

Sleeping, Waking-up, Leaving Home (Supplications)

Table of Contents

‘SLEEPING, WAKING-UP, LEAVING HOME (SUPPLICATIONS)’	4
How to prepare one prior to Sleeping:	4
Recitation before going to Sleep:	6
Protection from Nightmare:	6
Recite after waking-up (in the Morning)	7
Recite upon waking up during Night:	7
Washing hands after waking up:	8
A Believer should not sleep if Najis (unclean):	8
Excessive Sleep is disliked:	9
Sleeping is upon Four Postures:	9
For Good Night-Sleep:	10
Sharing Bed:	11
Recite before leaving Home:	12
Supplication before leaving for Journey:	12
Recite when going out or returning home:	13
APPENDIX I:	15
Recite before going to sleep:	15
Supplication for waking up at certain time at Night:	16
APPENDIX II:	18
Recite upon waking up in the Morning:	18
APPENDIX III:	20
Sura e Al-Dukhan (Chapter 44 of Holy Quran)	20

Abbreviations:

saww: - Sal lal la ho Allay hay Wa Aal lay he Wasallam

azwj: - Az Za Wa Jalla

asws: - Allay hay Salawat Wass Salam

AJFJ: Aja! Allah hey wa Fara Jaak

ra: - Razi Allah^{azwj}

La: - Laan Allah^{azwj}

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ, وَ صَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ آلِهِ الطَّاهِرِينَ, وَسَلَّم تَسْلِيمًا.

In the Name of Allah^{azwj} the Beneficent, the Merciful. The Praise is for Allah^{azwj} Lord^{azwj} of the Worlds, and Blessing be upon our Chief Muhammad^{saww} and his^{saww} Purified Progeny^{asws}, and greetings with abundant greetings.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ وَعَجِّلْ فَرَجَهُمْ وَالْعَنْ أَعْدَائَهُمْ أَجْمَعِينَ

‘SLEEPING, WAKING-UP, LEAVING HOME (SUPPLICATIONS)’

Some Ahadith are compiled for recitation invocations related to how to prepare ourselves before sleeping? What to recite before falling into sleep? What to recite upon waking up during the night and in the morning? And recitation prior to leaving home for work as well as when going away on a journey?

How to prepare one prior to Sleeping:

إِذَا أَرَادَ أَحَدُكُمْ النَّوْمَ فَلْيَضَعْ يَدَهُ الْيُمْنَى تَحْتَ خَدِّهِ الْأَيْمَنِ وَ لِيُثْنِ

(Amir Al-Momineen^{asws} says) When you want to sleep, you should put the right hand under the right cheek and say:

بِسْمِ اللَّهِ وَضَعْتُ جَنْبِي لِلَّهِ عَلَى مِلَّةِ إِبْرَاهِيمَ وَ دِينِ مُحَمَّدٍ وَ وَلَايَةِ مَنْ
اِفْتَرَضَ اللَّهُ طَاعَتَهُ مَا شَاءَ اللَّهُ كَانَ وَ مَا لَمْ يَشَأْ لَمْ يَكُنْ

‘In the Name of Allah. I put my side for Allah^{azwj}, on the belief of Abraham^{as}, the religion of Muhammad^{saww}, and the leadership of those whose leadership is imposed on me by Allah^{azwj}. Only Allah^{azwj}’s Will shall occur, and what He^{azwj} does not Will, shall never occur.”

مَنْ قَالَ ذَلِكَ عِنْدَ مَنَامِهِ حُفِظَ مِنَ اللَّصِّ الْمُنْغِيرِ وَ الْهَدْمِ وَ اسْتَغْفِرَتْ لَهُ الْمَلَائِكَةُ حَتَّى يَنْتَبِهَ

He who says this before sleep will be guarded against thieves and ruination, and the angels will ask Allah^{azwj} to forgive him until he wakes up.

وَ مَنْ قَرَأَ قُلْ هُوَ اللَّهُ أَحَدٌ حِينَ يَأْخُذُ مَضْجَعَهُ وَكَلَّ اللَّهُ بِهِ خَمْسِينَ أَلْفَ مَلَكٍ يَحْرُسُونَهُ لَيْلَتَهُ

As for those who recite Sura of Tawhid (قُلْ هُوَ اللَّهُ أَحَدٌ) before they go to sleep, Allah^{azwj} will assign fifty thousand angels for guarding them on that night.

إِذَا نَامَ أَحَدُكُمْ فَلَا يَضَعَنَّ جَنْبَهُ حَتَّى يَقُولَ

You should not lie-down for sleeping before you say:

أُعِيذُ نَفْسِي وَ أَهْلِي وَ دِينِي وَ مَالِي وَ وُلْدِي وَ خَوَاتِيمَ عَمَلِي وَ مَا
حَوْلَنِي رَبِّي وَ رَزَقِي بِعِزَّةِ اللَّهِ وَ عَظَمَةِ اللَّهِ وَ جَبْرُوتِ اللَّهِ وَ سُلْطَانِ اللَّهِ
وَ رَحْمَةِ اللَّهِ وَ رَأْفَةِ اللَّهِ وَ غُفْرَانِ اللَّهِ وَ قُوَّةِ اللَّهِ وَ قُدْرَةِ اللَّهِ وَ لَا إِلَهَ إِلَّا
اللَّهُ وَ أَزْكَانِ اللَّهِ وَ صُنْعِ اللَّهِ وَ جَمْعِ اللَّهِ وَ بِرَسُولِ اللَّهِ ص وَ بِقُدْرَةِ اللَّهِ
عَلَى مَا يَشَاءُ مِنْ شَرِّ السَّامَةِ وَ الْهَامَةِ وَ مِنْ شَرِّ الْجِنِّ وَ الْإِنْسِ وَ مِنْ
شَرِّ مَا يَدِبُّ فِي الْأَرْضِ وَ مَا يَخْرُجُ مِنْهَا وَ مِنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ
وَ مَا يَعْرُجُ فِيهَا وَ مِنْ شَرِّ كُلِّ دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى
صِرَاطٍ مُسْتَقِيمٍ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَ لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ
الْعَلِيِّ الْعَظِيمِ فَإِنَّ رَسُولَ اللَّهِ ص كَانَ يُعَوِّذُ بِهَا الْحَسَنَ وَ الْحُسَيْنَ وَ بِذَلِكَ
أَمَرَنَا رَسُولُ اللَّهِ ص

“I seek the guard of Allah^{azwj}’s Majesty, Greatness, Omnipotence, Power, Mercy, Compassion, Forgiveness, Might, Influence, Uniqueness, Pillars, Made, Gathering, Apostle (peace be upon him and his family), and all-powerfulness on myself, my family, religion, wealth, sons, results of my deeds, and my Lord’s Authority and provisions against the evils of poisonous pests, vermin, jinn, mankind, whatsoever is walking on the surface of this earth, whatsoever is going out of it, whatsoever is descending from the heavens, whatsoever is ascending there, and every creature the destiny of which is under my Lord’s control. Surely, my Lord knows the right path. He is All-Powerful over everything. All might and power belongs to Allah^{azwj}. ”

The Prophet^{saww} used to recite these words as amulets for Al-Hassan^{asws} and Al-Hussain^{asws}. The Prophet^{saww} ordered us to do so.¹

¹ 400 Golden Rules by Aliasws, Al-Khasail by Sheikh Sadduq

Recitation before going to Sleep:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ بْنِ عِيسَى عَنْ مُحَمَّدِ بْنِ خَالِدٍ وَ الْحُسَيْنِ بْنِ سَعِيدٍ جَمِيعاً عَنِ الْقَاسِمِ بْنِ غُرُوزَةَ عَنْ هِشَامِ بْنِ سَالِمٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ تَسْبِيحُ فَاطِمَةَ الزَّهْرَاءِ (عليها السلام) إِذَا أَخَذْتَ مَضْجَعَكَ فَكَبِّرِ اللَّهَ أَرْبَعاً وَ ثَلَاثِينَ وَ اِحْمَدُهُ ثَلَاثاً وَ ثَلَاثِينَ وَ سَبِّحْهُ ثَلَاثاً وَ ثَلَاثِينَ وَ تَقْرَأُ آيَةَ الْكُرْسِيِّ وَ الْمُعَوِّذَتَيْنِ وَ عَشْرَ آيَاتٍ مِنْ أَوَّلِ الصَّافَّاتِ وَ عَشْرًا مِنْ آخِرِهَا .

Muhammad Bin Yahya, from Ahmad Bin Muhammad Bin Isa, from Muhammad Bin Khalid and Al Husayn Bin Saeed, altogether from Al Qasim Bin Urwa, from Hisham Bin Salim, from;

Abu Abdullah^{asws} said: ‘(Recite) Tasbeeh (Glorification) of Fatima Al-Zahra^{asws} when you take to your bed, so Exclaim Takbeer (Allah^{azwj} O Akbar) thirty four times, and Praise Him^{azwj} (Al Hamd Li Allah^{azwj}) thirty three times, and Glorify Him^{azwj} (Subhan Allah^{azwj}) thirty three times, and recites Ayat Al-Kursy (2:255), and the two Maw’azatayn (Chapters 113 & 114) and ten Verses from the beginning of (Surah) Al-Saffat (Chapter 37), and ten Verses from its end’.²

Protection from Nightmare:

عَنْهُ عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ فَضَالَةَ بْنِ أَيُّوبَ عَنْ دَاوُدَ بْنِ فَرْقَدٍ عَنْ أَحِيهِ أَنَّ شَهَابَ بْنَ عَبْدِ رَبِّهِ سَأَلَهُ أَنْ يَسْأَلَ أَبَا عَبْدِ اللَّهِ (عليه السلام) وَ قَالَ قُلْ لَهُ إِنَّ امْرَأَةً تُفْزِعُنِي فِي الْمَنَامِ بِاللَّيْلِ فَقَالَ قُلْ لَهُ اجْعَلْ مِسْبَاحاً وَ كَبِّرِ اللَّهَ أَرْبَعاً وَ ثَلَاثِينَ تَكْبِيرَةً وَ سَبِّحِ اللَّهَ ثَلَاثاً وَ ثَلَاثِينَ تَسْبِيحَةً وَ اِحْمَدِ اللَّهَ ثَلَاثاً وَ ثَلَاثِينَ وَ قُلْ.

From him, from Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Fazalat Bin Ayoub, from Dawood Bin Farqad, from his brother that,

‘Shihab Bin Abd Rabbih asked him to ask Abu Abdullah^{asws} and said, ‘Tell him^{asws} that a woman terrified me during the sleep at night’. So he^{asws} said: ‘Make Glorifications (recite *Tasbeeh*) and Exclaim Greatness of Allah^{azwj} (*Takbeer*) thirty four (times), and Glorify Allah^{azwj} (Subhan Allah^{azwj}) thirty three times, and Praise Allah^{azwj} (Al Hamd Li Allah^{azwj}) thirty three times, and say,

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَ يُمِيتُ وَ يُمِيتُ وَ يُحْيِي بِيَدِهِ الْخَيْرُ وَ لَهُ اخْتِلَافُ اللَّيْلِ وَ النَّهَارِ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

² Al Kafi V 2 – The Book Of Supplication CH 49 H 6

'There is no god except Allah^{azwj}, Alone, there being no associate for Him^{azwj}. For Him^{azwj} is the Kingdom and for Him^{azwj} is the Praise. He^{azwj} Causes to live and He^{azwj} Causes to die, and He^{azwj} Causes to die and He^{azwj} Causes to live. In His^{azwj} Hand is the goodness and for Him^{azwj} is the interchange of the night and the day, and He^{azwj} is Able over everything', عَشْرَ مَرَّاتٍ (recite) ten times'.³

Also,

لَا يَنَامُ الرَّجُلُ مَعَ الرَّجُلِ فِي ثَوْبٍ وَاحِدٍ وَلَا الْمَرْأَةُ مَعَ الْمَرْأَةِ فِي ثَوْبٍ وَاحِدٍ وَمَنْ فَعَلَ ذَلِكَ وَجَبَ

Men should not sleep together under one cover. Women also should not sleep together under one cover either. Doctrinal lashing is the chastisement of committing such an act.⁴

Additional Ahadith are included in Appendix I.

Recite after waking-up (in the Morning)

As soon as you wake up, you should say, before you leave the bed,

حَسْبِيَ الرَّبُّ مِنَ الْعِبَادِ حَسْبِيَ الَّذِي هُوَ حَسْبِي مُنْذُ كُنْتُ حَسْبِيَ اللَّهُ وَ
نِعْمَ الْوَكِيلُ

'Sufficient unto me is the Lord against his servants. Sufficient unto me is He^{azwj}. Allah^{azwj} is the Sufficient as the best Guardian.'⁵

Additional Ahadith on what to recite upon waking up in the morning are given in Appendix II.

Recite upon waking up during Night:

If you wake up at night, you should gaze at the terminal points of the sky and recite (3:190):

³ Al Kafi V 2 – The Book Of Supplication CH 49 H 7

⁴ تحف العقول، النص، ص: 122

⁵ 400 Golden Rules by Ali^{asws}, Al-Khasail by Sheikh Sadduq

إِنَّ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ وَاخْتِلَافِ اللَّيْلِ وَالنَّهَارِ لَآيَاتٍ لِأُولِي الْأَلْبَابِ

'Most surely in the creation of the heavens and the earth and the alternation of the night and the day there are signs for men who understand.'⁶

Additional Ahadith are in Appendix I.

Washing hands after waking up:

عَدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ مُحَمَّدِ بْنِ سِنَانٍ عَنِ ابْنِ مُسْكَانَ عَنْ أَبِي بَصِيرٍ عَنْ عَبْدِ الْكَرِيمِ بْنِ عُثْبَةَ قَالَ سَأَلْتُ الشَّيْخَ عَنِ الرَّجُلِ يَسْتَيْقِظُ مِنْ نَوْمِهِ وَ لَمْ يَبْلُغْ أَيْدِيَهُ فِي الْإِنَاءِ قَبْلَ أَنْ يَغْسِلَهَا قَالَ لَا لِأَنَّهُ لَا يَدْرِي أَيْنَ كَانَتْ يَدُهُ فَلْيَغْسِلَهَا .

A number of our companions, from Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Muhammad Bin Sinan, from Ibn Muskan, from Abu Baseer, from Abdul Kareem Bin Utba who said,

'I asked the 'Sheykh^{asws}' (Imam^{asws}) about the man who wakes up from his sleep and did not urinate, 'Can he enter his hand into the vessel/pot before he washes it?' He^{asws} said: 'No, because he does not know where his hand was (during the sleep), therefore he should wash it (first)'.⁷

A Believer should not sleep if Najis (unclean):

أَبِي رَحِمَهُ اللَّهُ قَالَ: حَدَّثَنَا سَعْدُ بْنُ عَبْدِ اللَّهِ قَالَ: حَدَّثَنَا مُحَمَّدُ بْنُ عَيْسَى الْيَقُطِينِيُّ، عَنِ الْقَاسِمِ بْنِ يَحْيَى، عَنْ جَدِّهِ الْحَسَنِ بْنِ رَاشِدٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي عَبْدِ اللَّهِ "ع" قَالَ حَدَّثَنِي أَبِي عَنْ جَدِّي عَنْ آبَائِهِ أَمِيرِ الْمُؤْمِنِينَ "ع" قَالَ: لَا يَنَامُ الْمُسْلِمُ وَهُوَ جَنْبٌ وَلَا يَنَامُ إِلَّا عَلَى طَهْوَرٍ فَإِنْ لَمْ يَجِدِ الْمَاءَ فَلْيَتَيْمَمَ بِالصَّعِيدِ فَإِنَّ رُوحَ الْمُؤْمِنِ تَرْوَحُ إِلَى اللَّهِ تَعَالَى فَيَلْقِيهَا وَيَبَارِكُ عَلَيْهَا فَإِنْ كَانَ أَجْلَهَا قَدْ حَضَرَ جَعَلَهَا فِي مَكُونٍ رَحْمَتِهِ وَإِنْ لَمْ يَكُنْ أَجْلَهَا قَدْ حَضَرَ بَعَثَ بِهَا مَعَ أَمْنَائِهِ مِنَ الْمَلَائِكَةِ فَيَرُدُّهَا فِي جَسَدِهِ.

My father said, 'Sa'ad Bin Abdullah narrated to us, from Muhammad Bin Isa Al Yaqteeny, from Al Qasim Bin Yahya, from his grandfather Al Hassan Bin Rashid, from Abu Baseer,

Abu Abdullah^{asws} has said: 'My^{asws} father^{asws} narrated to me^{asws}, from his^{asws} grandfather^{asws}, from his forefather^{asws} Amir Al-Momineen^{asws} having said: 'The Muslim should not sleep whilst

⁶ 400 Golden Rules by Ali^{asws}, Al-Khasail by Sheikh Sadduq

⁷ Al Kafi – V 3 – The Book of Cleanliness Ch 8 H 2

he is with sexual impurity, and he should not sleep unless his is clean. So, if he cannot find the water, so let him perform *Tayammum* with the clean earth, for the soul of the Believer goes to Allah^{azwj}. So it is met with, and it is Blessed upon. Thus, if its term has presented itself, it is Made to be in innermost Mercy, and if its term has not yet come, it is Sent along with the trustworthy ones from the Angels, who return it back into its body’.⁸

Excessive Sleep is disliked:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ ابْنِ فَضَّالٍ عَمَّنْ ذَكَرَهُ عَنْ بَشِيرِ الدَّهَّانِ قَالَ سَمِعْتُ أَبَا الْحَسَنِ مُوسَى (عليه السلام) يَقُولُ إِنَّ اللَّهَ جَلَّ وَ عَزَّ يُبْعِضُ الْعَبْدَ النَّوَامَ الْفَارِعَ .

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ibn Fazzal, from the one who mentioned it, from Bashir Al Dahhan who said,

‘I heard Abu Al-Hassan Musa^{asws} saying: Allah^{azwj} Dislikes an excessively sleeping servant who passes his time without work’.⁹

قَالَ فَحَقَّقْتُ فَقَالَ لِي مَهْ لَا تُعَوِّذَ عَيْنَيْكَ كَثْرَةَ النَّوْمِ فَإِنَّهَا أَقَلُّ شَيْءٍ فِي الْجَسَدِ شُكْرًا.

He (the narrator) said, ‘I was drowsy. He^{asws} said to me: ‘No! Do not return your eyes to sleeping a lot, for it is a thing of least thankfulness in the body’’ (an extract).¹⁰

Sleeping is upon Four Postures:

(In a long Hadith, Ali^{asws} Amir Al-Momineen^{asws} said):

ثم قال أمير المؤمنين عليه السلام: النوم على اربعة اصناف الانبياء تنام على اقفيتها مستلقية واعينها لا تنام متوقعة لوحى ربها والمؤمن ينام على يمينه مستقبل القبلة والملوك وابنائها تنام على شمالها ليستمرؤا ما يأكلون وابليس واخوانه وكل مجنون وذئ عاهة ينام على وجهه منبطحا، ثم قام إليه رجل آخر،

Then Amir Al-Momineen^{asws} said: ‘The sleeping is upon four (4) postures – (1) The Prophets^{as} slept upon their^{as} backs lying down, and their^{as} eyes did not sleep for the unexpected Revelation of their^{as} Lord^{azwj}; and (2) the Believer sleeps upon their right, facing the Qiblah; and (3) the kings and their sons sleep upon their left in order to adhere to what they are

⁸ AL ILLAL AL-SHARAIE – V 1 Ch 230 H 1

⁹ Al-Kafi, vol. 5, H. 8373, Ch. 9, h, 2

¹⁰ Bihar Al Anwaar – V 49, The book of History – Ali Al Reza^{asws}, Ch 2 H 45 b

eating; (4) and Iblees^{la} and his^{la} brethren, and every insane person, and with disabilities, sleep upon their faces lying down, then another man stands upon him’ (An extract)¹¹

Also Amir ul-Momineen^{asws} said:

لا ينامن مستلقيا على ظهره

One should not lie on his stomach.¹²

For Good Night-Sleep:

و من (خواص القرآن): روي عن النبي (صلى الله عليه و آله) أنه قال: «من قرأ هذه السورة كان له من الأجر بعدد كل حرف منها مائة ألف رقبة عتيق،

And from Khawas Al-Quran –

It has been reported from the Prophet^{saww} having said: ‘The one who recites this Chapter (44 - Surah Al-Dukhan), would have for him the Recompense of freeing one hundred thousand slaves for every letter from it.

و من قرأها ليلة الجمعة غفر الله له جميع ذنوبه

And one who recites it on the night (before) Friday (Thursday Night), Allah^{azwj} would Forgive all of his sins.

و من كتبها و علقها عليه أمن من كيد الشياطين

And one who writes it and attaches it (as an amulet) upon himself, would be safe from the plots of Satan^{la}.

و من جعلها تحت رأسه رأى في منامه كل خير، و أمن من قلقه في الليل

And one who makes it to be under his head would dream everything good, and would be safe from worry during the night.

و إذا شرب ماءها صاحب الشقيقة برىء

And if it’s (recited on water and) water is drunk by the one with migraine, he would be free from it.

¹¹ AL ILLAL AL-SHARAIE – V 2 Ch 385 H 44

¹² 611 ج : 2 ص : الخصال, 400 saying of Amir ul Momineen^{asws}

و إذا كتبت و جعلت في موضع فيه تجارة ربح صاحب الموضع، و كثر ماله سريعاً».

And if it is written and made to be in a place where trading takes place, the owner of the place would profit and his wealth would increase quickly’.¹³

The holy Verse is given in Appendix III.

Sharing Bed:

Prior to reaching the adolescence, a child should not share bed with parents, as this could have been the case, in some families for their infants. For example.

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ وَ عِدَّةٍ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ الْأَشْعَرِيِّ عَنِ ابْنِ الْفَدَّاحِ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ يُفَرَّقُ بَيْنَ الْغُلَمَانِ وَ النِّسَاءِ فِي الْمَضَاجِعِ إِذَا بَلَغُوا عَشَرَ سِنِينَ .

Ali Bin Ibrahim, from his father and a number of our companions, from Sahl Bin Ziyad, from Ja’far Bin Muhammad Al Ashary, from Ibn Al Qaddah, from:

Abu Abdullah^{asws} says: ‘Make separation to be between the boys and the women in the beds when they reach 10 (ten) years’.¹⁴

Also:

رَوَى مُحَمَّدُ بْنُ يَحْيَى الْحَزَّارُ عَنْ غِيَاثِ بْنِ إِبْرَاهِيمَ عَنْ جَعْفَرِ بْنِ مُحَمَّدٍ عَنْ أَبِيهِ ع قَالَ قَالَ عَلِيُّ ص مُبَاشَرَةً الْمَرْأَةِ ابْنَتَهَا إِذَا بَلَغَتْ سِتَّ سِنِينَ شُعْبَةً مِنَ الرِّثَا

It is narrated from Mohammed Ibn Yahya Al-Khazair, who from Gheyas Ibn Ibrahim, from Jafar Ibn Mohammed who from his father says:

Imam Ali^{asws} said: A mother should stop sleeping with her daughter when she becomes 6 (six) years’ old; otherwise it will be a kind of immorality.¹⁵

وَ رَوَى أَنَّهُ يُفَرَّقُ بَيْنَ الصِّبْيَانِ فِي الْمَضَاجِعِ لِسِتِّ سِنِينَ

Boys should not sleep on the same bed upon reaching the age of 6 (six).¹⁶

¹³ (خواص القرآن)

¹⁴ Al Kafi – V 6 – The Book of Aqeeqa Ch 33 H 6

¹⁵ Manla YahzarulFaqih, tradition 4505.

¹⁶ Manla YahzarulFaqih, tradition 4508.

Recite before leaving Home:

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنِ الْحَسَنِ بْنِ عَطِيَّةَ عَنْ عُمَرَ بْنِ يَزِيدَ قَالَ قَالَ أَبُو عَبْدِ اللَّهِ (عليه السلام) مَنْ قَرَأَ قُلْ هُوَ اللَّهُ أَحَدٌ حِينَ يُخْرُجُ مِنْ مَنْزِلِهِ عَشْرَ مَرَّاتٍ لَمْ يَزَلْ فِي حِفْظِ اللَّهِ عَزَّ وَجَلَّ وَكِلاَءَتِهِ حَتَّى يَرْجِعَ إِلَى مَنْزِلِهِ .

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from Al Hassan Bin Atiyya, from Umar Bin Yazeed who said,

‘Abu Abdullah^{asws} said: ‘The one who recites **[112:1] Say He Allah is One** (Chapter 112) ten (10) times when he goes out from his house, will not cease to be in the Protection of Allah^{azwj} Mighty and Majestic and His^{azwj} Custody until he returns to his house’.¹⁷

حُمَيْدُ بْنُ زِيَادٍ عَنِ الْحَسَنِ بْنِ مُحَمَّدٍ عَنْ غَيْرِ وَاحِدٍ عَنْ أَبَانَ عَنْ أَبِي حَمَّزَةَ عَنْ أَبِي جَعْفَرٍ (عليه السلام) أَنَّهُ كَانَ إِذَا خَرَجَ مِنَ الْبَيْتِ قَالَ .

Humeid Bin Ziyad, from Al Hassan Bin Muhammad, from someone else, from Aban, from Abu Hamza, from;

Abu Ja’far^{asws}. It was so that whenever he^{asws} used to go out from the house, said:

بِسْمِ اللَّهِ خَرَجْتُ وَ عَلَى اللَّهِ تَوَكَّلْتُ لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ

‘In the Name of Allah^{azwj} I^{asws} go out, and upon Allah^{azwj} I^{asws} rely, and there is neither Might nor Strength except with Allah^{azwj}’.¹⁸

Supplication before leaving for Journey:

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ سَهْلِ بْنِ زِيَادٍ عَنْ مُوسَى بْنِ الْقَاسِمِ عَنْ صَبَّاحِ الْحِذَاءِ عَنْ أَبِي الْحَسَنِ (عليه السلام) قَالَ يَا صَبَّاحُ لَوْ كَانَ الرَّجُلُ مِنْكُمْ إِذَا أَرَادَ سَفَرًا قَامَ عَلَى بَابِ دَارِهِ تَلَقَّاهُ وَجْهَهُ الَّذِي يَتَوَجَّهَ لَهُ فَقَرَأَ الْحَمْدَ أَمَامَهُ وَ عَنْ يَمِينِهِ وَ عَنْ شِمَالِهِ وَ الْمُعَوِّذَتَيْنِ أَمَامَهُ وَ عَنْ يَمِينِهِ وَ عَنْ شِمَالِهِ وَ قُلْ هُوَ اللَّهُ أَحَدٌ أَمَامَهُ وَ عَنْ يَمِينِهِ وَ عَنْ شِمَالِهِ وَ آيَةَ الْكُرْسِيِّ أَمَامَهُ وَ عَنْ يَمِينِهِ وَ عَنْ شِمَالِهِ

A number of our companions, from Sahl Bin Ziyad, from Musa Bin Al Qasim, from Sabbah Al Haza’a, from;

Abu Al-Hassan^{asws} said: ‘O Sabbah! If only it was so that the man from you, whenever he intended the journey, would stand at the door of his house, facing towards the direction in which he is heading, so he recites (Surah) Al-Hamd (Chapter 1) in front of him and on his right and on his left, and the *Muawzatayn* (Chapter 113 & 114) in front of him and on his right and

¹⁷ Al Kafi V 2 – The Book Of Supplication CH 50 H 8

¹⁸ Al Kafi V 2 – The Book Of Supplication CH 50 H 10

on his left, and **[112:1] Say He Allah is One** (Chapter 112) in front of him, and on his right and on his left, and Ayat Al-Kursy (2:255-257) in front of him and on his right and on his left.

ثُمَّ قَالَ.

Then he should say,

اللَّهُمَّ احْفَظْنِي وَ احْفَظْ مَا مَعِيَ وَ سَلِّمْنِي وَ سَلِّمْ مَا مَعِيَ وَ بَلِّغْنِي وَ بَلِّغْ مَا مَعِيَ بِبَلَاغِكَ الْحَسَنِ الْجَمِيلِ لِحَفِظَتِهِ اللَّهُ وَ حَفِظَ مَا مَعَهُ وَ سَلَّمَهُ وَ سَلِّمْ مَا مَعَهُ وَ بَلِّغَهُ وَ بَلِّغْ مَا مَعَهُ أَمْ مَا رَأَيْتَ الرَّجُلَ يُحْفَظُ وَ لَا يُحْفَظُ مَا مَعَهُ وَ يَبْلُغُ وَ لَا يَبْلُغُ مَا مَعَهُ وَ يَسْلَمُ وَ لَا يَسْلَمُ مَا مَعَهُ

'O Allah^{azwj}! Protect me and Protect what is with me, and Keep me safe and Keep safe what is with me, and Deliver me and Deliver what is with me (to my destination) with an excellent beautiful Delivery', Allah^{azwj} would Protect him and Protect what is with him, and Keep him safe and Keep safe what is with him, and Deliver him and Deliver what is with him (to the destination). But, have you not seen that a man who is protected but whatever is with him is not protected, and he reaches (the destination) and what is with him does not reach, and he is safe, and what is with him is not safe?'.¹⁹

Recite when going out or returning home:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ ابْنِ فَضَّالٍ عَنِ الْحَسَنِ بْنِ الْجُهْمِ عَنْ أَبِي الْحَسَنِ (عَلَيْهِ السَّلَام) قَالَ إِذَا خَرَجْتَ مِنْ مَنْزِلِكَ فِي سَفَرٍ أَوْ حَضَرَ فَقُلْ

Muhammad Bin Yahya, from Ahmad Bin Muhammad, from Ibn Fazzal, from Al Hassan Bin Jahma, from;

Abu Al-Hassan^{asws} said: 'Whenever you go out from your house regarding a journey or (coming back) home, so say,

¹⁹ Al Kafi V 2 – The Book Of Supplication CH 50 H 11

بِسْمِ اللَّهِ آمَنْتُ بِاللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ مَا شَاءَ اللَّهُ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا
 بِاللَّهِ فَتَلَقَّاهُ الشَّيَاطِينُ فَتَنْصَرِفُ وَ تَضْرِبُ الْمَلَائِكَةُ وُجُوهَهَا وَ تَقُولُ مَا
 سَبِيلُكُمْ عَلَيْهِ وَ قَدْ سَمَى اللَّهُ وَ آمَنَ بِهِ وَ تَوَكَّلَ عَلَيْهِ وَ قَالَ مَا شَاءَ اللَّهُ
 لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ .

'In the Name of Allah^{azwj}. I believe in Allah^{azwj}. I rely upon Allah^{azwj}. Whatever Allah^{azwj} so Desires. There is neither Mighty nor Strength except with Allah^{azwj}'. So the Satans^{la} who come across him would move away and the Angels would strike their^{la} faces and they would be saying: 'There is no way for you all upon him, and he has Named Allah^{azwj} and believed in Him^{azwj}, and relied upon Him^{azwj}, and said 'Whatever Allah^{azwj} so Desires, there is neither Might nor Strength except with Allah^{azwj}'.²⁰

²⁰ Al Kafi V 2 – The Book Of Supplication CH 50 H 12

APPENDIX I:

Recite before going to sleep:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ رَفَعَهُ إِلَى أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ إِذَا أَوَى أَحَدُكُمْ إِلَى فِرَاشِهِ فَلْيَقُلْ.

Muhammad Bin Yahya, from Ahmad Bin Muhammad,

(It has been narrated) raising it to Abu Abdullah^{asws} having said: ‘Whenever one of you retires to his bed, so let him say:

اللَّهُمَّ إِنِّي اخْتَبَسْتُ نَفْسِي عِنْدَكَ فَاخْتَبِسْهَا فِي مَحَلِّ رِضْوَانِكَ وَ مَغْفِرَتِكَ
وَ إِن رَدَدْتَهَا إِلَى بَدَنِي فَارْزُدْهَا مُؤْمِنَةً عَارِفَةً بِحَقِّ أَوْلِيَائِكَ حَتَّى تَتَوَفَّاهَا
عَلَى ذَلِكَ

‘O Allah^{azwj}! I have retained my soul with You^{azwj}, therefore Withhold it in a place of Your^{azwj} Pleasure and Your^{azwj} Forgiveness, and if you return it to my body, so return it as a *Momin*, a recogniser of the rights of Your^{azwj} Guardians^{asws} until You Cause him to die upon that’.²¹

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ أَبِيهِ عَنْ عَبْدِ اللَّهِ بْنِ مَيْمُونٍ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ كَانَ أَمِيرُ الْمُؤْمِنِينَ (صلوات الله عليه) يَقُولُ

A number of our companions, from Ahmad Bin Muhammad, from his father, from Abdullah Bin Maymoun, from;

Abu Abdullah^{asws} having said from ‘Amir Al-Momineen^{asws} to recite:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْإِحْتِلَامِ وَ مِنْ سُوءِ الْأَحْلَامِ وَ أَنْ يَلْعَبَ بِي
الشَّيْطَانُ فِي الْيَقَظَةِ وَ الْمَنَامِ .

‘O Allah^{azwj}! I seek Refuge with You^{azwj} from the wet dreams and the evil dreams, and that the Satan^{la} would play with me^{asws} during the wakefulness and the sleep’.²²

²¹ Al Kafi V 2 – The Book Of Supplication CH 49 H 2

²² Al Kafi V 2 – The Book Of Supplication CH 49 H 5

عِدَّةٌ مِنْ أَصْحَابِنَا عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنْ عُثْمَانَ بْنِ عِيسَى عَنْ خَالِدِ بْنِ نَجِيحٍ قَالَ كَانَ أَبُو عَبْدِ اللَّهِ (عليه السلام) يَقُولُ إِذَا أُوْتِيَ إِلَى فِرَاشِكَ فَقُلْ.

A number of our companions, from Ahmad Bin Muhammad, from Usman Bin Isa, from Khalid Bin Najeesh who said,

‘Abu Abdullah^{asws} saying: ‘Whenever you retire to your bed, so say,

بِسْمِ اللَّهِ وَضَعْتُ جَنْبِيَ الْأَيْمَنَ لِلَّهِ عَلَى مِلَّةِ إِبْرَاهِيمَ حَنِيفاً لِلَّهِ مُسْلِماً وَ
مَا أَنَا مِنَ الْمُشْرِكِينَ

‘In the Name of Allah^{azwj}! I place my right side (on the bed) for the Sake of Allah^{azwj}, upon the Nation of Ibrahim^{as} the upright for the Sake of Allah^{azwj}, a Muslim, and I am not from the Polytheists’.²³

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنْ ابْنِ أَبِي عُمَيْرٍ عَنْ بَعْضِ أَصْحَابِهِ رَفَعَهُ قَالَ تَقُولُ إِذَا أَرَدْتَ النَّوْمَ

Ali Bin Ibrahim, from his father, from Ibn Abu Umeyr, from one of his companions, raising it,

‘He^{asws} said: ‘You should be saying whenever you intend to sleep,

اللَّهُمَّ إِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا وَ إِنْ أَرْسَلْتَهَا فَاحْفَظْهَا .

‘O Allah^{azwj}! If You^{azwj} are to Withhold my soul so be Merciful to it, and if You^{azwj} are to Send it (back to me), so Protect it’.²⁴

Supplication for waking up at certain time at Night:

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ النَّوْفَلِيِّ عَنِ السَّكُونِيِّ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ قَالَ النَّبِيُّ (صلى الله عليه وآله) مَنْ أَرَادَ شَيْئاً مِنْ قِيَامِ اللَّيْلِ وَ أَخَذَ مَضْجَعَهُ فَلْيَقُلْ بِسْمِ اللَّهِ اللَّهُمَّ لَا تُؤْمِتِّي مَكْرَكَ وَ لَا تُنْسِنِي ذِكْرَكَ وَ لَا تَجْعَلْنِي مِنَ الْغَافِلِينَ أَقُومُ سَاعَةً كَذَا وَ كَذَا إِلَّا وَكَلَّ اللَّهُ عَزَّ وَ جَلَّ بِهِ مَلَكاً يُنَبِّئُهُ تِلْكَ السَّاعَةَ .

Ali Bin Ibrahim, from his father, from Al Nowfaly, from Al Sakuny,

²³ Al Kafi V 2 – The Book Of Supplication CH 49 H 10

²⁴ Al Kafi V 2 – The Book Of Supplication CH 49 H 14

(It has been narrated) from Abu Abdullah^{asws} having said: ‘The Prophet^{saww} said: ‘The one who wants anything from standing at night, and he takes to his bed, so let him say, ‘In the Name of Allah^{azwj}! O Allah^{azwj}! Do not Let me feels safe from Your^{azwj} Plan, nor Let me forget Your^{azwj} Mention, and do not Make me to be from the neglectful ones. I want to arise at such and such a time’, except that Allah^{azwj} Mighty and Majestic would Allocate and Angel with him who would wake him up at that very time’.²⁵

عَنْهُ عَنْ عَلِيِّ بْنِ الْحَكَمِ عَنْ عَاصِمِ بْنِ مُعَيْدٍ عَنْ أَبِي بَصِيرٍ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) قَالَ مَنْ قَالَ حِينَ يَخْرُجُ مِنْ بَابِ دَارِهِ

From him, from Ali Bin Al Hakam, from Aasim Bin Humejd, from Abu Baseer,

(It has been narrated) from Abu Ja’far^{asws} having said: ‘The one who says when he goes out from the door of his house,

أَعُوذُ بِمَا عَادَتْ بِهِ مَلَائِكَةُ اللَّهِ مِنْ شَرِّ هَذَا الْيَوْمِ الْجَدِيدِ الَّذِي إِذَا غَابَتْ شَمْسُهُ لَمْ تَعُدْ مِنْ شَرِّ نَفْسِي وَ مِنْ شَرِّ غَيْرِي وَ مِنْ شَرِّ الشَّيَاطِينِ وَ مِنْ شَرِّ مَنْ نَصَبَ لِأَوْلِيَاءِ اللَّهِ وَ مِنْ شَرِّ الْجِنِّ وَ الْإِنْسِ وَ مِنْ شَرِّ السَّبَّاعِ وَ الْهُوَامِّ وَ مِنْ شَرِّ رُكُوبِ الْمَحَارِمِ كُلِّهَا أُجِيرُ نَفْسِي بِاللَّهِ مِنْ كُلِّ شَرٍّ غَفَرَ اللَّهُ لَهُ وَ تَابَ عَلَيْهِ وَ كَفَاهُ الْهَمَّ وَ حَجَزَهُ عَنِ السُّوءِ وَ عَصَمَهُ مِنَ الشَّرِّ .

‘I seek Refuge with whatever the Angels of the Lord seek Refuge with, from the evil of this new day which, when its sun sets, will not return, from the evil of myself, and from the evil of others, and from the evil of the Satans^{la}, and from the evil of the one who establishes hostility to the Guardians^{asws} of Allah^{azwj}, and from the Jinn and the human beings, and from the evil of the predatory wild animals and the insects, and from the evil of indulging in the Prohibitions, all of them. I pledge myself with Allah^{azwj} with Allah^{azwj} from every evil, Allah^{azwj} would Forgive (his sins) for him, and Turn to him, and Suffice him for the worries, and Save him from the evil, and Protect him from the evil’.²⁶

²⁵ Al Kafi V 2 – The Book Of Supplication CH 49 H 18

²⁶ Al Kafi V 2 – The Book Of Supplication CH 50 H 4

APPENDIX II:

Recite upon waking up in the Morning:

مُحَمَّدُ بْنُ يَحْيَى عَنْ أَحْمَدَ بْنِ مُحَمَّدٍ عَنِ الْحَجَّالِ وَ بَكْرِ بْنِ مُحَمَّدٍ عَنْ أَبِي إِسْحَاقَ الشَّعِيرِيِّ عَنْ يَزِيدَ بْنِ كَثْمَةَ عَنْ أَبِي عَبْدِ اللَّهِ أَوْ عَنْ أَبِي جَعْفَرٍ (عليه السلام) قَالَ تَقُولُ

Muhammad Bin yahya, from Ahmad Bin Muhammad, from Al Hajjal and Bakr Bin Muhammad, from Abu Is'haq Al Shaeery, from Yazeed Bin Kalsamat,

(It has been narrated) from Abu Abdullah^{asws}, or from Abu Ja'far^{asws} having said: ‘When you wake up in the morning say:

إِذَا أَصْبَحْتُ أَصْبَحْتُ بِاللَّهِ مُؤْمِنًا عَلَى دِينِ مُحَمَّدٍ وَ سُنَّتِهِ وَ دِينِ عَلِيٍّ وَ سُنَّتِهِ وَ دِينِ الْأَوْصِيَاءِ وَ سُنَّتِهِمْ آمَنْتُ بِسِرِّهِمْ وَ عَلَانِيَتِهِمْ وَ شَاهِدِهِمْ وَ غَائِبِهِمْ وَ أَعُوذُ بِاللَّهِ مِمَّا اسْتَعَاذَ مِنْهُ رَسُولُ اللَّهِ (صلى الله عليه وآله) وَ عَلِيٌّ (عليه السلام) وَ الْأَوْصِيَاءُ وَ أَرْغَبُ إِلَى اللَّهِ فِيمَا رَغِبُوا إِلَيْهِ وَ لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ .

(I wake up) as a believer in Allah^{azwj}, upon the Religion of Muhammad^{saww} and his^{saww} Sunnah, and the Religion of Ali^{asws} and his^{asws} Sunnah, and the Religion of the successors^{asws} and their^{asws} Sunnah. Believe in their^{asws} secrets, and their public (matters), and their seen (matters) and their unseen, and seek Refuge with Allah^{azwj} from whatever Rasool-Allah^{saww} sought Refuge from, and (so did) Ali^{asws}, and the successors^{asws}, and desire to Allah^{azwj} regarding whatever they^{asws} desired to Him^{azwj}, and there is neither Might nor Strength except with Allah^{azwj}.²⁷

حُمَيْدُ بْنُ زِيَادٍ عَنِ الْحَسَنِ بْنِ مُحَمَّدٍ بْنِ سَمَاعَةَ عَنْ غَيْرِ وَاحِدٍ مِنْ أَصْحَابِهِ عَنْ أَبَانَ بْنِ عُثْمَانَ عَنْ عَيْسَى بْنِ عَبْدِ اللَّهِ عَنْ أَبِي عَبْدِ اللَّهِ (عليه السلام) قَالَ إِذَا أَصْبَحْتَ فَقُلِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا خَلَقْتَ وَ ذَرَأْتَ وَ بَرَأْتَ فِي بِلَادِكَ وَ عِبَادِكَ اللَّهُمَّ إِنِّي أَسْأَلُكَ بِجَلَالِكَ وَ جَمَالِكَ وَ حِلْمِكَ وَ كَرَمِكَ كَذَا وَ كَذَا .

Humejd Bin Ziyad, from Al Hassan Bin Muhammad Bin Sama'at, from someone else from his companions, from Aban Bin Usman, from Isa Bin Abdullah,

²⁷ Al Kafi V 2 – The Book Of Supplication CH 48 H 4

(It has been narrated) from Abu Abdullah^{asws} having said: ‘Whenever you wake up in the morning, so say, ‘O Allah^{azwj}! I seek Refuge with You^{azwj} from the evil of what You^{azwj} Created, and Spread and Released in Your^{azwj} Country, and among Your^{azwj} servants. O Allah^{azwj}! I ask You^{azwj} with Your^{azwj} Majesty and Your^{azwj} Beauty, and Your^{azwj} Forbearance, and Your^{azwj} Benevolence, such and such’’.²⁸

أَبُو عَلِيٍّ الْأَشْعَرِيُّ عَنْ مُحَمَّدِ بْنِ عَبْدِ الْجَبَّارِ عَنْ مُحَمَّدِ بْنِ إِسْمَاعِيلَ عَنْ أَبِي إِسْمَاعِيلَ السَّرَّاجِ عَنْ الْحُسَيْنِ بْنِ الْمُحْتَارِ عَنْ رَجُلٍ عَنْ أَبِي جَعْفَرٍ (عَلَيْهِ السَّلَام) قَالَ مَنْ قَالَ إِذَا أَصْبَحَ

Abu Ali Al Ashary, from Muhammad Bin Abdul Jabbar, from Muhammad Bin Ismail, from Abu Ismail Al Sarraj, from Al Husayn Bin Al Mukhtar, from a man,

(It has been narrated) from Abu Ja’far^{asws} having said: ‘The one who says whenever it is morning,

اللَّهُمَّ إِنِّي أَصْبَحْتُ فِي ذِمَّتِكَ وَ جِوَارِكَ اللَّهُمَّ إِنِّي أَسْتَوْدِعُكَ دِينِي وَ
نَفْسِي وَ دُنْيَايَ وَ آخِرَتِي وَ أَهْلِي وَ مَالِي وَ أَعُوذُ بِكَ يَا عَظِيمُ مِنْ شَرِّ
خَلْقِكَ جَمِيعاً وَ أَعُوذُ بِكَ مِنْ شَرِّ مَا يُبْلِسُ بِهِ إِبْلِيسُ وَ جُنُودُهُ

‘O Allah^{azwj}! I woke up in the morning in Your^{azwj} Guarantee and Your^{azwj} Proximity. O Allah^{azwj}! I entrust to You^{azwj}, my Religion, and myself, and my world, and my Hereafter, and my family, and my wealth; and I seek Refuge with You^{azwj}, O Magnificent, from the evil of Your^{azwj} creatures altogether, and I seek Refuge from the evil of what Iblees^{la} and his^{la} army confuse with’.

إِذَا قَالَ هَذَا الْكَلَامَ لَمْ يَضُرَّهُ يَوْمَهُ ذَلِكَ شَيْءٌ وَ إِذَا أَمْسَى فَقَالَ لَمْ يَضُرَّهُ تِلْكَ اللَّيْلَةُ شَيْءٌ إِنْ شَاءَ اللَّهُ تَعَالَى .

When he says this speech, nothing of that day of his would harm him; and when it is evening and he says this, nothing from that night would harm him, Allah^{azwj} Willing’.²⁹

²⁸ Al Kafi V 2 – The Book Of Supplication CH 48 H 15

²⁹ Al Kafi V 2 – The Book Of Supplication CH 48 H 19

APPENDIX III:**Sura e Al-Dukhan (Chapter 44 of Holy Quran)**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

حم {1} وَالْكِتَابِ الْمُبِينِ {2} إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةٍ مُبَارَكَةٍ ۚ إِنَّا كُنَّا مُنذِرِينَ {3} فِيهَا يُفْرَقُ كُلُّ أَمْرٍ حَكِيمٍ {4} أَمْرًا مِنْ عِنْدِنَا ۚ إِنَّا كُنَّا مُرْسِلِينَ {5} رَحْمَةً مِنْ رَبِّكَ ۚ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ {6} رَبِّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا ۚ إِن كُنْتُمْ مُوقِنِينَ {7} لَا إِلَهَ إِلَّا هُوَ يُحْيِي وَيُمِيتُ ۚ رَبُّكُمْ وَرَبُّ آبَائِكُمُ الْأَوَّلِينَ {8} بَلْ هُمْ فِي شَكٍّ يَلْعَبُونَ {9} فَارْتَقِبْ يَوْمَ تَأْتِي السَّمَاءُ بِدُخَانٍ مُبِينٍ {10} يَغْشَى النَّاسَ ۚ هَذَا عَذَابٌ أَلِيمٌ {11} رَبَّنَا اكْشِفْ عَنَّا الْعَذَابَ إِنَّا مُؤْمِنُونَ {12} أَتَى لَهُمُ الدِّكْرَى ۖ وَقَدْ جَاءَهُمْ رَسُولٌ مُبِينٌ {13} ثُمَّ تَوَلَّوْا عَنْهُ وَقَالُوا مُعَلَّمٌ مَجْنُونٌ {14} إِنَّا كَاشِفُو الْعَذَابِ قَلِيلًا ۚ إِنَّكُمْ عَائِدُونَ {15} يَوْمَ نَبْطِشُ الْبَطْشَةَ الْكُبْرَى ۚ إِنَّا مُنتَقِمُونَ {16} وَلَقَدْ فَتَنَّا قَبْلَهُمْ قَوْمَ فِرْعَوْنَ وَجَاءَهُمْ رَسُولٌ كَرِيمٌ {17} أَنْ أَذُوا إِلَىٰ عِبَادِ اللَّهِ ۖ إِنِّي لَكُمْ رَسُولٌ أَمِينٌ {18} وَأَنْ لَا تَعْلُوا عَلَى اللَّهِ ۚ إِنِّي آتِيكُمْ بِسُلْطَانٍ مُبِينٍ {19} وَإِنِّي عَذْتُ بِرَبِّي وَرَبِّكُمْ أَنْ تَرْجِعُون {20} وَإِنْ لَمْ تُؤْمِنُوا لِي فَاعْتَرِلُون {21} فَدَعَا رَبُّهُ أَنْ هَؤُلَاءِ قَوْمٌ مُجْرِمُونَ {22} فَأَسْرَ بَعَادِي لَيْلًا ۚ إِنَّكُمْ مُتَّبَعُونَ {23} وَاتْرِكِ الْبَحْرَ رَهْوًا ۚ إِنَّهُمْ جُندٌ مُعْرِضُونَ {24} كَمْ تَرَكُوا مِنْ جَنَّاتٍ وَعُيُونٍ {25} وَزُرُوعٍ وَمَقَامٍ كَرِيمٍ {26} وَنَعْمَةً كَانُوا فِيهَا فَكَهِنَ {27} كَذَلِكَ ۚ وَأَوْرَثْنَاهَا قَوْمًا آخَرِينَ {28} فَمَا بَكَتْ عَلَيْهِمُ السَّمَاءُ وَالْأَرْضُ وَمَا كَانُوا مُنْظَرِينَ {29} وَلَقَدْ نَجَّيْنَا بَنِي إِسْرَائِيلَ مِنَ الْعَذَابِ الْمُهِينِ {30} مِنْ فِرْعَوْنَ ۚ إِنَّهُ كَانَ عَالِيًا مِنَ الْمُسْرِفِينَ {31} وَلَقَدْ اخْتَرْنَاهُمْ عَلَىٰ عِلْمٍ عَلَىٰ الْعَالَمِينَ {32} وَآتَيْنَاهُمْ مِنَ الْآيَاتِ مَا فِيهِ بَلَاءٌ مُبِينٌ {33} إِنَّ هَؤُلَاءِ لَيَقُولُونَ {34} إِنْ هِيَ إِلَّا مَوْتَتُنَا الْأُولَىٰ وَمَا نَحْنُ بِمُتَحَرِّرِينَ {35} فَأَتَوْا بِآبَائِنَا إِنْ كُنْتُمْ صَادِقِينَ {36} أَهْمُ خَيْرٌ أَمْ قَوْمُ تُبَّعٍ وَالَّذِينَ مِنْ قَبْلِهِمْ ۚ أَهْلَكْنَاهُمْ ۖ إِنَّهُمْ كَانُوا مُجْرِمِينَ {37} وَمَا خَلَقْنَا السَّمَاوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا لَاعِبِينَ {38} مَا خَلَقْنَاهُمَا إِلَّا بِالْحَقِّ وَلَكِنْ أَكْثَرُهُمْ لَا يَعْلَمُونَ {39} إِنَّ يَوْمَ الْفَصْلِ مِيقَاتُهُمْ أَجْمَعِينَ {40} يَوْمَ لَا يُغْنِي مَوْلًى عَنْ مَوْلًى شَيْئًا وَلَا هُمْ يُنصَرُونَ {41} إِلَّا مَنْ رَحِمَ اللَّهُ ۚ إِنَّهُ هُوَ الْعَزِيزُ الرَّحِيمُ {42} إِنَّ شَجَرَتَ الرَّقُومِ {43} طَعَامُ الْأَثِيمِ {44} كَالْمُهْلِ يَغْلِي فِي الْبُطُونِ {45} كَغَلْيِ الْحَمِيمِ {46} خُذُوهُ فَاعْتِلُوهُ إِلَىٰ سَوَاءِ الْجَحِيمِ {47} ثُمَّ صُبُّوا فَوْقَ رَأْسِهِ مِنْ عَذَابِ الْحَمِيمِ {48} ذُقْ إِنَّكَ أَنْتَ الْعَزِيزُ الْكَرِيمُ {49} إِنَّ هَذَا مَا كُنْتُمْ بِهِ تَمْتَرُونَ {50} إِنَّ الْمُتَّقِينَ فِي مَقَامٍ أَمِينٍ {51} فِي جَنَّاتٍ وَعُيُونٍ {52} يَلْبَسُونَ مِنْ سُنْدُسٍ وَإِسْتَبْرَقٍ مُتَقَابِلِينَ {53} كَذَلِكَ وَرَوَّجْنَاهُمْ بِخُورٍ عَيْنٍ {54} يَدْعُونَ فِيهَا بِكُلِّ فَاكِهَةٍ آمِنِينَ {55} لَا يَذُقُونَ فِيهَا الْمَوْتَ إِلَّا الْمَوْتَةَ الْأُولَىٰ ۖ وَوَقَاهُمْ عَذَابَ الْجَحِيمِ {56} فَضْلًا مِنْ رَبِّكَ ۚ ذَٰلِكَ هُوَ الْفُؤُزُ الْعَظِيمُ {57} فَإِنَّمَا يَسَّرْنَاهُ بِلِسَانِكَ لَعَلَّهُمْ يَتَذَكَّرُونَ {58} فَارْتَقِبْ إِنَّهُمْ مُرْتَقِبُونَ {59}