# لَا إِلَٰهَ إِلَّا اللهُ الْعَظِيْمُ الْخَلِيْمُ، لَا إِلَهَ إِلَّا اللهُ رَبُّ الْعَرْشِ الْعَظِيْمِ، 8 لَا إِلٰهَ إِلَّا اللهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ رَبُّ الْعَرْشِ الْكَرِيْمِ

Laa ilaaha illallāhul 'adheemul ḥaleem, laa ilaaha illallāhu rabbul 'arshil 'adheem, laa ilaaha illallāhu rabbus samaawaati wa rabbul ardi rabbul 'arshil kareem.

There is no god but Allāh, the August, the Enduring. There is no god but Allāh, the Lord of the Great Throne. There is no god but Allāh, the Lord of the Heavens and Earth and the Lord of the Throne of Honour.

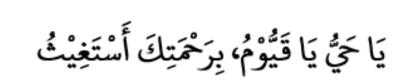
reported that رضى الله عنهما Sayyiduna 'Abdullah Ibn 'Abbās when the Prophet **see was distressed he would recite** [the above]. (Muslim#2730) (Also see: Bukhārī #6345)



حَسْبُنَا اللهُ وَنِعْمَ الْوَكِيْلُ

Hasbunallāhu wa niʿmal-wakeel. Sufficient for us is Allāh, and [He is] the best Disposer of affairs." {3:173}

'Ibrāhīm عليه السلام said: "Allāh is Sufficient for us and He Is the Best Disposer of affairs" when he was thrown into the fire and it was said by Muhammad 🏙 when they said: "A great army is gathering against you, therefore, fear them," but it only increased their faith and they said: "Allah is Sufficient for us and He is the Best **Disposer of affairs.**" (Bukhārī #4563)



Yaa Hay-yu yaa Qay-yoom, bi raḥmatika astagheeth. O You the Everlasting and All-Sustainer, I fervently call upon Your mercy. sayyidunā Anas رضى الله عنه reported: "Whenever a matter would distress him, the Prophet ﷺ would say: [the above]." (Tirmidhī #3524)

يَا حَيُّ يَا قَيُّوْمُ ، بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّه ، وَلَا تَكِلْنِيْ إلى نَفْسِيْ طَرْفَةَ عَيْنٍ.

Yaa Hay-yu yaa Qay-yoom, bi raḥmatika astagheeth. Aşlih lee sha'nee kullah. wa laa takilnee ilaa nafsee tarfata 'ayn. O You the Everlasting and All-Sustainer, I fervently call upon Your mercy. Rectify for me all my affairs and do not leave me in charge of my 👗 affairs even for a blink of an eye.

to readرضي الله عنها to readﷺ to read ﷺ [the above] every morning and evening. (Mustadrak Hākim #2019)

> When reciting, visualise that Allāh's help, mercy, cure, relief, peace, and tranquility is descending on us.

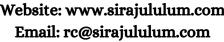
Verily, there is ease after every difficulty. **{94:6}** 

## Soothing Supplications & Litanies

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#### Sūrah Fātihah

Also known as The Cure and The Sufficer. "There is a cure for every illness in Fātiḥah." (Sunan Dārimī #3413)

اَللهُ اَللهُ رَبِّيْ لَا أَشْرِكُ بِهِ شَيْئًا

Allāhu Allāhu Rabbee laa ushriku bihi shay'aa. Allāh Allāh is my Lord. I do not associate anything with Him.

Sayyidah 'A'isha رضى الله عنها narrated: "The Messenger of Allāh ﷺ gathered his household and said: 'When any of you is overcome with sorrow or distress, he should recite [the above].""

> (Ṣaḥīḥ Ibn Hibbān-Al Iḥsān, Hadīth #864) (Also see: Abū Dāwūd #1525, Ibn Mājah #3882)

### Istighfār (Seeking Forgiveness)

أَسْتَغْفِرُ اللهَ 'Saying 'Astaghfirullah' Ideally 100 times in the morning and evening. The Prophet Muhammad ﷺ said: "Whoever persists in asking for forgiveness, Allāh will grant him relief from every worry, a way out from every hardship, and will grant him provision (from sources) he could never imagine." (Abū Dāwūd #1518) (Muslim #2702)

Laa hawla walaa quwwata illaa billaahil 'aliyyil 'adheem There is no strength nor power except through Allah, Most High, Most Mighty.

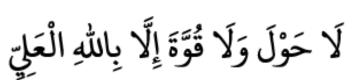
"Saying [the above] is a cure for ninety nine sicknesses, the most minor being sorrow/depression." (Mustadrak Hākim #2009)

اَللَّهُمَّ إِنِّي أَعُوْدُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَأَعُوْدُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوْدُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوْدُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ 5 Allāhumma in-nee a-ʿudhu bika minal-hammi wal-ḥuzn, wa

a-'udhu bika minal-'ajzi wal-kasal, wa a-'udhu bika minaljubni wal-bukhl, wa a-ʿudhu bika min ghalabatid-dayni wa qahrir-rijaal.

O Allāh, I seek refuge in You from worry and grief, I seek refuge in You from impotence and laziness, I seek refuge in you from cowardice and miserliness, and I seek refuge in you from overpowering debt and the subduing of men.

"One day, the Messenger of Allāh entered the Masjid, and saw a person from the Anṣār by the name of Abū 'Umāmah رضى الله عنه . He said, 'O Abū 'Umāmah, why is it that I see you sitting in the masjid even though this is not the time for prayer?' He said, '(Because of) misery that has overtaken me, and debts, O Messenger of Allāh.' He said, 'Should I not teach you phrases that, if you say them, Allāh will remove your misery and repay your debt?' He said, 'Yes, O Messenger of Allāh. So, he said, 'Say in the morning and evening (the above dua). He said, 'So I did that, and Allāh removed my sorrows, and fulfilled my debts." (Abū Dāwūd #1555) (Also see: Bukhārī #6369)



#### لَا إِلَهَ إِلَّا أَنْتَ، سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِيْنَ

Laa ilaaha illaa Anta subhaanaka in-nee kuntu minadh dhaalimeen None has the right to be worshiped except You, Pure are You. Indeed I was among the wrongdoers {21:87}

The Prophet Muhammad 🎬 said: "The supplication of Dhun-Nūn (Yūnus عليه السلام) when he supplicated, while in the belly of the whale was: 'Lā ilāha illā Anta subhānaka innī kuntu minadh dhālimīn'. So verily, no Muslim man ever supplicates with it for anything, except Allāh responds to him." (Tirmidhī #3505)

ٱللَّهُمَّ رَحْمَتَكَ أَرْجُوْ، فَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ، 7 وَأَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، لَا إِلٰهَ إِلَّا أَنْتَ

'Allāhumma raḥmataka arjoo, fa laa takilnee ilaa nafsee țarfata 'ayn, wa așlih lee sha'nee kullah, laa ilaaha illaa ant'

O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye and rectify for me all my affairs. None has the right to be worshiped except You.

sayyidunā Abī Bakrah رضى الله عنه reports that the Prophet ﷺ said: "The duʿā of a distressed person is [the **above].**" (Abū Dāwūd #5090)