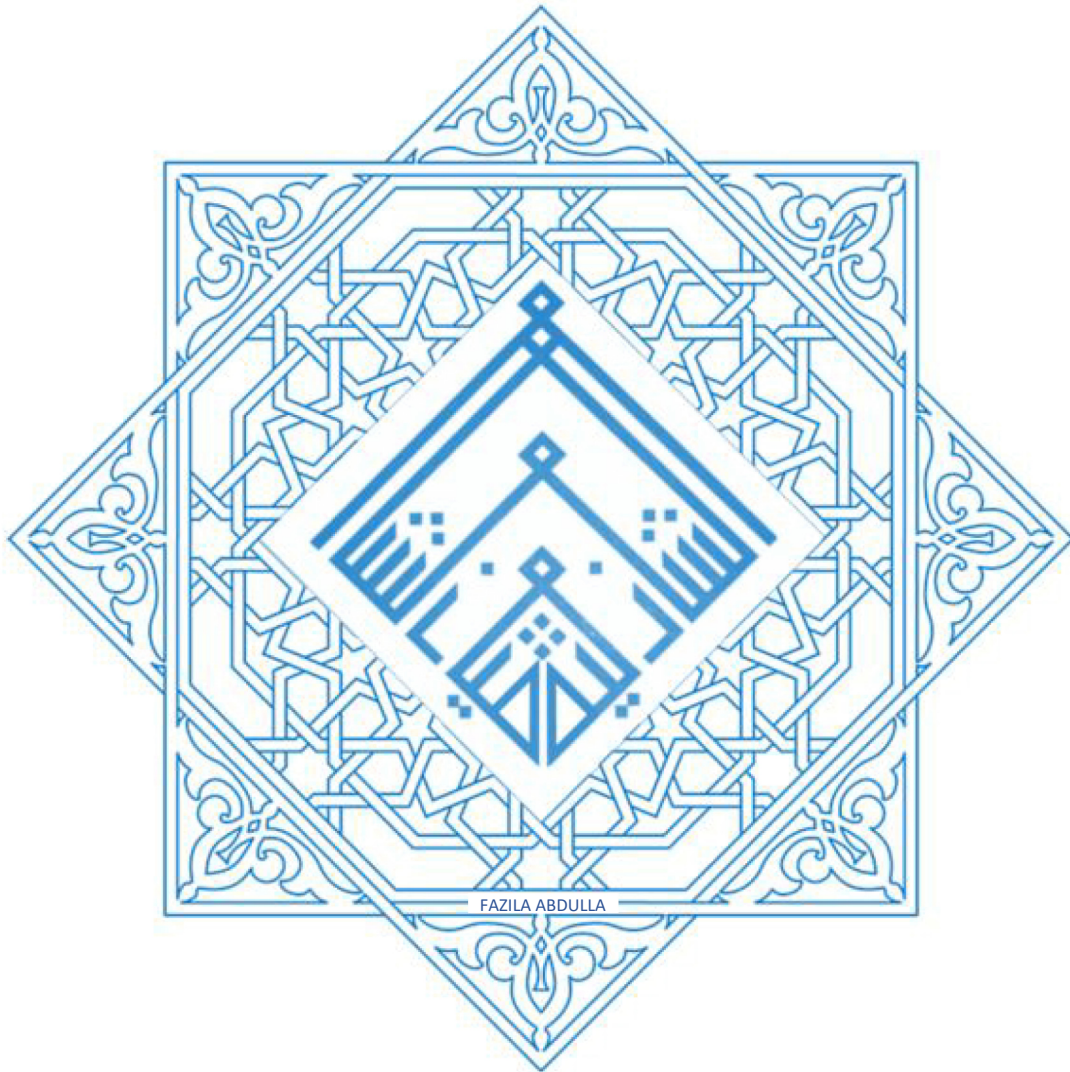




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# HIZBUL BAHR

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FAZILA ABDULLA

OCTOBER 2022



# جِزْبُ الْبَحْرِ

*The Litany of the Sea...*

*Hizbul Bahr*

FAZILA ABDULLA

# Foreword

This Hizbul Bahr document, a work of love and reverence has been inspired by Sidi Shaykh Hasan Awan, Al-Qadiri-Shadhili. It articulates and expresses every outer movement (hand posture and body posture) and inner orientation (intentions, supplications, and visualizations) exactly as intended by the Shadhili Tradition, and the adaptations inspired as such.

Hizbul Bahr (Arabic: حَزْبُ الْبَحْرِ), translated as the ‘Litany of the Sea’ is an invocation related by Imam Sidi Shaykh Abul Hasan Ash-Shadhili, founder of the Shadhili Tariqa and Tradition. It was taught by the Prophet (Sallallahu Alayhi Wa Sallam) to the great Imam, on his way to perform the pilgrimage in a dream after his voyage had been delayed by poor winds.

Imam Sidi Shaykh Ash-Shadhili (Rahimahullah) said, *“By Allah, I did not utter it [the Hizbul Bahr] except as it came from the Prophet of Allah (Sallallahu Alayhi Wa Sallam), from whom I learned it. “Guard it,” he said to me, “for it contains the Ism al-A’dham (Greatest name of Allah).”*

It has numerous benefits and is the instrument of protection and prevention. Imam Sidi Shaykh Ali Abul Hasan Ash-Shadhili (Rahimahullah) said, *“If it is read in any place, that place will be preserved from harm, many jinn are dispelled, the fearful are made secure, the sick are cured, and the anxious one is made peaceful. If one desires that his supplication be responded to and his lawful needs be satisfied, he should recite this. This litany showers the rain of light and unfolds hidden secrets to its reader. It will also help one control the heart from temptations and fantasies. It will remove difficulties and grant both worldly and religious success to the reader.”*

The Hizbul Bahr, as pointed out by the Shadhili Shaykh’s ‘*Is not a magic wand, but an expression of slavehood and poverty*’, yet it is also for fulfillment of every lawful need, aim and ambition as well as other purposes, dependent on intention and spiritual aspiration.

The Hizbul Bahr consists mostly of Quranic verses and Prophetic invocations that can be found in the various authentic collections of Hadith.

It is a profoundly beautiful addition as an adjunct and means of practicing contemplative Supplication and Dhikr.

# Recitation Instructions

*The Hizbul Bahr is recited every day  
right after the Asr prayer.*

1. Perform the **Sunnah Tasbih** with one's **fingers**, to show spiritual courtesy to the Prophet (Sallallaahu Alayhi Wa Sallam).
2. Then recite our **Shadhili-Alawi Salatu wa Salaam** on our beloved Nabi (Sallallaahu Alayhi Wa Sallam).
3. Recite the **Hizb** while remaining **seated**, either in the **Julus** position, **cross legged** or on a **chair**.

As with all of the *Hizbs* of the *Tariqa*, it should be memorized and recited from one's heart as if it were one's own words, with complete attention to whom it is being addressed. The purpose of these *Wirds* is not only to train the heart in *Dua*, but to eventually eliminate one's absentmindedness from Allah Subhaanahu Wa Ta'ala and one must strive to have a presence of heart within.

*Invoke the Litany of the Sea and it will show you wonders,  
Give you ease in your affairs, and lend you strength.  
You will find the sea obedient and the wind submissive;  
You will find gentleness quickly, and your time will be joyful.*  
~ Anonymous ~

# Hizbul Bahr

## The Litany of the Sea

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oodhubillaahi Minash Shaytaanir Rajeem  
*I seek refuge in Allah from the accursed devil*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir Rahmaanir Raheem  
*In the name of Allah, The Most Beneficent, The Most Merciful*

وَأَصْلَاتُ وَسَلَامٌ عَلَى سَيِّدِنَا مُحَمَّدٍ أَشْرَفِ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ

Was Salaatu Was Salaamu Alaa Sayyidinaa Muhammadin  
Ashrafil Anbiyaa'i Wal Mursaleen

*And blessings and peace to our Master Muhammad,  
the most honored of messengers, his family,  
his companions and all the prophets*

اللَّهُمَّ يَا عَلِيُّ يَا عَظِيمُ يَا حَلِيمُ يَا عَلِيمُ

Allaahumma Yaa Aliyyu Yaa Adheemu Yaa Haleemu Yaa Aleem  
O Allah, O Most High, O Exalted, O Clement, O All Knowing

أَنْتَ رَبِّي وَعِلْمُكَ حَسْبِي

Anta Rabbi Wa Ilmuka Hasbi  
You are my Lord and Your knowledge is my sufficiency

فَنِعْمَ الرَّبُّ رَبِّي وَنِعْمَ الْحَسْبُ حَسْبِي

Fa'nimar Rabbu Rabbi Wa Ni'mal Hasbu Hasbi  
How perfect, then, is my Lord, how perfect my sufficiency

تَنْصُرُ مَنْ تَشَاءُ وَأَنْتَ الْعَزِيزُ الرَّحِيمُ

Tansooru Man Tashaaa'u Wa Antal Azeezur Raheem  
You give victory to whom You will, and You are The Almighty, The Merciful

نَسْأَلُكَ الْعِصْمَةَ فِي الْحَرَكَاتِ وَالسَّكِّنَاتِ وَالْكَلِمَاتِ وَالْإِرَادَاتِ وَالْخَطَرَاتِ

Nas Alukal Ismata Fil Harakaati Was Sakanaati Wal Kalimaati  
Wal Iraadaati Wal Khataaraat

We ask Your protection in our movement and our stillness,  
in our words and our desires and our thoughts

مِنَ الشُّكُوكِ وَالظُّنُونِ وَالْأَوْهَامِ السَّاتِرَةِ لِلْقُلُوبِ عَنِ مُطَالَعَةِ الْغُيُوبِ

Minash Shukooki Wadh Dhunooni Wal Awhaamis Saaatirati  
Lil Quloobi An Mutaa La'atil Ghuyoob

From the doubts, and the suspicions and illusions that  
veil hearts from the perception of things unseen

فَقَدْ أُبْتُبِيَ الْمُؤْمِنُونَ وَزُلْزِلُوا زِلْزَالًا شَدِيدًا

Faqad Ubtoo Liyal Mu'minoona Wa Zulzilu Zilzaalan Shadeedaa  
*For the believers have been tried, and mightily shaken*

~ Quran 33: 11 ~

وَإِذْ يَقُولُ الْمُنَافِقُونَ وَالَّذِينَ فِي قُلُوبِهِمْ مَّرَضٌ مَّا وَعَدَنَا اللَّهُ وَرَسُولُهُ إِلَّا غُرُورًا

Wa Idh Yaqoolul Munafiqoona Wal Ladheena Fee Quloobihim Maradum  
Maa Wa Adanal Laahu Wa Rasooloohu Illaa Ghuroora

*And if the hypocrites and those with doubting hearts say:  
Allah and His Messenger have promised us nothing but delusion*

~ Quran 33:12 ~

فَثَبِّتْنَا وَانصُرْنَا وَسَخِّرْ لَنَا هَذَا الْبَحْرَ

Fathab'bitna Wansurna Wa Sakh'khar Lanaa Hadhal Bah'r  
*So make us steadfast, give us victory, and subjugate us to this sea*

*Pause... make your personal prayer & Dua in  
your heart for your particular and  
specific need for today*

كَمَا سَخَّرْتَ الْبَحْرَ لِمُوسَى عَلَيْهِ السَّلَامُ

Kama Sakh'khartal Bah'ra Li Musa Alayhis Salaam  
*As You subjugated the sea to Moses (Peace be upon him)*

وَسَخَّرْتَ النَّارَ لِإِبْرَاهِيمَ عَلَيْهِ السَّلَامُ

Wa Sakh'khartan Naara Li Ibraheema Alayhis Salaam  
*And subjugated the fire to Abraham (Peace be upon him)*

وَسَخَّرَتِ الْجِبَالَ وَالْحَدِيدَ لِدَاوُدَ عَلَيْهِ السَّلَامُ

Wa Sakh'khartal Jibaala Wal Hadeeda Li  
Dawooda Alayhis Salaam  
*And subjugated the mountains and Iron  
to David (Peace be upon him)*

وَسَخَّرَتِ الرِّيحَ وَالشَّيَاطِينَ وَالْجِنَّ لِسُلَيْمَانَ عَلَيْهِ السَّلَامُ

Wa Sakh'khartar Reeha Wash Shayaateena Wal Jinna  
Li Sulaymaana Alayhis Salaam  
*And subjugated the wind and demons and jinn to  
Solomon (Peace be upon him)*

وَسَخَّرْنَا كُلَّ بَحْرٍ هُوَ لَكَ فِي الْأَرْضِ وَالسَّمَاءِ وَالْمَلَكُوتِ

Wa Sakh'khar Lanaa Kulla Bah'rin Huwa Laka Fil Ardi Was Samaaa'i  
Wal Mulki Wal Malakoot  
*And subjugate to us every sea You possess, on the earth,  
in the sky, the kingdom and the dominion*

وَبَحْرَ الدُّنْيَا وَبَحْرَ الْآخِرَةِ

Wa Bah'rad Dunyaa Wa Bah'ral Aakhirah  
*And the sea of this world and the sea  
of the world to come*

وَسَخَّرْنَا كُلَّ شَيْءٍ ◦ يَا مَنْ بِيَدِهِ مَلَكُوتُ كُلِّ شَيْءٍ

Wa Sakh'khar Lanaa Kulla Shay'in ◦ Yaa Man Biyadihi Malakootu Kulli Shay  
*And subjugate us to everything  
O You in whose hand is the  
dominion of everything*



كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ

Kaaaf Haa Yaa Ayyyn Saaawd <sup>3x</sup>

~ Hold **aaa** and **yyy** for **three** counts. Hold **aa** for **two** counts ~

With your **right** hand when reciting the **FIRST** كَهَيْعَصَ:

**Kaaaf**, put your **thumb** on your **pinky** finger ◊ **Haa**, put your **thumb** on your **ring** finger  
**Yaa**, put your **thumb** on your **middle** finger ◊ **Ayyyn**, put your **thumb** on your **index** finger  
**Saaawd**, close your **fist** or **cover** your **hand**



كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ

With your **right** hand when reciting the **SECOND** كَهَيْعَصَ:

**Kaaaf**, **open** and **extend** your **pinky** finger ◊ **Haa**, **open** and **extend** your **ring** finger  
**Yaa**, **open** and **extend** your **middle** finger ◊ **Ayyyn**, **open** and **extend** your **index** finger  
**Saaawd**, your **hand** is now **open**



كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ

With your **right** hand when reciting the **THIRD** كَهَيْعَصَ:

**Kaaaf**, put your **thumb** on your **pinky** finger ◊ **Haa**, put your **thumb** on your **ring** finger  
**Yaa**, put your **thumb** on your **middle** finger ◊ **Ayyyn**, put your **thumb** on your **index** finger  
**Saaawd**, bring your **fist** to a **close**



كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ ◦ كَهَيْعَصَ

**Raise** your **hands** in the **prayer** position and **close** your **fist** \_\_\_\_\_

أُنْصُرْنَا فَإِنَّكَ خَيْرُ النَّاصِرِينَ

Unsurna Fa Innaka Khayrun Naasireen  
Give us victory, for You are the best who gives victory



**Open** and **extend** your **pinky** finger

وَافْتَحْ لَنَا فَإِنَّكَ خَيْرُ الْفَاتِحِينَ

Waf'tah Lanaa Fa Innakaa Khayrul Faatiheen  
And clear our vision, for You are the best who clears vision



**Open** and **extend** your **ring** finger

وَاعْفِرْ لَنَا فَإِنَّكَ خَيْرُ الْغَافِرِينَ

Wagh'fir Lanaa Fa Innaka Khayrul Ghaafireen  
And forgive us, for You are the best of Forgivers



**Open** and **extend** your **middle** finger

وَارْحَمْنَا فَإِنَّكَ خَيْرُ الرَّاحِمِينَ

War' Hamna Fa Innaka Khayrur Raahimeen  
And have mercy on us, for You are the best of the Merciful



**Open** and **extend** your **index** finger

وَارْزُقْنَا فَإِنَّكَ خَيْرُ الرَّازِقِينَ

War' Zuqna Fa Innaka Khayrur Raaziqeen  
And give us sustenance, for You are the best of providers



**Open** and **extend** your **thumb** to an **open palm**

وَاهْدِنَا وَنَجِّنَا مِنَ الْقَوْمِ الظَّالِمِينَ

Wah'dina Wa Naj'jina Minal Qawmidh Dhaalimeen  
*And guide us, and save us from the hands of the oppressors*

وَهَبْ لَنَا رِيحًا طَيِّبَةً كَمَا هِيَ فِي عِلْمِكَ

Wahab Lanaa Reehan Tayyibatan Kama Hiya Fee Ilmik  
*And grant us a fair wind according to Your knowledge*

وَأَنْشُرْهَا عَلَيْنَا مِنْ خَزَائِنِ رَحْمَتِكَ

Wan Shurhaa Alayna Min Khazaaa'ini Rah'matik  
*Waft it upon us from the treasures of Your mercy*

وَاحْمِلْنَا بِهَا حِمْلَ الْكَرَامَةِ مَعَ السَّلَامَةِ وَالْعَافِيَةِ فِي الدِّينِ وَالْدُنْيَا وَالْآخِرَةِ

Wah'milna Bihaa Hamlal Karaamati Ma'as Salaamati  
Wal Aafiyati Fid Deeni Wad Dunyaa Wal Aakhirah  
*Carry us by the conveyance of Your Generosity, with peace and wellbeing  
in our spiritual life, our wordy life and our life to come*

إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Innaka Alaa Kulli Shay'in Qadeer  
*You have power over all things*  
~ Quran 3: 26 ~

اللَّهُمَّ يَسِّرْ لَنَا أُمُورَنَا مَعَ الرَّاحَةِ لِقُلُوبِنَا وَأَبْدَانِنَا

Allaahumma Yassir Lanaa Umuranaa Ma'ar Raahati Li Quloobinaa Wa Abdaa Ninaa  
*O Allah, give us ease in our affairs, with peace for our hearts and bodies*

وَالسَّلَامَةَ وَالْعَافِيَةَ فِي دِينِنَا وَدُنْيَانَا

Was Salaamati Wal Aafiyati Fee Deeninaa Wa Dunyaanaa  
*And safety and wellbeing in our spiritual and worldly lives*

وَكَُنْ لَنَا صَاحِبًا فِي سَفَرِنَا وَخَلِيفَةً فِي أَهْلِنَا

Wa Kun Lanaa Saahiban Fee Safarinaa Wa Khaleefatan Fee Ah'linaa  
*And be our companion in our journey, and the Guardian of our families*

وَاطْمِسْ عَلَيَّ وَجُوهَ أَعْدَائِنَا

Wat'mis Alaa Wujuhi Aa'daaa'inaa  
*Efface the faces of our enemies*

وَأَمْسِخْهُمْ عَلَيَّ مَكَانَتِهِمْ فَلَا يَسْتَطِيعُونَ الْمُضِيَّ وَلَا الْمَجِيءَ إِلَيْنَا

Wam'sakh Hoom Alaa Makaanatihim Falaa Yastateeunal  
Mudiyya Wa Lal Majee'a Ilaynaa  
*And freeze them in their places so that they are unable to come or go against us*

وَلَوْ نَشَاءُ لَطَمَسْنَا عَلَى أَعْيُنِهِمْ فَاسْتَبَقُوا الصِّرَاطَ فَأَنَّى يُبْصِرُونَ

Wa Low Nashaaa'u Latamasna Alaa Aa'yoonihi Fastabaqus Siraata Fa Annaa Yubsiroon  
*Had we willed, we would have wiped out their eyes; and they would have  
raced to the path, but how would they see?*

~ Quran 36: 26 ~

وَلَوْ نَشَاءُ لَمَسَخْنَاهُمْ عَلَى مَكَانَتِهِمْ فَمَا اسْتَطَاعُوا مُضِيًّا وَلَا يَرْجِعُونَ

Wa Low Nashaaa'u Lamasakh Naahum Alaa Makaanatihim Famas  
Tataa'u Mudiyyan Wa La Yari'oon

*Had we willed, we would have frozen them where they stood,  
so they neither could go forward, nor return*

~ Quran 36: 67 ~

يَس

Yaa Seen  
Yaa Seen

~ Hold the Seen letter for **six** counts ~

وَالْقُرْآنِ الْحَكِيمِ

Wal Qur'aaanil Hakeem  
By the wisdom of the Qur'an

إِنَّكَ لَمِنَ الْمُرْسَلِينَ

Innaka Laminal Mursaleen  
Indeed, you are of the messengers

عَلَىٰ صِرَاطٍ مُسْتَقِيمٍ

Alaa Siraatim Mustaqeem  
Upon a straight path

تَنْزِيلَ الْعَزِيزِ الرَّحِيمِ

Tanzeelal Azeezir Raheem  
A revelation of the Almighty, the Merciful

لِتُنذِرَ قَوْمًا مَّا أُنذِرَ آبَاؤُهُمْ فَهُمْ غَافِلُونَ

Li Tundhira Qawmam Maaa Undhira Aabaaa Uhum Fa Hum Ghaafiloon  
So that you might warn a people whose forefathers were never  
warned, and thus they are heedless

لَقَدْ حَقَّ الْقَوْلُ عَلَى أَكْثَرِهِمْ فَهُمْ لَا يُؤْمِنُونَ

La Qad Haqqal Qawlu Alaa Ak'tharihim Fa Hum La Yu'minoon  
*The word has has been proved true by most of them, yet they will not believe*

إِنَّا جَعَلْنَا فِي أَعْنَاقِهِمْ أَغْلَالًا فَهِيَ إِلَى الْأَذْقَانِ فَهُمْ مُقْمَحُونَ

Innaa Ja'alnaa Fee Aa' Naaqihim Aghlaalan Fa Hiya  
Ilal Adhqaani Fa Hum Muq'mahoon  
*Verily, we have placed shackles around their necks, reaching  
to their chins, so their heads are forced up*

وَجَعَلْنَا مِنْ بَيْنِ أَيْدِيهِمْ سَدًّا وَمِنْ خَلْفِهِمْ سَدًّا فَأَغْشَيْنَاهُمْ فَهُمْ لَا يُبْصِرُونَ

Wa Ja'alnaa Min Bayni Aydeehim Saddaw Wa Min Khal'fihim  
Saddan Fa'agh Shaynaa Hoom Fa Hum La Yubsiroon  
*And We have placed a barrier before them, and a barrier behind them,  
and enshrouded them, so that they cannot see*

~ Quran 36: 1-9 ~

شَاهَتِ الْوُجُوهُ ◦ شَاهَتِ الْوُجُوهُ ◦ شَاهَتِ الْوُجُوهُ

Shaahatil WujooH ♦ Shaahatil WujooH ♦ Shaahatil WujooH  
*Disfigured be those faces ♦ Disfigured be those faces  
Disfigured be those faces*

When reciting the **FIRST** شَاهَتِ الْوُجُوهُ  
**Turn** your **head** to the **right**

When reciting the **SECOND** شَاهَتِ الْوُجُوهُ  
**Turn** your **head** to the **front**

When reciting the **THIRD** شَاهَتِ الْوُجُوهُ  
**Turn** your **head** to the **left**

**Note:** Respect the **space** of the person if there is someone on your **right**, in **front**,  
o,r to the **left** of you, by **looking down** when turning in that direction  
If there is **no one** in your space, look **entirely** to the **right**, **front** and **left**  
You may keep your **eyes shut** or **down**

وَعَنْتِ الْوُجُوهُ لِلْحَيِّ الْقَيُّومِ وَقَدْ خَابَ مَنْ حَمَلَ ظُلْمًا

Wa Anatil WujooHu Lil Hayyil Qayyoomi Wa Qad Khaaba Man Hamala Dhulmaa  
And faces shall be humbled before the Eternal Living, the All Sustaining;  
while whoever bears wrongdoing shall have failed

~ Quran 20: 111 ~

طس ◦ حم ◦ عسق

Taa Seen ◦ Haa Meeem ◦ Ayyyn Seen Qaaaf  
~ Hold **aaa** and **yyy** for **six** counts. Hold **aa** for **two** counts ~  
~ Quran 27: 1 | 42: 1-2 ~

مَرَجَالْبَحْرَيْنِ يَلْتَقِيَانِ ◦ بَيْنَهُمَا بَرْزَخٌ لَا يَبْغِيَانِ

Marajal Bah'rayni Yaltaqiyaani ◦ Baynahumaa Barzakhul Laa Yab'ghiyaan  
He released the two seas that come together  
Between them is a barrier they do not cross

~ Quran 55: 19-20 ~

حَم ◦ حَم ◦ حَم ◦ حَم ◦ حَم ◦ حَم ◦ حَم

Ha Meeem ◦ Ha Meeem ◦ Ha Meeem ◦ Ha Meeem  
Ha Meeem ◦ Ha Meeem ◦ Ha Meeem

Say Haa Meeem **six** times **turning** to the **right** and **forward**,  
**upwards** and **downwards**, **left** and **behind**, saying internally

“By Allah, all **evil** and **catastrophe** coming from these **six** directions is **erased**.  
By the **Barakah** of these letters, **good** comes from the six directions.”  
Say Haa Meeem the **seventh** time on your **breath** into your **upraised hands**,  
and then **pass them across** your **face**

At the same time, **image** Haa Meeem **written** in **light**  
**within** and **across** your **heart** from **right** to **left**

**Note:** This first paragraph symbolize the **six** directions of space that pertain to the  
**primordial man** or the **Khalifatullaah Fil Ardh**

حُمَّ الْأَمْرُ وَجَاءَ النَّصْرُ فَعَلَيْنَا لَا يُنْصَرُونَ

Hum'mal Amru Wajaaa'an Nasru Fa Alaynaa Laa Yunsaroon  
*The matter is decreed,  
the victory came, and against us,  
they shall not be victorious*

حَمْ ۝ تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْعَلِيمِ

Haa Meeem  
Tanzeelul Kitabi Minal Laahil Azeezil Aleem  
*Haa Meeem  
The revelation of the Book from Allah,  
The Almighty, The All Knowing  
~ Quran 41: 1-2 ~*

غَافِرِ الذَّنْبِ وَقَابِلِ التَّوْبِ شَدِيدِ الْعِقَابِ ذِي الطَّوْلِ

Ghafiridh Dhanbi Wa Qaabilit Tawbi  
Shadeedil Iqaabi Dhit Tawl  
*Forgiver of sins, Acceptor of penitance,  
Terrible in punishment,  
Infinite in bounty*

لَا إِلَهَ إِلَّا هُوَ إِلَيْهِ الْمَصِيرُ

Laaa Ilaaha Illaa Huwa Ilayhil Maseer  
*No Divinity excep Him; unto Him is the  
final homecoming  
~Quran 40: 3 ~*



بِسْمِ اللَّهِ بَابُنَا

Bismillaahi Baabunaa

*In the name of Allah is our door*

Imagine that you're **opening** a **door** or **gate** from your **heart** with your **hands**  
As you **open** the '**door**', **visualize** the **name** of **Bismillaah** and extend  
your **open** palms up in **line** with your **heart** or **face** for **Dua**



تَبَارَكَ حِيطَانُنَا

Tabaaraka Hitaanunaa

*Bless our walls*

**Turn** your palms **inward**, then **simultaneously** move your hands **up** and **down**  
visualizing that you're making a **wall** to the **right** and **left** of you



يَسْ سَقْفُنَا

Ya Seen Saq'funaa

*Ya Seen our roof*

Bring your hands **above** your **head** and make a **triangle** with both hands,  
your **finger tips** touching, to represent a **roof**



## كَهَيْعَصَ كِفَايَتُنَا

Kaaaf Haa Yaa Ayyyn Saaawd Kifaayatunaa  
*Kaaaf Haa Yaa Ayyyn Saaawd our sufficiency*

\*\*\* Return to your heart \*\*\*

With your **right** hand when reciting:

**Kaaaf**, put your **thumb** on your **pinky** finger ♦ **Haa**, put your **thumb** on your **ring** finger  
**Yaa**, put your **thumb** on your **middle** finger ♦ **Ayyyn**, put your **thumb** on your **index** finger  
**Saaawd**, bring your **fist** to a **close** ♦ Then **recite Kifaayatunaa**



## حَمَّ عَسَقَ حَيَاتُنَا

Haa Meeem Ayyyn Seen Qaaaf Himaayatunaa  
*Haa Meeem Ayyyn Seen Qaaaf our protection*

With your **right** hand recite:

**Haa**, **open** and **extend** your **pinky** finger ♦ **Meeem**, **open** and **extend** your **ring** finger  
**Yaa**, **open** and **extend** your **middle** finger ♦ **Ayyyn**, **open** and **extend** your **index** finger  
**Saaawd**, your **hand** is now **open**



As you **recite Himaayatunaa**, **cross** your hands **over** your **chest** and **shoulders** resembling a **self hug**, and humbly **bow** your **head** in **submission** to **Divine Presence**



فَسَيَكْفِيكَهُمُ اللَّهُ وَهُوَ السَّمِيعُ الْعَلِيمُ ۝٣

Fasayak Feekahumul Laahu Wa Huwas Samee'ul Aleem 3x

*Allah will suffice you against them, and He is the  
All Hearing, the All Knowing*

~ Quran 2: 137 ~

سِتْرُ الْعَرْشِ مَسْبُورٌ عَلَيْنَا ۝ وَعَيْنُ اللَّهِ نَاطِرَةٌ إِلَيْنَا

بِحَوْلِ اللَّهِ لَا يُقَدَّرُ عَلَيْنَا

Sitrul Arshi Masboolun Alaynaa

Wa Aynul Laahi Naadhiratun Ilaynaa

Bi Hawlil Laahi Laa Yuq'daru Alaynaa

*The veil of the Throne has been dropped over us*

*The eye of Allah is gazing upon us*

*By the power of Allah none shall overcome us*

وَاللَّهُ مِنْ وَرَائِهِمْ مُحِيطٌ

Wal Laahu Min Waraaa'ihim Muheet

*And Allah encompasses them from behind*

~ Quran 85: 20 ~

بَلْ هُوَ قُرْآنٌ مَجِيدٌ ۝ فِي لَوْحٍ مَحْفُوظٍ

Bal Huwa Qur'aanum Majeed

Fee Lowhim Mah'fooz

*Nay, it is a noble recitation*

*In a guarded tablet*

~ Quran 85: 21-22 ~

فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ الرَّاحِمِينَ ۝۳

Fal Laahu Khayrun Haafidhan Wa Huwa Ar'hamur Rahimeen 3x  
For Allah is best Protector, and He is the Most Merciful of the merciful  
~ Quran 12: 64 ~

*Whilst reciting أَرْحَمُ الرَّاحِمِينَ, make your personal prayer or Dua in your heart for your particular need without pausing or stopping*

إِنَّ وَلِيَّيَ اللَّهِ الَّذِي نَزَّلَ الْكِتَابَ وَهُوَ يَتَوَلَّى الصَّالِحِينَ ۝۳

Inna Waliyyiyal Laahul Ladhee Naz'zalat Kitaaba  
Wa Huwa Yatawal'las Saaliheen 3x  
Verily, Allah is my Patron, He who revealed down the Book;  
and He looks after the righteous  
~ Quran 7: 196 ~

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ ۝۳

Hasbeeyal Laahu Laa Ilaaha Illaa Huwa Alayhi Tawakkaltu  
Wa Huwa Rabbul Arshil Adheem 3x  
Allah is sufficient for me, there is no Divinity but He; on Him I rely,  
and He is Lord of the Mighty Throne  
~ Quran 9: 129 ~

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ ۝۳

Bismillaahil Ladhee La Yadurru Ma'asmih Shay'un Fil Ardi  
Wa Laa Fis Samaaa'i Wa Huwas  
Samee Ul Aleem 3x

*In the name of Allah, against whose Name nothing can cause  
harm on the earth nor the sky; and He is the  
All Hearing, the All Knowing*

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ ۝۳

A'udhoobi Kalimaatil Laahit Taam'maati Min Sharri Maa Khalaq 3x

*I seek refuge in the Perfect Words of Allah from the evil  
of that which He has created*

وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ۝۳

Wa Laa Hawla Wa Laa Quwwata Illaa Billaahil Aliyyil Adheem 3x

*And there is no power and no strength, except with Allah,  
The High, The Exalted*

وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ تَسْلِيمًا كَثِيرًا

Wa Sallaallahu Alaa Sayyidina Muhammaddin Wa Alaa Aalihi  
Wa Saah'bihi Wa Sallim Tasleeman Katheera

*And mercy and blessing on our master Mohammad, his family  
and his companions, and greet him with an  
abundant and endless greeting*

وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Wal Hamdulillaahi Rabbil Aalameen

*And praise be to Allah, the Lord of the Worlds*

نَصْرٌ مِّنَ اللَّهِ وَفَتْحٌ قَرِيبٌ

Nasrum Minal Laahi Wa Fat'hun Qareeb  
*Help is from Allah and Victory is Near*

وَبَشِّرِ الْمُؤْمِنِينَ

Wa Bash Shiril Mu'mineen  
*Give good news to the believers*

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ

Huwal Awwalu Wal Aakhiru Wadh Dhaahiru Wal Baatin  
*He is the First and the Last, and the Outward and the Inward*

وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

Wa Huwa Bi Kulli Shay'in Aleem  
*And He is Knower of all things*

لَيْسَ كَمِثْلِهِ شَيْءٌ وَهُوَ السَّمِيعُ الْبَصِيرُ

Laisa Kamithlihi Shay'un Wahuwas Samee'ul Baseeru  
*There is nothing like Him, for He alone is the  
All Hearing, All Seeing*

نِعْمَ الْمَوْلَىٰ وَنِعْمَ النَّصِيرُ

Nimal Mawla Wa Niman Naseer  
*Excellent is the Protector, and excellent is the Helper*

غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

Ghufraanaka Rabbanaa Wa Ilaykal Maseer

*We seek Your forgiveness, our Lord!*

*And to You alone is the final return*

*Pause... make your personal prayer & Dua*

وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

Wal Hamdulillaahi Rabbil Aalameen

*And praise be to Allah, the Lord of the Worlds*

~ Quran 37: 182 ~

