

## Spiritual illnesses can be treated and cured through physical elements

And We have sent down blessed rain from the sky and made grow thereby gardens and grain from the harvest (50:9).

وَنَزَّلْنَا مِنَ السَّمَاءِ مَاءً مُبَارَكًا فَأَنْبَتْنَا بِهِ جَنَّاتٍ وَحَبَّ  
الْحَصِيدِ ﴿٩﴾

The Prophet (ﷺ) came out and travelled with him (Sahl ibn Ḥanīf) towards Makkah, until they were in the mountain pass of al-Kharrār in al-Jahfah. There Sahl ibn Haneef did ghusl (bathed), and he was a handsome fair-skinned man with beautiful skin. 'Āmir ibn Rabī'ah, brother of Banū 'Adiyy ibn K'ab, looked at him whilst he was doing ghusl and said: I have never seen such beautiful skin, not even the concealed skin (like the skin of a virgin). Sahl fell to the ground.

They went to the Messenger of Allāh (ﷺ) and said: O Messenger of Allāh, can you do anything for Sahl, because by Allāh he cannot raise his head. He said: Do you accuse anyone with regard to him? They said: 'Āmir ibn Rabī'ah looked at him. So the Messenger of Allāh called 'Āmir and rebuked him strongly. He said: Why would one of you kill his brother? If you see something that you like, then pray for blessing for him.

Then he said to him: Wash yourself for him. So he washed his face, hands, forearms, knees and the sides of his feet, and the inside his lower garment in a vessel. Then that water was poured over Sahl, and a man poured it over his head and back from behind. Then Sahl got up and joined the people and there was nothing wrong with him.

Recorded in Aḥmad & Al-Nasā'ī; Ṣaḥīḥ.

إِنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ خَرَجَ وَسَارُوا مَعَهُ نَحْوَ  
مَكَّةَ حَتَّى إِذَا كَانُوا بِشِعْبِ الْخَرَّارِ مِنَ الْجُحْفَةِ اغْتَسَلَ سَهْلُ  
بْنُ حَنِيفٍ وَكَانَ رَجُلًا أبيضَ حَسَنَ الْجِسْمِ وَالْجِلْدِ فَنظَرَ إِلَيْهِ  
عَامِرُ بْنُ رَبِيعَةَ أَخُو بَنِي عَدِيٍّ بْنِ كَعْبٍ وَهُوَ يَغْتَسِلُ فَقَالَ مَا  
رَأَيْتُ كَالْيَوْمِ وَلَا جِلْدَ مَخْبَأَةٍ فَلَبِطَ بِسَهْلٍ

فَأْتَى رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فَقِيلَ لَهُ يَا رَسُولَ اللَّهِ  
هَلْ لَكَ فِي سَهْلٍ؟ وَاللَّهِ مَا يَرْفَعُ رَأْسَهُ وَمَا يُبَيِّقُ قَالَ هَلْ  
تَتَّهَمُونَ فِيهِ مِنْ أَحَدٍ؟ قَالُوا نَظَرْنَا إِلَيْهِ عَامِرُ بْنُ رَبِيعَةَ فَدَعَا  
رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ عَامِرًا فَتَغَيَّظَ عَلَيْهِ وَقَالَ  
عَلَامٌ يَقْتُلُ أَحَدَكُمْ أَخَاهُ؟ هَلَّا إِذَا رَأَيْتَ مَا يُعْجِبُكَ بَرَكْتَ؟

ثُمَّ قَالَ لَهُ اغْتَسِلْ لَهُ فَغَسَلَ وَجْهَهُ وَيَدَيْهِ وَمِرْفَقَيْهِ وَرُكْبَتَيْهِ  
وَأَطْرَافَ رِجْلَيْهِ وَدَاخِلَةَ إِزَارِهِ فِي قَدَحٍ ثُمَّ صَبَّ ذَلِكَ الْمَاءَ  
عَلَيْهِ يَصُبُّهُ رَجُلٌ عَلَى رَأْسِهِ وَظَهْرِهِ مِنْ خَلْفِهِ يُكْفِي الْقَدَحَ  
وَرَاءَهُ ففَعَلَ بِهِ ذَلِكَ فَرَأَى سَهْلًا مَعَ النَّاسِ لَيْسَ بِهِ بَأْسٌ

### Points of benefit:

1. The evil eye from a fellow human being is true.
2. Evil eye can affect physical limbs.

3. Evil eye may be given by a noble person upon another noble person intentionally or unintentionally.
4. One should always have in the heart the ultimate appreciation towards the source of matters and bounties: Allāh.
5. One ought to make duā for barakah (blessing).
6. A procedure for curing evil eye was revealed (waḥye). However, other similar procedures can also cure evil eye. This is affirmed through the experiences of inflicted people and expert Rāqīs. The Messenger of Allāh (ﷺ) simply gave one of the best ways of curing evil eye, not the ONLY way of curing it.
7. There is a connection between water and cure for the evil eye.
8. Spiritual illnesses can be cured through physical elements like water.