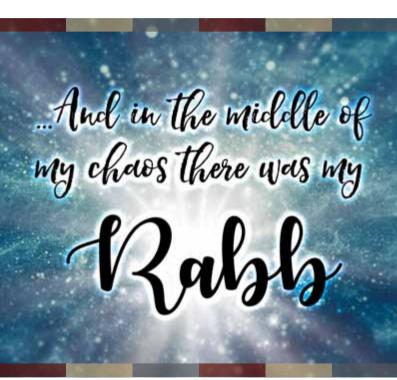
# Go to Duas





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#### **PREFACE**

There are times in life when anxiety washes over you, when you have to relearn how to live, when there's a worry that consumes you and a fear that overwhelms you. There is a continuous silent shattering of the heart that only you can hear. Nobody understands and there aren't enough words in any language to describe the pain.

You don't run out of tears, and you don't know where to go. It's accepting that it is what it is and there's no going back. It is when you are shattered and completely overwhelmed with indescribable crippling grief. Despite our best efforts, we want solace and a direction

The Qur'an and the Ma'sumeen have provided us with powerful Divine words and duas for such times. We have put together a selection of duas and ayaat of the Qur'an, recommended by the Ma'sumeen which we have called GO TO DUAS for when faced with such circumstances in your life.





26:62 WHEN SURROUNDED WITH DIFFICULTIES ٳۜۜٛڞؘڡٙۼۣؠ؆ؚۑ۪ٚڛؾۿؙۮؚؽڹ

...Surely my Lord is with me: He will show me a way out.
Followed by:

يَا اللهُ يَا حَيُّ يَا قَيُّوْمُ

O Allah, O The Ever-Living, O The Self-Existing

21:87 OVERCOME SADNESS AND TO FULFIL HAJAAT لاَ إِللهَ إِلاَّ اَنْتَ سُبُحٰنَكَ إِنِّى كُنْتُ مِنَ الظَّلِمِيْنَ

There is no god except You, Glory be to You, Indeed I have been unjust to myself.

21:83 RELIEF FROM ILLNESS آنِي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَمُحَمُّ الرَّ احِمِينَ

I have been afflicted and You are the most Merciful.



54:10 FOR DIRE NEED

# ى بِ أَيْ مَغُلُوثِ فَانْتَصِرُ

.....Indeed I am overcome, so help me.

SEEING THE SUBTLE MERCY IN CALAMITIES اَللَّهُمَّ اِنِّي لَا اَسْأَلُكَ مَدَّ الْقَضَاء وَلا كِنْ اَسْأَلُكَ لُطْفًا فِيْهِ

O Allah! I do not ask You to reverse Your decision but I ask You (to make apparent to me) Your Mercy in it.

2:214 SEEKING HELP FROM ALLAH ... مَتَى نَصُرُ اللهِ

When will the help of Allah come?



3:173 – 174 OVERCOME FEAR

### حَسُبْنَا اللهُ وَنِعُمَ الْوَكِيلُ

...Allah is sufficient for us and most excellent is the Protector.

40:44 OVERCOME FEAR OF AUTHORITY AND BETRAYAL وَاُفَوِّضُ اَمُرِي إِلَى اللهِ اِنَّ اللهَ اللهِ اِنَّ اللهَ بَصِيرٌ بِالْعِبَادِ

...and I entrust my affair to Allah, Surely Allah sees the servants.

27:62 RELIEVE DISTRESS أُمَّن يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكُشِفُ السُّوءَ

Who answers the distressed one when he calls upon Him and removes the evil,



DUA
NI'MAL
BADAL TAUGHT
TO UMM
SALAMA
BY THE
PROPHET
(PBUH)

إِنَّا لِللهِ وَإِنَّا اِلنَهِ مَاجِعُونَ اللَّهُمَّ اجْعَلَ لِيُ فَرَجًا وَ كَثَرِجًا وَ الْمُرُقَّنِيُ مِنْ حَيْثُ اَحْتَسِب وَمِنْ حَيْثُ لَا اَحْتَسِب بَحَقِّ مُحَمَّدٍ وَ آلِ مُحَمَّدٍ

We belong to Allah, and indeed to Him we will return.
O Allah! Grant me relief and a way out (from this distress)
Grant me a means of livelihood from where I expect, and from where I least expect.



### After every wajib salaa recite:

- Ayatul Kursi x 1
- Tasbee of Sayyida Fatima x 1
- Sura Al Ikhlaas x 3 times
- Salawaat x 3 times
- Last part of aya 2 and aya 3 of Sura Al Talaaq x 3 times

وَمَنْ يَّتَقِ اللَّهَ يَجْعَلْ لَّهُ مَخْرَجًا وَ يَرُرُقُهُ مِنْ حَيْثُ لاَ يَخْتَسِبُ وَمَنْ يَتَوَكَّلُ عَلَى اللهِ فَهُو حَسْبُهُ إِنَّ الله بَالِغُ امرِ فِقَلُ جَعَلَ اللهُ لِكُلِّ شَيْءٍ قَلْ بًا

...and whoever is careful of (his duty to) Allah, He will make for him an outlet,
And give him sustenance from whence he thinks not; and whoever trusts in Allah, He is sufficient for him; surely Allah attains His purpose; Allah indeed has appointed a measure for everything. 65:2,3

#### BETTER THAN ALCHEMY



12:18 & 21:112 WHEN FACED WITH FALSEHOOD PRESENTED AS TRUTH

### وَاللَّهُ الْمُسْتَعَانُ عَلَىٰ مَا تَصِفُونَ

Allah is He Whose help is sought for against what you describe.

36:58 RECITE 70x WHEN FEELING INSECURE AND UNSAFE

سَلَامٌ قَوْلًا مِنْ تَرَبِّ تَرَجِيْمٍ

Peace! a word from the All-Merciful Lord.

33:56 SALAWAAT A REMEDY FOR EVERYTHING اَللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ اللهُ اللَّهُمَّ مَا اللهُمَّةِ اللَّهُمَّةِ اللَّهُمَّةِ اللَّهُمَّةِ اللّ

O Allah! Send blessings on Muhammad and his Ahlulbayt).



DUA OF
IMAM
MAHDI 3x
FOR EASE
OF GREAT
DIFFICULTIES

بِسُمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ يَامَالِكَ الرِّقَابِ وَيَا هَازِمَ الأخزاب يَامُفَتِّحَ الْأَبُوابِ يَا مُسَبِّب الأشباب سَبِّ لِنَا سَبَبًا لِانْسَتَطِيْعُ لَهُ طَلَبًا بِحَقّ لَا اِللَّهَ اللَّهُ اللَّهُ مُحَمَّدٌ ٪َسُولُ اللهِ (صَلَّى اللهُ عَلَيْهِ وَ عَلَى اللهِ أَجْمَعِينَ)

O The Owner of the enslaved O The One Who is victorious over all factions O The One Who opens doors

O The Cause of all causes Plan for the one not capable to seek it (in a way I cannot even imagine)

In the name of Laa ilaaha illallah Muhammadur Rasulullah



### DUA FOR DESPERATION

Ilaahiy kayfa ad'uka Recite 100 x with 11 salawaat before and after. (Dua on page 27)

28:10 STRENGTHEN THE HEART وَاصِّبَحَ فُؤَادُ أُمِّهُمُوسَى فَارِغًا إِنَّ كَادَتُ لَثُبُدِي بِهِ لَوْلَا اَنْ رَبَطُنَا عَلَى قَلْمِهُ التَّكُونَ مِنَ الْمُؤْمِنِينَ عَلَى قَلْبِهَا لِتَكُونَ مِنَ الْمُؤْمِنِينَ

And the heart of Musa's mother was free (from anxiety) she would have almost disclosed it had We not strengthened her heart so that she might be of the believers. 28:10
Reflecting on this verse of the Qur'an and the verse from Dua Mashlool

يَا مَنْ رَبَطَ عَلَى قَلْبِ أُمِرِ مُوسَى

O He Who strengthened the heart of Musa's mother, Dua Mashlool.



28:24 DUA FOR DESPERATION (BANKRUPTCY) ؆ؚٮؚؚٳڐۣۣٚڸؠٙٵٚٲڹ۫ۯؘڷؾٳڲۜڡؚڽؙۼؽؙڔٟ ۘ ڡؘۼڽٷ

Rabb! Indeed I need whatever You send down of goodness.

DUA FOR STRENGTH 4 ATTRIBUTES OF ALLAH يَا قَادِمُ الْمُقَدِّمُ الْقَوِيُّ الْقَائِم

The Mighty, the Powerful, the Strong, the Ever-Present

FOR RELIEF FROM WORRY يَاحَيُّ يَا قَيُّوُم اَسْتَغُفِرُ اللّٰهَ بِرَحْمَتِكَ اَسْتَغِيْثُ

The Ever-Living, the Self-existing. I seek forgiveness of Allah. Through Your mercy I plead for Your help.



33:3 TRUSTING DIVINITY وَتَوَكَّلُ عَلَى اللَّهِ وَكَفَىٰ بِاللَّهِ وَكِيلًا

and trust in Allah, and Allah is sufficient as a protector.

71:10-12 SEEKING FORGIVENESS ٱسۡتَغۡفِرُ اللّٰهَ رَبِّيۡ وَ ٱتُّوۡبُ اِلَّٰهِ ِ

(I see forgiveness from Allah, my Rabb, and I turn repentant to Him)

ONLY HE UNDERSTANDS

يَا رَبِّ يَا رَحْمُنِ يَا رَوُّف يَا رَجِيُم يَا وَدُوْد يَا سَلَام

O My Rabb, O Beneficent One, O Clement One, O Compassionate One, O Loving One, O Giver of peace



DUA OF PROPHET (PBUH) AT BADR

ٱللَّهُمَّ ٱنْتَ ثِقَتِي فِي كُلِّ كَرُبٍ، وَ ٱنۡتَ ىَجَائِيۡ فِي كُلِّ شِكَّةٍ، وَٱنۡتَ لِيُ فِي كُلِّ اَمُرِ نَزَلَ بِيُ ثِقَةٌ وَعُلَّةٌ فَكَمُ مِنُ كَرُبِ بِضَعُفِ فِيْهِ الْفَوَادُو تَقَلُّ فِينِهِ الْجِيْلَةِ، وَيُخْذَلُ فِيْهِ الْقَرِيْبِ، وَيَشُمُتُ بِهِ الْعَلُوُّ وَتَعِيَا فِيْهِ ٱلْأُمُونُ، ٱنْزَلْتُهُ بِكَ وَ شَكُوْتَهُ إِلَيْكَ، رَاغِبًا فِيْهِ إِلَيْكَ، عَمَّنُ سِوَاكَ فَفَرَّجْتَهُ وَكَشَفْتَهُ عَنِّيْ، وَ كَفَيْتَنِيْهِ، فَأَنْتَ وَلِيٌّ كُلّ نِعُمَةٍ وَصَاحِبُ كُلِّ حَاجَةٍ، وَ مُنْتَهِىٰ كُلِّ ىَغَبَةٍ، فَلَكَ الْحُمُنُ

O Allah, You are my trust in every distress, and my hope in every difficulty. And You are for me in every matter that descends on me, a support and preparation. Then how many are the sorrows that weaken the hearts and the lack of solutions and all the near ones desert and the enemies taunt by it and all the affairs become helpless. I leave all of it on You and I complain about it to You, and I refer it to You. Who else is there besides You? Make it easy and take it away from me. And You are sufficient for it. Then You are the giver of all the bounties and the fulfiller of all the needs and the aim of all entreaties. Then exceeding praise is for You...

WHEN FACED WITH A WORRISOME TASK

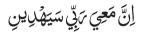
Dua no. 7 – Sahifatus Sajjadiyya (Dua on page 38)

FOR RELIEF FROM ALL DIFFICULTIES

Sura Al Mujaadila (Sura on page 42)



# DUA FOR WHEN SURROUNDED WITH DIFFICULTIES WITH NO WAY OUT



...Surely my Lord is with me: He will show me a way out. 26:62

Dua recited by Prophet Musa (pbuh) when he parted the Red Sea.

When in any difficulty from which there appears to be no way out, recite this aya as well as the following:

O Allah, O The Ever-Living, O The Self-Existing





# DUA TO OVERCOME SADNESS AND FULFIL HAJAAT

# لاَ إِلٰهَ إِلاَّ اَنْتَ سُبُحْنَكَ إِنِّي كُنْتُ مِنَ الظَّلِمِيْنَ

There is no god except You, Glory be to You, Indeed I have been unjust to myself. 21:87

This dua, known as Ayatul Kareema, was recited by Prophet Yunus (pbuh) whilst in the belly of whale. Recite it for fulfilment of hajaat.

- Recite 121x after Fajr salaa for 40 days to achieve the impossible
- Recite a 2 rakaat salaa after midnight. On completing recite 730x to remove grief
- Recite a 2 rakaat salaa and after completing recite 200x in sajda for any sort of worry.





### **DUA FOR RELIEF FROM ILLNESS**

# أَيِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ آمْحَمُ الرَّاحِمِينَ

I have been afflicted and You are the most Merciful. 21:83

Dua recited by Prophet Ayyub (pbu) when he was afflicted by illness.

Imam Ja'far as Sadiq (pbuh) recommends this dua whenever a person is sick or is facing hardships.





#### **DUA FOR DIRE NEED**

### ى بِ أَيِّ مَغُلُوثِ فَانْتَصِرُ

.....Indeed I am overcome, so help me. 54:10

In life there are times when we experience feeling trapped with no way out. We face criticism from those who don't appreciate our capabilities and constantly belittle. Recite this dua for relief from this negativity.

It was recited by Prophet Nuh (pbuh) when he was being mocked, belittled, and humiliated by his people. This continued for 950 years. Even then he didn't focus on the problem but on Divinity and asked for His help.





# SEEING THE SUBTLE MERCY IN CALAMITIES

اَللَّهُمَّ إِنِّي لاَ اَسَالُكَ رَدَّ الْقَضَاء وَلا كِنَ اَسَالُكَ لَكُ اللَّهُمِّ الْفَضَاء وَلا كِنَ اَسَالُكَ لَطُفًا فِنه

O Allah! I do not ask You to reverse Your decision but I ask You (to make apparent to me) Your Mercy in it

There are times in life when you've done the best you can and yet something happens that doesn't make sense. Recite this dua to be able to have the ability to see His wisdom in everything that happens.

... and it may be that you dislike a thing while it is good for you, and it may be that you love a thing while it is evil for you,... 2:216





### DUA FOR SEEKING HELP FROM ALLAH

مَنْي نَصُرُ اللهِ

...When will the help of Allah come...2:214

When you're stuck and don't think your duas are being answered, recited this. The verse immediately after is the response from Divinity that help is near. Recite this and know that your duas are not going unanswered and have trust in Him that He will respond in the right way.





#### **DUA TO OVERCOME FEAR**

### حَسُبُنَا اللهُ وَنِعُمَ الْوَكِيلُ

...Allah is sufficient for us and most excellent is the Protector. 3:173

There are times in life when we are gripped with fear, whether it's real or just in our mind, and we are consumed with overthinking, recite this aya and believe that Allah is enough for us.





# DUA TO OVERCOME FEAR OF AUTHORITY AND BETRAYAL

وَ أُفَوِّ صُ اَمْرِي إِلَى اللهِ إِنَّ اللهَ بَصِيرٌ بِالْعِبَادِ

...and I entrust my affair to Allah, Surely Allah sees the servants. 40:44

There is a shattering of our heart, when the most important person/people in our life betray us. The hurt caused by this can be very deep. In such instances when you feel shattered, deceived, or betrayed recite this dua.

Hizkeel, known as Mu'min Aal Firawn, was Firawn's treasurer and cousin who stood up for Prophet Musa (pbuh). He challenges Firawn's opposition with Prophet Musa (pbuh) and ends with this verse. Allah's response to this verse is that he protects his servant from Firawn's plan and sends down a painful punishment to Firawn.





#### **DUA TO RELIEVE DISTRESS**

### أَمَّن يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكُشِفُ السُّوءَ

Who answers the distressed one when he calls upon Him and removes the evil, 27:62

This aya is a questions that asks Who is there to respond and remove the difficulties of the one who calls out.

This statement tells you that whenever you are stuck in a difficulty with no recourse, know that the One Who is able to remove it is none other than Allah.

Recite this aya to alleviate difficulties.



#### **DUA NI'MAL BADAL**

Dua of Umm Salama, taught to her by the Prophet (pbuh), when she was struggling to make ends meet after the death of her husband

We belong to Allah, and indeed to Him we will return.

O Allah! Grant me relief and a way out (from this distress)

Grant me a means of livelihood from where I expect, and from where I least expect.





#### BETTER THAN ALCHEMY

On a visit to Mashad, Ayatullah Khomeini met the scholar and Ayatullah Hasanali Isfahani (Nakhudaki) and asked him if he could teach Ayatullah Khomeini the knowledge of alchemy. Ayatullah Nakhudaki replied that the knowledge of alchemy can be abused and therefore he will teach Ayatullah Khomeini something that is better than alchemy.

#### After every wajib salaa recite:

- Ayatul Kursi x 1
- Tasbee of Sayyida Fatima x1
- Sura Al Ikhlaas x3
- Salawaat x3
- Last part of aya 2 and aya 3 of Sura Al Talaaq x 3

...and whoever is careful of (his duty to) Allah, He will make for him an outlet,

And give him sustenance from whence he thinks not; and whoever trusts in Allah, He is sufficient for him; surely Allah attains His purpose; Allah indeed has appointed a measure for everything. 65:2,3



# WHEN FACED WITH FALSEHOOD PRESENTED AS TRUTH

... وَاللَّهُ الْمُسْتَعَانُ

Allah is He Whose help is sought...12:18, 12:112

When you are trying really hard to get to your personal best but continue to experiencing difficulty; when falsehood is presented as truth, recite this dua.

It was recited by Prophet Ayyub (pbuh) as well as Prophet Yaqub (pbuh) when his sons brought the bloodied shirt of Prophet Yusuf (pbuh).





# WHEN FEELING INSECURE AND UNSAFE

سَلَامٌ قَوْلًا مِّنْ تَرَبِّ تَرَجِيْمٍ

Peace! a word from the All-Merciful Lord. 36:58

Peace here is absolute safety and security directly from Allah for every kind of trouble, insecurities, pain, etc. Recite 70x when feeling insecure and unsafe.





### SALÁWAAT - A REMEDY FOR EVERYTHING

### ٱللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ

O Allah! Send blessings on Muhammad and his Ahlulbayt).

Salawaat - A universal dua recited for absolutely anything. Aya 56 of Sura Al Ahzaab is an instruction to send salawaat to the Prophet and his Ahlulbayt just as Allah and His angels do.

إِنَّ اللَّهَ وَمَلَّائِكَتَهُ يُصَلُّونَ عَلَى النَّبِيِّ يَا أَيُّهَا الَّذِينَ آمَنُوا صَلُّوا عَلَيْهِ وَسَلِّمُوا تَسُلِيمًا

Surely Allah and His angels bless the Prophet; O you who believe! Call for (Divine) blessings on him and salute him with a (becoming) salutation. 33:56





# DUA OF IMAM MAHDI (PBUH) FOR EASE OF GREAT DIFFICULTIES

Recite 3x

بِسُمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

يَامَالِكَ الرِّقَابِ وَيَا هَازِمَ الْآحْزَابِ

يَامُفَتِّحَ الْآبُوَابِ يَا مُسَبِّبَ الْآسُبَابِ

سَبِّبُ لَنَا سَبَبًا لَا نَسْتَطِيْعُ لَهُ طَلَبًا

بِحَقِّ لَا اللهَ اللَّ اللهُ مُحَمَّدٌ رَّسُولُ اللهِ

رصَلَى الله عَلَيْهِ وَ عَلَى اللهِ اَجْمَعِيْنَ)

- O The Owner of the enslaved
- O The One Who is victorious over all factions
- O The One Who opens doors
- O The Cause of all causes

Plan for the one not capable to seek it (in a way I cannot even imagine)

In the name of Laa ilaaha illallah Muhammadur Rasulullah



#### **DUA FOR DESPERATION**

Recite 100x with 11 salawaat before and after.

اِلْهِي كَيْفَ اَدُعُوُكَ واَنَا اَنَا وكَيْفَ اَقْطَعُ يَجَائِيُ مِنْكَ واَنْتَ اَنْتَ

O God! How can I call on You for I am insignificant me? How can I cut off hope in You for You are (the Awesome) You?

اِلْهِيُ اِذَا لَمْ اَسْئَلُكَ فَتُوْ طِيْنِيُ فَمَنْ ذَا الَّذِي اَسْئَلُهُ فَيُعْطِيْنِيُ

O God! (even) when I did not ask from You, You gave me. So who else would I ask from and be granted but You?

الْمِيُ اِذَا لَمُ اَدُعُوْكَ فَتَسْتَجِيْبُ لِيُ فَمَنُ ذَا الَّذِيُ الَّذِيُ الَّذِيُ الَّذِيُ الَّذِيُ

O God! (even) when I did not call out, You answered me. So who else would I call out to but You who would answer me?



# 

O God! (even) when I did not plead to you, You had mercy on me. So who else would I plead to but You and would be shown mercy to?

### اللمِيُ فَكَمَا فَلَقُتَ الْبَحْرَ لِمُوْسَى عَلَيْهِ السَّلَامُ ونَجَّيْتَهُ

O God! Just as You parted the sea for Musa (pbuh) and saved him,

### ٱسْئَلُكَ أَنْ تُصَلِّي عَلَى مُحَمَّدٍ وَال مُحَمَّدٍ

I ask You to send blessings on Muhammad and the family of Muhammad



# واَنُ تُنَجِّيَنِيُ مِمَّا اَنَا فِيُهِ وَتُفَرِّجَ عَنِي فَرَجًا عَاجِلًا غَايُرَ اجِلٍ

And come to my aid, and relieve me from my difficulties as quickly as possible, without delay,

### بِفَضُلِكَ وبِرَحْمَتِكَ يَا أَنْحَمَ الرّاحِمِينَ

Through Your kindness, through Your mercy, O the most merciful





### STRENGTHENING THE HEART

# وَ اَصْبَحَ فُؤَادُ أُمِّهُ مُوسَى فَامِغًا إِنْ كَادَتُ لَتُبْدِي بِهِ لَوَ اَلْمُؤْمِنِينَ لِهِ لَوَلَا اَنْ كَادَتُ لَتُبْدِي بِهِ لَوَلَا اَنْ مَبَطْنَا عَلَى قَلْبِهَا لِتَكُونَ مِنَ الْمُؤْمِنِينَ

And the heart of Musa's mother was free (from anxiety) she would have almost disclosed it had We not strengthened her heart so that she might be of the believers. 28:10

Reflecting on this verse of the Qur'an and the verse from Dua Mashlool.

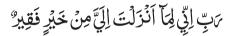
O He Who strengthened the heart of Musa's mother, Dua Mashlool

Allah strengthens the heart of the mother of Musa so that she is able to protect her child.





# DUA OF DESPERATION (BANKRUPTCY)



Rabb! Indeed I need whatever You send down of goodness. 28:24

A dua for desperation when you are stuck with nothing to fall back on. It was recited by Prophet Musa (pbuh) after he escaped Egypt after he mistakenly killed someone and got to Madain where he helped some ladies to collect water. The moral is that you ask Allah to provide you with an opportunity to do a good deed, which in turn will alleviate your difficulties.





# DUA FOR STRENGTH 4 ATTRIBUTES OF ALLAH



The Mighty, He Who makes anything happen, the Strong, the Ever-Present

4 Attributes of Allah which signify strength. There are times when we don't have the strength to continue whether it is physical, mental, spiritual, or emotional. Whenever you feel this way, recite these 4 attributes of Allah.





#### FOR RELIEF FROM WORRY

### يَاحَيُّ يَا قَيُّوْم اَسْتَغُفِرُ اللَّهَ بِرَحْمَتِكَ اَسْتَغِيْثُ

The Ever-Living, the Self-existing. I seek forgiveness of Allah. Through Your mercy I plead for Your help.

Dua for relief from worry, taught to Sayyida Fatima Zahra (pbuh) by Rasulullah (pbuh). She used the Asmaaul Husna mentioned in this dua many times.





#### TRUSTING DIVINITY

# وَتَوَكُّلُ عَلَى اللَّهِ وَكَفَىٰ بِاللَّهِ وَكِيلًا

and trust in Allah, and Allah is sufficient as a protector. 33:3

Many times, we feel we are in a storm and unable to control the circumstances surrounding us. It is important to have a mindset that no one can control us except Allah. In such instances, place your trust in Allah and recite this aya. Seek help through sabr and salaa. Do your best and leave the rest to Him.





#### **DUA FOR FORGIVENESS**

### ٱسْتَغْفِرُ اللهَ رَبِّيْ وَ ٱتُّوْبِ اِليَّهِ

I see forgiveness from Allah, my Rabb, and I turn repentant to Him. 71:10-12

One of the most repeated dua/phrase which literally solves all problems. No matter how far we astray we go, there is no place too far for His mercy to reach.

Istighfaar and tawbaa is the greatest gift from Allah. It is to asking Him to protect us from ourselves and the mistakes we make. A protection from distractions. It was the first dua from the human being, recited by Prophet Adam (pbuh).

When we recite this, we are actually telling Allah "Yaa Allah, I am turning back to You and starting from a position I was before I did the wrong."





# ONLY HE UNDERSTANDS 6 ATTRIBUTES OF ALLAH

### يَا رَبِّ يَارَحُمْنِ يَا رَوُف يَا رَجِيْم يَا وَدُوْد يَا سَلام

O My Rabb, O Beneficent One, O Clement One, O Compassionate One, O Loving One, O Giver of peace.

The combination of these attributes form a dua that can be recited when we feel that nobody understands what we are going through. The indescribable grief or pain that only Allah understands.

Recite these Asmaaul Husna to call upon Him to ask for His softness when you are feeling fragile and need His mercy as nobody understands what you are going through. You need peace of heart and His love.





#### **DUA OF PROPHET AT BADR**

Dua recites by Prophet Muhammad (pbuh) at the battle of Badr when it was apparent that there was no comparison between his army of 313 and that of the Quraysh which totalled more than 1000. Allah's response is revealed in verse 9 of Sura Al Anfaal.

Recite when you are faced with circumstances where we don't know what to do.

O Allah, You are my trust in every distress,

and my hope in every difficulty

And You are for me in every matter that descends on me, a support and help.



فَكَمْ مِنْ كَرْبِ بِضَعْفِ فِيْهِ الْفَوَّادُ وَتَقَلَّ فِيْهِ الْجَيْلَةِ، وَيُغَذَلُ فِيْهِ الْجَيْلَةِ،

Then how many are the sorrows that weaken the hearts and the lack of solutions and all the near ones desert

### وَ يَشُمُتُ بِهِ الْعَدُوُّ، وَ تَعِيَا فِيْهِ ٱلْأُمُورُ

and the enemies taunt by it and all the affairs become helpless.

I leave all of it on You and I complain about it only to You, and I turn towards You.

عَمَّنُ سِوَ اكَ

Who else is there besides You?

Make it easy and take it away from me. And You are sufficient for it.



Then You are the giver of all the bounties and the fulfiller of all the needs

And You are the One Who sorts out every problem.

Then exceeding praise is for You...



### DUA NO 7 SAHIFATUS SAJJADIYYA

When faced with a worrisome task or when misfortune descends and at the time of distress.

يَا مَنُ ثُعَلُّ بِهِ عُقَدُ الْمَكَارِةِ، وَيَا مَنُ يَفُقَأُ بِهِ حَدُّ الشَّدَ الْمَخَرَجُ إِلَى رَوْحِ الشَّدَ الْمَخْرَجُ إِلَى رَوْحِ الْفَرَجِ الْفَرَجِ

O He through whom the knots of detested things are untied! O He through whom the cutting edge of hardships is blunted! O He from whom is begged the outlet to the freshness of relief!

ذَلَّتُ لِقُدُى َ رَبِكَ الصِّعَابِ، وَتَسَبَّبَتُ بِلُطُفِكَ الْاَسُبَاكِ، وَجَرَى بِقُدى رَبِكَ الْقَضَاءُ وَمَضَتُ عَلَى الْاَسْبَاكِ، وَجَرَى بِقُدى رَبِكَ الْقَضَاءُ وَمَضَتُ عَلَى الرَّسُيَاءُ

O He through whom the knots of detested things are untied! O He through whom the cutting edge of hardships is blunted! O He from whom is begged the outlet to the freshness of relief!



فَهِي مِمَشِيَّتِكَ دُونَ قَوُلِكَ مُؤْتَمِرَةٌ ، وَبِإِمَا اَرَتِكَ دُونَ هَمُيِكَ مُنْزَجِرَةٌ

By Your desire they follow Your command without Your word and by Your will they obey Your bans without Your prohibition.

آنْتَ الْمَنْعُوُّ لِلْمُهِمَّاتِ، وَ آنَتَ الْمَفْزَعُ فِي الْمُلِمَّاتِ، لَا يَنْدَفِعُ مِنْهَا اِلَّامَا دَفَعُتَ، وَلَا يَنْكَشِفُ مِنْهَا اِلَّامَا كَشَفْتَ

You are the supplicated in worries, and the place of flight in misfortunes; none of them is repelled unless You repel, none is removed unless you remove.

وَقَنُ نَزَلَ بِي يَا مَتِ مَا قَنُ تَكَأَّدَنِي ثِقُلُهُ ، وَ اللَّهِ بِي مَا قَدُ بَهَظِنِي حَمُلُهُ

Upon me has come down, My Lord, something whose weight burdens me and upon me has fallen something whose carrying oppresses me.



# وَبِقُدُى ٓ يَتِكَ أَوۡىٓ دَتَهُ عَلَيَّ وَبِسُلَطَانِكَ وَجَّهۡتَهُ إِلَيَّ

Through Your power, You have brought it down upon me and through Your authority You have turned it toward me.

فَلَا مُصُدِى لِمَا أَوْرَدُتَ ، وَلاَ صَابِكَ لِمَا وَجَّهُتَ لَا فَاتِحَ لِمَا أَغُلَقُتَ ، وَلا مُغُلِقَ لِمَا فَتَحْتَ ، وَلا مُيَسِّرَ لِمَا عَسَّرُتَ ، وَلا نَاصِرَ لِمَنْ خَذَلْتَ

None can send away what You have brought, none can deflect what You have turned, none can open what You have closed, none can close what You have opened, none can make easy what You have made difficult, none can help him whom You have abandoned.



فَصَلِّ عَلَى مُحَمَّدٍ وَ آلِهِ ، وَ افْتَحُ لِي يَا مَتِ بَابَ الْفَرَجِ بِطَوْلِكَ ، وَ اكْسِرُ عَنِّي سُلُطَانَ الْهَوِّ بِحَوْلِكَ ، وَ أَنِلْنِي حُسُنَ النَّظُرِ فِيمَا شَكَوْتُ ، وَأَذِقْنِي حَلَاوَةَ الصَّنْعِ فِيمَا سَأَلْتُ ، وَهَبْ لِي مِنْ لَكُنْكَ مَحْمَةً وَفَرَجاً هَنِيئاً وَ اجْعَلْ لِي مِنْ عِنْدِكَ مُحَرَّجاً وَحِيًّا

So bless Muhammad and his Household, open for me, my Lord, the door of relief through Your graciousness, break from me the authority of worry by Your strength, confer the beauty of Your gaze upon my complaint, let me taste the sweetness of benefaction in what I ask, give me from Yourself mercy and wholesome relief, and appoint for me from Yourself a quick way out!

وَلَاتَشُغَلْنِي بِالْإِهْتِمَامِ عَنْ تَعَاهُدِ فُرُوضِكَ، وَ سُتِعُمَالِ سُنَّتِكَ

Distract me not through worry from observing Your obligations and acting in accordance with Your prescriptions.



نَقَلُ ضِقُتُ لِمَا نَزَلَ بِي يَا رَبِّ ذَرُعاً ، وَ امْتَلَأْتُ الْقَادِمُ عَلَى كَشْفِ الْحَمْلِ مَا حَدَثَ عَلَيَّ هُمَّاً ، وَ أَنْتَ الْقَادِمُ عَلَى كَشْفِ مَا مُنِيتُ بِهِ ، وَ دَفْعِ مَا وَقَعْتُ فِيهِ فَافْعَلُ بِي ذَلِكَ وَ إِنْ لَكُ أَسْتَوْجِبُهُ مِنْكَ ، يَا ذَا الْعَرُشِ الْعَظِيمِ

My capacity has been straitened, my Lord, by what has come down on me, and I am filled with worry by carrying what has happened to me, while You have power to remove what has afflicted me and to repel that into which I have fallen. So do that for me though I merit it not from You, O Possessor of the Mighty Throne!



#### SURA AL MUJAADILA

A woman was able to change an ingrained Arab custom by talking to Allah & the Prophet (pbuh) (they heard her heart).

Recite this sura for help in:

- Ease from restlessness
- Protection form all difficulties
- Cure from all illnesses

Imam Ja'fer As Sadiq (pbuh)

(I begin) in the name of Allah, the Beneficent, the Merciful

Allah indeed knows the plea of her who pleads with you about her husband and complains to Allah, and Allah knows the contentions of both of you; surely Allah is Hearing, Seeing. 58:1



ٱلَّذِينَ يُظَاهِرُونَ مِنْكُمْ مِنْ نِسَآئِهِمْ مَا هُنَّ أُمَّهَا قِمْ إِنْ أُمَّهَا قُمْمُ إِلَّا اللَّائِي وَلَلُ قَمْمُ وَإِنَّكُمْ لَيَقُولُونَ مُنْكَرًا مِنَ الْقَوْلِ وَرُومًا وَإِنَّ اللَّهَ لَعَفُو عَفُومٌ

(As for) those of you who put away their wives by likening their backs to the backs of their mothers, they are not their mothers; their mothers are no others than those who gave them birth; and most surely they utter a hateful word and a falsehood and most surely Allah is Pardoning, Forgiving. 58:2

وَالَّذِينَ يُظَاهِرُونَ مِنُ نِسَآئِهِمْ ثُمَّ يَعُودُونَ لِمَا قَالُوا فَتَحُرِيرُ مَقَبَةٍ مِنْ قَبُلِ أَنْ يَتَمَاسًا ۚ ذَٰلِكُمْ تُوعَظُونَ بِهِ وَاللَّهُ مِمَا تَعُمَلُونَ خَبِيرٌ

And (as for) those who put away their wives by likening their backs to the backs of their mothers then would recall what they said, they should free a captive before they touch each other; to that you are admonished (to conform); and Allah is Aware of what you do. 58:3

فَمَنُ لَمُ يَجِدُ فَصِيَامُ شَهُرَيُنِ مُتَتَابِعَيْنِ مِنُ قَبُلِ أَنُ يَتَمَاسًا فَمَنُ لَمُ يَسْتَطِعُ فَاطْعَامُ سِتِّينَ مِسْكِينًا ذَٰلِكَ. لِتُؤْمِنُوا بِاللهِ وَرَسُولِهِ وَتِلْكَ حُدُودُ اللهِ وَلِلْكَافِرِينَ عَذَابُ الِيمٌ

But whoever has not the means, let him fast for two months successively before they touch each other; then as for him who is not able, let him feed sixty needy ones; that is in order that you may have faith in Allah and His Messenger, and these are Allah's limits, and the unbelievers shall have a painful punishment. 58:4

إِنَّ النَّذِينَ يُحَادُّونَ اللَّهَ وَرَسُولَهُ كُبِتُوا كَمَا كُبِتَ النَّذِينَ مِنُ قَبُلِهِمْ وَقَدُ اَنْزَلْنَا آيَاتٍ بَيِّنَاتٍ وَلِلْكَافِرِينَ عَذَابٌ مُهِينٌ

Surely those who act in opposition to Allah and His Messenger shall be laid down prostrate as those before them were laid down prostrate; and indeed We have revealed clear communications, and the unbelievers shall have an abasing chastisement. 58:5



## يَوْمَ يَبْعَثُهُمُ اللهُ جَمِيعًا فَيُنَبِّئُهُمْ بَمَا عَمِلُو الَحْصَاهُ اللهُ وَنَسُوهُ وَاللهُ عَلَى كُلِّ شَيْءٍ شَهِيلٌ

On the day when Allah will raise them up all together, then inform them of what they did: Allah has recorded it while they have forgotten it; and Allah is a witness of all things. 58:6

اَلَمُ تَرَ اَنَّ اللَّهَ يَعُلَمُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ اللَّهُ مَا فِي الْأَرْضِ مَا يَكُونُ مِنْ نَجُواى ثَلَاثَةٍ اللَّاهُوَ رَابِعُهُمُ وَلاَ خَمُسَةٍ اللَّاهُوَ سَادِسُهُمُ وَلاَ أَدُنْ مِنْ ذَلِكَ وَلاَ اكْثَرَ اللَّهُومَ عَهُمُ الْفَوَ سَادِسُهُمُ وَلاَ أَدُنْ مِنْ ذَلِكَ وَلاَ اكْثَرَ اللَّهُ هُو مَعَهُمُ اللَّهُ مِنَا عَمِلُوا يَوْمَ الْقِيَامَةِ إِنَّ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ

Do you not see that Allah knows whatever is in the heavens and whatever is in the earth? Nowhere is there a secret counsel between three persons but He is the fourth of them, nor (between) five but He is the sixth of them, nor less than that nor more but He is with them wheresoever they are; then He will inform them of what they did on the day of resurrection: surely Allah is Cognizant of all things. 58:7

اَلَمُ تَرَ إِلَى الَّذِينَ هُوا عَنِ النَّجُواى ثُمَّ يَعُودُونَ لِمَا هُوا عَنْهُ وَيَتَنَاجَوْنَ بِالْرِثُمِ وَالْعُدُوانِ وَمَعْصِيتِ الرَّسُولِ وَ إِذَا جَاءُوكَ حَيَّوُكَ مِمَا لَمُ يُحَيِّكَ بِهِ اللهُ وَيَقُولُونَ فِي اَنْفُسِهِمُ لَوْلا يُعَذِّبُنَا اللهُ مِمَا نَقُولُ حَسُبُهُمْ جَهَنَّمُ يَصْلَوْهَا فَبِئْسَ الْمَصِيرُ

Have you not seen those who are forbidden secret counsels, then they return to what they are forbidden, and they hold secret counsels for sin and revolt and disobedience to the Messenger, and when they come to you they greet you with a greeting with which Allah does not greet you, and they say in themselves: Why does not Allah punish us for what we say? Hell is enough for them; they shall enter it, and evil is the resort. 58:8



O you who believe! when you confer together in private, do not give to each other counsel of sin and revolt and disobedience to the Messenger, and give to each other counsel of goodness and guarding (against evil); and be careful of (your duty to) Allah, to Whom you shall be gathered together. 58:9

إِنَّمَا النَّجُوى مِنَ الشَّيْطَانِ لِيَحْرُنَ الَّذِينَ الْمَنُوا وَلَيُسَ بِضَايِّهِمُ شَيْئًا اللَّهِ بِأَذْنِ اللهِ وَعَلَى اللهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

Secret counsels are only (the work) of the Shaitan that he may cause to grieve those who believe, and he cannot hurt them in the least except with Allah's permission, and on Allah let the believers rely. 58:10



يَا أَيُّهَا الَّذِينَ الْمَنُوا إِذَا قِيلَ لَكُمُ تَفَسَّحُوا فِي الْمَجَالِسِ فَافُسَحُوا يَفُسَحِ اللَّهُ لَكُمُّ وَإِذَا قِيلَ انْشُرُوا فَانْشُرُوا يَرُفَعِ اللَّهُ الَّذِينَ الْمَنُوا مِنْكُمُ وَالَّذِينَ اُوتُوا الْعِلْمَ دَرَجَاتٍ وَاللَّهُ مِمَا تَعُمَلُونَ خَبِيرٌ

O you who believe! when it is said to you, Make room in (your) assemblies, then make ample room, Allah will give you ample, and when it is said: Rise up, then rise up. Allah will exalt those of you who believe, and those who are given knowledge, in high degrees; and Allah is Aware of what you do. 58:11

يَا اَيُّهَا الَّذِينَ الْمَنُوا إِذَا نَاجَيْتُمُ الرَّسُولَ فَقَدِّمُوا بَيْنَ يَكَيُ نَجُوا كُمْ صَكَقَةً ذَٰلِكَ خَيْرُ لَكُمْ وَاَطْهَرُ فَإِنْ لَمُ تَجِدُوا فَإِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

O you who believe! when you consult the Messenger, then offer something in charity before your consultation; that is better for you and purer; but if you do not find, then surely Allah is Forgiving, Merciful. 58:12



ٱلشُفَقُتُمُ أَنُ تُقَلِّمُوا بَيْنَ يَدَيُ نَجُوَاكُمُ صَدَقَاتٍ فَإِذْ لَمُ تَفُعَلُوا وَتَابَ اللهُ عَلَيْكُمُ فَأَقِيمُوا الصَّلَاةَ وَآثُوا الزَّكَاةَ وَأَطِيعُوا اللهَ وَرَسُولَهُ وَاللهُ خَبِيرٌ مِمَا تَعُمَلُونَ

Do you fear that you will not (be able to) give in charity before your consultation? So when you do not do it and Allah has turned to you (mercifully), then keep up prayer and pay the poor-rate and obey Allah and His Messenger; and Allah is Aware of what you do. 58:13

اَلَمْ تَرَ إِلَى الَّذِينَ تَوَلَّوا قَوْمًا غَضِبَ اللَّهُ عَلَيْهِمْ مَا هُمُ مِنْكُمْ وَلَا مِنْهُمْ وَيَحْلِفُونَ عَلَى الْكَذِبِ وَهُمْ يَعْلَمُونَ

Have you not seen those who befriend a people with whom Allah is angry? They are neither of you nor of them, and they swear falsely while they know. 58:14

اَعَدَّ اللَّهُ لَهُمْ عَنَابًا شَدِيدًا ۖ إِنَّكُمْ سَاءَمَا كَانُوا يَعْمَلُونَ

Allah has prepared for them a severe punishment; surely what they do is evil. 58:15



### اِتَّغَنُّوا اَيُمَاٰهُمُ عُنَّةً فَصَدُّوا عَنُ سَبِيلِ اللهِ فَلَهُمُ عَذَابٌ مُهِينٌ

They make their oaths to serve as a cover so they turn away from Allah's way; therefore they shall have an abasing chastisement. 58:16

لَنْ تُغْنِيَ عَنْهُمُ اَمُوَاهُمُ وَلاَ اَوْلاَدُهُمُ مِنَ اللَّهِ شَيْئًا اللَّهِ شَيْئًا اللَّهِ شَيْئًا الْأَلِي هُمْ فِيهَا خَالِدُونَ اللَّهَا لِللَّهِ اللَّهَا لِللَّهِ اللَّهَا لِللَّهِ اللَّهَا لِللَّهِ اللَّهَا لِللَّهِ اللَّهُ اللّ

Neither their wealth nor their children shall avail them aught against Allah; they are the inmates of the fire, therein they shall abide. 58:17

يَوْمَ يَبَعَثُهُمُ اللهُ جَمِيعًا فَيَحُلِفُونَ لَهُ كَمَا يَخْلِفُونَ لَكُ كَمَا يَخْلِفُونَ لَكُمُ كَمَا يَخْلِفُونَ لَكُمْ وَيَخْسَبُونَ التَّهُمُ عَلَى شَيْءٍ ۚ اللَّا إِنَّهُمُ هُمُ الْكَاذِبُونَ

On the day that Allah will raise them up all, then they will swear to Him as they swear to you, and they think that they have something; now surely they are the liars. 58:18



اِسْتَحُوزَ عَلَيْهِمُ الشَّيْطَانُ فَأَنُسَاهُمْ ذِكْرَ اللهِ أُولِيَّكَ وَلَيْكَ حِزْبُ الشَّيْطَانِ هُمُ حِزْبُ الشَّيْطَانِ هُمُ الْخَاسِرُونَ النَّايِطَانِ هُمُ الْخَاسِرُونَ

The Shaitan has gained the mastery over them, so he has made them forget the remembrance of Allah; they are the Shaitan's party; now surely the Shaitan's party are the losers. 58:19

Surely (as for) those who are in opposition to Allah and His Messenger; they shall be among the most abased. 58:20

# كَتَبَ اللَّهُ لِآغُلِبَنَّ أَنَا وَرُسُلِي ۚ إِنَّ اللَّهَ قَوِيٌّ عَزِيزٌ

Allah has written down: I will most certainly prevail, I and My messengers; surely Allah is Strong, Mighty. 58:21



You shall not find a people who believe in Allah and the latter day befriending those who act in opposition to Allah and His Messenger, even though they were their (own) fathers, or their sons, or their brothers, or their kinsfolk; these are they into whose hearts He has impressed faith, and whom He has strengthened with an inspiration from Him: and He will cause them to enter gardens beneath which rivers flow, abiding therein; Allah is well-pleased with them and they are well-pleased with Him these are Allah's party: now surely the party of Allah are the successful ones. 58:22









