

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Ruqyah Programme for Patients

برنامج الرقية الشرعية للمرضى

A complete daily / weekly / monthly self-treatment regimen — including the 7-Day Ruqyah Detox Programme by Sheikh 'Adil ibn Tahir al-Muqbil

INTRODUCTION

All of our Ruqyah patients — whether those who have previously attended our Ruqyah clinic or other clinics — need to follow a strict minimum programme, either through self-treatment, or with the help of friends and family.

We consider this the minimum a person needs to do in order to deal with the problem they have, whether jinn possession or influence (mass shaytān), magic (sihr), evil eye ('ayn), or any other problem for which Ruqyah is recommended as a treatment.

We also recommend that patients, or their family and friends, keep a record of how much they do each day, as well as the changes that happen, in order to better aid the ruqyah in advising the best form of treatment.

PRE-CONDITIONS FOR TREATMENT

- That the patient directs all of their worship to Allāh alone, without giving a share of Allāh's rights to anyone or anything else; trusting in Allāh completely and recognising that there is no cure except from Allāh.
- That the patient is strict in following the Sunnah of the Messenger of Allāh ﷺ to the best of their ability, and turns away from anything which opposes it — including forms of dhikr and protection that were not sanctioned by the Prophet ﷺ or practised by his companions (may Allāh be pleased with them).
- That the patient is not in possession of a ta'wīdh (amulet, charm).
- That the patient's house is — to the best of their ability — free of pictures and photographs of animate objects, as well as other things that attract the shayṭān.
- That the patient is praying all five obligatory prayers every single day, on time, without qaṣr (making up the prayers after their time has passed).

DAILY OBLIGATIONS

- **Adhkar of the Fortress of the Muslim** (ḍiḥn al-Muslim) — read all of the morning and evening adhkar at their proper times; supplement with further authentic adhkar if you wish. Read the bedtime adhkar every night before sleeping.
- **Qur'ān recitation** — at least 45 minutes per day (ideally twice or three times per day) with the niyyah (intention) of Ruqyah. Must include: **al-Fatiḥah**, **ḥayat al-Kursī**, **al-Ikhlāṣ**, **al-Falaq**,

an-Nis — repeated to fill the time. If unable to read, have someone read over you. As a last resort, use Ruqyah audio (or use audio as a complement to your physical recitation).

- **Frequent tawbah and du'** — repent often, and be active in du' related to Ruqyah and sickness. Learn the meanings of: the du' of Ayyub (████████████████████) and the du' of Yunus (████████████████████), and implement them.

WEEKLY OBLIGATION

Surah al-Baqarah in your home — no less than once every three days. Even better if it is integrated into your daily Ruqyah, or completed once or twice per day where possible. If you are unable to read it, ask someone else to read it in your house. If nobody is available, you may play a recorded recitation — but recorded audio is **not sufficient** if there are people present who can recite.

MONTHLY OBLIGATION

Implement the **7-Day Ruqyah Detox Programme** at least once every month — preferably twice. Full details below.

NOTE FOR RAMADAN: *There is no reason you cannot implement this programme in Ramadan — simply drink the mixture at Maghrib, after Tarawih, and before Fajr (or as close to those times as you can).*

الأشفية" لفضيلة الشيخ عادل بن طاهر المقبل

THE 7-DAY RUQYAH DETOX PROGRAMME

by Shaykh 'Abd al-Muqbil (rahimahullah)

This programme is recommended by our Shaykh 'Abd al-Muqbil for all those who complain of problems relating to jinn, magic, and the evil eye. The Shaykh said he has used it for many years with a great deal of success — particularly relevant for those waiting to see a ruqyah, or who cannot get access to one. The Shaykh calls it *al-Ashfiyah* ("The Cures") because it is made up of a number of substances we are told are *shifa'* in the Qur'an and the Sunnah.

BEFORE BEGINNING

- Humble yourself before Allah.
- Make du'a at the times when du'a is accepted: between adhnan and iqamah, the last third of the night, between 'Aqr and Maghrib on Friday (the Prophet ﷺ said: "Indeed on the day of Jumu'ah there is a period of time — no believing servant encounters it asking Allah for the good of this world and the next, except that he is given it.").

YOU NEED TO PREPARE THE FOLLOWING

1. Water (~5 litres per person)

Ideally **Zam Zam**, because of the hadith: "A food that satisfies and a cure from sickness", and: "The water of Zam Zam is for whatever it is drunk for." If Zam Zam is not available, then collect **rain water** — Allah said: "And We have sent down blessed rain from the sky and made grow thereby gardens and grain from the harvest" [Qaf 50:9]. The Prophet ﷺ used to uncover part of his garment when it rained, saying: "It has just come from its Lord." [Muslim]. If neither is available, ordinary water is fine.

2. Olive Oil — one whole bottle per person

Should be **cold-pressed extra-virgin olive oil** (greenish in colour, not yellow). Organic Palestinian olive oil is excellent because it comes from a land Allah tells us is blessed. Allah describes it as "lit from [the oil of] a blessed tree — the olive" [an-Nur 24:35]. The Prophet ﷺ said: "Eat olive oil and oil yourselves with it, for it is from a blessed tree." [at-Tirmidhi, Ibn Majah — authentic].

3. Honey — raw, organic, high quality

Sidr or Manuka honey are highly recommended — not supermarket processed honey. Allah said: "There emerges from their bellies a drink, varying in colours, in which there is healing for people. Indeed in that is a sign for a people who give thought." [an-Nahl 16:69]. The Prophet ﷺ said: "There is a cure in three substances — a drink of honey..." [al-Bukhari]. The Shaykh emphasised that many people make a mistake by eating the honey instead of **drinking it** — the hadith is clear that the cure is in drinking it diluted in water.

4. Black Seeds (Nigella Sativa)

Should be organic. The Prophet ﷺ said: *"It is a cure from every illness."* [al-Bukhārī, Muslim].

AT THE BEGINNING OF THE WEEK

Sit down with the water and olive oil open in front of you. Read the following:

- **al-Fatiḥah** — seven times (or three times)
- **al-Baqarah** — once all the way through. (If unable, read whatever is easy for you, or ask someone else to read for you.)
- **The last three sūrah of the Qur'ān** — **al-Ikhlāṣ**, **al-Falaq**, **an-Nās** — three times each
- **āyat al-Kursī** [al-Baqarah 2:255] — seven times (or three times)

Blow (as though you are spitting but without spittle), either at the end of each sūrah, or after each āyah, or whenever it is easy for you, into the water and the olive oil. You can use smaller bottles and blow into each from time to time. When you have completed all of the recitation, you are now prepared to begin the programme.

HOW TO USE — DAILY DURING THE 7 DAYS

- Take **two tablespoons of honey** and dissolve them in a cup of the water that you have read upon. Add **seven black seeds** and drink. Do this **three times per day**.
- Before sleep, anoint the entire body — from head to foot — with the olive oil that has been read upon.

***Final reminder:** Healing comes from Allāh alone. The Ruqyah and these substances are means (asbāb) — your sincere tawakkul, ṣabr, and duʿā are at the heart of the cure. May Allāh grant you and your family complete shifā', dunyā wa ākhirah. āmīn.*

والشفاء بإذن الله تعالى