

THE RUQYA PLAN



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RAQI AMIR HUSSAIN

JINN CATCHING RUQYAH SERVICES | 07743387066

Consent form

I acknowledge that by asking for treatment, I am asking for Ruqyah for myself and/or on behalf of my family/friends which is a practise that falls under the category of spiritual healing. The healer may provide me with information (no fortune telling involved) that could bring about positive change in my life but any choices I make are my personal and legal responsibility. I have sought Ruqyah for myself and I take full responsibility for my decision.

I understand that all types and forms of complementary therapies are not intended to replace allopathic/traditional medical treatment and care, but they rather intend to work side by side with these treatments. Nor are they intended to replace proper diagnosis and/or treatment by a qualified medical practitioner.

I accept that this consultation is offered as a scientific experiment only and that no specific results can be guaranteed by the healer. I further accept that any guidance given to me is for me to consider only.

I take full responsibility for understanding in agreeing to the terms as outlined above. Furthermore, I accept full responsibility for my own wellbeing and for reporting my physical and psychological help to my own GP/Family Doctor/Consultant.

Please initial all
boxes

1. I confirm that I have read and understand the information I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.

2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason.

3. I agree to my GP being informed of my participation in the study.

4. I agree to take part in the above.

Name of Participant

Date

Signature

Patient Name: _____ **Date:** _____

	Magic Type		Magic Type		Pains In Body
	Doll		Period Blood		Head
	Tree		Animal Carcass		Neck
	Padlocks		Dog Hair		Shoulders
	Loss of Money		Fish		Back Between Shoulders
	Graveyard		3 Bones		Middle Back
	Oversight		Skin		Lower Back
	Knots		Donkey		Legs
	Writings		Underwear		Knees
	Sexuality & Infertility		Pubis Hair		Feet
	River		Sacrifice		
	Bridge, Hole or Well		Statue		
	Footsteps		Chilies		
	Clothes		Madness		
	Picture		Revive		
	Hair		Passions		
	Charcoal		Mental Weakness		
	Fire		Buzzing Noises, Voices		
	Star or Paperclip		Presence House		
	Canary		Eye Disease		
	Anger		Cold		
	Dirty Blood		Termite		

Introduction

Ruqyah in Islam is recitation of the Qur'an, the use of authentic supplications and the seeking of refuge in Allah (SWT) using His Perfect Names and Attributes. All of these are means of treatment for a person suffering from ailments such as the Evil Eye, Envy, Jinn possession, Black Magic or other ailments such as fever, depression, cancer etc.

THERE ARE 2 TYPES OF RUQYAH:

- Ruqyah Shar'iyah
- Ruqyah Shirk'iyah

RUQYA SHAR'IYYAH

This is Ruqyah that is free from any forms of shirk (associating partners with Allah) and revolves around recitation of the Qur'an, the use of authentic supplications and the seeking of assistance and refuge in Allah (SWT) alone. Ruqyah Shar'iyah should meet 3 conditions as mentioned by the scholars, and it is from their consensus that the legalisation of Ruqyah is achieved when the 3 conditions are met. They are:

- It must be with the words of Allah (Qur'an), his names and his attributes.
- It must be in the Arabic language or a language that is clearly understood by the people.
- To believe that the Ruqyah being done has no benefit by itself, but the benefits and cure are from Allah alone. ('Fath Al-Bari')

Evidence can be found in the Sunnah of the Prophet ﷺ regarding Ruqyah being allowed; this is encouraged in the following Hadith:

Awf Ibn Malik al-Ashja'i (RAA) narrated that he said to the Prophet ﷺ: "O Allah's Messenger! We used to do Ruqyah during the days of Jahiliyyah (pre-Islamic era). What do you think of that?" He ﷺ replied: "Present your Ruqyah to me; there is nothing wrong with it as long as it does not involve Shirk." (Sahih Muslim)

Therefore, Ruqyah Shar'iyah is permissible and legal in Islam.

RUQYAH SHIRK'IYYAH

This type of Ruqyah leads to sin and destruction upon the individual as it involves calling upon other than Allah (SWT). It entails seeking assistance from the Jinn, Magicians, Horoscopes, Charms & Amulets etc. Therefore, its practice is completely forbidden in Islam, which is evident from the above Hadeeth of the Prophet ﷺ.

Symptoms

Note: If you have any of the below symptoms and have been to see the doctor who has no explanation except stress or a fancy name then you are very likely affected with either black magic, Jinn or Evil Eye (Hasad)

When Asleep

- You have difficulty sleeping without reason
- Sometimes you see your ancestors in your dreams
- You are delirious while saying bad words
- You dream you are being chased by a snake, tiger, or dog
- You clench your teeth
- You dream you are falling from a high place
- You constantly have nightmares (Nightmares are a big sign that someone did black magic on you)

Nightmares

Nightmares is a special category of symptoms. Nightmares are a big sign that someone did black magic on you and that black magic and/or jinn are coming. If you have repeated nightmares, there's a good chance that you are about to be possessed or were recently possessed or repossessed. If you have repeated nightmares, you should seek Ruqyah help.

When Awake

- You are ill and doctors can't find a cause
- You have constant headaches / migraines without reason
- You easy get mad and are overly emotional
- You lose your mind
- You have symptoms of epilepsy (seizures / uncontrolled shaking)
- You unusually often forget things
- Your entire body is weak and you feel lazy
- You feel agitated, restless, and nervous, sad and you feel a long period of difficulty breathing
- You feel like crying and laughing for no reason
- You are excessively shy
- You like to be isolated and far from others
- You can't stand being home with your family, wife, kids or you behave rough with them
- You're behaviour changes to become negative towards someone you know well
- You feel worried, anxious, agitated, scared, you daydream

- You hear whispers and feel that something is walking in your body
- You have inconsistent or long menstrual periods
- Your hair easily falls out
- You are easily offended and you can't control your emotions
- You have excessive desires or sometimes no desire at all
- A part of your body shakes and feels cold when you hear the Adhaan, Dhikr, or the Qur'an
- You can't get married (e.g. every time you're about to get married, your plans abruptly gets cancelled or blocked)
- You keep getting a divorce (e.g. problems keep arising in your marriages forcing you to get a divorce, e.g. you see your spouse as ugly or smelly and love turns to hate – this is very common!)
- You can't find a job (e.g. you are well qualified and applied to numerous positions but can never get a job)
- You suffer from inexplicable health problems (e.g. you have health problems that no doctors can explain or cure including constant migraines, seizures, body odour that only you can smell, etc)
- You can't have kids (e.g. according to doctors, both you and your spouse are perfectly healthy but you can't have kids)
- You can't study (e.g. you were motivated and had straight A's but now you're lazy and getting C's and you want to drop out)
- You are madly in love with someone (fake love) (e.g. you didn't care much for someone but then all of a sudden you are crazy about them)
- You suddenly change your mind for no logical reason (e.g. you were excited and planned on marrying someone but all of a sudden, you no longer want to marry them. Or, your future in-laws agreed for you to marry their daughter but suddenly, they changed their mind without any good reason)
- You always do whatever someone else wants (e.g. you always find yourself agreeing to your spouse and doing whatever they want)
- Your children constantly disobey you, Jinn are attracted to babies and black magic targeting parents can also affect their kids.
- You notice things that just make absolutely no sense (e.g. to you, your spouse has extremely bad breath but no one else notices it or can tell)
- Your business keeps failing no matter how hard you work on it
- You keep losing money or your life never progresses no matter how much you try to improve your life

When at Home

- You feel bored and uncomfortable
- You repeatedly hear people knocking on your door but no one is there
- You often hear sounds on the roof and in the walls at night but nothing is there

- You often hear the sound of an object falling and maybe breaking, especially in uninhabited rooms, but when you go to check it out, you don't see that anything has fallen
- The electricity keeps going on and off without any clear reason
- Many large mice or rats are in the house that are hard to get rid of and many insects that look weird
- Sometimes women will feel that someone is walking behind them and nearing them and feel that someone is blowing on their shoulders or ears
- Pet birds and fish often die for no reason
- You often see a black cat in or around the house
- You often lose your money or gold in the house so you suspect someone in your home took it
- The house feels hot and most people think it's because of the broken air conditioner
- Ruqyah CD's or music often get lost, especially ones containing Surat Al Baqarah and Ali Imran
- You see a shadow around the house and you hear a vague sound but it's unclear where it's coming from
- The people living in the house feel that the house is dark despite there being sufficient lighting

Symptoms specific to Evil Eye & Envy

The list below are some of the signs of the effects of the evil eye. The list of symptoms provided in this treatise is not exhaustive. Also, these symptoms could be caused by other means. It is meant only as general information for educational purposes. For an accurate and comprehensive diagnosis please see a trained professional.

- Changing of the colour of the face. The faces of people will go dark, some pale, or a yellow pallor.
- Finding it hard to sleep during the night and feeling sleepy during the day. Sweating while sleeping from the forehead, back, hands and feet.
- Feeling of boredom, hopelessness, carelessness, listlessness, and or apathy.
- Frequent urination although you are not diabetic.
- Aspirations feel out of reach. Whatever ambitions you have.
- You feel as though you are incapable, or that you should postpone trying.
- No zest or zeal for life.
- No desire to do things you used to enjoy doing or were good at.
- Inability to do things you used to enjoy doing or were good at.
- Headaches that move from one part of the head to another.
- Weak appetite.
- Heat or cold in the limbs.
- Palpitations in the heart

The Treatment Plan

Important: Before you start Ruqyah Treatment destroy all taweez and other things you have been given by dipping them in a bowl of quranic water. Failure to do so will result in complications during the healing process and will prolong shifaa from coming .

TREATMENT FOR BLACK MAGIC AND EVIL EYE

What you'll need :

- ✓ 50-70 Litres of water
- ✓ 1 litre of oil,
- ✓ Incense (Agarbati, Cones or Bakhoor)

Read the Ayaats Prescribed by the Raqi on 70ltrs water, (Agarbati, Cones or Bakhoor)

Make sure the tops of the water, oil and incense sticks have been removed. Read directly on the oil water and sticks, once finished say bismillah and close them. Add the Quranic paper to 70 litres of water for bathing, drinking and spraying

Water

After Maghrib Salah wash your body everyday with 1 litre of water preferably hot by heating it in the microwave. Rub the water starting from your head all over your body. (collect water by standing in a bucket and feed plants don't allow to go in the waste)

- Drink 1 litre of water every day,
- spray the house walls, floors, ceilings, windows, doors, bed, utensils & spray business.

Oil

After washing with the water or before you sleep massage your entire body with the oil especially in those places where you feel pains. Leave the oil on all night and wash in the morning.

Incense

To smoke the body. After bathing with the Quranic water light the Agarbati (Cones or Bakhoor) and wear only a juba or long gown and stand over the smoke allowing it to smoke your body. Also smoke any room where you feel a presence or the whole house with the Quranic Agarbati (Cones or Bakhoor).

Senna Leaves

For stomach problems. Boil 1 litre of Quranic water and once it is boiling put the heat very low add 7 tablespoons of Senna Makki and stir for ten minutes on low heat then drink minimum 0.5 litres on empty stomach in the morning before breakfast. If you have pains keep drinking daily until pains disappear. Also boil barley in milk and add honey or dry dates and eat after Senna.

Hijamah

Finally get Hijama (Cupping) done on parts where you feel pains.

Nafil

Read 2 rakat nafal salat ul hajat (if your madhab permits if not then read Nafil) after Zuhar, Maghrib and Esha after the Nafil ask Allah to destroy the magic. Also do Dua after invoking Allah to destroy all the blocks and magic.

 Follow the treatment until symptoms disappear.

Important Note:

When reading Quran on the water oil and Agarbati make sure you open the containers and your breathe hits the oil water and Agarbati (Cones or Bakhoor).

- DO NOT leave the top on the container read the Quran and then blow as it will not have the same effect.
- DO NOT boil the water to bath rather heat in the microwave or in a pot of boiling water
- DO NOT leave the Qur'anic water open always keep it covered say bismillah before opening and closing the lid.
- Yes, for women on periods they can have the bath.

Quranic water destroys the magic and burns the jinn inside Massaging the body with Quranic oil will keep working all night against the kala ilm and jinn.

You can also read Quran on all the products you use to wash your house also all the water the people drink in the house and on the oil used for cooking the food this will help especially for those people who refuse to have treatment done to them.

Protections

The most important part before and after Ruqyah treatment is to keep on top of your daily protections .

- Daily recite the last Aytul Kursi & 3 Quls 3 times after each salat.
- Recite Surah Bakarah daily.
- 4th Kalima 10 times after Fajar and Maghrib
- Read Masnoon Duas for Entering and leaving the house, eating, going to the bathroom, taking off clothes, meeting spouse etc.
- Say Istighaar as much as possible.

Verses to be recited over Ruqyah Products

Read 33 times

سُورَةُ الْفَاتِحَةِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٢﴾ مَلِكِ يَوْمِ
الدِّينِ ﴿٣﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٤﴾ اهْدِنَا الصِّرَاطَ
الْمُسْتَقِيمَ ﴿٥﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ﴿٦﴾ غَيْرِ الْمَغْضُوبِ
عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

Read 33 times

سُورَةُ الْبَقَرَةِ

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي
السَّمَوَاتِ وَمَا فِي الْأَرْضِ ۗ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۗ يَعْلَمُ مَا
بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۗ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۗ
وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ ۗ وَلَا يَئُودُهُ حِفْظُهُمَا ۗ وَهُوَ الْعَلِيُّ
الْعَظِيمُ ﴿٢٥٥﴾

Read 33 times

سُورَةُ يُونُسَ

فَلَمَّا أَتَوْا قَالِ مَوْسَىٰ مَا جِئْتُمْ بِهِ السِّحْرُ ۗ إِنَّ اللَّهَ سَابِقُ الْعِلْمِ ۗ إِنَّ اللَّهَ لَا
يُصْلِحُ عَمَلَ الْمُفْسِدِينَ ﴿٨١﴾ وَيُحِقُّ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ
الْمُجْرِمُونَ ﴿٨٢﴾

Read 33 times

سُورَةُ طه

قُلْنَا لَا تَخَفْ إِنَّكَ أَنْتَ الْأَعْلَى ﴿٢٨﴾ وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفْ مَا
صَنَعُوا إِنَّمَا صَنَعُوا كَيْدُ سِحْرٍ وَلَا يُفْلِحُ السَّحِرُ حَيْثُ أَتَى ﴿٢٩﴾ فَأَلْقَى
السَّحَرَةُ سُجَّدًا قَالُوا آمَنَّا بِرَبِّ هَارُونَ وَمُوسَى ﴿٤٠﴾

Read 33 times

سُورَةُ الْأَعْرَافِ

وَأَوْحَيْنَا إِلَى مُوسَى أَنْ أَلْقِ عَصَاكَ فَإِذَا هِيَ تَلْقَفُ مَا يَأْفِكُونَ ﴿١١٤﴾
فَوَقَعَ الْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ ﴿١١٨﴾ فَغُلِبُوا هُنَالِكَ وَانْقَلَبُوا
صَاعِرِينَ ﴿١١٩﴾ وَ أَلْقَى السَّحَرَةُ سُجُودًا ﴿١٢٠﴾ قَالُوا آمَنَّا بِرَبِّ
الْعَالَمِينَ ﴿١٢١﴾ رَبِّ مُوسَى وَهَارُونَ ﴿١٢٢﴾

Read 33 times

سُورَةُ الْإِخْلَاصِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ^١ وَلَمْ يُولَدْ^٢ ﴿٣﴾
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

Read 100 times

سُورَةُ الْفَلَقِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا
وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا
حَسَدَ ﴿٥﴾

Read 100 times

سُورَةُ النَّاسِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ
الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Read 100 times

بِسْمِ اللَّهِ يُبْرِيكَ، وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ، وَمَنْ شَرَّ حَاسِدٍ إِذَا حَسَدَ، وَمِنْ شَرِّ كُلِّ ذِي عَيْنٍ

Read 100 times

اللَّهُمَّ أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ ، وَاشْفِ أَنْتَ الشَّافِي ، لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

Read 100 times

بِاسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْعَيْنٍ
حَاسِدٍ اللَّهُ يَشْفِيكَ بِاسْمِ اللَّهِ أَرْقِيكَ

45 Verses to Destroy Different Types of Magic

Based on your Diagnosis your Raqi will highlight which of the below verses you are to recite a minimum x100 on Water, Oil and incense as part of your treatment plan.

Doll & Cut Cola Nut	إِذْ جَاءَهُمْ مِنْ فَوْقِكُمْ وَمِنْ أَسْفَلَ مِنْكُمْ وَإِذْ زَاغَتِ الْأَبْصَارُ وَبَلَغَتِ الْقُلُوبُ الْحَنَاجِرَ وَتَظُنُّونَ بِاللَّهِ الظُّنُونًا ﴿١٠﴾ هُنَالِكَ ابْتُلِيَ الْمُؤْمِنُونَ وَزُلْزِلُوا زِلْزَالًا شَدِيدًا ﴿١١﴾
Cut Cola Nut	إِنَّ اللَّهَ فَالِقُ الْحَبِّ وَالنَّوَى يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَمُخْرِجُ الْمَيِّتِ مِنَ الْحَيِّ
Tree	وَعِنْدَهُ مَفَاتِيحُ الْغَيْبِ لَا يَعْلَمُهَا إِلَّا هُوَ وَيَعْلَمُ مَا فِي الْبَرِّ وَالْبَحْرِ وَمَا تَسْقُطُ مِنَ وَرَقَةٍ إِلَّا يَعْلَمُهَا
Padlocks	أُولَئِكَ يَرَى الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيًّا أَفَلَا يُؤْمِنُونَ ﴿٣٠﴾
Loss of Money	فَأَصْبَحَ يَقْلِبُ كَفَيْهِ عَلَى مَا أَنْفَقَ فِيهَا وَهِيَ خَاوِيَةٌ عَلَى عُرُوشِهَا وَيَقُولُ يَلَيْتَنِي لَمْ أَشْرِكْ بِرَبِّيَ أَحَدًا ﴿٢٢﴾
Cemetery	أَوْ مَنْ كَانَ مَيِّتًا فَأَخْيَيْنَاهُ وَجَعَلْنَا لَهُ نُورًا يَمْشِي بِهِ فِي النَّاسِ كَمَنْ مَتَّعَهُ فِي الظُّلُمَاتِ لَيْسَ بِخَارِجٍ مِنْهَا
Oversight	فَأَنسَهُ الشَّيْطَانُ ذِكْرَ رَبِّهِ فَلَبِثَ فِي السِّجْنِ بِضْعَ سِنِينَ ﴿٢٢﴾ وَإِذْ ذُكِّرَ رَبُّكَ إِذَا نَسِيتَ وَقُلْ عَسَى أَنْ يَهْدِيَنِي رَبِّيَ لِأَقْرَبَ مِنْ هَذَا رَشَدًا ﴿٢٣﴾
String With 11 Knots	وَيَسِّرْ لِي أَمْرِي ﴿٢٢﴾ وَأَخْلِلْ عُقْدَةً مِنْ لِسَانِي ﴿٢٤﴾ يَفْقَهُوا قَوْلِي ﴿٢٨﴾
Writings	فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ وَمَا هُمْ بِضَآئِرِينَ بِهِ مِنْ أَحَدٍ إِلَّا يَأْذِنُ اللَّهُ

Sexuality& Infertility	وَالسَّمَاءَ بَنَيْنَاهَا بِأَيْدٍ وَإِنَّا لَمُوسِعُونَ ﴿٢٤﴾ وَالْأَرْضَ فَرَشْنَاهَا فَنِعْمَ الْمُهَيِّدُونَ ﴿٢٨﴾ وَمِنْ كُلِّ شَيْءٍ خَلَقْنَا زَوْجَيْنِ لَعَلَّكُمْ تَذَكَّرُونَ ﴿٢٩﴾
River	فَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ اضْرِبْ بِعَصَاكَ الْبَحْرَ فَانفَلَقَ فَكَانَ كُلُّ فِرْقٍ كَالطَّوْدِ الْعَظِيمِ ﴿٦٣﴾
Hole, Bridge and well	وَمَنْ يُشْرِكْ بِاللَّهِ فَكَأَنَّمَا خَرَّ مِنَ السَّمَاءِ فَتَخْطَفُهُ الطَّيْرُ أَوْ تَهْوِي بِهِ الرِّيحُ فِي مَكَانٍ سَحِينٍ ﴿٣١﴾
Footsteps	أَمْ كُنَّ بَرَجِلِكَ هَذَا مُغْتَسِلٌ بَارِدٌ وَشَرَابٌ ﴿٣٢﴾
Clothes	يَبْقَىٰ أَدَمَ قَدْ أَنْزَلْنَا عَلَيْكُمْ لِبَاسًا يُؤَازِرُ سَوَاتِكُمْ وَرَيْشًا وَلِبَاسَ التَّقْوَىٰ ذَٰلِكَ خَيْرٌ
Picture	وَلَقَدْ خَلَقْنَاكُمْ ثُمَّ صَوَّرْنَاكُمْ ثُمَّ قُلْنَا لِلْمَلَائِكَةِ اسْجُدُوا لِآدَمَ فَسَجَدُوا
Hair	إِنِّي وَهَنَ الْعَظْمُ مِنِّي وَاشْتَعَلَ الرَّأْسُ شَيْبًا وَلَمْ أَكُنْ بِدُعَائِكَ رَبِّ شَقِيًّا ﴿٤٠﴾
Charcoal	يَوْمَ تَبْيَضُّ وُجُوهٌ وَتَسْوَدُّ وُجُوهٌ فَأَمَّا الَّذِينَ اسْوَدَّتْ وُجُوهُهُمْ أَكْفَرْتُمْ بَعْدَ إِيمَانِكُمْ
Fire	كُلَّمَا أَوْقَدُوا نَارًا لِلْحَرْبِ أَطْفَأَهَا اللَّهُ وَيَسْعُونَ فِي الْأَرْضِ فَسَادًا وَاللَّهُ لَا يُحِبُّ الْمُفْسِدِينَ ﴿٦٣﴾
Star or Paper Clip	لَا يُؤَاخِذُكُمُ اللَّهُ بِاللَّغْوِ فِي أَيْمَانِكُمْ وَلَكِنْ يُؤَاخِذُكُمْ بِمَا عَقَدْتُمُ الْإِيمَانَ
Canary	وَقَدِمْنَا إِلَىٰ مَا عَمِلُوا مِنْ عَمَلٍ فَجَعَلْنَاهُ هَبَاءً مَنْثُورًا ﴿٢٢﴾
Anger	وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ ﴿٣٤﴾
Dirty Blood	حُرِّمَتْ عَلَيْكُمُ الْمَيْتَةُ وَالِدَامُ وَالْحُمْرُ الْحُنَازِيرُ وَمَا أَهْلَ لِغَيْرِ اللَّهِ بِهِ
Period Blood	فَإِذَا تَطَهَّرْنَ فَأْتُوهُنَّ مِنْ حَيْثُ أَمَرَكُمُ اللَّهُ إِنَّ اللَّهَ يُحِبُّ التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ ﴿٢٢٢﴾

Animal Carcass	حُرِّمَتْ عَلَيْكُمْ الْمَيْتَةُ وَالِدَمُّ وَالْحَيْضُ وَالْجُنَّازِيُّ وَمَا أَهْلٌ لِيَعْبُدَ اللَّهُ بِهِ وَالْمُنْخَبِقَةُ وَالْمُتَوَفَّيَةُ وَالْمُتَرَدِّيَةُ وَالتَّطْيِخَةُ وَمَا أَكَلَ السَّبُعُ إِلَّا مَا ذَكَّيْتُمْ وَمَا دُبِحَ عَلَى النُّصَبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَامِ ذَلِكُمْ فَنسُقُ
Dog Hair	وَمَا عَلَّمْتُمْ مِنَ الْجَوَارِحِ مُكَلِّبِينَ تُعَلِّمُونَهُنَّ مِمَّا عَلَّمَكُمُ اللَّهُ
Fish	فَالْتَقَمَهُ الْحَوْثُ وَهُوَ مَلِينٌ ﴿١٣٢﴾ فَلَوْلَا أَنَّهُ كَانَ مِنَ الْمُسَبِّحِينَ ﴿١٣٣﴾ لَلَبِثَ فِي بَطْنِهِ إِلَى يَوْمِ يُبْعَثُونَ ﴿١٣٤﴾
3 Bones	وَضَرَبَ لَنَا مَثَلًا وَنَسِيَ خَلْقَهُ قَالَ مَنْ يُحْيِي الْعِظَامَ وَهِيَ رَمِيمٌ ﴿٤٨﴾ قُلْ يُحْيِيهَا الَّذِي أَنشَأَهَا أَوَّلَ مَرَّةٍ وَهُوَ بِكُلِّ خَلْقٍ عَلِيمٌ ﴿٤٩﴾
Skin	وَمِنْ أَضْوَابِهَا وَأَوْبَارِهَا وَأَشْعَارِهَا أَثَانًا وَمَتَاعًا إِلَى حِينٍ ﴿٨٠﴾
Donkey	مَثَلُ الَّذِينَ حُمِّلُوا الثَّوَابَ ثُمَّ لَمْ يَحْمِلُوهَا كَمَثَلِ الْحِمَارِ يَحْمِلُ أَسْفَارًا
Underwear	وَطَافِقًا يَخْصِفْنَ عَلَيْهِمَا مِنْ ذَرَقِ الْجَنَّةِ
Pubis Hair	فَلْيَنْظُرِ الْإِنْسَانُ مِمَّ خُلِقَ ﴿٥﴾ خُلِقَ مِنْ مَّاءٍ دَافِقٍ ﴿٦﴾
Sacrifice	قُلْ إِنْ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١٢٢﴾ لَا شَرِيكَ لَهُ وَبِذَلِكَ أُمِرْتُ وَأَنَا أَوَّلُ الْمُسْلِمِينَ ﴿١٢٣﴾
Statue	إِنَّكُمْ وَمَا تَعْبُدُونَ مِنْ دُونِ اللَّهِ حَصَبُ جَهَنَّمَ أَنْتُمْ لَهَا وَارِدُونَ ﴿٩٨﴾
Pimento	لَا يَكُونُ مِنْ شَجَرٍ مِّنْ زُقُومٍ ﴿٥٢﴾ فَمَلِئُونَ مِنْهَا الْبُطُونَ ﴿٥٣﴾ فَشَرِبُونَ عَلَيْهِ مِنَ الْحَمِيمِ ﴿٥٤﴾
Madness	الَّذِينَ يَأْكُلُونَ الرِّبَا لَا يَقْوَمُونَ إِلَّا كَمَا يَقُومُ الَّذِي يَتَخَبَّطُهُ الشَّيْطَانُ مِنَ الْمَسِّ
Revive	نَسْبُحُنَ اللَّهُ حِينَ نُمْسُونَ وَحِينَ تُصْبِحُونَ ﴿١٤﴾ وَلَهُ الْكَمَدُ فِي السَّمَوَاتِ وَالْأَرْضِ وَعَشِيًّا وَحِينَ تُظْهِرُونَ ﴿١٨﴾ يُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَيُخْرِجُ الْمَيِّتِ مِنَ الْحَيِّ وَيُحْيِي الْأَرْضَ بَعْدَ مَوْتِهَا أَوْ كَذَلِكَ تُخْرَجُونَ ﴿١٩﴾
Passions	وَحِيلَ بَيْنَهُمْ وَبَيْنَ مَا يَشْتَهُونَ كَمَا فُعِلَ بِأَشْيَاعِهِمْ مِمَّنْ قَبْلُ إِنَّهُمْ كَانُوا فِي شَكٍّ مُّرِيبٍ ﴿٥٢﴾

Mental Weakness	وَشَدَدْنَا مُلْكَهُ وَأَتَيْنَهُ الْحِكْمَةَ وَفَضَّلْنَا الْخِطَابَ ﴿٢٠﴾
Buzzing noises voices	وَحَشَعَتِ الْأَصْوَاتُ لِلرَّحْمَنِ فَلَا تَسْمَعُ إِلَّا هَمْسًا ﴿١٠٨﴾
Presence house	فَبَلَغْتَ لبيؤئهم حَاوِيَةً بِمَا ظَلَمُوا
Eye Disease	فَكَشَفْنَا عَنْكَ غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ ﴿٢٢﴾
Cold	لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا زَمَهْرِيرًا ﴿١٣﴾
Termite	فَلَمَّا قَضَيْنَا عَلَيْهِ الْمَوْتَ مَا دَلَّهُمْ عَلَى مَوْتِهِ إِلَّا دَابَّةٌ الْأَرْضِ تَأْكُلُ مِنْ مَسَاكِنِهِ
Fear	وَأَمَنَّهُمْ مِنْ خَوْفٍ ﴿٢٠﴾
Toilets	وَرَبِّكَ فَكَبِّرُ ﴿٢﴾ وَثِيَابَكَ فَطَهِّرُ ﴿٣﴾ وَالرُّجْزَ فَاهْجُرُ ﴿٥﴾

Treatment Plan Diary

Day	Task	Completed
DAY 1-7	<ul style="list-style-type: none"> ✓ Pray All 5 Prayers ✓ Recite Morning & Evening Adkaar ✓ Drink 1 Mug of Senna Tea on an empty stomach (If Applicable) ✓ Recite Al Baqarah ✓ Recite verses prescribed by the Raqi onto Ruqya Items ✓ Take a Ruqya Bath with the Water that has been recited on ✓ Oil the Entire Body with Ruqya Olive Oil before sleep ✓ Fumigate the entire Body ✓ Spray the house with Ruqya Water ✓ Have Drunk at least 3 cups of Ruqya Water Daily 	<ul style="list-style-type: none"> <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday
DAY 8-14	<ul style="list-style-type: none"> ✓ Pray All 5 Prayers ✓ Recite Morning & Evening Adkaar ✓ Recite Al Baqarah ✓ Take a Ruqya Bath with the Water that has been recited on ✓ Oil the Entire Body with Ruqya Olive Oil before sleep ✓ Fumigate the entire Body ✓ Spray the house with Ruqya Water ✓ Have Drunk at least 3 cups of Ruqya Water Daily 	<ul style="list-style-type: none"> <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday
DAY 15-21	<ul style="list-style-type: none"> ✓ Pray All 5 Prayers ✓ Recite Morning & Evening Adkaar ✓ Recite Al Baqarah ✓ Take a Ruqya Bath with the Water that has been recited on ✓ Oil the Entire Body with Ruqya Olive Oil before sleep ✓ Fumigate the entire Body ✓ Spray the house with Ruqya Water ✓ Have Drunk at least 3 cups of Ruqya Water Daily 	<ul style="list-style-type: none"> <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday

To Conclude

We can't stress how important the self Ruqyah aspect is whilst undergoing Ruqya Treatment, as a guideline we say the Raqi does 60% of the Job whilst the patient must make the effort at home to do the rest.

Failure to complete the programme properly, will result in complications regarding your healing.

When we go to the Doctors, we are given a consultation and then provided the course of medication that needs to be taken, similarly Ruqyah treatment works the same way. Therefore, without a proper treatment plan most people find Shifa very difficult to attain.

With all that said nothing is limited when it comes to Ruqyah one Dua can cure you, one good action and a Ruqya session accepted by Allah can be the end of all your problems. So do not lose hope and be positive.

It is also important not to put complete reliance on the Raqi not only is this incorrect and against Tawheed, but this also puts unnecessary pressure on the Raqi treating you. Know that Allah is the Healer and that the Raqi and the Ruqyah items are but means to that cure.

Notice

Please note that it is very important, for effective Ruqyah, that we remove and dispose all taweezes from our bodies and our houses. In addition, make sure that for the past 40 days, we have not approached or consulted fortune-tellers, regardless whether they are Imam or Muffi or hafiz, or looked pious with beards 10 feet long or turban 10 feet high. Generally, these people will ask for our mother's name for their services.

May Allah Guide us and Heal the sick, Ameen!