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Spiritual Healing

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Spiritual Healing – How Did I Learn To Cope With My Ailments?

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Abstract:

Generally it is believed that our diseases are mostly psycho-somatic. It implies that sometimes our psychic stress and strains lead to physical ailment(s) & sometime our physical ailments lead to mental/psychic sickness, stresses and strains. I incidentally passed through a similar situation & remained a victim of prolonged suffering. Still I am not fully recovered but I have somehow learnt to live with my disease sheerly on the basis of my will-power and spiritual reorientation. In this brief narration I have stated precisely the psycho-somatic conditions that I witnessed over the years. I have done it on my assumption that my readers may learn a new way to look at themselves & their ailments. My assumption is that our diseases may vary but the underlying mental & spiritual attitudes may remain the same & as objective and scientific as may be demanded of by any objective & dispassionate observer. Let me unfold my mental & spiritual states. You are, of course fully entitled to form your own opinion.

It all started in early part of 2004, when I came back from Saudi Arabia after performing my one of the most cherished religious obligation, “hajj-tul-akbar”. Despite taking a complete rest of about one week, I felt tired and lazy most of the time. I also noticed that I had to make conscious efforts to walk properly because I felt lack of energy and coordination between the movements of my legs and arms. At times, I imagined myself walking awkwardly and stiffly with my arms hanging sideways instead of swinging alternatively along with legs. I talked to my doctor about these feelings; however he consoled me with the assurance that perhaps these are only temporary consequences of fatigue due to hajj and

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recommended me to use certain vitamins. I acted on the advice of the doctor, but instead of any progress, condition of my health became precarious with each passing day.

Something Queer is Happening to Me – Help Me Please!

It was already end of May 2004, when in addition to me, people near to me also started noticing some odd aspects with my style of walking, drawing wallet from my back pockets or simply taking the driving seat in my car. On one of those days, while I was approaching my car, in which my wife and elder daughter were sitting; I found them looking keenly and smiling broadly at me. I became conscious of this rather unusual attention, thus I asked what made them staring and smiling at me. My wife told me that they were looking at my gait and were just wondering why I was not moving my arms normally while I was walking. I could have overlooked this incident if several other queer things had not happened within one week. Very next day, while I was writing with marker on the whiteboard during one of my lectures, I found my right hand trembling uncontrollably after writing a few letters. I felt very embarrassed in front of the class. In addition to difficulty in writing on the board, I also had to gather all my energy and conscious efforts to write anything with a fountain pen. At the same time, I noticed that the size of my handwritten alphabets had drastically reduced, while the roundedness of letters was replaced with somewhat shabby style. But, much worse days had yet to come.

It Can Become Fatal if You Can't Hold Your Balance!

One day, my Head of Department came to my office and asked me to accompany him to the rooftop of our Department's two-storey building in order to check the causes of seepage in upper-storey rooms. Although I

had also served in the same department about ten years ago; I had never seen the rooftop of the building because there were no proper stairs to approach it. However, we managed to reach the rooftop after daring through a make-shift iron-ladder and walking on a dangerously rounded top of a corridor passage. While walking on the rounded passage-way, I felt myself off-balance. However, I managed to reach the flat rooftop of our Department's building. After inspecting it along with the Head of Department, we climbed back on the same rounded top of the passage-way. Instead of going back, my Head of Department stopped in between and started talking about his future plans. While standing at that pipe-shaped roof, I started feeling dizziness. I was sure that I would fall down if I did not leave that place. I sought excuse and immediately disembarked from the roof. After a few days of this ordeal, a rather more embarrassing situation arose in front of the Training Section staff of my department. Due to some serious mistakes of the staff, I went to their room and started showing my displeasure, while standing in the doorway. Suddenly, I found myself trembling uncontrollably. I immediately composed myself and left their office.

Misfortunes Never Come Alone

In the meanwhile, I kept on visiting my doctor, who could not reach any conclusion. At last, I was referred to Medical Specialist, a very nice, caring, as well as a competent professional. After my detailed examination, he told me that though he was not sure what was causing me off-balance; but he suspected that I had glaucoma in both of my eyes. I was referred to Eye Specialist, who also endorsed the opinion of the Medical Specialist, and recommended Visual Field (VF) / Wide Angle analysis of both the eyes to verify the preliminary diagnosis. Final results of VF analysis confirmed the worst fears of the eye specialist, who told

me that my both eyes were damaged permanently; however, the disease may be kept under reasonable control through regular medication. Thus, I was prescribed to use eye drops for rest of my life. After accepting the state of my eyes as an act of God, my attention again diverted back to the same feelings of off-balance / sluggish movements, less muscle power in my right leg and arm, in addition to stiffness. After visiting different doctors and specialists for about six months, I felt myself drained out and back to square one, because no one was able to tell me what was ailing me. At last, I was referred to Neuro-physician, who after examining my CT-scan, told me that the right side of my body was suffering from Hemi Parkinson – a sub-category of Parkinson Syndrome. I had never heard about this disease, but felt myself relieved that at last, the doctors have been able to diagnose the root-causes of my suffering, and that it would be only a few days that I would be alright. Much later, I came to know that “Hemi Parkinson” is not a curable disease, though it is treatable with continuous medication.

At the same time, my medical category was downgraded temporarily for six months. It was in March 2005 (almost one year after I started feeling odd while walking) that I became fully aware that I was suffering from a terminal disease and that I would have to live with it for the rest of my life. Although everybody told me that the cure of Parkinson was yet to be discovered; I was still hopeful and dreamt about my full recovery on the very next morning. But, each morning brought disappointment, yet new hopes.

Every Cloud Has a Silver Lining

One day, I met one of my course-mates and dear friend on Bus Terminal. When he came to know about glaucoma in my eyes; he suggested to me a very fine “*dua*” (prayer) to seek cure from Almighty Allah. I started

acting on his advice with full faith in the power of the Supreme Being to do anything. Initial stage of disbelief in the possibility of contacting terminal diseases had passed by then. Slowly and gradually, I started accepting my diseases and the ritual of daily administration of eye drops and other prescribed medicines as unavoidable feature of my whole life. But, at the same time, I always felt myself fortunate for several blessings, for instance:-

- (a) These diseases, though making me uncomfortable, did not cause any pain at any time. I could walk, though consciously and sluggishly, but I did not feel any pain. I could say my prayers quite comfortably with almost equal energy and agility of any other person of my age. Rather, I noted that I felt much better after saying my prayers, though for a short while. It was only much later that I would discover that various postures of a Muslim's prayers serve as muscle-relaxants, especially for those suffering from Parkinson Syndrome.
- (b) Doctors did not put me on special diet, which made me rather happy and contended with these diseases. Being terminally fond of the traditional paratha, fruit jams, white cheese and sweets, I made it a point of paying my gratitude to Allah Subhana Wa Ta'ala (SWT) for being so kind and forgiving that I got those ailments, which I could cope up with.
- (c) Fortunately, physical impairment of these diseases did not lead to several other psycho-somatic diseases, like loss of sleep, appetite, memory, intellectual incapacity or defective speech. Again, credit for these comforts goes to Allah (SWT).

In May 2005, I was transferred to Peshawar to head an educational setup, for which I conveyed my initial apprehensions to Director of

Education; however, he told me that he could not take back my name since the boss himself had proposed it to the higher authorities. Immediately after taking the charge of the institution, I went to see Aslam Bazmi, the senior most officer of our department. When he came to know about my ailments, he showed his genuine concern and with much conviction pleaded with me to get help from Allah (SWT) and try to improve my spiritual state. He also gave me a book, *There is a Spiritual Solution to Every Problem*, of Dr Wayne W Dyer and asked me not only to read it but also study it, digest it and last of all but not the least, apply it in my life. I started reading the book with initial scepticism about the seemingly such a tall claim that there is a spiritual solution to every problem. Dr Wayne's book proved not only to be highly illuminating, motivating, but interesting as well. I read it over and over again to fully comprehend its message. Main thesis of the book is based on the following points:-

- (a) Everything in our universe is nothing more than energy and everything is vibrating to certain frequency.
- (b) Slower frequencies appear more solid and these frequencies lead to most of our day-to-day problems.
- (c) Faster frequencies such as light and spiritual thoughts are less visible, and are likely to solve most of our physical and spiritual problems.
- (d) The fastest frequencies can be referred as *spirit*.
- (e) If we can replace the lower frequencies with the fastest frequencies, we would experience that our problems have dissolved and disappeared.

- (f) All of us have ability and the power to increase our energy and access the highest/fastest energies to eradicate any problem in our life.

I started preparing a presentation on the same topic with several amendments to include the verses of Holy Qur'an in addition to some very valuable prayers (*duain*) to seek spiritual solution to our problems.

In the meanwhile, the dosage of the prescribed medicines had to be increased because the earlier prescription was not working well. Within two years of contracting Hemi Parkinson, I reached almost to the maximum limit of "sinemet" tablets. In March 2006, Medical Board downgraded my medical category permanently. Though I had started acting on the spiritual guidance provided by well-wishers, friends and books like the one mentioned above, I wasn't feeling a substantial improvement in my physical condition.

No Doubt, There is a Spiritual Solution to Every Problem

In May 2006, Dr Naeem Rustam Eye Specialist at Peshawar Hospital advised me to take another test of VF analysis of my eyes to see whether glaucoma is at the same stage or had deteriorated over the last eighteen months. When the results of new VF analysis were shown to a young Eye Specialist, who was on duty due to short leave of Dr Rustam, he straight away refused to accept the validity of the test. He was of the view that damage to eyes due to glaucoma is usually of permanent nature and no eye drops or any other medication could reverse it. Later on, I showed both the test results to Dr Rustam and confided to him that in addition to the prescribed eye drops, I was administering the small "vazifa" of "Ya Noor" for the last one year. The doctor was pleasantly

surprised and smilingly said to me, “Allah (SWT) can do any thing. We just cannot comprehend the healing power of verses of Holy Qur’an.”

Some Messiah is Knocking at the Door

On one fine day, I received a phone call from Rafa’at Mehdi, one of my well-wishers and friends, who was genuinely worried about my health after hearing about my ailments from someone. He told me that his father-in-law, who had retired from Department of Health as Director General, had treated several such patients. He pleaded with me to consult him. I rang up his father-in-law at his home in Islamabad, who prescribed another medicine in addition to the one I was already using. I brought the whole matter into the knowledge of my service doctor, who immediately agreed to the new combination of prescribed medicines. From then onwards, I started taking two types of tablets. I noticed satisfactory improvement in my condition within a week.

In December 2007, I visited Lahore with my family and stayed there for about three weeks. One day, my brother and his wife insisted that I should consult Dr Ejaz, brother in law of my Bhabi, about my disease. Dr Ejaz frankly admitted that he had no formal knowledge, training or experience in Parkinson, but he advised me to see one of his friends, who was a professional Neuro-physician. After examining me, the neurophysician advised to discontinue “Sinemet” due to its side-effects and prescribed to me some additional medicines. I considered it worth-trying to use new prescription and within ten days, I discontinued use of “Sinemet”.

The Darkest Hour is usually before the Dawn

Although my daily schedule was the least hectic in Lahore, yet I found my condition worsening with each passing day. Most of the time, I felt

listless, rather drained out of any energy. I felt dizziness especially when I had to use the toilet during the night. Eating rice with a spoon became a challenge for me because I could hardly hold spoon properly. Brushing the teeth after meals was another ordeal since I could not control the movements of my right hand. During driving, my whole body would stiffen like a dead wood and feelings of dreadfulness would grip me till I stopped driving. While driving on busy roads of Lahore, I was expecting head-on collision of my vehicle at any moment. On 27 December 2007 at about 1:00 am, when we were returning back to the home of my brother after attending “Valima” of son of my brother-in-law; I felt as if I was driving my car on a foam mattress instead of the metalled road. I stopped the car and checked all the tyres and found them alright. My wife also assured me that there was nothing wrong with the car. But, after resuming driving, I started having same feelings that the car was not in my control. I again stopped the car and requested my wife to drive us safely to home.

Back to Square One

Immediately after the above-narrated incident, I resumed the use of “sinemet” tablets with the same frequency. Within a week, I started feeling relatively better. In the first week of January 2008, we reached back to Peshawar. In my whole life, I had been an ardent sports-lover before Hemi Parkinson forced me to abandon that passion. I loved playing badminton in the evenings and if I could not find a partner, I would go for a jog. I had been playing badminton with my son since his early childhood and cherished to look forward to the day, when he would give me tough time in this sport. Now that my son had turned fourteen years and fully capable of playing a competitive game with me, I had no energy, stamina or required reflexes to face him in the badminton court.

Watch Out, Some Angel is Round the Corner

It was perhaps in second or third week of January 2008 that my son, Shahrukh came to my room at about 4:00 pm and asked me to play badminton with him. On that day, a freezing cold wind was blowing outside and the temperature of my room was very cosy. Moreover, due to my past experiences of making attempts to play any sport while suffering from the Parkinson Syndrome, I was reluctant to accompany him. Therefore, I said to him, “Look son, I am not physically well and I do not feel enough strength, therefore, I cannot play badminton with you.” My son would not buy any of my excuses and instead insisted that I would feel better. I looked at his face, glowing with mixed feelings of hope and apprehensions. At that time, someone inside me said to me, “Just look at his innocent face. Would you disappoint him only because you are afraid of your small handicap? He is growing into adolescence and needs your company, support and most importantly, your friendship – a unique relationship between a father and his son. At last, after a thoughtful pause, I nodded and added, “OK, I shall play with you, but just today”.

With Faith (*Imaan*) in Allah (SWT), Every Thing is Possible

On that fateful (rather faithful) day, both of us first went to the Officers’ Mess mosque and attended the As’ar prayers with other faithful companions. As a ritual, I submitted my favourite *dua* before Allah (SWT), the Omniscient, the Omnipresent and the Omnipotent. Thereafter, we reached the badminton court, which was giving a deserted look. We started playing, but fast wind would not let us have a fun and play. After a few unsuccessful attempts, Shahrukh pointed towards the volleyball court, where a lively match was in progress and suggested to me that we can join them. I immediately agreed and went to the

Volleyball Court and started watching the young lads doing their tricks with the volleyball. They invited us to join and both of us accepted the offer. That feat of playing a sport with young officers went very well for me and instead of usual fatigue and stiffness, I felt better. Next day, I said to my son, “Now, I shall accompany you every evening to the Sports Courts. I saw his face glowing with happiness and excitement”.

Then onwards, there was no looking back for me. With each passing day, I noticed tremendous improvement in my physical and psychological state. While playing volleyball with my buddies, I would be running around like a youngster to get the ball, yelling on my teammates for their deliberate mistakes, boosting the morale of the stars of my team and most of the times, hiding sheepishly my quite-apparent incompetence in the sport. But, on the whole, I received the much needed support from my son, my companions at the volleyball court and from the overall invigorating atmosphere of love for sports. Due to active participation of the seniors in various sports, I noticed that the youngsters were coming excitedly to play the sport of their choice seven days a week. This is what I tell my students of “*Leadership and Resource Management*” a living example of leading from the front.

Be Grateful to People and Thankful to Allah (SWT)

My heartfelt gratitude is due for many people. Numerous people, consciously or unconsciously, have contributed towards my well-being and in making things easier for me, especially during the last three years. First and foremost, I want to express my deep gratitude to my family, especially my wife, who encouraged and consoled me at every stage of my suffering. I feel a genuine love for all those noble souls, who have been instrumental in my incredible recovery from Hemi-Parkinson. Most of them would have prayed for me; many helped me in doing things like

helping in carrying the heavy grocery shoppers for me; some advised to adopt a *dua* and some consoled and encouraged me in despair. I can't pay back for what they did for me except pray, "May Allah shower His endless bounties on them and their dear ones in this world and hereafter". And last of all, I feel a genuine gratitude to all players of volleyball team at the Sports Complex, who proved to be real catalyst, after my son, in my miraculous healing.

At this moment, while I was thinking of closing this paragraph with my deepest feelings of gratitude to Allah (SWT), it just occurred to me that today is 12 Rabi-al-Awal, the birthday of our beloved Prophet Muhammad (Sallalla-ho-Aleihey-Wassallam). Would you call it a coincident or an intelligent choice by the All Powerful, still the Most Merciful, Allah (SWT) that I am concluding this article on this most auspicious day? I would rather prefer to believe in the latter proposition. The reason is quite simple: Allah (SWT) says in Holy Qur'an:-

"God and His angels shower their blessings on the Prophet. O believers, you should also send your blessings on him and salute him with a worthy greeting".

[56 – 33, Al-Ahzab]]

For the last four years, I have made it my conscious routine that I keep on reciting "*darood-e-Ibrahimi*" as many times as possible. Though no Muslim can ever feel contented with himself no matter how many times he or she might have sent darood to the Prophet, I have no doubt that Allah (SWT) has listened to my prayers and prayers of many others due to His own pledge that He would bless a person ten times, who would send darood to the Prophet (SAW) even once.

How Can One Seek Spiritual Help to Cope Up with One's Ailments/Problems?

Before proceeding on to understanding different methods of soliciting the spiritual healing, a caution is essential that one must not discontinue the treatment prescribed without the consent of one's doctor. On my own level, I admit that I have not been able to act upon all the advisements that follow in the paragraphs below, nevertheless, these principles and practices always transformed into miracles whenever I acted on these consistently.

- (a) **Determine your Purpose of Life:** A determined purpose of life is same to a person as a lighthouse is to ships to help them reach their destinations. You may limit your purpose of life to attainment of a certain position, status or financial state; my humble counsel would be to choose a purpose, which would benefit you beyond this transitory world.
- (b) **Don't Consider Yourself Alone; Count Yourself as an Integral Part of the Entire Human Race:** When a person falls sick, nothing is more harmful than the feelings of loneliness and helplessness. Because, Allah (SWT) injected His own spirit into the first human being, Adam (Peace be upon him); therefore, all the people of this world are family of the Lord. Who can remain alone and isolated in the presence of so many relatives?
- (c) **Believe Firmly in the Principle of Give and Take:** Try to give as much as you can what you want for yourself. Soon, you will experience that you are receiving back manifold what you are giving. Highlighting the importance of the principle of giving, Deepak Chopra says in his bestseller book, *The Seven Spiritual Laws of Success*:-

“Practicing the Law of Giving is actually very simple: if you want joy, give joy to other; if you want love, learn to give love; if you want attention and appreciation, learn to give attention and appreciation; if you want material affluence, help others to become materially affluent. In fact, the easiest way to get what you want is to help others get what they want.”

[Chopra, 1997]

(d) Spend Some Time in Solitude to Connect Yourself with Allah (SWT): As worldly connections with the influential and powerful people are necessary to gain some benefits in this world; a live connection with Allah (SWT) would enable you to solve your problems and seek cure for ailments from Him. For Muslims, one of the easiest methods of conversing and pleading with the Lord is saying five-times prayers and spending some time in “Zikr”. Allah (SWT) Himself promises rewards for those, who remember Him, in verse 152 – 2, Al-Baqarah: “*Fazkrooni azkerkum washkrooli wala takfroof*” [Remember Me (SWT) and I (SWT) will remember you. Be grateful to Me and do not be unthankful.] [Ume Shayasta] One can immerse in “Zikr” at any time of the day, for instance, while walking, jogging, or driving. There is a rich treasure of easy to remember and recite different prayers, some of which are suggested as follows:-

- (i) “*Kalma-e-Tayyaba*” – as many times as possible.
- (ii) “*La ilaha illallah*” – as many times as possible.
- (iii) “*Subhan Allah wa bay hamd-e-he; Subhan Allah hil Azeem*” – as many times as possible.

- (iv) “*La ilaha illa anta subhana ka inni kuntoo minazzual-e-meen*” – as many times as possible.
- (v) Tasbeeh-e-Fatima, *Subhan Allah* (33 times), *Alhamdo Lillah* (33 times), *Allah-o-Akbar* (34 times)
- (e) Make a Collection of Your Personal “Duas” (Prayers) and Offer them at Stipulated Times: Although you can offer your “duas” in any form, in any language and at any time of the day; it is better to follow the advice of those, who have attained a stature in spirituality. A general principle in this regard is to give top priority to those “duas”, which have taken verbatim from Holy Qur’an; then, the “duas” recommended by the Prophet, Muhammad (SAW) and by the earlier Prophets of Islam should be preferred. [See Notes at the end of this article for “duas” being offered by the author.]
- (f) Spend Some Time with People with Terminal Diseases: This practice will make you feel contented, rather fortunate that your sufferings are negligible in comparison to those, who are waiting for the last call. When in company of such people, talk about hope and complete cure rather than despair and illness. Before leaving them, offer collective “dua” for them as well as for all the sick (including you as well).
- (g) Everyday, Try to Do Something to Make Things Easier for Others: On daily basis, make consistent efforts to make things easier for others. Don’t wait for prosperity, when you would be able to do wonders for others: rather start with little things, for instance, offering your help to your spouse in daily chores, letting pedestrians to cross road while driving, consoling a

weeping toddler, or sending some money to a friend / relative in desperate need.

- (h) **Make Consistent Efforts to Cope with your Ailments:** Consistent efforts ought to be made simultaneously in three areas, namely, physical, mental and spiritual. In treatment of several diseases, the significance of exercise and sports is well-established. Through my experience, I can vouch that besides being a source of mental concentration and spiritual enlightenment, five-times prayers also serve as great muscle-relaxants. On mental front, it is necessary that one should never discard hope and true faith in the Supreme Being's absolute powers to cure any disease. To strengthen your mental state, you must learn to adopt positivism in nearly all fields of your life. And, last of all, one must also make continuous efforts to progress in the spiritual world. Meditation, "dua" and prayers are some of the proven tools of obtaining spiritual help. Though it is necessary to make continuous efforts to seek your wellbeing, still you should not link the contentment and happiness of your heart with the end-result of release from ailments or problems. Initially, it might appear to be almost impossible to detach oneself from the outcome, following assurances would certainly help most of us to live with the wisdom of uncertainty:-

- (i) No dua of a Muslim, when sent with genuine feelings and heartrending pleading to the All-Compassionate, is rejected. In some cases, it is answered immediately; in others, it is fulfilled with some delay; and in many instances; Allah (SWT) rewards the pleader with alternative blessings. Still, some "duas" are not

rewarded in this world; rather they are held back for recompense on the Last Day.

- (ii) A Muslim keeps on getting the unlimited blessings of Allah (SWT) no matter, he or she is healthy or sick, happy or sad. For each discomfort, pain and torment in this world, a Muslim gets reward either here or hereafter.
- (j) Make it a Point to be Grateful to People and Thankful to Allah (SWT): Display your gratefulness to people with genuine feelings and appropriate words for even the smallest favours they shower on you. Try to engage people you hardly know in light tête-à-tête. Be thankful to Allah (SWT) for His mercy and for His limitless blessings. Share your affluence, which Allah (SWT) has bestowed on you, with the less fortunate and needy relatives / friends / even strangers.
- (k) Focus on What You Have; Not on You Don't Have: Make it a point to enjoy what you already have instead of feeling gloomy and discontentment for those things you don't possess. You can't get what you don't have by making a fuss or displaying your impatience and ingratitude. The thumb rule in this regard is: "First, learn to spend and enjoy what you already possess; then make legitimate / ethical efforts to get, what you desire".
- (l) Have Trust in Allah (SWT) and in His absolute power of "Kun": Cultivate a childlike conviction in Allah's power to do anything, absolutely anything. Make consistent efforts to cultivate an unflinching faith in Allah (SWT) that He will cure all your diseases and solve your problems by regularly reciting the following verse:-

“Inn’Allaha ala kulle shein qadeer”. [20 – 2, Al-Baqarah]

Epilogue

In these concluding lines, I want to share the present state of my health with the readers that though my ailments have not been fully cured; nevertheless, I have been able to cope with them cheerfully. Now I feel energetic, happy and contented as I perform the assigned responsibilities to the best of my abilities. Before this miraculous recovery, I used to experience fatigue and stiffness, and had to walk with a limp; but now, with the grace of Allah (SWT), I feel full of life, relaxed and cheerful most of the time. Though I still use the prescribed medicines, yet each time I administer the medication, I consciously tell myself: “Look, the cure of my ailments is not in these medicines, but with the will of Allah (SWT), and I submit to His will.”

End Notes:

1. Last verse of Surah “Tauba” (“*Hasbi Allah, la ilaha illah ho...*” recommended by the Prophet, Muhammad (SAW) with the assurance that whosoever sends this “dua” seven times after Fajr and Maghrib prayers, will get a personal guarantee from Allah (SWT) that He would take care of all his matters.
2. Send “*darood-e-Ibrahimi*” as many times as possible.
3. “Duas” before going to bed:-
 - (a) Three times “*Ayet-al-Kursi*”, verse 255 – 2, Al-Baqarah
 - (b) Three last surah of the Holy Qur’an – three times
 - (c) Three times “*Allah Humma Bay Ismey Ka Amoot-o-Ahiya*”
 - (d) (Remember) Job when he called to his Lord; “*I am afflicted with distress, and You are the most compassionate of all.*” 83 – 21, Al-Anbiya’ – one time
 - (e) “*Afa hasibtum anna ma...*” 115-118 – 23, Al-Mu’minun – one time
 - (f) “*Bismillah hilla zee la uzirroo ma’a ism-e-he shaiyoon phil arde wala phissma’a, wa ho wassamiyol aleem*” – one time
 - (g) Darood-e-Ibrahimi – one time
 - (h) “*Rabb-e-ja’alni...*”, 40-41 – 14, Ibrahim – one time
 - (i) “*Rabba na Atena phiddunia...*”, 201 – 2, Al-Baqarah – one time
 - (j) “*Allah Humma Inni Ass’alooka Imin Naaf-e-an, wa rizqan waase’an wa shifa’an min kull-e-da’a*” – one time.
 - (k) “*Rabb-er-him huma kama’a rabb-e-ya’ani sagheera*”, 24 – 17, Bani Isra’il – one time
 - (l) “*La ilaha illa anta subhana ka inni kuntoo minazzual-e-meen*”, 87 – 21, Al-Anbiya – as many times as you will until you are asleep.
4. “*Dua*” (prayer) recommended by Muhammad Safdar (my course-mate):-

“Repeat the words, *Ya Noor, Ya Noor, Ya Noor* ... eleven times on your fingertips after every prayer and then rub gently your eyes with your fingertips.”

5. “*Dua*” (prayer) recommended by Muhammad Hanif (my neighbour):-

“Repeat the words, *Ya Qavi, Ya Qavi, Ya Qavi* ... eleven times by holding your forehead with your palm after every prayer and then run your hands over your body.”

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