

Nur Al-Qalam Dar

The Daily Dua and Adhkar Routine

Morning, after salah, evening, and before sleep. What to say, how to pronounce it, and how many times.

QUR'AN AND AUTHENTIC SUNNAH ONLY.

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The Daily Dua and Adhkar Routine

Published by Nur Al-Qalam Dar

First edition

Every du'a and every recitation in this book is taken from the Qur'an or from a narration in one of the recognised hadith collections. The collection and the narrator are printed with each entry, and every one of them is listed again in the Source Index at the back so that you can check them yourself.

Nothing in this book is a religious ruling. Where scholars differ on a matter, this book follows the most commonly cited position and says so. For any question about your own practice, ask a qualified person in your community.

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How this book is arranged

The four slots aren't in clock order and that's deliberate. Slot 2 comes first because it's the shortest, it's anchored to something you already do five times a day, and it's the one that changes your routine fastest. Start there. The morning slot is the longest and it's easier to build once the after-salah habit is already holding.

Every entry gives you six things: the Arabic, the transliteration, what it means, how many times to say it, where it comes from, and a short note on why it's there.

The long recitations, the ones that run to a full surah, are printed in Arabic at the back rather than inside the slots, so the slots stay readable on a phone.

Start Here, Before You Read Anything Else

At your next salah, don't get up. Stay seated after the tasleem and do these three things.

1. Ayat al-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Al-Baqarah 2:255, recited in full. Once. The full Arabic is at the back of the book, in The Long Recitations.

2. The tasbih

سُبْحَانَ اللَّهِ

Subhanallah, thirty-three times.

الْحَمْدُ لِلَّهِ

Alhamdulillah, thirty-three times.

اللَّهُ أَكْبَرُ

Allahu akbar, thirty-three times.

3. The three qul

Surah Al-Ikhlās, Surah Al-Falaq, Surah An-Nas. Once each. All three are printed in full Arabic, transliteration and meaning at the back, in The Long Recitations.

That's it. Two minutes.

You've just done the load-bearing part of this entire book, and you did it before you finished the first page. The rest of the book tells you what those three things are, where they come from, and what goes around them across the rest of your day.

Do that at your next prayer. Read the rest tonight.

Phase 1 — Diagnose

What's actually missing

You pray five times a day.

You've been doing it for years. You know the words, you know the movements, you don't need anyone to teach you how to pray. And then you say the tasleem, you turn your head right and left, and you sit there for a second not knowing what comes next.

So you fold your mat. Or you check your phone. Or you get up because the man beside you got up.

That's the gap this book is about.

The three reasons it's still empty

One. Nobody ever taught you the second half.

You were taught how to pray. Almost nobody in your generation was taught what comes after. It wasn't hidden from you. It just wasn't part of the lesson, because whoever taught you assumed you'd pick it up by watching, and by the time you were old enough to watch properly you were already praying alone in an office or a spare room.

So you've been doing the first half of something your whole life without knowing there was a second half.

Two. You've been given a library when you needed a timetable.

There's no shortage of material. There's a free PDF on your phone right now with four hundred du'as in it, organised by topic. Du'a when travelling. Du'a when it rains. Du'a for entering the market.

It's an excellent book and it's the wrong shape for the problem. A topic list assumes you already know what you're looking for and that you'll go and look for it. But you're not going to open a four-hundred-entry reference at 6am. You'll open it once, feel the size of it, and close it.

You don't need more du'as. You need to know which ones, in what order, at what time, and how many times. That's a different thing entirely.

Three. You've been treating dhikr as a reaction instead of a perimeter.

This is the real one.

Right now, dhikr happens to you when something goes wrong. You have a bad dream, so you look for something to say. Somebody says something strange about your business, so you go searching for protection. Your child gets sick, so you ask someone what to recite.

You're reaching for it after the thing has already arrived.

Look at how the Prophet ﷺ actually did it. The refuge of Uthman is said in the morning, and the narration says nothing will harm him until evening. The tahlil is a hundred times in the morning, and it's a guard from Shaytan until evening. Ayat al-Kursi is said before sleep, and a guardian stays with you until morning.

Every one of those is said *before*. On an ordinary morning, when nothing is wrong.

Protection in the Sunnah isn't a response. It's a standing arrangement. It goes up when the day starts, not when the trouble does.

Why this matters more now than it did five years ago

Something in your life is finally working.

The business turned. The job came through. The house got finished. And instead of relief you've got a low, permanent unease that you can't say out loud to anyone, because saying it sounds either ungrateful or superstitious.

You've noticed the way people look at the car. You've heard the tone in certain congratulations. Somebody said something in a WhatsApp group and you read it four times.

Here's what's happened. You've built something worth guarding and you have no guard on it. The fear isn't irrational and it isn't purely cultural either. The evil eye is named directly in Bukhari, in the words the Prophet ﷺ used over Hasan and Husayn. *And from every evil eye*. It's in the religion.

What's missing isn't belief. You already believe it. What's missing is that you have no daily practice attached to that belief, so the belief just sits there generating anxiety with nowhere to go.

What this book actually is

Thirty minutes a day, split across four fixed times, using only what's in the Qur'an and the authentic Sunnah.

Not thirty minutes in one sitting. Ten after Fajr, two after each of the other four prayers, six in the evening, six before sleep. Every one of them anchored to something you already do, so you're not finding new time in your day. You're filling time that's already there and currently empty.

Every entry gives you the Arabic, the transliteration, the meaning, the number of repetitions, and the collection and narrator it comes from. If a thing isn't in the Qur'an or an authentic narration, it isn't in this book, no matter how commonly it's practised.

And on the days when it all falls apart, there's a four-minute version.

Now turn to Slot Two

It's the shortest section in the book and it's the one that changes your day fastest.

Slot 2 — After Every Salah

Two minutes. Four times a day. Eight minutes total.

Do this after Dhuhr, Asr, Maghrib and Isha. Stay seated. Don't move your legs, don't reach for your phone. The whole thing fits in the time it takes the man beside you to roll up his mat.

1. Say sorry, then greet the Peace

أَسْتَغْفِرُ اللَّهَ

Astaghfirullah (three times)

اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Allahumma antas-salam, wa minkas-salam, tabarakta ya dhal-jalali wal-ikram

O Allah, You are Peace, and from You comes peace. Blessed are You, Owner of Majesty and Honour.

Count: Istighfar three times, then the du'a once.

Source: Muslim, narrated by Thawban, the freed servant of the Prophet ﷺ.

Note: Thawban said the Prophet ﷺ did this the moment he finished. Not after a pause. This is the first thing out of your mouth after the tasleem.

2. Ayat al-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Al-Baqarah 2:255, recited in full. Full Arabic at the back, in The Long Recitations.

Count: Once.

Source: An-Nasa'i in *Amal al-Yawm wal-Laylah*, narrated by Abu Umamah.

Note: The narration says whoever recites it after every obligatory prayer, nothing stands between him and Paradise but death. This is the verse doing the heaviest protective work in the entire routine, and you're saying it five times a day without adding a single minute to your schedule.

If you don't have it memorised yet, read it off the page. Reading is not a lesser version. Start reading it today and let the memorising happen on its own over the next few months.

3. The tasbih of Fatimah

سُبْحَانَ اللَّهِ

Subhanallah, thirty-three times.

الْحَمْدُ لِلَّهِ

Alhamdulillah, thirty-three times.

اللَّهُ أَكْبَرُ

Allahu akbar, thirty-three times.

Then, to complete one hundred:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha illallahu wahdahu la sharika lah, lahul mulku wa lahul hamdu, wa huwa 'ala kulli shay'in qadir

There is no god but Allah alone, with no partner. His is the dominion, His is the praise, and He has power over all things.

Count: 33, 33, 33, then this once. One hundred in total.

Source: Muslim, narrated by Abu Hurayrah.

Note: The narration mentions that sins are forgiven even if they were like the foam of the sea. Use your fingers, not a counter app. Your phone is the thing you're trying to stay away from for these two minutes.

4. Ask for help doing this at all

اللَّهُمَّ اَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

Allahumma a'inni 'ala dhikrika wa shukrika wa husni 'ibadatik

O Allah, help me to remember You, to thank You, and to worship You well.

Count: Once.

Source: Abu Dawud and An-Nasa'i, narrated by Mu'adh ibn Jabal.

Note: The Prophet ﷺ took Mu'adh by the hand and told him he loved him, then gave him this and told him never to leave it after any prayer. If you're worried you won't keep this routine going, this is the du'a for that exact fear. You're asking for the consistency, not manufacturing it.

5. The three qul

قُلْ هُوَ اللَّهُ أَحَدٌ

Surah Al-Ikhlâs.

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

Surah Al-Falaq.

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Surah An-Nas. All three in full at the back, in The Long Recitations.

Count: Once each after Dhuhr, Asr and Isha. **Three times each after Fajr and Maghrib.**

Source: Abu Dawud, At-Tirmidhi and An-Nasa'i, narrated by 'Uqbah ibn 'Amir. The Prophet ﷺ instructed him to recite them after every prayer.

Note: The extra repetitions at Fajr and Maghrib are the hinge points of the day. You're covered going into the daylight and covered going into the dark.

6. The closing declaration

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. اللَّهُمَّ لَا مَانِعَ

لِمَا أُعْطِيتَ، وَلَا مُعْطِي لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

La ilaha illallahu wahdahu la sharika lah, la hul mulku wa la hul hamdu wa huwa 'ala kulli shay'in qadir. Allahumma la mani'a lima a'tayta, wa la mu'tiya lima mana't, wa la yanfa'u dhal-jaddi minkal-jadd

There is no god but Allah alone, with no partner. His is the dominion, His is the praise, and He has power over all things. O Allah, none can withhold what You have given, and none can give what You have withheld, and no wealth or status can benefit its owner against You.

Count: Once.

Source: Bukhari and Muslim, narrated by Al-Mughirah ibn Shu'bah.

Note: Read that last line again slowly. Nobody can block what Allah has decided to give you. If your worry is that someone's envy will take away what you've built, this sentence is the answer to it, and you say it four times a day.

That's the slot. Six things. Once you've done it a week you won't be reading off the page any more, you'll be doing it while the man next to you is still rolling up his mat.

You'll see the phrase La ilaha illallahu wahdahu la sharika lah again. It appears after salah, again in the morning, and again in the evening, with different counts each time, because each is narrated separately.

Slot 1 — Morning, After Fajr

Ten minutes. Once a day.

Start after you finish Slot 2. You're already sitting. Don't stand up, don't reach for your phone. This is the longest slot in the book and it's the one that covers you until the sun goes down.

1. The three qul, blown into the palms

Cup your hands. Recite into them, then wipe over your head, face, and as much of your body as you can reach. Do the whole thing three times.

قُلْ هُوَ اللَّهُ أَحَدٌ

Surah Al-Ikhlās.

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

Surah Al-Falaq.

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Surah An-Nas. All three in full at the back, in The Long Recitations.

Count: Three full rounds.

Source: Bukhari, narrated by Aisha. She described the Prophet ﷺ doing exactly this.

Note: Aisha's narration describes it as his nightly practice, and Abdullah ibn Khubayb reported being told to recite the three in the morning and evening as sufficiency against everything. If you learn nothing else in this book, learn these three surahs. They're short. Most people already know Al-Ikhlās.

2. Ayat al-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Al-Baqarah 2:255, recited in full. Full Arabic at the back, in The Long Recitations.

Count: Once.

Source: Al-Hakim and An-Nasa'i, on the authority of Abu Hurayrah's account of the guardian appointed over him.

Note: You said this after Fajr in Slot 2 already. Saying it again here is not a mistake. The morning recitation is its own practice with its own narration behind it.

3. Sayyidul Istighfar, the master of asking forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ،

أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أُبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأُبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ

الذُّنُوبَ إِلَّا أَنْتَ

Allahumma anta rabbi la ilaha illa ant, khalaqtani wa ana 'abduk, wa ana 'ala 'ahdika wa wa'dika mastata't, a'udhu bika min sharri ma sana't, abu'u laka bi ni'matika 'alayya, wa abu'u bi dhanbi faghfir li fa innahu la yaghfirudh-dhunuba illa ant

O Allah, You are my Lord. There is no god but You. You created me and I am Your servant. I keep Your covenant and Your promise as much as I am able. I seek refuge in You from the evil of what I have done. I acknowledge Your favour upon me, and I acknowledge my sin, so forgive me. None forgives sins but You.

Count: Once.

Source: Bukhari, narrated by Shaddad ibn Aws.

Note: This one is long and you won't memorise it in a week. Read it off the page for a month. Look at the line in the middle. *I keep Your covenant as much as I am able*. You're not claiming to be perfect. You're saying you're trying. That's why this du'a is easier to say honestly than most.

4. The refuge of Uthman

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahilladhi la yadurru ma'asmihi shay'un fil ardi wa la fis-sama'i wa huwas-sami'ul 'alim

In the name of Allah, with whose name nothing on earth or in the heaven can cause harm. He is the All-Hearing, the All-Knowing.

Count: Three times.

Source: Abu Dawud and At-Tirmidhi, narrated by Uthman ibn Affan.

Note: Short, easy, and it names the exact fear. Nothing on the earth. Nothing in the sky. Whoever says it three times in the morning, the narration says nothing will harm him until evening. If you're only going to add one new phrase to your day this week, add this one.

5. The tahlil, one hundred times

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha illallahu wahdahu la sharika lah, lahul mulku wa lahul hamdu, wa huwa 'ala kulli shay'in qadir

Count: One hundred times.

Source: Bukhari and Muslim, narrated by Abu Hurayrah.

Note: The narration mentions a hundred good deeds, a hundred sins erased, and a guard against Shaytan until evening. A hundred sounds like a lot. It takes about three minutes. Use your fingers and your right hand, and if you lose count, don't restart from zero, just carry on to a rough hundred.

This is the single longest item in the routine. It's also the one with the most explicit protection attached to it. That's not a coincidence.

6. Subhanallahi wa bihamdih, one hundred times

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

Subhanallahi wa bihamdih

Glory be to Allah, and praise be to Him.

Count: One hundred times.

Source: Bukhari and Muslim, narrated by Abu Hurayrah.

Note: Four words. The narration says whoever says it a hundred times a day has his sins forgiven even if they were like the foam of the sea. This is the one you can do walking to your car or waiting for the generator to settle. It doesn't need stillness.

7. Istighfar, one hundred times

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

Astaghfirullah wa atubu ilayh

I seek Allah's forgiveness and I turn to Him.

Count: One hundred times.

Source: Muslim, narrated by Al-Agharr al-Muzani, who reported the Prophet ﷺ saying he sought forgiveness a hundred times a day.

Note: Read that source line again. A hundred times a day, from the one man who had no sins to answer for. That tells you istighfar isn't only about guilt. It's about staying close.

8. Salawat on the Prophet ﷺ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ

مَجِيدٌ

Allahumma salli 'ala Muhammadin wa 'ala ali Muhammad, kama sallayta 'ala Ibrahima wa 'ala ali Ibrahim, innaka hamidun majid

Count: Ten times is a good daily floor. More on Friday.

Source: Bukhari and Muslim, narrated by Ka'b ibn 'Ujrah. This is the wording the Companions were taught when they asked how to send salawat.

Note: Anas reported the Prophet ﷺ saying that whoever sends salawat on him once, Allah sends ten blessings back. This has its own slot here rather than being buried in a list.

9. Now talk to Allah in your own language

No Arabic. No script. Ask Him for what you actually want this morning, in Yoruba, in Hausa, in English, in whatever language you think in.

Count: As long as you want. Two minutes is enough.

Source: The Prophet ﷺ told Mu'adh that between the du'a of the oppressed and Allah there is no barrier (Bukhari and Muslim). Nothing in the sources requires du'a to be in Arabic.

Note: This is the part most people skip because it isn't printed anywhere. It's also the part where the routine stops being a recitation and becomes a conversation. Don't skip it. If you're going to shorten this slot on a rushed morning, shorten the hundreds, not this.

That's the morning. Nine items, roughly ten minutes, and you're covered until Maghrib.

Slot 3 — Evening, Between Asr and Maghrib

Six minutes. Once a day.

The window is from after Asr until the sun goes down. If you miss it, say it after Maghrib rather than skipping the day entirely. This slot closes the cover the morning opened.

Four of these you already said this morning, and the wording is identical. Two of them are evening-only.

1. The three qul, blown into the palms

Cup your hands. Recite Al-Ikhlās, Al-Falaq and An-Nas into them, then wipe over your head, face and as much of your body as you can reach. Three full rounds.

Count: Three rounds.

Source: Abu Dawud and At-Tirmidhi, narrated by Abdullah ibn Khubayb, who was told to recite them morning and evening as sufficiency against everything.

Note: Same as the morning. That's the point. These three surahs appear in every slot in this book because they appear at every moment in the sources.

2. Ayat al-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Al-Baqarah 2:255, recited in full. Full Arabic at the back, in The Long Recitations.

Count: Once.

Source: Al-Hakim and An-Nasa'i, on the morning and evening recitation.

Note: You've now said this after every salah, in the morning, in the evening, and you'll say it again tonight. If there's one verse this whole routine is built around, you're looking at it.

3. Sayyidul Istighfar

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ،

أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أُبَوِّءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأُبَوِّءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ

الدُّنُوبَ إِلَّا أَنْتَ

Allahumma anta rabbi la ilaha illa ant, khalaqtani wa ana 'abduk, wa ana 'ala 'ahdika wa wa'dika mastata't, a'udhu bika min sharri ma sana't, abu'u laka bi ni'matika 'alayya, wa abu'u bi dhanbi faghfir li fa innahu la yaghfirudh-dhunuba illa ant

Count: Once.

Source: Bukhari, narrated by Shaddad ibn Aws. The narration covers both the morning and the evening.

Note: Read it off the page in the evening for as long as you need to. Same words as this morning, and saying it twice a day is how it eventually sticks.

4. The refuge of Uthman

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahilladhi la yadurru ma'asmihi shay'un fil ardi wa la fis-sama'i wa huwas-sami'ul 'alim

Count: Three times.

Source: Abu Dawud and At-Tirmidhi, narrated by Uthman ibn Affan.

Note: In the morning it carried you until evening. Now it carries you until morning. This is the shortest, easiest phrase in the whole book and it's the one that covers the most hours.

5. The perfect words of Allah

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bi kalimatillahit-tammah min sharri ma khalaq

I seek refuge in the perfect words of Allah from the evil of what He has created.

Count: Three times.

Source: Muslim, narrated by Abu Hurayrah. A man complained of being stung, and was told that if he had said this in the evening, nothing would have harmed him that night.

Note: This one is specifically an evening du'a. It doesn't appear in the morning slot, and that's not an oversight. *From the evil of what He has created*. Not a named thing. Everything.

Notice the wording is nearly identical to the du'a you say over your children before sleep. Same phrase, *kalimatillahit-tammah*, the perfect words. You're using the same protection on yourself at sunset that you use on them at bedtime.

6. The evening tahlil

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha illallahu wahdahu la sharika lah, lahul mulku wa lahul hamdu, wa huwa 'ala kulli shay'in qadir

Count: Ten times.

Source: Bukhari and Muslim, narrated by Abu Hurayrah and Abu Ayyub al-Ansari.

Note: Ten in the evening, not a hundred. The hundred belongs to the morning. If you have time and want to do a hundred here too, nothing is lost, but ten is what the evening asks of you and ten is enough.

7. Salawat, and then your own words

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ

Ten times. Then talk to Allah in your own language, the way you did this morning. Ask Him for the night. Ask Him for tomorrow.

Count: Salawat ten times, then as long as you want.

Note: The evening du'a is different from the morning one and you'll notice it after a week. In the morning you ask for the day ahead. In the evening you're closing accounts. Something went wrong today, or something went right and you're afraid of it. Say that part out loud.

That's the evening. Seven items, about six minutes.

Slot 4 — Before Sleep

Six minutes. Once a day.

Do this in bed, after you've lain down. Phone face-down and out of reach first. This is the slot most people skip, and it's the one covering the eight hours you can't defend yourself.

If you only have two minutes tonight, do items 3, 4 and 6. That's the floor.

1. Surah Al-Mulk

تَبَارَكَ الَّذِي بِيَدِهِ الْمُلْكُ

Surah Al-Mulk, thirty verses, recited in full. See The Long Recitations at the back.

Count: Once.

Source: At-Tirmidhi and Abu Dawud, narrated by Abu Hurayrah. The Prophet ﷺ described a surah of thirty verses that intercedes for its reader until he is forgiven.

Note: Thirty verses. About three minutes read slowly, and it's half of this whole slot. If you can't read Arabic fluently yet, read the transliteration for now and the Arabic on Fridays when you have time. Reading slowly is not a lesser version of this.

2. The last two verses of Al-Baqarah

آمَنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ

Al-Baqarah 2:285-286, recited in full. Full Arabic at the back, in The Long Recitations.

Count: Once.

Source: Bukhari and Muslim, narrated by Abu Mas'ud al-Ansari. The narration says whoever recites these two verses at night, they will suffice him.

Note: *They will suffice him.* The narration doesn't spell out against what, and the scholars have read it broadly. Look at how 2:286 ends. It's three straight requests not to be burdened beyond capacity, then a plea for help against those who oppose you. You're falling asleep on that sentence.

3. Ayat al-Kursi

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

Al-Baqarah 2:255, recited in full. Full Arabic at the back, in The Long Recitations.

Count: Once.

Source: Bukhari, narrated by Abu Hurayrah, in the account of the thief who came three nights to steal from the zakat store.

Note: The thief bought his freedom on the third night by telling Abu Hurayrah about this verse. Recite it before sleeping and a guardian from Allah stays with you until morning, and no devil comes near you. The Prophet ﷺ confirmed the thief had told the truth, and said the thief was Shaytan.

That's the whole reason this verse appears in every slot in this book. If you were only going to protect one part of your day with it, this would be the part.

4. The three qul, blown into the palms

Cup your hands. Recite Al-Ikhlās, Al-Falaq and An-Nas into them, then wipe over your head, face, and as much of your body as you can reach. Three full rounds.

Count: Three rounds.

Source: Bukhari, narrated by Aisha, describing his nightly practice.

Note: Same as the morning, and deliberately so. This is the pair of bookends holding the day shut. Aisha reported that in his final illness, when he could no longer do it himself, she would recite into his hands and wipe them over him.

5. Over your children, before you leave their room

أُعِيذُكُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ، مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

U'idhukuma bi kalimatillahit-tammah, min kulli shaytanin wa hammah, wa min kulli 'aynin lammah

I seek protection for you both in the perfect words of Allah, from every devil and every poisonous creature, and from every evil eye.

Count: Once over each child, or once over both together.

Source: Bukhari, narrated by Ibn Abbas. The Prophet ﷺ used this for Hasan and Husayn, and said Ibrahim used it for Isma'il and Ishaq.

The three forms:

- One boy: *U'idhuka bi kalimatillahit-tammah...*
- One girl: *U'idhuki bi kalimatillahit-tammah...*
- Two children: *U'idhukuma bi kalimatillahit-tammah...*
- Three or more: *U'idhukum bi kalimatillahit-tammah...*

Note: That phrase at the end, '*aynin lammah*', is the evil eye. It's named directly, by the Prophet ﷺ, in Bukhari. Whatever you've heard about the evil eye in your family or your street, this is where it actually sits in the religion, and this is the response the Prophet ﷺ gave for it.

6. The last words

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya

In Your name, O Allah, I die and I live.

Count: Once, and make it the last thing you say.

Source: Bukhari, narrated by Hudhayfah ibn al-Yaman, who said this is what the Prophet ﷺ said when he went to his bed.

Note: Sleep is called a death in the Qur'an (Az-Zumar 39:42). This is short enough that you'll have it in two days, and it's the right sentence to have on your tongue if you don't wake up.

That's the night. Six items, about six minutes, and it's the only slot where you're protecting hours you'll spend unconscious.

The Weekly Layer

Outside the thirty minutes. Two additions, once a week each.

The four slots are your daily perimeter. This is the weekly maintenance on top of it. If you're still finding the daily routine hard, skip this section entirely and come back in a month.

Surah Al-Kahf, on Friday

Count: Once, any time from Maghrib on Thursday until Maghrib on Friday.

Source: Al-Hakim and Al-Bayhaqi, narrated by Abu Sa'id al-Khudri. The narration mentions a light between the two Fridays for whoever recites it.

Note: A hundred and ten verses. Fifteen to twenty minutes read at a normal pace. Break it into four sittings across the day if you need to, there's nothing requiring it in one go. Most people who keep this up read it Friday morning before work or in the hour before Jumu'ah.

Surah Al-Baqarah, across the week

Count: Once a week, split into portions.

Source: Muslim, narrated by Abu Hurayrah. The Prophet ﷺ said not to make your houses into graveyards, and that Shaytan flees from a house in which Al-Baqarah is recited.

Note: This is the household-level version of everything else in this book. Everything up to now protects a person. This one protects a building.

Two hundred and eighty-six verses is too much for one sitting for most people, so portion it:

Day	Verses
Saturday	1 to 43
Sunday	44 to 86
Monday	87 to 129
Tuesday	130 to 172
Wednesday	173 to 215
Thursday	216 to 252
Friday	253 to 286

About seven minutes a day. Read it out loud, not silently, and read it in the house rather than in the car. The narration is about the house.

If reading Arabic is slow for you, play a recitation on a speaker in the sitting room while you read along. The reciting is better, but a house where Al-Baqarah is heard is better than a house where it isn't.

The Bad Day Fortress

Four minutes. For the days the routine collapses.

This page exists because you will miss days. Everyone does. This is not a failure protocol. It's the floor.

Use this when you woke up late, when you're travelling, when the day fell apart, or when you're sitting in your car outside the house and can't face going in yet.

1. **The three qul** — once each, blown into the palms and wiped over yourself.
2. **Ayat al-Kursi** — once.
3. **The refuge of Uthman** — three times.

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

4. **The tahlil** — ten times.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

That's it. Four minutes, and every single one of these is already in your daily routine, just at lower counts.

Two rules for this page

Don't use it as your normal routine. It's a floor, not a plan. If you're on the Fortress four days in a row, you're not having bad days any more, you've quietly changed your routine and you should go back to the slots.

Don't make up the difference the next day. There's no debt. You don't owe two hundred tahlils tomorrow because you did ten today. Start clean at the next Fajr.

The Trigger Index

Zero scheduled minutes. Reactive only.

Alphabetical, so you can find things at 3am without reading a chapter. Nothing on this page is scheduled. These are the responses for when something happens.

Anger, when it rises

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu billahi minash-shaytanir-rajim. I seek refuge in Allah from the outcast Shaytan.

Bukhari and Muslim, narrated by Sulayman ibn Surad. Two men were arguing in front of the Prophet ﷺ and he said that if one of them said this, what he was feeling would leave him.

Bad dream, waking from one

Turn onto your left side and spit lightly three times. Seek refuge in Allah from Shaytan and from the evil of what you saw. Don't tell anyone about it.

Bukhari and Muslim, narrated by Abu Qatadah and by Jabir. The narration says it will not harm him.

If you're properly frightened, get up and pray two rak'ahs. The Prophet ﷺ instructed a man to do that too.

Entering the house

Say Bismillah as you go in, mention Allah's name, and greet the people inside with salam.

Muslim, narrated by Jabir. The narration says that when a man enters mentioning Allah's name, Shaytan says there is no lodging and no dinner here for us.

Envy, when you fear someone's

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu wa ni'mal wakil. Allah is sufficient for us, and He is the best disposer of affairs.
(Al 'Imran 3:173)

Then the refuge of Uthman three times, and the closing declaration from Slot 2, the one ending *no wealth or status can benefit its owner against You*.

Go back and read that closing declaration slowly. It's the direct answer to this fear and you already say it four times a day.

Fear at night, or waking in the dark

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ، وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَخْضُرُونِ

A'udhu bi kalimatillahit-tammati min ghadabihi wa 'iqabihi, wa sharri 'ibadihi, wa min hamazatish-shayatini wa an yahdurun

I seek refuge in the perfect words of Allah from His anger and His punishment, from the evil of His servants, and from the whisperings of the devils and that they should come near me.

Abu Dawud and At-Tirmidhi, narrated by 'Amr ibn Shu'ayb from his father from his grandfather.

Illness, yours or someone else's (the ruqyah of Jibril)

بِسْمِ اللَّهِ أَرْقِيكَ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِسْمِ

اللَّهُ أَرْقِيكَ

Bismillahi arqik, min kulli shay'in yu'dhik, min sharri kulli nafsin aw 'aynin hasid, Allahu yashfik, bismillahi arqik

In the name of Allah I recite over you, from everything that harms you, from the evil of every soul or envious eye. May Allah heal you. In the name of Allah I recite over you.

Muslim, narrated by Abu Sa'id al-Khudri. This is what Jibril recited over the Prophet ﷺ when he was ill.

Recite it over yourself or over the person, and pass your right hand over the place of pain.

Leaving the house

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillah, tawakkaltu 'alallah, wa la hawla wa la quwwata illa billah

In the name of Allah, I place my trust in Allah, and there is no power and no strength except with Allah.

Abu Dawud and At-Tirmidhi, narrated by Anas. It is said to him: you are guided, taken care of and protected, and Shaytan withdraws from him.

Praised, when someone praises you

اللَّهُمَّ لَا تُؤَاخِذْنِي بِمَا يَقُولُونَ، وَاعْفِرْ لِي مَا لَا يَعْلَمُونَ، وَاجْعَلْنِي خَيْرًا مِمَّا يَظُنُّونَ

Allahumma la tu'akhidhni bima yaqulun, waghfir li ma la ya'lamun, waj'alni khayran mimma yazunnun

O Allah, do not hold me to account for what they say, forgive me for what they do not know, and make me better than what they think of me.

Al-Bukhari in *Al-Adab al-Mufrad*, narrated from Abu Bakr.

Praising others, when you admire something of theirs

مَا شَاءَ اللَّهُ، لَا قُوَّةَ إِلَّا بِاللَّهِ

Masha'Allah, la quwwata illa billah

Muwatta Malik and others, from the incident of 'Amir ibn Rabi'ah and Sahl ibn Hunayf. 'Amir admired Sahl's skin, Sahl fell ill on the spot, and the Prophet ﷺ said that when one of you sees something in his brother that pleases him, he should pray for blessing on him.

This is the entry you'll use most and the one nobody teaches. When you see your friend's new car, his new baby, his wife's cooking, say it out loud so he hears it. The evil eye you're afraid of receiving is the same one you can give without meaning to.

Worry and debt

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ

الرِّجَالِ

Allahumma inni a'udhu bika minal hammi wal hazan, wal 'ajzi wal kasal, wal bukhli wal jubn, wa dala'id-dayni wa ghalabatir-rijal

O Allah, I seek refuge in You from anxiety and grief, from incapacity and laziness, from miserliness and cowardice, from the burden of debt and from being overpowered by men.

Bukhari, narrated by Anas.

Tool 1 — The Routine Card

One page. Print it, or screenshot it and set it as a second home screen. This is the whole book on a single sheet.

After Fajr — 10 minutes

- Three qul, blown into palms — 3 rounds
- Ayat al-Kursi — 1
- Sayyidul Istighfar — 1
- *Bismillahilladhi la yadurru...* — 3
- *La ilaha illallahu wahdahu...* — 100
- *Subhanallahi wa bihamdih* — 100
- *Astaghfirullah wa atubu ilayh* — 100
- Salawat — 10
- Your own du'a, your own language

After every salah — 2 minutes each

- *Astaghfirullah* x3, then *Allahumma antas-salam...*
- Ayat al-Kursi — 1
- Subhanallah 33, Alhamdulillah 33, Allahu akbar 33, then *La ilaha illallahu wahdahu...* 1
- *Allahumma a'inni 'ala dhikrika...* — 1
- Three qul — 1 each (3 each after Fajr and Maghrib)
- *La ilaha illallahu wahdahu... Allahumma la mani'a lima a'tayt...* — 1

Between Asr and Maghrib — 6 minutes

- Three qul, blown into palms — 3 rounds
- Ayat al-Kursi — 1
- Sayyidul Istighfar — 1
- *Bismillahilladhi la yadurru...* — 3
- *A'udhu bi kalimatillahit-tammami min sharri ma khalaq* — 3
- *La ilaha illallahu wahdahu...* — 10
- Salawat 10, then your own du'a

Before sleep — 6 minutes

- Surah Al-Mulk — 1

- Al-Baqarah 2:285-286 — 1
- Ayat al-Kursi — 1
- Three qul, blown into palms — 3 rounds
- Over the children: *U'idhukuma bi kalimatillahit-tammah...*
- *Bismika Allahumma amutu wa ahya* — last words

The counts that differ

La ilaha illallahu wahdahu la sharika lah... — morning 100, evening 10, after each salah 1.

Three qul — after Fajr and Maghrib 3 each, after Dhuhr, Asr and Isha 1 each, and 3 rounds blown into the palms in the morning, evening and at bedtime.

Both are correct. Both are narrated separately.

Bad Day Fortress — 4 minutes

Three qul 1 each. Ayat al-Kursi 1. *Bismillahilladhi la yadurru...* 3. *La ilaha illallahu wahdahu...* 10.

Weekly

Al-Kahf on Friday. Al-Baqarah portioned across the week, out loud, in the house.

Tool 2 — The 40-Day Tracker

Forty days because that's roughly how long it takes for this to stop feeling like homework. Not because forty is a magic number in the religion. It isn't, and anyone who tells you it is should show you the source.

How to use it

Five columns per day. Four slots plus one for the bad day. Tick what you did. Leave blank what you didn't.

Day	Fajr	Salah	Evening	Sleep	Bad day
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

Day	Fajr	Salah	Evening	Sleep	Bad day
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					

The bad day column is the important one. Tick it when you ran the four-minute Fortress instead of the full routine. That's a tick, not a miss. A day you did the Fortress is a day you showed up.

Three rules

Don't restart the count when you miss a day. Missing day 12 doesn't send you back to day 1. Tick day 13 and keep going. The whole reason people quit these things is that they treat one gap as a total failure.

Don't fill it in retrospectively at the end of the week. You'll lie to yourself without meaning to. Tick it at night, before the sleep slot, while you still remember.

Don't show it to anyone. This is between you and Allah, and the moment it becomes something you report on, the intention shifts.

At day 40, look at the columns, not the total

The Salah column will be your fullest. It's anchored to something you already do.

The Evening column will be your emptiest. It's the only slot not attached to waking, praying or sleeping. If it's under half, anchor it to the Asr prayer itself. Do Slot 2 and roll straight into Slot 3 without standing up.

Tool 3 — The Pronunciation Guide

Eleven sounds. If you're reading these du'as from transliteration, these are the ones that go wrong. None of this requires you to learn Arabic. It just stops you saying something you didn't mean.

The two H sounds

h as in *Alhamdulillah* — ordinary English h.

h (heavy) as in *Ar-Rahman, Muhammad, hamd* — from deep in the throat, breathy, like fogging a mirror.

Getting this wrong is the single most common error. *Hamd* with the ordinary h is a different word.

The two S sounds

s as in *Subhanallah* — ordinary English s.

s (heavy) as in *Salli, Salat* — heavier, tongue flat and pulled back, the sound rounder and darker.

The two T sounds

t as in *Astaghfirullah* — ordinary t.

t (heavy) as in *Tammah, Tayyib* — heavier, tongue flat, the vowel after it darkens.

The two D sounds

d as in *Alhamdu* — ordinary d.

d (heavy) as in *la yadurru* — heavy, from the side of the tongue. This one takes practice. Approximate it and keep going.

'ayn — the apostrophe before a vowel

A'udhu, 'ala, Ni'mah, A'inni

A constriction in the middle of your throat, not a glottal stop and not silent. If you can't produce it yet, don't drop it, just pause slightly where it sits. Dropping it entirely changes words.

gh — as in *Astaghfirullah, Maghrib*

Like a French r, or gargling water. Not a hard g.

q — as in *Qadir, Qul, Quwwata*

From the very back of the throat, further back than an English k. *Qalb* is heart. *Kalb* is dog. This is why it matters.

dh — as in *Dhikr, A'udhu, Dhal-jalal*

Like the th in *this*. Not a d, not a z.

th — as in *Thawban*

Like the th in *think*. Different from dh above.

The doubled letters

Quwwata, Rabbi, Tammah, Salli

Hold the doubled letter for an extra beat. It isn't decoration. In Arabic a doubled letter is a different word from a single one.

Ending a phrase

When you stop at the end of a du'a, drop the final short vowel. *Qadirun* becomes *Qadir*. *Al-'Alimu* becomes *Al-'Alim*. If you're stopping, stop on the consonant.

One instruction, and then stop worrying about this page.

Find one recording of each du'a and listen to it three times before you say it. That's worth more than everything above. This page exists so you know what to listen for, not so you can learn pronunciation from paper.

And say it anyway. Say it wrong, say it slowly, say it while checking the transliteration. A du'a said imperfectly is a du'a said. The Prophet ﷺ said the one who recites the Qur'an with difficulty, stumbling through it, has two rewards. (Bukhari and Muslim, narrated by Aisha.)

Tool 4 — The Source Index

Every narration in this book, where it comes from, and who narrated it. Check any of it.

From the Qur'an

Text	Reference
Ayat al-Kursi	Al-Baqarah 2:255
The last two verses	Al-Baqarah 2:285-286
Surah Al-Ikhlās	112
Surah Al-Falaq	113
Surah An-Nas	114
Surah Al-Mulk	67
Surah Al-Kahf	18
Surah Al-Baqarah	2
Hasbunallahu wa ni'mal wakil	Al 'Imran 3:173
Sleep described as a death	Az-Zumar 39:42

From the Sunnah

Practice	Collection	Narrator
Istighfar x3 and Allahumma antas-salam after salah	Muslim	Thawban
Ayat al-Kursi after every obligatory prayer	An-Nasa'i, Amal al-Yawm wal-Laylah	Abu Umamah
Tasbih 33/33/33 and the tahlil to one hundred	Muslim	Abu Hurayrah
Allahumma a'inni 'ala dhikrika	Abu Dawud, An-Nasa'i	Mu'adh ibn Jabal
Three qul after every prayer	Abu Dawud, At-Tirmidhi, An-Nasa'i	'Uqbah ibn 'Amir
La mani'a lima a'tayt	Bukhari, Muslim	Al-Mughirah ibn Shu'bah
Three qul morning and evening as sufficiency	Abu Dawud, At-Tirmidhi	Abdullah ibn Khubayb

Practice	Collection	Narrator
Blowing into the palms with the three qul	Bukhari	Aisha
Sayyidul Istighfar	Bukhari	Shaddad ibn Aws
Bismillahilladhi la yadurru x3	Abu Dawud, At-Tirmidhi	Uthman ibn Affan
Tahlil x100, guard from Shaytan until evening	Bukhari, Muslim	Abu Hurayrah
Subhanallahi wa bihamdih x100	Bukhari, Muslim	Abu Hurayrah
Istighfar one hundred times a day	Muslim	Al-Agharr al-Muzani
The wording of the salawat	Bukhari, Muslim	Ka'b ibn 'Ujrah
Ten blessings for one salawat	Muslim	Anas
No barrier between Allah and the du'a of the oppressed	Bukhari, Muslim	Ibn Abbas, in the hadith of Mu'adh
Evening tahlil x10	Bukhari, Muslim	Abu Hurayrah, Abu Ayyub al-Ansari
A'udhu bi kalimatillahit-tammati min sharri ma khalaq x3	Muslim	Abu Hurayrah
Surah Al-Mulk intercedes	At-Tirmidhi, Abu Dawud	Abu Hurayrah
The last two verses of Al-Baqarah suffice him	Bukhari, Muslim	Abu Mas'ud al-Ansari
Ayat al-Kursi and the guardian until morning	Bukhari	Abu Hurayrah
U'idhukuma bi kalimatillahit-tammah	Bukhari	Ibn Abbas
Bismika Allahumma amutu wa ahya	Bukhari	Hudhayfah ibn al-Yaman
Shaytan flees the house where Al-Baqarah is recited	Muslim	Abu Hurayrah
Light between the two Fridays for Al-Kahf	Al-Hakim, Al-Bayhaqi	Abu Sa'id al-Khudri
Refuge from Shaytan when angry	Bukhari, Muslim	Sulayman ibn Surad
What to do after a bad dream	Bukhari, Muslim	Abu Qatadah, Jabir

Practice	Collection	Narrator
No lodging and no dinner for Shaytan	Muslim	Jabir
A'udhu bi kalimatillahit-tammami min ghadabihi	Abu Dawud, At-Tirmidhi	'Amr ibn Shu'ayb, from his father, from his grandfather
The ruqyah of Jibril	Muslim	Abu Sa'id al-Khudri
Leaving the house: guided, taken care of, protected	Abu Dawud, At-Tirmidhi	Anas
Allahumma la tu'akhidhni bima yaqulun	Al-Bukhari, Al-Adab al-Mufrad	Abu Bakr
Masha'Allah, la quwwata illa billah	Muwatta Malik and others	'Amir ibn Rabi'ah and Sahl ibn Hunayf
Refuge from anxiety, grief and debt	Bukhari	Anas
Two rewards for reciting with difficulty	Bukhari, Muslim	Aisha

The Long Recitations

The full Arabic of the passages that appear across the four slots. Turn here when you want to read from the page rather than from memory.

Ayat al-Kursi

Al-Baqarah 2:255. Said after every salah, in the morning, in the evening, and before sleep.

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

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

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

Allahu la ilaha illa huwal hayyul qayyum. La ta'khudhu sinatun wa la nawm. Lahu ma fis-samawati wa ma fil ard. Man dhalladhi yashfa'u 'indahu illa bi idhnih. Ya'lamu ma bayna aydihim wa ma khalfahum. Wa la yuhituna bi shay'in min 'ilmihi illa bima sha'. Wasi'a kursiyuhus-samawati wal ard. Wa la ya'uduhu hifzuhuma. Wa huwal 'aliyyul 'azim.

Allah, there is no god but Him, the Ever-Living, the Sustainer of all. Neither drowsiness nor sleep overtakes Him. 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 lies before them and what is behind them, and they encompass nothing of His knowledge except what He wills. His Kursi extends over the heavens and the earth, and their preservation does not tire Him. And He is the Most High, the Most Great.

Surah Al-Ikhlās

Chapter 112. One of the three qul.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Qul huwallahu ahad. Allahus-samad. Lam yalid wa lam yulad. Wa lam yakun lahu kufuwan ahad.

Say: He is Allah, One. Allah, the Eternal Refuge. He does not beget, nor was He begotten. And there is none comparable to Him.

Surah Al-Falaq

Chapter 113. One of the three qul.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ مِنْ شَرِّ مَا خَلَقَ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

Qul a'udhu bi rabbil falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharrin-naffathati fil 'uqad. Wa min sharri hasidin idha hasad.

Say: I seek refuge in the Lord of the daybreak, from the evil of what He has created, from the evil of darkness when it settles, from the evil of those who blow on knots, and from the evil of an envier when he envies.

That last verse is the reason this surah is in every slot of this book. From the evil of an envier when he envies. Named directly, in the Qur'an.

Surah An-Nas

Chapter 114. One of the three qul.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ مَلِكِ النَّاسِ إِلَهِ النَّاسِ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ الَّذِي يُوَسْوِسُ فِي صُدُورِ

النَّاسِ مِنَ الْجِنَّةِ وَالنَّاسِ

Qul a'udhu bi rabbil-nas. Malikin-nas. Ilahin-nas. Min sharril waswasil khannas. Alladhi yuwaswisu fi sudurin-nas. Minal jinnati wan-nas.

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 in the breasts of mankind, from among the jinn and mankind.

The last two verses of Al-Baqarah

Al-Baqarah 2:285-286. Said before sleep.

آمَنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ

أَحَدٍ مِنْ رُسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

Amanar-rasulu bima unzila ilayhi min rabbihi wal mu'minun. Kullun amana billahi wa mala'ikatihi wa kutubihi wa rusulih. La nufarriqu bayna ahadin min rusulih. Wa qalu sami'na wa ata'na, ghufranaka rabbana wa ilaykal masir.

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, His angels, His books and His messengers, saying: we make no distinction between any of His messengers. And they said: we hear and we obey. Grant us Your forgiveness, our Lord, and to You is the return.

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا

أَوْ أخطأْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۗ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا

طَاقَةَ لَنَا بِهِ ۖ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

La yukallifullahu nafsan illa wus'aha. Laha ma kasabat wa 'alayha maktasabat. Rabbana la tu'akhidhna in nasina aw akhta'na. Rabbana wa la tahmil 'alayna isran kama hamaltahu 'alalladhina min qablina. Rabbana wa la tuhammilna ma la taqata lana bih. Wa'fu 'anna, waghfir lana, warhamna. Anta mawlana fansurna 'alal qawmil kafirin.

Allah does not burden a soul beyond what it can bear. It gets what it has earned, and it bears what it has brought upon itself. Our Lord, do not hold us accountable if we forget or make a mistake. Our Lord, do not lay upon us a burden like the one You laid upon those before us. Our Lord, do not burden us with what we have no strength to bear. Pardon us, forgive us, and have mercy on us. You are our Protector, so give us victory over the disbelieving people.

Surah Al-Mulk

Chapter 67, thirty verses. Said before sleep.

Surah Al-Mulk is the longest single recitation in this routine, and printing thirty verses here would make this page hard to read from on a phone at night. Read it from your mushaf, or from Quran.com, chapter 67.

If reading the Arabic is still slow for you, do this instead while you build up: play a recitation on your phone and follow along with the meaning. There are complete recitations of Al-Mulk under four minutes. Listening while you read is how most people who now recite it from memory started.

Surah Al-Kahf

Chapter 18, a hundred and ten verses. Read on Friday.

Read from your mushaf, or from Quran.com, chapter 18. Break it into two or four sittings across the day if you need to.

What This Book Leaves Out, and Why

This section is here so you know what you're holding.

Some things are commonly practised for protection in Nigeria and across the Muslim world that you won't find in this book. Not because everyone who does them is doing something wrong, and not because I'm in a position to rule on it. It's because of the standard I set for what goes in.

Everything in this book had to meet one condition. It comes from the Qur'an, or from a narration in one of the recognised collections, with the narrator named. That's it. That was the filter.

So the following are absent:

Anything involving worn or carried objects for protection, whether written on paper, tied, or bound.

Specific numbers not found in the narrations. Reciting something 313 times, or 4,444 times, or on a specific count tied to a specific outcome. Where a number appears in this book, it appears because it's in the hadith. Three, ten, thirty-three, one hundred. Where no number is narrated, I haven't invented one.

Combinations tied to particular days, hours or conditions that aren't in the sources. Reciting a certain surah at a certain hour on a certain day for a certain result.

Anything requiring a third party to prepare, recite over, or supply something on your behalf in exchange for money.

Anything involving water, oil, soap or physical preparations as a carrier for recitation, beyond the ruqyah that is directly narrated.

I want to be careful here, because I know what these words can sound like.

If your mother does something I haven't included, this book is not a verdict on your mother. Some of what's left out is genuinely disputed among people far more qualified than me. Some of it is cultural practice that people have carried in good faith for generations. And some of it is straightforwardly a problem. I'm not sorting those categories for you, because that isn't my place and it isn't what you paid for.

What I'm telling you is only this: everything in the pages you're holding has a source printed next to it, and you can check every single one.

If you want to know where a practice I've left out stands, ask someone qualified in your community. Not a WhatsApp group. Not a Facebook comment section. A person, with a name, who studied.

One more thing, and it's the reason this section exists at all.

You've probably bought something like this before and quietly wondered where it came from. Whether the person writing it knew, or was assembling it from other people's assemblies.

The Source Index is two pages. Take any line in this book, find it in that table, and go and check it. Sunnah.com is free. The collections are searchable.

I'd rather you verified it than trusted me.

The Last Page

You've got the whole day now.

Fajr to Fajr. The morning, the four gaps after salah that used to be empty, the hour before Maghrib, and the last few minutes before you sleep. Thirty minutes, four minutes on the days it collapses, and a page you can open at 3am when something specific happens.

Give it forty days. Not because forty is significant, but because that's roughly how long before it stops feeling like a task you're performing and starts feeling like something you'd notice if you missed.

You won't do all forty cleanly. Nobody does. Tick the bad days as bad days and keep going.

Now, the thing I've deliberately not covered.

Go back to Slot Four, item five. The du'a over your children.

One entry. Six lines. That's all the space I gave to the single thing you're probably most afraid of.

That was on purpose, and it isn't enough. There's a whole practice around protecting a household. What you say over a newborn. What to do when a child is sick, or won't sleep, or changes suddenly after visitors. How to teach a five-year-old their own adhkar so they're not relying on you to say it for them. What the sources actually say about the evil eye and children, which is a great deal more than the one line I quoted. How to cover the house itself, not just the people in it.

None of that fits here, and squeezing it in would have made this book worse at the job it does.

That's the next one. If you've kept this routine for forty days and you want it, it'll be waiting.

But not yet.

Don't go looking for the next thing. You have not finished this one.

Tomorrow after Fajr, sit where you are, and start.

Wa sallallahu 'ala nabiyyina Muhammadin wa 'ala alihi wa sahbihi wa sallam.