

Du'ās for Developing a Good Memory

Introduction

Many of our students face the challenge of remembering what they read. They often ask for supplications and Quranic verses that can help to develop a good memory.

Here below, we suggest a few supplications, sūras and verses from the Holy Quran which our esteemed teachers in Islamic seminaries have been practicing for long.

We pray to the Almighty to grant *tanfīq* (Divine success) to our youth and elders in following these recitations and retaining what they study.

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1) Before you read something that you want to retain, recite this Du'ā:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ * اللَّهُمَّ صَلِّ عَلَيَّ
 مُحَمَّدٍ وَآلِ مُحَمَّدٍ * اللَّهُمَّ أَخْرِجْنَا مِنْ ظُلُمَاتِ
 الْوَهْمِ، وَأَكْرِمْنَا بِنُورِ الْفَهْمِ. اللَّهُمَّ افْتَحْ عَلَيْنَا
 أَبْوَابَ رَحْمَتِكَ، وَاَنْشُرْ عَلَيْنَا خَزَائِنَ عُلُومِكَ.
 بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

*In the name of Allah, the Beneficent, the Merciful. O Allah, bless Muhammad and the family of Muhammad¹. O Allah: remove from us the darkness of doubt (and error) and favor us with the light of understanding. O Allah: open for us the doors of Your mercy and unfold for us the treasures of Your knowledge. O Allah, bless Muhammad and the family of Muhammad². (Qummī, *Al-Bāqiyāt al-Sālihāt*).*

¹ Reciting *Bismillah* . . . and *salawāt* before a Du'ā is part of its etiquette.

² According to Hadith, it is recommended to begin and end a supplication with *salawāt*.

2) Recite the following Quranic verse regularly.

لِنَجْعَلَهَا لَكُمْ تَذْكِرَةً وَتَعِيَهَا أُذُنٌ وَاعِيَةٌ

Q 69:12 *That We might make it for you a reminder and that receptive ears might remember it.*

3) The Holy Prophet (s) taught the following supplication to Amīrul Mu'minīn Ali ibn Abī Tālib 'alayhis-salām for strengthening the memory. Recite it at the end of every prayer.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ * اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
وَأَلِ مُحَمَّدٍ * سُبْحَانَ مَنْ لَا يَعْتَدِي عَلَى أَهْلِ
مَمْلَكَتِهِ، سُبْحَانَ مَنْ لَا يَأْخُذُ أَهْلَ الْأَرْضِ
بِأَلْوَانِ الْعَذَابِ، سُبْحَانَ الرَّؤُوفِ الرَّحِيمِ. اللَّهُمَّ
اجْعَلْ لِي فِي قَلْبِي نُورًا وَبَصَرًا وَفَهْمًا وَ
عِلْمًا، إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

In the name of Allah, the Beneficent, the Merciful. O Allah, bless Muhammad and the family of Muhammad. ¹Glory be to Him who does not oppress the inhabitants of His kingdom. Glory be to Him who does not seize the earth's

inhabitants with various kinds of punishment (that they deserve). ²Glory be to the All-gracious and the All-merciful. ³O God, place in my heart light, insight, understanding and knowledge. Surely, You have power over all things. (*Mafātih al-Jinān*, Tr. Ali Quli Qarai, 1:64)

4) Recitation of Sūrat al-A'lā (chapter 87 of the Quran) is auspicious based on a number of phrases contained in verses number 1,3,6,9 and 19 (al-Shahīd al-Thānī, *Desire of the Aspirant*, p. 131, ICAS). Try to recite the sūra at least once every day.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ . سَبِّحْ اسْمَ رَبِّكَ
 الْأَعْلَى 1 الَّذِي خَلَقَ فَسَوَّى 2 وَالَّذِي قَدَّرَ
 فَهَدَى 3 وَالَّذِي أَخْرَجَ الْمَرْعَى 4 فَجَعَلَهُ غُثَاءً
 أَحْوَى 5 سُنُقِرُكَ فَلَآ تُنْسَى 6 إِلَّا مَا شَاءَ
 اللَّهُ ۚ إِنَّهُ يَعْلَمُ الْجَهْرَ وَمَا يَخْفَى 7 وَنُيَسِّرُكَ
 لِلْيُسْرَى 8 فَذَكِّرْ ۚ إِنَّ نَفْعَ الدُّكْرِى 9 سَيَذَكِّرُ
 مَنْ يَخْشَى 10 وَيَتَجَنَّبُهَا الْأَشْقَى 11 الَّذِي
 يَصَلَّى النَّارَ الْكُبْرَى 12 ثُمَّ لَا يَمُوتُ فِيهَا وَلَا

يَحْيَىٰ 13 قَدْ أَفْلَحَ مَنْ تَزَكَّىٰ 14 وَذَكَرَ اسْمَ رَبِّهِ
 فَصَلَّىٰ 15 بَلْ تُؤْثِرُونَ الْحَيَاةَ الدُّنْيَا 16 وَالْآخِرَةَ
 خَيْرٌ وَأَبْقَىٰ 17 إِنَّ هَذَا لَفِي الصُّحُفِ الْأُولَىٰ
 18 صُحُفِ إِبْرَاهِيمَ وَمُوسَىٰ 19

In the Name of Allah, the All-beneficent, the All-merciful. Celebrate the Name of your Lord, the Most Exalted, 1 who created and proportioned, 2 who determined and guided, 3 who brought forth the pasture 4 and then turned it into a black scum. 5 We shall have you recite [the Quran], then you will not forget [any of it] 6 except what Allah may wish. Indeed, He knows the open and what is hidden. 7 And We shall ease you into facility. 8 So admonish, for admonition is indeed beneficial: 9 he who fears [God] will take admonition, 10 and the most wretched will shun it 11—he who will enter the Great Fire, 12 then he will neither live in it, nor die. 13 Felicitous is he who purifies himself, 14 celebrates the Name of his Lord, and prays. 15 But you prefer the life of this world, 16 while the Hereafter is better and more lasting.’ 17 This is indeed in the former scriptures, 18 the scriptures of Abraham and Moses. 19.

Quran translation by Ali Quli Qarai.