

Spiritual Healing

Khwaja Shumsuddin Azeemi



Khwaja Shumsuddin Azeemi's

Spiritual Healing

A Practical Guide to Cure

Translated by:
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*Dedicated to
the Holy Prophet;
Peace and Blessings of
Allah be upon him.*

The almost two hundred maladies and dilemmas born of the tempest of doubt and uncertainty are being gathered and presented in this book, along with their solutions.

In this book "Spiritual Healing", every ailment and issue addressed has been passed down to me through the divine connection of Owaisian, Qalandari, and Azeemia spiritual sufi orders. I, as a fageer (humble seeker), have fulfilled the spiritual obligations (zakat) for these practices.

I now offer this spiritual grace to Allah's creatures, and through the intercession of our Last Prophet Muhammad (P.B.U.H.), I earnestly pray that Allah, the Almighty, accepts this effort and grants His servants health, shielding them from hardships, tribulations, and suffering.

Table of Contents

<i>Preface.....</i>	<i>17</i>
Spiritual Therapists and Therapeutics.....	27
Permission to use and Thanks giving for Charms and Amulets.....	28
<i>Treatment of a Haunted Person.....</i>	<i>31</i>
<i>Method to remain Protected from Clamaties and Catastrophies.....</i>	<i>33</i>
<i>Diseases of Eyes.....</i>	<i>36</i>
Glaucoma and Cataract	36
Night Blindness	36
Dimness / Weakness of sight.....	36
Pterygium.....	37
Corneal Ulcer.....	38
Strabismus (Squint Eyes).....	39
Blood-filled Vision.....	40
<i>To Invoke Divine Help.....</i>	<i>41</i>
<i>Premonition.....</i>	<i>42</i>
<i>For success in exam.....</i>	<i>42</i>
<i>Allergy.....</i>	<i>43</i>

<i>Palpitation</i>	44
<i>Eczema</i>	46
<i>Diseases of Intestines</i>	46
Intestinal Ulcer:	46
Intestinal Tuberculosis:	47
Malabsorption syndrome	47
Hernia:	48
<i>Ascites</i>	48
<i>Nervousness</i>	49
<i>Stiffness of body organ (s)</i>	50
<i>Disobedient Children</i>	51
<i>Inferiority Complex</i>	53
<i>Melancholia</i>	54
<i>Fever</i>	56
Ordinary Fever:	56
Intermittent Fevers	56
Typhoid, scarlet fever, malaria measles	56
<i>Children Diseases</i>	58
Marasmus:	58
Pneumonia and Pleurisy:	59

Pain in the ear.....	59
Whooping Cough.....	60
Bedwetting (Enuresis)	60
<i>Habit of clay eating: (Pica).....</i>	<i>61</i>
Obstination	61
Worm infestation.....	62
Teething:.....	62
Guarding against the evil eye:.....	63
Pus oozing from the ears.....	63
Deaf and / or dumbness.....	64
Getting frightened during sleep.....	65
Recovering Lost Child:.....	65
Loss of appetite (Anorexia).....	66
Weakness of memory.....	66
Lack of interest in studies	66
Black spots on the body	67
Relieving from bad habits	67
<i>Blood Pressure, Nervous Breakdown, Mental disorders.....</i>	<i>68</i>
<i>For Getting rid of wet dreams</i>	<i>69</i>
<i>Body Aches.....</i>	<i>70</i>

<i>Weakness after sickness</i>	<i>70</i>
<i>Treatment of scorpion or Snakebite</i>	<i>71</i>
<i>To cure alopecia and.....</i>	<i>71</i>
<i>for having long hair</i>	<i>71</i>
<i>Loss of Hearing in old ago</i>	<i>72</i>
<i>For curing deafness.....</i>	<i>73</i>
<i>Axillary swellings</i>	<i>73</i>
<i>To recover from Unconsciousness.....</i>	<i>74</i>
<i>Fighting amongst brothers and sister.....</i>	<i>74</i>
<i>For prosperity and General well-being.....</i>	<i>75</i>
<i>Problems concerning Misfortune</i>	<i>76</i>
<i>Hemorrhoids.....</i>	<i>77</i>
<i>For Hemorrhoids - without bleeding</i>	<i>77</i>
<i>For Bleeding Hemorrhoids.....</i>	<i>78</i>
<i>White spots of the skin</i>	<i>78</i>
<i>Indiagnoseable Diseases.....</i>	<i>78</i>
<i>Diseases of Gallblader.....</i>	<i>79</i>
<i>Dysentery</i>	<i>79</i>
<i>Pain in ribs/chest/back etc.....</i>	<i>80</i>

<i>Pyorrhoea</i>	80
<i>For obesity and to reduce tummy</i>	81
<i>Debility of Muscles of legs or calves</i>	82
<i>Rashes</i>	83
<i>Boils, Rashes, Itching, Skin inflammation Psoriasis etc.</i>	83
<i>Diseases related to Urine</i>	85
<i>Blood in Urine (Heamaturia)</i>	85
Micturation Hesitancy.....	85
Frequency of urination.....	86
Glycosuria, Enuresis, Weakness of Bladder etc.....	86
Syphilis Gonorrhoea & other Venereal	87
<i>Cancellation of a transfer</i>	87
<i>Desirable posting transfer</i>	88
<i>Winning over of People</i>	88
<i>Diagnosis of disease</i>	89
<i>Spleen diseases</i>	90
<i>Spasmic Convulsion, tetanus, etc.</i>	91
<i>Tonsillitis & Scrofula</i>	91
<i>Tuberclosis</i>	92

<i>Ailments of Liver.....</i>	<i>92</i>
<i>Childlike appearance in youth.....</i>	<i>93</i>
<i>Involuntary discharge of seminal fluid</i>	<i>94</i>
<i>Deficiency of milk in cattles.....</i>	<i>94</i>
<i>For sex-appeal.....</i>	<i>95</i>
<i>Termination of illicit Amatory relationship.....</i>	<i>95</i>
<i>To Counteract Magic (Sorcery).....</i>	<i>96</i>
<i>Confirmation of demonic or evil spiritic effects.....</i>	<i>98</i>
<i>Revival of spiritual and physical abilities.....</i>	<i>99</i>
<i>For relieving from Kleptomania.....</i>	<i>100</i>
<i>For the resumption of stolen goods.....</i>	<i>100</i>
<i>Pain due to injury.....</i>	<i>100</i>
<i>Inability of locomotion.....</i>	<i>101</i>
<i>For an Attractive and charming face.....</i>	<i>102</i>
<i>Gastric Problems.....</i>	<i>103</i>
<i>To Guard against animosity.....</i>	<i>105</i>
<i>of an enemy or a jealous person.....</i>	<i>105</i>
<i>Matrimony of Choice</i>	<i>106</i>
<i>Safety during journey.....</i>	<i>107</i>

<i>Debility of memory.....</i>	<i>108</i>
<i>Anaemia.....</i>	<i>108</i>
<i>Talking to oneself.....</i>	<i>108</i>
<i>Mental Derangement.....</i>	<i>109</i>
<i>Brain Haemorrhage /Comma.....</i>	<i>110</i>
<i>Mental weakness/Nervousness.....</i>	<i>111</i>
<i>Scars, spots and marks</i>	<i>111</i>
<i>Reaction of medicine/Food poisoning etc.....</i>	<i>112</i>
<i>Teeth Gnashing.....</i>	<i>113</i>
<i>Asthma.....</i>	<i>113</i>
<i>Herpes.....</i>	<i>115</i>
<i>Ailments of teeth</i>	<i>115</i>
<i>Pains & Ache.....</i>	<i>116</i>
<i>Tooth Ache.....</i>	<i>116</i>
<i>Head Ache</i>	<i>116</i>
<i>Severe Pain</i>	<i>117</i>
<i>Ear Ache:.....</i>	<i>117</i>
<i>Spinal Column Pain.....</i>	<i>118</i>
<i>Neck and Back bone pain</i>	<i>118</i>

Renal Pain (Nephritis).....	119
Sciatica:	120
<i>Pain in Heels</i>	120
<i>Migraine</i> :	120
<i>Diphtheria and Quinsy</i>	121
<i>Bad taste</i> ,.....	121
<i>Diabetes</i>	122
<i>Non compos mentis/neurosis/stupor etc.</i>	122
<i>Haemorrhage/bleeding</i>	123
<i>Chorea/Tremors</i>	124
<i>Tumours</i>	124
<i>To have privilege of Seeing Holy Prophet (PBUH) and to pay homage</i>	125
<i>For Matrimony / Wedlock</i>	126
<i>Treating an angry Husband</i>	127
<i>Arrogance of wife</i> :	128
<i>Quarrelsome Couples</i>	128
<i>To Cure weakness of the conscious</i>	129
<i>Plague</i>	130

<i>Vitiation of belief</i>	132
<i>Maladies of female folk</i>	134
Miscarriage, Stillbirth or Infants' Death.....	134
Infertility	135
Irregularity of Menses (Dysmenorrhoea).....	136
Excessive Menstruation	138
Leucorrhea / Endometritis and other maladies of uterus	138
Enlargement of belly after delivery	139
For Post Delivery Complaints	139
For An Easy Delivery	141
Deficiency of milk.....	141
Swelling of Mammary Glands/Abscess or Tumours of breast.....	142
For flat-breast	143
Hair on face and body.....	143
Hysteria.....	145
<i>Outrageous anger</i>	146
<i>Paralysis/Poliomyelitis</i>	148
<i>Fistula</i>	149
<i>For recovery of loans</i>	150

<i>For paying off Loans/Debts.....</i>	<i>151</i>
<i>For the release of an imprisoned person.....</i>	<i>151</i>
<i>For increase in height.....</i>	<i>152</i>
<i>For Getting one's Prayers Accepted.....</i>	<i>153</i>
<i>Cancer.....</i>	<i>154</i>
<i>Back hunch</i>	<i>157</i>
<i>For Increase in Agricultural yield.....</i>	<i>158</i>
<i>Non-willingness to work.....</i>	<i>159</i>
<i>Dog Bite.....</i>	<i>159</i>
<i>Hook-Worms, Round-Worms.....</i>	<i>160</i>
<i>Maladies of Kidneys.....</i>	<i>161</i>
<i>Baldness</i>	<i>161</i>
<i>Boils of eye-lashes.....</i>	<i>162</i>
<i>Heat-Stroke.....</i>	<i>162</i>
<i>Foul Smell From Mouth.....</i>	<i>163</i>
<i>To get a Building Vacated</i>	<i>164</i>
<i>Fit of Epilepsy</i>	<i>164</i>
<i>Femineity in men.....</i>	<i>166</i>
<i>Insomnia</i>	<i>167</i>

<i>Epistaxis</i>	<i>168</i>
<i>Chronic Rhinitis.....</i>	<i>168</i>
<i>Impaired smelling power.....</i>	<i>169</i>
<i>Malady of Solar Plexus</i>	<i>170</i>
<i>Treatment of Drug Addiction.....</i>	<i>171</i>
<i>Ailments concerning the nose.....</i>	<i>172</i>
<i>Hicups.....</i>	<i>172</i>
<i>Stammering and Lispng.....</i>	<i>173</i>
<i>Psoriasis Syphilis and Caries etc.....</i>	<i>174</i>
<i>Cholera.....</i>	<i>174</i>
<i>Incomplete bones/pain in bones</i>	<i>175</i>
<i>Exostosis.....</i>	<i>175</i>
<i>Jaundice.....</i>	<i>176</i>
<i>To make voice pretty</i>	<i>177</i>
<i>For Ulcer.....</i>	<i>178</i>
<i>Appendicitis.....</i>	<i>179</i>
<i>Eye-strain or sourness of eyes</i>	<i>179</i>
<i>Evil-Sprits' Amulet.....</i>	<i>180</i>
<i>Septal Defects.....</i>	<i>180</i>

<i>Bad smell of armpits and feet</i>	<i>181</i>
<i>Polio.....</i>	<i>182</i>
<i>Mental disturbance resembling</i>	<i>183</i>
<i>the effect of Evil-spirits</i>	<i>183</i>
<i>Abdominal Pain</i>	<i>184</i>
<i>For winning over the Superiors</i>	<i>184</i>
<i>To remove the effects of black-magic and witchcraft.....</i>	<i>185</i>
<i>Small pox /Chicken-pox.....</i>	<i>186</i>
<i>Blood Dyscrasias</i>	<i>186</i>
<i>Sleep-walking (Somnambulation).....</i>	<i>187</i>
<i>Fits of unconsciousness in the afternoon.....</i>	<i>188</i>
<i>Business slump / Business depression</i>	<i>189</i>
<i>Inability to reply a question</i>	<i>189</i>
<i>Rectal Prolapse.....</i>	<i>190</i>
<i>Sickness of the family members collectively.....</i>	<i>191</i>
<i>Haematemesis.....</i>	<i>191</i>
<i>For getting a job or to have a business.....</i>	<i>193</i>
<i>Evil Eye.....</i>	<i>194</i>

Preface

All the stages of man's life are lived in small fragments of time equaling to a tiny fraction of a second, Whole life of man, even if exceeds hundred years, keeps on dividing into these fractions of time called moments. It is worth considering that in order to live this life man keeps on joining these fractions of tune in his mind and the very same fragments are put to use. In our thinking which resembles a whirl-pool of fragments of time either we advance from one segment of time to another or revert back from the one to another one.

This could be understood by considering the following case. One thinks about eating something but then realizing about one's stomach problem abstains from having anything. How long will one be able to desist the urge to take something? It is not in one's knowledge. Similar is the case with every thought. Thoughts, the

main ingredients of one's life, are responsible for one's success or failure in life. One decides a thing and then abandons it. Sometimes it is abandoned within few minutes of the decision taken and sometimes it take hours, months or years to abandon it but ultimately it is abandoned. In other words, renunciation or repudiation of thoughts and ideas is the main constituent of man's life because by nature man is easy-going.

Many things are termed as difficulty, problem, disease, restlessness, lethargy, irritation, idleness, italicize and in contrast to all these there exists a state which is called as peace. It cannot be said that all these states are real. Most of these states, in actual fact, are fictional and unreal and are founded upon suppositions. It is the structural formation of man's mind that makes him facile oriented and makes him to avoid the hardships in doing anything. It is quite obvious that these two are oppositely directed things and man always

keeps on traversing in one of these two directions in his thoughts. Every movement of man is directed in either of these two directions.

Usually it happens that we think of doing something, we plan it, we organize it, so much so that it is completed and we start moving ahead with it but then all of a sudden a change takes place in our mind. With this change, whole set of our thoughts undergo a change resulting change in our direction and thus the goal we were aiming at goes into oblivion. What are we left with? Groping and to take steps gropingly. It should be clearly understood that we are talking about the situation when one is lingering between the certitude and dubiety, doubt and faith.

We should not be forgetting that dubiety and certitude are the bases of man's foundation. In terms of religion the same have been termed as doubt and faith. God forbids from having doubts and commands us to have certitude and firm faith.

It has been stated in the opening verses of the holy Quran, "Indeed, this Book is guidance for those who believe the unseen and have certitude about it. The state of dubiety which has been prohibited by God Almighty is the same state about which Adam was warned and cautioned to keep away from it. But, Lucifer ultimately managed to trick Adam into it and made him to eat its fruit which resulted in Adams expulsion from the Heaven. At that point Adam came to know about these oppositely directed two states of dubiety and certitude.

In the light of the above stated facts man's mind is an axle of certitude and dubiety which remain functioning in the brain cells. The more is the dubiety the more is the deterioration of the brain cells; the very same cells that are responsible for the working of all nerves of our body. And, the impulses of the nerves result in human life.

Believing something and having certitude is as difficult as getting rid of dubiety and delusion. Reason is quite simple. Man presents and expresses himself what he actually is not. He always hides his shortcomings and weaknesses rather boosts about such hypothetical qualities which he does not possess in actual fact. The main problem in this regard is that the society in which one grows and is brought up becomes an article of his faith. His mind loses the ability of analyzing this belief and the belief turns into such a faith which is nothing more than a delusion. The main for all this is that man poses himself what he is not, that is, he expresses himself contrary to his true self.

One is bound to encounter hardships and difficulties in living such a life. The difficulty for which he finds no solution mid is unable to resolve them. On every step of his life, he fears that his efforts would go futile and will yield no

results. Sometimes this fear grows so strong that he starts believing that his whole life is in danger and is about to suffer destruction. All this happens because of the deterioration of the brain cells insulting from dubiety and uncertainty. If the rate of deterioration of brain cells resulting from shifting decisions and changes in the mind exceeds a limit it creates hindrances on every step of one's course of action. Actions and deeds prove to be inconsequent and fruitless causing damage to the nerves.

Man enjoys control over his mind. He can check the rate of deterioration of the brain cells with the blessed power of certitude. With reduction of deterioration of brain cells chances of damage to the nerves also diminish.

Man is a animal who has somehow learnt the use of fire. This learning eventually laid the foundations of various sciences. We have discussed, in the book "Rang our Roshni say Illaj"

(Chroma Therapy), man's ability to walk on his hind limbs and its effect upon the distribution system of lights flowing in him. It has been elaborated in that book that how is the distribution of lights differ for man and animals and how does this difference causes them to behave differently.

In the history of mankind there had never been a period when the ratio of healthy people have exceeded than few per thousand. Actually man was required to discover and explore, as much as it was possible, the types and kinds of lights and to study their ways of actions and interactions. But he never paid any attention to this thing and it remained behind a veil. Man never tried to lift this veil either this veil of lights was non-existing for him or he did not consider it worthy of his attention. It never occurred to him that he should strive to discover the rules, laws and formulae concerning the interaction of lights. If man had

followed this course of action he would have succeeded in controlling the wear tear and deterioration of brain cells. This would have eventually resulted in his advancement towards certitude. Superfluous beliefs, whims, superstitions and dubiety would not have tormented him as much as these are causing troubles for him now. This would have also curtailed the obstacles and hindrances in receiving and accepting the natural impulses and stimuli. Unfortunately this did not happen. He did not try to discover the types and kinds of lights nor did he make any attempt to know the nature and disposition of lights. Even this much is not known to him that lights too have structural formats and different characteristics and dispositions. These also display trends and tendencies. This also is not known to him that the very same lights are responsible for his life and provide protection of every type to him. He is only aware of that effigy

of clay and dust which has no life of its own and about which it has been stated by God, Almighty that "Verily man is created from rotton day". At another occasion, "And, we created man from resounding clay". Resounding Clay is indicative of the fact that man is an empty hollow void.

It has been proclaimed in the holy Quran, "Verily man was not even worthy of mentioning, we inspired our soul into him and he became a human being with power to see, hear, speak, understand and feel."

Definition of the Soul is that it is the Edict of the Lord and the Edict of the Lord is that when he intends a thing his command is 'to be' and there it 'is' In other words, man is soul and the soul is the Edict of the Lord. Man's ignorance in this regard gives rise to dubiety, superstitions and whims resulting in distortion and disintegration of faith and belief.

According to the Holy Quran a nation, too, is an individual therefore the same thing happens to her which is supposed to happen to an individual in consequence of his acts and deeds. If a nation is suffering from lack of certitude and excess of uncertainty and dubiety becomes to be her second nature then this thing affects in one of the two possible ways. If it is of an ascending nature then catastrophes from the sky way hit the nation and if it is directed towards the earth, earthly calamities would size the nation.

When catastrophes and calamities round up a nation mind and nerves of the whole nation are affected. In order to remain protected from all this there is no other way except that the whole nation should have a common pattern of certitude and it must not be a multidirectional. The very same lesson was preached by the prophets of God. When a nation is divided into factions and communities of different patterns of belief

dubiety reign the earth resulting into chaos. This chaos triggers the earthly calamities like earthquakes, floods, cyclones, epidemics. Sometimes riots and civil wars outburst. All this damages and destroys the nerves of individuals and the nation this further aggravates the conditions of general health and diseases of every type emerge and spread.

Spiritual Therapists and Therapeutics

Spiritual healers and therapists by inculcating something in their minds or by doing something repeatedly manage to use their will-power in a controlled manner. Practice enables them to make use of their activated will-power easily and effectively. There are some people who are born with this gifted ability and have natural inclination and tendency for spiritualism. They exercise and execute these things, in the beginning, without having proper awareness of the gifted faculty They exercise, in their tender

age, this ability casually without having any realization of the fact that they are bestowed with an inborn ability of making use of their will-power. Recurring successes in their casual attempts gradually reveals upon them that thoughts backed by will-power can be put to use effectively. Repeated execution of will-power and favorable results thereof make them believe that they can heal and cure. They start considering themselves therapists and people also start calling them so.

Permission to use and Thanks giving for Charms and Amulets.

Every Spiritual therapists believes instinctively that if he will grant permission to somebody that person will also become a spiritual therapist like him. It has been commonly observed that one who is granted permission to exercise mystical powers starts enjoying the same disposition and qualities of the one who grants permission to

exercise the power. Infusion of disposition and characteristics of one person into another is one of the qualities of the psychological system of man.

Spiritual therapists and healers genuinely born with this gift of remarkable faculty are quite rare but therapists who have been donated this faculty by a born healer are found oftenly. They are obliged to believe that when they would exercise this power it would certainly yield positive results. The chances of success, as stated earlier, are it directly related with the power of certitudes. In order to enjoy the benefits of this book whether one intends to treat oneself or wishes to cure others, one is required to recite “ بِسْمِ اللَّهِ الْوَاسِعُ جَلَّ ” 101 times with Darood Sharif, 11 times each in the beginning and the end of this recitation and after blowing upon the palms of both hands, hands are to be run over one's face for three times. Now one enjoys my permission to use any of the spiritual treatments given in this book.

Amount of thanksgiving for a charm/ amulet, whether it is used by oneself or is given to others is 5 units of the currency of the country lived in. Patients are required to pay this amount to someone deserving in token of their gratitude for using the amulet. This amount is to be given out by the one who actually uses the amulet and not by the one who writes it for others.

In the name of Allah,

The Beneficent, the Most Merciful

Treatment of a Haunted Person

Experiencing the feeling of being haunted by the evil spirits is such a disease which is related with the mind. In most of the cases it is caused when the level of salt in blood becomes higher than that of the sugar. When the blood with excessive salt after circulating the body enters the two billion brain cells; the cells which are responsible for the production of the conscious senses become affected. This results in feeling of pressure upon the shoulders and occasionally one starts witnessing such things or forms which one cannot understand nor can associate them with one another. For instance, a person sees a shadow or a silhouette, which could be of a man or woman, but since one is not versed with this style of seeing things one gets frightened and starts doing such things which are beyond the limits of the

consciousness. Sometimes this affects so deeply that the conscious mind is suspended altogether and the senses become under the direct control of the *unconscious stimuli*. *Conversation of such a person tends to be irrelevant, he suffers from the fits of unconsciousness, sometimes laughs and sometimes cries for no reason.*

Sometimes the evil spirits that have destructive tendency remain in pursuit of a mentally weak person, manage to influence their prey. They appear before him / her in a form of an apparition causing suspension of the conscious mind and the patient seeing an apparition submits to the unconscious. For the treatment of this disease write the following words on a piece of paper.

يَا مَهْلَائِيلُ
يَا ثَمْنَائِيلُ
يَا مِيكَائِيلُ
يَا جِبْرَائِيلُ

Roll and twist this paper, wrap it up in cotton, place this wick in olive oil or butter oil and lit it. This lamp is to be placed from where the smoke could reach the patient. This thing is required to be done at night before the patient goes to sleep. Recite Sura Falaq (S113 from the Holy Quran) early in the morning before the sunrise and blow on a cup of water. Make the patient drink this water before he/she could have anything to eat. Patient must be made to abstain from taking salt at least for two weeks. Even after that the patient is inquired to use salt in very small quantities during the course of treatment patient is also required to be given a spoonful of natural honey three times a day.

Method to remain Protected from Clamities and Catastrophies.

When a nation deviates and circumvents the laws of God and despite having the knowledge of good and evil breaks the laws intentionally, the power

of certitude grows weaker and weaker in that nation Weakness of certitude results in faulty pattern of beliefs and the nation falls prey to superstitions. Superstitions lead to dubiety, uncertainty and whims that result in greed and avarice Consequential situation that develops from this is that people start depending upon material resources rather than God Greed and avarice reach that stage when dependency of life switches over from God Almighty to the wordly resources. This is the stage when degeneration and the fall of a nation begins. And, since the laws of Nature do not have any provision of tolerating such nations they are afflicted with calamities and catastrophies.

Besides pragmatic and determined efforts to curb uncertainty, for safety from calamities and catastrophies the following inscription, written with dark black ink on a 9" x 12" white art-paper

in a beautiful hand-writing, be put on a wall of sitting room in your house.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ
يَا بَدِیْعُ يَا بَدِیْعُ يَا بَدِیْعُ
يَا بَدِیْعُ الْعَجَائِبِ بِالْخَيْرِ يَا بَدِیْعُ

If God forbidding, an epidemic break out then write this inscription on 3 white porcelain plates with ink made of saffron and rose-water. Rinse a plate with adequate amount of boiled water and let all the family members drink from it. During the days of epidemic the water rinsed off the plates is to be taken three times a day i.e. in the morning, in the afternoon and at night. Not only for, rinsing the plates but other wise as well boiled water be used for drinking. If saffron is not available yellow food colour can be used instead.

Diseases of Eyes

Most of the eye diseases are related with upset stomachs, chronic flu or external stimuli like dust, smoke and other irritating pollutants.

Glaucoma and Cataract

Recite (اَلْحَيُّ الْقَيُّوْمُ اَلْحَقُّ الْوَهْدُ) 11 times, blow upon the tips of eight fingers holding them together and run the fingers over the eyes from nose to ear direction. This is required to be done after every prayer, i.e. five times a day.

Night Blindness

This disease incapacitates the patient to see at night or in the dark. To treat this ailment recite (يَا عَمَّا نَوَيْلُ يَا عَمَّا نَوَيْلُ) 3300 times and blow upon 250g of Onion seeds. Make the patient to have a quarter of a teaspoon from these seeds twice a day i.e. in the morning and evening with fresh water.

Dimness / Weakness of sight

Recite

“مُعِينِ السَّلَامِ مَاءَتْ الْحَيْنِ الصَّابِ الْغَلَامِ الْمَرِي”

three times before sunrise and blow upon a bowl of water. Drink one cup of water from this. From the rest of the water take some water in your right hand and place the left eye in this water. Blink the eye till the water loses its coldness. Throw this water in a flower pot or near a plant in the same way wash your right eye as well. Recommended period of treatment is 90 days. By the grace of God vision will return to its normal.

Pterygium

A covering membrane causes opacity of vision in this disease. Main reason of this ailment is a sort of gas that first affects the brain and then the eyes. In fact the gas forms the membranous covering of the eyes. For curing this disease, take a stainless steel bowl and a new knife. Take 10 ounces of distilled water in the bowl. Wash your eyes and rinse the mouth. Recite

اَلْحَمْدُ لِلّٰهِ اَلْغَيْبُومُ وَلَا اِلٰهَ اِلَّا اللهُ يَا رَحِيْمُ يَا اللهُ

يَا مُرِيدُ يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ

three times once blow upon the water and once on the knife. Make crosses in the water with the knife for one minute, that is, keep on cutting the water in the bowl with the knife in x shape. Again recite the above words and after blowing upon water and the knife make crosses for one minute. Repeat this for the third time as well. Now, make the patient to have 2 oz from this water every four hour starting from the sunrise. This process is required to be done daily till the patient is completely cured. It may take time but the cure is certain.

Corneal Ulcer

A boil with oozing puss in the outer region of eye is called corneal ulcer. To treat it takes one half-gram i.e. one of the two cotyledons of a gram and rub it on a smooth stone with a small quantity of water to obtain a paste like substance. Before rubbing the half-gram on the stone recite اللَّهُ نُورُ

السَّمَوَاتِ وَالْأَرْضِ once and blow upon the water, on the stone and the gram. Apply this paste with a lead applicator in the affected eye. This is to be done twice a day for few days. The stone for rubbing the gram should be like one of the pebbles found near brooks end rivers. It may be of any size. There is no binding upon its size.

Strabismus (Squint Eyes)

For curing the squint eyes make the patient close his/her eyes holding them in a position when the eyes appear to be looking straight and are parallel to each other. Tie a bandage lightly on that eye which is squint. While tying the bandage hold this imagination in your mind that both you and the patient are sitting tinder the High Throne (Arsh). When the bandage is applied or is changed, it should be done in darkness. Care must be exercised that at the time of applying the bandage the eye-ball of the squint eye must be in the centre. Strabismus is totally cured in 21 days.

Blood-filled Vision

Inflammation of brain tissues causes this disease. Take Pepper Corn and sugar 60 grams each. Grind them both together to obtain a homogenized powder. Make the patient to have 6 g from this powder with water daily, atleast for twenty days Besides this, write **الرَّضَاعَتْ عَمَّا نُوِيْلُ** on three white porcelain plates (saucers) with ink made of saffron and rose water. Patient is required to rinse one of these plates with small amount of water and drink this water. This is to be done once in the morning before sunrise, once in the afternoon and once before going to bed. Before writing upon the plates recite **(يَا حَفِيْظُ)** Hafeezu) 11 times and blow upon all the three plates, recite **(يَا شَافِي)** (Ya Shaafi) 11 times and again blow upon the plates. **(يَا كَافِي)** Recite (Ya Kaafi) 11 times and again blow upon the plates. Now, write on **الرَّضَاعَتْ عَمَّا نُوِيْلُ** the plates. In case the saffron is not available

yellow food-colour and boiled water can be used instead.

To Invoke Divine Help

This incantation is to be recited only if it appears that no chance of betterment in financial situation is possible.

After the hour of mid-night perform ablution. Sit on a prayer mat and recite the following 300 times.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا إِيْلُ يَا إِيْلِيَاهُ يَا اللَّهُ
يَا فَتَّاحُ يَا فَتَّاحُ يَا فَتَّاحُ
يَا حَبْرَ إِيْلِيلَ يَا مِيكَائِيْلَ يَا شَمْسَائِيْلَ يَا مَهْلَائِيْلَ

After recitation Pray to God for betterment of the circumstances and go to sleep without talking to anyone. You will be blessed with divine help by the grace of God at the most in twenty one days in what ever way it might be like by God, the most Gracious.

Premonition

Consulting the Divine Force in order to have presentiment about a task at hand is one of the traditions of the Holy Prophet (PBUH). Recite

اَفْتَحْ اَفْتَحْ يَا بَدِيعُ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدِيعُ

21 times with Darood-e-Khizri

صَلِّ اللّٰهُ تَعَالٰى عَلٰى حَبِيْبِهِ مُحَمَّدٍ وَّ سَلِّمْ

before and after this recitation once. Go to bed and sleep placing your right palm under your right cheek. Bear that thing in mind which you intend to consult with God. At the most in three days, in dream or in wakefulness, you will have. Premonition about the problem/question you intend to resolve.

For success in exam

Recite

اَلْمَلِكُ الْقُدُّوسُ الْمَلِكُ الْقُدُّوسُ الْمَلِكُ الْقُدُّوسُ

300 times after Isha Prayer with 11 times Darood-e-Khizri before and after this recitation and pray

to God for the success. This is required to be continued till the result is announced.

Allergy

Take seven small pieces of cloth each of different colour. Spread them before the allergy patient and tell him/her to pick any one of these. Get the following words be written on that selected piece of cloth with black thread in embroidery.

يَا مَهْلَائِيلُ
يَا ثَمْنَائِيلُ
يَا مِيكَائِيلُ
يَا جِبْرَائِيلُ

Make the patient to wear this cloth around the neck or tie it on the upper arm. If wearing or tying on the upper arm is not liked by the patient then it could be placed in the pillow in use of patient and in that case care must be exercised that pillow must not be used by anybody else. This treatment can be used for every type of allergy

patients. No particular cause of the allergy has been determined. One may be allergic of dust, air, perfume or one may become allergic due to reaction of a strong medicine. No matter what the reason is, this will cure the allergy.

Palpitation

Palpitation could be due to the cardiac weakness, general debility, blood-pressure, use of strong medicines or suffering from shocks; treatment for all is one with slight change of method for every cause.

For occasional palpitation recite the following 3 times, blow upon some water and make the patient to drink this water.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ

If resulting shocks in life palpitation has become a regular feature write the above words on a piece of paper, put it in a bottle of natural honey and

make the patient to use from this honey at least 3 times a day.

If palpitation is because of the High-Blood Pressure then instead of plain water use sugar added water and make the patient to drink it early in the morning at an empty stomach.

If it is due to Low Blood-Pressure recite the above and blow upon the bottle of table salt and make the patient to use this salt.

If the reason of palpitation could not be determined get the word الله be written on a large paper with black ink in a beautiful hand writing Paste this paper on a hard board. Before going to bed at night place this hardboard where nobody else is present. Look at this Appellation intently for a minute or so Close your eyes and imagine that effulgent Lights of Allah are showering upon you. Let the imagination be there for about 10-15 minutes. Open your eyes and go to sleep without talking to anyone. Practicing this thing for few

days would cure the palpitation permanently by the grace of God.

Eczema

Get the following words be written on a thick piece of paper and rub this paper on that part of the body which is affected by eczema. When the paper is torn burn it and get it written on a new piece of paper. Rubbing of the paper is to be done, in anticlock-wise circles for about minutes.

فِي نُوْحٍ رَّاحَ زَهَّائِيهِ

As long as the treatment is carried but the patient should abstain from salt, chillies spices and meat of all types. This includes eggs and fish.

Diseases of Intestines

Intestinal Ulcer:

Get the following words be written on 3-white porcelain plates with ink made from saffron and rose-water. Patient is to rinse a plate with small amount of water and to drink this water in the morning, evening and at night, for forty days.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْسَّلَا سِلْ فِي مَرْجَعِ الْبَحْرَيْنِ يَا اللَّهُ

In case of non-availability of saffron and rose-water yellow food-colour and boiled-water can be used instead.

Diet according to the prescription of the doctor.

Intestinal Tuberculosis:

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الرَّ تِلْكَ آيَاتِ الْكِتَابِ الْمُبِينِ ○ الرَّحِيمُ الرَّحِيمُ الرَّحِيمُ

11 times, blow upon a cup of water and drink it.
This is required to be done before the sunrise daily for 90 days.

Melabsorption syndrome:

Recite

تَبَّتْ يَدَا أَبِي لَهَبٍ وَتَبَّ مَا أَغْنَىٰ عَنْهُ مَالُهُ وَمَا كَسَبَ
سَيَصْلَىٰ نَارًا ذَاتَ لَهَبٍ وَامْرَأَتُهُ

101 times after Isha Prayer and blown this much water which is enough use till next Isha Prayer. Make the patient to drink only from this water period of treatment is 21 days. Patient should not drink any other water but from treated water.

Left over water, if any, is to be poured in a flower-pot or under a tree.

Hernia:

Recite وَرَفَعِ دَرَجَاتُنَا 21 times before going to sleep and blow upon the belly. This therapy is to continue for 90 days. During this period either wear the Hernia-or wear tight briefs.

Ascites:

It has been observed that this lase is considered as incurable.

Although in allopathy fluids accumulated in the abdominal cavity are extracted by means of syringe, after sometime fluids again accumulate and are again extracted. This gives relief but it is not a permanent cure. The author has treated

many patients of ascites and by the grace of God everybody was cured completely and permanently. Write the following words on a piece of paper.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَاتَّخِذْهُمَا أَكْبَرُ مِنْ نَفْعِهِمَا

Roll this paper. Lit it but don't allow it to burn. Let there be as much smoke out of it as it could be possible. Inhale this smoke. This is to be done once a day best if done before going to bed.

The other thing the patient is required to do is to lie down on the ground on his/her back. After placing both the hands on the head close the eyes. Recite the above noted words in arabic and imagine that the fluid of the abdomen after transforming into lights is being earthed through the feet. This treatment is to be continued till the patient is not cured completely.

Nervousness

Out of many causes of nervousness few are constant worries, irritation, mental tension,

mental exhaustion, lack of sleep, protracted indigestion, unfavourable circumstances, deviation from the spiritual and religious norms and values, lack of contentment, whims, doubts and insecurity etc.

First of all one must learn to be contented and should develop the habit of leaving one's affairs to God. Leaving things to God does not mean that man should stop striving. Right approach is that after doing your part of the job leave the results to God and as treatment recite *الرَّضَاءُ عَمَّا نَزَّلَ* once and blow upon a half-cup of water. Drink this water. This should be done early in the morning before the sunrise.

Stiffness of body organ (s)

Prepare ink from yellow food-colour in water. Write the following inscription on three white porcelain plates with this ink. Rinse a plate with adequate amount of water and make the patient

to drink this water, once in the early morning, once in the afternoon and once at night.



Also write the same inscription with the same ink on a 9 x 9 inches thick] paper and rub this paper clock-wise on the affected part of the body 3-times a day. Avoid excessive use of salt and things that could cause indigestion, an aggravate rheumatism.

Disobedient Children

Fifty percent of all that is mentally accepted by the children is influenced from the parents and the behaviours at home and the rest is taken from the society existing around them. If the behaviours at home is not peaceful and parents are quarrelsome the children will also adopt the habits of their

parents. Gradually this habit establishes in children firmly. Initially they fight amongst themselves and then they start fighting with their parents. Since parents lack mutual understanding, they overlook and ignore the children. This results in rudeness of the children and they become disobedient. Children of those parents who live in harmony and have understanding or at least they do not bring their differences before their children remain obedient and at their parents' service.

Not only undue love and affection but undue harshness also spoils the kids. It is quite perturbing issue, God may save parents from this.

Besides change of attitude to correct the disobedient kids if the following could be practiced the children by the face of God Almighty would become obedient.

When the child is sleeping at night just recite the following

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
بَلْ هُوَ قُرْآنٌ مَجِيدٌ فِي لَوْحٍ مَحْفُوظٍ

in audible but non-disturbing voice standing towards the head of the sleeping child. This is required to be done at least for 11 days and at the most for 21 days.

Inferiority Complex

Weakness of will-power eventually results in inferiority complex. It is assumed that we cannot face a person', we cannot dare to talk to someone, we are inferior to others or that the others are inferior to us, these all are the symptoms of weak will-power. Right or wrong both types of thinking approaches are related with those cells of the brain that produce the emotions of life. The emotions are controlled by the will-power and when the will-power grows weak the emotions start growing out of control this creates hollowness in life. Pressure of this hollowness is expressed in the form of inferiority complex.

The most simple and easy way to treat this thing is to remain in the state of ablution.

For remaining in the state of ablution, any call of nature should not be avoided otherwise it would also create pressure upon the mind. Refresh the ablution whenever the need be there.

Melancholia

It is a well-known fact that no one can be happy all the time nor can one remain sad for-ever. But, sometimes, continuous failures breakdown a person and a pensive sadness dominates him. In order to release the mind from this situation get the following inscription written on a piece of paper with ink made from saffron and rose-water and wear it like an amulet or tie it on the upper arm



Before writing this charm recite

بِسْمِ اللَّهِ الْوَاسِعِ جَلَّ جَلَالُهُ يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرُ يَا بَدِيعُ

twice and once after it is written, blow upon the paper after each recital.

At the time of blowing upon the paper it must be had in imagination that the patient and the writer of the charm both are standing underneath the High Throne (Ursh).

Ordinary Fever:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى ط

on a piece of paper and without wrapping it in cellophane fold and tie it white piece of cloth and wear this pie of cloth round the neck. When the fever is over put the cloth along with amulet to fire.

Intermittent Fevers:

Write

قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ ٧

On a piece of berry-wood or butter paper. Fold and tie it in a piece of white cloth, and make the patient to wear it around the neck. When the patient is cured take it off and burn it.

Typhoid, scarlet fever, malaria measles

With ink made from yellow food colour in water writes the following incantation on a white porcelain plate.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِيطُ يَا حَفِيطُ يَا حَفِيطُ
يَا شَافِي يَا شَافِي يَا شَافِي
مَرِيدُ الصُّبُوحُ قُدُّوسُ

Rinse the plate with adequate amount of water. For adults, one tablespoon and for children one teaspoon every four hour is to be given from this water. Next day write the same and the treatment is to continue. Likewise on the third day write the plate, rinse and make for patient to have from the rinsed water as prescribed. Food and medicines during this treatment, for three days, are forbidden.

Children Diseases

Marasmus:

Symptoms of Marasmus in children include getting frightened during sleep, crying and weeping for no reason, trembling, scratching oneself or others, suffering from fever intermittently without any cause for it, weakness or sickness of any sort by birth, undernourishment, bony and skinny, lose watery motions, darkening of the skin around the eyes.

To keep children safe or to cure them from these disorders write the following incantation on a piece of butter paper.



Wrap this paper in cellophane and sew it in sky blue coloured piece of cloth. Make the patient to wear this amulet round the neck. Once a week fumigate the amulet with the fumes of loban (Benzoin).

Pneumonia and Pleurisy:

Write the following incantation on a white porcelain plate with ink made of saffron and boiled water

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِيطُ يَا حَفِيطُ يَا حَفِيطُ
يَا فَتَّاحُ الْمُهِيمِ الْعَزِيزُ
يَا شَافِي يَا شَافِي يَا شَافِي
أَلْحَى الْقَيُّومُ

Rinse the plate with milk to wash the inscription and make the patient to drink non milk. This is to be done thrice a day for 3 days.

Pain in the ear

Recite قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ 3-times and blow on a spoonful of water or milk and make the child to drink it. Repeat if pain to not subsided.

Whooping Cough

Write the following on a white porcelain plate with ink made of yellow food-colour and water. Rinse the plate with water and make the patient to drink it. This is to be continued for 11 days once in the morning and once in the evening.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِيفُ يَا حَفِيفُ يَا حَفِيفُ
قَصْ قَصْ قَصْ
مَائِعَاتُ الْمَاءِ

Bedwetting (Enuresis)

Sometimes children keep on wetting their beds even after the age of infancy. To treat this recite the following words of the Holy Quran in such audible voice that it may not disturb the child in his/ her sleep. This is to be recited when the child is sleeping at night. At the time of recitation site towards the head of the child.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الم ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ
هُدًى لِّلْمُتَّقِينَ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ

This is to be done for 21 days.

Habit of clay eating: (Pica)

Many women develop the habit of eating clay.
Sometimes children too fall prey to this habit.
This causes various diseases and ailments.

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
فَرِّدْ مُرَوَّجٌ

3 times and blow upon a cup of milk and make the child to drink this milk. Within 11 days the child would stop eating clay. If the mother is having this habit she can also use the same incantation using water instead of milk. This is to be repeated at least for three times a day.

Obstination

To cure obstination in a child treat as suggested for Marasmus.

Worm infestation

To cure infestation of worms whether these are hook worms, tape worms or any other type recite Surah Kusar 3 times and after blowing upon a half glass of water make the patient to drink this water. In addition to this blow upon the belly after reciting the same surah once in morning, once in the afternoon and once at night. The patient can do this by him/herself. Following this course for eleven days will cure infestation of any type.

Teething:

Write

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الرُّتِلَكَ آيَاتُ الْكِتَابِ الْمُبِينِ

on a piece of paper to make an amulet and make the child to wear it. By the grace of God child will be safe from the troubles of teething period.

Guarding against the evil eye:

Children who are healthy, smart, cheerful, charming or good witted usually fall prey of evil eye. Although it appears strange, it has been observed that looks of mother, father, brother and sister also affect the child. A child suffering from the effects of an evil eye become restless, quits taking feed, cries unnecessarily, behaves irritatingly, and sometimes suffers from fever and start growing weak.

To treat the affects of evil eye recite Surah Kusar along with Bismillah and blow upon the face of the child. This would relieve the child from the effects of evil eye.

Pus oozing from the ears.

Recite

الَّذِي خَلَقَ فَسَوَّى وَالَّذِي قَدَّرَ فَهَدَى

and blow upon a swab of cotton and place it in the infected ear at night before going to bed. Replace it with new swab of cotton duly blown over with

the same recitation in the morning. This is to be continued till the discharge of pus stops.

Deaf and / or dumbness

Deafness and/or dumbness whether the result of a disease or is by birth, can be cured in the following manner.

When the child/patient is asleep at night. Stand at the right side, towards the head of the sleeping patient recite كَهْلِيْعَصْن each letters is to be pronounced separately in such an suitable voice that should not disturb the sleep.

This process is to be continued for the months without growing impatient for the results. If for some unavoidable reason this couldn't be done on a day just keeps an account of the holidays and complete the count of the days after the suggested period of six months. If mother is doing this for her child she can do it even during her menstrual periods.

Getting frightened during sleep

Thinking all the time results in wastage of lights (energy) responsible for proper functioning of nervous system and this thing results in weakness of the part of the brain which is responsible for handling conscious stimuli. In this situation nightmares become a routines feature. If the mind is made focused on a point the nightmares also stop. To avoid this recite frequently "Ashato nazeefatoon " **أَلشَّاءُ نَظِيئَةٌ**. This is to be recited almost 'all the time whenever you get a chance to it.

Recovering Lost Child:

Write the following on a piece of thick paper or sheet of silicone and bury it under a heavy stone.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا إِسْرَافِيلَ

٥	٢	٢
١٢	٤	١٠
٦٠	٣٦	٩

Wait at least for three days. Upon return at the child put this charm in flowing water and give 5.25 units of the currency at your country as thanksgiving in charity.

Loss of appetite (Anorexia)

Anything given to the child to eat is in be blown upon after reciting بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ (Once) and YA RAHEEM يَا رَحِيم - 12 times.

Weakness of memory

Recite رَبِّ يَسِّرْ وَلَا تُعَسِّرْ 3 times early in the morning after Fajar Prayer and blow in some water. Drink this water. Treatment period is 21 days.

Lack of interest in studies

Daily, for one month, recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
وَلَقَدْ يَسَّرْنَا الْقُرْآنَ لِيَذْكُرْ فَهَلْ مِنْ مُدَّكَرٍ

sitting towards the headside of the sleeping child in such an audible voice that should not be disturbing the sleep.

Black spots on the body

When the patient is a sleep soundly any one of the family members sitting beside the patient is to recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْمَ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى
لِّلْمُتَّقِينَ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ

from the distance of one foot only in such audible voice that should not disturb the sleep. The treatment required to continue for many weeks.

Relieving from bad habits

In order to make the patient to quit a bad habit like stealing, gambling, jesting and teasing people or having a Bad company, recite Surah Ikhlas once in audible voice at night when the patient

is sleeping from a distance of three feet. This recitation is to be done daily for 21 days.

Blood Pressure, Nervous Breakdown, Mental disorders

Write down the following inscription on a small piece of paper. Roll and wrap cotton to make a wick.

ॐ	ॐ	ॐ	ॐ
ॐ	ॐ	ॐ	ॐ
ॐ	ॐ	ॐ	ॐ
ॐ	ॐ	ॐ	ॐ

For High Blood-Pressure write with Green Coloured ink. For Low Blood-pressure use Red Colour. For Nervous breakdown write it in yellow colour and for other mental disorders this is required to be written in blue ink. It would be appropriate if the ink is made from food colours. In case of non-availability of green, red or blue colour use yellow colour.

Burn this wick near the patient's bed in a lamp using butter-oil instead of oil. This treatment is to last till the cure but not more than forty days. More than one wick's can be made at one time but for burning only one is to be used every day.

For Getting rid of wet dreams

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِيطُ يَا حَفِيطُ يَا حَفِيطُ
يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ
يَا بَدِيعُ يَا بَدِيعُ يَا بَدِيعُ
الْعَجَائِبُ بِالْخَيْرِ يَا بَدِيعُ
ص ص ص ص ص
ق ق ق ق ق
يَا رَحِيمُ يَا رَحِيمُ يَا رَحِيمُ

11-times after lying down in the bed before sleeping and blow upon the chest. This is required to be done for 21 days. Avoid hot and sour things.

Body Aches

To treat lethargy, feeling listless, aching over and pain of rheumatism, recite the following incantation 41-times before going to bed.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 يَا حَفِيطُ يَا حَفِيطُ يَا حَفِيطُ
 يَا شَانِي يَا شَانِي يَا شَانِي
 يَا كَانِي يَا كَانِي يَا كَانِي
 يَا بَدِيعُ الْعَجَائِبِ بِالْخَيْرِ يَا بَدِيعُ
 يَا بَدِيعُ الْعَجَائِبِ بِالْخَيْرِ يَا بَدِيعُ
 يَا بَدِيعُ الْعَجَائِبِ بِالْخَيْرِ يَا بَدِيعُ
 يَا حَفِيطُ يَا حَفِيطُ يَا حَفِيطُ

Blow on half cup of luke-warm water and drink the water. Go to sleep without talking to anyone. Under normal circumstances 3-days treatment is enough but in chronic cases treatment could be for 11 days.

Weakness after sickness

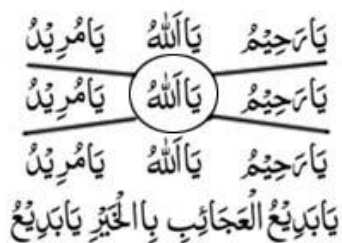
Write the following verse on 3 porcelain plates with ink made from saffron and rose-water.

ثُمَّ رَدَدْنَاهُ أَسْفَلَ الْسَّافِلِينَ

Rinse one plate in the morning, one in the afternoon and one at night before going to bed, with water and let the patient drink this water. Only a few days practice would relieve the patient.

Treatment of scorpion or Snakebite

Sting or bite of any poisonous insect or in case of reaction of a poisonous medicine write the following inscription of porcelain plate with ink of yellow colour. Rinse the plate with adequate amount water and make the patient to drink this water.



Repeat again and again till the effects of poison vanish.

To cure alopecia and for having long hair

Hair become thick in the youth and grow thinner and thinner with the age. After growing to a certain length hair stop wowing and after some time fall off. Normal age of hair is more or less four years. If few hair come off during combing it doesn't matter much but besides long hair if the small hair are also coming off then there must be some reason for it.

Usually the first symptom of alopecia dandruff. Dandruff is caused due to adulterated and impure food, use of soap impure hair-oil and excessive use of spicy and rich food. It is necessary to avoid these things. To treat it recites.

الْكَرِيمُ الْعَاصُ وَالْمَفَانَاتُ الْفَامُ

100 times and blow on such amount of water which could wash your hair. Repeat this 3 times a week at least for one month.

Loss of Hearing in old ago

Recite

فَسَوْهُنَ سَبْعَ سَمَوَاتٍ وَالْأَرْضِ ثُمَّ اسْتَوَى الْعَرْشِ

41 times after Isha Prayer blow upon, both the hands and run them over your face three times. This is required to be done daily for 41 days.

For curing deafness

Cilia of ear-bone are responsible for the hearing. If resulting a disease these cilia grow thick waves of sound cannot stimulate them enough to produce, hearing and a person either hears with difficulty or does not hear at all. For curing this recite رَأْسُ السَّمْعِ الْمَرَامُ and after blowing on the small finger of the right hand scratch the inner of the ears with this finger. Write the same words on a piece of paper and make an amulet of it which is to worn round the neck by the ladies and men to wear it round the upper arm.

Axillary swellings

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الرَّتِلَكَ آيَاتُ الْكِتَابِ الْمُبِينِ

الرَّحِيمِ الرَّحِيمِ الرَّحِيمِ

100 times and after blowing on a cup of water drink this water once early in the morning before the sunrise and once in the evening after the sun sets. This is to be continued till one is recovered completely during the treatment use of chilies must be

To recover from Unconsciousness

Recite لَا تَأْخُذْهُ سِنَّةٌ وَلَا نَوْمٌ once and blow a cup of water. Pour some of the in the patient's mouth and splash same of it on the face.

Fighting amongst brothers and sister

When it starts happening that the elder kids stop treating the younger ones with affection and the younger ones become arrogant for the elder ones then to treat them recite

اِنَّهُمْ يَكِيدُونَ كَيْدًا وَّ اَكِيدُ كَيْدًا

100 times and blow on the pillows of vile children. Be careful that the pillow of one must not be used by the other one. This is to be practiced for forty days.

For prosperity and General well-being

Lack of auspiciousness and a still of welfare being gives rise to many problems. Disputes amongst the family members become a routine. When parents quarrel, the children are affected adversely. When upbringing of children suffers they do not feel like respecting their parents and start behaving arrogantly.

For well-being and prosperity the saying of Allah is to be always kept in mind that God dislikes those who spend lavishly and unwisely. For prosperity in business always follows this principle that adequate interest and good manners are the key to success.

If despite following these principles prosperity and general well-being lacks then to treat this situation write the following

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
ب س م ا ل ا ه
ا ل و ا س ع ج
ل ج ل ا ل ه
—————
۹۹۹ ۹۹۹ ۹۹۹

on a glazed or butter paper and fix it on a wall or threshold of the door with small nails. Before fixing this charm distribute sweets amongst children.

Problems concerning Misfortune

Recite the following 101 times after Isha Prayer. Blow upon your hands and run your hands over your face three times.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا دَاوُدُ يَا دَاوُدُ يَا دَاوُدُ
اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ○ لَا إِلَهَ إِلَّا أَنْتَ
سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ○ قُلْ هُوَ
اللَّهُ أَحَدٌ ○ يُحِبُّهُمْ كَحُبِّ اللَّهِ وَالَّذِينَ
آمَنُوا أَشَدُّ حُبًّا لِلَّهِ ○

According to the situation and the condition of the person this is to be practiced for 21, 40 or 90 days.

Hemorrhoids

There are two types of hemorrhoids one, when anal tissues swell causing pain and the other when dilated veins in swollen anal tissues painfully bleed. This disease is caused due to constipation, remaining seated for long hours, use of hot and spicy food or due to use of liquors and other intoxicants.

For Hemorrhoids - without bleeding

After passing bowels wash yourself in such a manner that during washing the middle finger to

the left hand should be touching the swollen anus and at the same time keep on reciting " **فَعْلُنْ فَعْلُنْ فَعْلُنْ** " as long as you are washing.

For Bleeding Hemorrhoids

Recite **مَائِيْ قَمِيْرَا** in the same way as is suggested above in lieu of **فَعْلُنْ فَعْلُنْ فَعْلُنْ**

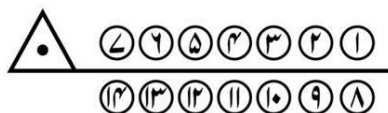
At times the pain of hemorrhoids is so acute that patient finds it difficult to control it. In order to relieve the patient from this awful pain the patient is to recite **هُوََاللّٰهُ الَّذِيْ لَا إِلَهَ إِلَّا هُوَ** once after blowing on the index finger of the right hand, put this finger in water. By the grace of God the pain would immediately subside.

White spots of the skin

Write **قُلْ هُوَ الْمُعِينُ يَا مَعْرُوفُ الْمَنَانُ وَالْحَلِيمُ** on plates rinse a plate and drink this water. Repeat three times a day for as long as the white spots persist.

Indiagnoseable Diseases

Write



On a piece of paper to make an amulet and make the patient to wear it round the neck. In case of intermittent relapses of the disease write the same on a white plate rinse and make the patient to drink this wash water.

Diseases of Gallbladder

For inflammation or stone of gallbladder recite " *لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ* once, blow upon a cup of water and make the patient to drink this water. Repeat three times a day for 40 days.

Dysentery

Infection of lower intestine causes this disease. Vegetables that grow underground, spices and meat are harmful in this disease, Chronic dysentery can be cured by treating regularly for a long time. Habit of eating most of the time is also very harmful. Timely meals help in cure. Diet should be low on calories, salts, chilies. Soups, lentils and cereals are beneficial.

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنْ اللَّهُ كَانَ بِكُلِّ شَيْءٍ عَلِيمًا

once and blow on a cup of luke-warm water and drink daily before the sunrise to, one month. For half an hour after drinking this water do not have anything to eat.

Pain in ribs/chest/back etc.

No matter how severe is the pain if someone after having ablution write يَا اللَّهُ 7 times with the index finger of right hand at that part of the body where the pain is and this is to be repeated for 7- times in a day till the pain is subsided.

Pyorrhea

This thing must be born in mind that disease of teeth are directly related with stomach problems. If the digestive system is order and the cleanliness of teeth is properly taken care of the diseases of teeth seldom cause any trouble. In pyorrhea tooth sockets become infected and gums start bleeding

in addition to taking care for correction of the digestive system and the cleansing of teeth regularly, take one leaf of spinach, recite **إِلَى أَجَلٍ مُّسَمًّى** once and blow on the leaf and chew this leaf. This is to be done before the sunrise. Take care that during chewing this leaf the saliva should not be swallowed. After chewing the leaf throw it away and take a new one thus using 3-leaves one by one at one time, Mouth is to be rinsed after half an hour of chewing the Spanish. This process is to be repeated three times a day, using 3 leaves each time.

For obesity and to reduce tummy

Write the following on a sizable paper.

۱۲	۱۲	۱۲	۱۲
۱۲	۱۲	۱۲	۱۲
۱۲	۱۲	۱۲	۱۲
۱۲	۱۲	۱۲	۱۲

Rub this paper on the abdomen in circulatory (Preferably anticlockwise) for 5-10 minutes daily once before going to bed and once after awakening in the morning. Keep an eye on the size of the belly by measuring it daily. The tummy lid starts reducing from the very first day. When the abdomen returns to its shape stop this practice of rubbing. If the paper, during this course is torn, dispose it off by burning and write new one.

Debility of Muscles of legs or calves

Get a half kilo of sesame oil extracted from the black sesame. Recite

كُلُّ شَيْءٍ يَرْجِعُ إِلَى أَصْلِيهِ

11000 times and blow upon this oil. If you find it difficult to recite all of this in one sitting you may recite as many times as is easily possible, but not less than 1000 times at one times, and blow upon

the oil securing it with cap, to complete the recitation of the incantation for 11,000 times

Method to use:-

Apply 3-5 grams of this oil on the bread and eat. Also massage the calves and knees using 3-5 grams of the same oil, daily.

Rashes

Dissolve some sugar or condensed milk in water and blow on it after reciting كُنْ فَيَكُونُ 11 times. Make the patient to drink this potion. This is to be repeated 3-times a day. Under ordinary circumstances one day treatment is sufficient but in severe cases it could be done for 11 or 21 days.

Boils, Rashes, Itching, Skin inflammation

Psoriasis etc.

Write the following inscription on a white porcelain plate with ink made from yellow food colour, rinse the plate with water and make the patient to drink thin water, 3-times a day.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ل	ل	ل	ل	ل
ل	ل	ل	ل	ل
ل	ل	ل	ل	ل
ل	ل	ل	ل	ل
ل	ل	ل	ل	ل

Also write the same on a large plate without writing 786 wash this plate in a bucket of water and have bath with this water. Treatment period for ordinary rashes etc. is 11 days, for diseases related with purification of bold is 40-days and for severe skin inflammation is 4-months.

Diseases related to Urine

Blood in Urine (Heamaturia)

There could be many reasons of urinary tract inflammations or blood in urine, for instance, stone in kidneys bladder, hot and spicy foods etc. Besides abstaining from harmful things to eat recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى ط

Once, blow over a cup of water and make the patient to drink it. This is to repeated 8-times a day.

Micturation Hesitancy

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْمَلِكُ الْقُدُّوسُ الرَّحْمَنُ الرَّحِيمُ

11times, once early in the morn and blow over the lower abdomen once in the evening soon after sunset, till the disease is cured.

Frequency of urination

Sit in solitude at night. Recite **يَا اِيْلُ يَا اِيْلِيَّاهُ يَا اَلله** 1000 times and blow over lower abdomen. This is to be led regularly for three months.

Glycosuria, Enuresis, Weakness of Bladder etc.

ع	ص	م	ح
ء	ا	ر	ق
ا	ل	ل	ت
ل	ت	ا	ي

Write the above inscription on a Butter paper with yellow colour. Wear it like an amulet. Also make the patient to drink the water with which a plate having the same inscription is rinsed, once

in the morning, once in the afternoon and in the once in the evening, till the patient is cured.

Syphilis Gonorrhoea & other Venereal

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِظُ يَا حَفِظُ يَا حَفِظُ
يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ
يَا بَدِيعُ يَا بَدِيعُ يَا بَدِيعُ
يَا بَدِيعُ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدِيعُ

Whenever the patient is to drink water should recite the following incantation and drink the water after blowing on it. This is to be practiced the disease is cured completely.

Cancellation of a transfer

In order to get a posting or transfer cancelled recite surah-e-Lahab (111th Surah of the Holy Quran) 19 times night after the Isha Prayer and pray to God Almighty to cancel the transfer. This is to be practiced for 19 days only.

Desirable posting transfer

If one is desirous of having a posting of one's choice one is required to recite Ayat-ul-Kursi 41 times daily after isha Prayer and to pray to God for the desired transfer and posting. This is to be practiced for 40 days. If for some unavoidable reason a day is missed complete the counting of the days i.e. 40 days are to be completed anyhow.

Winning over of People

To safe-guard the mischiefs of an enemy, to win the favours of a superior, to become popular amongst people, to treat anger and displeasure of the spouse, recite

بِسْمِ اللَّهِ الْوَاسِعِ جَلَّ جَلَالُهُ

100 times before going to bed after performing ablution, having the imagination of the desired person, blow upon that imagined person. And after praying to God, go to sleep. This is to be practiced at least for 40 days and at the most for

90 days. Missing days are also to be completed later on.

In order to win over the favour of a hard taskmaster or a strict official recite (kaa haa yaa aeinnnnn saaa كَهَّيْعَصْ) in the following manner. Recite ك (kaf) and close the small finger of the right hand, then recite (haa) and close ring finger, then recite ي (yaa) and close the middle finger, then recite ع (ain) and close the index finger and after reciting ص (saad) place the thumb of the right hand over the last phalanx of the index finger to give it a fist like shape. Open the hand when you appear before the person/official needed to be tackled. It is not necessary that the fist should be opened before the eyes of the person you are appearing before.

Diagnosis of disease

In order to have an insight of the disease, immediately after the Fajar call of the Prayer (azaan) Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِفْتَحْ إِفْتَحْ إِفْتَحْ

100 times and try to imagine patient with closed eyes. The exact diagnosis of disease with confusing symptoms would be revealed upon the mind. If the patient is himself/herself interested to know the exact cause of the disease, he/she can do the same by herself.

In order to find out the treatment of a disease the same thing is to be practiced before going to sleep, keeping your face towards the north. Go to sleep without talking to anyone. Treatment would either be transpired upon the mind in the dream or in wakefulness. This is to be continued till the treatment comes to the mind.

Spleen diseases

Write **فَهُنَّ قَطَايِرُ الْقَلَمِ** on a piece of paper make an amulet to be either worn and the neck or upon the abdomen near the spleen. Also take some ash on

tip of the index finger of your right hand, recite **يَا وَدُودُ** once, blow over the finger and make a cross on the abdomen, where the spleen is, with the finger.

Spasmic Convulsion, tetanus, etc.

Write the following on a porcelain plate with yellow food colour, rinse with water and let the patient drink this wash

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ
يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ
يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ

This is to be repeated twice a day, once in the morning and once in the evening for eleven days.

Tonsillitis & Scrofula

Have some white ash on the tip of the index finger of the right hand, recite **يَا وَدُودُ** once, blow over the finger and make a cross (x) on the neck of the patient at the affected place. If the swelling is at more than one places repeat for all the swellings.

Tuberculosis

Write the following inscription on a porcelain plate and make the patient to drink its wash.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

○ أَلْزِمْتُ الْكِتَابَ الْمُبِينِ

أَلْزِمُ أَلْزِمُ أَلْزِمُ

This is to be repeated three times a day for 90 days.

It has been observed that massage of oil enriched with blue rays have been helpful in treating the most complicated cases of T.B. and in curing the ailing lungs. This disease has also been discussed comprehensively in the book 'Colourtherapy' by the author. The oil chromotised with blue rays can be prepared at home or can be had from any Muraqbah Hall or a store that sells the oils prepared by Azeemia Dawakhana.

Ailments of Liver

In order to cure diseases related with liver problems write the following to make an amulet which to be worn round the neck by the women and is to be tied round the upper arm by the men. Drink the wash of the same inscription once early in the morning

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

كَانَ الْبَحْرُ مِدَادَ الْكَلِمَاتِ رَبِّي

Inflammation and swelling of body due to the malfunctioning of liver or kidneys can also be cured by this treatment.

Childlike appearance in youth

If the brain cells responsible for proportion in growth of body are affected for any reason one looks like a child even in one's youth. To treat this once early in the morning before the sunrise and once before going to sleep, recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Once and 1000 times, blow upon both the hands and run them over face thrice.

This treatment should at least be carried on for 3 months and at the most for 6 months.

Involuntary discharge of seminal fluid

Early in the morning before the Sunrise sit with face towards north and recite the following incantation

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا شَافِي يَا شَافِي يَا شَافِي
يَا كَافِي يَا كَافِي يَا كَافِي
يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ
يَا رَحِيمُ يَا رَحِيمُ يَا رَحِيمُ

Blow upon a cup of water and drink the water in three draughts. Abstain from rich and fibreless foods.

Deficiency of milk in cattles

Write the following inscription on a clean piece of wood.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
مِنْ شَمَرَةِ رَزْقًا

۹۹	۹۹	۹۹
۹۹	۹۹	۹۹
۹۹	۹۹	۹۹

Pierce a hole and run a cord through this piece of wood and let it hang around the neck of the cattle. By the grace of God, there will be milk in abundance.

For sex-appeal

Sometimes male or female either do not feel like going for sex or try to abstain from it altogether. In order to normalize the situation write الْقَيْنَا الْقَيْنَا on a piece of paper and make an amulet from it. This charm is to be tied round the upper arm by the men and women to wear in hair band.

Termination of illicit Amatory relationship

After performing ablution recite the following 3-times.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ط

اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ ط

لَا تَأْخُذُكَ سِنَّةٌ وَلَا نَوْمٌ ط

Blow on a cup of water and let that person drink this water who is having an illicit relationship. This is required to be done for 40 days.

To Counteract Magic (Sorcery)

In most of the cases influence of magic, sorcery and witchcraft is just a matter of one's feeling so it has no actual bearings. But, this also is a fact that, one cannot deny them altogether. Their existence is proved by the Holy Quran and these can be exercised with knowledge of typical nature. If it is established that one is bewitched and someone having knowledge confirms this fact that magic spell is there then following treatment is to be carried out.

One who is affected or is under the influence of magical spell is required to get up early in the morning much before the sunrise. After offering Fajar Prayer should go across a stream, brook or river. During the journey one is to abstain from talking to anyone and to keep on reciting Surah Falaq; 113th Surah of the Holy Quran. After crossing the canal, brook, stream or river squat the bank facing the east. Write the following words

هَامَانُ - هَارُوتُ - مَارُوتُ

on the ground with the index finger of the right hand and rub them off with the same hand.

This writing and the erasing should be done before the sun rises. If there is no canal, brook or river is close by, one living near the sea may travel towards the sea and others may travel towards a well in the outskirts of the town and after looking at their reflection in the water are to do the writing and the rubbing out. Only for one time practice should counter act the evil spells but if

symptoms persist the whole exercise is to be repeated up to 3 times.

Confirmation of demonic or evil spiritic effects.

If diagnosis due to contradicting symptoms appear to be incorrect and the patient is reported to be under the evil spirits, in order to confirm this, make the patient sit before you. Recite

The following incantation in a very peaceful manner 11-times and blow upon the patient keeping this imagination in mind that you and the patient both are under the umbrella of Arsh-e-Mualla (The High Throne).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِيفُ يَا حَفِيفُ يَا حَفِيفُ
يَا بَدِيعُ يَا بَدِيعُ يَا بَدِيعُ
الْعَجَائِبِ بِالْخَيْرِ يَا بَدِيعُ

If the patient is under the influence of evil spirits and demons it will become evident with the

blowing. After it is confirmed that the patient is under the spell to normalise the patient recite بِا حَفِيطُ 11-times and blow upon him once again. Patient will become normal and you can resolve to treat him for the evil spirits.

Revival of spiritual and physical abilities

Sometimes the circumstances take such a complicated turn that one finds no way out this results in a state of Inactivity and inertness which further deteriorates the will and decision power and one fail to achieve results despite the best of one's efforts. Failure in day-to-day life events entails in damage of spiritual and physical state and health. This situation becomes a torment for the person and the other family members. In order to get rid of this state of mind and circumstances one is required to wear a silver ring engraved with figure (9) in 3 rows of 3 columns each. This figure is not the digit 9 (nine) but it is a circle and a straight line.

For relieving from Kleptomania

In order to relieve someone from the habit of stealing write the following words on a piece of paper and put it in the pillow of the person involved in the habit.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا حَفِيفُ يَا حَفِيفُ يَا حَفِيفُ يَا حَفِيفُ
يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ يَا وَدُودُ
بِسْمِ اللَّهِ الْكَرِيمِ وَالْمُتَكَبِّرِينَ وَالْعَادُّونَ
۹۹۹ ۹۹۹ ۹۹۹

This pillow should not be used by anyone else.

For the resumption of stolen goods

Write the following verse on a piece of paper and place this paper under a heavy stone in such a place where it should remain undisturbed.

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

Pain due to injury

To treat an injury which has resulted in dislocation or swelling recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

كُلَّ يَوْمٍ هُوَ فِي شَأْنٍ

and blow over some water and let the patient drink this water. Also write the same verse on a piece of paper, make an amulet to be tied on the effected part or the bruise.

Inability of locomotion

Take cotton thread of blue colour equal to seven lengths of the patient's body length fold it to make it short enough that it could be worn around the neck. Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

فَبَايَ الْأَرْبُكَمَا تَكْذِبَانِ

Once and make a knot in the string fold. Thus recite these words 20 times more and make 21 knots in total at equal distances in the string. Make the patient to wear this knotted string around his neck. Upon recovery of the patient throw this string into a canal, stream or river.

For an Attractive and charming face

There are some faces that do not look charming or attractive although there is no defect in them. Sometimes this becomes quite tormenting for the person as if someone is ignored continuously one starts suffering from inferiority complex and become poor-spirited. In order to get rid of this situation get the following inscription written in black ink in bold-hand on a full scape white art paper and get it framed. This framed inscription is to be sighted from a distance of 3 to 4 feet daily for 10-15 minutes, before going to sleep.

فَاَوَقْلَمُ وَذَاتُ الْكَلَامُ △

ن	م	ن	م	ن	م
ه	و	ه	و	ه	و

Recite 100 times **قَالَ يُبَشِّرِي هَذَا عَلِمْتُ وَأَسْرُوهُ بِضَاعَةً** and blow over a large bowl of water. Wash your face with this water. Do not wipe the face with towel etc.

Just pat the cheeks till they are dry enough. throw the wash water in a flower bed or put it in flower pots instead of draining it in sewage. After washing face go to sleep. This treatment is to be followed at the least 40 and at the most for 90 days. Days missed by the women due to menses are to be accounted and completed later on.

Gastric Problems

Disorders of digestive system, constipation and aridity of gastric juices give rise to many gastric problems one of them is flatulence. Gas is produced in the alimentary canal and causes a feeling of discomfort when the gas instead of taking the downward course pushes upward. If the pressure of this accumulate gas is directed towards the heart one feels pressure upon the heart and suffocating effects are produced. When this gas is directed towards the head it results in migraine or sinusitis. If it is directed towards the arms, hands starts aching and tingling is

experienced. If it remains accumulated in the gullet it causes a feeling of heart burning and results in sneezing a lot and dullness. If this gas remains accumulated in the duodenum and intestines and is not treated in time many diseases of liver and intestines result.

For treatment of Flatulence, Colic pains, Gripes, Appendicitis, Diarrhea, weakness of intestines and other ailments of alimentary canal take a bottle made of yellow glass make it yellow coloured by wrapping a transparent in yellow cellophane. Fill 3/4th of this bottle with boiled water and secure it with a cork tightly. Place this water filled bottle in the sun and let it remain there till 3-4'o clock in the afternoon. Take a spoon-full of water from this bottle in the evening and by dissolving yellow food colour in it make ink to write the following inscription on three porcelain plates

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ
رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ
رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ
رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ	رِيَا حَيْنَ مَاءٍ

Wash one plate with water treated with the sun rays and make the patient to drink this water half an hour before the dinner. Wash of second plate is to be taken half an hour before the breakfast and the third before the lunch. Treatment is to be continued till complete recovery.

To Guard against animosity of an enemy or a jealous person

Either after the Fajar Prayer or before going to bed, with 11 times Drood-e-Khizri before and after reciting 100 times

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

نَصْرُ مِنَ اللَّهِ وَفَتْحٌ قَرِيبٌ ط

blow over yourself. You will be safe from the mischiefs and animosity of your enemy or a jealous person.

This is to be practiced only when it is established and confirmed that an enemy really wants and is about to harm you. No one is allowed to practice this unnecessarily.

Matrimony of Choice

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَلَمْ	يُولَدْ	وَلَمْ	يَكُنْ	(٣)
هُوَ	اللَّهُ	أَحَدٌ	اللَّهُ	(٥)
يُولَدْ	وَلَمْ	يَكُنْ	لَهُ	(٤)
قُلْ	هُوَ	اللَّهُ	أَحَدٌ	(١)
الصَّمَدُ	لَمْ	يَلِدْ	وَلَمْ	(٦)
لَهُ	كُفُوًا	أَحَدٌ	قُلْ	(٣)
اللَّهُ	الصَّمَدُ	لَمْ	يَلِدْ	(٢)
كُفُوًا	أَحَدٌ			(٨)

..... الْحَبْ

Make thirty squares just like the one given above, on a piece of paper for preparing an amulet. The numbers given on the side of the charm are not to be written. These are only to indicate the order of filling these squares. First of all, write بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ on the top. Then beginning with squares at No. 1 fill all the squares in sequence of Nos. given at the border. Write the name of the person who wants to marry and then the name of the person with whom marriage is sought. This amulet is to be kept under the pillow of the person wanting marrying and if an expedient result is wanted place this amulet between two stones each one is to be more than 2-3 kgs. This thing is allowed to be practiced only for proper and legal matrimony. Use for illicit relationship may prove dangerous.

Safety during journey

Before embarking on a journey after getting out of the residence recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا حَفِيفُ يَا وَدُودُ يَا رَحِيمُ يَا مُرِيدُ يَا حَفِيفُ

يَا وَدُودُ يَا وَدُودُ يَا اللَّهُ يَا حَفِيفُ

and blow towards the sky. By the grace of Almighty God you will remain safe during the journey from accident or any other trouble.

Debility of memory

Early in the morning after performing ablution or only after rinsing mouth recite " رَبِّ يَسِيرٌ وَلَا تُعْصِرُ " 3-times, blow upon a cup of water and drink this water. This treatment is to be continued for 40 days any day missed is to be completed later.

Anaemia

In order to cure anaemia Recite بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ " once and 3times يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ and blow upon anything that is to be drunk whether it is tea, water, milk or juice, The process is to be continued till the anaemia is cured.

Talking to oneself

Recite **لا إله إلا هو الْحَيُّ الْقَيُّومُ** only for once, and blow over water before the sunrise. The patient is to drink only from this water Treatment period is 90 days.

If the patient is willing to treat him/ herself the same verse is to be recited once and after blowing over both the hands, the hands are to be run over the face. This is to be done once in the morning before the sunrise and once in the night before going to sleep.

Mental Derangement

One becomes mentally deranged when mind remains under constant tension due to complex circumstances, worries or has blood-sugar. Irrespective of reason of mental derangement treatment of the illness is to take just one draught of water, whenever the patient is to drink water recite **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ** once and drink it after blowing upon it. The other way is to take a draught of water in the mouth and recite in heart

يُسْمِ اللّٰهُ الرَّحْمٰنِ الرَّحِيْم once and swallow down the water.

If the patient is not in a condition of doing this then the therapist is to write يُسْمِ اللّٰهُ الرَّحْمٰنِ الرَّحِيْم on a porcelain plate with ink made of saffron and rose-water and the patient is to drink this rinsed water of the plate, early in the morning on an empty stomach.

Brain Haemorrhage /Comma

Sometimes resulting head injury, severe shock or excessive flow and pressure of blood, vein in the brain raptures and the patient becomes unconscious. This state is also known as comma. To treat this sheep wool is burnt in such a manner and place from where the smoke could reach the patient. Inhaling the smoke of sheep wool helps in restoring those brain cells which are responsible for consciousness. Treating comma patient requires immediate action. Carelessness can prove fatal for the patient.

Mental weakness/Nervousness

To treat paranoia, nervousness, tension and mental weakness salt intake of the patient should be reduced to only 1/4th of the normal quantity. Also write the following inscription on a butter paper with ink made of saffron and rose-water and put this paper in one pound of natural honey.

الرَّضَاعَتْ عَمَانَوِيلُ

•۸۰•

Make the patient to have one teaspoon of honey 3-times a day from this honey. Treatment should not be discontinued till complete recovery.

Scars, spots and marks

Marks and scare of wounds and injuries including the burn-scars can be treated by reciting ۱۰۰ بِأَشْفَى times with بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيم once at the beginning and running both the hand upon the scars, spots or marks after blowing upon them, once in the morning before the sunrise and once in the night

before sleeping. Also whenever you have to drink water or anything else recite بِأَشْفَى 11-times and blow upon it.

Reaction of medicine/Food poisoning etc.

Sometimes the blood of a person is infected due to a strong or poisonous medicine. This results in fits, rashes or even spasmodic convulsions that ends on fainting of the patient. If the blood is infected for any reason like food poisoning or biting of a venomous insect then recite the following words blow upon some water and let the patient drink it.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا مُرِيدُ يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ يَا رَحِيمُ يَا اللَّهُ
يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ يَا بَدِيعُ
الْعَجَائِبِ بِالْخَيْرِ يَا بَدِيعُ

Also blow upon a lump of clay reciting these words and make patient smell this lump time and again.

Teeth Gnashing

There are many reasons for gnashing of teeth during sleep. One of them is infestation of worms. No matter what the reason is someone is required to recite كَيْعَص (kaaf yaa ain suaad) in measured tone by standing towards the head side of the sleeping patient. During recitation of these words each word should be equally paused.

Asthma

Man, according to the laws started by Allah, the Highest, in actual fact, is a conglomeration of lights. Life and health of man depend upon these very lights. Many diseases are caused due to lack of certain lights and many are produced because of excess of certain lights.

Light, as ordinarily considered, is not of only one kind rather the lights related with man's life are of inestimable types. Denominating each type of light separately is beyond the power of human comprehension. We at the most can distinguish

them as different colours. From where these lights are supplied to man, how do these are distributed amongst the billions of brain cells after splitting and how do the brain cells under the influence of these lights produce the senses, its detailed account has been given in the author's book 'Colour Therapy'.

Asthma and congestion of breathing too result from imbalancing of lights. When the lights responsible for the circulation of blood become imbalanced the waste materials which are supposed to be excreted through skin-pores are not excreted completely and when the blood returns to the lungs after completing its circulation in the body these wastes are deposited in the lungs. Viruses are produced in these deposits when this start putrefying which eventually effects the pumping system of lungs and the patient finds difficulty in breathing. This very state of lungs is termed Asthma. To treat

asthma write the following inscription on a gold plate or porcelain plate with yellow ink made of food colour

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا فَارِقُ يَا فَارِقُ يَا فَارِقُ

يَا فَارِقُ يَا فَارِقُ يَا فَارِقُ

يَا فَارِقُ يَا فَارِقُ يَا فَارِقُ

Wash the plate with water and let the patient drink this wash. This is to be repeated 3-times a day. Patient should live in clean and unpolluted atmosphere. Sour and cold things prove harmful in this disease, intensity of weather also aggravate the disease.

Herpes

Blow upon the affected part after reciting رَبُّ الْمَشْرِقَيْنِ وَرَبُّ الْمَغْرِبَيْنِ 11-times, once in the morning, once in the afternoon and once at night.

Ailments of teeth

For any disease related to teeth like pyorrhea, plaque, gumboil, deterioration of tooth bone,

tooth decay, having yellowish teeth, stained teeth or having loose teeth. Early in the morning take one glass of water recite وَالْجُرُوحُ (9)-times blow upon this glass of water. Rinse your mouth saving one draught of water. Drink this draught of water after rinsing the mouth thoroughly with the water of the glass. For half an hour after this nothing should be taken.

Pains & Ache

Tooth Ache

Hold the aching tooth with thumb and the index finger for a while, recite

إِذَا رُزِلَتْ الْأَرْضُ زِلْزَالَهَا

and blow it over the thumb and the finger holding them together.

Head Ache

Recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَضَيْنَا بِاَلْقَضِيْنَا فَاتُوْ بُرْهَا نِ اَلْفَ مَرَّةٍ

and blow on a cotton handkerchief and make a knot in the kerchief. Tie this kerchief on the head in such a way that the knot should be resting on the temple. If the headache has become chronic then tie the kerchief early in the morning, open it for a short while before going to sleep and tie it again. The kerchief may be removed when bathing is intended this is to be practiced for some days.

Severe Pain

For pain in any part of the body for any reason recite

إِذَا زُلْزِلَتِ الْأَرْضُ زِلْزَالَهَا ۝ وَأُخْرِجَتِ الْأَرْضُ أَثْقَالَهَا ۝

7-times in such low voice that it should not be heard by the patient blow in his/her right ear, once in the morning and once in the evening.

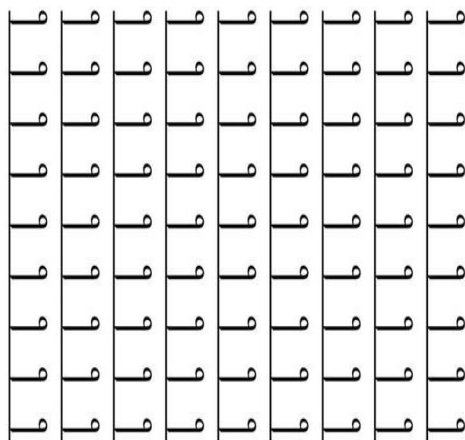
Ear Ache:

On adequate quantity of luke warm mustard-seed oil, blow after reciting Surah Falaq (113th Surah

of Holy Quran) once and pour few drops of this oil into the affected ear.

Spinal Column Pain

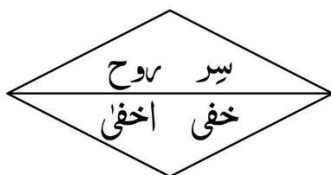
For meningitis, dislocation or fracture of vertebrae, other disorders related to spinal cord or spinal column, write the following charm with ink made by mixing yellow and blue inks. After wrapping it in cellophane makes an amulet to be tied near the affected part with thread of blue colour.



Neck and Back bone pain

For pain in pelvis, lower spine, nape of the neck or a pain of spine that goes into the brain write

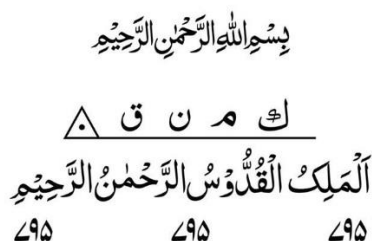
the following charm on a piece of aloes wood or jujube and wear it round the neck.



In case of severity of pain write the same inscription on a butter paper or porcelain plate, rinse and let the patient drink its wash.

Renal Pain (Nephritis)

Pain associated with kidneys for any reason like stone or gas inflammation etc. write the following inscription on a piece of paper.



Make an amulet and tie it close to the kidneys. The same inscription is to be washed and drunk

by the patient. The stones of kidneys will discharge through urine.

Sciatica:

This pain does not allow the patient to walk. Not only hip or thigh muscles do not support the weight of body but sometimes back turns hunched. According to the spiritual science basic reason of this pain is the defect of the renal system. Inflammation of kidneys causes pain and renal stones are produced. In order to cure this problem whenever water is drunk recite يَا شَافِيَ الْأَبْرَأَرْ blow on the water.

Pain in Heels

Recite as frequently as possible

وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ ۖ وَامْسَحُوا بِرُءُوسِكُمْ

whether moving or resting, till the lasts.

Migraine:

Make the patient squat on the ground having face towards the east before sunrise and to place right hand on side of the head that aches. And, a male

or female child of tender age (up to twelve),
should recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
فَرِيقٌ كَذَّبَتْ مُهَيْمِ

and blow on the patient.

Diphtheria and Quinsy

Usually small children of tender fall prey to this acute febrile contact disease caused by bacillus and characterized by false membranes in the throat and air-passages, causing respiratory difficulty. To treat this fatal disease recite مَنْ ذَ الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ once and blow upon some water. Pour repeatedly from this water in the throat and massage the throat so the water get down the throat
Negligence, in this disease, can prove fatal.

Bad taste,

If the tastelessness of bad taste is felt when anything is taken then recite أَلْسِنِ بِأَلْسِنِ before the sunrise, and drink in three draughts after blowing

upon water. At the time of drinking this water keep our face towards the east.

Diabetes

In order to treat Metabolic disorder characterized by excess sugar in the blood and urine, persistent thirst and excessive discharge of urine, write the following charm on porcelain plated ink made of saffron and rose water.

ع	ص	م	ح
ء	ا	ر	ق
ا	ل	ل	ت
ل	ت	ا	ى

10-20 minutes before each meal rinse a plate and drink the wash Abstention from sugar, use of 'jambolana' and flout of black grams with their husk hail special curative effects in this disease.

Non compos mentis/neurosis/stupor etc.

Persisting mental tension, nervousness or for any other reason a state of stupor or

decidedness is experienced then write figure 9 similar to digit 9, with black ink on small pieces of benzoin and put these pieces on a blazed charcoal like an incense to get smoke.

This should be done at night in solitude where except patient nobody else be present.

When the benzoin pieces stop giving out smoke, patient to sit in a relaxing posture and is to perform Muraqbah for 15-30 minutes, i.e, meditate with closed eyes, keeping the mind focused on your heart. When patient imagines with closed eyes that he/she is peeping into his/she heart, it helps in accumulating those lights which give us courage to face problems and enable us to resolve them successfully.

Haemorrhage/bleeding

If resulting an injury bleeding and loss of blood is producing weakness without wasting any time stoppage of bleeding should be attempted and after willing the following verse on a saucer or

porcelain plate make the patient to drink the wash of this plate intermittently.

كَانَ الْبَحْرُ مِدَادًا لِكَلِمَاتِ رَبِّي

In case the patient has fainted and Lei lying unconscious then pour this water into his/her mouth using a spoon.

Chorea/Tremors

Write the following verses on few pieces of butter-paper. Fold one to make an amulet, to be worn by the patient and make the patient to drink the wash of one, daily, early in the morning, before the sunrise, on an empty stomach.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

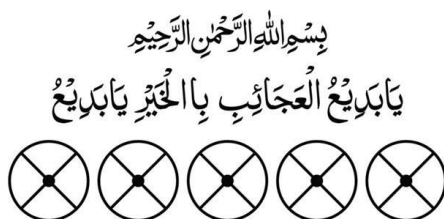
الرَّحْمَنُ عَلَّمَ الْقُرْآنَ خَلَقَ الْإِنْسَانَ

عَلَّمَهُ الْبَيَانَ الشَّمْسُ وَالْقَمَرُ بِحُسْبَانٍ

Tumours

For tumour of any type any where in the body write the following inscription a piece of paper on a plate with ink made of saffron and rose water or

yellow colour and water and make the patient drink the wash-water of the same three times a day. This treatment is to be continued till the tumour is completely cured, even if takes months.



(First draw the circles then make dot in the center and then make crosses.)

To have privilege of Seeing Holy Prophet (PBUH) and to pay homage

For having the honored privilege of seeing the Holy Prophet (PBUH) and to pay respect and homage to him (PBUH), after retiring at night and before going to sleep, recite the following incantation 300 times. After this, think and imagine of the Holy Prophet (PBUH) with closed eyes for 15-20 minutes and go to sleep without talking to anybody, having the same thoughts in

mind. Practicing this for 21 days would eventually enable you to see and pay homage to the most beloved of all, the Holy Prophet (PBUH).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا وَدُودُ يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرُ يَا بَدِيعُ

بِسْمِ اللَّهِ الْوَاسِعِ جَلَّ جَلَالُهُ يَا حَفِیْظُ

After having the honour of seeing the Holy Prophet (S.A.) gives away some sweet dish to the children as thanks giving.

For Matrimony / Wedlock

After retiring at night before going to sleep recite Surah Ikhlas 41 times with after and before 11-times Drood Sharif and pray for only one purpose of marriage. It is required to be practiced for 90 days. If engagement or marriage takes place within this period even then complete the course of 90 days. Women to keep account of the missing days due to menstrual periods are required to complete them later on.

Treating an angry Husband

Wife, as compared to husband, is more loving and affectionate. It is due to that flow of love in her that is ensuring life and survival of mankind. If husband could give wife all that love which is her due right and she could have peace of mind from this relation then most of the social evils that have a direct bearing on the coming generations would automatically be exterminated.

In order to get rid of husband's unfair and unbecoming attitude wife is required to recite Darood 11-times, tasmiyah بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ once, 101 times and then Drood بِسْمِ اللَّهِ الْوَاسِعِ جَلَّ جَلَالُهُ يَا حَفِیْظُ 11-times, after Isha prayer daily for 90 days.

If the obstinacy of husband has reached that point when he wants to divorce or separate from his wife or has thrown out his wife from the house and is not willing to reconcile, then the wife is required to recite Surah Ikhlas; 112th surah of the Holy Quran, 41 times, in a state of ablution, before

going to sleep, and is to go to bed without talking to anybody. After lying in the bed and closing the eyes she is to keep her thoughts focused on her husband and in the same thoughts she is to go to sleep. This is to be practiced for 90 days.

Arrogance of wife:

Everybody, male or female, possesses three weaknesses, 1) Desire to rule and command, 2) sexuality, and 3) Rage or anger. In some families women are so stubborn, ill-tempered and quick-in-anger that man's life not only becomes difficult but unbearable. In order to treat the wife husband can practice the same treatment which is given to treat an angry husband but, in this case, instead of wife the husband is required to practice the recitation and its follow up.

Quarrelsome Couples

It makes two to make a quarrel. If husband and wife both keep on fighting over petty things, atmosphere at home becomes spoiled having

direct effect upon the upbringing of the children. For the sake of children's brought up and training one of the spouses should resolve to remain quite as you must be aware, silence pacifies. But, if no one of the couple is ready to sacrifice then, at least one of the parties, should recite 100 times

وَالكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ

وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ ○

(And those who if enraged forgive people and God loves such kind people.) and after blowing upon a cup of water should drink it. This is to be done after every prayer i.e. five times a day.

To Cure weakness of the conscious

There are two minds operative in man. One is called Conscious and the other is called the Unconscious mind. The Conscious mind produces senses after receiving the stimuli from the unconscious mind and enables us to make use of these senses. If the conscious mind is weak it

cannot perceive the stimuli of the unconscious mind properly resulting in our deprivation from many abilities required in smooth functioning of life. This causes difficulties for us on every step of life. For treating weakness of the conscious write the following on a porcelain plate with ink made of saffron and rose-water. Rinse the plate and make the patient to drink this wash early in the morning on empty stomach.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا رَبُّ الرَّحِيمِ يَا اللَّهُ يَا رَبُّ الرَّحِيمِ
يَا رَبُّ الرَّحِيمِ يَا اللَّهُ يَا رَبُّ الرَّحِيمِ
يَا رَبُّ الرَّحِيمِ يَا اللَّهُ يَا رَبُّ الرَّحِيمِ
يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرُ يَابَدِيعِ

Plague

It is such a disease that ordinarily spreads through rats. Initially this disease spreads in the rats by plague carrying fleas and bugs. When rats start dying of this disease the bugs and fleas attack the

human beings. It is marked by chills, fevers and swellings in joints mostly in the armpits and groin. With the increase in swelling the fever also increases so much so that the temperature becomes 108°F and the patient expires in two or three days. With the increase in temperature the patient becomes unconscious or is unable to recognize anybody or understand anything.

Plague germs after coming out of the rat burrows manage to reach groin and armpits through feet of the person going nearby. They multiply themselves with incredible speed. If in one minute they are in thousands in the next minute they become tens of thousands and in the next minute they are in millions.

To treat this contiguous disease recite the following verse of the Holy Quran one thousand times and blow upon adequate amount of water.

الطَّلَاقُ مَرَّتَانٍ ۖ فَإِمْسَاكٌ بِمَعْرُوفٍ أَوْ تَسْرِيحٌ بِإِحْسَانٍ ۗ وَلَا يَجِلُّ
لَكُمْ أَنْ تَأْخُذُوا مِمَّا آتَيْتُمُوهُنَّ شَيْئًا إِلَّا أَنْ يَخَافَا أَلَّا يُقِيمَا حُدُودَ

اللَّهُ فَإِنْ خِفْتُمْ أَلَّا يُقِيمَا حُدُودَ اللَّهِ فَلَا جُنَاحَ عَلَيْهِمَا فِيمَا
 افْتَدَتْ بِهِ ۗ تِلْكَ حُدُودُ اللَّهِ فَلَا تَعْتَدُوهَا ۚ وَمَنْ يَتَعَدَّ حُدُودَ اللَّهِ
 فَأُولَٰئِكَ هُمُ الظَّالِمُونَ ﴿٢٢٩﴾ Al baqra-229

Make the patient to drink water in five doses. After first dose the second dose should be given after one hour, third dose after two hours, forth dose after two hours of the third one and the fifth one after three hours of the last dose given or in other words doses are to given in the 1st, 2nd, 7th and 12th hour starting the count from the first dose which is one draught of water. If the recovery is not satisfactory repeat the same process. Sign of recovery is dropping the temperature. Keep on repeating till the patient is completely recovered.

Vitiation of belief

When someone's belief is spoiled one falls prey to such whims and thoughts which causes irritation and aversion regarding God, Prophet and the religion. This is a state which is not controllable

consciously. Reproach of the conscience and the state of spoiled belief makes a person restless as if one is suffering from an internal inflammation. In order to get rid of this painful state of mind make a long shirt of cotton. This shirt must be so large and loose that it should reach below the knees and must be loose on the body at least 9" on all sides. Its sleeves should also be open and lose 9" more than ordinary measure of the sleeve. This shirt is to be worn in a dark room and pace up in the room at a slow pace for fifteen minutes. During Pacing up and down in the room keep on reciting the following verse.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ ○ مَا لِكَ يَوْمَ الدِّينِ ○

After fifteen minutes take off the shirt in the darkness and keep the shirt in the same room at a safe place. This is to be done till the faith is not established and the beliefs are not corrected. The only condition is that of the darkness in the room

at the time of wearing the shirt, pacing in the room and taking off the shirt.

Maladies of female folk

Miscarriage, Stillbirth or Infants' Death

Improper growth of fetus in the womb of mother results in miscarriage, stillbirth or child's death in infancy and its main reason is the weakness of those brain cells of the mother which are responsible for the creation of an infant. Weakness of the mother's brain cells is mostly related with leucorrhoea, mental complications and unpleasant atmosphere at home. Sometimes use of strong, wrong or excessive drugs also produces this situation. For prevention of all these things mothers are required to wear the amulet, prescribed for Marasmus in this book, in the early stages of pregnancy. And, on every Thursday evening the amulet is to be fumigated with the smoke of Benzoin (Loban). After the delivery the amulet is to be put around the neck of the infant.

Infertility

There could be various reasons of sterility. Sometimes it is due to defect of the internal system of the female and sometimes it is because of the absence or scarcity of sperms needed for fertilization. If the general health of the husband and the wife is satisfactory and despite that the pregnancy is not taking place then the following verses of the Holy Quran, by the grace of God, will prove beneficial.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اقْرَأْ بِسْمِ رَبِّكَ الَّذِي خَلَقَ ۝ خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ ۝
حَمْدٌ ۝ الرَّقْفَ ۝ تِلْكَ آيَاتُ الْكِتَابِ الْمُبِينِ ۝

After Isha prayer the wife should recite these verses 100 times and blow upon a glass of water. Half of this water is to be drunk by the wife and the half by the husband. This is to be done for ninety days, discontinuing in menstrual periods

and the days thus missed are to be account and completed later on.

Irregularity of Menses (Dysmenorrhoea)

Irregularity of menstrual cycle leads to many maladies in women. Tummy gets enlarged, before the beginning of menses severe pain in the lower abdominal region is experienced and if the menstrual cycle falls short of the normal duration then hair start growing on the face. In chronic cases of menstrual irregularities uterus becomes infected and the ability to reproduce is badly affected. This also affects the complexion, body starts swelling, blood starts losing its fluidity and the patient usually complains of the back-ache and pains all over the body. If the menstrual cycle decreases and stops prematurely, male characteristics are produced in women. The menses are as essential for women as excretion of other waste matters from the body is compulsory.

For the treatment of irregular menses the following charm is to be used as amulet. Writing "Bismillah" in this amulet is not permissible.

ط	م	ک	ح
م	ک	ط	ح
ک	ط	م	ح
<div style="display: flex; align-items: center;"> <div style="border-left: 1px solid black; border-right: 1px solid black; height: 10px; width: 10px; margin-right: 5px;"></div> ۱ ۲ ۳ ۴ ۵ ۶ ۷ ۸ ۹ </div>			

If there is pain in the lower abdomen during the menses then this amulet is to be worn in such a way that it should remain over the navel and in case of back ache during menses this amulet is to remain touching the pelvic joint of spine. This amulet is to be worn using a purple thread. Woven fabric is not to be used because this is to remain on the body even when the body is to be washed or during bathing. It is advised that this amulet should be wrapped in cellophane to make it damp and moisture-proof.

Excessive Menstruation

Write the following words on a piece of paper with yellow ink and is to be worn by the patient around the neck. In case of intensity of the problem, write the same incantation on a porcelain plate or on a piece of butter-paper, rinse it with adequate amount of water and drink it, early in the morning, on the empty stomach, only for three days.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا عَجَائِبَ الْخُفَا وَيَا وَرَاءَ الْخُلُقْ

Leucorrhea / Endometritis and other maladies of uterus

For any disease related with uterus including the tumours of uterus, parametritis, perimetritis, physometra, leucorrhea etc. write the following inscription and wear it like an amulet. In severe cases write the same inscription, on a porcelain

plate, rinse and drink the wash daily, on empty stomach, early in the morning, for forty days.

هُوَ الْأَمْرُ هِيَ عَمَّا نَوِيلُ
يَحَقُّ يَا حَيُّ يَا قَيُّوْمُ
يَا بَارِئُ الْمَصْرُومِ الْأَرْحَامِ

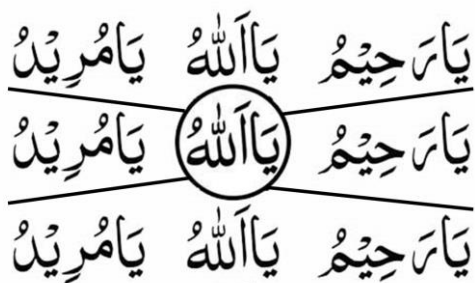
Enlargement of belly after delivery

It is our common observation if care is not exercised the abdomen muscles start sagging and the belly enlarges. To treat it writes تَسْطِيرُ شَيْءٍ الْجَرَضُ with yellow ink on porcelain plate or a piece of butter paper. Rinse it with water and drink this water. This is to be repeated three times a day. till the desired results are achieved i.e. the abdomen returns to its normal position.

For Post Delivery Complaints

After delivering most of the women fall prey to various complications. In order to save the mother from any complications of post-delivery confinement period write the following charm on a butter-paper with yellow ink and tie it in the

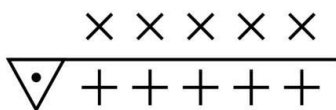
cord made of blue cotton threads. In order to make the cord take eleven strings of blue cotton thread each of them equaling to the height of the mother length. Give two or three folds to all these eleven strings together to obtain a cord which could be worn round the neck after tying the charm and making eleven knots in it. For making knot in this cords recite **يَا رَحِيمُ يَا اللَّهُ يَا مُرِيدُ** three times and make a knot in the cord. Blow in the knot. Again recite the same 3-times and make a knot blowing in the knot. Thus make eleven knots in the cord with equal distance between them.



When the confinement period of forty days is over and the mother takes the ceremonious bath take off this charm and burry it in the ground.

For An Easy Delivery

In order to facilitate the delivery write the following charm on a piece of butter-paper and tie it round the right thigh of the pregnant. By the grace of God baby would be delivered easily.



Care is to be exercised that this charm must not be tied till the pains of labour are started. Because it has been experienced that if this charm is tied before the pains premature births have taken place and premature birth can lead to harm to the baby or the mother.

Deficiency of milk

Sometimes mother wants to nurse her baby by breast-feeding but the lactation is not enough for

the needs of the baby. In order to cure the deficiency of the milk write the following charm, with ink of yellow colour, on white porcelain plates.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

مِنْ ثَمَرَةِ زُقَا

۹۹	۹۹	۹۹
۹۹	۹۹	۹۹
۹۹	۹۹	۹۹

Rinse one plate with adequate amount of water and let it be drunk by the mother, once in the morning, once at noon and once at night, till the deficiency is removed.

Swelling of Mammary Glands/Abscess or Tumours of breast

If swelling of breast is not treated it can lead to the breast cancer. To cure it, blow on luke warm water taken in a large bowl after reciting " ما في قلبي " غير الله three times. Drink three draughts from this water and pour rest of the water on the affected

breast. At the most three times a day, till it is completely cured.

For flat-breast

Properly formed breasts are the integral part of feminine beauty. It is not only a distinction between males and females but feeding and growth of infants also depends upon this. Women who lack this beauty fail to attract the males. In order to overcome this problem, recite the first verse of the Surah Teen i.e. وَاللَّيْلِ وَالزَّيْتُونِ 100-times, before going to bed, blow on the breasts and go to sleep without talking to anyone. Also take 250 g cheese daily. Both the suggestions are to be acted upon for 90 days. This would make the breasts firm and pretty.

Hair on face and body

It has been proclaimed in the Holy Quran that' we have created everything with specified quantities. These very specific quantities are

responsible for the individuality of males and females.

Blood circulation besides other functions carries large quantities of poisonous materials which are absorbed from the air, light and the cosmic rays. Human life depends upon quantities of these poisonous materials. Balance of these quantities is maintained by the excretion of these quantities in the form of perspiration and hair on our body. That is the reason that hair grow where the blood exerts comparatively more pressure.

Males have beard but the women do not have whiskers for the very same fact that, in women, the poisonous materials are excreted by means of menstrual cycle and if, for any reason, this cycle is disturbed or becomes defective then women also start having whiskers. It is therefore necessary that the menstrual cycle should remain in normal functioning order. In order to treat any defect or malady of menstrual cycle take 250 grams onion

seeds. Wash them with plain water and let them dry in the sunlight. When these are dried keep them in a Glass bottle of blue colour. After Isha Prayer, recite " فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى عَلَى الْعَرْشِ " 100 times, daily and blow on the onion seeds kept in the bottle and replace the cap. This is to be done for 21 days. On 22nd day start having a quarter teaspoon of the seeds from the bottle with some water, on empty stomach, early in the morning. The seeds are to be swallowed with water and no other thing is to be taken at least for half an hour after taking the seeds. This is to be continued till the seeds last.

Hysteria

Take some sugar in a frying pan and heat it to make it brown. See to it that the sugar should not get burned. When the sugar is turned brown pour half a cup of water in it. Wash the following charm in this solution after transcribing it on a piece of paper.

۷۸۶

يَا فَتَّاحُ	يَا فَتَّاحُ	يَا فَتَّاحُ
يَا فَتَّاحُ	يَا فَتَّاحُ	يَا فَتَّاحُ
يَا فَتَّاحُ	يَا فَتَّاحُ	يَا فَتَّاحُ

Make the patient to drink this potion daily for 11-days. Burn the left out piece of paper. Reduce the salt intake of the patient to 1/4th of the normal quantity of consumption. Instead of the prepared slats available in the market have some white mineral salt in the lump form and grind it at home. Use this home grinded salt. In severe case of hysteria write the -same charm on a piece of paper, wrap it in some cotton to make a wick. Burn this wick in olive or butter-oil at such a place from where the smoke could reach the patient.

Outrageous anger

It has been observed that the people with weak nerves are quick in anger. Sometimes superiority

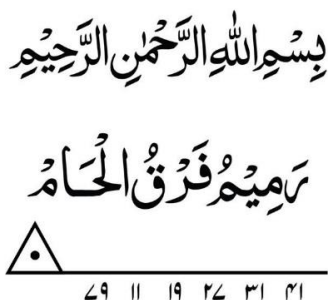
complex, sense of deprivation and hardships suffered in life also make a person quick tempered and outrageous. This is also observed that some people who are quite congenial have an agreeable disposition and warmhearted in the society become quick-tempered at home. This type of people suffer from the excessive desire to rule the others. In any case no matter what the reason is if the patient wants to treat him/herself he/she is required to recite يَا وَدُودُ (once) and blow upon a glass of water. This water is to be drunk in three pauses. In case some other person is to be cured then to treat such a person he should be given just one draught of water blown upon after the recitation of the above appellation, early in the morning before the sun rise. If the patient refuses to cooperate then put the blown water in that pitcher, cooler or bottle from where the patient and the persons to be treated drink water. Maximum period of this practice is 40 days.

Paralysis/Poliomyelitis

Paralysis of any type and polio are discussed at length in our book "Rung our Roshni say Illaj" and Colour Therapy. Briefly it can be stated that the health of mind and body depends upon distribution of light waves conceived by the mind in the form of colours. When the flow of these lights in the spinal cord is interrupted by the cosmic rays and these are dislodged at the least 4 inches towards right side the whole electric system of the body is damaged. When it affects the lower portion it is called Poliomyelitis or polio and for the other parts of the body it is called Paralysis.

Facial paralysis results when the current flowing in the brain cells is dislodged due to the cosmic rays and affects the facial muscles so much so that the features suffer a distortion. The effect of facial paralysis not only results in contortions of jaws and nasal bones but sometimes eyesight also impairs. To treat it write the following charm on

3-porcelain plates with ink made from yellow food colour.



Rinse the plate with some water and make the patient to drink the wash-water, once in the morning, once in the evening and once at night. Also write the same charm on a 9" x 9" thick glazed piece of card-board. This piece of card-board is to be rubbed on the head, forehead, face and back of the head for 4-5 minutes three times a day.

Fistula

Write the following verses on 40 pieces of butter-paper with ink made from yellow food colour. Wash one piece with some water and drink this

water or make the patient to drink it on empty stomach early in the morning.

حَلَقَ الْإِنْسَانَ ۝
يَخْرِجُ مِنْهُمَا اللَّوْلُؤَ وَالْمَرْجَانُ ۝

During the course of treatment avoid the use of red chilies, meat of all kinds including eggs.

For recovery of loans

يَا تَكْفِيلُ يَا حَوَائِلُ يَا حَمَائِلُ ۝
يَا فَتَّاحُ يَا فَتَّاحُ يَا فَتَّاحُ

Write the above on a piece of paper. Fold it in four folds and place it between two stones at such a place where these should not be disturbed. Each stone must be more than 2 kgs. One side of the stones must be plain so that when these are placed upon one another the weight of the upper stone should be pressing the charm. To make this

charm more effective write the name of the borrowing person with the same of his/her mother at the bottom line.

2) Recite "Ayat-ul-Kursi" 41-times,

after the Isha Prayer. Blow upon both the hands holding them together and run the hands over your face three times and then pray to God that the lent amount is recovered. This is to be practiced for 90-days. Women can complete the missing days of their periods later on.

For paying off Loans/Debts

Recite بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ once, يَا فَتَّاحُ 1000 times with Darood once in the beginning and once at the end, before going to bed. Then pray to God Almighty for the arrangements of the payments of the borrowed amounts and the debts. Go to sleep without talking to anyone. This is to be practiced for 90 days.

For the release of an imprisoned person

Write the following charm on a piece of paper, fold and wrap it first in cellophane and then in a piece of cloth to make an amulet. This amulet is to be worn round the neck of the imprisoned person.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

$$\begin{array}{r} \text{ه ح} + \text{ى} - \text{ص} + \text{ر} - \text{ل} \\ \hline \text{ه} - \text{ن} + \text{و} - \text{ق} + \text{ح} \end{array}$$

Incense this amulet every thursday with benzoin gum (loban) without taking it out from the wrapping.

For increase in height

If someone with-short stature wishes to have an increase in his/her height then get the following inscription written upon white porcelain plates with ink made from yellow food colour and rose water. Rinse one plate and drink the wash-water. This is to be repeated three times at day, once

early in the morning, once in the afternoon and once at night before going to bed, for six months.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الرَّتِلْكَ آيَاتُ الْكِتَابِ الْمُبِينِ ۝ الرَّحِيمُ
الرَّرَحِيمُ الرَّحِيمُ يَا اللَّهُ يَا مُرِيدُ

Beside this, schedule your timings so. that you could remain lying at least for 12-hours in 24-hours. During lying see to it that the legs should remain lying straight and head must be on a higher level so that the blood pressure should remain directed towards the legs.

For Getting one's Prayers Accepted

In order to get one's prayers accepted by God Almighty, recite the following 300-times after offering the Tahajjad Prayer with 11-times Darood-e-1 Ibrahimi in the beginning and at the end" and then pray earnestly. The prayer, if be the holy will of God, will be acceded to.

صَلَّى اللّٰهُ تَعَالٰى عَلٰى حَبِيْبِهِ مُحَمَّدٍ وَّسَلَّمَ
بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ
يَا دُوْدُ يَا بَدِيعُ الْعَجَائِبِ يَا خَيْرَ يَا بَدِيعُ
بِسْمِ اللّٰهِ الْوَاسِعُ جَلَّ جَلَالُهُ يَا حَفِیْظُ

Cancer

Cancer is a disease that results from the harm reaching to the blood. Few of its causes are as follows.

When a person is trapped in few specific thoughts and finds no way to get out of them then the electric current responsible for our actions becomes poisonous and starts causing infection in the blood. Resulting unbalanced flow of the current ultra-microscopic viruses are produced in the blood. These viruses accumulate at one place and start consuming that electric current which is essential for the functioning of life. These viruses feed themselves upon the R.B.C.s (Red Blood Corpuscles) causing leukemia in which there is an

excess of white corpuscles in blood and tissues. Body tries to get rid of these excessive corpuscles in the form of various secretions. This results in overall weakness, man turns into a skinny skeleton and finally embraces the death.

In another type of cancer accumulation of the viruses causes damage to the arteries and veins. This gives quite a damaging blow to the whole of the circulatory system which ultimately results in the death of the patient.

Now these were the physiological symptoms of cancer but according to the spiritual sciences cancer is such all, disease which has a gentle disposition, is independent, self-willed, sensible and accepts suggestions if approached in a, friendly way. When the patient is sleeping soundly healer can plead to this disease for leaving the patient. Therapist; sitting alone beside the sleeping patient, addresses the cancer politely and tells.) him. "Dear Cancer! you are indeed very nice


and kind. This person is in agony. I request you to leave him/her. God be merciful to you and you'll be rewarded for this kindness. Please, leave him/her. I implore you." The cancer in acknowledgement of the supplications leaves the patient.

Since the electric current of the Red Colour is the food of the cancer, the electric current present in the Red Blood Corpuscles is consumed by the cancer and the patient is deprived of the vital current needed for the maintenance of life. Keeping this fact in view the whole atmosphere of the patient, besides using the above suggested pleading method, is required to be turned completely into red, i.e. the room where the patient is living its walls, curtains, bed-sheets, pillow covers and even the clothes of the patient, all should be of the red colour.

Also write the following inscription on 41-pieces of butter paper with ink made from red food-

colour. Make an amulet from one of these inscribed pieces and let it be worn by the patient.

٤	٦	٥	٣	٣	٢	١
١٣	١٣	١٢	١١	١٠	٩	٨
٢١	٢٠	١٩	١٨	١٧	١٦	١٥


أَبْرَارُ الْحَاحِ
 ص والقلم ص والقلم ص والقلم

One of the rests of the inscriptions is to be washed with adequate amount of water and the wash water is to be drunk by the patient daily; using the 40 inscriptions in 40-days.

Back hunch

Healthy tissues of spinal cord are responsible for providing strength to the weak and tender tissues of the body by means of the electric current that after, accumulating in the brain is distributed, amongst the cells and tissues of the whole body. If distribution of this current in the healthy tissues is balanced, chest and back muscles of man remain

strong and healthy. If, for any reason, the flow of current gets imbalanced or is defective, the rib-cage becomes weak: these results in deformation of the rib cage. Most common form of this deformation is the hunch or hump. In order to treat this disease recitation of the following verse of the Holy Quran is suggested

إِلَى الْإِبِلِ كَيْفَ خُلِقَتْ ۝

This verse is to be recited repeatedly as many times as possible. And, when ever the patient is to drink water the water is to be blown upon after reciting the same. This treatment is to be kept in practice till the defect is cured.

For Increase in Agricultural yield

Write the following words on a large piece of paper.

اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ

Wash this paper in 5-10 liters of water. Sprinkle this water in the field. Produce of the field would increase resulting this practice only for once.

Non-willingness to work

In order to treat a person who has lost interest in bread earning or is inconsistent in his attitude that person is required to recite بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ once and 100 times, after Isha Prayer at least for 21-days or at the most 40-days.

بِحَوْلٍ وَقُوَّةٍ لَا إِلَهَ إِلَّا اللَّهُ
أَلْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

If the patient has grown so lethargic that he does not feel like doing it. This by himself then the same can be practiced by his spouse or some close relative.

Dog Bite

3rd verse of Surah Maida; 5th Surah of the Holy Quran form "إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ" to "يَسْأَلُونَكَ مَاذَا أَحَلَّ لَهُمْ" is

to be recited 11 times and blow upon a glass of water. Then patient is to drink this water. This is to be practiced 3-times a day for 3-days.

Hook-Worms, Round-Worms

Infestation is consequent to poor health. Nutritional ingredients of the food are consumed by the worms. The belly swells and drum like sound can be heard when patted. During sleep water discharges from the patient's mouth and patient grinds teeth.

Write the following verse on a piece of paper with black ink. Fold it to make an amulet, to be worn by the patient. Also, write the same verse on porcelain plates with ink made of yellow food colour.

يَذِجْحُونُ اِبْنَاءَكُمْ وَيَسْتَحْيُونَ نِسَاءَكُمْ
وَفِي ذَالِكُمْ بَلَاءٌ مِّنْ رَّبِّكُمْ عَظِيمٌ ۝

Rinse and make the patient to drink the wash water. Repeat, 3-times a day for at least 3-days and at the most for 11-days.

Maladies of Kidneys

Write the following inscription on a piece of butter paper. Make an amulet of this paper. Patient may wear it round the neck or tie it on the area of pain.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
ل ك م ن ق ا
اَلْمَلِكُ الْقُدُّوسُ الرَّحْمَنُ الرَّحِيمُ
٧٩٥ ٧٩٥ ٧٩٥

Making the patient to drink the wash-water of the same inscription is also very beneficial in case of kidney pains. The kidney-stones can also be made to discharge from the body through urinary tract by using this treatment.

Baldness

Take a liter of seasam-oil in a transparent bottle of sky-blue colour. Recite

الرُّتْلَكَ آيَاتُ الْكِتَابِ الْمُبِينِ ۝

الرَّحِيمِ الرَّحِيمِ الرَّحِيمِ

100 times and blow upon the oil. Repeat this for 40-days. From 41st day start using this oil by massaging it in the head.

GOUT. (Treatment as that of Paralysis.)

Boils of eye-lashes

Recite "لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ ۝" once, blow upon the tip of the index finger of the right hand, moisten it with the saliva and rub it at the infected spot of the eye. Repeat few times a day for some days and see the miraculous effect of the treatment.

Heat-Stroke

Write

"بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ"

"هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى"

on a white piece of paper. Fold and tie it in a piece of white cotton-cloth. This charm is to be put around the neck of the patient. When the patient is cured burn this charm. The same verse can be recited, blown on a drink of raw-sugar and taken as a prevention of heat-stroke.

Foul Smell From Mouth

Foul breath and bad smell of mouth is related with the decay of food particles that remain there in the gums and teeth. But, the smell that results the gastric gases become a disgusting thing for the people around. Usually the patient remains unaware of this bad smell but the people coming in contact with him/her find it quite intolerable. In order to treat this the patient is required to strictly follow the meal timings. One must avoid to eat on other than the appointed times. One should not eat the foods that are prepared with yeast or that have gone bad. Meals should be light and easily digestible.

The patient is required to recite **مَرْكُونُ هُكُونِي** 3 time and blow upon the water whenever he/she is to drink water. Also take 1 pound pure natural honey And blow upon it after reciting **مَرْكُونُ هُكُونِي** 100 times after the Zuhar Prayer. Patient to take one teaspoon from these honey 3-times a day. Teeth are to be kept clean no matter whether these are brushed or cleaned by using a tooth-powder.

To get a Building Vacated

In order to get a building vacated from an undesirable tenant, recite **وَأَلْقَتْ مَا فِيهَا وَتَخَلَّتْ** 300 times after the Isha Prayer and blow keeping the imagination of the tenant in mind. This is to be practiced for 40-days or at the most for 90-days.

Fit of Epilepsy

Sometimes the on-rush of thoughts reaches that stage when the mind's ability to distribute them in the brain cells gets affected and if in that state of mind, water is seen the brain fails to perform

its function and a fit of epilepsy results. The patient falls unconscious and remains unconscious till the onrush of thoughts last. Since all the nerves become paralysed movement of the body takes time to return to normal. Emergency treatment of epilepsy is to raise the patient's head only by one inch from the ground, placing upon the palm of hand the head is to be slightly shaken. The fit would come to an end but you have to keep on watching the eye-lids of the patient so that the eye-contact should be established with the patient when he/she open the eyes. This would help him/her to regain consciousness. One of the symptoms of epilepsy is upward turning of the eyeballs.

According to the spiritual sciences to tract the epilepsy patient, write the following inscription on a porcelain plate, rinse the plate with some water and make the patient to drink this wash-water early in the morning daily for 40-days

الطُّرُقُ النَّاسُ وَالْأَجِنَّةُ وَالرُّوحُ الْعَبَادِ

الصَّالِحِينَ فِي الْكَوْنِ

Also write the same on a large piece of paper and the paper is to be rubbed upon the whole body of the patient. If the paper is torn rewrite on a new paper. During the course of this treatment it should be observed that patient should not have constipation.

Femininity in men

There are twelve rings in a chromosome each having its own shade of colour. If the shades of these colours are maintained in the womb of mother, the child is born with all the masculine traits and in case of loss of balance in the shades of colours of these rings the child also loses the masculinity. If the amount of colour in a ring out of the twelve rings exceeds or decreases in certain proportions then the child is a female.

Men with femininity lack masculine grace and behave womanishly. The way they talk, the way they behave, the way they look, so much so their voice too has a touch of femininity. To treat this thing one is to recite *قَوَّامُونَ عَلَى النِّسَاءِ* repeatedly as many times as possible, especially after getting up in the morning and before going to sleep at night.

Insomnia

Main causes of insomnia and sleeplessness are stress, strain, tension, worries, depression and dryness in the brain cells and tissues. In order to treat insomnia one is to learn to vacate the mind as much as possible from every such thing and this can be done easily by practicing an exercise of concentration and focusing of attention on a given point. Following exercise to pacify mind and relieve tension and other worries has been proved very effective and beneficial.

After retiring from the day's work, go to the bed. The bed must be a comfortable one. Lie straight in the bed. Let your body be relaxed. Close your eyes and imagine that a large glass/jar is placed upon the abdomen covering the body from neck to navel. This jar is filled with cool and pleasant lights. When this imagination is established, start reciting the following verse. By the grace of God, only few times recitation will make you to sleep soundly.

الم ﴿٦٦﴾ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ.....يُوقِنُونَ

Epistaxis

To treat nose-bleeding write بِإِذْنِ on a piece of paper with black ink. Burn the paper and make the patient sniff the ash of this paper taking it in index finger and the thumb. Doing this only for few times will cure epistaxis permanently.

Chronic Rhinitis

When running nose reaches a stage when one starts feeling its smell, eyes grow heavy,

resounding voices keep on echoing in the ears and head seems to be filled with something. To treat this state write the following inscription on porcelain plates or butter-paper rinse and make the patient to drink the wash-water, 3-times a day. Avoid all such food items that upset the stomach.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا مِيكَائِيلُ يَا إِسْرَافِيلُ يَا سَمُوءَائِيلُ يَا فَرَزَائِيلُ

Impaired smelling power

This ailment is related with those olfactory cells of the brain that are responsible to regulate the smelling power. The patient is unable to distinguish bad or good smell and odours. Even the bad smelling food items find their way to the stomach due to impaired smelling power. For treating this disease recite and blow upon the

water, whenever the water is to be drunk, the following words-

وَاللَّهُ يَخْتَصُّ بِرَحْمَتِهِ

Beside this take some water in a stainless steel or tin-coated bowl. Add some salt into it. Recite the above words and blow upon the water. Sniff in this slain water and allow it to drain out. The water coming out of the nose should not fall in the bowl but on uncommented earth. It might take some time to cure but the cure is sure.

Malady of Solar Plexus

Take two locks. Lock them into each other. Now draw a picture of these interlocked locks on a piece of paper like the one drawn under. Fold this piece of paper to make a charm



This charm is to be wrapped in cellophane and is to be tied upon the abdomen so that the charm should remain over the solar-plexus. Do not remove this charm even when washing or bathing. When cured offer the benedictions for the soul of Hazrat Mohaiuddin Abdul Qadir Jillani. (R.A.)-

Treatment of Drug Addiction

In order to treat an addict, recite the following verse only once in such a voice that should not disturb the sleep of the patient. This verse is to be recited when the patient is asleep and the person who is treating must stand towards the head of the sleeping patient.

يَا أَيُّهَا الَّذِينَ آمَنُوا
إِذَا خُمِرُوا وَالْمَيْسِرُ وَالْأَنْصَابُ وَالْأَزْلَمُ رَجَسٌ
مِّنْ عَمَلِ الشَّيْطَانِ
فَاجْتَنِبُوهُ لَعَلَّكُمْ تُفْلِحُونَ ۝

This is to be practiced for 40-days to cure an addict.

Ailments concerning the nose

Enlargement of the nose-bone, Polypus, Ozaena, Diphtheria, blocked nose, inflammation in the nasal membrane etc. can all be cured by making the patient to wear the charm made as under on a glazed paper.



This inscription is to be written with sky-blue or black ink. Fold the paper to make an amulet and is to be worn around the neck by the patient.

Hicups

Just recite the following words once and blow upon some water. Make the patient to drink this water to cure hiccups‘

وَيَمُدُّهُمْ فِي طُغْيَانِهِمْ يَعْمَهُونَ

In order to make it more effective write these words on a porcelain plate, rinse it with some water and make the patient to drink this water. At the most 3-times would cure the hiccups and hiccough.

Stammering and Lispng

Before going to bed at night recite the following words 100-times sitting in front of a full-size mirror in such a way that each and every word should be pronounced clearly and separately. During the recitation the movement of the lips is to be watched intently.

وَحُلِّلْ عُقْدَةً مِّنْ لِّسَانِي

After reciting this, blow upon both the hands and run the hands over the face 3-times. Go to sleep without talking to anyone. This is to be practiced for 90-days without any break. If for some unavoidable reason a few days are missed these are

to be counted and completed at the end of the course.

Psoriasis Syphilis and Caries etc

أَرْحَمُ رَفِيقُكَ يَا رَاحِلُ مَعْنَى

Write the above words on a porcelain plate. Rinse and make the patient to drink the wash-water, 3-times a day. Also write the same on a large piece of paper and rub this paper gently all over the body 3-times a day. This treatment is to be continued for quite a long time. Use of salt, meat, eggs, reddish and chillies are to be avoided at least for six months.

Cholera

Write **فَبِأَيِّ آلَاءِ رَبِّكُمَا تُكَذِّبَانِ** on a porcelain plate with yellow food colour. Rinse the plate with lime-water. Patient to drink this water repeatedly. Method to make lime-water is to slake some lime-stone with water. When the lime is slaked allow it to cool off. Take some water from this

without disturbing the precipitates. This is the lime-water.

If, for any reason, lime-water could not be made available take 4-seeds of dried red-chilli. Recite the above verse, blow upon these seeds, patient to swallow these seeds with the help of some boiled water. Continue this treatment till the Cholera lasts.

Incomplete bones/pain in bones

Treatment of these problems is just the same as that of the tuberculosis so see the treatment suggested for T.B.

Exostosis

Enlargement of bone or bones can be treated by reciting

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ۝

for 100-times before going to bed at night and drink the water after blowing upon it. Duration of this treatment is 90-days.

Jaundice

This disease is the result of malfunctioning of liver. It has been observed that in this disease spiritual treatment is more effective than medicaments.

س	ر	ش	ل
ق	ع	ل	ت
خ	م	ف	ت
ن	ص	د	ض

Make an amulet by writing the above charm and the patient is to wear it around the neck.

Take some roots of Spreading Hog Weed; a wild weed. Wash them with water Make 21-pieces from this, each one of one inch in size.

Take cotton thread equal to 21 or 31 lengths of the patient's height. Fold these strings to four folds. Now knot around the cut piece of the Spreading Hog Weed root with these folded

strings of cotton thread and blow on the knot after reciting

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

once. Tight the knot while blowing. Thus tie all the 21 piece in 21 knots each time with a blowing upon them after reciting.

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

Put this string round the neck of the patient. This string would enlarge as the disease would recede. When the disease is completely cured take off this string and throw it in flowing water.

To make voice pretty

In order to make your voice pleasing, to remove the feminine effect from a male voice or to correct a male like voice of a women write the following inscription with black ink on a piece of paper and put this paper in the water that is to be used for the drinking.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

٥	٥	٥	٥	٥
٩	٩	٩	٩	٩
١١	١١	١١	١١	١١
٩	٩	٩	٩	٩
٥	٥	٥	٥	٥

Write a new inscription daily for 90-days and daily change the water. The water left-over from the previous day must be drained in a flower-pot or a flower-bed.

For Ulcer

Adulteration of food items is one of the main reasons for this disease. Besides avoiding red-chillies, hot spices, sour and fried things write, rinse and drink the wash of the following inscription daily 3-times; in the morning, in the evening and at night.

٢٨٦

١٢	٣٢	٢١	١	١٦	١٢	٥
٢٣	١٨	٢٣	٢٦	٢	٦	٨
٢٢	٢٣	١٩	٢٩	٢	٣	١٠
٣٥	٢٢	٣٠	٢٠	٩	١٥	٢
٢٨	٣١	٣٢	٣٥	١١	١٦	١٣

Appendicitis

Sometimes due to upset digestive system or malfunctioning of the stomach the worm-like appendage of the large intestine; located towards the righthand side of the go in inflate due to gas in it. In many cases a surgical operation is required to treat this diseased condition of the vermiform.

Spiritual treatment of this disease is to write **يا حيّ** ۲۱- **حيّ** times on a large white porcelain plate. Wash this plate in about two jugs of cold water and pour this water over the area of pain. Repeat this 3-time in 24 hours.

Eye-strain or sourness of eyes

Perform ablution sitting on a wooden seat, facing the Qibla. Without getting up from there recite

قُلْ تَرَبُّؤُنَا فِيَّ مَعَكُمْ مِنَ الْمُتَرَبِّصِينَ

100-times and blow upon rose-water. Using a dropper put 3-drops in each eye. Avoid the use of red chillies as long as the symptoms persist.

Evil-Spirits' Amulet

In the beginning of this book treatment of the evil-spirits is suggested. The author received many letters that demanded an amulet in addition to that treatment. So the following inscription is to be copied down on a piece of butter-paper. After folding and wrapping it in cellophane let it be worn by the patient like an amulet around the neck.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ
 يَا بَدِیْعُ يَا بَدِیْعُ يَا بَدِیْعُ
 يَا بَدِیْعُ الْعَجَائِبِ يَا الْخَيْرِ يَا بَدِیْعُ
 ۹۹ ۹۹۹ ۹۹۹ ۹۹۹
 يَا حَفِیْظُ يَا حَفِیْظُ يَا حَفِیْظُ

On every thursday afternoon, before the sun is set, without taking the inscription out of the wrapping incense it with the smoke of benzoin (loban).

Septal Defects

Recite Darood-Shareef 11-times,

مَا كَذَبَ الْفُؤَادُ مَا رَأَىٰ فَأَوْحَىٰ إِلَىٰ عَبْدِهِ مَا أَوْحَىٰ

11,000 times and Darood-11-times in one sitting (by one or more persons collectively) and blow upon 1/2 kilo pure natural honey. From this honey give appropriate dose to the child 3-times a day; once in the morning, once in the evening and once at night. For small kids and infants the dose should be tea-spoon and for children of over 10-years it should be one tea-spoonful at one time. This treatment is to be continued for six months.

Bad smell of armpits and feet

Sometimes when a person takes off his shoes a disgusting odour causes quite a discomfort. For treating this disease recite

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ وَالْدَّمَ وَلَحْمَ

الْخِنْزِيرِ وَمَا أُهْلَ بِهِ لِغَيْرِ اللَّهِ

1100 times and blow upon 1 lb. pure natural honey. Take one tea-spoonful from this honey 3-

times a day. During the treatment reduce the salt intake as much as possible.

Polio

If the typhoid fever in a child is maltreated, it usually results in polio. To treat polio take 1/4 teaspoon sugar, a thin needle, a piece of white cotton cloth and some water in a stainless steel or silver bowl. Recite once and blow upon the needle. Touch the sugar with the tip of the needle and give it a dip in the water. Wipe the needle with the white cotton cloth and repeat the same process for 101 times. Add saffron in this water to make ink. With this ink write the following inscription on 3-porcelain plates.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
رَمِيمٌ فَارُقُ الْحَمَّ
٢٩ ١١ ١٩ ٢٤ ٣١ ٣١

Rinse a plate with some water and make the patient to drink the wash once in the morning, once in the evening and once at night.

Write the above inscription on a 9" x 9" thick glazed piece of paper with the ink prepared above. Rub this paper clock-wise upon the affected part of the body 3-times a day. When this paper is worn out write a new paper. Treatment is to be continued for a long time. Cure is sure. Salt, gas producing foods are to be avoided.

N.B: بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ is not to be written on the paper which is to be rubbed on the body.

Mental disturbance resembling the effect of Evil-spirits

Perform ablution before going to bed at night. Recite ayat-tul-kursi, once and blow upon two swabs of cotton and place one swab in each ear. After getting up in the morning take these swabs out and keep them in a small box. Repeat the same using the same swabs daily for few weeks.

Abdominal Pain

There could be many reasons for the abdominal pain. The best way is to diagnose the real cause of the pain and then it should be treated accordingly but as a first aid measure take salt equal to one grain of rice and dissolve it in one tea-spoon water. Recite *لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ* once, blow upon this water and let the patient drink this water. The patient should be facing the north when this water is taken.

For winning over the Superiors

It has been observed that some superiors do not treat their subordinates properly and their behaviour is quite torturing for them. Some even force their subordinates to do things for them which are not in accordance with the norms of honesty and a conscientious worker finds it hard to obey them. in such a case make a charm by writing the following inscription on a feather of

dove, pigeon, peacock, wood-pecker or upon a piece of deer-skin.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

$$\begin{array}{r} \text{ه ح} + \text{ى} - \text{ص} + \text{ر} - \text{ل} \\ \hline \text{ه} - \text{ا} + \text{ن} - \text{و} - \text{ق} + \text{ه} - \text{ح} \end{array}$$

(Name of the person and his mother name).

This charm is to tied around the right arm.

N.B. If the name of the superior's mother is not known then his designation is to be written with his name.

To remove the effects of black-magic and witchcraft

When it is proved that the patient is under the influence of black-magic then take 11 strings of blue threads equal to the full length of the patient. Make 4-folds of these strings and tie a loose knot at one end of this folded strings. Now recite the whole Surah Falaq, once and with a blow in the

knot tie it tightly. Make eleven knots in this manner in these strings and put then in blazing charcoals. If the thread burns with a smell, repeat this process daily till the threads start burning without any smell or odour.

Small pox /Chicken-pox

Make the following charm and put it around the patient's neck.

ص	ع	ى	ح
ع	ع	ى	ح
ى	ى	ى	ح
ح	ح	ح	ح

In order to make it more effective write the same on a plate, rinse and make the patient to drink the wash of the plate. The plate should be rinsed with boiled water. Only the boiled water should be used during the disease.

Blood Dyscrasias

Inclusion of unwholesome fluids in the blood results in many complications including the skin

diseases etc. For treating this write the following charm on a plate according to the sequence given in the corners of the boxes, with ink made from yellow food-colour and rose-water. Rinse the plate and let the patient drink the wash. This is to be repeated 3-times a day for 90 days.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

٨٢ ^١	٨٢ ^{١١}	٨٢ ^{١٢}	٨٢ ^{١٣}
٨٢ ^{١٤}	٨٢ ^{١٥}	٨٢ ^{١٦}	٨٢ ^{١٧}
٨٢ ^{١٨}	٨٢ ^{١٩}	٨٢ ^{٢٠}	٨٢ ^{٢١}
٨٢ ^{٢٢}	٨٢ ^{٢٣}	٨٢ ^{٢٤}	٨٢ ^{٢٥}

N.B: The sequential Nos. given in the corners of the boxes are not to be copied.

Sleep-walking (Somnambulation)

Write ten charms as given under.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 ل ه و ع ص
 — × — × — × — × — ×
 —————
 الْكَرِيمُ الرَّحِيمُ الْكَرِيمُ الرَّحِيمُ الْكَرِيمُ الرَّحِيمُ
 نَوْمُ الْعَرَبِ وَالْعَجَمِ

One is to be worn by the patient like an amulet around the neck and the rest of the nine are to be washed and drunk by the patient one by one early in the morning for nine days.

Fits of unconsciousness in the afternoon

There are two minds operative in man. Only one of them is active at one time. The other remains dormant at that time. If the system of alternating their activities is disturbed the patient suffers the fits of unconscious at the time of declining of the sun. Its remedy is that the patient should retire half an hour before the time of the fit and should lie down in the bed comfortably and recite "يا حفيظ" repeatedly till the time of the fit. If sleep overcomes the patient should go to sleep. Patient to remain in the bed for one hour, even after the fit's usual time. The treatment period for this disease is 40-days.

Business slump / Business depression

Sometimes the business falls and despite all the available resources either the orders are not scored or if scored one cannot comply with them. Customers come to the shop but leave without buying anything. To rectify and improve the situation proceed as follows:

After getting up early in the morning. Reach the office or the place of business when the sun has not risen. Recite Surah Nas, blow upon the door, open the door and take five steps backward. Take off shoes, strike both the shoes in such a way that their soles should collide together. Wear the shoes and enter the shop or the office and incense with benzoin. Doing this only for once should be sufficient. Only thing to be taken care is that the shoes must be of the leather soles.

Inability to reply a question

Because of nervousness fear grips and despite the capability to reply one cannot respond to an

inquiry. Sometimes this happens because one is over impressed of the others, personality. In order to get rid of this complex get up early in the morning. Perform ablution, recite "سُبْحَانَكَ" once and taking some water in the hand sniff it up and blow it out. This is to be done seven times each time taking fresh handful of water, after reciting "سُبْحَانَكَ" only for once. This is to be practiced till completely recovered.

Rectal Prolapse

Like piles in adults children too sometimes suffer from rectal prolapse and they have haemorrhoids that causes pain to them. Its treatment is quite simple. After passing bowels washing is to be done in such a manner that the middle finger of the left hand should remain touching and rubbing the anus. During washing keep on reciting "فعلن فعلن فعل". This disease can be cured by doing this two or three times only.

Sickness of the family members collectively

According to the principles of hygiene the house is to be kept clean and tidy. The atmosphere must not be damp. In order to keep the house it must be occasionally fumigated with benzoin or some other like incense. The actual reason of sickness of all the family members should be found out and the cause be removed. But if there is no apparent reason for the sickness then write the following charm on a piece of paper and hang it in the house at such a place where it should remain moving in the air.



Haematemesis

Sometime as result of infected throat, gums or lungs or for some other reason during the day or at night during sleep blood is accumulated in the mouth and the patient appear to be spitting blood.

This type of bleeding or haemorrhage can be fatal. To treat this disease take two swabs of cotton of fine quality. Blow upon them after reciting the following only once.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

سَبِّحْ اسْمَ رَبِّكَ الْأَعْلَى ۝ الَّذِي خَلَقَ فَسَوَّى ۝ وَالَّذِي قَدَّرَ فَهَدَى ۝
وَالَّذِي أَخْرَجَ الْمَرْعَى ۝ فَجَعَلَهُ غُثَاءً أَحْوَى ۝

Place one swab each in the ears of the patient before his going to bed. Replace the swabs with new ones every night. This is to be practiced for 7-days. The used swabs are to be collected and thrown in the flowing water. It is the miraculous effect of the holy verses that the author has treated so many such patients who had been in the hospital for long time and doctors were at loss to understand from where the blood was discharging. All those patient were cured and doctors wondered that how they were cured.

For getting a job or to have a business

When every effort to find a job is proving futile and hopes are not materialising then write the following inscription on a piece of paper. Make an amulet and wear it around the neck or tie it around the arm.

اللَّهُ طَيِّفٌ			
٣٢١ ^١	٣٢٣ ^{١١}	٣٢٨ ^{١٢}	٣١٣ ^١
٣٢٤ ^{١٣}	٣١٥ ^٢	٣٢٠ ^٤	٣٢٥ ^{١٢}
٣١٦ ^٣	٣٣٠ ^{١١}	٣٢٢ ^٩	٣١٩ ^٧
٣٢٣ ^{١٥}	٣١٨ ^٥	٣١٤ ^٢	٣٢٩ ^{١٥}
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ			

N.B: The Nos. given in the corners of the boxes are to indicate the sequence of the filling in of the boxes and these are not to be written in the charm made for wearing.

Also recite يَا حَيُّ يَا قَيُّوْمُ as many times as possible when it may be suitable to you whether you are walking, sitting, doing some work or not.

Evil Eye

One cannot deny the effects of the evil eye. It has different effect for children, boys, girls and even the cattles. If a girl is fallen prey to the evil eye she might not be wed locked. A man might be losing control over his routine affairs due to the affected abilities because of this phenomenon. If the cattle are affected they may stop giving milk or start bleeding instead of milk or the fats grow less in the milk.

a) In case of a girl whose marriage is not taking place due to the ill-effects of the evil-eye. The girl or her mother is to recite Surah Fateh (1st surah of the Holy Quran) in such a manner that the verse **إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ** is to be recited for 11-times and then complete the recitation of the rest of the surah and blow upon a glass of water.

Thus recite this surah 11-times and blow upon the water 11-times. The girl is to drink this water

in three draughts. This is to be practiced for 40 days.

b) To deal with other than the marriage problems for treating the bad effects of the evil eye write the following charm and burn it after placing it on the head of the affected person for few minutes. If one charm is not proved enough this can be repeated up to 3-times.

$$\frac{\triangle + 1 + 2 + 5 + 7}{\text{أَلْبَاسِطُ} \qquad \text{أَلْيَاسِطُ}}$$

c) In order to nullify the effects of the evil eye from the cattle. Write the above inscription on a piece of odour free wood and put it round the neck of the affected cattle.