

Protection from Evil (part 2 of 2)

Description: Simple daily prayers for spiritual protection from the Quran and Sunnah of Prophet Muhammad.

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Objectives

- Learn several invocations along with their benefits, that help protect a person from harm.

1. Morning and Evening Invocations

Keep in mind that “Morning” starts with *Fajr* time and “Evening” starts with *Asr* time. To find *Fajr* and *Asr* times according to your city, visit www.islamicfinder.org.

(a) [The verse of Al-Kursi](#) (Quran 2:255)

Transliteration

Allaahu laa ilaaha illaa Huwa
Al-Hayyul-Qayyoom,

Laa ta khuthuhu sinatun wa laa nawm
Lahu maa fis-samaawaati wa maa
fil-ardh
Man thal-lathee yashfa'u 'indahu illaa
bi ithnih
Ya'lamu maa bayna aydeehim wa maa
khalfahum
Wa laa yuheetoona bishay-in min
'ilmihi illaa bimaa shaa'a
Wasi'a kursiyyuhus samaawaati
wal-ardh wa laa yaooduhu
hifdhuhumaa
Wa Huwal- 'Aliyyul- 'Adheem

Translation

Allah - there is no true god except Him
The Ever-Living, the Sustainer of all
existence
Neither drowsiness overtakes Him nor
sleep
To Him belongs whatever is in the
heavens and whatever is on the earth
Who is it that can intercede with Him
except by His permission?
He knows what is present before them
and what will be after them
and they encompass not a thing of His
knowledge except for what He wills
His *Kursi* extends over the heavens and
the earth, and its preservation tires Him
not
And He is the Most High, the Most Great.

The Prophet said, “Whoever says this when he rises in the morning will be protected from *jinn*s until he retires in the evening, and whoever says it when retiring in the evening will be protected from them until he rises in the morning.”[\[1\]](#)

Recite the following three *surahs* (chapters of Quran) three times each in Arabic. The Prophet said, “Whoever recites these three times in the morning and in the evening, they will suffice him (as a protection) against everything.”[\[2\]](#)

(b) [Al-Ikhlāas](#) (Quran, chapter 112)

Transliteration

Bismillaahir-Rahmaanir-Raheem

Qul Huwallaahu Ahad
Allaahus-Samad
Lam yalid wa lam yoolad
Wa lam yakun lahu kufuwan ahad

Translation

I begin with the name of Allah, the Entirely Merciful, the Especially Merciful.
Say, “He is Allah, (who is) One. Allah, the Eternal Refuge. He neither gives birth nor is born, nor is there to Him any equivalent.”

(c) [Al-Falaq](#) (Quran, chapter 113)

Transliteration

Bismillaahir-Rahmaanir-Raheem.

Qul a’oothu birabbil-falaq
Min sharri ma khalaq
Wa min sharri ghaasiqin itha waqab
Wa min sharrin-naffaathaati fil-’uqad
Wa min sharri haasidin ithaa hasad

Translation

I begin with the name of Allah, the Entirely Merciful, the Especially Merciful.
Say, “I seek refuge in the Lord of daybreak
From the evil of that which He created
And from the evil of darkness when it settles
And from the evil of the blowers in knots
And from the evil of an envier when he envies.”

(d) [An-Naas](#) (Quran, chapter 114)

Transliteration

Bismillaahir-Rahmaanir-Raheem.

Qul a’oothu birabbinn-naas
Malikin-naas
Ilaahin-naas
Min sharril-waswasil-khannaas.
Allathee yuwaswisu fee sudoorin-naas
Minal-jinnati wannaas

Translation

I begin with the name of Allah, the Entirely Merciful, the Especially Merciful.
Say, “I seek refuge in the Lord of mankind
The King of mankind
The God of mankind
from the evil of the retreating whisperer
who whispers evil into the breasts of mankind
from among the jinn and mankind.”

(e) Recite three times in Arabic in the morning and evening:

[“Bismillaahil-lathee laa yadhurru ma’as-mihi shay’un fil-ardhi wa laa fis-samaa’i wa Huwas-Samee ‘ul- ‘Aleem”](#)

“I begin with the Name of Allah, Who with His Name nothing can cause harm in the earth nor in the heavens, and He is the All-Hearing, the All-Knowing.”

“Whoever recites it three times in the morning will not be afflicted by any calamity before evening, and whoever recites it three times in the evening will not be overtaken by any calamity before morning.”[3]

2. Invocations Before Sleeping

- a) Cup your palms together, and recite the same three chapters of the Quran mentioned earlier (Chapter 112, 113 and 114). Then blow in your hands and pass them over as much of your body as you can reach, beginning with the head and the face, then the entire front of your body. Do this three times.[4]
- b) Recite the verse of *Al-Kursi* (Quran, 2:255), which is also mentioned above. Prophet Muhammad said, “Whoever reads this when he lies down to sleep will have a guardian from Allah remain with him and Satan will not be able to come near him until he rises in the morning.”[5]

3. Invocation for leaving the home

[“Bismillaahi, tawakkaltu ‘alallaahi, wa laa hawla wa laa quwwata illaa billaah”](#)

“I begin with the Name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah.”[6]

4. Invocation for entering the home

[“Bismillaahi walajnaa, wa bismillaahi kharajnaa, wa ‘alaa Rabbinaa tawakkalnaa”](#)

“In the Name of Allah we enter, in the Name of Allah we leave, and upon our Lord we depend (then say *As-Salaamu ‘Alaykum* to those present).”[7]

The Prophet said that one should mention the Name of Allah when entering the home and when beginning to eat, and that the devil upon hearing this says: “There is neither shelter for us here tonight nor food.”

5. Invocation for entering the toilet

“Bismillaahi Allaahumma innee a’oothu bika minal-khubthi wal khabaa-ith”

“I begin with the Name of Allah. O Allah, I seek protection in You from the male and female unclean spirits.” [8]

6. Invocation for protecting the house from the devil

Prophet Muhammad said: “Allah inscribed a book two thousand years before He created the heavens and the earth, from which the last two verses of *Surah al-Baqarah* were revealed. If they are recited, no Satan (devil) will come near the house for three nights.” [9]

So try to recite these two verses once every three days.

The last two verses of chapter 2 (Quran 2:285-286):

Transliteration

*Aamanar-rasoolu bimaah unzila ilayhi
mir-Rabbihi wal-mu-minoon*

*Kullun aamana billaahi wa malaa-ikatihii wa
kutubihii wa rusulihii*

Laa nufarriqu bayna ahadim-mir-rusulihii

*Wa qaaloo sami’naa wa ata’naa ghufraanaka
Rabbanaa wa ilaykal-maseer*

Laa yukallifullaahu nafsan illaa wus’ahaa

*Lahaa maa kasabat wa ‘alayhaa
mak-tasabat*

*Rabbanaa laa tu aakhithnaa in naseenaa aw
akhta’naa*

*Rabbanaa wa laa tahmil ‘alaynaa isran
kamaa hamaltahu ‘alal-latheena min
qablinaa*

*Rabbanaa wa laa tuhammilnaa maa laa
taaqata lanaa bihi*

Wa’fu ‘annaah, waghfir lanaah warhamnaah

*Anta Mawlaanaah fansurnaah
‘alal-qawmil-kaafireen*

Translation

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers.

All of them have believed in Allah and His angels and His books and His messengers, [saying],

“We make no distinction between any of His messengers.”

And they say, “We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination.”

Allah does not charge a soul except [with that within] its capacity.

It will have [the consequence of] what [good] it has gained, and it will bear [the consequence of] what [evil] it has earned.

“Our Lord, do not impose blame upon us if we have forgotten or erred.

Our Lord, and lay not upon us a burden like that which You laid upon those before us.

Our Lord, and burden us not with that which we have no ability to bear.

And pardon us; and forgive us; and have mercy upon us.

You are our protector, so give us victory over the disbelieving people.”

7. Invocation for protection while staying at home or any place:

When at home or when you are resting or staying at any place, such as when camping or picnicking, you can recite:

[“A’oodhu bikalimaatil-laah al-taammah min sharri ma khalaq”](#)

“I seek refuge in the perfect words of Allah from the evil of that which He has created”

Prophet Muhammad said: “Whoever stops at a place and says: ‘A’oodhu bikalimaatil-laah...’, nothing will harm him until he moves on from that place.”^[10]

In another narration, a man complained to the Prophet Muhammad that he was stung by a scorpion the night before. The Prophet replied that if he had recited this invocation, he would not have been stung. This invocation also protects a person from physical harm befalling him or her.

8. Invocation when feeling afraid

In general, if a person is afraid of something or feeling scared, then he/she can recite what was mentioned above in No. 1(a) to 1(d) and No 7.

Some people tend to attribute almost all problems and calamities on paranormal things such as witchcraft, demons etc. One should not become paranoid about it and look at things in a reasonable way. However if there is clear evidence or inclination towards the presence of supernatural things happening around, then one should surely take a serious note of it and protect oneself with the prescribed prayers.

Endnotes:

^[1] Hakim

^[2] Abu Dawud and Tirmithi

^[3] Abu Dawud

^[4] Saheeh Al-Bukhari, Saheeh Muslim

^[5] Saheeh Al-Bukhari

^[6] Abu Dawud, Tirmithi

[7] *Saheeh Muslim*

[8] *Saheeh Al-Bukhari, Saheeh Muslim*

[9] *Saheeh at-targheeb*

[10] *Saheeh Muslim*

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