



INTRODUCTION TO MNEMONICS

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَى فَادْعُوهُ بِهَا

"Allah's are the best of names, so call on Him thereby." 7:180

The 99 names of Allah (Asmaul Husna) can be memorised in sequence using the Link system.

The Link system of memory is designed to enable one to remember any number of things in sequence.

The process is divided into three stages:

- Encoding the elements of information into visual images as image information is far easier to memorise than textual information.
- 2. The memorisation process itself.
- 3. Remembering the sequence of information.

Mnemonics (pronounced ne-monik) is a memory aid in the form of a word, phrase or story. It is derived from a Greek word 'mnemonikon' – an art of memorisation.

For example, most of us are able to remember the colours of the rainbow by using a mnemonic such as 'Richard of York gave battle in vain'.

Here the initial letters of the seven words give us the colours: red, orange, yellow, green, blue, indigo and violet.

This example demonstrates two elements of memorisation: imagination and association. Thus, you create a sentence (imagination) using words starting with the initial letters of the colours (association). Aristotle wrote, as the first sentence of one of his books, "In order to think we must speculate with images."

The 99 names have been divided into 11 sections to allow easy memorisation.

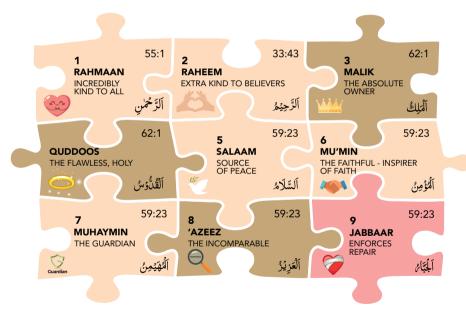
The first step is to create focus points or 'pegs' for each section on which we can 'hang' the story mnemonics.

On the following pages you will find the focus points and the corresponding story mnemonics.



- KING -



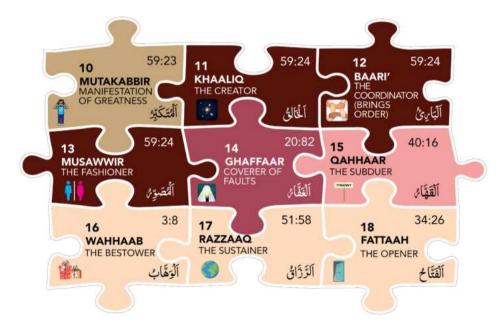


The Kind¹ & Merciful² King³ sends Holy⁴ Salaams⁵ on the Mu'min⁶ who Guards⁷ against being Incomparable ⁸ and Forceful⁹.



- CREATOR -



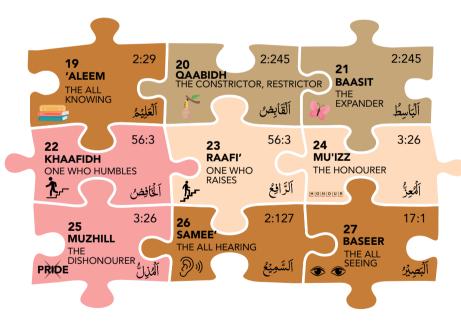


The Greatest ¹⁰ Creator ¹¹, Organiser ¹² and Fashioner ¹³ Forgives ¹⁴ and Strengthens ¹⁵ His creation as a Gift ¹⁶ by providing Sustenance ¹⁷ and Opening Doors ¹⁸.



- DOCTOR -



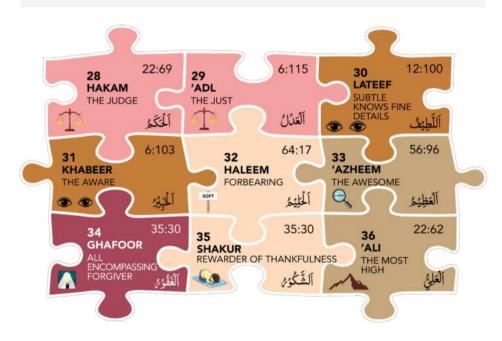


A doctor's **Knowledge¹⁹** is based on the heart **Constricting²⁰** and **Expanding²¹**, checking **Low²²** and **High²³** blood pressure, **Honouring²⁴** good diets and **Dishonouring²⁵** junk food by **Hearing²⁶** and **Seeing²⁷** his patient.



- JUDGE -



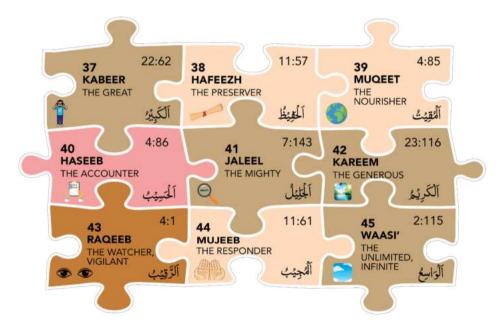


The best of Judges²⁸ is Just²⁹, Subtle³⁰, and Aware³¹. He is Soft³² and Awesome³³ because he is Forgiving³⁴ and Grateful³⁵ to the Most High³⁶.



- TEACHER -



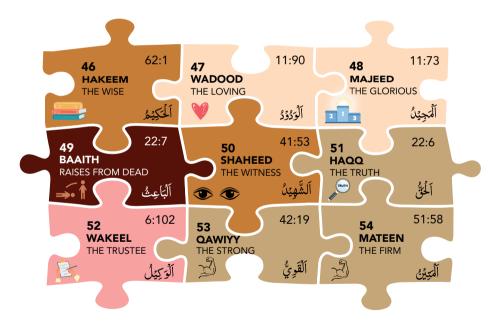


The Greatest³⁷ teacher is the one who Preserves³⁸ knowledge and Nourishes³⁹ her students encouraging them to be Accountable⁴⁰, Awesome⁴¹ and Generous⁴². She is Watchful⁴³ over them always Answering their Needs⁴⁴ with her Vast⁴⁵ knowledge.



- SCHOLAR -



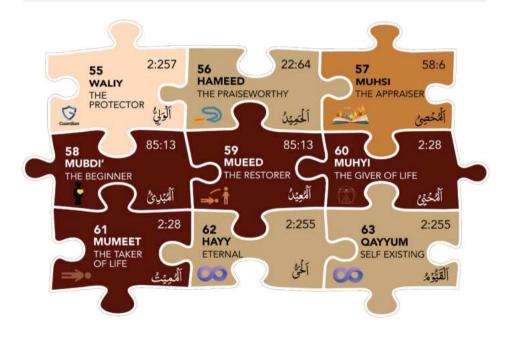


The Wise⁴⁶scholar is one who is Loving⁴⁷ and tells Glorious⁴⁸stories which Resurrects⁴⁹the joy of learning and Witnessing⁵⁰the Truth⁵¹ of Nature allowing his students to be Trustees⁵²of God who are Strong⁵³ and Firm⁵⁴ in their faith.



- LAWYER -





A lawyer is a Protector⁵⁵ who Praises⁵⁶ the clients who Analyse and Keep Records⁵⁷. He looks at the Origin⁵⁸ of cases and Restores⁵⁹ the Truth keeping in mind that the Giver of Life⁶⁰ and Taker of Life⁶¹ is Allah the Ever Living⁶² The Self Existing⁶³.



- ANGEL -



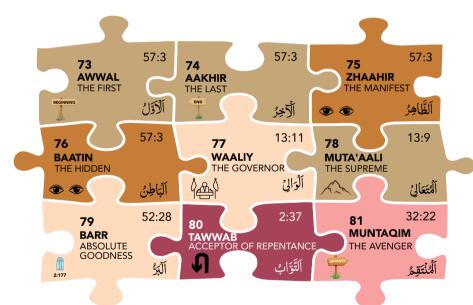


You can Find ⁶⁴the angels in the most Noble ⁶⁵ places but they like to hang out in the One ⁶⁶ and Only one ⁶⁷ place where All needs are satisfied ⁶⁸. They are Able ⁶⁹ and Powerful ⁷⁰ and have been given the ability to Promote ⁷¹ or Delay ⁷² duas as directed by Allah.



- GUARD -



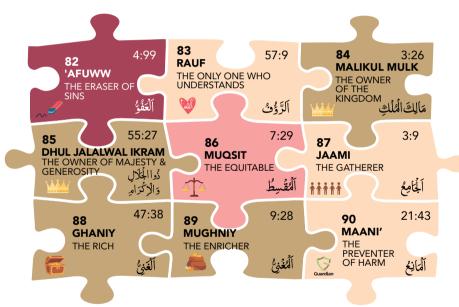


The guard is always there First⁷³ and the Last⁷⁴ to leave. His lateness is Apparent⁷⁵ even if he tries to Hide⁷⁶ it. He Protects⁷⁷ the premises and has a High position⁷⁸. Good Intentions⁷⁹ are not enough for He has to act to Turn Back⁸⁰ those who want to Avenge⁸¹.



- TREASURER -



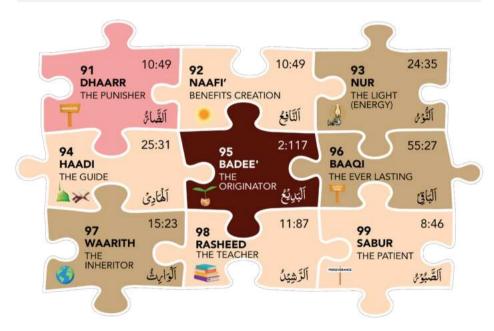


A treasurer can only enrich others by being Forgiving⁸² and Extremely Compassionate⁸³ like his Rabb - the Owner of All⁸⁴ and the One Who Possesses Majesty and Generosity⁸⁵. He has to be Equitable⁸⁶ when people Gather⁸⁷ to see his Wealth⁸⁸ and Benefit from it⁸⁹ ensuring that no one gets Hurt⁹⁰.



- GUIDE -





A guide **Punishes**⁹¹those who mislead others for he only wishes to **Benefit others**⁹², With a **Glowing**⁹³lamp, the **Guide**⁹⁴**Originated**⁹⁵ the journey to Jannatul **Baqee**⁹⁶. He saw the graves of the **Inheritors**⁹⁷ of the **Rightly guided**⁹⁸Prophet but had to do **Sabr**⁹⁹at not being allowed in.



A99 MEMORISATION SHEET					
1	21	\$ 41	61	0 81	
2	22	\$ 42	62	82	
3	23	\$ 43	63 63	83	
4	24	\$ 44	64	84	
5	25	\$ 45	65	8 5	
6	26	46	66	86	
7	27	47	67	87	
8	28	48	68	88	
9	29	49	69	89	
10	30	50	70	90	
11	31	51	71	91	
12	32	52	72	92	
13	33	53	73	93	
14	34	54	9 74	94	
1 5	35	55	0 75	95	
16	36	56	0 76	96	
1 7	3 7	<u>↑</u> 57	77	97	
18	38	1 58	0 78	98	
19	3 9	-↑ 59	0 79	99	
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11	31	51	71	91	
12	32	52	72	92	
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12	32	52	72	92	
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12	32	52	72	92
13	33	53	73	93
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1 5	35	55	9 75	95
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17	3 7	<u>↑</u> 57	0 77	97
18	38	1 58	0 78	98
19	39	↑ 59	0 79	99
20	3 40	60	0 80	



ASMAUL HUSNA BENEFITS – ALPHABETICAL ORDER

	NAME		BENEFITS
74	Aakhir	ٱلْآخِرُ	Recite YAA AAKHIR frequently to see reality and gain protection from enemies.
29	'Adl	ٱلْعَدُلُ	Recite YAA 'ADL frequently for others to recognise the truth in you.
82	'Afuww	ٱلْعَفُو	Recite YAA 'AFUWW frequently for forgiveness of sins and to control the ego.
67	Ahad	ٱلْآحَكُ	Recite YAA AHAD frequently to manifest (reveal) hidden things (recommended to recite it 1000x in solitude)
19	'Aleem	ٱلْعَلِيْمُ	Recite YAA 'ALEEM frequently to increase perception and enlightenment of the heart.
36	'Ali	ٱلْعَلِيُّ	Recite YAA 'ALI frequently to achieve success in all your endeavours.
73	Awwal	ٱلاَوَّلُ	Recite YAA AWWAL frequently to see the truth and find solutions to overwhelming problems.



	NAME		BENEFITS
8	'Azeez	ٱلْعَزِيْرُ	Recite YAA 'AZEEZ especially after Fair salaa to gain honour and independence from creation and the ability to help others.
33	'Azheem	ٱلْعَظِيْمُ	Recite YAA AZHEEM frequently for success, honour and protection.
49	Baa'ith	ٱلْبَاعِثُ	Recite YAA BAAITH frequently to awaken the heart to Divine Guidance.
96	Baaqi	الباق	Recite YAA BAAQI to be granted constancy and to overcome fear.
12	Baari'	اَلْبَا _{عِ} ئُ	Recite YAA BAARI' frequently to make hard work easy.
21	Baasit	الْبَاسِطُ	Recite YAA BAASIT to attain peace of heart and be independent of others.
76	Baatin	ٱلْبَاطِنُ	Recite YAA BAATIN frequently to see the truth in things.
95	Badee'	ٱلۡبُرِيۡعُ	Recite YAA BADEE' to be able to resolve difficulties and increase understanding.
79	Barr	ٱلۡبَكُ	Recite YAA BARR frequently to regain health and strength after sickness. Also recite it for safety on travels.



	NAME		BENEFITS
27	Baseer	ٱلْبَصِيْرُ	Recite YAA BASEER to enlighten the heart and soul and to gain esteem.
91	Dhaarr	ٱلضَّاسُّ	Recite YAA DHAARR to dispel the storms in oneslife.
85	Dhul Jalaal wal Ikraam	ذُواالْجِلَلَالِوَ الْإِكْدَامِ	Recite YAA DHUL JALAAL WAS IKRAAM every day and whenever you are begging for something from Allah.
18	Fattaah	ٱلْفَتَّاحُ	Recite YAA FATTAAH frequently for success in every task and to open the heart to the truth.
14	Ghaffaar	اَلْغَفَّامُ	Recite YAA GHAFFAAR frequently for forgiveness of sins and increase in sustenance.
34	Ghafoor	ٱڵۼڡؙٛۅٞؿ	Recite YAA GHAFOOR frequently to gain relief from ailments, despair and despondency.
88	Ghaniy	ٱلۡغَنِيُ	Recite Yaa GHANIY to be independent and to be provided sustenance from the most unexpected places.
94	Haadi	اَلْهَادِی	Recite Yaa HAADI to make the right choices and to assist in remembering things.



	NAME		BENEFITS
38	Hafeezh	ٱڂۡٷؚؽڟ	Recite YAA HAFEEZH frequently to be protected from calamities and hostility.
28	Hakam	ٱلْحَكَمُ	Recite YAA HAKAM to know the hidden meaning of things.
46	Hakeem	ٱلْحَكِيْمُ	Recite YAA HAKEEM frequently to overcome difficulties.
32	Haleem	ٱلحَلِيْهُ	Recite YAA HALEEM to put anger into perspective and subside it. Recite it to restore affection
56	Hameed	ٱلْحَمِيْنُ	Recite YAA HAMEED frequently in times of difficulty and need to feel the Divine force within.
51	Haqq	ٱلْحَقَّ	Recite YAA HAQQ frequently to receive unexpected help and support. Also recite to find that which is lost.
40	Haseeb	ٱلْحَسِيْب	Recite YAA HASEEB for safety from problems and difficulties and from the cruelty or jealousy of other human beings.
62	Науу	ٱلحَيَّ	Recite YAA HAYY frequently for forgiveness, abundance, and a long life. Recite YAA HAYYUL QAYYUM together to make the impossible possible.



	NAME		BENEFITS
87	Jaami'	ٱلجَامِعُ	Recite YAA JAAMI if you have lost something or someone.
9	Jabbaar	ٱلجُبّاح	Recite YAA JABBAAR after Fair Salaa to be safe from hardship and to enforce repair of a broken heart. Some of the great scholars would supplicate "YAA JAABIRUL KASEER" when they were faced with overwhelming difficulty, meaning "Oh You who mends everything that is broken."
41	Jaleel	ٱلجُلِيْلُ	Recite YAA JALEEL to manifest the reality of things and to remove fear, worries and weakness from the heart.
37	Kabeer	ٱلْكَبِيْرُ	Recite YAA KABEER frequently to be cured of aliments and to gain self esteem.
42	Kareem	ٱلْكَرِيْمُ	Recite YAA KAREEM to be valued and be freed from debts.
22	Khaafidh	ٱلْخَافِض	Recite YAA KHAAFIDH for protection of harm from others.
11	Khaaliq	ٱلْحَالِقُ	Recite YAA KHAALIQ frequently to be rightly guided.
31	Khabeer	ٱلْحَبِيْدِ	Recite YAA KHABEER for freedom from bad habits.



	NAME		BENEFITS
30	Lateef	ٱللَّطِيْفُ	Recite YAA LATEEF frequently for healing from illnesses, relief from difficulties and pain in the body or soul. Reciting it in cycles of 129 repetitions is highly recommended.
65	Maajid	ٱلْمَاجِدُ	Recite YAA MAAJID frequently to enlighten the heart and to be understood by others.
84	Maalik al Mulk	مَالِكَ الْمُلْكِ	Recite YAA MAALIKUL MULK frequently to gain respect and increase in sustenance.
90	Maani'	اَلْمَانِعُ	Recite YAA MAANI' to help relieve pain and fear, for safety from danger and to install love in a family.
48	Majeed	ٱلۡمَجِؽۡڵ	Recite YAA MAJEED frequently to witness His Glory and to increase spiritual capacity.
3	Malik	الْمَلِكُ	Recite YAA MALIK after Fajr prayer to gain respect.
54	Mateen	اَلْمَتِيْنُ	Recite YAA MATEEN frequently to gain strength in difficult times. Recite it with YAA QAWIYY to assist the physical body to gain strength.



	NAME		BENEFITS
72	Muakhir	ٱلۡمُؤخِّرُ	Recite YAA MUAKHIR frequently to gain strength to avert that which is negative and to get an insight into one's weaknesses.
58	Mubdi'	ٱلْمُبُدِئُ	Recite YAA MUBDI' frequently to make the right decision when you are unsure.
89	Mughniy	ٱلْمُغَنِيُّ	Recite YAA MUGHNIY to cure sickness, to be selfsufficient and to eliminate nervous tension.
7	Muhaymin	ٱلْهُهَيْمِنُ	Recite YAA MUHAYMIN for all illuminated and pure heart.
57	Muhsi	ٱلْمُحْصِيُ	Recite YAA MUHSI frequently to remember things and to encourage acquisition of knowledge.
60	Muhyi	المُنْحُيْح	Recite YAA MUHYI frequently to remove burdens and for relief from chronic illness.
59	Mu'eed	<i>ٱ</i> ڰڿؽؙڶ	Recite YAA MU'EED frequently to find something that is lost and to get someone who is lost home safely.
24	Mu'izz	ٱلْمُعِزُّ	Recite YAA MU'IZZ for inner strength.



NAME			BENEFITS
44	Mujeeb	ٱلْمُجِيْب	Recite YAA MUJEEB frequently before asking for your needs.
6	Mu'min	اَلْمُؤْمِنُ	Recite YAA MU'MIN for safety from anguish and freedom from being egoistic.
61	Mumeet	ٱلْهُمِيْتُ	Recite YAA MUMEET frequently to control negative influences within and those from outside.
81	Muntaqim	ٱلْمُنْتَقِمُ	Recite YAA MUNTAQIM frequently when inflicted by suffering from a tyrannical person.
71	Muqaddim	ٱلْمُقَالِّمُ	Recite YAA MUQADDIM frequently to be able to successful in prioritising that which takes one to ones personal best.
39	Muqeet	ٱلۡمُقِيۡتُ	Recite YAA MUQEET frequently for safety on a journey. For Divine assistance in combating ill manners in a child, recite AL MUQEET 7x on water and give it to the child to drink.
86	Muqsit	اَلْمُقُسِطُ	Recite YAA MUQSIT for protection and to calm oneself and others when angry and depressed.



	NAME		BENEFITS
70	Muqtadir	ٱلْمُقُتَابِي	Recite YAA MUQTADIR frequently to become aware of the truth and act authentically.
13	Musawwir	ٱلْمُصَوِّمْ	Recite YAA MUSAWWIR frequently to make hard work easy.
78	Muta'aali	ٱلْمُتَعَالِيُ	Recite YAA MUTA'AALI frequently to gain strength to rise progressively and to be effective in meetings.
10	Mutakabbir	اَلْمُتَكَبِّرُ	Recite YAA MUTAKABBIR before every task to achieve success. Parents should recite YAA MUTAKABBIR for righteous children.
25	Muzhill	ٱلْمُذِلُّ	Recite YAA MUZHILL to avert tyranny and fear none but Allah.
92	Naafi'	ٱلنَّافِعُ	Recite YAA NAAFI' to relieve sadness and for success in every good action.
93	Nur	ٱلنُّوْمُ	Recite YAA NUR to remove sorrow and illuminate the heart. Also recite it if you are lost to find the right direction.
20	Qaabidh	ٱلْقَابِض	Recite YAA QAABIDH frequently for protection from tyranny and hunger.



	NAME		BENEFITS
69	Qaadir	ٱلْقَادِيْ	Recite YAA QAADIR frequently for fulfilment of desires and freedom from difficulties.
15	Qahhaar	ٱڵڠٙۿۜٵؽ	Recite YAA QAHHAAR frequently to subdue to monster within and attain peace. Recite to overcome enemies.
53	Qawiyy	ٱلْقَوِيُّ	Recite YAA QAWIYY frequently to have the strength to carry burdens, overcome anger and negative influences.
63	Qayyum	ٱلْقَيُّوْهُ	Recite YAA QAYYUM frequently for assistance in memory retention and to overcome laziness. Recite YAA HAYYUL QAYYUM together to make the impossible possible.
4	Quddoos	ٲڵڠؙڒؖٷڛٛ	Recite YAA QUDDOOS every day for relief from agitation and to expand the heart.
23	Raafi'	اَلرَّ افِعُ	Recite YAA RAAFI' to gain closeness to Allah and to reach one's personal best.
2	Raheem	ٱڵڗۜۧڿؽؙۿ	Recite YAA RAHEEM 100x after Fajr salaa to be safe and to find compassion from creation.



NAME			BENEFITS
1	Rahmaan	الرَّحْمان	Recite YAA RAHMAAN 110x after every salaa to lighten (free) a heavy heart
43	Raqeeb	ٱلرَّقِيْبُ	Recite YAA RAQEEB for Divine protection.
98	Rasheed	ٱلرَّشِيْنُ	Recite YAA RASHEED to complete tasks and to increase inner strength.
83	Ra'uf	ٱلرَّوُّفُ	Recite YAA RA'UF frequently to fill the heart with compassion and have access to the means to help those in need.
17	Razzaaq	ٱلرَّرَّاقُ	Recite YAA RAZZAAQ repeatedly for ease in increasing sustenance and to relieve anxiety.
99	Sabur	ٱلصَّبُوْرُ	Recite YAA SABUR for ease in difficulty and pain.
5	Salaam	السَّلامُ	Recite YAA SALAAM 100x for someone with an illness to heal and to be safe from all types of troubles.
68	Samad	ٱلصَّمَّلُ	Recite YAA SAMAD frequently for fulfilment of needs and to become independent.



	NAME		BENEFITS
26	Samee'	السَّمِيْعُ	Recite YAA SAMEE' to be 'heard' by others and for the fulfilment of wishes.
50	Shaheed	ٱلشَّهِيۡنُ	Recite YAA SHAHEED frequently to dispel bad habits, and open the heart to light and understanding.
35	Shakoor	ٱڵۺۜۘۜػٛۅٞؿ	Recite YAA SHAKUR frequently to lighten a heavy heart and to relieve suffering.
80	Tawwab	ٱلتَّوَّابُ	Recite YAA TAWWAAB frequently for repentance to be accepted. (The sign of accepted repentance is that one does not return to the sin again and its recollection leaves one's memory)
66	Waahid	ٱلْوَاحِدُ	Recite YAA WAAHID frequently to free oneself from fear and delusions.
64	Waajid	ٱلْوَاجِدُ	Recite YAA WAAJID frequently to strengthen the heart, find what you wish to find and keep it.
77	Waaliy	ٱلْوَالِيْ	Recite YAA WAALIY frequently when going through difficult times and are faced with problems that weigh upon you.



	NAME		BENEFITS
97	Waarith	ٱلْوَاسِتُ	Recite YAA WAARITH to make the right choices in life.
45	Waasi'	اَلْوَاسِعُ	Recite YAA WAASI' frequently to overcome being overwhelmed by responsibilities and to open doors to opportunities
47	Wadood	ٱڵۅٙڎۏڎ	Recite YAA WADOOD frequently to resolve differences.
16	Wahhaab	ٱلۡوَهَّابُ	Recite YAA WAHHAAB frequently to open doors that seem closed and to receive that which one wants desperately.
52	Wakeel	ٱلْوَكِيْلُ	Recite YAA WAKEEL frequently to be under Divine protection and receive Guidance to reach ones full potential.
55	Waliyy	ٱڵۅٙڸۣٵ	Recite YAA WALIYY frequently to get closer to Divinity and to remove material and spiritual barriers.
75	Zhaahir	ٱلظَّاهِرُ	Recite YAA ZHAAHIR frequently to see things which were hidden and solutions to problems.



