

## **Prayers During Sickness** **Noorallah Juma, Ph.D.**

First of all, if we become sick, it is most advisable to seek medical attention immediately and take advantage of advances in medical science. Secondly, it is also advisable to seek spiritual and luminous help from NOOR Mowlana Hazir Imam and make him our constant companion through Divine remembrance as explained in the following tawil:

### **Tawil of the word 'Jalis' (Companion)**

"Hazrat Musa said: "O my Lord! Are you close so that I may whisper to you? Or are you remote so that I may call to You? He was told: "O Musa! I am the companion of the one who remembers Me." (al-Mu'jam, p. 257)" [Source: Tawil 253: A Thousand Wisdoms] (Page 137)

Sickness can last for a long time, therefore, it is necessary to continue physical and spiritual treatments simultaneously. Our faith teaches us that our fate is in the hands of the Holy Imam. Therefore, whether the disease **increases** or **decreases**, one should be **focused on the Holy Imam and his NOOR**. In other words, let the remembrance of the Holy Imam and his light should become our constant source of mercy and strength.

It is extremely important to pray with an **open heart** and have full faith in Mowla. Here is an example of a supplication:

**O NOOR Mowlana Hazir Imam!** I have full faith in your pure light and you are the master of my destiny. Keep me humble, loyal and fill me with positive energy. Grant me patience, tolerance and strength as I go through this difficult phase of my life. I love you very much, and I prostrate and rely upon your light and beg for your mercy. Grant me the best in this world and in the next. Ameen.

Now this is how this works. The physical disease is just a catalyst to strengthen friendship with Mowla and his light. When we perform dhikr, Mowla becomes our best friend and constant companion. Fear vanishes when Mowla's light comes close to us or blossoms within us.

I have compiled the two most important surahs and the most important ayat from the Holy Qur'an and a sample of dhikr tasbis in the following three pages and hope that these resources will be useful to you.

## Most Important Surahs from the Holy Qur'an

### Surah Fatihah (once)

Transliteration	English Translation
A'uzu billahi minashaitanir rajim	I seek refuge in Allah from the outcast Satan
Bismillahir Rahmanir Rahim	In the name of Allah, the Most Beneficent, the Most Merciful
'Al-Hamdu lillahi Rabbil-'Aalamin (1:1)	Praise be to Allah, Lord of the Worlds,(1:1)
'Ar-Rahmaanir-Rahiim (1:2)	The Beneficent, the Merciful.(1:2)
Maaliki Yawmid-Diin; (1:3)	Owner of the Day of Judgement.(1:3)
'Iyyaaka na'-budu wa 'iyyaaka nasta-'iin.(1:4)	Thee (alone) we worship; Thee (alone) we ask for help. (1:4)
'Ihdinas-Siraatal-Mustaqiim- (1:5)	Show us the straight path,(1:5)
Siraatal-laziina 'an-'amta 'alay him-(1:6)	The path of those whom Thou hast favoured; (1:6)
Gayril-magzuubi 'alay him wa laz-zaaliin. (1:7)	Not (the path) of those who earn Thine anger nor of those who go astray. (1:7)

### Surah Ikhlas (Three times)

Transliteration	English Translation
Bismillahir Rahmanir Rahim	In the name of Allah, the Most Beneficent, the Most Merciful
Qul Hu-walaahu 'Ahad	Say: He is Allah, the One and Only!
'Allahus-Samad;	Allah is Eternal, Absolute.
Lam yalid, wa lam yuulad;	He does not take or give birth.
Walam yakul-la-Huu kufuwan 'ahad.	And there is none comparable to the Monoreal.

## Ayatul Kursi: The most important ayat of the Holy Quran (once)

### Transliteration

### English Translation

Bismillahir Rahmanir Rahim

In the name of Allah, the Most Beneficent, the Most Merciful

'Allahu laaa 'ilaaha 'illaa Huu. 'Al-Hayyul-Qayyum. Laa ta'-khuzuhuu sinatunw-wa laa nawm. Lahuu maa fissamaawaati wa ma fil-'arz. Man-zallazii yashfa-'u'indahuuu 'illaa bi-'iznih? Ya'-lamu maa bayna 'aydiihim wa maa khalfahum. Wa laa yuhiituuna bi-shay-'im-min 'ilmihiii 'illaa bimaa shaaa'. Wasi-'a Kursiyyu-hus-Samaawaati wal-'arz; wa laa ya-'uuduhuu hifzu-humaa wa Huwal-'Aliyyul-'Aziim.

Allah! There is no God save Him, the Alive, the Eternal. Neither slumber nor sleep overtakes Him. Unto Him belongs whatsoever is in the heavens and whatsoever is in the earth. Who is he that intercedes with Him save by His leave? He knows that which is in front of them and that which is behind them, while they encompass nothing of His knowledge save what He will. His throne includes the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous.

### A sample of Dhikr Tasbis

**1. Ya Hayyul, Ya Qayyum**

Meaning: O the Ever-living, O the Eternal!

Esoteric Meaning: O my Mowla! You are living and Your Noor is eternal.

**2. Astaghafirullahi Rabbi wa Atubu Ilayhi**

Meaning: Verily, I seek the forgiveness of Allah, who is my Lord and Sustainer, and I turn to Him in repentance.

**3. Lâ ilâha illâ Anta Subhânaka inni Kuntu Mina'z-zâlimin**

(There is no God save Thee. Be Thou Glorified!  
Lo! I have been a wrong-doer)

**4. Allahumma Salli Ala Muhammadin Wa Aale Muhammad**

Meaning: O Allah! Let Thy peace be Muhammad and his progeny

5. **Lâ hawlâ wa lâ quwwat illâ bi'llahi'l-aliyyi'l-azim**  
(There is no protection and strength except by Allah, the High and the Great)
6. **Ya Reheman Ya Rahim**  
Meaning: (O the Most Kind and the Most Merciful Lord of individual personal worlds of all human beings)
7. **Ya Allah, Ya Wahhab, Ya Ali, Allahus-Samad**  
Meaning: O Allâh, O Supreme Bestower, O, the Most High, Allâh is eternal
8. **Ya Qadir, Ya Nasir, Ya Tauba, Ya Salaam**  
O Powerful, O Helper, O Forgiver, O the Source of Peace
9. **Allahu Akbar, Subhan Allah, Al-hamdu Lillah, La ilaha illa-llah**  
Allah is the Greatest, Glory be to Allah, Praise be to Allah, There is no god but Allah
10. **Imam Jafar al-Sadiq (a.s.) prayer:**  
'O Allah! Make me a light in my heart, and a light in my ear, and a light in eye, and a light in my tongue, and a light in my hair, and a light in my skin, and a light in my flesh, and a light in my blood, and a light in my bones, and a light in my nerve, and a light in front of me, and a light behind me, and a light on my right side, and a light on my left side, and a light above me and a light below me.'  
(Daa'imu'l-Islam, Vol. I, *Dhikr* after the *salat*).
11. **Ya Ali Agisani, Ya Ali Adrikni**  
Meaning: O Ali come to my rescue, O Ali extend to me your help  
Esoteric Meaning: O the Light of Ali come to my rescue, O the Light of Ali help and protect me.
12. **Shukran Lillah Wal Hamdulillah**  
Meaning: All thanks are due to Allah, and all praises are due to Allah

Audio tracks for the Qur'anic resources mentioned in this document and some of the above dhikr tasbis are available from the [SalmanSpiritual.com](http://SalmanSpiritual.com) website.