in her mind. She engages herself into a self talk saying that "If my child were Alive, he would be playing with these kids as well".

All of a sudden she realizes that it is a useless thought and She nudges her head and tries to think something else, something more positive ; but soon

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she finds another voice whispering in her head saying that , "Why your child ? Why did God take away only your child? " . She becomes a bit disheartened to listen to this. Not much time has passed when she hears another whisper in her head saying that, "You never harmed any one in your Life. Why did Allah harm you? You kept praying to Him and being kind to His creation, but why He wasn't merciful towards you? " .....

And this goes on and on. Until her thoughts become her words. She starts to give a voice to her thoughts. She starts saying them to herself and to those people with whom she comes in contact with. Her profane thoughts start to take her over. Her whispers become her words; finally her words become her Beliefs.

These Obsessive Was'was (of Bad thoughts against Sacred Personalities) responsible for this compulsive behavior of saying cuss words are extremely emotive and engaging. These shayta'anic whispers start scratching your wounds slowly. They attack at the most emotionally vulnerable spot and If you allow these voices to be a guest in your mind, then they will keep rubbing salt to your injuries.

And Allah forbid , that day is not far away when the same repetitive voices and whispers makes the sufferer such rebellious that he/she would start questioning the "Hikmat" of Allah in the Destiny that He has created for that person . This is alarming; the red line; the call to do something about it.

I am stressing the most over this compulsion, since I have myself battled for years with this Was'was and by the grace of Allah, have been able to get rid of it.

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End of Chapter # 3

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# Chapter # 4

**“ Remedies to Cure your Was'was ”**



## Understanding the Weakness Of Our Enemy (i.e. Iblis):

As a very wise and sage man once said that:

**"Let the Weakness of your enemy become your strength".**

From reading the above chapters, we are very well now aware of our eternal enemies; which are:

1) Iblis ( Shayta'an)

And

2) Nafs-e-Ammarah (Our Lower self )

### a) How powerful OR Weak is Shayta'an?

Shayta'an's name was "**Azazeel**" before he turned away from Allah Ta'ala. He was a very devout worshipper of Allah Ta'ala and held a high rank amongst all other angels & Jinns. As it is mentioned very lucidly in the glorious Book of Allah, the Holy Quran that:

***"He was one of the Jinns; he disobeyed the command of his Lord..." (Surrah Kahf 18:50).***

As it can be inferred from the above verse that, Shayta'an actually belongs to the tribes of **Jinn**. From the Holy Scriptures we come to know that Jinns were created long before man was created and they had inhabited this

earth. Allah Ta'ala mentions their history and many other details in the Holy Quran as:

***“And the Jinn, We created aforetime from the smokeless flame of fire.” (Surrah Al-Hijr 15:27).***

The word “jinn” is etymologically derived from a word meaning “to hide” or “to be hidden.” It denotes a creature that possesses both a body and a soul and is made of fire. Unlike us humans, whose basic ingredient of creation is clay, the building material of Jinns is Fire.

***"He created man (Adam) from sounding clay like the clay of pottery. And the jinns did He (Allah) create from a smokeless flame of fire." (Surrah Al- rehman )***

Also it was narrated in a saheeh hadeeth (authentic report) that ‘Aishah (may Allah be pleased with her) said: the Messenger of Allah (peace and blessings of Allah be upon him) said: “*The angels were created from light, the jinn were created from smokeless fire and Adam was created from that which has been described to you.*” [Muslim, Ahmad, al-Bayhaqi and Ibn Hibban].

Like us humans, the jinns are held legally accountable before Allah (awj) and can choose to believe or disbelieve. Therefore, as Iblis is one of the Jinns so it means that he is not compelled to obey Allah. He has freedom of will just as we humans do. Allah says:

*“Verily, We showed him the way, whether he be grateful or ungrateful.” [76:3]*

**b) The Relationship between Jinn and Shatyta'an (Iblis):**

The Arabic word “*shaytan*” conveys the adjectival meaning “mischievous.” The term has been used in the Qur`an in this very meaning. However, it is also used alternatively for *Iblis* and for any living being that is very mischievous and wrong in his doings. In fact the Qur`an explicitly states that a “shayta'an” can be from the ranks of jinn or man. Therefore in simplest most words, a Shayta'n is a Jinn or a human who has been astrayed from the right path and is now evil in its doings. But here, we are concerned with discussing the Shiyateen who are specifically from the tribe of Jinns .

As humans comprises of both the virtuous and the evil in them, likewise, there are good and bad amongst the male and female Jinn. As has been clearly stated in the Holy Quran :

*“Say (O Muhammad): ‘It has been revealed to me that a group (from three to ten in number) of jinn listened (to this Quran). They said: ‘Verily, we have heard a wonderful Recitation (this Quran)! It guides to the right path, and we have believed therein, and we shall never join (in worship) anything with our Lord (Allah).’” [72:1-2]*

In the same Surrah (chapter), it states that the jinn said:

*“And indeed when we heard the Guidance (this Quran), we believed therein (Islamic Monotheism), and whosoever believes in his Lord shall have no fear, either of a decrease in the reward of his good deeds or an increase in the punishment for his sins. And of us some are Muslims (who have submitted to Allah, after listening to this Quran), and of*

*us some are Al-Qasitoun (disbelievers those who have deviated from the right path)...”*  
[72:13-14]

### **(c)Hierarchy of Jin:**

Theologians of the Arabic language have given a variety of names to jinn.

- **Jinni:** It is referred to jinn.
- **Shaytan:** A Jinni that has become malicious and wicked.
- **Amir:** A Jinni who lives with people. It's also called resident jinn.
- **Ifrit:** An Ifrit is that jinni which becomes even more powerful than a Shaytan.

As has been stated about **Ifrit** in the Quran on the occasion when Prophet Suleiman (May blessings be upon him) said:

*“He said:”O chiefs! Which of you can bring me her throne before they come to me surrendering themselves in obedience?” An ifrit (strong one) from the jinn said:”I will bring it to you before you rise from your place. And verily, I am indeed strong, and trustworthy for such work.” (C 27: V 38-39)*

### (d) Where does the Shayta'an Reside?

It has been manifested by various narrations of Prophet Muhammad (May peace be upon him) that a Shayta'an is present with every human being and he has the power to sneak inside a person's thought process. Let's try to explain this further in the Light of an authentic Narration from Prophet Muhammad (May peace be upon him) :

- *Anas ibn Malik reported that : The Messenger of Allah, peace and blessings be upon him, was in the company of one of his wives when a man passed by them. The Prophet called to him and when he came, the Prophet said, "She is my wife." The man said, "O Messenger of Allah, I do not doubt you in the least." The Prophet said, "Verily, Shayta'an flows through the human being like blood."*

Therefore it becomes clear from the above narration that , a shayta'n (One from the progeny of Iblis) is always physically present near a person and trying to spin its devious webs of sins and distraction around him; except for when a person seeks refuge with Alla'ah Ta'ala . When a Muslim asks for Allah's protection then the Shayta'an immediately escapes; but it comes

secretly sneaking in again as soon as the person becomes oblivious of Allah Ta'ala.

As of the Chief of all Shyaate'en, which is IBLIS, it has also been mentioned through authentic narrations that Iblis sets his throne upon the waters of the sea and from there he listens to the details of how his army of Shay'ateen had misled the human beings from the righteous path. Here it is:

- *Jabir (R.A) narrated that the prophet ﷺ said, "Iblis places his throne on the sea. Then he sends forth his armies. The nearest of them to him in rank is the greatest in sedition (corruption of a state). One of them comes and says, "I did such-and-such." He says, "You did not do anything." Then another comes and says, "I did not leave him until I split him from his wife." He brings him near-or clasps him-and says, "You did well." (Imam Ahmed bin Hanbal )*

### **Can Jinns (Shyateen & Noble Jinns ) See us ?**

Yes, whilst they can see us, we cannot see them. As Allah Ta'ala mentions :

***"Verily, he (Shayta'an) and his tribe see you from where you cannot see them..."***  
***(Surrah Al-A'raaf 7:27)***

### C) Limitations of Shayta'an's Power over Humans:

Although Allah Ta'ala has granted Shayate'en with certain powerful traits such as they can fly , disappear , shift forms and whisper thoughts in the minds of humans but it does not mean that they have been given control over the humans . In the same context, Let us read a case from the Holy Quran.

In the case of Hazrat Sulayman (May Allah's blessing be Upon him ), one jinn claims to be able to bring Queen Bilqis's throne to Hazrat Sulayman's court , quicker than he can stand up. Though the Jinn does not actually perform this feat, but Hazrat Sulayman does not reject his claim, indicating that the Jinn did possess such ability. As has been stated in the Quran on the occasion when Prophet Suleiman said,

*“He said:”O chiefs! Which of you can bring me her throne before they come to me surrendering themselves in obedience?” A ifrit (strong one) from the jinn said:”I will bring it to you before you rise from your place. And verily, I am indeed strong, and trustworthy for such work.” (C 27: V 38-39)*

This statement made by the **ifrit** bears testimony to the vast capacities and extraordinary powers granted to him by Allah. Indeed making a claim to bring the throne of Queen Bilkees from Yemen to Jerusalem (2200 KM approximately) in a matter of hours shows the self-confidence he had in his immense strength. Also through other verses of Quran it dawns upon us that, jinn are able to listen to the Quran being recited (a feat requiring that they have the physical faculty of hearing : ).

## Cure Your Was'was Forever

*And (remember) when we sent towards you (Muhammad ﷺ) a group (three to ten persons) of the jinn, (quietly) listening to the quraan. When they stood in the presence thereof, they said: "Listen in silence!" And when it was finished, they returned to their people as warners. (C 46: V 29)*

It is true that both angels and jinn have the power to descend upon people. The descent of angels is not limited to the moment of death. For example, if someone says, "Allah" with full attention, angels descend upon him. Jinn also have certain such powers. For instance, they can perform feats with incredible speed. Though their power of intellect is weak, they are able to move heavy objects with great speed. Some verses of the Qur'an indicate that jinn—like humans—are physical beings.

But one thing we need to keep in our minds is that , Although Shayta'an (who is a mischievous Jinn ) has power to incite man with tempting thoughts, to call him toward evil, and to make evil seem beautiful to him , **He has no power to force anyone to do anything.** As Allah Ta'ala has clearly mentioned this in the Qura'n Share'ef that:

***"His power is only over those who obey and follow him ( Shayta'an)..."***  
***(Surrah An-Nahl 16: 100)***

## A Mind Shift to Adopt

Therefore, to win the battle of Was'was, you need to first & foremost tell yourself that Allah Ta'ala has made you very strong. And Allah's protection is any time & every time is available for you. Let me make it simple for you just for understanding. People living in the United States have a firm belief that if they ever find themselves in any trouble and dial the number 911, the emergency help will only be a few minutes away. Like-wise, a Muslim's belief should be

unflinchingly strong that Allah's help and protection is always only an invocation (Dua'a) away. As soon as a Muslim starts to remember his Creator, Allah's protection descends and covers his slave. As Allah Ta'ala also says:

***“Verily, he (Shayta'an) has no power over those who believe and put their trust only in their Lord (Allah).” (Surrah An-Nahl 16: 99).***

This realization alone that we are stronger than Shaytaa'n, since we are being protected by the mightiest of All , Allah Ta'ala , gives us ample strength . No harm can come to us through the nefarious plans and whispers of Shaytaa'n, if we seek protection from Allah. How can I say it such confidently? I can say it with utmost confidence, since Shaytaa'n himself has accepted his defeat in these words that he shall utter on the Day of Judgment before Allah and those who followed the foot steps of Shayta'an.

*"And Shaitân (Shayta'an) will say when the matter has been decided: "Verily, Allâh promised you a promise of truth. And I too promised you, but I betrayed you. I had no authority over you except that I called you, so you responded to me. So blame me not, but blame yourselves. I cannot help you, nor can you help me. I deny your former act in associating me (Shayta'an) as a partner with Allâh (by obeying me in the life of the world). Verily, there is a painful torment for the Zâlimûn (polytheists and wrong-doers, etc.)." (Noble Qur'an : Ibrahiim 14:22 )*

**(D) Action Steps for you to Adopt Now**

- l) So the very first Mental Shift towards defeating of Was'was is that you need to suggest to your-self repeatedly that:

*"Allah is the Mightiest of all & since Allah protects me therefore I am not at all afraid of these Was'was. These Was'was are merely walls of sand and they shall crumble once the Waves of Eemaan will come crashing to them, Insha Allah. "*

I ask you to repeat this, time & again, to yourself because your subconscious will accept this reality by repeating. And once your subconscious accepts this, only then will your conscious mind and your body start to act in ways that shall make you feel you more confident and ready to defeat the situation you are finding yourself in.

In my case, when I was dealing with Was'was, I used to repeat to myself, at least ten times early in the morning these words:

- **"I am such Powerful because I draw my power from the Mightiest of All Allah Ta'ala".**

Also I used to say to myself,

- **"My thoughts are so pure and so positive and I am getting better every day".**

And Sometimes I would remind myself that

- **"My thoughts are merely thoughts & they have only as much power as I give to them "**

## **2) Reason Behind Repeating These Lines ?**

In the language of psychology, repeating such positive thoughts to your self are called as "Positive Affirmations". By saying affirmations time and again, you keep giving such positive signals to your brain and keep energizing it.

1) Just as healthy food is the tonic for our body, likewise, healthy thoughts are the tonic for our brains. Positive affirmations are the tonic for our Brains. Therefore, when we repeat to ourselves through positive affirmations that : "*We are Powerful because Allah protects us* " & "*I control my thoughts because Allah has empowered me to do so* " , then we give ourselves the courage and stamina to fight back . I noticed that when a person is under the impact of Was'was, then he usually loses confidence and control over himself. He starts to forget that he is the vicegerent (Deputy) of Allah Ta'ala on this earth. He becomes forgetful of the fact that Allah Ta'ala has given him such weapons to strike back at Shayta'an and Shayta'an's whisperings. He starts to consider himself weak and slowly slips into hopelessness from Allah Ta'ala.

To save yourself from this stage, you need to suggest your minds some positive affirmations. These positive affirmations remind shall remind you of the Power of his Allah Ta'ala and help you gain confidence over your thought process. So, you may write down your own positive affirmations and start repeating them to yourself.

2) Basically, **fear** is the only thing, which keeps us frozen in our tracks when we are under the impact of Was'was. We feel scared, sometimes helpless, and at other times too much ashamed to approach someone for help. We are embarrassed to share the shayta'anic thoughts jumping in our minds with others as sometimes these thoughts of Was'was are so much shameful in nature that we cannot muster up courage to discuss it with anyone.

First & foremost, we need to break the barrier of this fear by repeating to our subconscious that: "I am Powerful & I draw my power from the Mightiest of All which is Allah Ta'ala". As Allah Ta'ala says in Chapter 9, Verse 51 of Quran that:

***"Say! Nothing shall ever happen to us except what Allah has ordained for us. He is our Maula (Lord, Helper and protector)." And in Allah let the believers put their trust.***

So , let's reinstate our trust in Allah, as no amount of whisperings or Was'was can harm us as long as we are being protected by the Most powerful, Most gracious & All encompassing of all. Let's do what Quran such eloquently tells us to do: which is to put your full trust in Allah.

" If Allah helps you, none can overcome you: If He forsakes you, who is there, after that, that can help you? In Allah, then, Let believers put their trust. (Surrah Al-Imran, 160) "

- 3) Along with repeating the Positive affirmations that you have written for yourself, remember that the best kind of affirmations are of-course the Aa 'yat of the Nobel Quran. Below I have chosen some of the related verse of Holy Quran Along with their translation in English. Start to recite them by watching them here daily .Soon you would learn them by heart and you wouldn't need to even look at this book to read them .

**Verse # 1: Allah Alone is enough for you :**

وَتَوَكَّلْ عَلَى اللَّهِ وَكَفَى بِاللَّهِ وَكِيلًا ﴿٣﴾

And rely upon Allah; and sufficient is Allah as Disposer of affairs. (Surrah : 33 ; Verse 3)

**Explanation:**

And put your trust in God, regarding this affair of yours; and God suffices as Guardian, to preserve you.

### My Routine

This verse of Quran proved to be a life saver for me. As soon as I discovered this verse, it became a paradigm shift for my thinking pattern. I immediately started to think that I was not alone ; that I had not been forsaken and left alone to my agony ; that there was a Divine Being (Allah Ta'ala) with me who could rid me off my mental woes , provided I put my trust in Him . Hence I made it my routine

to recite this verse along with its' meaning to remind myself of the fact that *"If Allah is by my side, then Iblis and his Was'was are as weak as a spider's web"*.

Here are some other verses, which solidified my faith in Allah and repaired my trust in the notion that I can always fight back to these unwanted Whisperings.

### **Verse # 2: Reminder of Allah's Protection**

قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ  
فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿٥١﴾

**Meaning:** "Nothing will happen to us except what Allah has decreed for us: He is our protector": and on Allah let the Believers put their trust. (Surrah At-Tawba, 51) "

**Verse # 3:** Who can overcome you, once Allah is with you?

إِن يَنْصُرْكُمُ اللَّهُ فَلَا غَالِبَ لَكُمْ وَإِن يَخْذُلْكُمْ فَمَنْ ذَا الَّذِي  
يَنْصُرْكُمْ مِّنْ بَعْدِهِ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿١٦٠﴾

**Meaning :** If Allah should aid you, no one can overcome you; but if He should forsake you, who is there that can aid you after Him? And upon Allah let the believers rely. (Surrah Al-e-Imran , verse # 160 )

**Verse# 4:** Nobody ( even Shayta'an) is beyond the control of Allah

إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي وَرَبِّكُمْ مَا مِنْ دَابَّةٍ إِلَّا هُوَ آخِذٌ بِنَاصِيَتِهَا إِنَّ  
رَبِّي عَلَى صِرَاطٍ مُسْتَقِيمٍ ﴿٥٦﴾

**Translation:** *"I put my trust in Allah, My Lord and your Lord! There is not a moving creature, but He hath grasp of its fore-lock (Surrah Hud, 56)*

### Quick Pointers:

- 1) There is no restriction over the Number of times one can repeat these verses. (As Allah's beloved Prophet Muhammad (SAW) didn't set any counting for repetition of any verse, so who are we to fix this ). You may read them once a day or 100 times a day; once a week or twice a week. But one thing of utmost importance is that try to read them with full dedication and full concentration towards Allah. Personally, I used to recite these verses daily.
- 2) I kept on doing that for at-least 2 weeks in order to give me ample courage to be able to muster up courage to face that Was'was that I was fighting against. The efficacy of these verses started showing results right from the beginning. Also if you cannot remember all of them just pick those which are easy for you to remember.
- 3) The purpose of reading and re-reading these Quranic verses (while Keeping their meaning in mind) is only to put Tawak'al (Trust of Allah) in our hearts. You shall notice that reciting them shall make you strong, you shall start to feel that "you are not alone " in this battle and an amazing

"sense of security" shall try to fill in the vacuum of your mind , that was once occupied by the worrying Was'was . Reciting these verses shall make you realize that the cause of our Was'was, which is Iblis, is weaker and unable to do any harm to us as long as Allah is protecting us and keeping us secured both physically and spiritually.

- 4) Do make the habit of reading the translation every time along with reading the Arabic text. Slowly you shall learn both the Arabic verses and their meaning by heart. A time shall come when you will be reciting the Arabic Verses and their English or Urdu translation shall automatically come in your mind while reading. It's important to know what you are reading in order for your heart to be fully convinced.

## 2) Dealing with Was'was During Prayers

On the way back from a military expedition, the Prophet could not wake up because of tiredness and missed the Morning Prayer for only once. When he woke up, then he warned by saying:

***“Leave this place at once; apparently Shayta’an has established his***

***sovereignty here.”*** (Muslim, Masajid 309; Abu Dawud, Salat 11; Tirmidhi, Tafsir as-Surrah 20; Ibni Maja, Salat 10; Muwatta, Salat 25).

Yes, what we learn from above advice of Prophet Muhammad (Peace Be upon him )is that one should always be alert against the magnetic field of Shayta’an and if one has entered it unconsciously, he should leave it at once. As heedlessness and carelessness are a means of welcoming Shayta’an and

## Cure Your Was'was Forever

Shayta'anic deeds. Invocation, mentioning Allah and connecting with Him are a defense and even a counter-attack against them.

### How to protect myself from Was'was during Sala'at?

Here I enlist and elaborate, in the light of Quran & Sayings of Holy Prophet (may peace be upon him) along with psychological techniques; the **top Solutions** through which you can escape the impact of Was'was in Salaa't , Insha-Allah :

#### **Solution #1 : Always Place a Barrier (Sutrah) in front of you & pray close to it**

A sutra is a barrier between the one who is offering Sala'at & the one who is passing . A sutrah can be a piece of wood or any other object .

Narrated by Abu Dawood with a jayyid isnaad. When the Prophet Muhammad (peace and blessings of Allah be upon him) travelled, he would take with him a short piece of wood and pray facing it. It is a confirmed Sunnah but it is not obligatory, because it is proven that on some occasions, he (peace and blessings of Allah be upon him) prayed without a sutrah.

The Prophet Muhammad (peace and blessings of Allah be upon him) said:

**“When any one of you prays, let him pray facing a sutrah, and let him get close to it.”**

*(Reported by Abu Dawood, no. 695, 1/446; Saheeh al-Jaami', no. 651).*

## Cure Your Was'was Forever

Placing a Sutra before you is very beneficial as it restricts your field of vision. It also helps you keep your focus on the recommended points and prevents wandering of your vision. It is an important remedy for the Was'was since it obstructs the malicious designs of Shayta'an. As our beloved prophet advised us in these words:

***“When any one of you prays facing a sutrah, let him get close to it so that the Shaytan cannot interrupt his prayer.”***

*(Reported by Abu Dawood, no. 695, 1/446; Saheeh al-Jaami', no. 650).*

To disturb our prayers, Shayta'an uses other people as well. Shayta'an would put a thought in the mind of a fellow person who is near you in Mosque or at home. That person would want to pass in front of you while you are praying. This is the plan of Shayta'an to distract you from your prayer. If you have not placed any Sutra in front of you, then that interrupter person will commit a great sin while your Sala'at shall get disturbed." In the same vein, the Prophet (peace and blessings of Allah be upon him) advised the one who is praying not to allow anyone to pass between him and his sutrah. He Said:

***“When any one of you is praying, he should not allow anyone to pass in front of him, and he should prevent him as most as he can. If he insists, he should fight him, for he has a companion [i.e., Shaytan] with him.”***

(Reported by Muslim, 1/260; Saheeh al-Jaami', no. 755)

➤ Hence **Rule # 1** for Beating Was'was in prayers is

*"Always place a Sutrah in front of you while Performing Sala'at at home or in Mosque & Don't ever let a person ever pass between you and your sutrah . "*

### **Soultion 2 : It is Not Obligatory to recite Intention (Niyyah) Verbally before Your Sal'aat**

Sometimes, uttering the words of niyyah allows shayta'an to put irrelevant words in the mouth of the person who is uttering them in low voice. For Example : Do you remember at one time or another that once you stood up for **Asar** prayer and discovered yourself saying, *"I intend to pray four rak'aat of Isha,"* or when you were standing for **Zuhr** prayer you made your intention to pray **fajr** instead? This confusion is from shayta'an. Had you kept silent, shayta'an would have no chance of confusing you.

Therefore, if you are already suffering from Was'was then don't please provide the shayta'an another opportunity to attack you by uttering your intention of Salaa't verbally such as *"I intend to pray such prayer or such number of rak'aat, or I intend to fast, or do such act of worship or another"* I am recommending you this in

the light of explanations of various eminent Islamic scholars. For example

Shaykh al-Islam Ibn Taymiyah said that:

*" The intention of purifying oneself by doing wudoo' ghusl or of praying, fasting, paying zakaah, offering kafaarah (expiation) and other acts of worship does not need to be uttered verbally, according to the consensus of the imaams of Islam. **Rather the place of intention is the heart**, according to the consensus among them. If a person utters something by mistake that goes against what is in his heart, then what counts is what he intended, not what he said. "*

Intention is connected to knowledge. If a person knows what he is doing then he has obviously made an intention. It cannot be imagined, if he knows what he wants to do, that he has not formed an intention. The imaams are agreed that speaking the intention out loud and repeating it is not prescribed in Islam. So in order to escape the Was'was of Shayta'an, first & foremost, don't allow him a chance at the very start of your Sala'at .

**Hence Rule # 2 for Beating Was'was in prayers is**

- *If You are dealing with Was'was , then its preferable to let your Heart do the intention of Salaa't rather than your Tongue .*

### **Solution 3: Don't Try to Fight Back the Bad Thoughts in Sala't**

The number one practice to include in your prayers from now onwards is to resist the urge to fight back the disturbing thoughts in your Sala'at. Let's admit one thing; we cannot get rid of the bad thoughts in prayers by trying to fight them back. The only way to get rid of these thoughts is to let them pass. For Example: Lets' consider the Case of Floods which come in countries that receive too much rainfall. As you know that despite the greatest technological advances, we cannot stop floods by trying to block them; Instead what do we do? We let the floods pass. We recognize their strength and let them flow away. The sooner they flow away from our cities and towns, the better it shall be for our wellbeing.

➤ Hence **Rule # 3** for Beating Was'was in prayers is:

*"Do not fight back the Was'was while standing in Sala'h & Let them flow away."*

### **Solution 4: Training your Focus Muscle for Was'was Removal**

I found this technique to be extremely useful in regaining my concentration during Salaa't. To understand this technique, you need first to get a short course on how your Brain works. Don't worry; you don't need to go anywhere to take this course. In the next two paragraphs, I shall summarize how your Brain works and

### How our Brains Work?

During my study of psychology, I learnt that our Minds are like a muscle. The actions of most muscles in our body are under our control, such as we can move our arm and leg whenever we like to. But our mind is not always submissive to our Will, as thousands of thoughts emerge in it in a single day without our inviting them.

Throughout the day, in order to perform the functions of awareness, cognition and perception, our brains consume a lot of energy and they have to stay active, awake, and vigilant. The Brain is performing all these activities by sending electrical impulses. These electrical impulses do not even stop completely when a person is sleeping, which results in dream like experiences. **But sometimes we Need to interrupt the** thought process of our brain for our own inner peace, tranquility and riddance from the unwanted thoughts (of Was'was & other useless Stuff). Here is how to regain control of our minds.

#### a) **3 Minutes Focus Technique.** s

Before applying "**3 Minutes Focus Technique**" on your mind during prayers, I recommend that first you practice it outside of your Sala'at. Once you have Mastered it (in a few days), then you can start to apply it during your Salaa't too. There are 3 levels to learning this technique.

## Level 1

- 1) Choose a room (or a Place in your Garden), where there is a wall (or tree or anything Solid) in front of you at some distance.
- 2) Find a **Small point** on the wall. If you can't find it, then draw a Mark on the wall. A small circle of the size of your thumb's Nail is fine. Make it in Black color (with lead pencil) preferably if the wall is white. You may draw a small dark circle on a Paper and paste it on the wall as well.
- 3) Make sure that the circle is drawn at a height where you can see it with your Neck straight. It shouldn't be too low or too high from your face in seated position.
- 4) Now sit down in a relaxed position at some distance from the wall. A distance of one to two feet is enough. I used to sit at a distance of two arm's length from the wall.
- 5) You may sit on the ground or on the Chair as you may like. If you are sitting on a Chair, then put your hands on your thighs.
- 6) **Now**, focus on the Dot with your full attention for 30 seconds. During these 30 seconds Allow no other thought to enter your mind.
- 7) Your mind should see Nothingness; just Emptiness. Let that Dot be your Locus.
- 8) Without letting your Mind wander, just focus on the black dot. Keep looking at it without thinking about it.
- 9) Make sure that you stay Calm and free from stress during your focusing on the dot.

10 ) Keep breathing Normally & Keep your focus only on the Dot. Don't even think about the outcome. Only FOCUS and build your Focus muscle.

### Precautions:

Please practice this level 1 exercise for at-least one week, every day.

Remember, you are training your focus muscle; Just as it takes the time to build muscles in the gym and to lose fats, likewise building your focus muscle shall take ample time.

DO Not Make the Mistake of **Just Reading & Delaying** to do this exercise.

IF YOU DON'T TAKE ACTION THAN NOTHING WILL CHANGE. ACTION IS THE KEY; GET UP & RIGHT NOW DO THIS EXERCISE.

THIS WILL ONLY TAKE 30 SECONDS.

Let's Do it !! ..... Now !

## Level # 2

Now in Level 2, we need to slightly take this Focus Exercise ahead slowly.

- **Recap:** For the first 7 days we kept our focus on the Dot for 30 seconds. Once you can accomplish it easily for 30 seconds, then it's time to advance.

- In the Level 2 : For the **first 3 days**, you need to add 30 seconds to your exercise and now you shall focus on the Dot for **60 seconds** without letting the thoughts break your focus. It might be a bit challenging than before but you can do it with a little practice. If anywhere you lose your focus, don't worry. You can repeat this exercise any time. Help yourself with the thought that If you can focus on your smart phones, watching Face book and messaging on what's app for 30 to 40 minutes, then there is no reason why you can't focus on the Dot for only one minute? The answer is **YES , YOU CAN !**
- After 3 days of maintaining your focus on the dot for 60 Seconds, its time to move ahead.
- Now, on the **4th day** of this exercise, you need to add another 30 seconds. It shall make the total time to come to 90 seconds (One and Half Minute). Sit before the dot and focus on it for 90 seconds straight; letting no thoughts pass between your focus and the dot.
- Keep adding 30 seconds to this exercise after every 3 days . Until you are able to focus your mind on the Dot for **3 Minutes in a row**.

Remember, Your FINAL target is to maintain your focus on the Dot for 3 Minutes without letting any disturbing thought get hold of you. It's Possible. Hundreds of thousands of people has achieved this with practice. If you can reach this level in two days, it's impressive; But If you achieve this target in two weeks, even then it's great. Point to remember is that "Practice makes a Man perfect". And with the practice of one to 2 weeks, you can build your Focus Muscle so strong that you shall be able to focus for many minutes on a single point without letting any

thought distract you. This method has been proven to work , so practice it please .

## Level 3

### ➤ Applying "3 Minute Focus Technique" to your Salaa't

You have trained your focus muscle to concentrate on a single spot for 3 minutes at-least. Now comes the final Part. How to apply the same practice to your Sala'at to make your Sala'at free from Was'was and wanderings. Here it is :

- Did you know that it is forbidden to lift one's eyes toward the sky in prayer? Hazrat Abu Huraira (R.A) reported Allah's Apostle *saying that: "People should avoid lifting their eyes towards the sky while supplicating prayer; otherwise their eyes would be snatched away."* (Bukhari vol. 1 no. 863)
- **Step 1** When you stand in Salaa't, after saying Takbeer "AllahHuAkbar ", you need to immediately **focus your eyes on the place of Sajuud**, where you prostrate. We take this practice from the Sunnah of Prophet Muhammad (May peace be upon him) :

*As it was reported from Hazrat 'Aa'ishah that "the Messenger of Allah (peace and blessings of Allah be upon him) used to pray with his head tilted forward and his gaze lowered, looking at the ground."*

*(Reported by al-Haakim, 1/479. He said it is saheeh according to the condition of the two Shaykhs*

*[al-Bukhari and Muslim], and al-Albaani agreed with him in Sifat al-Salaah, p. 89).*

- Consider this Point of Sajuud to be the "Black Circle on the wall" on which you practiced your focus muscle.
- Start reciting your Surrah's with utmost confidence. Make yourself feel assured that you can do it without letting any foreign thought able to enter your mind.
- While Standing in one Raka't of Namaz , it usually takes us 1 to 1.5 Minutes to complete our reciting of SUBHANA KALLA HUMMA , Surrah Fateha and one other Surrah . As we already have trained our Focus Muscle to remain intact for 3 minutes during our "*3 minute Focus on the Dot*" exercise, therefore it is now not difficult for us to repeat this in Salaa't.
- **Step 2:** When you enter your "Rakuu", now it's time to change your Focus point to your toes.

- ❖ It usually takes 5–10 seconds in Ruk'uu. So it will not be difficult for you to focus for this amount of time without letting any thought distract you, Insha-Allah.
- **Step 3:** When returning from Ruku' back to standing position, you need to Fix your eyes back on the point of Sajuud.
- **Step4:** In sujjud, keep your eyes open. Don't close them. It is not from the Sunnah to close one's eyes when in sujood (or any other part of the prayer for that matter), as this was the habit of the Jews, and as Muslims, we should differentiate our matters of worship from them, and Allah knows best
- **Step 5 :** In between 2 Sujjuds , in sitting Position , Keep your focus on the point of Sujjud .
- **Step 6 :** In Qa'dah (sitting position to recite At-tahiyyat , Durud shareef etc ) , your eyes should be focused on your **Index Figure of right hand** . As it was reported that the Prophet (peace and blessings of Allah be upon him) *“would point with the finger next to the thumb towards the qiblah, and focus his gaze upon it.”* (Reported by Ibn Khuzaymah, 1/355, no. 719). According to another report he *“pointed with his index finger and did not allow his gaze to wander beyond it.”* (Reported by Ahmad, 4/3, and by Abu Dawood, no. 990)

That is all you need to do during your Sala'at. Just keep your focus on the Recommended points and Insha-Allah, your Focus on Sal'aat shall be multifold; Also your Khushoo (Sincerity & dedication towards Allah ) in Sala'at will increase many times .

➤ Hence, **Rule # 4 for Obliterating Was'was in Sala'at**

*Build your Focus Muscle & apply this Focus on the recommended spots in Your Salaa't.*

**Solution 5 : Learn Meaning of Arabic Verses that you are Reciting in Salaat & interact with them in your Salaa't**

Learning the meaning of Arabic Text that we recite in Sala'at .I have found this to be one amongst the best ways to save my mind from sinking into Was'was .

**Hold on!**

Don't let your Mind tell you that it is extremely difficult to remember the whole translation of Sala'at. Because it is not! First of all, let's see how much important it is to know the meaning of Quranic Verses that we recite in Salaa't and at other times in the Light of Islamic Narrations : One morning, Hazrat Bilaal (May Allah

be Pleased with him ) came to tell Prophet Mohammad (May Peace be upon him) that it was time to pray, and when he saw him weeping, he said :

- *“O Messenger of Allah, you are weeping when Allah has forgiven you all your past and future sins?” He said, “Should I not be a grateful slave? Tonight some aayaat have been revealed to me; woe to the one who recites them and does not think about what is in them (interpretation of the meaning).*

(Reported by Ibn Hibaan. He said in al-Silsilat al-Sahihah, no. 68: this is a jayyid isnaad).

One Learned Scholar, while lecturing the uses of reciting the Arabic text by knowing its meaning (In Urdu, Malaysian, English etc) in our Sala'at , says that :

*"Understanding every word of what you recite in Prayer is helpful in developing a tranquil mind and in allowing you to control your immediate thoughts and feelings that would distract you from your Prayer. You also need to appreciate the words and its meaning in your language of preference, recite and understand them so that your mind does not wander and remains focused on the task at hand. However, one would not think or ponder on the meanings for this is not the time for it, but only occupy his mind with the meanings of the phrases being recited."*

## Your Strategy from Today on-wards :

- Your Strategy should be to focus your eyes on the Recommended Places (which we discussed in previously in 3 Minute focus technique) and then recite the Arabic Verses and let their meanings flow through your mind.
- When you shall focus on the meaning, automatically no thought of Was'was can break into your mind. And Even if the thoughts try to break in , you can use your "**Focus Muscle** that you built " to contain those wandering thoughts and bring you back to your salaa't .
- It takes a small effort to get yourself used to the practice of Reciting Arabic verses and then letting their translation come in your mind automatically. Only one month of practice shall train your Mind to bring the Meaning of Arabic verses automatically in your mind while you are reciting your Sala'at.
- Please start learning the meaning of Arabic text that you recite in Sala'at from today. And don't delay. It shall be such a rewarding effort for your own self and you would find yourself at much higher level of Sincerity &

Khus'huu in your prayers .

## Basic Translation of Ingredients of Sal'at

For your ease, here is the most basic Translation of main ingredients of Sala't . You can start learning from here. Just learn the meaning of one to 2 verses in a day and during performing your Sala'at, try to bring their English(Or your own Language ) meaning in your mind when you utter them in Arabic.

### Takbir Translation

الله أكبر

Allah is Great

### Translation of Surrah Fateha

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I commence with The Name of Allah, The Compassionate, The Merciful

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Special Praise be to Allah, The Sustainer of the creation

الرَّحْمَنِ الرَّحِيمِ

The Compassionate, The Merciful

مَالِكِ يَوْمِ الدِّينِ

## Cure Your Was'was Forever

Lord of The Day of Judgment

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

You alone we worship, and to You alone we pray for help

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

Guide us to the straight path

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

The path of those whom You have favored, Not of those who have incurred Your wrath, nor of those who have gone astray

## Translation of Surrah of al-Ikhlās

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

I commence with The Name of Allah, The Compassionate, The Merciful

قُلْ هُوَ اللَّهُ أَحَدٌ

Say: Allah is One - The Eternal Being

اللَّهُ الصَّمَدُ

Allah is He Who is independent of all beings

لَمْ يَلِدْ وَلَمْ يُولَدْ

He begets none, nor was He begotten

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

And none in the creation is equal to Him

### Translation of the Dhikr During Ruku (Bending) and Sajdah (Prostration)

• سُبْحَانَ رَبِّيَ الْعَظِيمِ



Glory be to my High Sustainer

### Standing Up From Ruk'u

• سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Allah hears and accepts the praise of one who praises

### After Going into Prostration

• سُبْحَانَ رَبِّيَ الْأَعْلَى

Oh Allah glory be to you, the most high."

## Translation of Tashahhud and Salam

التَّحِيَّاتُ لِلَّهِ، وَالصَّلَوَاتُ، وَالطَّيِّبَاتُ،  
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ،  
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ. أَشْهَدُ  
أَنَّ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ  
وَرَسُولُهُ

### Translation

All greetings of humility are for Allah , and all prayers and goodness . Peace be upon you , O Prophet , and the mercy of Allah and His blessings . Peace be upon us and upon the righteous slaves of Allah . I bear witness that there is none worthy of worship but Allah , and I bear witness that Muhammad is His slave and His Messenger.

## Translation of Daruud-e- Ibrahimi.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

Allah, let Your Blessings come upon Muhammad and the family of Muhammad,

كَمَا صَلَّيْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ

As you have blessed Ibrahim and his family. Truly, You are Praiseworthy and Glorious..

اللَّهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ، وَعَلَىٰ آلِ مُحَمَّدٍ

Allah, bless Muhammad and the family of Muhammad, as you have blessed Ibrahim and his family

كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ

As you have blessed Ibrahim and his family , You are Praiseworthy and Glorious

إِنَّكَ حَمِيدٌ مَّجِيدٌ

You are Praiseworthy and Glorious..

## Translation of Dua , Rabb-ij-Alni

*Rabbi 'j'alni muqima's-Salati wa min Thurriyati, Rabbana wa taqqabal du'a',."*

"O my Lord! make me one who establishes regular Prayer, and also (raise such) among my offspring. O our Lord! and accept Thou my prayer."

*Rabbana'ghfirli wa li walidayya walil-Mu'minina yawma yaqumul-Hisab*

"O our Lord! cover (us) with Thy Forgiveness - me, my parents, and (all) Believers, on the Day that the Reckoning will be established!" (14:40-41)

Hence **Rule # 5** of Getting Rid of Was'was in Sal'at is

*"Learn to interact with your prayers by learning Arabic translation*  
*"*

### **F) Solution 6 : Recite different Surrah's during Different Raka'ats**

Can you just tell us, when was the last time you included some new Surrah after Surrah Fateha in your Prayers? Can't remember? Well most of us, are accustomed to reading the Same 2 to 3 Surrahs after Surrah Fateha in Sala'at . Mostly those Surrahs are small ones like Surrah ikhlaas , or Surrah Kausar or Surrah Asar.

## Cure Your Was'was Forever

Well there is no qualm in reciting these small Surrahs in Your Prayers but you may want to add some new Surrah in your Sala'at. Let's take a quick look at what our Beloved Prophet would recite in his prayers.

### In Fajr Prayer

It was reported that he recited

Surrah al-Room [30],

Surrah Yaa-Seen [36] and

Surrah al-Saaffaat [37],

and on Fridays he would recite al-Sajah [32] and al-Insaan [76, a.k.a. al-Dhahr] in Fajr prayer.

### In Zuhr Prayer

It was reported that in Salaat al-Zuhr, he would recite the equivalent of thirty aayaat in each of the two rak'ahs, and that he recited :

Surrah al-Taariq [86],

Surrah al-Burooj [85] and

wa'l-layli idhaa yaghshaa [al-Layl, 92].

### In Asar Prayer

In Salaat al-'Asr, he would recite the equivalent of fifteen aayaat in each rak'ah, and he would recite the Surrahs already mentioned in connection with Salaat al-Zuhr.

### In Maghrib Prayer

In Salaat al-Maghrib, he would recite short mufassal Surrahs such as al-teeni wa'l-zaytoon [al-Teen 95], and he recited Soorat Muhammad [47], al-Toor [52], al-Mursalaat [77] and others.

### In Isha prayer

In 'Ishaa' he would recite medium-length mufassal Surrahs, such as al-shamsu wa duhaahaa [al-Shams 91], idhaa'l-samaa'u inshaqqat [al-Inshiqaaq 84]. He told Mu'aadh to recite al-A'laa [87], al-Qalam [68] and al-layli idhaa yaghshaa [al-Layl, 92].

### What you can Do Easily?

Now, I understand that we are weaklings and that we don't have the capacity to

remember those Long Surrahs and include them in our prayers. What a Pity!

Most of us remembered Medical books, Engineering designs, French Language ,

Cooking recipes etc but when it comes to learning Surrah's of Quran by heart ,

then we are such short of time and energy . May Allah have mercy upon all of us .

The last Chapter has Quran has some many Surrah's which are not very long and easy to remember.

At-least remember these **Last 10 Surrahs** of Quran along with their meaning and include them in your prayers.

These Surrahs are:

Surrah # 106) -----Al- Quraysh

Surrah # 107. -----Al-Ma`un

Surrah # 108. -----Al-Kawthar

Surrah # 109. -----Al-Kafirun

Surrah # 110. -----An-Nasr

Surrah # 111. -----Al-Masad

Surrah # 112.-----Al-'Ikhlas

Surrah # 113.-----Al-Falaq

Surrah # 114.-----An-Nas

You may find them here : <http://quran.com/>

### **How Does Reciting Different Surrah's Ward off Was'was?**

When we recite different Surrah's, then our mind is not on an Auto Pilot mode. It means that our mind shall struggle to remind itself of the New Surrah and hence will spend more energy in its working. This will require our mind to be more attentive and focused at what we are reciting.

This attentiveness & effort on the part of our brain helps to keep Was'was away. Our Mind usually is able to focus on one thing at a time. When we apply it to the remembrance of new Surrah and reciting it then the Shayta'an loses his ability to feed our mind with Was'was. While, in case of reciting the same short Surrah's all the time our mind becomes on an auto pilot mode and without any effort we start to recite them; hence a loop opens for shayta'an to insert its Was'was inside our minds.

➤ Hence **Rule # 5** of Getting Rid of Was'was in Sal'at is

*“Learn & Recite different Surrah's during Different Raka'ats of Your Salaa't .”*

## **(G) You Need to Adopt Moderation in Eating**

Luqman Hakim (R.A), a very wise man & based on his intellect and obedience to Allah has been mentioned in Quran. He once said to his beloved son:

*" Dear son! When the stomach is full your faculty of thinking goes to sleep, and your tongue of wisdom becomes dumb and your limbs fail to worship Allah".*

### **What Happens when you eat too much?**

In Medical terms , when you eat too much (Especially unhealthy junk food Like Burgers , Pizzas , Soda Drinks etc ) , then this sheer volume of food body makes you feel heavy and tired. Actually, as soon as your stomach detects this amount of food entering inside, it gives a signal to the Brain. The brain then drives the blood to the digestive system to help it digest the food that you have eaten. This actually creates a temporary shortage of enough Blood in your Brain to keep it

functioning at optimum levels. Hence, this action can result in lowered blood pressure and dizziness. The result is a light-headed, tired feeling.

When You come to Namaz with full stomach, then your faculty of thinking and performing shall not be at optimum levels which shall make you feel lazy and dizzy in Sal'aat . Hence this will give Shay'taan an easy chance to cast the spell of his Was'was over you. And you become an easy target

### How to overcome this?

- First and foremost, be Moderate in your eating life style.
- Make Exercise, a Part & parcel of your life; especially in the Morning & evening,
- Chew your food properly before ingesting it.
- One of the best criterions in this regard is that which was stated by Hazrat Ali ibn Abi Talib (AS):

*"Son! May I instruct you four words after which you will no longer need medicine? Do not eat unless you are hungry. Stop eating while you are still hungry. Chew food deliberately. Before sleeping, go to toilet. You will not need medicine if you follow."*

- Increase your Intake of liquids, like water and fresh juices. Be stubbornly against the use of Soda drinks and flavored artificial juices.
- Try to Offer your Zuhr Prayers before you have Eaten your Lunch.
- Also try to offer your Isha Prayers before consuming your dinner.
- Cut off deep fried Objects from your meals as much as possible.
- Increase the intake of Green vegetables and Fruits in your diet.
- Always have breakfast. Eat within one hour of waking up. If you don't have time for a proper breakfast, just grab some fruits (Apple , Pine apple , etc ) and a few nuts (Almonds , Walnuts )

- **Cut the C.R.A.P.** Avoid the four main food groups that cause fat to cling to our bodies: caffeine, refined sugar, alcohol and processed foods.
  - Don't eat after 9pm: Eating a large meal in the evening when your body is slowing down or sleeping is a bad idea for your digestion and weight.
- **Hence, Rule # 6 for Obliterating Was'was in Sala'at**

*“Refine your eating Habits . Shun the habit of eating until you have a full stomach”*

### Solution 7

**(H) As a last resort: Spitting in the Air three Times.**

There is a Shayta'an specialized for disturbing a person in prayer, his name is **Khanzab**. This Shayta'an's job is, whenever you try to pray, he tries to remind you, “Oh, your mobile is in the car, somebody is going to break the window and steal it.” Khalas, your whole prayer is gone. While you are in your prayer, he reminds you of everything, the things that you have almost forgotten, he even reminds you of those things in the Salah. He is very clever and he knows how to exploit your weaknesses and hence only reminds you those possessions

which are the most precious to you.

### Story of Imam Abu Hanifa

A man came to Abu Hanifa {May Allah have mercy on his soul} and said to him, "Sheikh, I buried my savings somewhere in the desert with a mark on it but now I have completely forgotten where I put that. My whole life's savings are in there." Abu Hanifa said, "Don't worry, when you go home tonight, in the last third of the night, pray 10 Rakahs and try to be as perfect as you can in the prayer (like prolonging the Surrachs and completely giving your heart to Allah Taala)."

When the man went home and started to pray, just in the second Rakah the Shayta'an made him remember where he had buried his savings. He quickly wrapped up the prayer, went to the place and found his savings. He took it, went back to Abu Hanifa, and asked how he knew this.

**Abu Hanifa said,** "This is because the one who had made you forget was Shayta'an." As Allah said, "None but Shayta'an made me forget to remember

## Cure Your Was'was Forever

it.” {The minister’s servant said this to Moosa alaihissalam and Allah recorded it in the Qur’an}.

**Abu Hanifa continued**, “So, when Shayta’an saw your first Rakah, he thought to himself, ‘If this guy is going to pray 9 other Rakahs this good, Allah is going to forgive all of his sins! I think I had better compromise.’ So, Shayta’an whispered, ‘Listen, the place is here’” and the man went and found his savings there. Therefore, this is his role, to destroy your Salah

### **The Cure from khanzab's Was'was ?**

We find the cure for Khanzab's Was'was , that he whispers in our minds with a narration of Our Beloved Prophet Muhammad (May peace be upon him ) :

*'Uthmaan ibn Abi'l-'Aas said: "The Shayta'an was interfering with my prayer and recitation of Qur'aan. The Prophet (peace and blessings of Allah be upon him) said: 'That is a devil called Khanzab, so seek refuge with Allah from him and spit drily to your left three times.' I did that, and Allah took him away from me."*

( *Sahhiih Muslim, hadeeth no. 2203*)

### How to Spit?

Scholars say that you should spit with mist to the left three times. This is basically blowing air in a similar manner to spitting, but with a minute mist of saliva, on the condition that this does not disturb or bother the person next to him, nor make the *masjid* dirty.

### Du'a to Recite to Seek Protection During Sala'at :

After spitting in the air, this Dua has been recommended to recite by Prophet Muhammad (May peace Be upon him )

أَعُوذُ بِاللَّهِ مِنْكَ أَلْعَنُكَ بِالْعَنَةِ اللَّهُ

#### Meaning.

*"I seek refuge in Allah from you; I curse you with the curse of Allah Recite".*

- Hence **Rule # 7** of Getting Rid of Was'was in Sal'at is

*Spit Drily to your left 3 times & Seek refuge with Allah by reciting the recommended.*

## Summary: Cures of Was'was in Sala'at:

- **Rule # 1:** *Always place a Sutra in front of you while Performing Sala'at at home or in Mosque & don't ever let a person ever pass between you and your sutra. "*
- **Rule # 2:** *If you are dealing with Was'was, then its preferable to let your Heart do the intention of Salaa't rather than your Tongue.*
- **Rule # 3:** *"Do not fight back the Was'was while standing in Sala'h & Let them flow away" .*
- **Rule # 4:** *Build your Focus Muscle & apply this Focus on the recommended spots in Your Salaa't.*
- **Rule # 5 :** *Always Interact with your Sala'at by learning meaning of Arabic Text.*
- **Rule # 6 :** *Learn & Recite different Surrahs during Different Raka'ats of Your Salaa't*
- **Rule # 7 :** *Refine your eating Habits . Shun the habit of eating until you have a full stomach.*
- **Rule # 8 :** *Spit Drily to your left 3 times & Seek refuge with Allah by reciting the recommended Du'a .*

*( End of Part A)*

## Chapter # 4: Section B

### Was'was Control During Wud'hu:

As discussed in previous chapters, there are some people who experience the problem of 'Was'was' in this way: They make wud'hu for so long and they're not satisfied. They wash their hands and continue washing, 24 times, 35 times but they are still not satisfied that the hand is washed properly. Sometimes they start to excessively doubt that their Wud'hu has been broken.

#### **(a)Who is the Culprit in case of Wud'hu?**

During Wud'dhu, one from the Children of Shayta'an named **Walhan** is responsible for making us forgetful of our proper wud'hu. We come to know about this, from one of the narrations of Hazrat Umar e Farooq (May Allah be

Pleased with him ) . He said that:

*“The progeny of Shayta’an are nine – Zaltun, Wathin, Laqus, A`wan, Haffaf, Murra, al-Musawwit, Dasim and **Walhan**.*

1. **Zaltun** commands the markets and he unfurls his banner therein;
2. **Wathan** commands catastrophes;
3. **A`wan** commands rulers;
4. **Haffaf** commands intoxicants;
5. **Murra** commands licentious music;
6. **Laqus** commands the Magicians;
7. **Al-Musawwit** commands [false] news which he puts in the mouths of people while they know not its origin;
8. **Dasim** commands houses; if a man were to enter his house without greeting his wife and family with salam and mentioning the name of Allah the Exalted, Dasim will cause a dispute between husband and wife such that it leads to divorce, separation, or violence.
9. **As for Walhan**, he whispers [in people’s ears] during ablution, prayer, and other acts of worship.”

So, during the performing of wud'hu, other acts of washing and answering the call of nature (in Toilet) WALHAN tries his best to astray us . . . Now let's see what can be done in order to control his Was'was.

- First of all, most of us perform our Wud'hu in the wash rooms. Usually our Wash rooms comprise of the Place to take a bath (Shower), Place to Answer the call of nature (Commodes), and an area of Shank. Islamic Concept of Wash rooms is totally different. From **Islamic point of view, for taking baths, separate Wash rooms are better**. And for defecating, separate toilets are recommended as per the scholars. But now in the modern age, the Concept of washrooms has changed, therefore we need to be more careful. As a first precaution, as soon as you enter the washroom for wud'hu, you need to recite the recommended Dua, which is:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْحُبِّثِ وَالْحَبَائِثِ

*Meaning : O Allah , I seek protection in You from the male and female unclean spirits.*

- Remember the words of Patel Sb . He says in his speech that :

*"Shayta'an comes in different ways. . Those people, who remain at the taps and keep washing half a dozen times, should understand that it is Makruuh ((Arabic: مكروه) even if you are at the sea-shore to wash more than 3 times whilst making wudhu. This was the great wisdom and great mercy for people like us. Otherwise Shayta'an would have whispered that our wud'hu is not complete and we would have gone on washing and washing and the time of Sala'at would have expired " .*

➤ Control the Urge to Repeat Wud'hu , by Self suggesting yourself .

After you have washed your hand, in a proper manner, 3 times

Shayta'an Says : "It has Not been washed properly ; Your wud'hu is not complete." .

Now you have to say (if there are people sitting next to you, then in your mind) : "No, I am satisfied that it is complete and I am going to make my Salaat."

Shayta'an will then whisper: "But your Salaat will not be valid."

You say: "Never mind if it's not valid, but I am going to make it."

This way you shall beat Shayta'an at his game of deceiving you into multiple times of Wudhu.

**Please Remember** : *It is narrated by Imam Abu Dawood (Rahmatullah 'alaih) RECORDED Rasulullah (May peace be Upon him) saying that : "In this community there will be some people who will exceed the limits in purification as well as supplication "*

**Also please Remember that** : Normally Wud'hu takes , at most 40 seconds

to 1 Minute to be done properly . If you are taking more than 1 to 1.5 minutes then you need to run a test over you if you are under a Was'was of the Shaytan.

### Hence Rule # 1 :

*Always Enter the Toilet /wash room for wudhu by reciting the recommended Dua . If you Listen some voices in your head hinting that your wudhu is invalid , then Always affirm yourself that your wud'hu is valid & this is shayta'an that is trying to deceive you into repeating your wudhu .*

### ➤ **B) What if Shayta'an Tell you Your Wudhu has Broken by Passing of Gas?**

If Shayta'an says : "*You have broken your wudoo*,"

You say : "*Shayta'an , I know You are lying*" .

Remember, your Wudhu does not break unless you are CERTAIN about it. To be certain, you need to have a proof. In case of nullification of Wudhu by passing of gas certainty can be achieved in two ways.

(1) you hear the sound.

(2) You sense the smell.

Lets confirm what I wrote above in the Light of Narrations of Prophet Muhammad (May Peace Be Upon Him) :

- ✓ " *Abbad ibn Tameem related that his uncle queried the Prophet about a person who feels something in his abdomen while praying. Said the Prophet, "He should not leave (the prayer) until he hears it or smells it."*
  
- ✓ " *Abu Hurairah (May Allah be pleased with him) narrated that the Prophet Muhammad said, "If one of you finds a disturbance in his abdomen and is not certain if he has released any gas or not, he should not leave the mosque unless he hears its sound or smells its scent." [35]*"

**So Rule # 2 is that** . In case of a doubt, do not repeat the Wud'hu Ever.

Because if you repeat it, then you are playing in the hands of "Al-Wahan" who is the progeny of Iblis. Resist the urge to repeat the wudhu and waste your time and water. Because this is exactly what the Iblis is desirous of. But you are now knowledgeable enough to defeat him at his game Insha-Allah.

**A TIP:**

In the Beginning 5 to 6 times, you may find it difficult to resist the urge of doing wud'hu again. But you need to develop self trust and remind yourself that Allah has permitted not to repeat Wudhu in case of a doubt. The more you would start to shun doing wudhu again, the stronger you shall become from inside. And slowly within a few weeks, you shall get control of yourself completely, Insha-Allah.

**(c) What if Shayta'an whispers that Your Wudhu has Broken by Leakage of Urine Drops?**

- Remember, if a person relieves himself, cleans himself then does wudoo', he is in a state of purity until he is certain that there is something that has invalidated his wudoo'. **His wudoo' does not become invalidated because of mere doubts, even if the doubt is so strong that he thinks it most likely. Based on this, merely feeling that something has come out of the back passage is not counted as invalidating wudoo'.**

So long as you have done instinja' and cleaned the place properly, you do not have to check before praying. The prayers that you have offered do not have to be repeated, because you were in a state of purity and you were not certain that there was anything that would invalidate it.

- You would find the answer to this in this Elaborative Dialogue of Shaykh Ibn 'Uthaymeen (may Allah have mercy on him) with one of his students.

Shaykh Ibn 'Uthaymeen (may Allah have mercy on him) was asked: When I urinate and do wudoo' then pray, I feel that something is coming out of my penis, and when I check it I find that some urine has come out. What is the solution?

**He replied:** " Undoubtedly in His wisdom Allah has made strong nerves that control urine and faeces so that nothing comes out. But these nerves may be affected by sickness so that they become weak, then urine comes out either continuously or occasionally. A person may himself be the cause of that, because there are some people who, when they finish urinating, squeeze the urethra to the end of the penis, so as to extract the urine, and there are some who keep squeezing until the last drop of urine comes out. This is a mistake, even though some fuqaha' say that it is Sunnah to extract the last drop. This is a weak view, and in fact is bid'ah (innovation), as was stated by Shaykh al-Islam Ibn Taymiyah (may Allah have mercy on him) and as is obvious from the Sunnah, because there no report that the Messenger (peace and blessings of Allah be upon him) squeezed the urethra to the end of the penis, or that he squeezed it to extract the urine.

But some people do that, either because they are following the opinion of the fuqaha' who said that, or because they imagine that if they do not do that, there will be some urine left in the penis. But this is a mistake. **If a person urinates and washes the tip of the penis only, that is sufficient and there is no need to squeeze it or shake it. Rather he should wash the tip of the penis where the urine has got onto it, and that is the end of the matter, even if the person has gotten used to doing this because of this sickness of which he himself is the cause.**

My advice to him is: if this happens to you, do not pay any attention to it, do not squeeze the penis, rather leave it as it is. When the last drop of urine has come out, he should wash the tip of the penis, and he may feel something in his penis but he does not have to look, because some people, when they feel something in the penis, they pull down their trousers and start squeezing the penis from the end. But if he squeezes it something will inevitably come out. Rather he should leave it and not pay any attention to it. Some of the scholars (may Allah have mercy on them) said: In this case if he is affected by this Was'was , he should sprinkle some water on his trousers so that if he thinks or doubts he can assume it is this water. But we say: there is no need for that, and this is too much. Do not do that, and do not pay any attention to it, and it will go away in sha Allah. If you feel some coolness at the tip of the penis or you feel something in the penis, do not go and look. Forget about it. *(End quote from al-Liqā' al-Shahri. )*

### So Rule #3 is this

*The only thing you Need to do is , When you feel like you have passed some urine while praying , Do not , and do not pay any attention to it, and it will go away InshaAllah. If you feel some coolness at the tip of the penis or you feel something in the penis, do not go and look. Forget about it.*

## (D)Are wasting too Much Water during Wudhu & Ghusal?

Sheikh Aasim Al-hakeem Writes -

*" There is a group that is strong in their faith, whenever Shayta'an tries this on them, they will say, "No, we have to go by the Qur'an, by the Sunnah." They are steadfast on the right track; Shayta'an does not go to them and ask them to take things easy; he goes to them through the opposite direction.*

*Therefore, you see some of them washing their limbs several times. Prophet salla Allahu alaihi wa sallam told us to wash 3 times, they say, "5 times is good, water is free." After a while, they wash 7 times and end up taking shower for every prayer, saying this makes us cleaner. When you tell them, "but this is innovation in religion," they would say, "come on, this is not innovation, I am doing this for the sake of Allah."*

**Did You Ever Notice, How Much Water we use ?**

- When we are using water through taps, most of the times, we are not aware of how much water have we utilized. If you put a bucket beneath the place where you do your wudhu and collect the water, then would you realize how much water do you waste during wudu .
- **How Much Water Did Prophet Muhammad use?**
- ✓ " Anas (May Allah be pleased with him) said, "The Prophet (peace and blessings be upon him) used to perform ghusl (ritual bathing)

*with a sa` (around 4 mudds) of water, and he used to make wudu' with one mudd of water". "*

- ✓ *Ubaydullah ibn Abu Yazid narrated that a man asked Ibn `Abbas (May Allah be pleased with him), "How much water is sufficient for wudu'?" He answered, "One mudd." The man asked, "And how much is sufficient for ghusl?" Ibn `Abbas said, "One sa`." The man said, "That is not sufficient for me." Ibn `Abbas said, "No! It was sufficient for someone better than you, the Messenger of Allah (Peace be upon him) "*

**One Mudd** is as much water one can carry in their two hands joined together. Others define it to be 600 grams. **One SA'** is approximately 4 *Mudd* (about 2.5 kilograms).

### So The **Rule #4** is

*Always keep a Check on the amount of water that you are using . Also doing wud'du or shower using bucket helps us keep a check on the amount of water we have spent . Set the target of using only one Mudd of water for your wud'hu . Even if you can not attain it, still you shall improve a lot when you know what your target is .*

## **(E) Being overly cautious in purification of your Body / Place:**

Sheikh Aasim Alhakeem relates a case of his Cousin who became a victim of Shayta'an's Was'was about purification in these words:

"One of them was my cousin, who was a peaceful person and down-to-earth. Slowly he started avoiding offering prayers in the Masjid . I visited him and asked him, "What are you doing?" He said, "I thought about it and I think that Allah wants us to pray with contemplation, with concentration and with submissiveness. In today's Masjids, I am not able to do this. **Kids are playing in the background, the Imam's voice is awful, the people next to me do not put perfume, they do not wear deodorant, and they are smelly. People eat garlic and this guy smokes and this guy does that and that guy does this.**"

He looked only at the negative side and said, "I think this entitles me to pray at home." He started to pray at home and after a while, his mom told me that he is now praying in a room, a special room. **The reason he said, "I want to make sure that this room is clean, is pure, that there is no Najasah and no impurities and nobody comes in."** Then, he went to Phase 3. He started turning off the AC in 50 degree Celsius and turning off the lights. His reason was, "I get closer to Allah azza wa jal when I do this." After a while, he stopped praying altogether. He quit praying, khalas, he did not offer Salah anymore and he died in this condition. May Allah have mercy on his soul', because I believe that he was not sane. Meaning, I believe that he did not leave the prayer because he was convinced that it is okay, rather I think that he lost it. Hence, this is where Shayta'an comes through; one of the means that he uses. "

➤ **Islam doesn't recommend to be Obsessed about Purification.**

Islam has given very high stature to purification of your heart , Body & your attire (Clothes ) , but it should be in a very moderate way . One should not be obsessed with keeping him clean all the time and considering him to have gotten impure from minor impurities like dust , Mud , sand etc .

Here below find some Cases from the times of Prophet Muhammad (May peace be upon Him ) :

- ✓ A women from the tribe of Abd al-Ash'hal said to Allah's Messenger,"O Messenger of Allah! I walk through a dirty place on my way to the mosque; what should I do?" He said. "Is there not a clean place for you after that dirty one?" She replied, "Yes". He then said, "What comes after it would clean it".
  - ✓ 'Abdullah ibn Mas'ud said, "We did not perform ablution after treading over anything"
  - ✓ Abu Ash Sha'ta said: Ibn 'Umar used to walk bare footed in Mina' through areas covered in dirty blood, then he would enter the Mosque and perform *Salah* without washing his feet" · It is recorded in several narrations that 'Ali ibn ali-Taalib used to walk bare-footed towards the mosque.
- Whenever, you are reminded by Al-Wahan of taking a bath uselessly for some small impurity like (Mud, leakage of urine drops) , then you need to remind yourself of this Advice of Our beloved Prophet Muhammad (May Peace be Upon him)

*" Narrated Abu Huraira (May Allah be pleased with him): The Prophet (Peace be upon him) said, "Religion is very easy and whoever overburdens himself in his religion will not be able to continue in that way. So you should not be extremists, but try to be near to perfection and receive the good tidings that you will be rewarded; and gain strength by worshipping in the mornings, the nights."*

Hence **Rule # 5** is:

*Keep yourself as clean as possible, but do not fall in Shayta'an's Trap of being overly obsessive about Cleanliness.*

## Summary

### Cures of Was'was in Wudhu

Rule # 1 :

*Always Enter the Toilet /wash room for wudhu by reciting the recommended Dua . If you Listen some voices in your head hinting that your wudhu is invalid , then Always affirm yourself that your wud'hu is valid & this is shayta'an that is trying to deceive you into repeating your wudhu .*

Rule # 2 :

*In case of a doubt, do not repeat the Wud'hu Ever*

Rule # 3 :

*The only thing you Need to do is , When you feel like you have passed some urine , Do not , and do not pay any attention to it, and it will go away InshaAllah. If you feel some coolness at the tip of the penis or you feel something in the penis, do not go and look. Forget about it.*

**Rule # 4 :**

*Always keep a Check on the amount of water that you are using . Also doing wud'du or shower using bucket helps us keep a check on the amount of water we have spent. Set the target of using only one Mudd of water for your wud'hu . Even if you can not attain it still you shall improve a lot when you know what your target is .*

**Rule # 5:**

*Keep yourself as clean as possible, but do not fall in Shayta'an's Trap of being overly obsessive about Cleanliness.*

----- **End of Part B**-----

## (Part C)

### Dealing with Was'was in your Daily Affairs

Now, lastly we are going to discuss about the solutions of 2 types of Was'was that are very secretive in nature , yet very dangerous if not dealt with properly .

These are :

- 1) Was'was due to jealousy & Envy From Other Humans
- 2) Was'was in Dreams

#### **1 ) Was'was arising due to Envy /Jealousy from Fellow humans :**

Although, jealousy and envy are natural human emotions, but just because they're natural does not mean we shouldn't try our best to control ourselves , except in the cases explained in the hadith.

The Prophet Muhammad pbuh warned against jealousy and envy and the evil feelings it creates between brothers and sisters in Islam. Hasad (jealousy and envy) is a disease of the heart and makes your heart impure, which is very dangerous for your imaan (faith.)

The Prophet pbuh said:

***“Beware of jealousy, for verily it destroys good deeds the way fire destroys wood.” [Abu Dawood]***

One of the ways, Shayta'an creates discord in the hearts of the humans is by whispering Was'was using hatred, jealousy & Envy in their hearts. Allah Ta'ala says in the Quran:

***...Or do they envy [other] people because of what Allah has given them of His bounty?(Qur'an, chapter 4, verse 54)***

**For Instance:** A Business man may become Envious of the competitor for his competitor is progressing by a great deal in business while he is not. A girl might become envious of her friend when her friend gets a good marriage proposal. Likewise, A woman might become envious of her female relative if she bears a Male child. These are common cases in the society and we see them every day happening. But less of us have stopped and pondered why is it happening?

### **Who is a Hasid?**

Imam Ja`far al-Sadiq (a) said that Hakim Luqman said to his son:

“There are three signs of a *Hasid*:

(1) He is a backbiter at the back

(2) He is a flatterer in front

&

(3) He is happy when a misfortune befalls . Reference : (Al-Saduq, *Al-Khisal*, p. 121, hadith no. 113)

## **What Causes Envy?**

Imam al-Ghazali, who was a great Muslim ethical thinker, philosopher and scholar, said that jealousy is often caused by:

1-**Enmity**: One has animosity for a person or group and does not want to see anything good happen to that person or group.

2-**Ambition**: It hurts a person to see someone else ahead or above him/her.

3-**Pride and Arrogance**: When a person is self conceited and arrogant, he/she feels very jealous to see anyone else going ahead or doing better.

4-**Astonishment**: Some time a person feels astonished that another person could do better than him/her. He/she feels surprised: 'How come that person became so rich, so successful, so popular, etc.?'

5-**Fear**: Fear that if another person would have such and such thing, then he/she may not have it.

6-**Desire for power and prestige**: Sometimes a person becomes jealous because he/she wants to make oneself great by putting others down.

7-**Evil nature and avarice of the heart**: Some people just do not like to see others happy. They want to see the whole world in misery and difficulty except their own selves.

Normally, jealousy occurs among people who know each other. It happens among siblings, among family members, people of the same profession and age. A Muslim must always keep in mind that jealousy is forbidden.

The Prophet (peace and blessings be upon him) said, :

***"Do not be jealous of each other, do not boycott each other, do not hate each other, do not contrive against each other. Be all of you brothers to each other, O Servants of Allah."***

### **Is Envy Ever Allowed?**

Only in two cases is Envy allowed:

*From Ibnu Umar r.a narrates that Rasullullah s.a.w said ; "Hasad (jealousy) is not permitted except in respect of two person – one whom Allah blesses with recitation of Quran and he remains engaged in it day and night, and the others who is a lot of wealth by Allah and he spends it day and night"*

### **How to cure yourself from Shayta'an putting the Was'was of Jealousy in your heart?**

#### a) **Solution 1** Seek Protection through Dua's

First of all, , whenever you see something which you really appreciate in other person's possession, make a habit of reciting this du'a. It could be a Nice car, it could be his wealthy life style , it could be a dress you cannot afford to buy , or his Beautiful Children : The Dua is like this

## بارك الله لك أو عليك"

**Pronunciation** : ( "Baarak Allahu lak" or "Baarak Allahu `alaik )

**Meaning** : Allah's blessing be upon you

This Dua shall Insha-Allah save the other person from the evil eye that your wishing might cause to him .

- **Secondly, if you see** something which entices you a lot but is not in your possession then you should recite this Dua By our Beloved Prophet (saw). This Dua has the effect of saving your heart from the impact of envy:

*"Wa'hdi qalbi wa'slul sakheemata sadri (guide my heart and remove ill will from my breast)."*

The phrase "guide my heart" means to the straight path, and "remove ill will from my breast" means take away all insincerity and hatred.

### (b) **Solution2** : Counting your own Blessings.

As humans we are very forgetful. Not only that, most of us are very thankless as well.

#### **How?**

Because, as soon as we see a thing of beauty which is not in our possession, like a diamond ring or a fancy new car; then all of a sudden we are struck with a thunderbolt of an inferiority complex . We immediately forget what we have been gifted.

### What to Do?

- The Prophet Muhammad peace be upon him said something really profound that I think will help you fix your feelings of jealousy:

*“When you see a person who has been given more than you in money and beauty ; (then )look to those, who have been given less.” (Reported by Muslim)*

- **Gratitude Exercise**

This is a small exercise that shall make you aware of the countless blessings of Allah Almighty. I Practice this exercise every day because shayta'an is every time hell bent at making you forget the blessings of Allah and at enticing you into an unending whirl pool of Envy.

- I have made a Gratitude Journal (Diary).
- As soon as I wake up, after doing my jogging, I resort to this journal .
- **In the journal, I start to write 10 things which I am such grateful for.**
- I write it as : "Ya Allah , I am Such Grateful that you have blessed me with good Health " "Ya Allah , I am such thankful that you given me these eyes that I am using to praise the beauty of this Universe " etc
- Write at-least 10 things daily. They could be as small as a cold bottle of water awaiting for you in your fridge or as big as the health of your Family members.
- Every day try to write fresh things in your life that you are thankful for.
- When you will start writing only then you will realize, how many blessings of Allah we take for granted. Just as Allah says in Surrah Rehman : " *Then which of the favors Of your Lord will ye deny?—*

**(c) Solution 3 : Changing your perception:**

When we see a person gifted with such bountiful blessings of Allah, there and then, we are invaded with some envious thoughts of how much "lucky" he or she is. This is not a suitable way. What we fail to realize is that Allah tests with good and He tests with evil.

To understand it further, let's examine the Two ways that Allah Tests a Human:

**First Way**

*By Snatching away His Gifts (Money, Status, Life partner, Children)*

When Allah tests with evil, it is an apparent calamity that you have lost your money, you lost your job, you may have gotten divorced, etc. whatever the calamity is that Allah is trying and testing you with. This has been testified in the Quran in these verses :

*"Do men think that they will be left alone on saying, 'We believe,' and that they will not be tested? We did test those before them, and Allah will certainly know those who are true from those who are false" (Quran, 29: 2-3).*

**Second Way**

*By Showering His Gifts (Money , Status , Life partner , Children )*

Likewise, Allah (SwT) tests you with money, He tests you through marriage, He tests you through other things that people perceive as

good. How does Allah test you with them? He tests you to see if these things will get you closer to Allah or will they distance you from Allah? This is why some people who remain in the state of poverty remain close to Allah. But, when they become prosperous, they start becoming negligent of the prayers and of the blessings of Allah. That is why Allah chooses to keep them in poverty because that is better for them.

Allah ( SWT) Says:

*“Be sure we shall test you with something of fear and hunger, some loss in goods, lives and the fruits (of your toil) but give glad tidings to those who patiently persevere. Those who, when misfortune strikes them, say: ‘Indeed we belong to Allah and to Him is our return. Those are the ones upon whom are blessings and mercy from their Lord and it is those who are rightly guided.” <Sûrah al-Baqarah: 155 >*

### **Make this paradigm Shift in the way you think!**

So, change your understanding of good. Just because someone else has something that seems good, Allah (SWT) may be testing them in that thing and when you covet that thing, it is as if you are coveting that test from Allah (SWT).

**(d) Giving Gifts to the Person you feel Envious Towards:**

Jealousy is the result of hatred, whose opposite is love, the way of which is giving gifts and spreading (the greeting of) salaam, because the Prophet (peace and blessings of Allah be upon him) said:

***“You will not enter Paradise until you believe, and you will not believe until you love one another. Shall I not tell you of that which will strengthen love between you? Spread (the greeting of) salaam amongst yourselves.”***

*(Narrated by Muslim, 81).*

If you feel that you are jealous of a specific person, then buy him a gift and shake hands with him. The Prophet (peace and blessings of Allah be upon him) said:

***“Shake hands, for this will dispel rancour, and exchange gifts and love one another, for this will dispel hatred.”***

*(Narrated by Maalik in al-Muwatta', 1413).*

While doing this *Shayta'an* will for sure whisper in your ear but you need to concentrate on the fact that you are doing it only for the sake of Allah.... NOT for the person, NOT for yourself. JUST AND JUST FOR THE SAKE OF ALLAH (swt). Triple check your intentions.

## 2) Curing Was'was of your Dreams

In Chapter # 2 , we have in detail Discussed how sometimes Was'was can be whispered to us in our dreams . Here we shall keep it simple & short by voicing only the Solutions:

### **Solution # 1: Spit Drily to Your Left**

As soon as you see wake up from a Bad dream, then, spit in a dry manner to your left 3 times .

*It was narrated that Abu Salamah said: I used to see such terrible dreams that that I began to shake and have a fever, but did not cover myself with a cloak until I met Abu Qutaadah, and I mentioned that to him. He said, "I heard the Messenger of Allah (peace and blessings of Allah be upon him) say, 'Good dreams come from Allah and bad dreams come from the Shayta'an. If anyone sees a bad dream that he dislikes, let him spit drily to his left three times and seek refuge with Allah from its evil, then it will not harm him.'" (Narrated by Muslim, 2261).*

Also, there is another Saying which says that after spitting , one must seek refuge with Allah for 3 times :

*It was narrated from Jaabir that the Messenger of Allah (peace and blessings of Allah be upon him) said: "If any one of you sees a dream that he dislikes, let him spit drily to his left three times **and seek refuge with Allah from the Shayta'an** three times, and turn over onto his other side." (Narrated by Muslim, 2262).*

Seeking refuge with Allah Means to read any of the verses which ask for Allah's

protections against the Sahyta'an by various Dua's which we shall discuss in coming chapters. Simple most of those Dua's could be .

” أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ”

### **Solution # 2: Learn to Distinguish Between Dreams:**

Another way to beat Was'was of dreams is to Learn to distinguish between the dreams in the light of the saying that.You don't need to be worried about every kind of dream. Remember! Some dreams are merely the work of your subconscious.

*It was that the Messenger of Allah (peace and blessings of Allah be upon him) said: “Dreams are of three types: some are terrifying things from the Shayta’an, aimed at causing grief to the son of Adam; some are things that a person is concerned with when he is awake, so he sees them in his dreams; and some are a part of the forty-six\* parts of Prophecy.” ( narrated from ‘Awf ibn Maalik)*

\* Forty Six parts of Prophecy means: A Vision from Allah .

### **Solution # 3 : Don't discuss your Bad Dream with Any one :**

Never should you start to discuss a bad dream with your closed ones or friends. It is strictly prohibited.

*" It was narrated from Jaabir that a Bedouin came to the Messenger of Allah (peace and blessings of Allah be upon him) and said, “I dreamt that my head was cut off and I was chasing it.” The Messenger of Allah (peace and blessings of Allah be upon him) rebuked him and said: “Do not tell anyone how the Shayta’an is messing about with you in your dreams.” (Narrated by Muslim, 2268)*

Yes, but you can discuss your Good dreams with people :

*"It was narrated from Abu Sa'eed al-Khudri that he heard the Messenger of Allah (peace and blessings of Allah be upon him) say: "If any one of you sees a dream that he likes, it is from Allah, so let him praise Allah for it and tell people about it. But if he sees something other than that, that he dislikes, it is from the Shayta'an, so let him seek refuge with Allah from its evil and not mention it to anyone, for it will not harm him."* (al-Bukhaari, 7045).

#### **Solution # 4: Change your Side on Bed after Spitting**

He should turn over from the side on which he was sleeping, so if he was lying on his left side he should turn over to his right side, and vice versa.

*It was narrated from Jaabir that the Messenger of Allah (peace and blessings of Allah be upon him) said: "If any one of you sees a dream that he dislikes, let him spit drily to his left three times and seek refuge with Allah from the Shayta'an three times, **and turn over onto his other side.**"* ( Narrated by Muslim, 2262).

#### **Solution # 5: Get up and offer Prayer:**

*" It was narrated that Abu Hurayrah said: the Prophet (peace and blessings of Allah be upon him) said: "If any one of you sees something that he dislikes, let him get up and pray, and not tell people about it." (Narrated by Muslim, 2263)*

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## Summary

### Cures of Was'was instilled By Envy

**Rule # 1:** Recite the du'a "بارك الله لك أو عليك" as soon as you witness an object that excites feelings of envy in you.

**Rule # 2** Start Counting your own Blessings & commit to doing Gratitude Exercise daily.

**Rule # 3** Remember, if a person is richer or more beautiful & bountiful than you, then it doesn't mean that he is much more fortunate or special ; It could be that Allah is testing him her through wealth & beauty and blessings .

**Rule # 4:** Give gifts to the person, you feel envious towards & soon Love shall replace Envy .

### Cures of Was'was in Dreams

**Rule # 1:** Spit Drily to Your Left 3 times.

**Rule # 2** Seek refuge with Allah by offering a Recommended Du'a .

**Rule # 4** Change your Side on Bed after Spitting

**Rule # 5:** Get up and offer Prayer.

**Rule # 6** Learn to Distinguish between Dreams. Not all dreams are Bad.

----- **End of Chapter # 4** -----

# Chapter # 5

## Set of Duas



Well , dear brothers & sisters , I must confess before you , all solemnly , that I have not been a very active person when it comes to remembering prescribed Dua's by heart ; until I had no other option but to learn them in order to defeat Was'was . The ones I am sharing with you are highly recommended Dua's that have been prescribed by the Holy Prophet (May peace be upon Him) to be used as a shield against the attacks of Shayta'an and for your daily well being and Aafiyat (means to be steadfast and firm on that which pleases Allah). These are Easy to remember and once you shall make them a routine of the day, then it shall be easy for you.

Another point to notice is that you don't need to allocate extra time to recite these dua's .You just have to make a habit to recite them before you perform your daily tasks. Islam is such a pragmatic way of life as it does not burden us more than our strength. Hence, these Dua's were made a part of our daily routine by encouraging us to recite them before or during the performance of daily Routine tasks like Eating , traveling , using the toilet etc .

### **Learn these Dua's in Stages**

It is perhaps not easy for most of us to remember all these Dua's in a single stride. Therefore I have categorized them in **3 SETS** . You may follow the below Instructions to remember these dua's with ease.

# Instructions

- Set 1 of dua's is the most common and simplest of Dua's & there are chances that you are already aware of at-least half of them. For your first 10-15 days, just make sure the **Dua's of set 1** become a part of your routine.
- Once you have attained complete command and control over the **Dua's of Set 1**, then it is time to move to **2<sup>nd</sup> set of Dua's**. Learn them by heart as well and practice on making them a part of your daily *reciting routine* for at-least 10 days; until you have complete command and control over them as well.
- Like-wise, proceed to remembering the **Dua's of Set 3**. And make them a permanent part of your memory & Reciting routine for another 10 days.
- The Aim is not only to remember these Dua's by heart; but also to make a habit of reciting them every day \_\_ Especially when you are facing the attacks of Was'was.

## “Set 1 of Dua's”

### (1) Before you Perform Any Task. Big or Small .

Make it a routine to recite this. Even when you are about to enter the house, before eating or drinking and in everything you do.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ .

It seems like a very simple Dua, since we have been told about it since our childhood. But how many times do we actually recite it before our daily affairs? We hardly make it a habit of reciting it and usually take it as for-granted. We wouldn't have taken this Dua lightly had we known the virtues of it.

## Virtues of Du'a

Here are some of the virtues of reciting " بِسْمِ اللّٰهِ " which perhaps less of us are aware of :

- Imam Abu Dawud has narrated the hadith of Jabir (RA) that he heard Rasulullah (PBUH) saying :

*“When a person recites bismillah at the time of entering the house and when eating, shaytan tells his companions, ‘Go, there is no sleeping place for you here nor is there any dinner’. If a person does not recite bismillah, shaytan tells his companions, ‘There is dinner for you as well a place to spend the night’.*

- A person told the Prophet (pbuh) that he ate food but his stomach was not getting full. Rasulullah (PBUH) said, “Perhaps you are not reciting bismillah”. The man replied in the affirmative. Nabi (saw) said, “That is the reason why your stomach is not getting full”.
- Abul-Maleeh (ra) reports that a man said, "I was behind the Messenger (saw) and his riding animal stumbled. I said, "May Shayta'an perish", and he said, "Do not say, "May Shayta'an perish". If you say that he will grow in size until he becomes the size of a house and says, "By my strength". Instead say, "In the Name of Allah". When you say that, he reduces in size until he is like a fly." (Abu Dawood, saheeh isnad).

## 2) When the Emotion of Anger Attacks you OR Seeking quick protection of Allah from Shayta'an

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**Meaning:** *I seek refuge in Allah; the One Who hears and knows all things from Shait'an.*

### Virtues of Du'a :

This Verse has also been taught to us since the very beginning of our learning of Quran and Sala'at. But less of us are aware of its actual efficacies and aura of protection. This below hadeeth shall make it clear.

- *Sulaymaan bin Sard (ra) said, "I was sitting with Allah's Messenger (saw) and two men were abusing each other. The face of one of them had become red (out of anger) and his veins had become inflated. Allah's Messenger (saw) said, "I know a word which, if he was to say, his anger would leave him. If he said: "I seek refuge in Allah from Shayta'an the Accursed", his anger would leave him"" (al-*

## Cure Your Was'was Forever

*Bukhaari, Muslim).*

- *It was narrated from Abu Hurayrah (RA) that the Prophet (Peace and Blessing upon Him) said:*

*"If you hear the braying of a donkey then seek refuge with Allah from the Shaytan, for it has seen a devil. If you hear the crowing of a rooster, then ask Allah of His bounty, for it has seen an angel." (Sahih Al-Bukhari, Kitab Bad' Al-khalq, 4/155)*

- *It was narrated that Jabir ibn 'Abdullah (RA) said: The Messenger of Allah (Peace and Blessing upon Him) said:*

*"If you hear the barking of a dog and the braying of a donkey at night, then seek refuge with Allah, for they see what you do not see." (Sunan Abi Dawud, Kitab Al-Adab, 5/332, no. 5103)*

### 3) Protection from Any Calamity / Fear / Enemy / Black magic

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

*Meaning: (In the Name of Allah with Whose Name there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All-Knowing.*

Just ponder over this Du'a. This is such Holistic and powerful ; which shall Insha'Allah protect you against any calamity which befalls upon you from earth (Enemies , Accidents , diseases , Evil Eye etc ) ; and all the calamities from the Sky

Uthman bin `Affan (Radhiallahu anhu) reported: The Messenger of Allah ﷺ said.

*“He who recites it three times every morning and evening, nothing shall harm him ”.*

#### 4) Protection from venomous Creatures (Snake, Scorpio etc)

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

Meaning: *I seek refuge in the perfect words of Allah from the evil of that which He has created.*

It was narrated that Khawlah bint Hakim (RA) said: I heard the Messenger of Allah (Peace and Blessing upon Him) say:

- *"Whoever stops in a place and then says: A'udhu bi kalimat-illah il-tammaati min sharri ma khalaq (I seek refuge in the perfect words of Allah from the evil of that which He has created), ' nothing will harm him until he moves on from that stopping-place."*

*(Sahih Muslim, 4/2080, no. 54)*

#### 5) To Seek Protection from Declining of blessings of Allah, His Safety & From Sudden Punishment of Allah :

Abdullah bin `Umar ( R.A) reported that : The Messenger of Allah (Sallallahu `alayhi wa sallam) used to supplicate this:

*“Allāhumma inni a`udzu bika min zawali ni` matika, wa tahawwuli*

*'afiyatika, wa fuja 'ati ni 'matika, wa jami 'ie sakhateek " .*

**Meaning:** (O Allāh! I seek refuge in You against the declining of Your Favours, passing of safety, the suddenness of Your punishment and all that which displeases You)." [This is recorded by Muslim].

**Virtues of Du'a** This is also a very comprehensive prayer. Allāh has blessed man with innumerable gifts. One becomes conscious of them when one is deprived of any of them, hence it is said that the value of a blessing is realized after its loss. For eyes, ears, tongue, health, property, children and such countless blessings, we owe gratitude to Allāh. In the prayer cited in this Hadith, one entreats Allāh not to deprive of any blessing given to him. **'Afiyah** means safe from disease, grief and troubles. **"Passing of the safety ('Afiyah)"** signifies the change from a state of illness and weakness or troubles and afflictions to a state of good health.

## **6) To seek Protection from Hell fire & from the Evils of Wealth & Poverty**

Hazrat Aishah (radiyallāhu'anha) reported: The Prophet (Sallallāhu 'alayhi wa sallam) used to supplicate:

**"Allāhumma inni a 'udzu bika min fitnatin-nari, wa 'adzabin-nari, wa min sharril-ghina wal-faqri**

Translation. (O Allāh! I seek refuge in You from the trials and the torment of the Fire and from the evils of wealth and poverty)." [This is recorded by Abu Dawud and At-Tirmidzi].

**Virtues of Du'a** : "The evils of wealth" signify that one becomes so captivated by wealth that in his struggle to acquire it, he fails to discriminate between the lawful and the unlawful, or one may become proud and arrogant on account of his riches. The evils of poverty that one loses hope of Allāh's Mercy and

Compassion, or show resentment against his fate and the Will of Allāh, or deviates from the principles and requirements of integrity and honesty.

## 2<sup>nd</sup> Set of Dua's :

Before Approaching to 2<sup>nd</sup> set of *Dua's*, please make sure that you have thoroughly remembered and ritualized (made them a part of your daily reciting) the *1st set of Dua's*. We can only get the maximum benefit of these *Dua's* once we make them a part & parcel of our daily recitations. Please only move forward, if you have accomplished that 10 days goal of learning & practicing 1<sup>st</sup> set of *Dua's*.

Here we are:

### 1) Protection from 3 Worst Enemies of a Human:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ  
لَامَّةٍ

Meaning: I seek refuge in the perfect words of Allah from every devil and poisonous reptile, and from every envious evil eye.

**Virtues of this Du'a:**

It is one of the most powerful of all supplications in its sphere of protection against the three most formidable enemies that a human faces; which are :

- 1) **Shayta'an** ; It ensures protection against our vouched enemy , Iblis .
- 2) **Poisonous Creatures** : It ensures protection against Snakes , Scorpions , venomous bugs .
- 3) **Evil Eye** : It ensures protection against the ills of Evil Eye because Evil eye is such dangerous that in a an authentic hadees (narration) the Holy Prophet Muhammad (peace and blessings of Allah be upon him): **“One third of those who are in the grave are there because of the evil eye”**

1) **Before you leave your Home by Car or by Foot etc:**

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Meaning : In the name of Allah, I place my trust in Allah, There is no solution, no way out and no power except by Allah.*

**Virtues of This Dua**

- Hazrat Anas (ra) reports that Allah's Messenger (saw) said, "Whoever says (when he leaves his house):

"In the Name of Allah, I place my trust upon Allah, There is no power nor movement except by Allah" , it is said to him: "You have been sufficed, you have been protected and you have been guided". Then one of the devils turns to another and says, "How can you get to a man who has been sufficed, protected and guided". (Abu Dawud, at-Tirmidhi, hasan saheeh).

### 3) Before Entering the Mosque

أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَبِسُلْطَانِهِ  
الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**Translation:** I seek refuge with Allah the Mighty, with His Noble Face and with His Eternal Authority from Shayta'an, the Accursed.

#### Virtues of this Du'a:

- Abdullah ibn 'Umar (ra) said, "When the Prophet (saw) used to enter the mosque he would say, "I seek refuge with Allah the Mighty, with His Noble Face and with His Eternal Authority from Shayta'an, the Accursed". He then said, "When (a man) says this, Shayta'an says: "He has been protected from me for the whole day".

(Abu Dawud, al-Albaani declared it saheeh in Saheeh Abu Dawood, no. 458, and an-Nawawee and Ibn Hajr declared it hasan).

#### **4) During the Prayer, if Shayta'an Attacks you Viciously :**

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If Shayta'an attacks you during prayers, then recite three times during the prayer:

أَعُوذُ بِاللَّهِ مِنْكَ أَلْعُنُكَ بِالْعُنَّةِ اللَّهِ

*Meaning:* "I seek refuge in Allah from you; I curse you with the curse of Allah

Recite"

#### **Virtues of This Dua :**

- ✓ Abu Dardaa' (ra) reports that "Allah's Messenger (saw) stood for prayer and we heard him saying, "I seek refuge in Allah from you". Then he said, "I curse you with the curse of Allah" three times. At the same time, he was stretching out his hand, trying to grab hold of something. When he finished his prayer we said to him: "O Messenger of Allah! We heard you say something in the prayer which we have never heard from you before and we saw you stretching out your hand".

*He said, "That was the enemy of Allah, Iblis. He came with a flame of*

*fire and tried to throw it in my face. I said, "I seek refuge in Allah from you" three times and then (I said), "I curse you with the curse of Allah" three times and he did not hesitate. Then I desired to capture him. By Allah! If it had not been for the supplication of our brother (the Prophet) Sulaymaan, he would have been tied up and the children of Madinah would have played about with him". (Muslim).*

- In another hadeeth from 'Uthmaan bin Abul-Aas (ra) who said,

*"I said, "O Messenger of Allah! Shayta'an comes in between me and my prayer and my recitation, confusing me." He said, "That is a Shayta'an called Khunzub. When you feel his presence, seek refuge in Allah from him and spit on your left three times." I did as he said and Allah took that (distraction) away from me." (Muslim)*

**5) To ward off any Doubts about Allah that Shayta'an puts in your hear**

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ وَهُوَ

بِكُلِّ شَيْءٍ عَلِيمٌ

Meaning: "He (Allah) is the First and the Last, the Outermost and the Innermost, and He has Knowledge of every single thing"

### **Virtues of this Dua:**

- Abu Zameel (ra) said, "I said to Ibn 'Abbas (ra), "What is this thing which I find in my soul?" - meaning doubt. He said, "When you find something like that in your soul, then say, "He (Allah) is the First and the Last, the Outermost and the Innermost and He has knowledge of every single thing."" (Reference : Abu Dawood, al-Albaani declared it hasan in al-Kalim ut-Tayyib no.135).

## **“3rd Set of Dua's”**

### **1) If you are struck by a Disaster, a Loss, or a Calamity:**

قَدَرَ اللهُ وَمَا شَاءَ فَعَلَ

Translation:” Allah has decreed (this) and He does whatever He wills”

### **Virtues of this Dua**

Stop using the Word "If" in matters of Destiny:

Abu Hurayrah (R.A) reports that Allah's Messenger (saw) said,

- *"The strong believer is more loved by Allah than the weak believer, but in both there is good. Be zealous for what will benefit you. Seek help from Allah the Mighty and Majestic and do not become incapacitated. If something afflicts you, do not say: "If only I had done such and such" but say, "Allah has decreed (this) and He does whatever He wills." Indeed saying "if" opens up the doorway of Shayta'an's handiwork." (Muslim)*

## 2) At The beginning of sexual intercourse

بِسْمِ اللَّهِ أَللَّهُمَّ جَنِّبْنَا الشَّيْطَانَ وَ  
جَنِّبِ الشَّيْطَانَ مَا رَزَقْتَنَا

*"In the Name of Allah, O Allah! Keep us away from Shayta'an and keep Shayta'an away from what you bestow upon us"*

### Virtues of this Du'a :

- Ibn 'Abbaas (ra) reports that the Prophet (saw) said, *"If one of you says, when approaching his wife (for intercourse): "In the Name of Allah. O Allah! Make us distant from Shayta'an and make Shayta'an distant from what you bestow upon us" and offspring is decreed for you, Shayta'an will never be able to harm it (i.e. the offspring)".*  
(Al-Bukhaari, Muslim).

### (3) Upon seeing a Bad Dream:

As soon as you get awakened upon seeing a bad dream, Spit on your left three times and seek refuge in Allah from the evil of what you see in a dream. As has been stated in the Quran .

وَإِمَّا يَنْزَغَنَّكَ مِنَ الشَّيْطَانِ نَزْغٌ فَاسْتَعِذْ بِاللَّهِ ۗ  
إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ

{Q41:36}

**Meaning:** *And if there comes to you from Shayta'an an evil suggestion, then seek refuge in Allah . Indeed, He is the Hearing, the Knowing.*

### **Virtue of This Du'a**

As it has been Narrated by Abu Salama (RA ) that :

*"I used to see a dream which would make me sick till I heard Abu Qatada saying, "I too used to see a dream which would make me sick till I heard the Prophet saying, "A good dream is from Allah, so if anyone of you sees a dream which pleases him, he should not tell anybody about it except to the one whom he loves, and if he sees a dream which he dislikes, then he should seek refuge with Allah from its evil and from the evil of Shayta'an, and spit three times (on his left) and should not tell anybody about it, lest it might harm him. "* (Narrated by Al-Bukhari)

- Also, try to recite the last two verses from *Surat Al-Baqarah* (the Cow), as the Prophet, peace and blessings be upon him, said:

"Whoever recites the last two verses from Surat Al-Baqarah at night, they will be sufficient for him."

(Narrated by Al-Bukhari, 3786; Muslim, 807).

#### 4) To seek Protection from Turmoil, Bad Luck & Pleasure of your Enemies:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ وَدَرَكِ  
الشَّقَاءِ وَسُوءِ الْقَضَاءِ وَشَمَاتَةِ الْأَعْدَاءِ

Meaning : The Prophet (ﷺ) said, "Seek refuge in Allah against the turmoils, attacks of misfortunes, and evil of judgment and joys of the enemies." [Al-Bukhari and Muslim].

#### Virtues of Dua

The trouble of a trial which is unbearable for a person and from which he does not have the power to rid himself is called (**juhd al-bala'**), translated here as 'turmoils'. Some people are of the opinion that it is synonymous with poverty combined with abundant children. But Al-Hafiz Ibn Hajar (rahimallāh) is of the

view that it is only one of the several kinds of **“Troubles of a Trial.”** **“Ash-Shaqa’** is the opposite of good fortune, that is, to pray for protection from misfortune. No Decision of Allāh is wrong but some of His Decisions may be harmful for certain people while others are beneficial for them. This means that their goodness or badness is related to persons.

What it signifies is that one should pray to Allāh to keep one safe from such decisions which are harmful for him. **“Shamatat”** the pleasure that one’s enemy feels on one’s trouble. In other words, it is prayed that Allāh may protect one from any such trouble which is pleasing to one’s enemy, because when a person is in trouble; his enemies feel pleasure over it. In this Hadith, one sentence was added by Abu Sufyan and during his old age he did not remember which one it was. But we learn from other Ahadith that it was **“the pleasure of enemies”** [Ibn ‘Allan].

This Hadith also shows the honesty and integrity of the narrators of Ahadith. They were honest to the extent that if a few words of supplication were added to a Hadith by its narrators, they would point it out. Some scholars have regarded these words an addition in the Hadith by its narrator, who is otherwise reliable,

but it is not a problem of “addition of authority” because in that case, the addition is the saying of the Prophet (Sallallāhu ‘alayhi wa sallam) which is mentioned by one narrator and omitted by another. But here it is quite different as the narrator of the Hadith himself is pointing out the addition made by him. Such additional words are technically called “Mudraj”

#### 5) To Ease any Difficult Task & Sort out a Problem

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا.

*Translation:* O Allah, there is no ease except in that which You have made easy, and You make the difficulty, if You wish, easy.'

#### 4) Amazing Amount of Reward & Protection from Devil

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Translation:* 'None has the right to be worshipped except Allah, alone, without partner. To Him belongs all sovereignty and praise and He is over all things omnipotent.'

**Virtue of this Dua**

Abu Hurayrah (R.A) reported that the Messenger of Allah (S.A.W) said:

*'Whoever says a hundred times during the day, has the reward of freeing ten slaves, a hundred good deeds are recorded for him and a hundred bad deeds are wiped away and he has gained refuge from the devil that day until evening and none shall come with anything better except someone who has done more.'*

----- **End of Chapter 5** -----

# Ending Note

Hazrat Abu Huraira r.a. reported: the prophet (صلى الله عليه وسلم) said:

*"The religion of islam is easy, and whoever makes the religion a rigor, it will overpower him. So, follow a middle course (in worship); if you can't do this, do something near to it and give glad tidings and seek help (of Allah) in the morning and at dusk and some part of the night". [al bukhari]*

Let us all make our Lives easier through the True Spirit of Islam,

Jazak Allah Khair !

With Regards

HassanKhalid

Shaytanwaswascure.com

If you have any questions or Confusions, you can always contact me here at

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**Side Note** : For Further Knowledge on treating Severe Was'was alike obsessional thoughts and purity problems , visit us at [Cureislamicod.com](http://Cureislamicod.com) .

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**The End**

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