

## Ḥadīth Forty One

# Repetition is a normal part of the treatment

O you who have believed, when you encounter a company [from the enemy forces], stand firm and remember Allāh much that you may be successful (8:45).

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا لَقِيتُمْ فِئَةً فَاثْبُتُوا وَاذْكُرُوا اللَّهَ كَثِيرًا  
لَعَلَّكُمْ تُفْلِحُونَ ﴿٤٥﴾

When one of you sees a dream he dislikes let him spittle three times to his left, and seek refuge in Allāh from the devil three times, and change the side on which he was lying.

إِذَا رَأَى أَحَدُكُمْ الرُّؤْيَا يَكْرَهُهَا فَلْيَبْصُقْ عَنْ يَسَارِهِ ثَلَاثًا  
وَلْيَسْتَعِذْ بِاللَّهِ مِنَ الشَّيْطَانِ ثَلَاثًا، وَلْيَتَحَوَّلْ عَنْ جَنْبِهِ الَّذِي  
كَانَ عَلَيْهِ

Recorded in Muslim.

### Points of benefit:

1. This treatment prescribed by the messenger of Allāh (ﷺ) saying to spittle to the left and take refuge three times can be followed during ruqyah, and repeated with the intention of destroying and killing the shayāṭīn.
2. If one sees nightmares or the same scary dream again and again then when awake he can follow the treatment outlined in the ḥadīth whilst imagining the dream in his mind with the intention of locating the source of those dreams or burning those dreams away.
3. Changing a room or a house is recommended when the siḥr has become severe within the whole family.