

Sufi Healing Prayer Sequence

Below is the sequence of prayers that is used for any kind of healing. Recite slowly and with full attention out loud, morning and evening. Speak them in the original language for best results. You may start in English or your own language to get the meaning and then just read the Arabic. You will find all prayers on youtube for pronunciation.

Number of Repetition is 3 or 7 or 11 or 33 per verse.

Surah 1 Al Fatiha (The Opener)

*Bismillaah ar-Rahman ar-Raheem
Al hamdu lillaahi rabbil 'alameen
Ar-Rahman ar-Raheem Maaliki yaumid Deen
Iyyaaka na'abudu wa iyyaaka nasta'een
Ihdinas siraatal mustaqeem
Siraatal ladheena an 'amta' alaihim
Ghairil maghduubi' alaihim waladaaleen
Aameen*

In the name of God, the infinitely Compassionate and Merciful.
Praise be to God, Lord of all the worlds.
The Compassionate, the Merciful. Ruler on the Day of Reckoning.
You alone do we worship, and You alone do we ask for help.
Guide us on the straight path,
the path of those who have received your grace;
not the path of those who have brought down wrath, nor of those who wander
astray.
Amen.

Surah 112 Al-Ikhlās (Purity)

*Bismillaah ar-Rahman ar-Raheem
Qul huwallaahu ahad
Allahus samad
Lam yalid wa lam yuulad
Wa lamyakun lahuuu kufuwan ahad*

In the name of Allah, the Beneficent, the Merciful.
Say: He is Allah, the One.
He is Allah, the Eternal,
Who was never born, nor ever gave birth.
The One beyond compare.

Surah 113 Al-Falaq (The Dawn)

*Bismillaah ar-Rahman ar-Raheem
Qul a'uudhu birabbil falaq
Min sharri ma khalaq
Wa min sharri ghaasiqin idhaa waqab
Wa min sharrin naffaathaati fil 'uqad
Wa min sharri haasidin idhaa hasad*

In the name of Allah, the Beneficent, the Merciful.
Say: I seek refuge with the Lord of the Dawn,
from anything harmful in Creation,
from the evil of darkness as it spreads,
from the evil of knotted spells,
from the evil of the envier when he envies.

Surah 114 An-Naas (Mankind)

*Bismillaah ar-Rahman ar-Raheem
Qul a'uudhi bi rabbin naas
Malikin naas
Ilaahin naas
Min sharril wawaasil khannas
Alladhee yuwaswisu fee suduurin naas
Minal Jinnati wa naas*

In the name of Allah, the Beneficent, the Merciful
Say: I take refuge in the Lord of mankind,
the Master of mankind,
the God of mankind,
from the evil of the secret tempter
who whispers in the hearts of men,
of the jinns and men.

Surah 2:255 Ayat al-Kursi (The Throne Verse)

*Bismillaah ar-Rahman ar-Raheem
Allahu la illaha illa hu
Wal Hayyul Qayyum
La te huzuhu sinetun wala nawmun
Lahu ma fissemawati wa ma fil'ardi
Men thallathiy yeshfe'u indehu illa biznih
Ya'lemu ma beyne eydiyhim
wa ma halfehum
wa la yuhiytune
bishey'in min ilmihi
illa bima sha-a wasia kursiyyuhu semavati wal'ard
Wa la yeuduhu hizuhuma wa hu wal aliy ul aziym

Saddaqallah hul Azim*

In the name of Allah, the Beneficent, the Merciful.
Allah! There is no God but He,
the Living, the Self-subsisting, the Eternal.
No slumber can seize Him, nor sleep.
All things in heaven and earth are His.
Who could intercede in His presence without His permission?
He knows what appears in front of and behind His creatures.
Nor can they encompass any knowledge of Him except what he wills.
His throne extends over the heavens and the earth,
and He feels no fatigue in guarding and preserving them,
for He is the Highest and Most Exalted.

Allah, the Most High, speaks the truth.

*If one recites only a portion of a surah, it is necessary to say at the end of the selection:
Saddaqallah hul Azim (Allah, the Most High, Speaks the truth.)

**For extra protection during the night, speak 3 times in bed before sleeping
and when finished blow over your left shoulder 3 times.**