Dua quoted from Misbah al-Mutahajjid:

O Allah! verily, I lack acquaintance with the place of my sustenance; rather, I am seeking it owing to ideas that come upon my mind. I consequently wander in countries searching for it. By doing such, I am as confused as the confounded, since I do not know whether my sustenance lies in a plain, on a mountain, on the ground, in the air, or in the water. and even on the wings of birds. and even in my skin, and even in the night and by day; and from the evil of the transgressors of the right path.

2. Recite 2 Rak'ats Nafilah Recommended after Isha, while in sitting position. It is preferable to recite Surah al-Fatihah and Surah al-Waqiah (No. 56) in the first unit and Surah al-Fatihah and Surah al-Tawhid in the second.

3. Recite "I seek protection with the Honour of Allah; I seek protection with the Might of Allah: I seek protection with the forgiveness of Allah I seek protection with the mercy of Allah: I seek protection with the Authority of Allah who is All Powerful over everything: I seek protection with the Grace of Allah: and I seek protection with All-Prevalent Allah from the evil of every insolent tyrant and the despised Devil, every Killer, thief and every one approaching (to harm); and from the evil of the poisonous (animals), Vermin's and those causing in-jury; and from the evil of every animal, whether small or big, by night and by day; and from the evil of the transgressors of Arabs and non-Arabs; and of loose-conduct from among them; and from the evil of the transgressors from among the genil and men; and from the evil of every animal Thou takest by its fore-lock: indeed my Lord is on the right path."
5. Imam Mohammed Taqi (a.s.) has said recite Sura Mulk 7 times .. after this say the following prayer:

O Allah, O Lord of the seven skies and whatever they shade, Lord of the seven layers of the earth and whatever they carry, Lord of the devils and whatever they mislead, and Lord of the winds and whatever they winnow!
O Allah, O Lord of all things, God of all things, and Possessor of all things!
You are Allah, the Omnipotent over all things. You are Allah the Foremost; there is thus nothing before You. You are the Last; there is thus nothing after You. You are the Ascendant; there is thus nothing above You. You are the Inward; there is thus nothing concealed from You.
O Lord of Gabriel, Michael, and Seraph!
O God of Abraham, Ishmael, Isaac, Jacob, and the Tribes!
I beseech You to send blessings upon Muhammad and the Household of Muhammad, to oversee me with Your mercy and not to give any of Your creatures power over me that I cannot stand.
O Allah, I am endearing myself to You; so (please) endear me to the others, create affection for me among people, and keep me sound from the evil of the devils of jinn and men.
O Lord of the Worlds, and bless Muhammad and his Household.