

# WITCHCRAFT

The Guide to  
Prevention & Recovery

السحر و علاجه



M.F Salem

*Witchcraft*  
*The Guide*  
*To*  
*Prevention & Recovery*

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*Revised February 21, 2010*

*Includes*  
*Audio files to*  
*Remove Magic Spells,*  
*Possessions and Haunting*

*Written*  
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## **Acknowledgment**

First and foremost, all thanks is due to Allah, for inspiring me to write about this important subject and for giving me the power to see this project through, may Allah accept this humble labor of mine and I pray that all who read this book, will be pleased by its wealth of information and will be of a benefit to them. Furthermore, I pray that he will accept and reward the owners and developers of the following websites, for providing a greatly needed online presence, where as, if they were not present, it would have took me an enormous amount of time searching and compiling the needed verses and references contained in this book.

### **References Sites**

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## Contents

Introduction.....	5
Angels and Jinns.....	6
Witchcraft and Sorcery.....	13
Witches and Warlocks.....	16
Types of Magic.....	18
Identifying bewitched victims.....	18
Symptoms of being bewitched .....	19
Protection and Treatment.....	20
Healing Foods and Plants... ..	20
Strengthen your shield .....	25
Anxiety and Depression.....	26
Envy.....	30
Insomnia and Nightmares.....	33
Haunting.....	35
Magic and Magic Spells.....	37
The Quranic Treatment.....	39
MP3 Streaming Audio.....	44
A Diet for a healthy life.....	45

## **Introduction**

All praise is due to Allah, the one who guided us to his righteous path and for sending us our beloved Prophet, Muhammad, may peace be upon him and on his family and companions and on all who follow him till the Day of Judgment.

The intention for writing this book was to briefly explain to the reader, what witchcraft is, how to protect from it and what to do nullify it, if you were the unfortunate victim of its evil. The objective was to compile a complete resource guide that will include all the needed divine tools to ward off and or recover from Sorcery, envy Insomnia, anxiety, depression and other ailments, using only authentic resources derived from the Quran and the sayings of the Prophet, peace be upon him.(p.b.u.h)

And to make it easier for those who can not read the Arabic Quranic text, I have listed a website one can go to and download the required verses and supplications in an MP3 audio file format in the hope that it will help the reader recite and memorize at their convenience.

Lastly, I pray to Allah, that the sequence of this book will be beneficial to the understanding of this topic and pray that the reader will adhere to the listed preventative measures, which if applied, Insha Allah, will prevent all types of magic spells, possessions and other ailments.

## Angels and Jinns

Before we discuss the subject of Witchcraft and Sorcery, I thought it would be essential and highly beneficial, if the reader was introduced to the other unseen creations of **Allah**.

First, to the non-Muslim readers, let me take the opportunity to clarify a misunderstanding, Contrary to what many non-Muslims think, **Allah** is not a new God, which is only being worshipped by the Muslims, far from it. Simply stated, **Allah** is the Arabic word for “God” translated to the English language. But, more accurately, **Allah** is the actual **personal** name of God, which, has been prayed to and called upon, by the Arabic speaking Jews and Christians for hundreds or even thousands of years before the advent of Islam.

With this being clarified, let us move on to the important topic of the unseen creations of Allah, by gaining knowledge to this fact, the reader will have an easier time understanding the main topic of this book.

Let’s begin by asking who is watching us? Of course, the answer that comes to mind should be Allah, which is supported by the following verse: -

( وَهُوَ مَعَكُمْ أَيْنَ مَا كُنْتُمْ وَاللَّهُ بِمَا تَعْمَلُونَ بَصِيرٌ )  
سورة الحديد 4

*“And He(Allah) is with you, where so ever ye may be.  
And Allah is Seer of what ye do.”  
Quran 57:04*

Now, if I ask, is there anyone else watching us? Well, the answer is still yes! The Quran reports that before the

creation of Adam, peace be upon him, Allah, created two other beings namely Angels and Jinns. The following verses convey to us the nature of Man, and Jinn and reports of Allah's command to the Angels and Eblees (the devil) to prostrate to Adam, peace be upon him.

( خَلَقَ الْإِنْسَانَ مِنْ صَلْصَالٍ كَالْفَخَّارِ وَخَلَقَ الْجَانَّ مِنْ مَّارِجٍ مِّن نَّارٍ )  
سورة الرحمن 14, 15

*“He created man of clay, And He created  
Jinns from fire free of smoke”  
Quran 55:14-15*

( وَإِذْ قُلْنَا لِلْمَلَائِكَةِ اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا إِبْلِيسَ كَانَ مِنَ الْجِنِّ )  
سورة الكهف 50

*“ Behold! We said to the angels, "Prostrate down to Adam":  
They Prostrated down except Eblees. He was one of the  
Jinns” Quran 18:50*

Due to his arrogance and refusal to prostrate to Adam, p.b.u.h, as commanded by Allah, the creation of Adam, p.b.u.h, did not turn out to be a happy ending for “*Eblees*”. (*Eblees is the actual name of the Devil*) Hence, the following verse reports the exact moment when Allah declared Eblees and all disbelieving Jinn to be enemies of the human race, as stated by the Quran: -

( وَإِذْ قُلْنَا لِلْمَلَائِكَةِ اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا إِبْلِيسَ أَبَى , فقلْنَا يَا آدَمُ  
إِنَّ هَذَا عَدُوٌّ لَّكَ وَلِزَوْجِكَ )  
سورة طه 115 , 116

*“When We said to the angels, "Prostrate yourselves to Adam", they prostrated themselves, but not Eblees: he refused. Then We said: "O Adam! verily, this is an enemy to thee and thy wife.." Quran: 20:115-116*

( فَسَجَدَ الْمَلَائِكَةُ كُلُّهُمْ أَجْمَعُونَ 73 إِلَّا إِبْلِيسَ اسْتَكْبَرَ وَكَانَ مِنَ  
 الْكَافِرِينَ 74 قَالَ يَا إِبْلِيسُ مَا مَنَعَكَ أَنْ تَسْجُدَ لِمَا خَلَقْتُ بِإَيْدِي  
 أَسْتَكْبَرْتَ أَمْ كُنْتَ مِنَ الْعَالِينَ 75 قَالَ أَنَا خَيْرٌ مِمَّنْ خَلَقْتَنِي مِنْ نَارٍ  
 وَخَلَقْتَهُ مِنْ طِينٍ 76 قَالَ فَاخْرُجْ مِنْهَا فَإِنَّكَ رَجِيمٌ 77 وَإِنَّ عَلَيْكَ  
 لَعْنَتِي إِلَى يَوْمِ الدِّينِ 78 قَالَ رَبِّ فَأَنْظِرْنِي إِلَى يَوْمٍ يُبْعَثُونَ 79 قَالَ  
 فَإِنَّكَ مِنَ الْمُنْظَرِينَ 80 إِلَى يَوْمِ الْوَقْتِ الْمَعْلُومِ 81 قَالَ فَبِعِزَّتِكَ  
 لَأُغْوِيَنَّهُمْ أَجْمَعِينَ 82 إِلَّا عِبَادَكَ مِنْهُمُ الْمُخْلَصِينَ 83 قَالَ فَالْحَقُّ  
 وَالْحَقُّ أَقُولُ 84 لَأَمْلَأَنَّ جَهَنَّمَ مِنْكَ وَمِمَّن تَبَعَكَ مِنْهُمْ أَجْمَعِينَ 85 )  
 سورة ص

*“So the angels prostrated themselves, all of them together:  
 Not so Eblees: he was haughty, and became one of those  
 who reject Faith. (Allah) said: "O Eblees! What prevents  
 thee from prostrating thyself to one whom I have created  
 with my hands? Art thou haughty? Or art thou one of the  
 high (and mighty) ones?" (Eblees) said: "I am better than  
 he: thou created me from fire, and him thou created from  
 clay."*

*(Allah) said: "Then get thee out from here: for thou art  
 rejected, accursed. "And My curse shall be on thee till the  
 Day of Judgment." (Eblees) said: "O my Lord! Give me  
 then respite till the Day the (dead) are raised." (Allah) said:  
 "Respite then is granted thee- "Till the Day of the Time  
 Appointed." (Eblees) said: "**Then, by Thy power, I will  
 deviate everyone of them** Except, Thy Servants amongst  
 them, sincere and purified (by Thy Grace)."*

*(Allah) said: "Then it is just and fitting- and I say what is  
 just and fitting- That I will certainly fill Hell with thee and  
 those that follow thee, - every one." Quran 38:73-85*

Hence, if we go back to the original question, Allah provides us with the following summarized historical answer concerning the Devil and the ability of the Jinn race in general: -

” يَا بَنِي آدَمَ لَا يَفْتِنَنَّكُمُ الشَّيْطَانُ كَمَا أَخْرَجَ  
أَبَوَيْكُمْ مِّنَ الْجَنَّةِ يَنْزِعُ عَنْهُمَا لِبَاسَهُمَا لِيُرِيَهُمَا سَوْءَاتِهِمَا  
” إِنَّهُ يَرَاكُمْ هُوَ وَقَبِيلُهُ مِنْ حَيْثُ لَا تَرَوْنَهُمْ ”  
سورة الأعراف 27

“O Children of Adam! Let not Satan seduce you as he caused your (first) parents to go forth from the Garden and tore off from them their robe (of innocence) that he might manifest their shame to them. **Lo! He (the Devil) Seeth you, he and his tribe (The Jinn race), from a position where ye cannot see them**” Quran 7:27

By now, I hope the reader has gained a quick and brief understanding to our creation history and an insight to the endless animosity posed by the devil and his Jinn followers towards Humanity. Never the less, and before I go any further, I think it will be beneficial to the reader to list a comparison between the nature and powers granted by Allah to the Angels and Jinn race.

Regarding the nature of Angels, it was reported and authenticated by Imam Muslim that the Prophet, peace be upon him, said:-

*“He (Allah) created the Angels from Light and created the Jinn from Smokeless Fire and created Adam from what he Described to you.” Refers to the clay verses in the Quran.*

Using the previously mentioned verses along with other authentic Hadith sources, I came up with the following table by which the reader will be able recognize that the angels are superior and more powerful than the Jinns.

Angels	Jinns
<ol style="list-style-type: none"> <li>1. Created from pure light.</li> <li>2. Not granted free will, nor it is in their nature to disobey Allah.</li> <li>3. Ability to fly, change form and or appearance.</li> <li>4. They do not eat, drink, marry, procreate and or have nature calls.</li> <li>5. They perform specific duties assigned by Allah.</li> <li>6. Angels are soldiers of Allah, cannot be defeated by Jinns or anyone else.</li> </ol>	<ol style="list-style-type: none"> <li>1. Created from smokeless fire.</li> <li>2. Granted free will, to obey or disobey Allah.</li> <li>3. Ability to fly, change form and or appearance.</li> <li>4. They eat, drink, marry, procreate and have nature calls.</li> <li>5. Disbelieving Jinn serve Satan.(Eblees)</li> <li>6. They serve disbelieving humans who call on them to harm others using witchcraft." <b><i>Only if Allah allows it</i></b>"</li> </ol>

With the above comparison in mind, let's take a closer look on a specific assigned duty performed by angels, which directly affect our personal well-being and safety. Because of the threat posed by the devil and his followers of disbelieving Jinns, Allah has appointed **Protecting Angels (Hafaza)** to every human being **regardless**, if he/she is a Muslim or Not. **These Angels**, mainly to protect us from the Jinn and other daily worldly activities we do; Among them are **Two (Scribes) Angels** are assigned to record all of our good/bad deeds and or intentions until our departure from this world. As we read in the following verses: -

( لَهُ مُعَقَّبَاتٌ مِّنْ بَيْنِ يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِنْ أَمْرِ اللَّهِ )  
سورة الرعد 17

*"For each, there are (angels) in succession,  
before and behind him: They guard him by  
command of Allah." Quran 13:11*

(إِذْ يَتَلَقَى الْمُتَلَقِيَانِ عَنِ الْيَمِينِ وَعَنِ الشِّمَالِ قَعِيدٌ 17  
مَا يَلْفِظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ 18 )  
سورة ق

*Behold, two (guardian angels) appointed to record  
(his doings), one sitting on the right and one on the left.  
Quran 50:17*

Lastly, it should be mentioned that each human being has also been assigned a devil to whisper and or tempt them into mischief. This ongoing whisper and temptations will continue till the Day of Judgment as it was reported in the following verses: -

( قَالَ فَبِعِزَّتِكَ لَأُغْوِيَنَّهُمْ أَجْمَعِينَ 82 إِلَّا عِبَادَكَ مِنْهُمُ الْمُخْلَصِينَ 83 )  
سورة ص

*(Eblees ,i.e. the Devil) said: "Then, by Thy power, I will put  
them all in the wrong, "Except Thy Servants amongst them,  
sincere and purified (by Thy Grace)."  
Quran 38:82-83*

" ثُمَّ لَأَنزِلَنَّاهُمْ مِنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ  
وَعَنْ شَمَائِلِهِمْ "  
سورة الأعراف 17

*"Then will I assault them from before them and  
behind them, from their right and their left:"  
Quran 7:17*

” وَقَيَّضْنَا لَهُمْ قُرَنَاءَ فَزَيَّنُوا لَهُمْ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ”  
سورة فصلت 25

“ *And We have assigned for them companions (in this world), who made alluring to them what was before them and behind them*” Quran 41:25

” وَمَنْ يَعْشُ عَنْ ذِكْرِ الرَّحْمَنِ نُقَيِّضْ لَهُ شَيْطَانًا فَهُوَ لَهُ قَرِينٌ ”  
سورة الزخرف 36

“ *And he who lives away from the remembrance of the Beneficent, We assign unto him a devil who becometh his comrade*” Quran 43:36

After reading the above verses, we get a pretty good idea that the devil and his disbelieving Jinns mean business and they will do what ever they can to harm and or tempt as many of us into hell fire with them.

Now, with this background in mind, I believe it is time to go into the subject of this book.

## Witchcraft and Sorcery

Ever since the creation of Adam, p.b.u.h, mankind across the ages and to this day fear disease, poverty, envy, superstition, and what the future holds. Feeding on these fears, those with wicked hearts and lust for power, discovered then resorted to the help of the Jinn to teach them Witchcraft and Sorcery, thinking, this is the ultimate and sure way to power and prosperity.

As a result, witchcraft, sorcery and all types of magic, black or so called white magic, is being pursued, learned or used by those wicked people with the aim to achieve or enhance their own personal worldly gains, mainly through the aid of the Jinn to implement and cause harm to mankind.

Briefly stated, sorcery is the deception or illusion of the senses and or the nerves of an observer or a bewitched individual, instigated by a sorcerer, firstly, through the use of specific satanic incantations and or spells, secondly, by assigning a devil from the Jinn to posses and or enforce the magic spell on the targeted victim.

To be a victim of sorcery is considered to be one of the worst diseases someone to be inflicted with and anyone is prone to its harm, of course, Only if Allah allows it.

"وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ"  
سورة البقرة 102

*“But they could not harm anyone except by Allah's permission.” Quran 2:102*

For this reason, Allah clearly states in the Quran that it is forbidden to utilize or learn **Witchcraft** and warns those who learn or resort to it, they will not profit from it and, in fact,

Sorcery will lead to blaspheme and is a guaranteed path to hell fire. As we read in the following Quranic verses:-

" وَيَتَعَلَّمُونَ مَا يَضُرُّهُمْ وَلَا يَنْفَعُهُمْ "

سورة البقرة 102

"And they learned what harmed them, not what profited them."

Quran 2:102

" فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ "

سورة البقرة 102

"They learned from them the means to sow discord between man and wife."

Quran 2:102

" وَلَقَدْ عَلِمُوا لَمَنِ اشْتَرَاهُ مَا لَهُ فِي الْآخِرَةِ مِنْ خَلْقٍ وَلَبِئْسَ مَا

شَرَوْا بِهِ أَنْفُسَهُمْ لَوْ كَانُوا يَعْلَمُونَ "

سورة البقرة 102

"And they knew that the buyers of (magic) would have no share in the happiness of the Hereafter. And vile was the price for which they did sell their souls, if they but knew"

Quran 2:102

In addition to the Quranic verses, the prophet, (p.b.u.h), reported that practicing witchcraft is a Major sin and prohibited in Islam.

عن أبي هريرة أن رسول الله صلى الله عليه وسلم قال اجتنبوا السبع الموبقات قيل يا رسول الله وما هن قال الشرك بالله والسحر وقتل النفس التي حرم الله إلا بالحق وأكل مال اليتيم وأكل الربا والتولي يوم الزحف وقذف المحصنات الغافلات المؤمنات صحيح مسلم

Abu Huraira Narrated: The Prophet (p.b.u.h) said, "Avoid the seven great destructive sins." The companions enquired, "O Allah's Apostle! What are they?" He said, "To join others

*in worship along with Allah, to **practice sorcery**, unlawfully take a life, eat Riba (usury), eat the property of an orphan, run away from the battlefield, and falsely accuse chaste women..” Sahih Muslim*

Lastly, the prophet, (p.b.u.h), warned those who seek Witches, Warlocks, Fortune Tellers or people who proclaim knowledge of the future by talking with the dead, or calculating and reading astrology, horoscope, signs, crystals, numbers, cards, palms, stones, shells, coffee and tea grounds, use or wear magic amulets or any similar satanic verses and methods, they are not considered followers of Him, p.b.u.h., meaning, it is an act of kufr, blaspheme against Islam.

وفي رواية أحمد والحاكم عن أبي هريرة  
" من أتى عرافا أو كاهنا فصدقه بما يقول فقد كفر بما أنزل  
على محمد "

*It was reported that Abu Huraira Narrated: The Prophet (p.b.u.h) said, Whom ever approaches a magician or a fortune teller and "followed his instructions" or "believed him" , then this person rejects the revelation of Allah which was brought by Muhammad."*

*By Ahmed and Al Hakem*

## Witches and Warlocks

Witches and Warlocks are women and men who practice sorcery and partner and serve the wishes of the Devil. Their main aim is to cause harm and to spread misguidance and evil unto others, while seeking to satisfy their own **lust** for greed and wealth **regardless** if it conflicts with **divine laws or decency**. Hence, it must be noted that the devils among the Jinn, will not teach nor serve a person until he/she rejects Allah, and to demand of him or her to perform specific rituals, and blasphemous acts against Allah and the Quran. In addition, the Jinn will perform indecent acts on them. Furthermore, the would be sorcerer, must prostates, worship and obey his devil Jinn master. Only then, the devil will serve the wishes of the sorcerer, by teaching him magic, bringing him food, drinks, money, take him to far away places, help him to deceive people by doing seemingly super natural acts like raise him in the air, appears to pass swords and other objects through his body, walk through fire, brings or whispers to him of hidden or lost things, which, may appear to the average person that this sorcerer knows the unseen or can tell the future, etc. Basically, this is achieved by Jinns talking and conspiring with each other, to convey and report what they've seen or heard somewhere, however, they will lie or add to what they heard or knew, for the purpose of creating more confusion, hatred, animosity and harm to others, in addition, the sorcerer will learn how to **Bewitch** the eyes of the people, with the aid of the Jinn, so people will see things not as they are. As to what was reported between Moses, p.b.u.h, and the sorcerers during the time of the Pharaoh of Egypt. The Quran reported that the sorcerers bewitched the eyes of the people; making the people think the sorcerer's sticks and ropes turn into snakes. However, when Allah told Moses, p.b.u.h, to throw his stick, the sorcerers saw the stick actually turned to a live snake and

ate their ropes and sticks, it was then, the sorcerer realized that Moses was not a magician and he is **indeed** the prophet of Allah and asked Allah to forgive them for their previous transgressions, as Allah reveals in the following verses:-

قَالُوا يَا مُوسَىٰ إِمَّا أَنْ تُلْقِيَ وَإِمَّا أَنْ نَكُونَ أَوَّلَ مَنْ أَلْقَىٰ 65 قَالَ بَلْ أَلْقُوا فَإِذَا حِبَالُهُمْ وَعَصِيُّهُمْ يُخَيَّلُ إِلَيْهِ مِنْ سِحْرِهِمْ أَنَّهَا تَسْعَىٰ 66 فَأَوْجَسَ فِي نَفْسِهِ خِيفَةٌ مُوسَىٰ 67 قُلْنَا لَا تَخَفْ إِنَّكَ أَنْتَ الْأَعْلَىٰ 68 وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفْ مَا صَنَعُوا إِنَّمَا صَنَعُوا كَيْدٌ سَاجِرٌ وَلَا يُفْلِحُ السَّاجِرُ حَيْثُ أَتَىٰ 69 فَأَلْقَى السَّحَرَةُ سُجَّدًا قَالُوا آمَنَّا بِرَبِّ هَارُونَ وَمُوسَىٰ 70

سورة طه

*They said: "O Moses! whether wilt thou that thou throw (first) or that we be the first to throw?"*

*He said, "Nay, throw ye first!" Then behold their ropes and their rods-so it seemed to him on account of their magic - began to be in lively motion! So Moses conceived in his mind a (sort of) fear. We said: "Fear not! for thou hast indeed the upper hand: "Throw that which is in thy right hand: Quickly will it swallow up that which they have faked what they have faked is but a magician's trick: and the magician thrives not, (no matter) where he goes."*

*So the magicians were thrown down to prostration: they said, "We believe in the Lord of Aaron and Moses". Quran 20:65-70*

*"For us, we have believed in our Lord: may He forgive us our faults, and the magic to which thou didst compel us: for Allah is Best and Most Abiding." Quran 20:73*

## Types of Magic

There are many types of magic spells; thus, as previously stated, they basically fall under two parts, the first which is initiated or performed by a sorcerer and the second part is implemented or enforced by a devil of the Jinn. Some of these spells are made to cause animosity or love between individuals, some target body parts to ache or not function properly, such in a couple's inability to consummate their marriage, some to stop individuals from getting married, some to stop individuals from being productive or become lazy, and some to make a person see things to lose his mind and some to force a Jinn to possess someone.

The types of magic mentioned above are mostly initiated or administered by incantations or spells which is unknowingly taken by the victim while eating or drinking, or by breathing it through some kind of vapor or incense, or when a sorcerer blows on knots and or by spraying or spreading it over areas the victim lives or walks over, or by using physical bodily samples and or personal items of the victim and or even trigger the magic during specific time or a movement of a star or a moon phase.

### Identifying bewitched victims

It is not an easy task to differentiate between a victim of magic and person who have been envied because the symptoms could be similar. First let's explain envy. Envy is when someone gives you an evil eye by saying, looking or even **silently wishing that he/she has what you have and you No longer have it**. This applies to everything, good health, good looks, nice body, nice eyes, good job, nice car, nice kids, etc. Envy is mentioned in the Quran and in the coming pages I will list the verses that will protect you from envy or evil eyes.

## Symptoms of being bewitched

The following are the known symptoms and or behaviors displayed by individuals who may have been afflicted with magic and or possessions: -

*Note:*

*It is important that you first seek and be examined by a medical doctor, just to confirm, that you do not have a physical or chemical ailment that can be diagnosed and treated by common medicine.*

1. Bad smell comes out from the mouth, scalp, womb, or from the body in general, which is noticeable by the victim and the ones around him, smell will come back, regardless to amount of times the victim showers.
2. Sudden change of victim's mood from kindness to hatred, health to sickness, from worship to disobedience, happiness to anxiety or depression, from patience to anger. Complains of seeing nightmares and when wakes up senses a shadow moving quickly, may see things while awake, may hear someone talking to him.
3. Pain and appearance of blue or bruised spots normally in areas of magic in body.
4. Compelled to say or do things beyond his/her control and may complain of fear.
5. Pain in the stomach, womb, in the lower back and sudden weak or no vision.
6. Does not want to hear the Azan, the Quran, or approach water nor pray.
7. If someone recites Quran, the victim will not make eye contact, will look up or down, may cry, tremble, complains of feeling as if a small ball moving in his/her throat or air bubbles in the abdomen, and/or, of heat internally, also will demands that you stop reciting the Quran.

## Protection and Treatment

Simply said, the best treatment begins with prevention. By increasing the lines of defense between you and the devil, the harder it is for him to penetrate and reach you. Furthermore, the closer you are to keeping the commandments of Allah, the most likely; it is that, Allah will protect you from any harm coming your way. Soon, I will be listing a few action items, which if adhered to; it will enhance and increase your shield against the Devil and his followers. In the meantime, let me list what was revealed regarding the healing powers of certain foods, plants and therapies, some of which will be used to treat victims of bites, poison, sorcery and other diseases.

### Healing Foods and Plants

#### Black Seed

Is known commonly in Arabic as Habbat-ul-Baraka or habba alsawdah and in English is known as, Nigella Sativa, black cumin, and or black caraway. One can ground or chew then swallow. also it can be purchased and taken in capsule or oil extract form. The following Hadith sums it up pretty well, it was reported that the Prophet, p.b.u.h, to have said: -

“ إن في الحبة السوداء شفاء من كل داء إلا السم ”  
أخرجه مسلم

” *In this Black Seed*” *Healing to all ailments*”,  
*except Death.*”  
(Muslim)

#### Dates

The Prophet, p.b.u.h, specifically, mentioned the eating of Ajwa dates (*lean dates from Madina is preferred*) before anything else, is a preventative measure to **Magic Spells** and **Poison** for that day, some scholars also suggested if taken at night, can be a preventative measure till day break.

( عن النبي صلى الله عليه وسلم قال من تصبح  
سبع تمرات عجوة  
لم يضره ذلك اليوم سم ولا سحر )  
أخرجه البخاري ومسلم

*"Whosoever takes seven 'Ajwa dates in the morning,  
neither magic nor poison will hurt him that day."  
(Bukhari & Muslim)*

### Honey

Allah specifically mentioned that honey has in it a cure to mankind. If you are a health conscious individual, then I highly recommend taking Honey, along with and Ajwa dates and the black seed on a daily basis.

( يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ  
فِيهِ شِفَاءٌ لِلنَّاسِ  
إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ )  
سورة النحل 69

*"From within their bodies a drink of varying colours, in it  
a healing for mankind: verily in this is a Sign  
for those who give thought."  
Quran 16:69*

### Hujama

It is a physical procedure that will **cure** many types of diseases and will extract and expel **magic spells** from the body. It was recommended by the Prophet, p.b.u.h, to be performed on the 17<sup>th</sup>, 19<sup>th</sup> or 21<sup>st</sup> day of the Islamic lunar calendar, **Never** on a Wednesday, Friday, Saturday or Sunday. The following reports the importance of Hujama: -

( ما مرت ليلة أسري بي بملا  
إلا قالوا يا محمد مر أمتك بالحجامة )  
سنن ابن ماجه

*“ During the night of ascension, I did not pass  
a group of Angels, Unless, they said  
“ Order your nation to do Hujama.”  
(Ibn Majah)*

“ إن كان في شيء مما تداوون به خير فالحجامة ”  
البخاري

*“If there was any good in a medicine you would take,  
it will be in Hujama ”  
(Bukhari)*

( من أراد الحجامة فليتحر سبعة عشر أو تسعة  
عشر أو إحدى وعشرين )  
سنن ابن ماجة

*“Whosoever needs Hujama, seek the Seventeenth,  
Nineteen’s, or the twenty first”  
(Ibn Majah)*

( فاحتجموا يوم الخميس ... واجتنبوا الحجامة  
يوم الأربعاء والجمعة والسبت ويوم الأحد )  
سنن ابن ماجة

*“Perform Hujama on Thursday, and avoid it on  
Wednesday, Friday, Saturday and Sunday”  
(Ibn Majah)*

### **Olive Oil**

Olive oil is also mentioned in the Quran and Hadith, its oil is blessed to eat and has healing powers. Recite Quran on the oil prior drinking or spreading on your body or the affected area.

“ شَجَرَةٌ مَبَارَكَةٌ زَيْتُونَةٍ ” 35  
سورة النور

*“Blessed Olive Tree”  
Quran 24:35*

“ تَنْبُتُ بِالذُّهْنِ وَصَيِّغُ لِّلآكِلِينَ ” 20  
سورة المؤمنون

*“Which produces oil, and relish  
for those who use it for food.”  
Quran 23:20*

“ ائْتَدِمُوا بِالزَّيْتِ وَادْهِنُوا بِهِ فَإِنَّهُ مِنْ شَجَرَةٍ مَبَارَكَةٍ ”  
سنن ابن ماجه

*“Eat the olive oil and massage it over your  
bodies since it is a blessed tree”  
(Ibn Majah)*

### **Sena plant**

Is a well known plant found in the middle east, The Prophet, p.b.u.h, reported to have said: -

*“ If there was ever a cure for death,  
it would have been the Sena plant.”  
(Al Tirmizi)*

” عَلَيْكُمْ بِالسَّنِيِّ وَالسَّنَوْتِ ، فَإِنَّ فِيهِمَا  
شِفَاءً مِنْ كُلِّ دَاءٍ إِلَّا السَّامَ “  
صحيح

*“Stay with Sena and Sanout (Honey)  
a healer to all except death” (Sahih)*

Sena is placed in one liter pot of water then boiled, afterwards, the water is strained and left to cool, sweeten with Honey after reciting specific verses of Quran on it, a sick person should drink about 3 cups before breakfast. It will remove magic spells by expelling it through the **mouth** and **bowl movements**.

### **Sidr plant**

Also known as **nebk** in the Arabic language, and **Lote or Spini-christi** in English. *Sidr* is mainly used to remove magic spells. To prepare, one takes seven sidr leaves and

beat between two stones, place the residue in plenty of water, recite specific Quranic verses on the Sidr water, then let the bewitched person take at least three drinks afterwards he/she Washes their body with the rest.

### **Zam Zam water**

ZamZam is the name of water well in Mecca, Saudi Arabia. Reported to be a source of nourishment and a cure to ailments. Before you drink it, one makes supplication to Allah or recites Quran, on it, prior to drinking or washing with it. Also, used to remove magic spells. The Prophet, p.b.u.h, said : -

***“The best water on the face of the Earth is Zam Zam water, it is the food for the hungry and a cure To ailments.”***

*(Sahih)*

**(خير ماء على وجه الأرض ماء زمزم ، فيه طعام من  
الطعم وشفاء من السقم)**

صحيح

**“ ماء زمزم لما شرب له “**

سنن ابن ماجة

***“ ZamZam water is for whatever you supplicated to”***

*(Ibn Majah)*

## Strengthen your shield

The following are the action items I alluded to earlier, if followed, you'll strengthen your shield against the Devil and other evils: -

1. Pray on time especially Fajer, Isha and when everyone are asleep at night.
2. Recite the Quran daily. At least Ayatul Kursi, Fatha, and last 3 Suras.
3. Always be on Wudu (ablution); especially when you go to bed.
4. Always be busy with remembrance of and supplicating to Allah. (zikre &Dua)
5. Daily and before breakfast eat 7 dates, chew then swallow a tea spoon of Black Seed (*Haabit Al Barka*), take small spoon of honey and olive oil. Brush your teeth with (*Miswak*) before and after Wudu. And if available supplicate then drink *ZamZam* water.
6. Say “**Salamu Alikum**” when you enter your home. Your Jinn can't enter.
7. Say “**Bissmilallah**” before you eat or drink. Your Jinn can't eat or drink with you.
8. Say “**Aouzu billah min Alkhoub wal khaba es**” before you take your clothes off and when you enter the restroom. Jinns can't see your nakedness.
9. Married couples must recite the previous and the following supplication before they approach each other “**Bissmillah, Allah-huma Janibna AL Shai-ttan was Janib AL Shai-ttan Ma Razaqtina**”
10. Never hang pictures, statues or have dogs in your home, the only pictures you can hang are the ones that have no soul in them, such as a picture of the sky, Sea, mountains, forest, etc. The Angels do not enter a place that has pictures, statues and or dogs.

11. Never deal with usury. (Riba) and Avoid listening to music.
12. Do not look at prohibited (Haram) things and lower your gaze.
13. Give charity, no matter how small it is.
14. Always purify and correct your intention, be sincere with Allah.
15. Be patient and thank Allah when a calamity befalls you. (it is a test)
16. Avoid backbiting, slander, and hanging out with bad company.

### **Treating Anxiety and Depression**

Almost all anxieties and or depressions are due to a chemical psychological or allergic imbalance and or reaction, which can be diagnosed and treated, God willing, by most medical doctors. It is also reported that most depressions and or anxieties could be prevented by avoiding being stuck in a systematic daily routine. Try to be active with your family, friends, community or even take up a hobby; these can be great preventative measures. However, if a medical attention is required, then I suggest that you stay on your medicine while adhering to the following spiritual remedies, which was revealed to us by Allah through our prophet p.b.u.h.

Those afflicted with anxiety or depression may have some or all of the following symptoms: -

Feel tired, lazy, sad, feeling hopeless, have no desire to do anything, feel anxious, cry, hardly sleep or may sleep too much, have nightmares, may complain of hearing or seeing things, fearful, especially sudden fear of death, or feeling like their heart will stop, or can't breath, and all other types of subconscious anxiety and or fears. These symptoms could also be a product of magic, which was initiated by a sorcerer and implanted or enforced by the Jinn.

The treatment begins, when the afflicted person puts his/her **trust in Allah** and to **never give up** nor ever **give in** to the subconscious whisper of the Jinn. Hence, for example, let's use the fear of death symptom to expose the tricks of the devil. First of all, the victim must know that the Jinn can not do anything, unless Allah allows. In addition, it is not up to the Jinn when someone is born or dies. Remember, if it was up to the Jinn, they would have killed us all already. As you've read earlier, the devil envies and despise mankind yet, he can't do much about it; Once we simply remind ourselves to what Allah revealed regarding the guardian angels assigned to each one of us. This fact alone, should immediately give us courage and reduce or eliminate this type of anxiety attack one may be experiencing.

Furthermore, Allah did not give us the power to stop our hearts nor our breathing. These two functions are involuntary another word, these are controlled by Allah therefore, life and death is in Allah's hands alone. For instance, we hear many cases of people been stabbed, shot or even fallen from high places, yet they do not die. Normally or logically they should, right? Yes, but we all must remember this, **Allah is not constrained by the physical or natural laws, HE, created for us in this universe.** It is as simple as that.

Therefore, what ever the circumstance is, life and death is in the hands of Allah alone. So let me assure the victim of depression and or anxiety **To feel at ease! Nothing will happen to you.** No matter how much the devil whispers in your head. Your heart and breathing will not stop. That's not all, because of your perseverance and patience, Allah will heal you from what ever depression and or anxiety you may have. On top of this, you will come out of it with a stronger believe in Allah and a higher awareness and understanding to the sly tricks of the devil.

Now let's move on to the spiritual treatment of depression and Anxiety. First, remember that prevention is the best treatment to all ailments. " See Strengthen your shield list. "

Second, recite the following verses and supplications *as much as you can* on daily basis. Insha Allah, your feeling of anxiety and or depression will be removed:-

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

" اللّٰهُ 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 مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ

الْعَظِيمُ" سورة البقرة 255

### Ayatul Kursi

*Allah! There is no god but He,-the Living, the Self-subsisting, Eternal. No slumber can seize Him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permitteth? He knoweth what (appeareth to His creatures as) before or after or behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them for He is the Most High, the Supreme (in glory). Quran 2:255*

(وَأَمَّا يَنْزَغَنَّكَ مِنَ الشَّيْطَانِ نَزْعٌ فَاسْتَعِذْ بِاللَّهِ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ)

سورة فصلت 36

*And if (at any time) an incitement to discord is made to thee by the Evil One, seek refuge in Allah. He is the One Who hears and knows all things. Quran 41:36*

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

سورة الحديد 3

*He is the First and the Last, the Evident and the Immanent: and He has full knowledge of all things. Quran 57:3*

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

سورة الأنبياء 87

*There is no Allah save Thee. Be Thou Glorified!*

*Lo! I have been a wrong-doer. Quran 21:87*

اللهم إني أعوذ بك من الهم والحزن  
والعجز والكسل والبخل والجبن وضلع الدين وغلبة الرجال  
أخرجه البخاري

*Oh Allah, I seek refuge in thee from worry and sadness,  
disability and laziness, being a miser and from fear and from  
the burden of debts and strength of other men. (Bukhari)*

لا إله إلا الله الحليم الكريم  
سبحان الله رب العرش العظيم  
سبحان الله رب السموات السبع  
ورب العرش الكريم  
أخرجه البخاري ومسلم

*"None has the right to be worshipped but Allah, the Majestic,  
the Most Forbearing. None has the right to be worshipped  
but Allah, the Lord of the Tremendous Throne. None has the  
right to be worshipped but Allah, the Lord of the Seven  
Heavens and the Lord of the Honourable Throne.  
(Bukhari & Muslim)*

اللهم إني عبدك وابن عبدك وابن أمتك ناصيتي بيدك  
ماض في حكمك عدل في قضاؤك أسألك بكل اسم هو لك  
سميت به نفسك أو علمته أحدا من خلقك أو أنزلته في كتابك  
أو استأثرت به في علم الغيب عندك أن تجعل القرآن ربيع قلبي  
ونور صدري وجلاء حزني وذهاب همي  
رواه أحمد

*Oh Allah, I am your servant and son of your servant and son  
of your , my forehead (destiny) is in your hands, content  
with your decision, just in your judgment, I ask you by every  
name you've named yourself or taught to any of your  
creations or revealed in your Book or kept hidden, from us,*

*within yourself, to make the Quran the center of my heart,  
the light of my chest that will remove my sadness and  
worry.” (Ahmad)*

Place your hands on the head or the affected area  
and repeat **3 times**:-

”اللهم رب الناس , أذهب الباس ، واشف وأنت الشافي  
لا شفاء إلا شفاؤك ، شفاء لا يغادر سقما ”  
(صحيح)

*“O Sustainer of mankind, remove the sickness and bring  
cure, You are the one who cures, and there is no cure except  
from you, a cure that will not any sickness behind.”  
(Sahih)*

### **Preventing Envy**

Remember that prevention is the best treatment to all ailments. *“See Strengthen your shield list.”*

Envy is a serious weapon that can cause lots of grieve and harm. It is used by people with wicked and evil hearts, who may not like you or do not like to see you or others in a better status than themselves. Hence, they utilize their eyes and or tongues as weapons to inflict harm. Envy can also occur unintentionally by anyone. An Example of Envy: -

**“Wow! Nice Car! How did you manage to get it?”**

Seems like a harmless remark, right? Wrong! If you do not recite the verse below, you may wound up in a wreck and your car gets totaled soon afterwards! That’s how powerful the eye and envy are. **Never** forget to the say the following during all similar circumstances, envious looks or words directed to you or anything that you own or toward someone you love.

” مَا شَاءَ اللَّهُ لَا قُوَّةَ إِلَّا بِاللَّهِ ”

سورة الكهف 39

*'Allah's will (be done)! There is no power but with Allah!'*

*Quran 18:39*

In addition, you need to recite the following verses daily and Especially, before you go to sleep: -

1. The Fatha and Aytul Kursi.
2. Recite 3 times each, the last 3 Suras in the Quran.
3. Sleep on Wudu and turn to your right side.
4. Recite Subhana Allah 33, Alhamdu Lil Allah 33, and Allahu Akbar 34 times.

If adhered to the above, Insha Allah, you will be protected from envy, and the devil will not come near you that night. In addition, If you want to wake up refreshed, then try to get up every night, make Wudu, supplicate and pray 2 Rakats.

Verses to recite before sleep: -

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِیْنَ 2 الرَّحْمٰنِ الرَّحِیْمِ 3 مَلِكِ یَوْمِ الدِّیْنِ 4  
إِیَّاكَ نَعْبُدُ وَإِیَّاكَ نَسْتَعِیْنُ 5 اِهْدِنَا الصِّرَاطَ الْمُسْتَقِیْمَ 6  
صِرَاطَ الَّذِیْنَ أَنْعَمْتَ عَلَیْهِمْ غَیْرِ الْمَغْضُوبِ عَلَیْهِمْ وَلَا الضَّالِّیْنَ 7

*In the name of Allah, the Beneficent, the Merciful.*

*“Praise be to Allah, Lord of the Worlds,*

*The Beneficent, the Merciful.*

*Master of the Day of Judgment,*

*Thee (alone) we worship; Thee (alone) we ask for help.*

*Show us the straight path,*

*The path of those whom Thou hast favoured; Not the (path)  
of those who earn Thine anger nor of those who go astray. “*

*Quran 1:1-7*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

اللّٰهُ لَا إِلَهَ إِلَّا هُوَ الْحَیُّ الْقَیُّوْمُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي  
السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِیْ یَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ یَعْلَمُ مَا  
بَیْنَ أَيْدِیْهِمْ وَمَا خَلْفَهُمْ وَلَا یُحِیْطُونَ بِشَیْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ  
وَسِعَ كُرْسِیُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا یَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِیُّ  
الْعَظِیْمُ “ سورة البقرة 255

*“Allah! There is no God save Him, the Alive, the Eternal.  
Neither slumber nor sleep overtaketh Him. Unto Him  
belongeth whatsoever is in the heavens and whatsoever is in  
the earth. Who is he that intercedeth with Him save by His  
leave? He knoweth that which is in front of them and that  
which is behind them, while they encompass nothing of His  
knowledge save what He will. His throne includeth the  
heavens and the earth, and He is never weary of preserving  
them. He is the Sublime, the Tremendous.”*

*Quran 2:255*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
قُلْ هُوَ اللّٰهُ اَحَدٌ 1 اللّٰهُ الصَّمَدُ 2 لَمْ يَلِدْ وَلَمْ يُولَدْ 3  
وَلَمْ يَكُنْ لَهٗ كُفُوًا اَحَدٌ 4

*“Say: He is Allah, the One! Allah, the eternally Besought of  
all! He begetteth not nor was begotten.  
And there is none comparable unto Him.”*

*Quran 112:1-4*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ 1 مِنْ شَرِّ مَا خَلَقَ 2  
وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ 3  
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ 4 وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ 5

*“Say: I seek refuge in the Lord of the Daybreak  
From the evil of that which He created;  
From the evil of the darkness when it is intense,  
And from the evil of malignant witchcraft,  
And from the evil of the envier when he envieth.”*

*Quran 113:1-5*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ  
قُلْ اَعُوْذُ بِرَبِّ النَّاسِ 1 مَلِكِ النَّاسِ 2 اِلٰهِ النَّاسِ  
3 مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ 4  
الَّذِي يُّوسَّوْسُ فِيْ صُدُوْرِ النَّاسِ 5 مِنْ الْجِنَّةِ وَ النَّاسِ 6

*“Say: I seek refuge in the Lord of mankind, The King of mankind, The God of mankind, From the evil of the sneaking whisperer, Who whispereth in the hearts of mankind, Of the jinn and of mankind.”*

*Quran 114:1-6*

Place your hands on the affected area (*head or other body parts*) and repeat **3 times**:-

*“In the name of Allah, I heal you, from all that is hurting you, from all souls or envious eye, may Allah heal you”*  
(Sahih)

**” بسم الله أرقبك, من كل شيء يؤذيك ، من كل نفس أو عين حاسد  
، الله يشفيك , بسم الله أرقبك ”**  
(صحيح)

## **Insomnia and Nightmares**

Remember, prevention is the best treatment to all ailments.  
*“see Strengthen your shield list.”*

If you see or wake up due to a nightmare do the following: -

1. Spit 3 times to your left.
2. Say I “seek refuge in Allah from the cursed one”

**اعوذ بالله من الشَّيْطَانِ الرَّجِيمِ**

3. Change the position you were sleeping on.
4. **Finally, Never Tell** the Nightmare to anyone, **Only then, It will not harm or affect you.**

**To prevent insomnia and Nightmares**, make sure to do the following before going to bed: -

1. Make Wudu.
2. Before you lie in bed, air, wipe or shake the bed with your bed covers.
3. Lie on your right side.

4. Recite the **Fatha, Aytul Kursi** then recite **3 times each**, the last **3** short Suras.

5. Recite the following supplications 3 times each: -

“ أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَةِ ؛ مِنْ غَضَبِهِ ، وَعِقَابِهِ ، وَمِنْ شَرِّ عِبَادِهِ  
وَمِنْ هَمَزَاتِ الشَّيَاطِينِ ، وَإِنْ يُحْضِرُونَ ”

أبي داود

*“ I seek refuge in all of Allah’s words, from his anger, punishment, and from the evil of his servants and from the whispering of the devils and if they approach.”*

*Abu Dawoud*

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَاتِ الَّتِي لَا يَجَاوِزُهَا بَرٌّ وَلَا فَاجِرٌ  
“ مِنْ شَرِّ مَا خَلَقَ ، وَذُرّاً ، وَبَرّاً ، وَمِنْ شَرِّ  
مَا يَنْزِلُ مِنَ السَّمَاءِ ، وَمِنْ شَرِّ مَا يَعْرَجُ فِيهَا  
، وَمِنْ شَرِّ مَا ذُرّاً فِي الْأَرْضِ وَبَرّاً ، وَمِنْ شَرِّ مَا يُخْرِجُ مِنْهَا  
، وَمِنْ شَرِّ فِتْنِ اللَّيْلِ وَالنَّهَارِ ، وَمِنْ شَرِّ كُلِّ طَارِقٍ ؛ إِلَّا طَارِقٌ ”  
يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ  
( اسناده صحيح )

*“ I seek refuge in all of Allah’s words, in which, no pious or transgressor can penetrate, from the evils of Allah’s creatures, seen or unseen, and from what descends or ascends from the skies or comes out of the earth, and from the trials of the night and day time and from every news bearer except a bearer of good, O Merciful One.”*

*(Sahih)*

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ  
وَالعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلْعِ الدِّينِ وَغَلْبَةِ الرِّجَالِ  
أَخْرَجَهُ الْبُخَارِيُّ

*Oh Allah, I seek refuge in thee from worry and sadness, disability and laziness, being a miser and from fear and from the burden of debts and strength of other men. (Bukhari)*

6. Say "Subhana Allah 33, Alhamdu Lil Allah 33, and Allahu Akbar 34 times."
7. Finally try not to sleep keeping grudges in your heart, try to forgive everyone when going to sleep.

## **Haunting**

We have come to a subject that needs to be addressed due to its relative closeness to the main topic of this book. In the non-Muslim world, the term "Haunted" may be heard; used and even understood completely different from their counterparts in the Muslim world. In non-Muslim countries, they think or believe that haunted houses or places are a result of a **lost spirit** that is, for some reason or another, lost its way back to the creator! Or due to some unfinished earthly business the spirit can't depart! Of course, this is far from the truth, according to the Quran, the Angel of Death, is the one assigned to take our lives when the time comes, this can neither be delayed, bargained with nor can the soul escape and decide to stay somewhere on Earth in order to complete some unfinished business.

So exactly what is haunting? First off it is phenomenon of the Jinn. Second, the reader should know that the Jinn do use and share our world too, and even though, they would rather live in abandoned areas away from humans, they may decide to live in our dwellings, or for example, if someone moves into a dwelling which is already being occupied by the Jinn, then they will try to create all types of mischief in the hope that the new human tenant move out, hence, the term "Haunted House" is appropriately applied. Hence, haunting can occur if and when the Jinn decide to take up residence in areas used or unused by humans. That is why the Prophet, p.b.u.h, forbids us from living in places with excess unused rooms. Meaning the areas you do not use, the Jinn will occupy with their families. Therefore, do not

purchase or move into a 5 room dwellings knowing, you will only use 3 rooms.

**The following actions will expel and prevent devil Jinns from haunting a dwelling: -**

1. Make Azzan (The call to prayers) preferably; before you move into your new home, however, if you did not, you still can make Azzan afterwards. The Azzan is your warning to all Jinns that a Muslim will be moving in. The Jinn are aware of your rights, if they do not leave, they know you can make their stay a miserable one. As a result, all non-Muslim Jinns will leave.
2. Recite the complete Surat “Al Baqura” 2 Sura of the Quran, this Sura should be recited every **three days** or as much as you like. The prophet, p.b.u.h, said “The devil can not enter a home, this Sura, was recited in” Meaning, it will also expel devils that are haunting an area it was recited at.
3. You and your family recite **Fatha, Aytul Kursi** and the last **3** short Suras.
4. You and your family try to stay on Wudu.
5. Never hang pictures, statues and keep dogs in your home.
6. Say “**Salamu Alikum**” every time you enter your home.
7. Say “**Bissmilallah**” before you eat or drink.
8. The devils reside in the bathrooms, therefore Say” **Aouzu billah min Alkhoub wal khaba es**” before you enter and anytime you take your clothes off.
9. Married couples must recite the previous and the following supplication before they approach each other “**Bissmillah, Allah-huma Janibna AL Shai-ttan was Janib AL Shai-ttan Ma Razaqtina**”

## Magic and Magic Spells

Remember, Prevention is the best treatment to all ailments.  
“see *Strengthen your shield list.*”

The following are the Quranic verses, Insha Allah, one may recite, in order for a magic Spell is nullified and or a Jinn to be expelled from the body. The Quranic verses will Cause great discomfort, pain, even death to the Jinn. The Jinn normally leave the body to avoid this, but may come back later, that’s why you may recite these verses over And over till the Jinn, Insha Allah, forever departs or is killed by Allah.

For this reason, it is very important that the victim, who is afflicted with this, try to prevent the Jinn from coming back by doing the Following: -

1. Always perform prayers on time.
2. Recite Ayatul Kursi, Fatha, and last 3 Suras of the Quran.
3. Always be on Wudu (ablution); especially when you go to sleep.
4. Always be busy with remembrance of Allah and ask for forgiveness. (zikre &Dua)
5. Say “**Salamu Alikum**” when you enter your home.
6. Say “**Bissmilallah**” before you eat or drink.
7. Say” **Aouzu billah min Alkhoub wal khaba es**” before you take your clothes off and when you enter the restroom.
8. Married couples must recite the previous and the following supplication before they approach each other “**Bissmillah, Allah-huma Janibna AL Shai-ttan was Janib AL Shai-ttan Ma Razaqtina**”
9. Never be around pictures, statues or dogs where ever you’re staying and do not listen to music; listen to Azzan and Quranic recording instead.

The following verses can be recited on Olive oil, ZamZam, Sidr, or Sena water or directly on the victim. After reciting the following verses on the olive oil or water, let the victim drink from it then wash the body with the rest.

The Person who is trying to remove or nullify the Jinn and or Magic, must have strong believe in Allah, and protected himself by reciting the previously mentioned verses and has Wudu prior to seeing or talking to the victim.

If the victim is a **female**, she must be covered and in the presence of her family or guardian. You are not allowed to **touch or be alone with her**, if she is not your *Mahrum*. (Meaning: if she is not your wife, sister, aunt, mother, grand mother or niece, ***then it is forbidden to be alone with her.***)

**Important Note:**

If you make Azzan (Prayer Call) the Devil will immediately leave the body and or the area where Azzan is being called then will come back afterwards, *so don't be tricked.*

**As Narrated by Abu Huraira:**

*Allah's Apostle said, "When the Adhan is pronounced Satan takes to his heels And passes wind with noise during his flight in order not to hear the Adhan. When the Adhan is completed he comes back and again takes to his heels when The Equamat is made for prayers"*

## The Quranic Treatment To Sorcery, Magic and Possessions

The following verses to be recited **7 times each**

اعوذ بالله من الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

الْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِیْنَ 2 الرَّحْمٰنِ الرَّحِیْمِ 3 مَلِكِ یَوْمِ الدِّیْنِ 4  
اِیَّاكَ نَعْبُدُ وَاِیَّاكَ نَسْتَعِیْنُ 5 اِهْدِنَا الصِّرَاطَ الْمُسْتَقِیْمَ 6  
صِرَاطَ الَّذِیْنَ اَنْعَمْتَ عَلَیْهِمْ غَیْرِ الْمَغْضُوْبِ عَلَیْهِمْ وَلَا الضَّالِّیْنَ 7  
*Quran 1:1-7*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

اللّٰهُ لَا اِلٰهَ اِلَّا هُوَ الْحَیُّ الْقَیُّوْمُ لَا تَاْخُذُهٗ سِنَةٌ وَّلَا نَوْمٌ لَّهٗ مَا فِی  
السَّمٰوٰتِ وَمَا فِی الْاَرْضِ مَنْ ذَا الَّذِیْ یَشْفَعُ عِنْدَهٗ اِلَّا بِاِذْنِهٖ یَعْلَمُ مَا  
بَیْنَ اَیْدِیْهِمْ وَمَا خَلْفَهُمْ وَلَا یُحِیْطُوْنَ بِشَیْءٍ مِّنْ عِلْمِهٖ اِلَّا بِمَا شَاءَ  
وَسِعَ كُرْسِیُّهٗ السَّمٰوٰتِ وَالْاَرْضَ وَلَا یَـُٔوْدُهٗ حِفْظُهُمَا وَهُوَ الْعَلِیُّ  
الْعَظِیْمُ

سورة البقرة 255

*Quran 2:255*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ هُوَ اللّٰهُ اَحَدٌ 1 اللّٰهُ الصَّمَدُ 2 لَمْ یَلِدْ وَّلَمْ یُولَدْ 3 وَّلَمْ یَكُنْ لَّهٗ كُفُوًا  
اَحَدٌ 4

*Quran 112:1-3*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ 1 مِنْ شَرِّ مَا خَلَقَ 2  
وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ 3  
وَمِنْ شَرِّ النَّفَّٰثَاتِ فِی الْعُقَدِ 4 وَمِنْ شَرِّ حَاسِدٍ اِذَا حَسَدَ 5  
*Quran 113:1-5*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ اَعُوذُ بِرَبِّ النَّاسِ **1** مَلِكِ النَّاسِ **2** اِلٰهِ النَّاسِ **3** مِنْ شَرِّ  
الْوَسْوَاسِ الْخَنَّاسِ **4**  
الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ **5** مِنَ الْجِنَّةِ وَالنَّاسِ **6**  
*Quran 114:1-6*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ يَا اَيُّهَا الْكَافِرُونَ **1** لَّا اَعْبُدُ مَا تَعْبُدُونَ **2**  
وَلَا اَنْتُمْ عَابِدُونَ مَا اَعْبُدُ **3**  
وَلَا اَنَا عَابِدٌ مَّا عَبَدْتُمْ **4** وَلَا اَنْتُمْ عَابِدُونَ مَا اَعْبُدُ **5** لَكُمْ دِينُكُمْ  
وَلِي دِينِ **6**  
سورة الكافرون  
*Quran 109:1-6*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

“ وَاللّٰهُمَّ اِلٰهَ وَاَحَدًا لَّا اِلٰهَ اِلَّا هُوَ الرَّحْمٰنُ الرَّحِیْمُ “  
سورة البقرة **163**  
*Quran 2:163*

The following to be recited at least **3 times each**

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

الم **1** ذٰلِكَ الْكِتٰبُ لَا رَيْبَ فِیْهِ هُدًى لِّلْمُتَّقِیْنَ **2** الَّذِیْنَ یُؤْمِنُونَ بِالْغَیْبِ  
وِیَقِیْمُونَ الصَّلٰةَ وَمِمَّا رَزَقْنَاهُمْ یُنْفِقُونَ **3** وَالَّذِیْنَ یُؤْمِنُونَ بِمَا اُنزِلَ  
اِلَیْكَ وَمَا اُنزِلَ مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ یُوقِنُونَ **4**  
سورة البقرة  
*Quran 2:1-4*

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

وَأَلْقَ مَا فِي يَمِينِكَ تَلْقَفَ مَا صَنَعُوا إِنَّمَا صَنَعُوا كَيْدُ سَاحِرٍ وَلَا يُفْلِحُ

السَّاحِرُ حَيْثُ أَتَى **69**

سورة طه

Quran 20-69

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

فَلَمَّا أَلْقَوْا قَالَ مُوسَىٰ مَا جِئْتُمْ بِهِ السِّحْرُ إِنَّ اللَّهَ سَيُبْطِلُهُ إِنَّ اللَّهَ لَا

يُصْلِحُ عَمَلَ الْمُفْسِدِينَ **81** وَيُحَقِّقُ اللَّهُ الْحَقَّ بِكَلِمَاتِهِ وَلَوْ كَرِهَ

الْمُجْرِمُونَ **82**

سورة يونس

Quran 10:81-82

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ أَلْقِ عَصَاكَ فَإِذَا هِيَ تَلْقَفُ مَا يَأْفِكُونَ **117**

فَوَقَعَ الْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ **118** فَغَلَبُوا هَٰئِلِكَ وَأَنْقَلَبُوا

صَاغِرِينَ **119**

سورة الأعراف

Quran 7:117-119

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

لَلّٰهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ وَإِنْ تُبَدُّوا مَا فِي أَنْفُسِكُمْ أَوْ  
تُخَفَّوهُ يَحَاسِبِكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَنْ يَشَاءُ وَيُعَذِّبُ مَنْ يَشَاءُ وَاللَّهُ عَلَىٰ  
كُلِّ شَيْءٍ قَدِيرٌ **284** آمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ  
كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ  
وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ **285** لَا يُكَلِّفُ اللَّهُ  
نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ  
نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ  
مِن قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا  
وَأَرْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ **286** سورة البقرة

Quran 2:284-286

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالصَّافَاتِ صَفًا 1 فالزَّاجِرَاتِ زَجْرًا 2 فالتَّالِيَاتِ ذِكْرًا 3 إِنَّ إِلَهُكُمْ  
لَوَاحِدٌ 4 رَبُّ السَّمَاوَاتِ وَالْأَرْضِ وَمَا بَيْنَهُمَا وَرَبُّ الْمَشَارِقِ 5 إِنَّا  
زَيَّنَّا السَّمَاءَ الدُّنْيَا بِزِينَةِ الْكَوَاكِبِ 6 وَحَفِظْنَا مِنْ كُلِّ شَيْطَانٍ مَّارِدٍ 7 لَّا  
يَسْمَعُونَ إِلَى الْمَلَأِ الْأَعْلَى وَيُقَذَّفُونَ مِنْ كُلِّ جَانِبٍ 8 دُحُورًا وَلَهُمْ  
عَذَابٌ وَأَصِيبٌ 9 إِنَّا مِنْ خَطْفِ الْخَطْفَةِ فَأَتْبَعَهُ شِهَابٌ ثَاقِبٌ 10

سورة الصافات

Quran 37:1-10

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

شَهِدَ اللَّهُ أَنَّهُ لَا إِلَهَ إِلَّا هُوَ وَالْمَلَائِكَةُ وَأُولُوا الْعِلْمِ قَانِمًا بِالْقِسْطِ لَا  
إِلَهَ إِلَّا هُوَ الْعَزِيزُ الْحَكِيمُ

سورة آل عمران 18

Quran 3:18

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّ رَبَّكُمْ اللَّهُ الَّذِي خَلَقَ السَّمَاوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَى  
عَلَى الْعَرْشِ يُغْشِي اللَّيْلَ النَّهَارَ يَطْلُبُهُ حَثِيثًا وَالشَّمْسَ وَالْقَمَرَ  
وَالنُّجُومَ مُسَخَّرَاتٍ بِأَمْرِهِ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ تَبَارَكَ اللَّهُ رَبُّ  
الْعَالَمِينَ 54 ادْعُوا رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ 55

سورة الأعراف

Quran 7:54-55

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ 116 وَمَنْ  
يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا  
يُقْلِحُ الْكَافِرُونَ 117 وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

118

سورة المؤمنون

Quran 23:116-118

## بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَّرَأَيْتَهُ خَاشِعًا مُّتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ  
وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ **21** هُوَ اللَّهُ الَّذِي لَا إِلَهَ  
إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ **22** هُوَ اللَّهُ الَّذِي لَا  
إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ  
الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ **23** هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ  
الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ  
وَهُوَ الْعَزِيزُ الْحَكِيمُ **24**

سورة الحشر Quran 59:21-24

## بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

قُلْ أَوْحِيَ إِلَيَّ أَنَّهُ اسْتَمَعَ نَفَرٌ مِّنَ الْجِنِّ فَقَالُوا إِنَّا سَمِعْنَا قُرْآنًا عَجَبًا  
**1** يَهْدِي إِلَى الرُّشْدِ فَآمَنَّا بِهِ وَلَنْ نُشْرِكَ بِرَبِّنَا أَحَدًا **2** وَأَنَّهُ تَعَالَى جَدُّ  
رَبِّنَا مَا اتَّخَذَ صَاحِبَةً وَلَا وَلَدًا **3** وَأَنَّهُ كَانَ يَفُولُ سَفِيهًا عَلَى اللَّهِ  
شَطَطًا **4** سورة الجن Quran 72:1-4

## MP3 Streaming Audio

To help the Arabic and non-Arabic speakers recite and memorize the previously listed Quranic verses and supplications, I thought it will be a good idea if they all were compiled into an MP3 audio file format to be downloaded and listened to as much as possible.

At your convenience, please visit the following link to download and save to your PC.

<http://www.freepctools.com/mp3>

or

<http://mfs.orgfree.com/mp3/>

## MP3 Audio files Content

**chaser.mp3:** *Contains the following verses, that will remove magic spells and satanic possessions:-*

Azzan (prayer call)	Yunus 10: 81-82
AL Fatha 1: 1-7	AL Araf 7: 117-119
AL Kkursi 2: 255	AL Baqara 2: 284-286
AL Ikhlass 112: 1-4	AL Safat 37: 1-10
AL Falaq 113: 1-5	AL Imran 3: 18
AL Nas 114: 1-6	AL Araf 7: 54-55
AL Kafiroon 109: 1-6	AL Mouminoon 23:116-118
AL Baqara 2: 163	AL Husher 59: 21-24
AL Baqara 2: 1-4	AL Jinn 72: 1-4
Taha 20: 69	

**duaa.mp3:** *Contains 6 specific supplications, for you to memorize and use, some of which, you can recite to ward off, satanic mind attacks, which targets your thoughts. The others you recite to ask Allah for repentance, to stop nightmares, block or remove envy, debts, cure body pains and other ailments such as depression or anxiety.*

**sura2.mp3:** *Contains the complete Surat AL-BAQARA. It will expel and prevent devils from entering an area this Sura, was recited at.*

## A Daily Diet for a Healthy Life

*Diabetics, please consult with your doctor first.*

- Eat seven dates when you wake up.
- Take 1 Table spoon of natural pure **Honey**.
- Take 1 Table spoon of **Extra Virgin Olive Oil**.
- Take 1 Aspirin a day, *consult with your doctor first.*
- Take 1 a day **Solgar Kosher/Halal** Multi-vitamin
- Sprinkle 1 Tea spoon of black seeds on your food.
- Sprinkle 1 Tea spoon of **Organic** Flax seed or take 1 **Solgar** 1000 mg cap of Omeg3 fish oil.
- Take one 1200 mg Garlic tablet. *I prefer slices of raw **Garlic, Ginger and Onions** on my salads instead.*
- Only drink reverse osmosis filtered water.
- Drink the Juice of 3 **Lemons** 2 times a day (Good pH)
- Eat lots of Raw/Boiled **Green** salads and vegetables.
- Eat Salmon or other **Deep Sea** Fish on weekly basis.
- Eat more boiled, stewed or baked **Pilgrim's Bride** natural fed Chicken as opposed to Beef.
- Eat Beef/Lamb/Goat only once a month.
- Eat more **Almonds, Walnuts**, Lima, Garbanzo, Lentils, Kidney and Black eye beans.
- Do not eat pasta, deep fried food, sugar and sweets.
- Reduce eating rice, bread, pizza and potatoes.
- Never eat or drink **imitation, genetically altered**, or any **Diet** drinks or food.
- Reduce or stop drinking Coffee drink Tea instead.
- Never drink any type of Soda, Alcohol or eat Pork.
- Allow the stomach to have **1/3** of **Air, Food & Water**.
- Never smoke or take any type of illegal mind-altering drugs.
- Walk or jog between 1 to 3 miles, 3 times per week.
- Get a **complete medical exam once a year** and a **complete blood exam twice a year**.

“O ye Children of Adam!  
Let not Satan seduce you”

This is the first book of its kind that was written in the English language with the intention to be used as a complete spiritual resource guide to prevent, treat or nullify magic spells, satanic possessions, anxiety, envy, evil eyes, depression, nightmares and insomnia. Even though it is written from an Islamic perspective, non-Muslims will find this book to contain a wealth of priceless information, while being concise and to the point. The book also includes free access to an Internet website, where you can download specific audio files, which, if played, will cleanse haunted places, expel devil possessions and remove magic spells.

A must, to have and read!



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