

Using Ruqya Items

1. Play the entire Quran for 7 days intending to burn away the symptoms & their sources; to veil you and your residence from the devils & their evils. Then play the Adhan for 7 days with the intention to burn the magician-devils and all types of jinn who have entered your realm. Alternate every 7 days between playing the Quran & the Adhan with the aforementioned intentions (unless specified otherwise).
2. Shower with recited water (mixed with normal warm water in a bathtub or from a bucket). Cold water is preferred. Women are not required to wash their hair every day; sprinkling the hair with recited water suffices.
3. Apply recited oil (olive oil, black seed oil or mixed) all over the body after step 2. Apply generous amounts on the area of the pain, pins and needles, knot etc. Black seed oil is preferred if the sihr, evil eye or possession is severe.
4. Apply recited strong itr (black musk) on the body after step 3. Apply generous amounts on the area of the pain, pins and needles, knot etc.

Avoid steps 3 & 4 if you suffer from a skin or medical condition that is exacerbated by the oil or perfume.

5. Eat at least 7 Ajwah dates on an empty stomach every morning and evening.
6. Drink a tablespoon of recited oil twice a day on an empty stomach if the sihr was consumed, the devil-jinn is in the stomach or the possession is severe.
7. Spray the house with recited water after every prayer, or at least once in the morning and evening.
8. Recite daily in your home in order to complete the Quran every 3 months.
9. Do hijamah once a month on the body, and once every 3 months on the head.

Remember to intend all 15 intentions when using Ruqya items (or any ones that affect you).

Preparing Ruqya Items

You may make your own Ruqya items to help with treatment. Recite the following with their intentions and blow onto items applied on your body or consumed (water, cooking oil, lotion, honey, laundry detergent etc).

- **Surah Al-Fatihah x10.** Intend shifa from all the ailments & illnesses: unseen, psychological, traumas, medical etc.
- **Ayatul-Kursi (Surah Al-Baqarah, verse 255) x10.** Intend burning of the magician, devils & jinn.
- **Surah Al-Baqarah, verses 285-286 x10.** Intend separation from sihr, hasad, evil eye, jinn-possession, and you and your residence being veiled from them.
- **Surahs Al-Kafirun, Al-Ikhlâs, Al-Falaq, Al-Nas x10 each.** Intend against unseen ailments from Qarin-shaytan to magic to mass.
- Recite any other Surahs, verses and authentic dhikr, and make specific duas according to your specific situation.

The more times and frequently you recite, the more effective the treatment will be; the All-Eternal Nur (Light) of the Speech of Allah will destroy and burn away all the evil inflicted on you wherever it maybe.

Always consult your doctor before taking any dietary supplement or any new cupping treatment

May Allah Ash-Shafi cure you fully and completely and grant you what you yearn for in this life & the coming! Allahumma Ameen!



General Ruqya Treatment Plan

Intentions

More than half of the cure is within intentions as it includes Tawakkul (trust in Allah), Husnu-Dhann (positive thoughts of Allah's help), Duas of the heart, taking the utmost legitimate means with determination and so on.

Every day before sleep or whenever you're free, recite the verses (see below) and blow into your hands, then wipe the entire body with the following intentions. Do this one intention at a time.

- Surah Al-Fatihah
- Ayatul-Kursi (Surah Al-Baqarah, verse 255)
- Surah Al-Baqarah, verses 285-286
- Surah Al-Kafirun
- Surah Al-Ikhlâs
- Surah Al-Falaq
- Surah Al-Nas
- Any other surah, verse, dhikr or dua

The intention that affects you the most, prioritise that particular intention after the qarin intention (#1) thereafter.

The more specific the intention is, the better it will be. For example, the specific symptoms you're experiencing, intend those symptoms to be burnt away along with their sources (sihr, hasad, evil eye, jinn possession, magician-devil).

1. **Intention against the qarin-shaytan:** intend for this shaytan (devil) to become weak & surrender to you performing good, and not actively open any harmful doors for you.
2. **Intention against inherited magic:** intend to burn any sihr (magic) that has been inherited from your parents, grandparents and forefathers.

3. **Intention against connected magic with parents:** intend to burn away any sihr that's connecting you to your parents, especially the original/main magic.
4. **Intention against intertwined magic:** intend to burn any magic that's connecting you to your siblings, especially the first one that was done against you all.
5. **Intention to burn the first magic against you:** intend to burn the very first specific magic that was done against you.
6. **Intention against magicians:** intend to burn the magician-devil that's doing magic against you.
7. **Intention against the devils & jinn:** intend to burn any devils & jinn that came willingly. Intend to close their doors & paths and to have a veil against them.
8. **Intention against devil-hasad:** intend to burn any devil & jinn-hasad (envy) against you since when you were expected in your mother's womb.
9. **Intention against human-hasad:** intend to burn any human-hasad against you since when you were expected in your Mother's womb.
10. **Intention against evil eye from the devils:** intend to burn any evil eye on you from the devils & jinn since when you were expected in your Mother's womb.

11. **Intention against evil eye from humans:** intend to burn any evil eye on you from humans since when you were expected in your Mother's womb.
12. **Intention against hasad & evil eye on the family:** intend to burn any hasad & evil eye on your family.
13. **Intention against magic of blockages:** intend to burn any sihr blocking progress in life (marriage, intimacy, children, health, wealth, family ties etc). You can intend any blockage specific to you.
14. **Intention for performing worship & remaining steadfast:** intend to burn anything that's preventing you from ibadah (worship) and being a noble upright person.
15. **Intention of shifa (cure) and veil:** intend for Allah to cure you from all ailments & illnesses (unseen, mental, trauma and medical) and to veil you from supernatural harms & illnesses.

If you don't know which symptom is caused by which source then intend each source one by one to determine which source is causing which symptom. The source that affects the symptom the most that's the source of that particular symptom. For example, in the case of *wiswas* against your spouse (devilish-inspired thoughts and ill-feelings) - intend each of the 15 intentions one at a time and then concentrate on the one(s) that affects you the most.