

## Hadīth Fifty One

# The repeated and constant recitation of Al-Qurān can cure any spiritual and psychological illness

And if We had made it a non-Arabic Qurān, they would have said, "Why are its verses not explained in detail [in our language]? Is it a foreign [recitation] and an Arab [messenger]?" Say, "It is, for those who believe, a guidance and cure." And those who do not believe - in their ears is deafness, and it is upon them blindness. Those are being called from a distant place (41:44).

وَلَوْ جَعَلْنَاهُ قُرْآنًا أَعْجَمِيًّا لَقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ ۗ أَأَعْجَمِيٌّ وَعَرَبِيٌّ ۗ قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءً ۗ وَالَّذِينَ لَا يُؤْمِنُونَ فِي آذَانِهِمْ وَقْفَرٌ وَهُمْ عَلَىٰهِمْ عَمًى ۗ أُولَٰئِكَ يُنَادَوْنَ مِن مَّكَانٍ  
بَعِيدٍ ﴿٤٤﴾

If a person who is afflicted by anxiety or sorrow says: O Allāh, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just. I ask You by every name belonging to You with which You have named Yourself, or, or You have taught to any of Your creation, or You have revealed in Your Book, or You have preserved in the knowledge of the Unseen with You, that You make the Qurān the life of my heat and the light of my breast, and a departure for my sorrow and a release for my anxiety, then Allāh will take away his anxiety and sorrow, and will replace it with joy.

مَا أَصَابَ مُسْلِمًا قَطُّ هَمٌّ وَلَا حَزَنٌ فَقَالَ اللَّهُمَّ إِنِّي عَبْدُكَ وَإِبْنُ أُمَّتِكَ نَاصِيَتِي فِي يَدِكَ مَاضٍ فِيَّ حُكْمُكَ عَدْلٌ فِيَّ قَضَاؤُكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْذَنْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَجِلَاءَ حُزْنِي وَدَهَابَ هَوْيِي، إِلَّا أَذْهَبَ اللَّهُ هَمَّهُ وَأَبْدَلَهُ مَكَانَ حُزْنِهِ فَرِحًا

قَالُوا : يَا رَسُولَ اللَّهِ أَلَا نَتَعَلَّمُ هَذِهِ الْكَلِمَاتِ؟ قَالَ بَلَى يَنْبَغِي لِمَنْ سَمِعَهُنَّ أَنْ يَتَعَلَّمَهُنَّ

It was asked: O Messenger of Allāh, shall we not learn these words? He said: Of course. Whoever hears these words should learn them.

Recorded in Aḥmad; Ṣaḥīḥ.

### Points of benefit:

1. No matter how severe the spiritual and psychological illnesses are, the repeated recitations of the Qurān can burn them away.

2. The miracle of the Qurān in and of itself is that it works upon people who do not understand it nor believe in it to be the final Waḥye of Allāh.
3. When all legitimate means have been taken for cure from siḥr, evil eye and jinn-possession then ultimately resort to the repeated and constant recitation of the Qurān, even if it means reciting Sūrah al-Baqarah 3 times (or more) a day. Know, no power whatsoever can take its strength, as it is the ACTUAL Attribute of the Originator of every single thing — Allāh Himself!