



MY
DAILY
VACCINES

Ayaat, Recitals, & Duas

HAYDER SHIRAZI

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

My Daily Vaccines Ayaat, Recitals, Duas

Contents

Seeking protection from Allah in Quran & Hadith	3
Iste'adha - Repeat a lot ..	4
Dua Abazar Ghifari (ra)	4
Protection from evil eyes	5
Surat al-Fatiha	6
Ayat al-Kursi	7
Last ayat of Surat Baqarah	10
Surat al-Ikhlās.....	11
Surat Nas	12
Surat Falaq	13
Surat Kafiroon	13
When you encounter someone, you fear	14
Dua of the 7 Ayaat - Protection from illnesses and mishaps.....	15
Effects of Imam Redha's Hirz	16
Hirz Imam Jawad (as)	18
Hirz Imam Mahdi (as)	19
To nullify the effect of magic.....	20
Dua Noor.....	22
Zikr Yunisiyyah - Protection of soul	23

*Compilation, Translation & Iltemase Dua:
Hayder Shirazi +1 778 384 5786
14 September 2025*

Seeking protection from Allah in Quran & Hadith

مَنْ اعْتَصَمَ بِاللَّهِ نَجَاهُ.

Whoever seeks protection from Allah, He saves him.

مَنْ اعْتَصَمَ بِاللَّهِ لَمْ يَضُرَّهُ شَيْطَانٌ.

One who seeks protection from Allah is not harmed by Satan.

مَنْ اعْتَصَمَ بِاللَّهِ عَزَّ مَطْلَبُهُ.

Whoever clings to Allah, his wish is honored.

الْجِيءُ نَفْسَكَ فِي الْأُمُورِ كُلِّهَا إِلَى إِلَهِكَ، فَإِنَّكَ تُلْجِئُهَا إِلَى كَهْفٍ حَرِيذٍ.

Entrust yourself, in all your affairs, to your Lord,
for indeed you are turning to a secure refuge.

اعْتَصِمْ فِي أَحْوَالِكَ كُلِّهَا بِاللَّهِ، فَإِنَّكَ تَعْتَصِمُ مِنْهُ سُبْحَانَهُ بِمَانِعٍ عَزِيزٍ.

Seek protection with Allah in all situations, for indeed you will be clinging to One,
glorified be He, who is a Powerful Protector.

عَلَيْكَ بِالْإِعْتِصَامِ بِاللَّهِ فِي كُلِّ أُمُورِكَ، فَإِنَّهَا عِصْمَةٌ مِنْ كُلِّ شَيْءٍ.

You must seek protection from Allah in all your affairs,
for indeed this is a protection from everything.

Iste'adha - Repeat a lot ..

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek the protection of Allah against the outcast Satan.

Dua Abazar Ghifari (ra)

One day, Jibrail (as) reveals this dua of Abazar to the Prophet (sa), saying that every morning the dwellers of the skies, wait to hear this Dua for which Abazar is famous in the skies

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْأَمْنَ وَالْإِيمَانَ بِكَ

O Allah! I ask You for peace and faith in You ...!

وَالْتَّصَدِيقَ بِنَبِيِّكَ وَالْعَافِيَةَ مِنْ جَمِيعِ الْبَلَاءِ

And belief in Your Prophet ...!

And wellbeing in all afflictions ...!

وَالشُّكْرَ عَلَى الْعَافِيَةِ وَالْغِنَى عَنْ شَرِّ النَّاسِ

And gratitude for the wellbeing ...!

And to be distanced from the evil lot, from among the mankind ...!!!

Protection from evil eyes

Recite: Verses 51 & 52 of Surat Qalam

- The Prophet said: "The evil eye is true and it is so effective that it drives camels and cows into the oven."
- The evil eye does not have to be from an enemy. Sometimes a friend is surprised by his own friend's perfection, and therefore we have a hadith that says that if you see something about your friend that surprises you, remember God so that the evil eye will be averted. And how many people have perished and died because of the evil eye.
- Of course, the fact that the evil eye is true does not mean that we should be suspicious of certain people and accuse them of the evil eye. Or that we should consider our own shortcomings in various cases as the evil eye. In narrations, we read: sadaqa, dus, reciting Surahs An-Nas and Falaq, and the like, can prevent the effects of the evil eye.
- Al-Kalbi says: The faithless wanted to harm the Messenger of God (sa) by casting evil eye upon him. So, a group of Quraysh came and stood before him and said: We have never seen anyone like this man in terms of eloquence and perfection, and in terms of presenting evidence and arguments. These were the people of Banu Asad, who were known for their evil eye, and if they cast an evil eye on anything and praised it too much, it would be harmed. So, they said to one of them, "We want you to strike and harm Muhammad with an evil eye."
- This man did so and looked at the Prophet (sa) and began to praise and flatter the Messenger of God (sa). He fixed his eyes on the Prophet while the Messenger of God (sa) was busy reciting the Quran. And this gaze and observation lasted for about an hour, and he thought to himself that his evil eye would have an effect on the Messenger of God (sa). Then these verses were revealed to Prophet Muhammad (sa) ...

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَإِنْ يَكَادُ الَّذِينَ كَفَرُوا لَيُزْلِقُونَكَ بِأَبْصَارِهِمْ لَمَّا سَمِعُوا الذِّكْرَ وَيَقُولُونَ
إِنَّهُ لَمَجْنُونٌ وَمَا هُوَ إِلَّا ذِكْرٌ لِلْعَالَمِينَ

Indeed, the faithless almost devour you with their eyes when they hear this Reminder, and they say, 'He is indeed crazy.' (51) Yet it is just a reminder for all the nations. (52)

Surat al-Fatiha

The Holy Prophet (S) that:

"The reward of any Muslim who recites the Surah 'Fatihah', is like that of a person who has recited two thirds of the Qur'an, and so much reward would he receive as if he has given every believing Muslim, man or woman, a free will offering

Another quote says the reward equals reciting one complete Quran.

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ ﴿١﴾ الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِیْنَ ﴿٢﴾
الرَّحْمٰنِ الرَّحِیْمِ ﴿٣﴾ مَا لِكِ یَوْمِ الدِّیْنِ ﴿٤﴾
اِیَّاكَ نَعْبُدُ وَاِیَّاكَ نَسْتَعِیْنُ ﴿٥﴾ اِهْدِنَا الصِّرَاطَ الْمُسْتَقِیْمَ ﴿٦﴾
صِرَاطَ الَّذِیْنَ اَنْعَمْتَ عَلَیْهِمْ غَیْرِ الْمَغْضُوْبِ عَلَیْهِمْ وَلَا الضَّالِّیْنَ ﴿٧﴾

1. In the Name of Allah, the All-beneficent, the All-merciful.
2. All praise belongs to Allah, Lord of all the worlds,
3. the All-beneficent, the All-merciful,
4. Master of the Day of Retribution.
5. You [alone] do we worship, and to You [alone] do we turn for help.
6. Guide us on the straight path,
7. the path of those whom You have blessed – such as have not incurred Your wrath, nor are astray.

Ayat al-Kursi

- The Prophet (sa) was asked: Is the Quran superior or the Torah? He said: There is a verse in the Quran that is better, superior, and more exalted than all the books that God revealed to His prophets, and that is Ayat al-Kursi.
- It is narrated from Prophet Muhammad (sa) that Ayatul Kursi is the master of all verses, and it is the best verse of the Quran. It contains all the good of this world and of the hereafter, and it sanctifies Allah at the Throne, and it was revealed from the treasury of mercy under the Divine Throne and was given to the Prophet (sa).
- The Commander of the Faithful, Ali (as), said about the virtue of Ayat al-Kursi: "I do not believe that anyone has understood Islam or is firmly established in Islam and has not recited this verse." Then he said: "If you knew what is in this verse, you would never abandon it!"
- It is narrated from Imam Ali (as) that he said: After hearing this saying from the Prophet (sa), I did not miss a single night without reciting it, and I used to recite it three times every night, in two rak'ahs after Isha, in Witr prayer, and at bedtime.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Allah – there is no god except Him – is the Living One, the All-sustainer.

اللہ، کہ جز او معبودی نیست، زندہ و برپادارندہ است۔
 اللہ (ہی وہ ذات) ہے۔ جس کے علاوہ کوئی الہ نہیں ہے۔
 زندہ (جاوید) ہے۔ جو (ساری کائنات کا) بندوبست کرنے والا ہے۔

لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ

Neither drowsiness befalls Him nor sleep.

نہ خوابی سبک اورا فرا گیرد و نہ خوابی سنگین۔
 اسے نہ اونگھ آتی ہے اور نہ نیند۔

لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ

To Him belongs whatever is in the heavens and whatever is on the earth.

آنچه در آسمانها و آنچه در زمین است، از آن اوست.

جو کچھ آسمانوں اور جو کچھ زمین میں ہے وہ سب اسی کا ہے۔

مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ

Who is it that may intercede with Him except with His permission?

کیست آنکہ جز بہ اذن او در پیشگاہش شفاعت کند

کون ہے جو اس کی (پیشگی) اجازت کے بغیر اس کی بارگاہ میں (کسی کی) سفارش کرے؟

يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ

He knows what is before them and what is behind them,

. گذشتہ و آئندہ آنان را می داند.

جو کچھ بندوں کے سامنے ہے وہ اسے بھی جانتا ہے۔ اور جو کچھ ان کے پیچھے ہے اسے بھی جانتا ہے۔

وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ

and they do not comprehend anything of His knowledge except what He wishes.

و بہ چیزی از علم او احاطہ پیدا نمی کنند مگر بہ مقداری کہ او بخواهد.

اور وہ (بندے) اس کے علم میں سے کسی چیز (ذرا) پر بھی احاطہ نہیں کر سکتے۔

مگر جس قدر وہ چاہے۔

وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ

His seat embraces the heavens and the earth

کرسی (علم و قدرت) او آسمانها و زمین را در برگرفته

اس کی کرسی (علم و اقتدار) آسمان و زمین کو گھیرے ہوئے ہے۔

وَلَا يَؤُدُّهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

and He is not wearied by their preservation, and He is the All-exalted, the All-supreme.

و نگہداری آن دو بر او سنگین نیست و او والا و بزرگ است

ان دونوں (آسمان و زمین) کی نگہداشت اس پر گراں نہیں گزرتی وہ برتر ہے اور بڑی عظمت والا ہے۔

لَا إِكْرَاهَ فِي الدِّينِ

There is no compulsion in religion:

در [پذیرش] دین، هیچ اجباری نیست.

دین کے معاملہ میں کوئی زبردستی نہیں ہے۔

قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ

rectitude has become distinct from error.

راہ رشد از گمراہی روشن شدہ است،

ہدایت گمراہی سے الگ واضح ہو چکی ہے۔

فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ

So one who disavows fake deities and has faith in Allah

پس ہر کہ بہ طاغوت کافر شود و بہ خداوند ایمان آورد،

اب جو شخص طاغوت (شیطان اور ہر باطل قوت) کا انکار کرے اور خدا پر ایمان لائے

فَقَدْ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَى لَا انْفِصَامَ لَهَا

has held fast to the firmest handle for which there is no breaking;

قطعاً بہ دستگیرہی محکمی دست یافتہ،

اس نے یقیناً مضبوط رسی تھام لی ہے۔ جو کبھی ٹوٹنے والی نہیں ہے۔

﴿۲۵۶﴾ **وَاللَّهُ سَمِيعٌ عَلِيمٌ**

and Allah is all-hearing, all-knowing.

کہ گسستنی برای آن نیست. و خداوند شنوای داناست.

اور خدا (سب کچھ) سننے والا اور خوب جاننے والا ہے۔

اللَّهُ وَلِيُّ الَّذِينَ ءَامَنُوا يُخْرِجُهُم مِّنَ الظُّلُمَاتِ إِلَى النُّورِ

Allah is the wali of the faithful: He brings them out of darkness into light.

خداوند دوست و سرپرست مؤمنان است،

آنها را از تاریکی‌ها خارج ساخته، بہ سوی نور می‌برد.

اللہ ان لوگوں کا سرپرست ہے جو ایمان لائے وہ انہیں (گمراہی کے) اندھیروں سے (ہدایت کی) روشنی کی طرف نکالتا ہے۔

وَالَّذِينَ كَفَرُوا أَوْلِيَاؤُهُمُ الطَّاغُوتُ

As for the faithless, their awliya are the fake deities,

ولی سرپرستان کفار، طاغوت‌ها هستند

اور جن لوگوں نے کفر اختیار کیا ان کے سرپرست طاغوت (شیطان اور باطل کی قوتیں) ہیں

يُخْرِجُونَهُم مِّنَ النُّورِ إِلَى الظُّلُمَاتِ

who drive them out of light into darkness.

کہ آنان را از نور بہ تاریکی‌ها سوق می‌دهند،

جو انہیں (ایمان کی) روشنی سے نکال کر (کفر کے) اندھیروں کی طرف لے جاتے ہیں۔

أُولَئِكَ أَصْحَابُ النَّارِ ۖ هُمْ فِيهَا خَالِدُونَ ﴿۲۵۷﴾

They shall be the inmates of the Fire, and they will remain in it [forever].

آنها اهل آتشدن و همانان همواره در آن خواهند بود.

یہی دوزخی لوگ ہیں جو اس میں ہمیشہ ہمیشہ رہیں گے۔

Last ayat of Surat Baqarah

Merits of the last two Glorious Ayaat of Surat Baqarah

- Revealed from the Treasures of the Heaven.
- Written by the Almighty before the Creation was given existence.

Barakaat of reciting the last two Glorious Ayaat of Surat Baqarah

- Recitation of the Ayaat enlightens the house
- Recitation of the Ayaat at night brings the reward of being occupied the whole night in worship
- Recitation of the Ayaat ascertains granted needs of this world and the Hereafter
- Recitation of the Ayaat assures protection from magicians and spell casters

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ؕ

The Apostle has faith in what has been sent down to him from his Lord, and all the faithful.

كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نَفَرَقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ؕ

Each [of them] has faith in Allah, His angels, His scriptures and His apostles. [They declare,] 'We make no distinction between any of His apostles.'

وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ {285}

And they say, 'We hear and obey. Our Lord, forgive us, and toward You is the return.' (2:285)

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۗ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ

Allah does not task any soul beyond its capacity. Whatever [good] it earns is to its benefit, and whatever [evil] it incurs is to its harm.

رَبَّنَا لَا تَوَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ؕ {286}

'Our Lord! Take us not to task if we forget or make mistakes!

رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ؕ

Our Lord! Place not upon us a burden as You placed on those who were before us!

رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا وَارْحَمْنَا ؕ

Our Lord! Lay not upon us what we have no strength to bear! Excuse us and forgive us, and be merciful to us!

أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

You are our Master, so help us against the faithless lot!' (2:286)

The Prophet (sa) further states, reciting the following

- The first four ayaat of Surat Baqarah
- Ayat al-Kursi
- Last three ayaat of Surat Baqarah

Will be protection for his wealth and health. He will be safeguarded from any harm that can come to him. Shaitan will not draw closer to him.

الم {1}

ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ ۚ هُدًى لِّلْمُتَّقِينَ {2}

الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ {3}

وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ {4}

لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ وَإِن تُبَدُّوا مَا فِي أَنفُسِكُمْ أَوْ تُخَفُّوهُ يَحَاسِبْكُمْ بِهِ اللَّهُ ۗ فَيَغْفِرُ لِمَن يَشَاءُ وَيُعَذِّبُ مَن يَشَاءُ ۗ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ {284}

Surat al-Ikhlās

This Surah, as its name indicates, is about the Unity of Allah, and His Oneness. In its four verses, the Surah describes monotheism completely.

In terms of importance, this *surah* is equal to one third of the Qur'an, nay one third of the *Tawrah*, *Injil* and *Zabur*. If this *surah* is also recited after the prayer as a prayer supplement, God shall give the person the goodness of this world and the hereafter.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

In the Name of Allah, the All-beneficent, the All-merciful.

1. Say: He, Allah, is One,
2. Allah, the Eternal,
3. He begets not, nor is He begotten,
4. And there is none like unto Him.

Surat Nas

This Surah commands the Holy Prophet (sa), as a leader and as an example, to seek refuge with Allah from the evil of any temptations. Man is commanded to seek refuge in Allah with His name as “Rabb”, i.e., the Lord of Men - i.e., the Cherisher and Sustainer. Invoking this great attribute,

- The Messenger of God, salutations of Allah be upon him and his family, said: Why don't people use these two surahs as a protection (ta'weedh)? There is no better ta'weedh than these surahs.
- With the surahs of Falaq and Nas, one can create the best protection for oneself and his family and nullify the evil of the envious and ill-wishers.
- It is stated in a narration: Whoever recites Surah Falaq, for him, it is a source of healing and protection from magic and a source of mercy for him to remain steadfast in well-being. And whoever recites Surah Nas, it is a source of protection for him from the schemes and plots of Satan and it is a means of mercy to remain steadfast in inspiration.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾
 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾
 مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

In the Name of Allah, the All-beneficent, the All-merciful.

1. Say, 'I seek the protection of the Lord of humans,
2. Sovereign of humans,
3. God of humans,
4. from the evil of the sneaky tempter
5. who puts temptations into the breasts of humans,
6. from among the jinn and humans.'

Surat Falaq

The Surah contains some divine teaching commands to the Holy Prophet (sa), in particular, and to all Muslims, in general, to seek refuge with Allah from every kind of ill arising from outer nature, dark and evil plotting and envy on the part of others.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

In the Name of Allah, the All-beneficent, the All-merciful.

1. Say, 'I seek the protection of the Lord of the daybreak
2. from the evil of what He has created,
3. and from the evil of the dark night when it falls,
4. and from the evil of the witches, who blow on knots,
5. and from the evil of the envious one when he envies.'

Surat Kafiroon

Effects and Blessings of Surah Kafirun

1) Seeing the Messenger of God (sa) in a dream

It has been narrated from Imam Ja'far Sadiq (as): Whoever recites this Surah a hundred times on Friday night will see the Messenger of God (as) in a dream.

2) Satan will stay away from the reciter of this Surah. The Messenger of God, may God's salutations be upon him and his family, said: Whoever recites Surah Al-Kafirun, the devils will stay away from him and he will be safe from the great hardships of the Day of Judgment.

3) Prayers are granted

The Prophet (sa), said: "Whoever recites this Surah ten times at sunrise and then prays, his duas will be answered."

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

﴿قُلْ يَا أَيُّهَا الْكَافِرُونَ (1) لَا أَعْبُدُ مَا تَعْبُدُونَ (2)

وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ (3) وَلَا أَنَا عَابِدٌ مَا عَبَدْتُمْ (4)

وَلَا أَنْتُمْ عَابِدُونَ مَا أَعْبُدُ (5) لَكُمْ دِينُكُمْ وَ لِي دِينِ (6)﴾.

In the Name of Allah, the All-beneficent, the All-merciful.

1. Say, 'O faithless ones!
2. I do not worship what you worship,
3. nor do you worship what I worship;
4. nor will I worship what you have worshipped,
5. nor will you worship what I worship.
6. To you your religion, and to me my religion.'

When you encounter someone, you fear ...

Open your hands and count the following letters on your right hand.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
ك - ه - ي - ع - ص

On your left hand count ...

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
ح - م - ع - س - ق

Then,

Insert the fingers of both hands in one another.

Dua of the 7 Ayaat - Protection from illnesses and mishaps

Dua – Protection from illnesses and mishaps.

- ❖ The dua is from Amirul Momineen Ali (as). During an outbreak of an illness, it is recommended to keep this dua at home and to recite it every morning after the Fajr prayers.
- ❖ Grand Ayatullah Seyed Ahmad Khwansari (ra) says, when there was an outbreak of cholera in Iran, there were deaths in almost every house, in some others there were more than one. Houses where in this dua was recited regularly and everyday remained safe.
- ❖ This Dua is also known as the dua of the seven ayaat.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. قُلْ لَنْ يُصِيبَنَا إِلَّا مَا كَتَبَ اللَّهُ لَنَا هُوَ مَوْلَانَا وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ.

Say, 'Nothing will befall us except what Allah has ordained for us.

He is our master, and in Allah let all the faithful put their trust.' At-Tawba 9: 51

2. وَإِنْ يَمَسُّكَ اللَّهُ بِضُرٍّ فَلَا كَاشِفَ لَهُ إِلَّا هُوَ وَإِنْ يُرِدْكَ بِخَيْرٍ فَلَا رَادَّ لِفَضْلِهِ يُصِيبُ بِهِ مَنْ يَشَاءُ مِنْ عِبَادِهِ وَهُوَ الْغَفُورُ الرَّحِيمُ

Should Allah visit you with some distress, there is no one to remove it except Him; and should He desire any good for you, none can stand in the way of His grace: He grants it to whomever He wishes of His servants,

and He is the All-forgiving, the All-merciful. Yunus 10: 107

3. وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا وَمُسْتَوْدَعَهَا كُلٌّ فِي كِتَابٍ مُبِينٍ

There is no animal on the earth, but that its sustenance lies with Allah, and He knows its [enduring] abode

and its temporary place of lodging. Everything is in a manifest Book. Hud 11:6

4. وَكَأَيِّنْ مِنْ دَابَّةٍ لَا تَحْمِلُ رِزْقَهَا اللَّهُ يَرْزُقُهَا وَإِيَّاكُمْ وَهُوَ السَّمِيعُ الْعَلِيمُ.

How many an animal there is that does not carry its own provision. Allah provides them and you, and He is the All-hearing, the All-knowing. Al-Ankabut 29:60

5. مَا يَفْتَحُ اللَّهُ لِلنَّاسِ مِنْ رَحْمَةٍ فَلَا مُمْسِكَ لَهَا وَمَا يُمْسِكُ فَلَا مُرْسِلَ لَهُ مِنْ بَعْدِهِ وَهُوَ الْعَزِيزُ الْحَكِيمُ.

Whatever mercy Allah unfolds for the people, no one can withhold it; and whatever He withholds no one can release it except Him, and He is the All-mighty, the All-wise. Fatir 35:2

6. قُلْ أَفَرَأَيْتُمْ مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ كَاشِفَاتُ ضُرِّهِ أَوْ أَرَادَنِي بِرَحْمَةٍ هَلْ هُنَّ مُمْسِكَاتُ رَحْمَتِهِ قُلْ حَسْبِيَ اللَّهُ عَلَيْهِ يَتَوَكَّلُ الْمُتَوَكِّلُونَ.

Say, 'Have you considered what you invoke besides Allah? Should Allah desire some distress for me, can they remove the distress visited by Him? Or should He desire some mercy for me, can they withhold His mercy?'

Say, 'Allah is sufficient for me. In Him let all the trusting put their trust.' Az-Zumar 39:38

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

'Allah is sufficient for me. There is no god except Him.

In Him I have put my trust and He is the Lord of the Great Throne. At-Tawba 9:29

وَأَمْتَنِعُ بِحَوْلِ اللَّهِ وَقُوَّتِهِ مِنْ حَوْلِهِمْ وَقُوَّتِهِمْ وَأَسْتَشْفِعُ بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا خَلَقَ
وَأَعُوذُ بِمَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.

And I seek protection from the might of Allah and His strength from their might and strength, and I seek the intercession of the Lord of the dawn from the evil of what He has created, and I seek protection from what Allah wills; there is no strength except with Allah, the Most High, the Most Great.



Bihar al-Anwar, v 83, p 227

Effects of Imam Redha's Hirz

One of the close companions of Imam Redha, Abasalt Haravi, reports :

“One day, when I was sitting in the house of Imam Redha (as), suddenly a messenger came to Imam’s door and informed him that Mamun, the Caliph at the time, had some business with the Imam. The Imam turned to me and said: "Abasalt, Mamun does not summon me at such a time unless the matter has a hidden evil intention, but I swear to God, because of these words that have reached me from my ancestor, the Holy Prophet (sa), he cannot do me any harm”.

We went to Mamun’s palace with the Imam. When the Imam stood in front of Mamun and Mamun stared at him, the Imam murmured something. Suddenly, Mamun said: O Abul Hasan, I have ordered that they give you one hundred thousand Dirhams, and tell me whatever you need and I will fulfill it. When the Imam returned to his house, Mamun said: "I willed and God also willed, and what God willed was better."

The Hirz of Imam Redha (as) is one of the authentic duas.

This Hirz, is very effective in protection and wards off evil and evil eyes.

Reported by: Seyyed Ibn Taoos.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

بِسْمِ اللَّهِ إِنِّي أَعُوذُ بِالرَّحْمَنِ مِنْكَ إِنْ كُنْتَ تَقِيًّا أَوْ غَيْرَ تَقِيٍّ

In the name of Allah, 'I seek the protection of the All-beneficent from you, should you be Godwary, or not be Godwary.'

أَخَذْتُ بِاللَّهِ السَّمِيعِ الْبَصِيرِ عَلَى سَمْعِكَ وَبَصْرِكَ

I sought Allah, the all-Hearing and all-Seeing, over your hearing and sight.

لَا سُلْطَانَ لَكَ عَلَيَّ وَلَا عَلَى سَمْعِي وَلَا عَلَى بَصْرِي وَلَا عَلَى شَعْرِي

You have no authority on me, nor over my ears, and not on my hair,

وَلَا عَلَى بَشْرِي وَلَا عَلَى لَحْمِي وَلَا عَلَى دَمِي وَلَا عَلَى مُخِّي

my skin, my flesh, my blood, nor on my mind, and not on my nerves,

وَلَا عَلَى عَصْبِي وَلَا عَلَى عِظَامِي وَلَا عَلَى مَالِي وَلَا عَلَى مَا رَزَقَنِي رَبِّي

and not on my bones, and not on my possessions, and not on what my Lord has given me.

سَتَرْتُ بَيْنِي وَبَيْنَكَ بِسِتْرِ النُّبُوَّةِ الَّتِي اسْتَتَرَ أَنْبِيَاءُ اللَّهِ بِهِ

I have blocked you from me with the veil of prophecy, the veil with which the prophets protected themselves

مِنْ سَطَوَاتِ الْجَبَابِرَةِ وَالْفَرَاعِنَةِ جِبْرَائِيلُ عَنْ يَمِينِي

from the attacks of the arrogant and those of the pharaohs. Gabriel from my right,

وَمِيكَائِيلُ عَنْ يَسَارِي وَإِسْرَافِيلُ عَنْ وِرَائِي

Michael from my left, Israfil from behind me,

وَمُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ أَمَامِي وَاللَّهُ مُطَّلِعٌ عَلَيَّ يَمْنَعُكَ مِنِّي

and Muhammad (sa) from the front. Allah is aware of me, He will stop you from me,

وَيَمْنَعُ الشَّيْطَانَ مِنِّي

He will prevent Satan from me,

اللَّهُمَّ لَا يَغْلِبُ جَهْلُهُ أَنَا تَكَ أَنْ يَسْتَفِرِّنِي وَ يَسْتَخِفَّنِي

O' Allah, his ignorance does not overcome Your forbearance.
So that my peace is disturbed, and he belittles me.

اللَّهُمَّ إِلَيْكَ التَّجَاتُ اللَّهُمَّ إِلَيْكَ التَّجَاتُ اللَّهُمَّ إِلَيْكَ التَّجَاتُ

O' Allah, I sought refuge in You! O' Allah, I sought refuge in You! O' Allah, I sought refuge in You!

Hirz Imam Jawad (as)

- Imam Jawad (as)
- Guard yourself with this dua. If you encountered armies of Turk and Romans and they with all the dwellers of the earth stood against you. They would do you no harm. You will be safe from all of them.
- The most famous hirz/ protection in all worrisome tasks
- Balas/ trials of the skies and the earth
- Recommended and emphasized a lot
- Repels evil eyes and mouths
- Protection from the evil of man and jinn
- Nullifies all magics and spells
- Protection from cheat, deceit and animosity
- Protection from being harmed, wounded, drowned and ruined.
- Protection of one's honor
- Carry it with you and recite everyday

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا نُورُ يَا بُرْهَانَ يَا مُبِينُ يَا مُنِيرُ

O' Light, O' Evidence, O' Manifest Reality, O' Illuminant ...!!!

يَا رَبِّ اِكْفِنِي الشَّرُّورَ وَ اِفَاتِ الدَّهْورِ

O' Lord, suffice me from all evil and all outbreaks of the day ...!!!

وَ اَسْأَلُكَ النَّجَاةَ يَوْمَ يُنْفَخُ فِي الصُّورِ

And I ask You, for Your deliverance on the Day when the Horn will be blown.

Hirz Imam Mahdi (as)

Syed Ibn Taus reports,
Imam al-Asr Mahdi (as) protects himself from all evil, calamities, enemies,
sufferings and mishaps through this dua.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يا مالِكَ الرَّقَابِ و يا هازِمَ الْأَحْزَابِ يا مُفْتِحَ الْأَبْوَابِ
يا مُسَبِّبَ الْأَسْبَابِ سَبَّبْ لَنَا سَبَبًا لِنَسْتَطِيعَ لَهُ طَلَبًا
بِحَقِّ لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ
صَلَوَاتُ اللَّهِ عَلَيْهِ وَآلِهِ أَجْمَعِينَ

O Sovereign of all and O Who defeats all united parties!
O Opener of all doors; And O Cause of all causes!
Make a channel for us that we are unable to find and seek!
By the Kalima 'La ilaha illa Allah' "There is no god but Allah",
"Muhammad is the Messenger of Allah";
Salutations of Allah be upon him and all his progeny.

AmirulMomineen (a.s.) has said,

To be protected from spells and magic...

Recite seven times during the day before prayers and at night after prayers

«بِسْمِ اللَّهِ وَ بِاللَّهِ سَنَشُدُّ عَضُدَكَ بِأَخِيكَ وَ نَجْعَلَ لَكُمَا سُلْطَانًا فَلَا يَصِلُونَ إِلَيْكُمَا بِآيَاتِنَا أَنْتُمَا وَ مَنْ اتَّبَعَكُمَا الْغَالِبُونَ

To nullify the effect of magic.

Recitation of the following Ayat has been reported

«إِنَّ رَبَّكُمُ اللَّهُ الَّذِي خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى عَلَى الْعَرْشِ يُغْشَى اللَّيْلَ النَّهَارَ يَطْلُبُهُ حَثِيثًا وَالشَّمْسُ وَالْقَمَرُ وَالنُّجُومُ مُسَخَّرَاتٌ بِأَمْرِهِ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ». «ادْعُوا رَبَّكُمْ تَضَرُّعًا وَ خُفْيَةً إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ وَ لَا تُفْسِدُوا فِي الْأَرْضِ بَعْدَ إِصْلَاحِهَا وَ ادْعُوهُ خَوْفًا وَ طَمَعًا إِنَّ رَحْمَتَ اللَّهِ قَرِيبٌ مِنَ الْمُحْسِنِينَ»

Imam Reza (a.s.)

To nullify magic and repel its harm,

With your hand before your face recite ...

بِسْمِ اللَّهِ الْعَظِيمِ رَبِّ الْعَرْشِ الْعَظِيمِ إِلَّا ذَهَبَتْ وَ انْقَرَضَتْ

Allama Kaf'amy reports as a Hadith Qudsi

The Almighty Allah revealed to Prophet Muhammad (s.a.),

One who likes to be protected from magic should recite,

اللَّهُمَّ رَبِّ مُوسَى وَ خَاصَّةُ بَكَلَامِهِ وَ هَارِمَ مَنْ كَادَهُ بِسِحْرِهِ بِعَصَاهُ وَ مُعِيدَهَا بَعْدَ الْعُودِ تُعْبَانًا وَ مُلَقِّهَا إِفْكَ أَهْلِ الْإِفْكِ وَ مُفْسِدَ عَمَلِ السَّاجِرِينَ وَ مُبْطِلَ كَيْدِ أَهْلِ الْفَسَادِ مَنْ كَادَنِي بِسِحْرٍ أَوْ بِضُرٍّ عَامِدًا أَوْ غَيْرَ عَامِدٍ أَعْلَمُهُ أَوْ لَا أَعْلَمُهُ وَ أَخَافُهُ أَوْ لَا أَخَافُهُ فَاقْطَعْ مِنْ أَسْبَابِ السَّمَاوَاتِ عَمَلَهُ حَتَّى تُرْجِعَهُ عَنِّي غَيْرَ نَافِدٍ وَ لَا ضَارٍّ لِي وَ لَا شَامِتٍ بِي إِنِّي أَدْرَأُ بِعَظَمَتِكَ فِي نُحُورِ الْأَعْدَاءِ فَكُنْ لِي مِنْهُمْ مُدَافِعًا أَحْسَنَ مُدَافِعَةٍ وَ أَتَمَّهَا يَا كَرِيمَ

AmirulMomineen (a.s.) has said,

To nullify magic keep the following phrases with you.

قَالَ مُوسَى مَا جِئْتُمْ بِهِ السَّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ
الْمُفْسِدِينَ وَيَحَقُّ لِلَّهِ الْحَقُّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ الْمُجْرِمُونَ أَنْتُمْ أَشَدُّ خَلْقًا أَمِ
السَّمَاءَ بَنَاهَا رَفَعَ سَمَكَهَا فَسَوَّاهَا» وَأَغْطَشَ لَيْلَهَا وَأَخْرَجَ ضُحَاهَا وَالْأَرْضَ
بَعْدَ ذَلِكَ دَحَاهَا

أَخْرَجَ مِنْهَا مَاءَهَا وَمَرْعَاهَا وَالْجِبَالَ أَرْسَاهَا
مَتَاعًا لَكُمْ وَلِأَنْعَامِكُمْ فَإِذَا جَاءَتِ الطَّامَّةُ الْكُبْرَى
يَوْمَ يَتَذَكَّرُ الْإِنْسَانُ مَا سَعَى وَبُرِّزَتِ الْجَحِيمُ لِمَنْ يَرَى
فَأَمَّا مَنْ طَغَى وَآثَرَ الْحَيَاةَ الدُّنْيَا
فَإِنَّ الْجَحِيمَ هِيَ الْمَأْوَى
وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَى
فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَى يَسْأَلُونَكَ عَنِ السَّاعَةِ أَيَّانَ مُرْسَاهَا
فِيمَ أَنْتَ مِنْ ذِكْرَاهَا إِلَى رَبِّكَ مُنْتَهَاهَا
إِنَّمَا أَنْتَ مُنذِرٌ مَنْ يَخْشَاهَا
كَانَتْهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحَاهَا
«فَوَقَعَ الْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ فَغُلِبُوا هُنَالِكَ وَانْقَلَبُوا صَاغِرِينَ وَأُلْقِيَ
السَّحْرُ سَاجِدِينَ، قَالُوا آمَنَّا بِرَبِّ الْعَالَمِينَ رَبِّ مُوسَى وَهَارُونَ

AmirulMomineen (a.s.) has said,

To nullify magic keep the following phrases with you.

بِسْمِ اللَّهِ وَبِاللَّهِ، بِسْمِ اللَّهِ وَ مَا شَاءَ اللَّهُ، بِسْمِ اللَّهِ لِاحْوَلْ وَلَاقُوهُ الْا بِاللَّهِ،
قَالَ مُوسَى مَا جِئْتُمْ بِهِ السَّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا يُصْلِحُ عَمَلَ
الْمُفْسِدِينَ، فَوَقَعَ الْحَقُّ وَ بَطَلَ مَا كَانُوا يَعْمَلُونَ فَغُلِبُوا هُنَالِكَ وَانْقَلَبُوا
صَاغِرِينَ

Dua Noor



12.mp3

The famous Dua of Hadhrat Zahra (as) was taught to her by the Holy Prophet (sa)

- For protection from illnesses, for fever in particular
- It is narrated from Salman that he taught this dua to more than a thousand people of Mecca and Medina, and all of them were cured from fever.

دعا النور

Dua Noor

بِسْمِ اللَّهِ النُّورِ بِسْمِ اللَّهِ نُورِ النُّورِ

In the name of Allah, the Light!
In the name of Allah, the Light, of all light!

بِسْمِ اللَّهِ نُورٌ عَلَى نُورٍ

In the name of Allah, the Light upon Light!

بِسْمِ اللَّهِ الَّذِي هُوَ مُدَبِّرُ الْأُمُورِ

In the name of Allah, the manager of all affairs!

بِسْمِ اللَّهِ الَّذِي خَلَقَ النُّورَ مِنَ النُّورِ

In the name of Allah who created light from the Light!

الْحَمْدُ لِلَّهِ الَّذِي خَلَقَ النُّورَ مِنَ النُّورِ

All Praise be to Allah who created light from the Light,

وَأَنْزَلَ النُّورَ عَلَى الطُّورِ فِي كِتَابٍ مَسْطُورٍ

and sent the light on the Mount, in the inscribed book,

فِي رِقٍّ مَنشُورٍ

in the parchment unrolled,

بِقَدَرٍ مَقْدُورٍ عَلَى نَبِيِّ مَحْبُورٍ

by a measure, well-determined, on the Prophet astound!

الْحَمْدُ لِلَّهِ الَّذِي هُوَ بِالْعِزِّ مَذْكُورٌ وَبِالْفَخْرِ مَشْهُورٌ

Praise be to Allah!

It is He, who is remembered by His might, famed for His pride.

وَعَلَى السَّرَّاءِ وَالضَّرَّاءِ مَشْكُورٌ

In joy and misfortune, He is thanked!

وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَآلِهِ الطَّاهِرِينَ

And salutations of Allah be upon our master, Muhammad, and his progeny.

Zikr Yunisiyyah - Protection of soul

The effects and blessings of this recital

- To see wonders: the mukashifaat, visions
- To remove the hujub: the barriers
- To attain nooraniyat: the enlightenment
- Acceptance of dua

The Holy Prophet (sa) said: "Shall I inform you of a supplication that, when you are in distress or trouble, to recite and you will be relieved?"

The companions said: "Yes, O Messenger of God." The Holy Prophet (sa) said: "The supplication of Yunus, who was swallowed by a fish ...

He further said: "Any sick Muslim who recites this dua, if he does not recover from his illness and dies, will be given the reward of a martyr, and if he recovers, and is cured, all his sins will also be forgiven."

Imam Sadiq (as) said: I wonder how someone who is in grief does not recite this supplication: because Allah says after it: So, we answered him and saved him from grief, and thus We save the believers.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

'There is no god except You! You are immaculate!

I have indeed been among the wrongdoers!

Surat Anbiya 21:87

*Compilation, Translation & Itemase Dua: Hayder Shirazi +1 778 384 5786
14 September 2025*