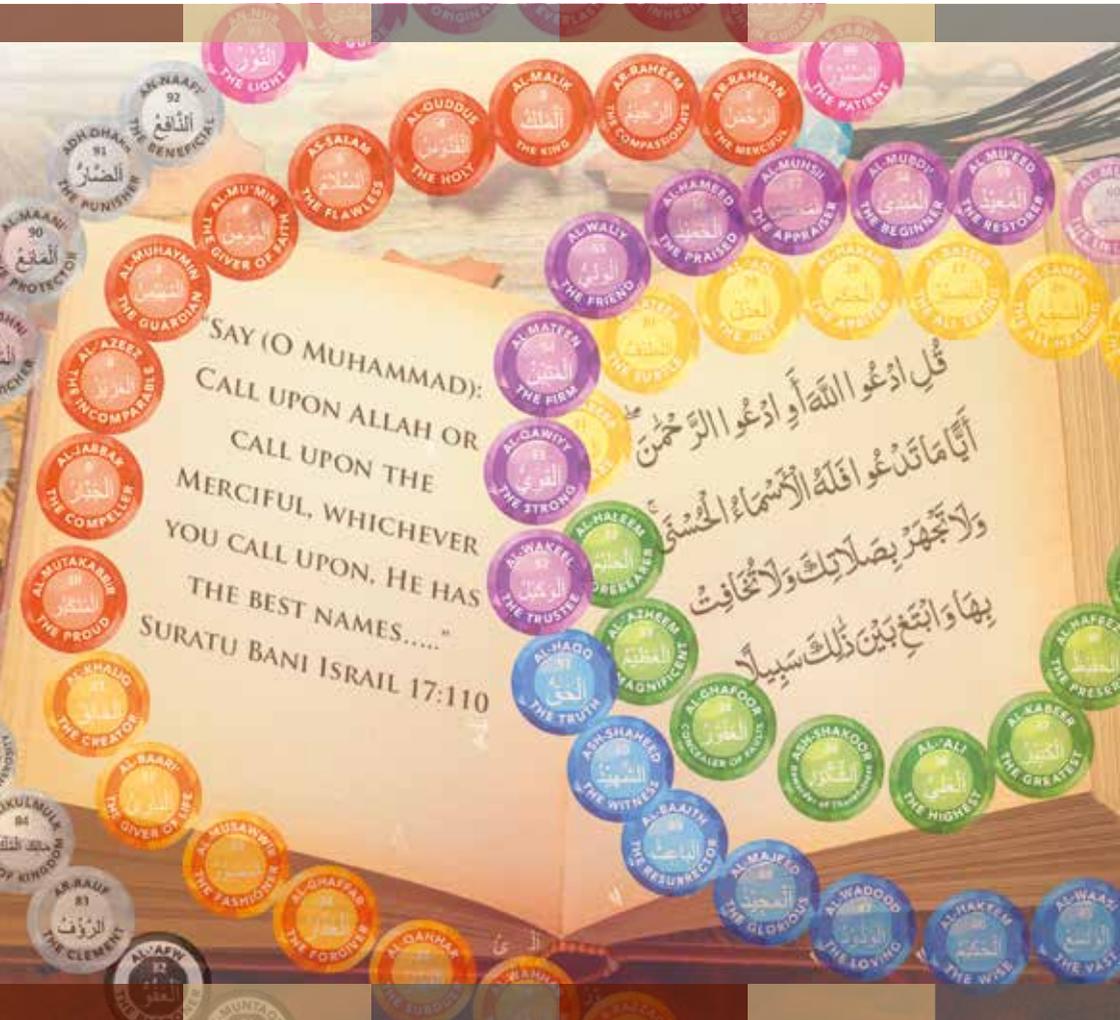


# The 99 Day Challenge to Learn Asmaul Husna





# Asmaul Husna

## ~ The attributes of Divinity ~

### INTRODUCTION

The first human being on earth - Adam was taught 'all the names' 2:31. 'Teaching the names' means making the human being conscious of the essence of divinity within him (the potential to attain the 'unlimited') According to several Arabic dictionaries the word Allah means *"He Who comprises all the attributes of perfection"*

*"The Most Beautiful Names belong to Allah. So call on Him by them....." 7:180*

The aya indicates, that these Most Beautiful Names are a means to call, appeal, supplicate and pray to Him. The Prophet (pbuh) said: *"No one will ever be grieved if he asks Allah by every Name that belongs to Him, that He has called Himself by, or has brought down in His book, or has taught to any of His creation"*

This means that Allah's Names and Attributes are far greater in power than we know or can relate to.

The names are hidden within us and the challenge of life is to raise them into our consciousness and to live according to them. It does not suffice to hear them, or read them, to recite them from memory or know their dictionary meanings for then we only know the name but not the Named. In order to truly understand the attributes of Divinity, we need to look at the theo ethics, psycho ethics and socio ethics of each name – basically knowledge, process & action.



## THE SCIENCE OF NUMBERS

The 28 letters of the Arabic alphabet have numerical powers based on the verse of Qur'an 15:21 *"We send down not a thing but its number is known"* Each of the Asmaul Husna has in this way an inherent number to enable effective access...

### ABJAD

In modern Arabic, the word 'abjadiyyah means "alphabet" in general. The 28 letters of the Arabic alphabet are assigned numerical values.

This system is the basis of 'Ilmul Jafr. Al-Jafr refers to a sheep's skin on which Imam Ali (pbuh) inscribed the knowledge of all that will happen in the future. The term 'ilm al-jafr is the way of getting supernatural forces and operations of alchemy.

'Ilm al-jafr starts from the premise that the entire cosmos can be represented by the twenty-eight letters of the Arabic alphabet. This goes back to Imam Ja'far Sadi (pbuh), in his alchemical treatises as dictated to his disciple Jabir ibn Hayyan. According to Jabir's treatise, the names of things contain a power, representing the elements that make up that thing.

There is a correspondence between the Hebrew and Arabic alphabets, with the exception that the Arabic alphabet contains six additional letters. In jafr, the Arabic alphabet is arranged according to the sequence of the Hebrew alphabet, with the six additional letters tacked on at the end. This is known as the abjad sequence, and runs as follows:

ا ب ج د ه و ز ح ط ي ك ل م ن س ع ف ص ق ر ش ت ث خ ذ ض ظ غ

The way to channel this energy either through zhikr (recitation) or ta'widh (amulet) is to use one of the Names of Allah or a relevant verse of Qur'an. For example, a healing zhikr or ta'widh can be based on the Name of Allah Shafi, which is spelled ش ا ف ي , which equals  $300 + 1 + 70 + 10 = 381$ . If one wanted to calculate a number that was designed to heal a person named Ahmad, one would for the sum of the relevant name of Allah (shafi) to Ahmad, which is  $381 + 53 = 434$ .....





*~ Ar-Rahman ~*

**The Compassionate, The Beneficent, The Gracious**

**- Qur'anic Reference -**

Beginning of every chapter except one, and in numerous other places. Name frequently used in Surah 55, Ar-Rahman.

The Arabic words – Rahman and Raheem are both intensive forms of referring to different aspects of Allah's attribute of Mercy (Rahma). The attribute Ar Rahman is not applicable to any but Allah. It is His Mercy that goes before even the need arises – that which Allah provides to all His creation – nurturing them, protecting them, guiding them, preserving them and leading them to a higher order.

**Benefits of Recitation**

- Recite 100x after wajib salaa to develop a good memory, keen awareness and be freed of a heavy heart.





~ Ar-Rahim ~

**The Merciful**

**- Qur'anic Reference -**

Beginning of every chapter except one, and in numerous other places.

The Arabic words “Rahmaan” and “Raheem” are both intensive forms of referring to different aspects of Allah’s attribute of Mercy (Rahma). The attribute Raheem denotes reserved Mercy. It is exclusive mercy to those who voluntarily believe in Him.

**Benefits of Recitation**

- Recite 100x after Salatul Fajr for friendship.
- Recite 100x after every salaa for safety from calamities.





~ Al-Malik ~

**The King, The Master, The Sovereign Lord**

**- Qur'anic Reference -**

59:23, 20:114

Al Malik conveys the meaning of 'One who is free, by virtue of His own merits and characteristics from depending on anything in existence whilst everything in existence depends on Him.' In other words, nothing in existence can do without Him, whereas everything that exists derives its existence from Him or because of Him.

### **Benefits of Recitation**

- **Recite Ya Malik frequently and you may be treated with respect by others. Read after noon for abundant wealth. Prophet Khidr taught dua "Allahumma atal Malikul Haqq. Allazhiy laa ilaaha illaa anta. Ya Allahu, Ya Salaamu, Ya Shaafiy" followed by Ya Shaafiyal Quloob" 3x**





~ Al-Quddus ~

The Holy, The Pure, The Perfect

- Qur'anic Reference -

59:23, 62:1

Al-Quddoos is derived from the word 'quds' meaning purity. It means purity in all aspects. That is to say that Allah is pure and free from all flaws, defects, errors, drawbacks, faults.... He is above all human weaknesses. It means the One who is so pure and holy that His characteristics cannot be perceived by the senses.

### Benefits of Recitation

- Recite at sunset for expansion of the heart. Recite to free heart from thoughts that cause trouble, worry and pain.





~ As-Salam ~

**The Peace and Blessing, The Source of Peace and Safety**

**- Qur'anic Reference -**

59:23

'Salam' means peace. It conveys unconditional security and assurance of tranquility. There can be no peace or tranquillity from anyone other than Him. The manifestation of As Salam comes from when one does not lean on a tree that will dry up and decay; which means not to depend on people who will age and die but instead to depend on As Salam, who will provide peace and safety in all circumstances.

### **Benefits of Recitation**

- **Recite Ya Salam 100x to regain health. Recite 160x and blow on sick person for shifa, followed by Ya Shaafiyal Quloob" 3x**





~ Al-Mu'min ~

**The Guarantor, The Affirming**

**- Qur'anic Reference -**

59:23

Al Mu'min means the One who provides the means of security, blocking all avenues of fear. To say Allah grants His ibaad (pl of abd) security against all that they fear must be understood in the light of the circumstances of the life in this world and in the hereafter.

### **Benefits of Recitation**

- Recite Ya Mu'min to be freed from the harm of your idol/ ego.
- Recite 36x when faced with danger and hostility.
- Write on paper and keep for safety.





~ Al-Muhaymin ~

**The Guardian, The Protector**

**- Qur'anic Reference -**

59:23

Al Muhaymin means that he is the one who oversees all of creation – all our actions. He provides sustenance and decrees our life spans through His Knowledge, Control and Protection. Anyone who oversees something is its guardian having absolute power and authority over it. Al Muhaymin is the One who encompasses in His knowledge the management of the affairs of all His creation from the smallest atom to the largest planet in the cosmos.

### **Benefits of Recitation**

- Recite after wudhoo 115x for inner illumination.
- Recite 5000x for 7 days for success.





~ Al-Aziz ~

**The Almighty, The Sufficient, The Honorable**

**- Qur'anic Reference -**

3:6, 4:158, 9:40, 48:7, 59:23

The root word of this attribute is 'izz' meaning might, power, strength, victory and elevation. Al Azeez is the one Who Alone has all honour, He is never humiliated – neither imagination nor intellect can conceive Him. He can never be harmed, He is always victorious. It also means The Incomparable.

### **Benefits of Recitation**

- Recite ya 'Azeez for forty days between wajib salaa, for independence.
- 115x for acquaintance with the unseen.





~ Al-Jabbar ~

**The Irresistible, The Compeller, The Lofty**

**- Qur'anic Reference -**

59:23

Linguistically, Al Jabbar is derived from the word 'jabr' which is the opposite of breaking. It suggests the mending of something that is broken, crushed, shattered, fractured..... The adjective 'jabbaar' is also said to mean great, inaccessible.... Linguists say Al Jabbar means – the most Great, the Supreme Al Jabbar also means the One Whose will prevails. Nothing can happen in His domain except what He pleases. It may also mean the One Who repairs, improves, reforms, corrects.... He is the one who not only mends what is broken but also enriches the one who is in want.

### **Benefits of Recitation**

- **Recite Ya Jabbar 21x each time and you should not be compelled to do anything.**
- **Recite for safety against tyrant.**





~ Al-Mutakabbir ~

**The Highest, The Greatest**

**- Qur'anic Reference -**

**59:23**

Understanding 'Al Mutakabbir' requires a good deal of insight and reasoning. Its root word 'kibriyaa' means greatness incorporating the concept of one's perfection. Nobody can be described as perfect except Allah. Al Mutakabbir is the One Who possesses all greatness and Who rightly deserves pride and glory.

### **Benefits of Recitation**

- **Begin every act with Ya Mutakkabir for successful completion.**
- **Recite 10x before intimacy for a righteous child.**





~ Al-Khāliq ~

**The Creator**

**- Qur'anic Reference -**

6:102, 13:16, 39:62, 40:62, 59:24

'Al Khaliq' is derived from 'khalq' meaning creating. Al Khaliq is the one who brings things into existence from non-existence. The harmony and interconnectedness of millions of natural phenomena in our world can only be explained on the basis of one theory – namely that there is a Creator – Al-Khaliq who has established creation by means of a limitless and infinite power with a programme for each element of creation.

### **Benefits of Recitation**

- **Recite ya Khaliq at night to act for His sake.**
- **If recited at night angels will pray till the end of the night.**





~ Al-Bari ~

**The Rightful**

**- Qur'anic Reference -**

59:24

'Baraa' means creating or initiating creation without a previous model. 'Baraa' also implies a process of evolving from a previously created matter. Al Baari' is thus the Maker or the Evolver. He is the one who moulds each form and frame creating all things in proportion. It follows on from Al Khaaliq – the One who creates out of nothing.

### **Benefits of Recitation**

- **Recite ya Baari' frequently and hard work should become easy. For conceiving fast for 7 days and break fast with 'Ya Khaaliq, Ya Baari', Ya Musawwiru' 21 times.**





~ Al-Musawwir ~

**The Evolver, The Fashioner of Forms**

**- Qur'anic Reference -**

**59:24**

Al Musawwir is the one who fashions or designs, giving something its distinctive form, colour or shape, making it exactly suited to given end or objective. He creates the human being with different physiques, size, complexions etc..." It follows on from Al Khaalq and Al Baari'. First creating out of nothing, then making a prototype and from the prototype, different forms exactly suited to their situations.

### **Benefits of Recitation**

- **Recite Ya Musawwir frequently and hard work should become easy.**





~ Al-Ghaffar ~

**The Forgiving**

**- Qur'anic Reference -**

20:82, 38:66, 39:5, 40:42, 71:10

Al Ghaffar is the attributes derived from Ghufr and Ghufraan both of which convey the meaning of veiling or hiding or concealing. Al Ghaffar is the quality which manifests itself what is noble and hides what is disgraceful, it is Al Ghaffar who forgives sins, who veils shortcomings who wipes out sins by accepting ones tawba.

### **Benefits of Recitation**

- Recite to subdue anger. Recite 100x after Salatul Jumua' for forgiveness of previous week's faults.





~ Al-Qahhār ~

**The Subduer**

**- Qur'anic Reference -**

13:16, 14:48, 38:65, 39:4, 40:16

Al Qahhar is derived from Qahar, which means a conquest, or subduing or vanquishing. It really means the overtaking of something or someone with the intention to subdue them and Al Qahhar is the quality of Allah which breaks the back of his enemies.

### **Benefits of Recitation**

- **Recite 100x after fajr salaa to overcome your enemy. Repeat frequently, to gain inner peace and be freed from being wronged by another.**





~ Al-Wahhab ~

**The Bestower**

**- Qur'anic Reference -**

**3:8, 38:9, 38:35**

Al Wahhaab is derived from the noun hibba, which means to make someone else the owner of what the giver rightfully owns without asking the second party for any compensation in return. It is the quality of giving without conditions, limits or recompense.

### **Benefits of Recitation**

- **Repeat Ya Wahhab 7x at midnight for dua to be answered.**





~ Ar-Razzāq ~

**The Provider**

**- Qur'anic Reference -**

**51:58**

Ar Razzāq is that quality of Allah which creates the means of sustenance as well as the need for it and the enjoyment of it. He is the Sustainer and sustenance is needed to maintain creation. He provides and maintains all of creation both physically and spiritually.

### **Benefits of Recitation**

- **Recite 10x facing qibla and then 10x in the other 3 directions to remove poverty. Repeat 545x for increased sustenance. Go into seclusion and repeat 1000x to meet Prophet Khidr if your sustenance is halal. Write and hang in workplace to be successful.**
- **Recite 100x after Salatul Jumua' if stressed and depressed.**





~ Al-Fattah ~

**The Opener, The Victory Giver**

**- Qur'anic Reference -**

**34:26**

In Arabic, fataha, the verb, means “opened,” and miftaah means key, whereas fath means victory or conquest. It also means: to arbitrate between two opponents. “Istiftah” means: seeking help or achieving victory. Al Fattah, therefore, is the One Who opens what is closed and Who has the keys to everything. He is the one Who grants victory. He opens the closed hearts and fills them with His light, so they are at peace and are able to achieve success.

### **Benefits of Recitation**

- **With hands on your chest, repeat ya Fattah 70x after Salatul Fajr for the heart to be free of rust and be opened, given victory over the ego and be purified.**





~ Al-'Aleem ~

## The All Knowing, The Omniscient

- **Qur'anic Reference** -

2:158, 3:92, 4:35, 24:41, 33:40

Al 'Aleem is derived from Ilm, which means knowledge and it results from comprehending the truth about something and from the sure conviction which agrees with reality. Al 'Aleem is the one who knows all; he knows what has happened, what is happening and what will happen from the beginning to the end. All existence is present at all times in the knowledge of Al 'Aleem; he knows the hidden and the manifest, the small and the great, the before and the after.

### **Benefits of Recitation**

- Recite ya 'Aleem 100x after every wajib salaa for intuition.
- For hidden knowledge, do sajda on Friday night and recite ya 'Aleem 100x.
- Recite ya 'Aleem for the heart to be illuminated.
- For hajat, go outside, pray 2 rakat salaa and then recite ya 'Aleem 1000x.





~ Al-Qābidh ~

**The Restrainer, The Straightener**

**- Qur'anic Reference -**

**2:245**

Al Qaabidh comes from the root word Qabd which means to catch something in a grip. Al Qaabidh is the one who has a grip on all of creation. He takes hold of the souls by subduing them. Al Qaabidh goes hand in hand with Al Basit meaning that all existence is in the grip of Allah's power. He is the one who can restrict or release at His will.

### **Benefits of Recitation**

- **For 4 days write Ya Qabidh on a piece of bread with your finger and eat it to be safe from hunger, thirst, pain and the punishment of the grave.**
- **Recite 903x for safety from tyranny.**





~ Al-Basit ~

**The Extender/ Expander**

**- Qur'anic Reference -**

**2:245**

Linguistically, Al Baasit means one who stretches his hands be it as a gesture of goodwill or otherwise. It also means to please.

Al Baasit is therefore is described as the One who please the souls. Al Baasit goes hand in hand with Al Qabidh meaning that all existence is in the grip of Allah's power. He is the one who can restrict or release at His will.

### **Benefits of Recitation**

- **Recite frequently for peace of mind, freedom from stress, and to gain love and respect.**
- **Recite ya Basit 10x after Salatul Fajr with open hands, palms up and then pass over face for self sufficiency. Ism of the angel Israfeel.**





~ Al-Khāfidh ~

**The Abaser**

**- Qur'anic Reference -**

**95:5**

Al Khaafidh is the one who will abase those who disbelieve in him. Al Khaafidh goes hand in hand with Ar Rafi' in that He abases his enemies by isolating them from himself; he raises those who are attached to him by drawing them near to him.

### **Benefits of Recitation**

- **Fast for three days and on the fourth day, recite Ya Khafidh 70,000 times in a gathering and you should be free from harm.**
- **Recite 10x every day for honour.**





~ Ar-Raafi' ~

**The Exalter**

**- Qur'anic Reference -**

**58:11, 6:83**

Ar Raafi' is the one who will exalt in those who believe in them by drawing them near to him. Ar Raafi' goes hand in hand with Al Khafidh in that He abases his enemies by isolating them from himself; he raises those who are attached to him by drawing them near to him.

### **Benefits of Recitation**

- **Recite Ya Rafi' 100x on Thursday and Sunday night to attain a higher sense of honour, richness and merit.**





~ Al-Mu'izz ~

**The Giver of Honour**

**- Qur'anic Reference -**

**3:26**

Al Mu'izz is the one who honours. When one is honoured he/ she is said to have received the state of dignity. The state of dignity obtained from Allah is different from the pride that people imagine they deserve. The dignity of those who are honoured by Allah is not pride in itself but the honour given them and to the one who gives honour.

### **Benefits of Recitation**

- **Repeat Ya Mu'izz 140 times after Maghrib salaa on Sunday and Thursday to develop dignity in eyes of others and fear no one but God.**





~ Al-Mu'dhill ~

**The Giver of Dishonour**

**- Qur'anic Reference -**

**3:26**

The knowledge of oneself leads one to his/her Rabb. However if used in a negative way, it can take one towards arrogance and the way of Shaytan, as it was arrogance that caused the expulsion of Shaytan from the presence of Allah. This expulsion was the first act of Allah in His manifestation of Al Muzhill.

### **Benefits of Recitation**

- **Recite Ya Muzhill 75 times when you sense harm from a jealous person. If you go to sijda and say, "Oh God save me from the oppression of so and so..." and you should be safe.**





~ As-Samee ~

**The All Hearing**

**- Qur'anic Reference -**

2:127, 2:256, 8:17, 49:1

As Samee' is a quality of Allah's perception from which nothing audible escapes even if it is silent. It is As Samee which is conscious of a black ant creeping on a black rock in the pitch dark of the night, who hears the praise of those who praise Allah and rewards them, who hears the dua of those all Him and answers them. It is As Samee' who hears the praise of those who praise Him and rewards them. He hears the dua of those who do dua to Him and answers them.

### **Benefits of Recitation**

- **Recite Ya Samee' 500x after Zhuhr salaa for hajat.**
- **Recite so that one's words have a greater effect on one's listeners.**





~ Al-Baseer ~

**The All Seeing**

**- Qur'anic Reference -**

4:58, 17:1, 42:11, 42:27

Al Baseer is a quality which watches and observes things in such a way that nothing escapes His attention including that which is buried deep under the earth or is in the heavens. It is free of any independence upon a pupil of the eye. He sees all that has passed, all that there is and all that will be until the end of time.

### **Benefits of Recitation**

- **Recite 100x Ya Allahu, Ya Baseer before Salatul Jumua' for success in any task.**
- **Recite Ya Baseer 100x after Salatul Jumua' to raise esteem, strength in eyesight and illumination of heart.**





~ Al-Hakam ~

**The Judge, The Arbitrator**

**- Qur'anic Reference -**

**22:69**

The word Al Hakam means ones whose word is final in determining what is right and what is wrong. In distinguishing between acts of righteousness and sinning, it is Al Hakam that rewards each nafs according to what it earns. No one overturns His decisions, qadha and qadr in His hands.

### **Benefits of Recitation**

- **Recite Ya Hakam on Thursday night in the middle of the night frequently to know the hidden meanings in things.**





~ Al-'Adl ~

**The Utterly Just**

**- Qur'anic Reference -**

**6:115**

'Adl literally means to put everything in its rightful place. Sometimes 'Adl is confused with equality. Equality is not a condition for justice. e.g. Justice in a classroom does not mean that all the students are given equal marks; but that marks are given according to ability and effort. Similarly, it would not be 'Adl (justice) if a large oak tree was given the same roots as that of a small sapling. Believing in the 'Adl (Justice) of Allah, means that one should not be in a position of accusing Allah of injustice or favouritism.

### **Benefits of Recitation**

- **Write ya 'Adl on a piece of bread on Thursday night for obedience.**





~ Al-Latif ~

**The Gentle, The Subtly Kind**

**- Qur'anic Reference -**

**6:103, 22:63, 31:16, 33:34**

Al Lateef is one of Allah's attributes derived from extreme kindness and compassion in a way which no human faculty can ever comprehend. Al Lateef continuously pours His blessings on His servants; His actions are always khayr (good). It also means the One Who cannot be sensed by human senses or those of all other beings, Who knows all hidden things.

### **Benefits of Recitation**

- **Recite Ya Lateef 129x when stressed or depressed.**
- **Recite "Allahu Lateefun bi 'ibaadihi yarzuku man-yashaau wa huwal Qawiyyul 'Azeez" (12:100) 9x daily for ease.**
- **Recite 133x for abundance in sustenance.**
- **After 2 rakaats salaa recite it 11x for deliverance from poverty, illness, sickness, loneliness and misery.**





~ Al-Khabir ~

**The All Aware**

**- Qur'anic Reference -**

6:18, 17:30, 49:13, 59:18

Al Khabeer is One from Who nothing is hidden. Nothing occurs in the physical or the spiritual domain without His knowledge, be it an atom that is set in motion or a breath that is disturbed.

### **Benefits of Recitation**

- **Recite Ya Khabeer frequently to be freed of bad habits.**
- **Recite it for 7 days to perceive hidden secrets.**





~ Al-Haleem ~

**The Forbearing, The Indulgent**

**- Qur'anic Reference -**

2:235, 2:263, 4:12, 5:101, 17:44, 22:59, 33:51,  
35:41, 64:17

Al Haleem literally means forbearance. It is derived from the word hilm which means taking time to do something with care, attention and sensibility. Al Haleem shows neither anger or rage at disobedience and does not take the swift action of punishment.

### **Benefits of Recitation**

- Recite 88x for subsidence of anger.
- Write ya Haleem on a piece of paper and put the paper wherever you plant something to preserve it from harm.
- Recite on an apple and give to spouse who has fallen out of love to restore affection.
- Recite on water for plants for better growth.





~ Al-'Azīm ~

The Magnificent

- Qur'anic Reference -

2:255, 42:4, 56:96

Al Azheem is derived from the noun ezham which is greatness, magnanimity, dignity or honour and the absolute Azheem is the one whose greatness cannot be comprehended by the human intellect.

### Benefits of Recitation

- Recite ya 'Azheem frequently to develop respect among people.
- Recite 100x for success and protection from harm of enemies.





~ Al-Ghaffur ~

**The All Forgiving**

**- Qur'anic Reference -**

2:173, 8:69, 16:110, 41:32

Al Ghafoor has a meaning very similar to Al Ghaffar, which is the forgiver. Al Ghafoor however denotes an extensiveness of a different kind. Al Ghafoor forgives perfectly and completely thereby reaching the ultimate degree of forgiveness.

### **Benefits of Recitation**

- Recite Ya Ghafoor frequently for headaches, fever or temporary despair and despondency.
- Recite 100x after Salat al Jumua' for relief from a heavy heart due to sins and forgiveness of the sins.





~ Ash-Shakur ~

The Grateful

- **Qur'anic Reference** -

35:30, 35:34, 42:23, 64:17

Linguistically, Ash Shakoor is derived from the root word shukr which conveys the meaning of an increase. Allah as Ash Shakoor rewards even a few pious deeds many times over. He gives limitless happiness in the life to come for action taken during a limited period. He rewards good deeds many times over to those connected to Him for thanking Him. The reward for such gratitude is called shukr.

### **Benefits of Recitation**

- Recite 41 x to alleviate difficulty.





~ Al-'Aliyy ~

The Sublime

- Qur'anic Reference -

4:34, 31:30, 42:4, 42:51

Derived from 'uloo which means height or sublimity or loftiness. The height referred to here is that of status. So high that He can never be conceived or visualised. He is above whose status there is none other and everything in existence is under His control. Suratul A'laa best describes this attribute of Allah.

### Benefits of Recitation

- Recite 41 x for relief from difficulty.





~ Al-Kabir ~

The Great

- Qur'anic Reference -

13:9, 22:62, 31:30

Mentioned 5 times in the Qur'an. Greatness is the expression of the perfection of essence. His greatness stretches from before the beginning to after the end. Al Kabeer is He who is in existence forever.

### Benefits of Recitation

- Recite 232x over food and give to couple having marital problems If someone has lost his job or been demoted unjustly or has debts which cannot be paid – fast for 7 days and recite – Yaa Kabeeru antallazhee laa tahdil ‘uqulu liy wasfi ‘azhamatihi 1000x.





~ Al-Hafiz ~

**The Preserver**

**- Qur'anic Reference -**

11:57, 34:21, 42:6

Al Hafeezh is derived from the root word hifzh, which means to safeguard something or someone. A book is called hafeezh because it safeguards records and statements from being lost. Al Hafeezh maintains the existence of everything that exists. He safeguards contradictory elements against overwhelming one another. This is because He knows them in all its quantities and their delicate detail. Al Hafeezh is a meaning that is derived from knowing and is the opposite of oversight or forgetfulness. Allah's knowledge is never altered by oversight or negligence. Al-Hafeezh also safeguards things against loss.

### **Benefits of Recitation**

- **Recite 16x a day for protection from calamities.**





~ Al-Muqet ~

**The Nourisher**

**- Qur'anic Reference -**

4:85

The maintainer of all things. Derived from the root word qut which means sustenance. Al Muqet creates all beings creating likewise their sustenance. He has made accessible to them what is necessary as well as what is a luxury. He sustains not only the body but the soul as well. It is Al Muqet that hears the silent dua and responds. He provides the nourishment for each of His creation before He creates it and none other can take it away the nourishment destined for each creation.

### **Benefits of Recitation**

- **Recite 7x on water and drink for fulfilment of hajat.**





~ Al-Hasib ~

## The Bringer of Judgment

### - Qur'anic Reference -

4:6, 4:86, 33:39

One who rewards. To take account. Who provides sufficiently. Al-Haseeb is the one to whom everything honourable is referred. It is He who calls His abd to account for their deeds. Rewards those who obey Him and penalises those who disobey. The word hasaba mean counted or calculated. Manifests himself upon His creation by achieving an exact balance.

### Benefits of Recitation

- Repeat ya Haseeb 70x on Thursday for seven days and nights and the 71st time say, “Allah al-Haseeb,” “God is my Reckoner,” and you should be freed from fear of being robbed, or the jealousy of another or being harmed.
- Write on bottle of colicky child.





~ Al-Jaleel ~

**The Majestic**

**- Qur'anic Reference -**

55:27, 39:14, 7:143

Linguistically the verb ujil means to magnify or glorify someone or deem him great. The attribute Al Jaleel is derived from honour, dignity and greatness. He purifies the heart by manifesting the qualities of his glory and reveals what is hidden by the attributes of His beauty. The qualities of majesty include strength, dominion, holiness, knowledge, wealth, power, etc. The one who combines all of them is absolutely majestic so when we think of all the qualities put together we say Al-Jaleel. When the attributes of majesty are perceived by intellectual perception it is called beauty.

### **Benefits of Recitation**

- **Write Ya Jaleel on a piece of paper with saffron and musk ink. Wash the paper and drink self esteem.**





~ Al-Karīm ~

**The Bountiful, The Generous**

**- Qur'anic Reference -**

27:40, 82:6

It describes Allah's benevolence and beneficence. Al-Kareem is He who forgives whilst having the power to punish. He keeps promises and exceeds the utmost one can desire when giving. Not concerned about the amount given or to whom it is given. As an attribute of action it means One who is endowed with liberality. As an attribute of power it refers to one who fixes the measure of generosity. As an attribute of relation, all nobility stems from this. Al-Kareem is One who is not only with High esteem but one who gives without measure.

### **Benefits of Recitation**

- **Recite 270x for freedom from debt. Recite for forgiveness.**





~ Ar-Raqib ~

**The Watchful**

**- Qur'anic Reference -**

4:1, 5:117

One who watches everything always. Linguistically raqeeb is a watchman who stands to protect and guard. Ar Raqeeb is One who safeguards everyone and everything. The one from whose knowledge nothing can escape.

### **Benefits of Recitation**

- Repeat 7x for yourself, family and property to be under Allah's protection.
- Recite to find lost thing.
- Recite 312x to render bad vibes ineffective.





~ Al-Mujib ~

**The Responsive, The Answer**

**- Qur'anic Reference -**

11:61

Al Mujeeb is the One who answers the pleas and the one who grants what is pleaded for. It is Al Mujeeb who is closer to his creations than they are to themselves. His proximity to all his creations is the same; He is not any closer to a saint than He is to a mustard seed. He knows the needs of all His creation before they arise, He provides their satisfaction even before it is needed. Al Mujeeb gives prior to being asked and accepts even prior to being pleaded to.

### **Benefits of Recitation**

- **Recite Ya Mujeeb to continue to have faith.**
- **Recite 55x at sunrise after salaa for hajat.**
- **Reciting also helps stop gossip and slander.**





~ Al-Wāsi' ~

**The Vast, The All-Embracing, The Omnipresent,  
The Boundless**

**- Qur'anic Reference -**

2:268, 3:73, 5:54

Derived from the root word sa'a which means spaciousness or abundance. He is limitless whose knowledge, power, mercy, generosity are infinite. His tolerance in relation to deeds performed by His creation is endless. He embraces and contains all things. His all reaching vastness is reflected in His creation. No two human beings are similar in appearance or sound.

### **Benefits of Recitation**

- **Recite Ya Waasi' frequently if you have difficulty earning a living.**
- **Recite 137x to cure depression.**





~ Al-Hakim ~

**The Wise**

**- Qur'anic Reference -**

**31:27, 46:2, 57:1, 66:2**

Hakeem is a superlative form for the glorification of the One Who has all the wisdom. Being wise or having wisdom consists of knowledge of the highest level and Al Hakeem is the very greatest in wisdom. Wisdom means the best way of knowing something, utilising the very best of means. Al-Hakeem is One who is Just in His assessments, Rahman in the management of affairs, One Who has determined the measure of everything, One Who places everything in its right place. Allah is the wisest in creating everything and in perfecting such a creation. His wisdom means He has prior knowledge of everything and has brought everything into existence most wisely and most perfectly.

### **Benefits of Recitation**

- **Recite Ya Hakim continuously to overcome difficulties in work and for knowledge and wisdom.**





~ Al-Wadūd ~

**The Loving**

**- Qur'anic Reference -**

11:90, 85:14

Al Wadood is derived from the Arabic word wud, which conveys the meaning of love or friendship and applies to all avenues of goodness. Wadood is unconditional love. The one who desires good for all his creation. In return Allah is the only one worthy of love and al wadud is the quality which loves the wellbeing of his creation. Gives his creation the ability to realise their full potential but the best of abilities is to love him back.

### **Benefits of Recitation**

- **If there has been a quarrel between two people and one of the two repeats Ya Wadud 1000x over food and gives the food to the other to eat, the disagreement may be resolved.**





~ Al-Majid ~

**The Glorious**

**- Qur'anic Reference -**

**11:73**

Allah is the most majestic and glorious and in the meaning of Al Majeed there are two elements; one is His majesty or power which keeps Him above and beyond any attempt to reach Him and the other is His glory and honour as shown in His beautiful actions and state for which He is praised and loved. Allah is glorious and majestic in whole of His creation and beyond. No power can touch Him yet He is closer to His abd than their own soul. His love and compassion for them is far greater than their own care for themselves. His bounties are infinite and there is no end to His rahma. His state is pure perfection and His acts are pure wisdom.

### **Benefits of Recitation**

- **Recite ya Majeed 100x at iftar on the 13th, 14th & 15th of the Lunar month to cure sickness especially psoriasis, heart disease and depression.**





~ Al-Ba'ith ~

**The Resurrector**

**- Qur'anic Reference -**

**22:7**

Al Ba'ith is linguistically derived from ba-atha which means waking up someone or stirring someone to do something. It also means to bring life back to the dead. Al Ba'ith is Allah's quality of the raising of the dead and revealing what is in their hearts. The raising of the dead can be called the final creation. It is a time when Allah will raise human beings from the graves and bring forward all thoughts and actions that they encountered in their lifetime.

### **Benefits of Recitation**

- **Recite Ya Bai'th 100x to gain taqwa and wisdom.**
- **Recite frequently with hand on chest at bedtime.**
- **Recite 7070x to clear name if wrongly accused.**





~ Ash-Shahid ~

**The Witness**

**- Qur'anic Reference -**  
4:166, 22:17, 41:53, 48:28

The attribute of Ash Shaheed is derived from shuhud which means eye witness and it requires knowledge of observation. Allah is Ash Shaheed because He is present and observes all beings and is fully aware of them. He is the one who witness all that happens everywhere at all times. He is close to all things and pays attention to all events.

### **Benefits of Recitation**

- **Repeat Ya Shaheed 21x with your hand on the forehead of a rebellious child to calm him down. Assists in controlling one's own disobedience.**





~ Al-Haqq ~

**The Truth, The Real**

**- Qur'anic Reference -**

6:62, 22:6, 23:116, 24:25

Allah makes the truth manifest by the power of His words. He permits the truth to manifest itself. He creates everything on truth as His wisdom dictates. He is the first cause of all that exists where there is no change. There is neither a beginning nor an end.

### **Benefits of Recitation**

- **Recite to find lost thing.**
- **For sustenance recite 100x La Ilaha illallahul Malikul Haqqul Mubeen every day.**





~ Al-Wakeel ~

**The Trustee, The Dependable**

**- Qur'anic Reference -**

**3:173, 4:171, 28:28, 73:9**

Al Wakeel is the sustainer. The one who has taken upon himself to provide sustenance for His abd. He has taken upon Himself the charge of the affair of all those under His care. He provides His creation with everything they need. Linguistically, Al Wakeel means upon whom one relies. One who relies upon Allah will come to know that Allah suffices him in as far as his sustenance and affairs are concerned so he relies on Him and only Him and depends on Him alone.

### **Benefits of Recitation**

- **If you are afraid of drowning or being burned in a fire, repeat Ya Wakeel for protection.**





~ Al-Qawiy ~

**The Strong**

**- Qur'anic Reference -**  
22:40, 22:74, 42:19, 57:25

Al Qawiy signifies unconditional strength. Allah is perfect in His strength and His firmness. Linguistically Al Qawiy is derived from the word quwwa, which means strength, power, might or ability. Strength in this sense describes perfect and complete might. He is able to overcome all. With His inexhaustible strength. He sees to the continuation of the creation and the protection of the creatures guiding them until the appointed time.

### **Benefits of Recitation**

- Recite Ya Qawiy for safety from an enemy.
- Recite 116x for strength to do ibada.





~ Al-Mateen ~

**The Firm, The Steadfast**

**- Qur'anic Reference -**

**51:58**

Al Mateen goes hand in hand with Al Qawiy. The firmness here means the intensity of strength. The root word matana connects solemnness with expansion and extension. Al Mateem is the one whose might is perfect where nothing can affect Him or move Him.

It is the all-pervasive action of the strength of Al Qawiy.

### **Benefits of Recitation**

- **Recite Ya Mateen for your troubles to disappear.**
- **To increase breast milk write on a cup and drink water from it.**
- **Recite 500x to eliminate tyranny and negativity from oneself.**





~ Al-Waliyy ~

**The Friend, Patron and Helper**

**- Qur'anic Reference -**  
4:45, 7:196, 42:28, 45:19

Allah is the protecting friend of His servants. He eliminates their difficulties and gives them guidance, peace and success in their affairs in this world and the hereafter.

### **Benefits of Recitation**

- Recite Ya Waliy frequently to become a Friend of God.
- Recite in the presence of a spouse who is ill of character.





~ Al-Hamid ~

**The All Praiseworthy**

**- Qur'anic Reference -**

**14:8, 31:12, 31:26, 41:42**

The root word of Al Hameed is hamd which means praise. 'Hamd' is to praise someone for a good acquired by his own intention. In relation to Allah hamd is neither simply praise nor gratitude. It is a combination of praise and thanks and since Hamd is only for Allah; it incorporates a third concept of worship. Therefore the word 'HAMD' means worshipful and thankful praise. It is a pure internal emotion within the human being whose source lies in the depths of the nafs.

### **Benefits of Recitation**

- **Repeat Ya Hameed be loved and praised.**
- **Write on a cup and drink from it for refined speech.**





~ Al-Muhsi ~

**The Accounter, The Numberer of All**

**- Qur'anic Reference -**

**72:28, 78:29, 82:10-12**

The one who analyses, counts and records in quantities. The root word of Al Muhsi is ihsa which means counting or computing. Linguistically it also means to tolerate or be able to handle. Allah is Al Muhsi, One who counts what we do and computes it for the day when we will meet Him. He sees and knows everything in its reality.

Apart from knowing everything that exists as a whole and individually, He knows every minute thing analytically as well.

### **Benefits of Recitation**

- **Recite Ya Muhsi 100x for ease on the Day of Judgement.**
- **Recite 148x to assist in understanding and memorisation. Also gives courage for self criticism.**





~ Al-Mubdi' ~

**The Originator, The Producer, The Initiator**

**- Qur'anic Reference -**  
10:34, 27:64, 29:19, 85:13

Allah is the originator of all. He creates without model or material. In the beginning before time or space when there was no other form of creation, Allah existed. Linguistically the root word of Al Mubdi means to begin or to initiate. One who brought the cosmos into being without a prior model.

### **Benefits of Recitation**

- **Recite to make decisions when undecisive.**
- **If a pregnant woman fears a miscarriage then place right hand on the stomach and recite Ya Mubdi' 99x.**





~ Al-Mu'eed ~

**The Restorer, The Reinstater Who Brings Back All**

**- Qur'anic Reference -**  
10:34, 27:64, 29:19, 85:13

The One who restores or reproduces. Linguistically the root word means to return or to go back. It is Al Mu'eed who brings life back to the dead. He gathers all beings for the day of Judgement and lifts the veil from them. He rewards or punishes them according to their actions.

### **Benefits of Recitation**

- Repeat Ya Mu'eed 70x for the safe return of a family member who is away.





~ Al-Muhyi ~

**The Restorer, The Reinstater Who Brings Back All**

**- Qur'anic Reference -**

**10:34, 27:64, 29:19, 85:13**

Al Muhyi is the one who gives life. He is giver of life to things without life. He is the one who has created life and who has created death, none else can do that.

### **Benefits of Recitation**

- **If you are weighed down with a heavy burden repeat Ya Muhyi 7x daily.**
- **Recite 68x after every salaa to cure a chronic illness.**





~ Al-Mumeet ~

**The Destroyer, The Bringer of Death**

**- Qur'anic Reference -**

**3:156, 7:158, 15:23, 57:2**

Allah is the Creator of death. He has destined a time for each being to come into existence and for each being their time to leave. When we die, whatever we have gained or lost in terms of deeds will determine our state in the hereafter.

### **Benefits of Recitation**

- **Recite Ya Mumeet frequently with your hands on your chest on falling asleep to control your passions and destroy your enemy.**





~ Al-Hayy ~

**The Living**

**- Qur'anic Reference -**

2:255, 3:2, 25:58, 40:65

Al Hayy means the Ever-Living One who is self-sustaining from time immemorial and will continue to be so for ever. Allah is the perfectly alive and the Ever-Living One. The source of life in all that is alive. He is aware of all that is in existence and will be in existence. He gives life to a dead land through rain and causes plants to grow.

Al Hayy and Al Qayyum known as Isme 'Azham.

### **Benefits of Recitation**

- **Recite Ya Hayy frequently for a long life and to cure sickness.**
- **Recite 500x before sunrise for peace.**





~ Al-Qayyūm ~

**The Subsisting, The Self-Existing**

**- Qur'anic Reference -**

2:255, 3:2, 20:111

Allah exists absolutely on His own and not through others, while every being exists through Him and because of Him. He is the cause of existence of each being until its destined time and gives to each being that which is necessary for its existence. He is the master and organiser of all affairs. On the Day of Judgement everyone will stand in front of Allah for judgement of their affairs. Al Hayy and Al Qayyum known as Isme 'Azham.

### **Benefits of Recitation**

- **Recite Ya Qayyum at the time of Fajr salaa for friendship.**
- **Recite 16x daily for memorisation help.**
- **Recite it in seclusion for affluence.**
- **To remove lethargy and laziness recite Al Hayyu and Al Qayyum after Fajr salaa.**





~ Al-Wājid ~

**The Perceiver, The Finder, The Unfailing**

**- Qur'anic Reference -**

**38:44**

The root word for Al Waajid is jidda which means independent. It also means finding out something through the power of senses or the reaching of a point or goal. Theoretically, Al Waajid is one who has everything that He wants or desires. One who can affect the decree, who knows and determines everything. One who is capable of doing everything. Nothing is beyond his reach or might.

He is always there to satisfy our needs with all his love, compassion and wisdom.

### **Benefits of Recitation**

- **Repeat Ya Waajid with every morsel of food to become resourceful.**





~ Al-Majid ~

**The Illustrious, The Magnificent, The Noble**

**- Qur'anic Reference -**

**85:15, 11:73**

The root word for Al Maajid is 'majd' – a noun meaning glory or honour. Allah is absolute perfection in His nobility. He treats His abd most graciously and generously, manifesting His nobility to them through the light of His compassion. He shows infinite kindness towards His creation. He has given human beings the possibility of actualising noble character traits and conducts and glorifies them for the positive character traits that they develop.

### **Benefits of Recitation**

- **Recite Ya Maajid 465x morning and night to be understood by others.**





~ Al-Wāhid ~

**The One, The Unique**

**- Qur'anic Reference -**  
2:163, 5:73, 9:31, 18:110

The attribute of Allah Al Waahid, means the Unique, the One. Linguistically Al Waahid means the One who doesn't socialise or keep company. To believe in Tawheed is to believe that there is no partner with Allah in His authority and that being One is the quality of His which nobody else shares with Him.

### **Benefits of Recitation**

- **Repeat Ya Waahid 1000x when you are alone and in a dark place to be free of fear and delusions.**





~ Al- 'Ahad ~

**The Unity, The Indivisible**

**- Qur'anic Reference -**

**112:1**

The word 'ahad' as opposed to 'wahid' depicts the oneness of Allah. 'Wahid' is the numerical digit 'one' in Arabic which is divisible and can also be preceded and followed by other numbers. 'Ahad' depicts one in the sense of the Absolute One which cannot be divided, multiplied, preceded nor followed. By Allah using Ahad, He is implying affirmation to His Oneness, and there being none similar to Him.

### **Benefits of Recitation**

- **1000x for unification of nafs.**
- **For pious children keep ism on self.**





~ As-Samad ~

**The Eternal, The Absolute, The Self-Sufficient**

**- Qur'anic Reference -**

**112:2**

As Samad is an attribute of Allah which is also known as ism e 'azam, a great name. As Samad has a lot of meaning, its linguistic meanings include the ultimate goal, the obeyed Master without whose command nothing can happen, the support of those who need to be supported, the one to whom all matters are referred, the one to whom all issues are rendered and regarding which nobody else decides, the one to whom pleads are directed. As Samad however in essence is the satisfier of all needs and all are in need of Him, yet He is in need of none. It is As Samad that we approach to grant our pleas, the one to whom we plead to make wishes come true. He is the one who we seek during times of need.

### **Benefits of Recitation**

- **Repeat 1000x to know the hidden meanings of things.**
- **Recite 115x at dawn or at midnight while in sajda, to be safe from oppression.**
- **Recite to improve character.**





~ Al-Qaadir ~

**The Omnipotent, The All Able**

**- Qur'anic Reference -**

6:65, 36:81, 46:33, 75:40

Al Qaadir, translated in English is the All Powerful. Allah is the All Powerful. He does what He wills, as He wills. The root word of 'Al Qaadir' is the noun 'Qudra' which means might, power, ability or decree. Allah created the universe without needing the help of anything and from neither materials nor models. If He wills He can destroy everything and send it all back to nothingness as if nothing has happened. It's not that He doesn't have the power to make it happen, it's because He hasn't willed it. Al Qaadir has infinite ability; it is a capacity of causing things to happen. The power of invention and creation – they're all conditioned by one thing His will.

### **Benefits of Recitation**

- **Recite Ya Qaadir while washing each limb during the wudhoo and no enemy should harm you.**
- **If you face a difficulty recite 41x to be free from difficulty.**
- **Recite 305x when love not responded to.**





~Al-Muqtadir~

The Omnipotent, The All Able

- **Qur'anic Reference** -

6:65, 36:81, 46:33, 75:40

Al Muqtadir is the superlative of Al Qadir, which enhances the prestige and the awe which is inspired by Al Qadir. Al Muqtadir controls everything through His Might which encompasses all His creation. He is the One who creates the power and has the total control over all powers. He manifests His name Al Muqtadir over all creation. Therefore if we think of Al Qadir as All Powerful, Al Muqtadir is the manifestation of that power in creation.

### **Benefits of Recitation**

- Repeat Ya Muqtadir frequently to become aware of the Truth.
- Recite 744x to sharpen the memory.





*~Al-Muqaddim~*

**The Expediter, He Who Brings Forward**

**- Qur'anic Reference -**

16:61, 17:34

The word Muqaddim comes from the root word 'taqdeem' which means advancing or promoting or preferring. Al Muqaddim here means the one who presents things and places them in their right place. Al Muqaddim is He who advances the rank and status of whoever deserves to be advanced or preferred or favoured over others. In other words, He brings forward whoever He wills. He

advances human beings according to the sincerity of their submission to Him and protects them against falling into disobedience if they have connected themselves to Him. He has advanced the human being amongst all His creation by giving them the ability of freewill, reasoning and intelligence. He invites the whole of humanity to truth but advances those who respond to the invitation.

### **Benefits of Recitation**

- **Repeat when you are afraid of being alone in a frightening place.**
- **Recite to present things in their right places.**





~Al-Mu'akkhir~

The Delayer, He Who Puts Far Away

- Qur'anic Reference -

71:4

Al Muakhir is He who causes those who set up other Gods besides Him or call upon others besides Him to lag behind while He advances the ranks of those who believe. He grants His guidance to those who obey Him whilst delaying it to those who disobey Him. He postpones the punishment of the oppressor because of His compassion and mercy thereby giving time to be able to correct themselves.

### Benefits of Recitation

- Recite 100 times for tawba to be accepted.
- Recite 1446x before sunrise for 7 days to prevent tyrant from gaining power.





~ Al- 'Awwal ~

The First

- Qur'anic Reference -

57:3

Allah is the first and there is none like Him. This means that there is none prior to Him, that He is self-existent, that all comes from Him and that He is the cause of all that became.

### **Benefits of Recitation**

- Recite Ya Awwal 40 times on Thursday night for fulfilment of needs.
- Recite 1000 times for 40 Fridays for an overwhelming problem and for safe return from journey.





~ Al-'Aakhir ~

The Last

- Qur'anic Reference -

57:3

Allah is the last as He has no beginning and He has no end. He is eternal. He is the last in the sense that the circle of existence begins and ends with Him.

### **Benefits of Recitation**

- Those who recite Ya Aakhir frequently should lead a good life and have a good end at the time of death.
- Recite 1000 times on Friday for increased sustenance.





~ Az-Zahir ~

The Manifest, The Evident, The Outer

- Qur'anic Reference -

57:3

Linguistically Azh Zahir is derived from Zuhoor which means manifestation or appearance. It means something hidden coming to appearance. Allah is hidden from those who seek to see by means of their senses, but He is apparent to those who seek to know Him by the wisdom and reason that Allah has bestowed upon them.

### **Benefits of Recitation**

- Recite Ya Zhaahir 500x for divine Light to enter your heart.





~ Al-Bātin ~

**The Hidden, The Unmanifest, The Inner**

**- Qur'anic Reference -**

**57:3**

Al Baatin means the one who is obscured from the eyes of his creation due to the intensity of His appearance; the Hidden One due to his essence that defines the minds and the intellect. Allah is Zahir through sufficiency and He is Baatin through objectivity. He is Zahir due to His bounties and He is Al Baatin through His mercy. He is the apparent one who subdues everything and the hidden one who knows the truth about everything. Allah's existence is both manifest and hidden. He is apparent because the signs of His existence are visible even to the blind, but His essence remains hidden.

### **Benefits of Recitation**

- **Recite Ya Baatin 22x to see the truth in things. Recite 33x for enlightenment.**
- **For hajat pray 2 rakats salaa after which recite "Huwal Awwalu wal Aakhiru wazh Zhaahiru wal Baatin; wa huwa 'alaa kulli shayin Qadeer"**





~ Al-Wāli ~

The Patron, The Governor

- Qur'anic Reference -

13:11, 22:7

Allah is the sole manager and governor of the whole creation.

There is no continuity or existence without His permission.

Everything happens according to His judgement and by His command. He knows what has happened, is happening and will happen at all times. He is the one who wills and executes the whole of creation. We should never think that we are left to our own devices rather we are a part of a divine order. Everything is measured and registered.

### **Benefits of Recitation**

- Repeat Ya Waali in your home to be free from danger.
- Recite 11x to subdue another's anger.





~ Al-Muta'ali ~

The Exalted

- Qur'anic Reference -

13:9

The root word of "al-Muta'ali" is 'uluww which means height, sublimity, loftiness. Al-Muta'ali is Exalted in His Greatness and Honours which nobody reaches besides Him. His Honour cannot be comprehended or measured in human terms. Al-Muta'ali is above deficiencies or shortcomings, or above being conceived by anyone's imagination. He does not need any of what He creates, He does not need the worship of those who worship Him; He makes His grace available to all those who strive to attain it. Everything on the earth evolves from health to sickness, from youth to old age. Allah is free from all defects and above them all.

### **Benefits of Recitation**

- **Repeat Ya Muta'ali to ease difficulties.**
- **Recommended for women to recite during menstruation to relieve ailments.**
- **If demoted recite 540x to be restored to honour. Also effective for interviews.**





~ Al-Barr ~

The Good

- Qur'anic Reference -

52:28

Al Barr is the attribute of Allah which is derived from Barr which means the doer of goodness, Birr meaning the doing of benevolent deeds. Al Barr therefore is an inclusive word containing all the attributes of goodness, benevolence and charity. If His abd intends to do a good deed but is unable to actualise it Allah as Al Barr rewards the intention as if it were actualised. But if His abd intends to sin and is unable to actualise it Allah forgives the intention. When you do good to Allah's creation even if it is by a smile or a kind word you will see the reflection of Al Barr in you.

### **Benefits of Recitation**

- **Repeat Ya Barr frequently to be blessed and be free from misfortune.**
- **Recite 7x daily to create aversion to bad habits.**
- **If recited 7x on a newborn baby it will give the child protection from calamities.**





~ At-Tawwāb ~

The Ever Returning, Ever Relenting

- **Qur'anic Reference** -

2:128, 4:64, 49:12, 110:3

Allah accepts the repentance of those who sincerely repent and turn to him. The Arabic word “tawwab” gives the sense of “oft-returning” which means that Allah again and again accepts the repentance. We make sins and mistakes then we repent, He accepts our repentance. Then again we commit sins and make mistakes and when we repent, He again very kindly accepts us and gives us another chance.

### **Benefits of Recitation**

- Repeat Ya Tawwab many times for acceptance of tawba.
- Recite frequently for accomplishment of a task.
- Recite 10x in front of a tyrant to be free from oppression.





~ Al-Muntaqim ~

The Avenger

- Qur'anic Reference -

32:22, 43:41, 44:16

The word Al Muntaqim is derived from the noun Intiqaam which means avenging or retribution against someone. Allah punishes those who persist in revolting, those who create disharmony and who tyrannise His creation. They are the ones who do not have eiman and attribute partners to Allah. The best way to understand Al Muntaqim is when we can see how Al Muntaqim manifests itself in the body. In the means for its natural defence system when a germ violates the sanctity of the body it is Al Muntaqim which provides the means to kill the germ as a penalty for the violation and purge the body from it. Al Muntaqim therefore facilitates the removal of what is bad, harmful or dangerous. The worst of all foes of humankind is really their own insinuating selves, the part of the nafs which is within each and every one of us. Allah gives time and occasion to realise and repent for wrong doing. He warns with repeated warnings and He accepts excuses and delays punishment.

### Benefits of Recitation

- Repeat Ya Muntaqim to be victorious against your enemy.
- To remove a tyrant from power, recite Ya Muntaqimu and Ya Qahhaar 1000x.





~ Al-Afw ~

The Pardoner, The Effacer

- **Qur'anic Reference** -

4:99, 4:149, 22:60

Literally the Arabic word 'Afw means “to release”, “to heal”, “to restore”, to remit”. Thus in relation to Allah it means “to release us from the burden of punishment due to our sins and mistakes”, “to restore our honour after we have dishonoured ourselves by committing sins and making mistakes.” This has another aspect of forgiveness which denotes a complete erasing of the sin. This Name occurs in the Qur’an five times.

### **Benefits of Recitation**

- Repeat Ya 'Afw frequently for forgiveness.





~ Ar-Ra'uf ~

**The Kind, The Pitying**

**- Qur'anic Reference -**  
**3:30, 9:117, 57:9, 59:10**

Linguistically Ar Ra'uf is derived from Ra'afa which means intense mercy or compassion, in other words the ultimate limit of rahma.

When applied to Allah it means He is warding off all types of evil. Ar Ra'uf therefore refers to the one who does not cease to be kind and compassionate to the sinners by accepting their repentance. It conveys the same meaning as Ar Raheem with an intensification of the meaning embedded in it. Amongst the manifestations of Allah's rahma towards His ibaad is that He protects them against committing what will incur His wrath or His anger and such a protection from slipping from the right path carries a stronger sense of Rahma than His forgiveness for sins which have already been committed.

### **Benefits of Recitation**

- **Repeat Ya Ra'uf frequently to be blessed.**
- **Recite also to gain affection of creation.**





~ *Malik-ul-Mulk* ~

## The Owner of all Sovereignty

- Qur'anic Reference -

3:26

Allah is the eternal owner of His kingdom. He shares neither the ownership nor the power, government nor guardianship of the universe with anyone. The word "Al Mulk" here means kingdom and the word "Al Malik" means the Powerful One, the One who possesses perfect power, the totality of everything in existence forms a single kingdom. Allah rules it and has power over it, the totality of existing things are single kingdom because they are dependent upon each other. Even if they are numerous in one respect they're still a unit of one another and that is what Tawheed is all about.

### Benefits of Recitation

- **Recite Ya Malik al Mulk to gain esteem and change doubts into reassurance.**
- **Recite 212x daily to gain sustenance from unexpected means.**





~ Dhū-l-Jalāli wa-l-'ikrām ~

**The Lord of Majesty and Generosity**

**- Qur'anic Reference -**

**55:27, 55:78**

Allah is the Lord of Majesty and bounty. There is no perfection that does not belong to Him nor any blessing or honour that comes from anyone other than Him. Allah is the owner of all majesty.

### **Benefits of Recitation**

- Repeat Ya Dhul jalaal wal ikraam to develop self esteem.





~ Al-Muqsit ~

## The Equitable, The Requirer

- Qur'anic Reference -

7:29, 3:18

The attribute Al Muqsit means the One who is Equitable. Allah is the one who acts and distributes injustice and fairness. The word qist means the implementing of justice by taking that one has lawfully acquired to give it back to its lawful owner. Looking at all the different words around the root word qist, which is translated as equity or fairness. Aqsada means implemented justice. Qasada means being inequitable or unfair; Qasid is an unfair and an inequitable person or even an oppressor even. Muqsad is one who is fair in his judgement or decision. So essentially Al Muqsit is an attribute which implements justice by assuring that what belongs to someone is returned to them. It's also called "insaaf" carrying out equity.

### Benefits of Recitation

- **Repeat Ya Muqsit 100x to be free from the harm of your idol/ego and you should attain your purpose.**
- **Recite 700x for hajat.**
- **If the mind wanders in salaa recite 239x before salaa.**
- **Also recite for anger and depression.**





~ Al-Jami ~

## The Gatherer, The Unifier

- Qur'anic Reference -

3:9

Al Jaami' derives from the word Jama'a, the root word which means to gather or assemble or combine. The day of gathering is in essence the Day of Judgement and is called so because Allah will gather in it all creation, the first and the last, the jinn and human kind, all the residents of the heavens and the earth, each and every abd of Allah and his deeds, every oppressor and the one he oppressed, every Prophet and those to whom he was sent, He will also combine the reward of those who obeyed Him and the penalty of those who disobeyed Him.

### Benefits of Recitation

- **Repeat Ya Jaami' to find lost things or be reconciled with someone who has separated. Do ghusl at Zhuhr and lifting gaze towards heavens recite Ya Jaami' 10x closing each finger as you do so to reconcile dispersed family.**





~ Al-Ghaniyy ~

## The Rich, The Independent

- **Qur'anic Reference** -  
3:97, 39:7, 47:38, 57:24

Linguistically, ghina, the root word of “al-Ghaniyy”, means: independence by virtue of having self-sufficiency. It is the opposite of faqr which is poverty or need. Independence or self-sufficiency is of various types- one is the absence of need, and none is independent of needing anyone or anything other than Allah. This meaning is implied in aya 64 of Suratul Hajj “His is whatever in the heavens and in the earth, and most surely Allah is the self-Sufficient, the Praised”. Al-Ghaniyy has no need, needs none while everything and everyone need Him. Everyone else besides Allah is needy.

To apply Al-Ghaniyy in our lives we need to understand what is being rich (ghaniyy)? The Prophet (pbuh) has said: “Wealth is not abundance of availability; rather, it is the richness of one’s own nafs.”

### Benefits of Recitation

- **Repeat Ya Ghani frequently for contentment.**
- **Recite 70x daily for abundance in rizq.**
- **Recite and blow over body for shifaa from illness.**





~ Al-Mughni ~

**The Enricher, The Emancipator**

**- Qur'anic Reference -**

**9:28**

The attribute Al Mughni is very much related to Al Ghaniy, however Al Mughni is the Enricher. Al Mughni grants His fadhli, His favours to his abd abundantly. He facilitates for them the achievements of their goals and objectives and the meeting of their everyday needs.

There is neither independence nor self-sufficiency except that Allah, the Al Mughni has caused it to exist. He enriches His friends from the treasure of His Nur, facilitates with those that live in the Universe to access the means of their livelihood and sustenance by Him being Al Mughni.

### **Benefits of Recitation**

- **Recite Ya Mughni 1000 x every Friday to become self-sufficient.**
- **Recite 1121x every Friday for 10 Fridays to eliminate nervous tension.**
- **Recite on hands and pass over afflicted part of body to recover.**
- **For spiritual and material wealth, recite 11x Salawat, followed by 1111x Ya Mughni and end with 11x Salawat and Suratul Muzzammil.**





~ Al-Maani' ~

## The Withholder, The Shielder, The Defender

- Qur'anic Reference -

67:21

Al Maani' is one of Allah's attributes which is derived from Man or Mania which is the opposite of giving or granting. It also means to protect, to stop one thing from harming another or one group of people from annihilating another. Manna was used to describe the defence of a house or a fortified fortress against an enemy, in essence it means to protect and support. Allah has the power to stop the causes of annihilation or deficiency in both creed and body. He wards off evil to protect and safeguard. He stops giving to whomsoever He pleases in order to protect them. He gives life to whomsoever He loves and does not love but He does not grant the bliss of the hereafter except to those whom He loves. In a nutshell, Allah is the one who averts harm from His creation.

Al Maani therefore is One who protects, who averts harms. He however protects and supports those who voluntarily obey Him and attach themselves to Him.

### Benefits of Recitation

- **Repeat Ya Maani' to have a good family life.**
- **Recite 20x to subside anger.**
- **Recite 161x to help relieve pain and fear.**
- **Recite for safety during journeys.**
- **Recite silently to rekindle affection between spouses.**





~ Ad-Dharr ~

**The Distressor, The Harmer, The Afflictor**

**- Qur'anic Reference -**

**6:17**

Linguistically dhaar means to harm and is the opposite of naf – which is benefit or advantage. Allah is Adh Dhaar which means He is the one who can harm anything or anyone. He impoverishes any of his abd or causes them to fall prey to illness according to His wisdom, because He determines everything. He facilitates the means of harm as a trial from Him whereby He is able to forgive and perch the sins or subject one of His abd to a test in order to raise their status.

### **Benefits of Recitation**

- **Repeat Ya Dharr 100x on Thursday nights to grow closer to Allah.**
- **Recite for safety from tyranny.**





~ An-Nāfi ~

## Benefactor, The Source of Good

- Qur'anic Reference -

30:37

The quality of An Nafi' is One who confers benefit. An Nafi' is the source of all benefit and goodness for the life in this world and the hereafter. It is He who grants good health, wealth, happiness, authority, guidance and righteousness. It is An Naafi who enables His creatures to receive the benefits He creates for them. Who facilitates the path which leads to Him for those who aspire to tread it. Who benefited the souls through His Messengers. Who nourished the bodies with food and wards off diseases through medicine. Who keeps affliction away through His favours.

### Benefits of Recitation

- **Recite Ya Nafi' for 4 days to avoid harm.**
- **Recite 41x for completion of task.**
- **Provides safety on a journey.**
- **Recite before intimacy for pious children.**





~ An-Nūr ~

**The Light**

**- Qur'anic Reference -**

**24:35**

An-Nur is the Apparent One Who has manifested Himself fully. The One Who is apparent on His own and Who makes everything else apparent and visible. An-Nur takes things out of non-existence and brings them into the world of existence. An-Nur guides the hearts to prefer and opt for what is right, Who guides the innermost conscience to silently address Him.

### **Benefits of Recitation**

- **Recite Ya Nur 700 times on Thursday night for receive inner light.**
- **Recite Surah Nur 7 times and Ya Nur 1000 times to gain light in your heart.**





~ Al-Hadi ~

**The Guide, The Way**

**- Qur'anic Reference -**

**22:54**

Linguistically, Haadi is derived from hidaya, which means guidance.

Guidance attracts the heart of the believer to Al Haadi – the One who provides that guidance – thereby bringing the heart closer to Divinity. He guides everything He has created to whatever it needs thereby satisfying the need, such as a baby to its mother for sustenance, bees to build the honeycomb. Al Haadi guides the guilty towards tawba and occupies the heart with truthfulness and equity.

### **Benefits of Recitation**

- **Repeat Ya Haadi frequently to gain spiritual knowledge.**





~ Al-Badi' ~

**The Incomparable, The Unattainable, The Originator**

**- Qur'anic Reference -**

2:117, 6:101

Linguistically Badi' means to originate something without following a model or example. In this case when Allah is Al Badi, He is the Originator of all things without following the prior model, He didn't learn their creation from anyone else, rather he initiated creation, so He is their Maker, the One who started their creation. He brought everything into existence without the use of a tool or material, without being limited to time or space in being able to do that. There is nothing similar to Al Badi in its essence or in its qualities in whatever He does.

### **Benefits of Recitation**

- Repeat Ya Badi' 1000 x by saying, "Ya Badi' as-samawati' wa 'l-ardh," for troubles.
- Relieves depression and stress.
- Recite before sleeping for guidance on feasibility of task.
- For accomplishment of a task recite 1200x Ya Badi' al ajaib bil khayr. Ya Badi' for 12 days.





~ Al-Bāqi ~

**The Immutable, The Infinite, The Everlasting**

**- Qur'anic Reference -**

**55:27**

The root word of Al Baaqi is Baqa which is the opposite of extinction. It's an ever-enduring existence. Baqa also means obedience to Allah and awaiting His rewards. Al Baaqi always exists. He is ever present; He will remain forever from the beginning of any beginning and for eternity. The absolute Baaqi is the duration of the one that never ends.

### **Benefits of Recitation**

- **Recite Ya Baaqi on Thursday night to be free of difficulties.**
- **Recite frequently for acceptance of duas.**





~ Al-Wārith ~

**The Heir, The Inheritor of All**

**- Qur'anic Reference -**

**15:23**

The root word of this attribute of Al Waarith comes from waratha, which means inherited. It is Allah who will inherit everything after the extinction of everyone and everything. He is the only one who will remain. The rest of existence will perish along with all the things that He had given them.

To understand Al Waarith is to know that we are temporal keepers of what He has given us, and therefore we should not follow our own desires or ego, rather do what Allah wills for His sake and for His pleasure.

### **Benefits of Recitation**

- **Recite Ya Waarith 100x at sunrise to be free of difficulties.**
- **Recite it often to fulfil a task.**
- **To remove worries recite 1000x between Maghrib and Isha salaa.**





~ Ar-Rasheed ~

## The Guide to the Right Path

- **Qur'anic Reference** -

2:256

Ar Rasheed is derived from the root word *rushd* meaning guidance, righteousness, uprightness. It is the one whose management of all affairs has achieved its objectives without anyone else besides Him directing or assisting it. In essence therefore Ar Rasheed is characterised by complete perfection, great wisdom, ultimate guidance. Everything Ar Rasheed does has a beneficial and a clear purpose. The effectiveness of Allah as Ar Rasheed is such that everything is guided by His will. Although He is All Powerful He does not enforce what He teaches but rather He gives us freewill to be able to act upon it as we choose. He chooses to let us gain our reward by our own decisions through practicing what we are taught.

### Benefits of Recitation

- **Repeat Ya Rasheed, 1000x between Maghrib and Isha Salaa to remove troubles, and for financial progress.**
- **Recite also to make words effective.**





~ As-Sabur ~

## The Timeless, The Patient

### - Qur'anic Reference -

2:153, 3:200, 103:3

As Sabur is an attribute of Allah which derives from the name Sabr meaning withholding oneself from expressing overwhelming grief. As Sabur is the most patient – His patience is greater than anyone else. He does not inflict his penalty immediately on those who disobey him – rather He forgives and postpones his carrying out of such a penalty, He does not rush to do anything too early – rather He manages affairs according to a measure. As Sabur conducts them according to a well-defined plan. He does not delay them reaching their destined course out of any sort of laziness, nor does he advance their execution. Everything is done exactly at its right time and in the best way as it ought to be. For when we think of Allah as As Sabur He gives to you and is true to you even when you do not fulfil your obligation to Him.

### Benefits of Recitation

- Repeat Ya Sabur 33x for relief from troubles, difficulties and sorrow.
- Recite 100x before sunrise for safety from calamities and 'tying' the enemy's tongue.
- Repeat 298x for physical pain. Repeat frequently if unjustly accused.
- In difficulty recite 1020x.



Want/ Need/ Necessity	Name
To clear one's name if wrongly <b>Accused</b>	Al-Ba'ith (The Resurrector)
To gain <b>Affection</b> of creation	Ar-Ra'uf (The Kind)
To restore <b>Affection</b>	Al-Haleem (The Forbearing)
To recover from <b>Afflicted</b> part of body	Al-Mughni (The Enricher)
To subside your <b>Anger</b>	Al – Mani (The Withholder)
To subside your <b>Anger</b>	Al-Haleem (The Forbearing)
To take kinship over inappropriate <b>Anger</b>	Al-Malik (The King)
To subdue another's <b>Anger</b>	Al-Wali (The Patron)
To answer your <b>Appeal</b>	Al – Alim (The All Knowing)
To answer your <b>Appeal</b>	Al – Mutakabbir (The Highest)
To answer your <b>Appeal</b>	As– Sami (The All Hearing)
To answer your <b>Appeal</b>	Al – Wahhab (The Bestower)
To help cure illness of the <b>Arteries</b>	Al-Jabbar (The Irresistible)
To develop keen <b>Awareness</b>	Ar– Rahman (The Compassionate)



Want/ Need/ Necessity	Name
To free from <b>Bad habit</b>	Al – Khabir (The All Aware)
To create aversion to <b>Bad habits</b>	Al-Barr (The Good)
To render <b>Bad vibes</b> ineffective	Ar-Raqib (The Watchful)
For the illness of the <b>Backbone</b>	Al-Jabbar (The Irresistible)
To cure ailments of the <b>Bladder</b>	Al – Hadi (The Guide)
To be <b>Blessed</b>	Al – Barr (The Good)
To be <b>Blessed</b> by Allah and His people	Ar – Ra’uf (The Kind)
To be cured of <b>Blood pressure</b> issues	Al-Khafid (The Abaser)
To cure ailments of the <b>Bone</b>	An-Nafi (The Benefactor)
To be free from fear of <b>Burning</b> in a fire	Al-Waki (The Trustee)
To be protected from <b>Calamities</b>	Al – Hafiz (The Preserver)
To be protected from <b>Calamities</b>	Ar – Rahim (The Merciful)



Want/ Need/ Necessity	Name
To protect babies from <b>Calamities</b>	Al-Barr (The Good)
To be cured of <b>Cancer</b>	Al-Jalil (The Majestic)
To improve <b>Character</b>	As-Samad (The Eternal)
To be cured of <b>Chronic</b> Illness	Al-Muhyi (The Restorer)
To be cured from illness of the <b>Colon</b>	Ar-Ra'uf (The Kind)
Not to be <b>Compelled</b> to do anything	Al – Jabbar (The Irresistible)
To maintain <b>Composure</b>	Ash– Shakur (The Grateful)
To gain <b>Contentment</b>	Al – Ghaniyy (The Rich)
For ease on the <b>Day of Judgement</b>	Al – Muhsi (The Accounter)
To be safe from <b>Danger</b> & hostility	Al-Mu'min (The Guarantor)
To be free from <b>Danger</b>	Al – Wali (The Patron)
To be free from <b>Debt</b>	Al-Karim (The Generous)
To be able to make <b>Decisions</b> when undecided	Al-Mubdi (The Originator)



Want/ Need/ Necessity	Name
To cure <b>Depression</b>	Ya-Wasi' (The Vast)
To cure <b>Depression</b>	Al-Majid (The Glorious)
To conquer the <b>Desires</b> of attraction to pleasure	Al – Qahhar (The Subduer)
Temporary relief from <b>Despair</b>	Al – Ghaffur (The All Forgiving)
For <b>Destiny</b> to be opened	Al – Aliyy (The Sublime)
To alleviate <b>Difficulty</b>	Ash-Shakur (The Grateful)
To be relieved of <b>Difficulty</b>	Al Aliyy (The Sublime)
To ease <b>Difficulties</b>	Al – Muta'ali (The Exalted)
To ease <b>Difficulties</b>	Al – Matin (The Steadfast)
To overcome <b>Difficulties</b> at work	Al – Hakim (The Wise)
When facing <b>Difficulties</b>	Al – Qadir (The All Able)
To free one from <b>Difficulties</b>	Al – Baqi (The Immutable)
To free one from <b>Difficulties</b>	Al – Warith
To be rescued from <b>Difficulties</b>	Al – Afw (The Pardoner)



Want/ Need/ Necessity	Name
To develop <b>Dignity</b> in the eyes of others	Al – Muizz (The Giver of Honour)
To control one’s own <b>Disobedience</b>	Ash-Shahid (The Witness)
Not to be afraid of <b>Drowning</b>	Al – Wakil (The Trustee)
For the acceptance of <b>Dua/ Wishes</b>	Al-Mujib (The Responsive)
For the acceptance of <b>Dua/ Wishes</b>	Al-Baqi (The Immutable)
To ease difficulty of <b>Earning</b> a living	Al – Wasi’ (The Vast)
To be cured of illness in the <b>Ears</b>	As-Sami (The All Hearing)
To be free from <b>Enemy’s</b> harm	Al – Khafid (The Abaser)
To be free from <b>Enemy’s</b> harm	Al – Qadir (The All Able)
Capture of an <b>Enemy</b>	Al – Wahhab (The Bestower)
To defeat an <b>Enemy</b>	Al – Qawiy (The Strong)
For destruction of your <b>Enemy</b>	Al – Mumit



Want/ Need/ Necessity	Name
To be freed from the harm of an <b>Enemy</b>	Al – Qawiyy (The Strong)
To overcome your <b>Enemy</b>	Al – Qahhar (The Subduer)
To be victorious over your <b>Enemy</b>	Al – Muntaqim
To be <b>Enlightened</b>	Al-Batin (The Hidden)
To become <b>Energised</b>	Al – Wajid (The Finder)
To develop Self <b>Esteem</b>	Dhu’l Jalal wal Ikram (The Lord of Majesty & Generosity)
To gain <b>Esteem</b>	Al – Kabir (The Great)
To gain <b>Esteem</b>	Malik al – Mulk (The Owner of All Sovereignty)
To have <b>Esteem</b> in the eyes of others	Al – Basir (The All Seeing)
To cure illness of the nerves of the <b>Eye</b>	Az-Zahir (The Manifest)
To cure ailments of the <b>Eye</b>	An-Nur (The Light)
To cure illness in <b>Eye arteries</b>	Al-Muta’ali (The Exalted)
To help heal illness of the <b>Eyes</b>	Al-Wahhab (The Bestower)



Want/ Need/ Necessity	Name
To raise your <b>Faith</b>	Al – Aliyy (The Sublime)
To continue to have <b>Faith</b>	Al – Mujib (The Responsive)
To have a good <b>Family</b> Life	Al – Mani (The Withholder)
For safety of the <b>Family</b>	Al – Raqib (The Watchful)
To be able to conceal <b>Faults</b>	Al-Ghaffar (The Forgiving)
To free from <b>Fear</b> of delusions when alone	Al – Wahid (The One)
To <b>Fear</b> none but God	Al – Muizz (The Giver of Honour)
To be free from <b>Fear</b> when alone	Al-Wahid (The One)
To gain <b>Fear</b> of God	Al – Ba’ith (The Resurrecter)
Not to <b>Fear</b> harm from a jealous person	Al – Mudhill (The Giver of Dishonour)
Relief from <b>Fever</b>	Al – Ghaffur (The All Forgiving)
To increase <b>Financial</b> progress	Ar-Rashid (The Guide to the Right Path)
To be able to <b>Forgive</b> others	Al-Ghaffar (The Forgiving)
To ask to be <b>Forgiven</b>	Al-Afw (The Pardoner)



Want/ Need/ Necessity	Name
To recite for <b>Forgiveness</b>	Al-Karim (The Generous)
To increase <b>Friendliness</b> of others	Ar- Rahim (The Merciful)
To be able to keep <b>Friends</b>	Al – Qayyum (The Subsisting)
To be <b>Generous</b>	Al-Wahhab (The Bestower)
To gain <b>Glor</b> y	Al – Majid (The Glorious)
To gain benevolence of <b>God</b>	Al – Muta’ali (The Exalted)
To grow closer to <b>God</b>	Al – Darr (The Distressor)
To act only for <b>God’s</b> sake	Al – Khaliq (The Creator)
To have a <b>Good life</b> and a <b>Good end</b> at the time of death	Al – Darr (The Distressor)
To help stop <b>Gossip</b> and Slander	Al- Mujib (The Responsive)
To be safe from the punishment of the <b>Grave</b>	Al – Qabid (The Restrainer)
For ailments of <b>Hair</b>	Al-Badi (The Incomparable)
Not to be exposed to <b>Hardship</b>	Al – Jabbar (The Irresistible)



Want/ Need/ Necessity	Name
To avoid <b>Harm</b>	An – Nafi (The Benefactor)
To be free from <b>Harm</b> of an idol/ ego	Al – Mumin (The Guarantor)
To be free from <b>Harm</b> of an idol/ ego	Al – Muqsit (The Equitable)
To be free of being <b>Harmed</b>	Al – Hasib (The Bringer of Judgement)
To have relief from <b>Headache</b>	Al – Ghaffur (The All Forgiving)
To regain good <b>Health</b>	As-Salaam (The Peace & Blessings)
To have relief from a heavy <b>Heart</b>	Ash – Shakur (The Grateful)
To sanctify the <b>Heart</b> against prejudice against others	Al-Quddus (The Holy)
Expansion of the <b>Heart</b>	Al – Quddus (The Holy)
To cure ailments of the <b>Heart</b>	An-Nur (The Light)
To enlighten your <b>Heart</b>	Al – Majid (The Glorious)
Free from a heavy <b>Heart</b>	Al – Rahman (The compassionate)
To free the <b>Heart</b> of rust	Al – Fattah (The Opener)



Want/ Need/ Necessity	Name
To have only the love of God in your <b>Heart</b>	Al – Mu’akhhir (The Delayer)
To heal problems with the <b>Heart</b> muscle	Ar-Razzaq (The Provider)
To cure <b>Heart Disease</b>	Al-Majid (The Glorious)
To have relief from a <b>heavy Heart</b>	Al Muhyi
To attain the <b>Hidden</b> meanings	As– Samad (The Eternal)
To know the <b>Hidden</b> meanings	Al – Hakam (The Judge)
To know about the <b>Hidden</b> work	Al – Alim (The All Knowing)
To attain higher sense of <b>Honour</b>	Ar – Rafi (The Exalter)
To be able to be <b>Humble</b>	Al-Mutakabbir (The Highest)
To be safe from <b>Hunger</b>	Al – Qabid (The Restrainer)
To guard against <b>Hurting</b> others	Al-Mu’min (The Guarantor)
Fort shifa from <b>Illness</b>	Al-Ghaniyy (The Rich)



Want/ Need/ Necessity	Name
To <b>Illuminate</b> the inner being	Al – Muhaymin (The Guardian)
To <b>Illuminate</b> the heart	Al – Alim (The All Knowing)
Effective for <b>Interviews</b>	Al-Muta’ali (The Exalted)
To heal problems with the <b>Intestines</b>	Ar-Razzaq (The Provider)
To receive <b>Intuition</b>	Al – Alim (The All Knowing)
To be free of fear of <b>Jealousy</b>	Al – Hasib (The Bringer of Judgement)
To meet Hazrat <b>Khidr</b> (pbuh)	Ar – Razzaq (The Provider)
To cure illness of the <b>Kidneys</b>	Al-Hayy (The Living)
To help cure illness in the <b>Knee</b>	Ar-Ra’uf (The Kind)
To increase <b>Knowledge</b>	Al-Hakim (The Wise)
To remove <b>Laziness</b> and <b>Lethargy</b>	Al-Qayyum (The Subsisting)
To have a long <b>Life</b>	Al – Hayy (The Living)
To have <b>Light</b> enter your heart	Az– Zahir (The Manifest)
To gain <b>Light</b> in your heart	An– Nur (The Light)



Want/ Need/ Necessity	Name
To gain inner <b>Light</b>	An- Nur (The Light)
To help cure ailments of the <b>Liver</b>	An-Nafi (The Benefactor)
To increase insufficient <b>Livelihood</b>	Al – Wahhab (The Bestower)
To be free from <b>Loneliness</b>	Al – Latif (The Gentle)
When you have <b>Lost</b> something	Al – Mubdi (The Originator)
When looking for <b>Lost</b> objects	Aj – Jami (The Gatherer)
When trying to find <b>Lost</b> things	Al – Haqq (The Truth)
When trying to find <b>Lost</b> things	Ar-Raqib (The Watchful)
To gain <b>Love</b>	A-Basit (The Extender)
To be able to <b>Love</b> Allah	Al-Wadud (The Loving)
To heal problems in the <b>Lungs</b>	Ar-Razzaq (The Provider)
To develop good <b>Manners</b>	Al – Muqit (The Nourisher)
To assist in <b>Memorisation</b>	Al-Muhsi (The Accounter)



Want/ Need/ Necessity	Name
To assist in <b>Memorisation</b>	Al Qayyum (The Subsisting)
To develop good <b>Memory</b>	Ar – Rahman (The Compassionate)
To sharpen <b>Memory</b>	Al-Muqtadir (The All Able)
To attain higher sense of <b>Merit</b>	Ar – Rafi (The Exalter)
To be free from <b>Misfortune</b>	Al – Barr (The Good)
To help ease illness in the <b>Muscles</b>	Al-Qawiyy (The Strong)
To heal illness of the <b>Nasal Cavity</b>	Ar-Rahim (The Merciful)
To heal illness of the <b>Nasal Cavity</b>	Al- Latif (The Gentle)
To heal illness of the <b>Nasal Cavity</b>	Al-Ghaniyy (The Rich)
To be free from <b>Need</b> of others	Al – Basit (The Extender)
To be free of <b>Needs</b>	Al – Aziz (The Almighty)
To have your <b>Needs</b> fulfilled	Al – Awwal (The First)
To eliminate <b>Negativity</b> from oneself	Al-Matin (The Steadfast)



Want/ Need/ Necessity	Name
To cure ailments of the <b>Nerves</b>	Al-Ghaniyy (The Rich)
To eliminate <b>Nervous</b> tension	Al-Mughni (The Enricher)
Not to fall in the grip of an <b>Oppressor</b>	As – Samad (The Eternal)
To be safe from an <b>Oppressor</b>	Al – Mudhill (The Giver of Dishonour)
To be able to control <b>Passions</b>	Al – Mumit (The Destroyer)
To gain inner <b>Peace</b>	Al –Qahhar (The Subduer)
To have <b>Peace</b> of mind	Al-Basit (The Extender)
For relief from <b>Physical Pain</b>	As-Sabur (The Patient)
For <b>Pious</b> children	Al-‘Ahad (The Unity)
To be free from <b>Poverty</b>	Al – Latif (The Gentle)
Not to suffer from <b>Poverty</b>	Al – Razzaq
To <b>Preserve</b> the plants <b>Planted</b> from harm	Al – Haleem (The Forbearing)
For overwhelming <b>Problems</b>	Al-‘Awwal (The First)



Want/ Need/ Necessity	Name
For the safety of your <b>Property</b>	Al – Raqib (The Watchful)
To cure ailments of the <b>Prostate</b>	Ar-Rashid (The Guide to the right path)
To be <b>Protected</b>	Al-Wakil (The Trustee)
For <b>Protection</b> from enemies	Al-Azim (The Magnificent)
To cure <b>Psoriasis</b>	Al-Mujib (The Glorious)
To attain your <b>Purpose</b>	Al – Muqsit (The Equitable)
To stop <b>Quarrel</b> among two people	Al – Wadud (The Loving)
To subdue a <b>Rebellious</b> child	Ash– Shahid (The Witness)
To <b>Reconcile</b> those who are separated	Aj-Jami (The Gatherer)
To <b>Rekindle</b> affection between spouses	Al-Mani (The Withholder)
To develop peaceful <b>Relations</b> with others	As-Salaam (The Peace & Blessings)
To become <b>Resourceful</b>	Al-Wajid (The Finder)
To gain <b>Respect</b>	Al-Basit (The Extender)



Want/ Need/ Necessity	Name
To gain <b>Respect</b>	Al-Basit (The Extender)
To develop <b>Respect</b>	Al-Azim (The Magnificent)
To be <b>Respected</b> by others	Al – Malik (The King)
To be <b>Revered</b> among people	Al – Jalil (The Majestic)
To help with <b>Rheumatism</b>	Al-Muhaymin (The Guardian)
To attain a higher sense of <b>Richness</b>	Ar – Rafi (The Exalter)
To be free from the fear of being <b>Robed</b>	Al – Hasib (The Bringer of Judgement)
For the <b>Safe</b> return of a family member	Al-Mu'id (The Restorer)
For <b>Safety</b> against tyrant	Al-Jabbar (The Irresistible)
For <b>Safety</b> during journeys	Al-Mani (The Withholder)
To return <b>Safely</b> from a journey	Al-'Awwal (The First)
To perceive hidden <b>Secrets</b>	Al-Khabir (The All Aware)
For <b>Self-safety</b>	Al – Raqib (The Watchful)
To become <b>Self-sufficient</b>	Al – Mughni (The Enricher)



Want/ Need/ Necessity	Name
Not to be exposed to <b>Severity</b>	Al – Jabbar (The Irresistible)
To be read on a <b>Sick</b> person	As-Salaam (The Peace & Blessing)
To cure <b>Sickness</b>	Al – Hayy (The Living)
To be free from <b>Sickness</b>	Al – Latif (The Gentle)
To be safe from <b>Sorrows</b>	Al – Afw (The Pardoner)
To be able to have refined <b>Speech</b>	Al-Hamid (The All Praiseworthy)
To gain <b>Spiritual</b> knowledge	Al – Hadi (The Guide)
To attain a higher <b>Spiritual</b> state	Ar– Razzaq (The Provider)
To heal problems with the <b>Stomach</b>	Ar– Razzaq (The Provider)
To gain <b>Strength</b> to be able to worship	Al-Qawiyy (The Strong)
To be free from <b>Stress</b>	Ya Badi (The Incomparable)
To be free from <b>Stress</b>	Al-Basit (The Extender)
Not to be exposed to <b>Severity</b>	Al – Jabbar (The Irresistible)
To attain <b>Success</b>	Al-Muhaymin (The Guardian)



Want/ Need/ Necessity	Name
For <b>Successful</b> completion of work	Al-Mutakabbir (The Highest)
To attain <b>Sustenance</b>	Ar-Razzaq (The Provider)
To increase <b>Sustenance</b>	Al-Ghaniyy (The rich)
To gain <b>Sustenance</b> from unexpected means	Malik-ul-Mulk (The Owner of all Sovereignty)
To increase <b>Sustenance</b>	Al-'Akhir (The last)
To accomplish a <b>Task</b>	At-Tawwab (The Ever Returning)
To accomplish a <b>Task</b>	Al- Badi (The Incomparable)
For <b>Tawba</b> to be accepted	Al-Mu'akhhir (The Delayer)
To be relieved from illness of the <b>Thighs</b>	Ar-Rafi (The Exalter)
To help cure illness of the <b>Thymus Gland</b>	Al-Qawiyy (The Strong)
To help cure illness of the <b>Thyroid</b>	Al-Jabbar (The Irresistible)
To return safely from <b>Travels</b>	Al – Muid (The Restorer)
To be rescued from <b>Troubles</b>	Al – Afw (The Pardoner)



Want/ Need/ Necessity	Name
For <b>Troubles</b> to be removed	Ar- Rashid (The Guide to the Right Path)
To be aware of <b>Truth</b>	Al – Muqtadir (The All Able)
To see <b>Truth</b> in things	Al – Batin (The Hidden)
For safety from <b>Tyranny</b>	Al – Darr (The Distressor)
To delay <b>Tyrant</b> from gaining power	Al-Mu’akkhir (The Delayer)
For safety against <b>Tyrants</b>	Al-Jabbar (The Irresistible)
To be <b>Understood</b> by others	Al-Majid (The Glorious)
To be <b>Understood</b> by others	Al – Adl (The Utterly Just)
For the <b>Unification</b> of nafs	Al-‘ahad (The Unity)
When <b>Unjustly</b> accused	As-Sabur (The Patient)
To achieve <b>Victory</b> over ego & be purified	Al – Fattah (The Opener)
To be protected from <b>Violence</b>	Al – Jabbar (The Irresistible)
To control a <b>Wandering</b> mind in Salaat	Al-Muqsit (The Equitable)
To develop <b>Willpower</b>	Al-Qahhar (The Subduer)



Want/ Need/ Necessity	Name
To gain <b>Wisdom</b>	Al-Ba'ith (The Ressurrecter)
To gain <b>Wisdom</b>	Al-Hakim (The Wise)
To fulfil your <b>Wishes</b> /Hajaat	Al-Muqit (The Nourisher)
To make effective <b>Words</b>	Ar-Rashid (The Guide to the Right Path)
To fulfil your <b>Work</b>	Al – Warith (The Heir)
To ease difficult <b>Work</b>	Al – Musawwir (The Evolver)
To ease difficult <b>Work</b>	Al-Bari (The Rightful)
For successful completion of <b>Work</b>	Al-Mutakabbir (The Highest)
To remove <b>Worries</b>	Al – Warith (The Heir)
To be forgiven for the <b>Wrongdoings</b>	Al – Ghaffar (The Forgiving)
To be freed from being <b>Wronged</b> by another	Al – Qahhar (The Subduer)
To be free of fear of being <b>Wronged</b>	Al – Hasib (The Bringer of Judgement)



