

## Supplications for Childbirth and Newborn Extract from Tohfatul Hashmiya

### Supplication for getting a child

Imam as-Sadiq (a.s.) said: If one of you is having delay in getting an issue you must recite:

اللَّهُمَّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ وَحَيْدًا وَحَشًّا فَيَقْصُرُ شُكْرِي عَنْ تَفَكُّرِي، بَلْ هَبْ لِي عَاقِبَةً صِدْقٍ ذُكُورًا وَإِنَاثًا أَنْسَ بِهِمْ فِي الْوَحْدَةِ وَأَسْكُنْ إِلَيْهِمْ مِنَ الْوَحْدَةِ وَأَشْكُرْكَ عِنْدَ تَمَامِ النِّعْمَةِ، يَا وَهَّابُ يَا عَظِيمُ فِي كُلِّ عَافِيَةٍ شُكْرًا حَتَّى تُبَلِّغَنِي مِنْهَا رِضْوَانَكَ فِي صِدْقِ الْحَدِيثِ وَأَدَاءِ الْأَمَانَةِ وَوَفَاءِ بِالْعَهْدِ.

ALLAAHUMMA LAA TAZARNEE FARDAN WA ANTA KHAYRUL WAARESEENA WAHEEDAN WAHSHAN FAYAQSORO SHUKREE A'N TAFAKKOREE BAL HAB LEE A'AQEBATA S'IDQIN ZOKOORAN WA ENAASAN AANASO BEHIM FIL WAHDATE WA ASKONO ELAYHIM MENAL WAHDATE WA ASHKOROKA I'NDA TAMAAMIN NE'MAH. YAA WAHHAABO YAA A'ZEEMO FEE KULLE A'AFEYATIN SHUKRAN HATTAA TUBLAGHANEE MINHAA RIZWAANAKA FEE SIDQIL HADEESE WA ADAA-IL AMAANATE WA WAFAA-E BIL-A'HD.

**O Allah do not keep me alone while You are the best of the inheritors. I am alone and terrified due to the loneliness. This worry has reduced my thankfulness to You. Give me true peace in the form of a boy or a girl so that by becoming attached to him or her my terror is removed and through which my solitude ends and that I may be thankful to You for the completion of this bounty. O the Bestower, O Mighty! After that bestow me such Tawfeeq that I am thankful for every peace. So that by this I obtain Your pleasure for my truthfulness, thankfulness and fulfillment of oaths.<sup>1</sup>**

### Another supplication for getting a child

It is narrated from Abi Abdullah (a.s.): One who desires that his wife become pregnant then he should recite two units (rakats) of Prayer after Friday prayer and in the prayer he should prolong the bowings and prostrations. Then he should recite:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِمَا سَأَلَك بِهِ زَكَرِيَّا يَا رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ اللَّهُمَّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ، اللَّهُمَّ بِاسْمِكَ اسْتَحَلَلْتُهَا وَفِي أَمَانَتِكَ أَخَذْتُهَا فَإِنْ قَضَيْتَ فِي رَحْمَتِهَا وَلَدًا فَاجْعَلْهُ غَلَامًا مَبَارَكًا وَلَا تَجْعَلْ لِلشَّيْطَانِ فِيهِ شَرًّا وَلَا نَصِيبًا.

ALLAAHUMMA INNEE AS-ALOKA BEMAA SA-ALAKA BEHI ZAKARIYYAA YAA RABBE LAA TAZARNEE FARDANW WA ANTA KHAYRUL WAARESEEN. ALLAAHUMMA HABLEE MIN LADUNKA ZURRIYYATAN TAYYEBATAN INNAKA SAMEEU'D DOA'A. ALLAAHUMMA BISMEKAS TAHLALTOHAA WA FEE AMAANTEKA AKHAZTOHAA FA-IN QAZAYTA FEE RAHMEHAA WALADAN FAJ-A'LHO GHOLAAMAN MOBAARAKAN WA LAA TAJ-A'L LISH-SHAYTAANE FEEHE SHARAKAN WA LAA NASEEBAA.

<sup>1</sup> *Hilyatul Muttaqeen*, Ash-Shaykh al-Majlisi, p. 197

**O Allah, indeed I ask You by that through which Zakaria asked You. That is he said: O My Lord! Leave me not alone and Thou art the best of inheritors. O Allah, grant me from Thee good offspring: surely Thou art the Hearer of prayer. O Allah by Your Pure name I have taken this woman as lawful for myself and taken her as a trust from You. If You have decreed to conceive a child in her womb, then make him a blessed boy and do not make Satan a partner or a shareholder in him.<sup>2</sup>**

Imam Zainul Abideen (a.s.) advised some of his companions to recite the following for getting a child:

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ وَاجْعَلْ لِي مِنْ لَدُنْكَ وَلِيًّا يَرْثُنِي فِي حَيَاتِي وَيَسْتَغْفِرْ لِي بَعْدَ مَوْتِي  
وَاجْعَلْهُ خَلْقًا سَوِيًّا وَلَا تَجْعَلْ لِلشَّيْطَانِ فِيهِ نَصِيبًا، اللَّهُمَّ إِنِّي أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ إِنَّكَ أَنْتَ  
الْغَفُورُ الرَّحِيمُ.

RABBE LAA TAZARNEE FARDANW WA ANTA KHAYRUL WAARESEENA WAJ-A'L LEE MIN LADUNKA WALIYYAN YARESONEE FEE HAYAATEE WA YASTAGHFERO LEE BA'DA MAWTEE WAJ-A'LHO KHALQAN SAWIYYAN WA LAA TAJ-A'L LISH SHAYTAANE FEEHE NAS'EEBAA. ALLAAHUMMA INNEE ASTAGHFEROKA WA ATOOBO ELAYKA INNAKA ANTAL GHAFUORUR RAHEEM.

**O my Lord! Leave me not alone, and Thou art the best of inheritors. And make me from You a successor who would inherit me in my life and seek forgiveness for me after my death. And make him a goodly creation and do not make Satan have a share in him. O Allah, indeed I seek Your forgiveness and turn towards You. Indeed You are the Forgiving, the Merciful.<sup>3</sup>**

It is narrated from Abi Abdullah (a.s.) that he said: A man came to him and said: O son of Allah's messenger, I have eight daughters one after another but no son. So please pray to Allah, the Exalted and the Mighty, that He bestows me a son.

As-Sadiq (a.s.) said: Before you have physical relations with your wife put your right hand on the right of her navel and read the Surah "Inna Anzalnahu fee Lailatul Qadr" (Surah Qadr) seven times. Then have sexual intimacy with your wife; and you would obtain pleasing results. (She would become pregnant) When the pregnancy becomes apparent, when it is night put your right hand on the right side of the navel and recite Surah Qadr seven times.

The man said: I did thus and I got seven boys one after other and others also did it similarly and they were also bestowed male children.<sup>4</sup>

From *Tibbul Aaimma* from Sulaiman Al-Jawzi from Shaykh Madayani from Zurarah from Abi Ja'far (a.s.) that he said: I was in the group of Hisham bin Abdul Malik and I was issueless till I was suffocating, till the time he had a servant and a lot of wealth but no children. So we came to Abu Ja'far (a.s.) who said: Has Hisham sent you to me? Let me teach you a supplication so that you get a child.

He said: Yes, then he went to Hisham and his need was fulfilled. When he became free, the

<sup>2</sup> *Hilyatul Muttaqeen*, Ash-Shaykh al-Majlisi, p. 197

<sup>3</sup> *Hilyatul Muttaqeen*, Ash-Shaykh al-Majlisi, p. 200

<sup>4</sup> *Hilyatul Muttaqeen*, Ash-Shaykh al-Majlisi, p. 200

servant said to him: May I be sacrificed for you, the supplication that you have said, would you teach it to me?

He said: Yes, so recite everyday in the morning and at night: Subh'aan Allaah (Glory be to Allah) 70 times and seek Allah's forgiveness ten times, and praise Him 9 times and end it the tenth time with seeking forgiveness, according to the words of Allah:

فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا ﴿١٥﴾ يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ﴿١٦﴾ وَيُمْدِدْكُمْ بِأَمْوَالٍ وَبَنِينَ  
وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا ﴿١٧﴾

FAQULTUS TAGHFEROO RABBAKUM, INNAHU KAANA GHAFFAARAA. YURSELIS SAMAA-A A'LAYKUM MIDRAARAA. WA YUMDIDKUM BE-AMWAALINW WA BANEENA WA YAJ-A'L LAKUM JANNAATINW WA YAJ-A'L LAKUM ANHAARAA.

**Then I said: Ask forgiveness of your Lord, surely He is the most Forgiving: He will send down upon you the cloud, pouring down abundance of rain: And help you with wealth and sons, and make for you gardens, and make for you rivers.**<sup>5</sup>

Then the servant said that he got many children and after that he brought gifts for Abu Ja'far and Abi Abdullah (a.s.): Sulaiman said: Then I recited it while I had married my uncle's daughter and was as yet childless. I taught it to my wife and she got a child. And the woman claimed that whenever she wanted to become pregnant she could do so by this; and she taught it to other issueless people and subsequently they got many children.<sup>6</sup>

## Desire for childbirth

A person complained to as-Sadiq (a.s.) that he had many daughters. He said: Before having physical relations put your right hand on the navel of the woman and recite Surah Qadr seven times. When the pregnancy becomes apparent, get up in the middle of the night and place your right hand on the right of her navel and recite Surah Qadr seven times again. So he did as instructed and he got seven sons one after the other and others also who acted upon this got many male issues.<sup>7</sup>

## Supplication for getting a child

It is narrated regarding Ali bin Husain (a.s.) that he said to some of his companions to recite the following for getting a child:

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ وَاجْعَلْ لِي مِنْ لَدُنْكَ وَلِيًّا رُبِّي فِي حَيَاتِي وَيَسْتَغْفِرْ لِي بَعْدَ مَوْتِي  
وَاجْعَلْهُ خَلْقًا سَوِيًّا وَلَا تَجْعَلْ لِلشَّيْطَانِ فِيهِ شَرَّكَاءَ وَلَا نَصِيْبًا، اللَّهُمَّ إِنِّي أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ إِنَّكَ  
أَنْتَ الْغَفُورُ الرَّحِيمُ.

RABBE LAA TAZARNEE FARDANW WA ANTA KHAYRUL WAARESEENA WAJ-A'L LEE MIN LADUNKA WALIYYAN YARESONEE FEE HAYAATEE WA YASTAGHFERO LEE BA'DA MAWTEE WAJ-A'LHO KHALQAN

<sup>5</sup> Surah Nuh 71:10-12

<sup>6</sup> Makaaremul Akhlaaq, Ash-Shaykh Tabarsi, p. 224

<sup>7</sup> Tibbul Aaimmah, As-Sayyid Shubbar, p. 419

SAWIYYAN WA LAA TAJ-A'L LISH SHAYTAANE FEEHE SHARAKAN WA LAA NAS'EEBAA. ALLAAHUMMA INNEE ASTAGHFEROKA WA ATOOBO ELAYKA INNAKA ANTAL GHAFOORUR RAHEEM.

**O my Lord! Leave me not alone and You are the best of the inheritors. And appoint for me from You a successor who would do good to me during my life and seek forgiveness for me after I died. And make him a goodly creation and do not make Satan a partner or shareholder in him. O Allah indeed I seek Your forgiveness and turn towards You. Indeed You are Forgiving, Merciful.**

Recite it 70 times. Then those who recited this supplication much, Allah gave them what they desired from wealth and children and the good of the world and the Hereafter. For Allah has said:

فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا ﴿١٥﴾ يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ﴿١٦﴾ وَيُمْدِدْكُمْ بِأَمْوَالٍ وَبَنِينَ  
وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا ﴿١٧﴾

FAQULTUS TAGHFEROO RABBAKUM, INNAHU KAANA GHAFFAARAA. YURSELIS SAMAA-A A'LAYKUM MIDRAARAA. WA YUMDIDKUM BE-AMWAALINW WA BANEENA WA YAJ-A'L LAKUM JANNAATINW WA YAJ-A'L LAKUM ANHAARAA.

**Then I said, Ask forgiveness of your Lord, surely He is the most Forgiving: He will send down upon you the cloud, pouring down abundance of rain: And help you with wealth and sons, and make for you gardens, and make for you rivers.**<sup>8</sup>

### For a male child

It is narrated from Sulaiman bin Ja'far al-Jufi from Abu Ja'far, the first, Muhammad al-Baqir bin Ali bin al-Husain bin Ali (a.s.) that a man complained to him of lack of children from bondmaids and free women, but it was not granted to him and he was now sixty years old. He (al-Baqir) said: For three days after your obligatory evening prayer (Isha) and after morning prayers, recite:

سُبْحَانَ اللَّهِ

SUBHAANAL LAAH

Glory be to Allah

seventy times:

أَسْتَغْفِرُ اللَّهَ

ASTAGHFERUL LAAH

**I ask for forgiveness from Allah**

seventy times; and end it with the statement of Allah, the Mighty and Sublime:

فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا ﴿١٥﴾ يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ﴿١٦﴾ وَيُمْدِدْكُمْ بِأَمْوَالٍ وَبَنِينَ  
وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا ﴿١٧﴾

FAQULTUS TAGHFEROO RABBAKUM, INNAHU KAANA GHAFFAARAA. YURSELIS SAMAA-A A'LAYKUM

<sup>8</sup> Surah Nuh 71:10-12

MIDRAARAA. WA YUMDIDKUM BE-AMWAALINW WA BANEENA WA YAJ-A'L LAKUM JANNAATINW WA YAJ-A'L LAKUM ANHAARAA.

**Then I said: Ask forgiveness of your Lord, surely He is the most Forgiving: He will send down upon you the cloud, pouring down abundance of rain: And help you with wealth and sons, and make for you gardens, and make for you rivers.**<sup>9</sup>

Then establish physical relations with your wife on the third night and you will be blessed, Allah willing, with a healthy boy. He (the man) said: I did that and the year was not over that I was blessed with a child.<sup>10</sup>

## For children

It is mentioned in the manuscript of Shaykh Bahai (q.s.) that for a woman who is barren, someone who is Mahram for her, may write on the right side of her belly the verses mentioned below. It is of proven effect and 900 women have found it effective. Before it is done take a black fat kid, which is defectless and not less than six months old. It should be slaughtered at a place with a ceiling (not under the open sky) and feed the cooked meat to 40 believers. Then she will get children, by the help of Allah, and the grace of these verses. The letters of the following verses should be written separately:

ولوانقراناسيرتبهالجبالاقطعتبهالارضاولكلمبهالموتى  
بلللهاالامرجمىعاولوانقراناسيرتبهالجبالاقطعتبهالارضاولكللمبهالموتى  
بَلِّغُوا إِلَهُكُمْ بِمِثْلِهَا

WA LAW ANNA QUR-AANAN SUYYERAT BEHIL JEBAALO AW QUTTEA'T BEHIL ARZO AW KULLEMA BEHIL MAWTAA BAL LILLAHLIL AMRO JAMEEA'A.

**“And even if there were a Quran with which the mountains were made to pass away, or the earth were traveled over with it, or the dead were made to speak thereby; nay! the commandment is wholly Allah’s.”<sup>11</sup>**

Write the letters of the verses separately.<sup>12</sup>

## Supplication for difficulty in childbirth

For a woman having difficulty in childbirth the following supplication should be recited on a bowl full of water, three times, and she must drink from it and it should also be sprinkled between her shoulders and chest. She will deliver by the leave of Allah. The supplication is as follows:

بِسْمِ اللَّهِ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَكِيمُ الْكَرِيمُ، سُبْحَانَ اللَّهِ رَبِّ السَّمَوَاتِ وَرَبِّ الْعَرْشِ الْعَظِيمِ، الْحَمْدُ لِلَّهِ  
رَبِّ الْعَالَمِينَ، كَاتِبُهُمْ يَوْمَ يَرُونَهَا لَمْ يَلْبَسُوا إِلَّا عَشِيَّةً أَوْ ضُحَاهَا كَاتِبُهُمْ يَوْمَ يَرُونَ مَا يُوعَدُونَ لَمْ

<sup>9</sup> Surah Nuh 71:10-12

<sup>10</sup> Mujarribat al-Imamiya, p. 141

<sup>11</sup> Surah Ra'ad 13:31

<sup>12</sup> *Tibbul Aaimmah*, As-Sayyid Shubbar, p. 129

يَلْبَسُوا إِلَّا سَاعَةً مِّنْ نَّهَارٍ بَلَاغٌ فَعَلَّ بِهَذَا الْقَوْمِ الْفَاسِقُونَ وَصَلَّى اللَّهُ عَلَى مُحَمَّدٍ وَآلِهِ أَجْمَعِينَ.

BISMIL LAAHIL LAZEE LAA ELAAHA ILLAA HOWAL HALEEMUL KAREEM. SUB-HANAL LAAHE RABBIS SAMAAWAATE WA RABBIL A'RSHIL A'ZEEM. ALHAMDO LILLAAHE RABBIL A'ALAMEEN. KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AWZOHAHAA. KA-ANNAHUM YAWMA YARAWNA MAA YOOA'DOONA LAM YALBASOO ILLAA SAA-A'TAM MIN NAHAARIN BALAAGHUN FAHAL YOHLAKO ILLAL QAWMUL FAASEQOON. WA SALLAL LAAHO A'LAA MOHAMMADIN WA AALEHI AJMAE'EN.

**In the name of Allah, the One except Whom there is no god, the Forbearing, the Kind. Glory be to Allah, the Lord of the heavens and the Lord of the great throne (Arsh). Praise be to Allah the Lord of the worlds. 'On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it.' 'On the day that they shall see what they are promised they shall be as if they had not tarried save an hour of the day. A sufficient exposition! Shall then any be destroyed save the transgressing people?' And may Allah bless Muhammad and all his progeny.**<sup>13</sup>

### **Another supplication for difficulty in childbirth**

It is narrated from as-Sadiq (a.s.): Write for the woman who is having difficulty in childbirth – on a skin or paper:

اللَّهُمَّ يَا فَارِجَ الْهَمِّ، وَكَاشِفَ الْغَمِّ، وَرَحْمَنَ الدُّنْيَا وَالْآخِرَةِ وَرَحِيمَهُمَا، اِرْحَمْ، فَلَانَةَ بِنْتِ فَلَانَةَ رَحْمَةً تُغْنِيهَا بِهَا عَنْ رَحْمَةِ جَمِيعِ خَلْقِكَ، تُفْرِجْ بِهَا كُرْبَتَهَا وَتَكْشِفْ بِهَا غَمَّهَا وَتَيْسِّرْ وِلَادَتَهَا وَقْضَى بَيْنَهُمْ بِالْحَقِّ وَهُمْ لَا يُظْلَمُونَ وَقِيلَ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.

ALLAAHUMMA YAA FAAREJAL HAMME WA KAASHEFAL GHAMME WA RAHMAANUD DUNYAA WAL AAKHERATE WA RAHEEMAHOMAA IRHAM FOLAANATA BINTE FOLAANATIN RAHMATAN TUGHNEEHAA BEHAA A'N RAHMATE JAMEE-E' KHALQEK. TOFARREJO BEHAA KURBATAHAA WA TAKSHEFO BEHAA GHAMMAHAA WA TOYASSERA WELAADATAHAA WA QOZEE BAYNAHUM BILHAQOE WA HUM LAA YUZLAMOONA WA QEELAL HAMDO LILLAAHE RABBIL A'ALAMEEN.

**O Allah, O easer of sorrow, and remover of grief, the Beneficent of the world and the Hereafter and their Merciful. Have mercy on so and so daughter of so and so with such a mercy that she becomes needless of the mercy of all Your creation. Ease for her, her afflictions and remove from her, her grief and make easy her delivery and judgment between them would be with truth and they would not be dealt with unjustly and it was said: Praise be to Allah, the Lord of the worlds.**<sup>14</sup>

### **For ease in childbirth**

It is narrated from Jabir bin Yazid Jufi that a man came to Muhammad bin Ali al-Baqir (a.s.) and said: O son of the Messenger of Allah, help me! He (al-Baqir) said: What is it? He replied: My wife is on the threshold of death from the severity of labor pains. He said: 'Go and read over her':

<sup>13</sup> *Tibbul Aaimmah*, As-Sayyid Shubbar, p. 419

<sup>14</sup> *Makaarem ul Akhlaaq*, Ash-Shaykh Tabarsi, p. 409

فَاجَاءَهَا الْمَخَاضُ إِلَى جُدْعِ النَّخْلَةِ ۖ قَالَتْ يَلَيْتَنِي مِتُّ قَبْلَ هَذَا وَكُنْتُ نَسِيًّا مَّنْسِيًّا ﴿٣٤﴾ فَتَادِيهَا مِنْ  
تَحْتِهَا إِلَّا تَحْزَنِي قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا ﴿٣٥﴾ وَهَزِيحِي إِلَيْكِ بِجُدْعِ النَّخْلَةِ تُسْقِطُ عَلَيْكَ رَطْبًا جَدِيًّا ﴿٣٥﴾

FA-AJAA-AHAL MAKHAAZO ELAA JIZ-I'N NAKHLAH, QAALAT YAALAHYTANEE MITTO QABLA HAAZAA WA KUNTO NASYAM MANSIYYAA. FANAADAAHA MIN TAHTHA ALLAA TAHZANEE QAD JA-A'LA RABBOKE TAHTAKE SARIYYAA. WA HUZZEE ELAYKE BEJIZ-I'N NAKHLATE TOSAAQIT A'LAYKE ROTABAN JANIYYAA.

**And the throes (of childbirth) compelled her to betake herself to the trunk of a palm tree. She said: Oh, would that I had died before this, and had been a thing quite forgotten! Then (the child) called out to her from beneath her: Grieve not, surely your Lord has made a stream to flow beneath you; And shake towards you the trunk of the palm tree, it will drop on you fresh ripe dates.**<sup>15</sup>

Then raise your voice with this verse:

وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا ۖ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۗ لَعَلَّكُمْ  
تَشْكُرُونَ ﴿٤٠﴾

WAL LAAHO AKHRAJAKUM MIM BOTOONE UMMHAATEKUM LAA TA'LAMOONA SHAY-ANW WA JA-A'LA LAKOMUS SAM-A' WAL ABSAARA WAL AF-EDATA, LA-A'LLAKUM TASHKOROON.

**And Allah has brought you forth from the wombs of your mothers-you did not know anything- and He gave you hearing and sight and hearts that you may give thanks.**<sup>16</sup>

Thus come out, O labor pains, Allah, the Exalted, willing. She will recover immediately, with Allah, the Exalted's help.<sup>17</sup>

Additionally, write on the back of the paper the following verses:

كَأَنَّهُمْ يَوْمَ يَرُونَ مَا يُوْعَدُونَ ۖ لَمْ يَلْبَثُوا إِلَّا سَاعَةً مِّنْ نَّهَارٍ ۗ بَلِغْ ۗ فَهَلْ يَهْلِكُ إِلَّا الْقَوْمُ الْفَاسِقُونَ.  
كَأَنَّهُمْ يَوْمَ يَرُونَ مَا يُوْعَدُونَ ۖ لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًى.

KA-ANNAHUM YAWMA YARAWNA MAA YOOA'DOONA LAM YALBASOO ILLAA SAA-A'TAM MIN NAHAAR, BALAAGH, FAHAL YOHLAKO ILLAL QAWMUL FAASEQOON. KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AW ZOHAHAHA.

**On the day that they shall see what they are promised they shall be as if they had not tarried save an hour of the day. A sufficient exposition! Shall then any be destroyed save the transgressing people?<sup>18</sup> On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it.**<sup>19</sup>

<sup>15</sup> Surah Maryam 19:23-25

<sup>16</sup> Surah Nahl 16:78

<sup>17</sup> *Hilyatul Muttaqeen*, Ash-Shaykh al-Majlisi, p. 204

<sup>18</sup> Surah Ahqaaf 46:35

<sup>19</sup> Surah Naziyat 79:46

Fasten the paper on her middle and when her child is born do not leave it on for an instant.<sup>20</sup>

## When the woman is in Labor

It is narrated from Abi Abdullah (a.s.) that he said: When the woman is in labor, write for her on a skin:

كَأَنَّهُمْ يَوْمَ يَرُونَ مَا يُوعَدُونَ ۖ لَمْ يَلْبَثُوا إِلَّا سَاعَةً مِّن مَّهَارٍ ۚ كَأَنَّهُمْ يَوْمَ يَرُونَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًى.

KA-ANNAHUM YAWMA YARAWNA MAA YOOA'DOONA LAM YALBASOO ILLAA SAA-A'TAM MIN NAHAAR.  
KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AW ZOHAHAHA.

**On the day that they shall see what they are promised they shall be as if they had not tarried save an hour of the day.<sup>21</sup> On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it.<sup>22</sup>**

إِذْ قَالَتِ امْرَأَتُ عِمْرَانَ رَبِّ إِنِّي نَذَرْتُ لَكَ مَا فِي بَطْنِي مُحَرَّرًا

IZ QAALATIM RA-ATO I'MRAANA RABBE INNEE NAZARTO LAKA MAA FEE BATNEE MOHARRARAN.

**When a woman of Imran said: My Lord! Surely I vow to Thee what is in my womb, to be devoted (to Thy service).<sup>23</sup>**

Then sew it with a thread and tie it on her right thigh. When she has given birth, remove it<sup>24, 25</sup>.

From Jabir that he said: Go and recite the following on her:

فَاجَاءَهَا الْمَخَاضُ إِلَى جِدْعِ النَّخْلَةِ ۖ قَالَتْ يَلَيْتَنِي مِتُّ قَبْلَ هَذَا وَكُنْتُ نَسِيًّا مِّنْ نَّسِيًّا ۗ فَتَادَهَا مِنْ تَحْتِهَا إِلَّا تَحْزَنِي قَدْ جَعَلَ رَبُّكِ تَحْتَكِ سَرِيًّا ۗ وَهَزَّجِي إِلَيْكِ بِجِدْعِ النَّخْلَةِ تُسْقِطُ عَلَيْكِ رُطَبًا جَنِيًّا ۗ

FA-AJAA-AHAL MAKHAAZO ELAA JIZ-I'N NAKHLAH, QAALAT YAALAHYTANEE MITTO QABLA HAAZAA WA KUNTO NASYAM MANSIYYAA. FANAADAAHA MIN TAHTHA ALLAA TAHZANEE QAD JA-A'LA RABBOKE TAHTAKE SARIYYAA. WA HUZZEE ELAYKE BEJIZ-I'N NAKHLATE TOSAAQIT A'LAYKE ROTABAN JANIYYAA.

**And the throes (of childbirth) compelled her to betake herself to the trunk of a palm tree. She said: Oh, would that I had died before this, and had been a thing quite forgotten! Then (the child) called out to her from beneath her: Grieve not, surely your Lord has made a stream to flow beneath you; And shake towards you the trunk of the palm tree, it will drop**

<sup>20</sup> Hilyatul Muttaqeen, Ash-Shaykh al-Majlisi, p. 205

<sup>21</sup> Surah Ahqaaf 46:35

<sup>22</sup> Surah Naziyat 79:46

<sup>23</sup> Surah Aale Imran 3:35

<sup>24</sup> Surah Maryam 19:23-25

<sup>25</sup> Hilyatul Muttaqeen, Ash-Shaykh al-Majlisi



on you fresh ripe dates.<sup>26</sup>

The raise your voice with these verses:

وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا ۖ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۗ لَعَلَّكُمْ  
تَشْكُرُونَ ﴿٥٧﴾

WAL LAAHO AKHRAJAKUM MIM BOTOONE UMMAHAATEKUM LAA TA'LAMOONA SHAY-ANW WA JA-A'LA  
LAKOMUS SAM-A' WAL ABSAARA WAL AF-EDATA, LA-A'LLAKUM TASHKORON.

**And Allah has brought you forth from the wombs of your mothers- you did not know anything-and He gave you hearing and sight and hearts that you may give thanks.<sup>27</sup>**

Thus come out, O labor pains, Allah the exalted, willing, she will recover immediately, with Allah, the Exalted's help.

It is narrated from Abi Ja'far (a.s.) that he said: If a woman experiences difficulty during childbirth, write these verses for her in a clean vessel with musk and saffron. Then wash it out with well-water and have the woman drink from it and sprinkle her belly and genitals. She will give birth at once:

كَأَنَّهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًى.

KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AW ZOHAHAHA.

**On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it.<sup>28</sup>**

فَاصْبِرْ كَمَا صَبَرَ أُولُو الْعَزْمِ مِنَ الرُّسُلِ وَلَا تَسْتَعْجِلْ لَهُمْ ۗ كَأَنَّهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا  
إِلَّا سَاعَةً مِّنْ نَّهَارٍ ۗ بَلِّغْ ۗ فَهَلْ يَهْلِكُ إِلَّا الْقَوْمُ الْفَاسِقُونَ ﴿٥٨﴾

FASBIR KAMAA SABARA OOLUL A'ZME MENAR ROSOLE WA TAS-TA'JAL LAHUM, KA-ANNAHUM YAWMA  
YARAWNA MAA YOOA'DOONA LAM YALBASOO ILLAA SAA-A'TAM MIN NAHAAR, BALAAGH, FAHAL  
YOHLAKO ILLAL QAWMUL FAASEQOON.

**Therefore bear up patiently as did the apostles endowed with constancy bear up with patience and do not seek to hasten for them (their doom). On the day that they shall see what they are promised they shall be as if they had not tarried save an hour of the day. A sufficient exposition! Shall then any be destroyed save the transgressing people?<sup>29</sup>**

لَقَدْ كَانَ فِي قَصصِهِمْ عِبْرَةٌ لِأُولِي الْأَلْبَابِ ۗ مَا كَانَ حَدِيثًا يُفْتَرَىٰ وَلَكِن تَصْدِيقَ الَّذِي بَيْنَ يَدَيْهِ  
وَتَفْصِيلَ كُلِّ شَيْءٍ وَهُدًى وَرَحْمَةً لِّقَوْمٍ يُؤْمِنُونَ ﴿٥٩﴾

<sup>26</sup> Surah Maryam 19:23-25

<sup>27</sup> Surah Nahl 16:78

<sup>28</sup> Surah Naziyat 79:46

<sup>29</sup> Surah Ahqaf 46:35

LAQAD KAANA FEE QASASEHIM I'BRATUL LE-OOLIL ALBAAB, MAA KAANA HADEESANY YUFTARAA WA LAAKIN TASDEEQAL LAZEE BAYNA YADAYHE WA TAFSEELA KULLE SHAY-INW WA HODANW WA RAHMATAL LEQAWMINY YOA-MENOON.

**In their histories there is certainly a lesson for men of understanding. It is not a narrative which could be forged, but a verification of what is before it and a distinct explanation of all things and a guide and a mercy to a people who believe.<sup>30</sup>**

From as-Sadiq (a.s.) that he said: Write these verses on a paper for the pregnant woman when she has entered her month (for delivery). She will not be afflicted with labor pains or difficulty at childbirth. Wrap a strip (of paper) lightly around the paper and do not tie it. Write:

أَوَلَمْ يَرَ الَّذِينَ كَفَرُوا أَنَّ السَّمَوَاتِ وَالْأَرْضَ كَانَتَا رَتْقًا فَفَتَقْنَاهُمَا ط وَجَعَلْنَا مِنَ الْمَاءِ كُلَّ شَيْءٍ حَيٍّ ط  
أَفَلَا يُؤْمِنُونَ ﴿٣٠﴾

AWA LAM YARAL LAZEENA KAFAROO ANNAS SAMAAWAATE WAL ARZA KANATAA RATQAN FAFATAQNAAHOMAA, WA JA-A'LNAA MENAL MAA-E KULLA SHAY-IN HAYY, AFALAA YOA-MENOON.

**Do not those who disbelieve see that the heavens and the earth were closed up, but We have opened them; and We have made of water everything living, will they not then believe?<sup>31</sup>**

وَآيَةٌ لَهُمُ اللَّيْلُ ۖ نَسْلَخُ مِنْهُ النَّهَارَ فَإِذَا هُمْ مُظْلِمُونَ ﴿٣١﴾ وَالشَّمْسُ تَجْرِي لِمُسْتَقَرٍّ لَهَا ۖ ذَلِكَ تَقْدِيرُ الْعَزِيزِ الْعَلِيمِ ﴿٣٢﴾ وَالْقَمَرَ قَدَرْنَاهُ مَنَازِلَ حَتَّىٰ عَادَ كَالْعُرْجُونِ الْقَدِيمِ ﴿٣٣﴾ لَا الشَّمْسُ يَنْبَغِي لَهَا أَنْ تُدْرِكَ الْقَمَرَ وَلَا اللَّيْلُ سَابِقُ النَّهَارِ ط وَكُلٌّ فِي فَلَكٍ يَسْبَحُونَ ﴿٣٤﴾ وَآيَةٌ لَهُمُ أَنَّا حَمَلْنَا ذُرِّيَّتَهُمْ فِي الْفُلِكِ الْمَشْحُونِ ﴿٣٥﴾ وَخَلَقْنَا لَهُمْ مِنْ مِثْلِهِ مَا يَرْكَبُونَ ﴿٣٦﴾ وَإِنْ نَشَأْ نُغْرِقْهُمْ فَلَا صَرِيحَ لَهُمْ وَلَا هُمْ يُنْقَذُونَ ﴿٣٧﴾  
إِلَّا رَحْمَةً مِنَّا وَمَتَاعًا إِلَىٰ حِينٍ ﴿٣٨﴾

WA AAYAATUL LAHOMUL LAYLO, NASLAKHO MINHUN NAHAARA FA-EZAA HUM MUZLEMOON. WASH SHAMSO TAJREE LEMUSTAQARRIL LAHAA, ZAALEKA TAQDEERUL A'ZEEZIL A'LEEM. WAL QAMARA QADDARNAHO MANAAZELA HATTAA A'ADA KAL-U'RJOONIL QADEEM. LASH SHAMSO YAMBAGHEE LAHAA AN TUDREKAL QAMARA WA LAL LAYLO SAABEQUN NAHAAR, WA KULLUN FEE FALAKINY YASBAHOON. WA AAYAATUL LAHUM ANNAA HAMALNAA ZURRIYATAHUM FIL FULKIL MASH-HOON. WA KHALAQNA LAHUM MIM MISLEHI MAA YARKABOON. WA IN NASHAA NUGHRIQHUM FALAA SAREEKHA LAHUM WA LAA HUM YUNQAZOON. ILLAA RAHMATAM MINNAA WA MATAA-A'N ELAA HEEN.

**And a sign to them is the night: We draw forth from it the day, then lo! they are in the dark; And the sun runs on to a term appointed for it; that is the ordinance of the Mighty, the Knowing. And (as for) the moon, We have ordained for it stages till it becomes again as an old dry palm branch. Neither is it allowable to the sun that it should overtake the moon, nor can the night outstrip the day; and all float on in a sphere. And a sign to them is that We bear their offspring in the laden ship. And We have created for them the like of it, what they will ride on. And if We please, We can drown them, then there shall be no succorer for**

<sup>30</sup> Surah Yusuf 12:111

<sup>31</sup> Surah Anbiya 21:30

them, nor shall they be rescued, But (by) mercy from Us and for enjoyment till a time.<sup>32</sup>

وَنُفِخَ فِي الصُّورِ فَإِذَا هُمْ مِنَ الْأَجْدَاثِ إِلَىٰ رَبِّهِمْ يَنْسِلُونَ ﴿٥١﴾

WA NOFEKHA FISSOORE FA-EZAA HUM MENAL AJDAASE ELAA RABBEHIM YANSELOON.

And the trumpet shall be blown, when lo! from their graves they shall hasten on to their Lord.<sup>33</sup>

Write these verses on the back of the paper:

فَاصْبِرْ كَمَا صَبَرَ أُولُو الْعَزْمِ مِنَ الرُّسُلِ وَلَا تَسْتَعْجِلْ لَهُمْ ۚ كَانَتْهُمْ يَوْمَ يَرَوْنَ مَا يُوعَدُونَ ۗ لَمْ يَلْبَثُوا إِلَّا سَاعَةً مِّنْ نَّهَارٍ ۚ بَلَّغْ ۗ فَهَلْ يَهْلِكُ إِلَّا الْقَوْمُ الْفَاسِقُونَ ﴿٣٥﴾

FASBIR KAMAA SABARA OOLUL A'ZME MENAR ROSOLE WA TAS-TA'JAL LAHUM, KA-ANNAHUM YAWMA YARAWNA MAA YOOA'DOONA LAM YALBASOO ILLAA SAA-A'TAM MIN NAHAAR, BALAAGH, FAHAL YOHLAKO ILLAL QAWMUL FAASEQOON.

Therefore bear up patiently as did the apostles endowed with constancy bear up with patience and do not seek to hasten for them (their doom). On the day that they shall see what they are promised they shall be as if they had not tarried save an hour of the day. A sufficient exposition! Shall then any be destroyed save the transgressing people?<sup>34</sup>

كَانَتْهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًى.

KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AW ZOHAHAHA.

On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it.

Fasten the paper on her middle and when her child is born do not leave it on for an instant.<sup>35</sup>

### For difficulty in childbirth

Write on a paper after Bismillah (In the name of Allah):

كَانَتْهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًى.

KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AW ZOHAHAHA.

On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it.<sup>36</sup>

إِذْ قَالَتِ امْرَأَتُ عِمْرَانَ رَبِّ إِنِّي نَذَرْتُ لَكَ مَا فِي بَطْنِي مُحَرَّرًا فَتَقَبَّلْ مِنِّي ۗ إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ ﴿٣٥﴾

<sup>32</sup> Surah Yasin 36:37-44

<sup>33</sup> Surah Yasin 36:51

<sup>34</sup> Surah Ahqaf 46:35

<sup>35</sup> *Behaarul Anwaar*, Vol. 101, p. 118

<sup>36</sup> Surah Naziyat 79:46

IZ QAALATIM RA-ATO I'MRAANA RABBE INNEE NAZARTO LAKA MAA FEE BATNEE MOHARRARAN FA-TAQABBAL MINNEE, INNAKA ANTAS SAMEE-U'L A'LEEM.

**When a woman of Imran said: My Lord! Surely I vow to Thee what is in my womb, to be devoted (to Thy service); accept therefore from me, surely Thou art the Hearing, the Knowing.<sup>37</sup>**

Then tie it to her right thigh and when she has given birth, remove it.<sup>38</sup>

### **For Nifas (Bleeding after delivery)**

Ibne Arabi has mentioned that the following should be written on a new and pure vessel and wash with it her face and give her to drink from it:

لَا إِلَهَ إِلَّا اللَّهُ الْحَلِيمُ الْكَرِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ السَّبْعِ وَرَبُّ الْعَرْشِ الْعَظِيمِ. كَأَنَّهُمْ يَوْمَ  
يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًى. لَمْ يَلْبَثُوا إِلَّا سَاعَةً مِّنْ يَّوْمٍ

LAA ELAAHA ILLAL LAAHUL HALEEMUL KAREEM, LAA ELAAHA ILLAL LAAHO RABBUS SAMAWAATIS SAB-E' WA RABBUL A'RSHIL A'ZEEM. KA-ANNAHUM YAWMA YARAWNAHAA LAM YALBASOO ILLAA A'SHIYYATAN AW ZOHAHAHA. LAM YALBASOO ILLAA SAA-A'TAM MIN NAHAAR.

**There is no god except Allah, the forbearing the kind. There is no god except Allah, the Lord of the seven heavens and the Lord of the great throne (Arsh) "On the day that they see it, it will be as though they had not tarried but the latter part of a day or the early part of it. They had not tarried save an hour of the day"**

Discomfort of post-natal bleeding will be eased.<sup>39</sup>

### **For difficulty in childbirth**

From Jabir that he said: A man came to Aba Ja'far (a.s.) and said: O Son of Allah's Messenger, help me. He (Abu Ja'far) said: What is the problem? He replied: My wife is on the verge of death due to the severity of labor pains.

He said: Go and read upon her:

فَاجَاءَهَا الْمَغَاضُ إِلَى جِدْعِ النَّخْلَةِ ۖ قَالَتْ يَلَيْتَنِي مِثُّ قَبْلِ هَذَا وَكُنْتُ نَسِيًّا مَّنْسِيًّا ﴿٣٣﴾ فَتَادَهَا مِنْ  
تَحْتِهَا إِلَّا تَحْزَنِي قَدْ جَعَلَ رَبُّكَ تَحْتِكَ سَرِيًّا ﴿٣٤﴾ وَهَرَّجَى إِلَيْكَ بِجِدْعِ النَّخْلَةِ تُسْقِطُ عَلَيْكَ رُطْبًا جَدِيًّا ﴿٣٥﴾

FA-AJAA-AHAL MAKHAAZO ELAA JIZ-I'N NAKHLAH, QAALAT YAALAHYTANEE MITTO QABLA HAAZAA WA KUNTO NASYAM MANSIYYAA. FANAADAHA MIN TAHTHA ALLAA TAHZANEE QAD JA-A'LA RABBOKE TAHTAKE SARIYYAA. WA HUZZEE ELAYKE BEJIZ-I'N NAKHLATE TOSAAQIT A'LAYKE ROTABAN JANIYYAA.

**And the throes (of childbirth) compelled her to betake herself to the trunk of a palm tree. She said: Oh, would that I had died before this, and had been a thing quite forgotten! Then**

<sup>37</sup> Surah Aale Imran 3:35

<sup>38</sup> *Hadaiq al-Uns*, As-Sayyid Zanjani, p. 223

<sup>39</sup> *Hadaiq al-Uns*, p. 213

(the child) called out to her from beneath her: Grieve not, surely your Lord has made a stream to flow beneath you; And shake towards you the trunk of the palm tree, it will drop on you fresh ripe dates:

Then raise your voice with the verse:

وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا ۖ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ ۗ لَعَلَّكُمْ تَشْكُرُونَ ﴿٤٠﴾

WAL LAAHO AKHRAJAKUM MIM BOTOONE UMMHAATEKUM LAA TA'LAMOONA SHAY-ANW WA JA-A'LA LAKOMUS SAM-A' WAL ABSAARA WAL AF-EDATA, LA-A'LLAKUM TASHKORON.

And Allah has brought you forth from the wombs of your mothers- you did not know anything and He gave you hearing and sight and hearts that you may give thanks.<sup>40</sup>

### For Preventing miscarriage

From the book, *Ighthatul Mazloom fi Kashfe Asrarul Ulum*: Write for her in an amulet and make her wear it:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. إِنَّ اللَّهَ يُمَسِّكُ السَّمَوَاتِ وَالْأَرْضَ أَنْ تَزُولَا. كَذَلِكَ أَمَسَّكَتِكَ يَا وَلَدَ فُلَانَةَ بِنْتِ فُلَانَةٍ بِأَنْ تَعْرِفَ مَقَرَّكَ وَ مُسْتَوْدَعَكَ بِاللَّهِ الَّذِي لَهُ مَا سَكَنَ فِي اللَّيْلِ وَالنَّهَارِ وَهُوَ السَّمِيعُ الْعَلِيمُ.

BISMIL LAAHIR RAHMAANIR RAHEEM. INNAL LAAHA YUMSEKUS SAMAAWAATE WAL ARZA ANTAZOOLAA KAZAALEKA AMSAKTOKA YAA WILDA FOLAANATA BINTE FOLAANAH. BE-AN TA'REFA MAQARRAKA WA MUSTAWDA-A'KA BILLAAHIL LAZEE LAHU MAA SAKANA FIL LAYLE WAN NAHAARE WA HOWAS SAMEEU'L A'LEEM.

In the name of Allah, the Beneficent, the Merciful. Indeed Allah had stopped the heavens and the earth from falling down. In the same way you have been stopped O child of so and so daughter or so and so, so that you are recognized in your position and you are supplicated about from Allah, the One who has settled in the night and the day and He is the hearing, the knowing.

Also write:

أُسْكُنْ بِجَلَالِ اللَّهِ بِجَلَالِ اللَّهِ

USKUN BEJALAALIL LAAHE BEJALAALIL LAAH

Stop, by the majesty of Allah, by the majesty of Allah.

Say the following three times,

أُسْكُنْ يَا وَلَدَ فُلَانَةَ بِنْتِ فُلَانَةٍ بِاللَّهِ الَّذِي أَسْلَمَ لَهُ مَنْ فِي السَّمَوَاتِ وَالْأَرْضِ طَوْعًا أَوْ كَرْهًا وَإِلَيْهِ

<sup>40</sup> *Tibbul Aaimmah*, As-Sayyid Shubbar, p. 428

تُرْجَعُونَ وَلَبِثُوا فِي كَهْفِهِمْ ثَلَاثَ مِائَةٍ سِنِينَ وَازْدَادُوا تِسْعًا وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.

USKUN YAA WILDA FOLAANATA BINTE FOLAANATIN BILLAAHIL LAZEE ASLAMA LAHU MAN FISSAMAWAATE WAL ARZE TAWA'N AW KARHAN WA ELAYHE TURJAOONA WA LABESOO FEE KAHFEHIM SALAASA ME-ATA SENEENA WAZ DAADOO TISA'N WA LAA HAWLA WA LAA QUWWATA ILLAA BILLAAHIL A'LIYYIL A'ZEEM.

**Stop! O child of so and so daughter of so and so by Allah, the One for Whom submit all those who are in the heavens and the earth willingly or unwillingly and to Him they return and they remained in their cave for 300 years and increased it by nine (309 years). And there is no power and might except by Allah, the Exalted and the Mighty.**

### For miscarriage

Write the following in an amulet and make the woman wear it to prevent miscarriage of her fetus: Surah Fatiha and:

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ سُلَالَةٍ مِنْ طِينٍ ۝ ثُمَّ جَعَلْنَاهُ نُطْفَةً فِي قَرَارٍ مَكِينٍ ۝ ثُمَّ خَلَقْنَا النُّطْفَةَ عَلَقَةً فَخَلَقْنَا الْعَلَقَةَ مُضْغَةً فَخَلَقْنَا الْمُضْغَةَ عِظْمًا فَكَسَوْنَا الْعِظْمَ لَحْمًا ۝ ثُمَّ أَنْشَأْنَاهُ خَلْقًا آخَرَ ۝ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ ۝ أَمْسَكْتُ وَلَدَ فُلَانَةَ بِنْتِ فُلَانَةٍ بِاللَّهِ الَّذِي يُمَسِّكُ السَّمَاءَ أَنْ تَقَعَ عَلَى الْأَرْضِ إِلَّا بِإِذْنِهِ وَبِقُدْرَةِ اللَّهِ الَّذِي يُمَسِّكُ السَّمَوَاتِ أَنْ تَزُولَا.

WA LAQAD KHALAQNAL INSAANA MIN SOLAALATIM MIN TEEN. SUMMA JA-A'LNA AHO NUTFATAN FEE QARAARIM MAKEEN. SUMMA KHALAQNAL NUTFATA A'LAQATAN FAKHALAQNAL A'LAQATA MUZGHATAN FAKHALAQNAL MUZGHATA E'ZAAMAN FAKASAWNAL E'ZAAMA LAHMA, SUMMA ANSHAA-NAAHO KHALQAN AAKHAR. FATABAARAKAL LAAHO AHSANUL KHAALQEEN. AMSAKTO WILDA FOLAANATA BINTE FOLAANATIN BILLAAHIL LAZEE YUMSEKUS SAMAA-A ANTAQA-A' A'LAL ARZE ILLAA BE-IZNEH. WA BEQUDRATIL LAAHIL LAZEE YUMSEKUS SAMAAWAATO AN TAZOOLAA.

And certainly We created man of an extract of clay. Then We made him a small seed in a firm resting-place. Then We made the seed a clot, then We made the clot a lump of flesh, then We made (in) the lump of flesh bones, then We clothed the bones with flesh, then We caused it to grow into another creation, so blessed be Allah, the best of the creators.<sup>41</sup> I stop the child of so and so, daughter of so and so, by Allah, the One who “He withholds the heaven from falling on the earth except with His permission;” and by the power of Allah, “the One Who upholds the heavens and the earth lest they come to naught.”

### For increase in breast milk

Write on three pieces of barley bread for three days and give one piece to the woman daily on an empty stomach.

فَقُلْنَا اضْرِبْ بِعَصَاكَ الْحَجَرَ ۖ فَانفَجرت مِنْهُ اثْنَتَا عَشْرَةَ عَيْنًا. وَفَجَّرْنَا الْأَرْضَ عُيُونًا فَالْتَقَى الْمَاءُ عَلَى أَمْرٍ قَدْ قُدِرَ. فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ ۖ إِنَّهُ كَانَ غَفَّارًا ۝ يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ۝ كَذَلِكَ تَدْرُ

<sup>41</sup> Surah Mominoon 23:12-14

هَذِهِ الْمَرْأَةُ خَالِصًا سَائِعًا لِلشَّارِبِينَ وَصَلَّى اللهُ عَلَى سَيِّدِنَا مُحَمَّدٍ النَّبِيِّ صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ وَ  
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.

FAQULNAZ RIB BE-A'SAAKAL HAJAR, FANFAJARAT MINHUS NATAA A'SHRATA A'YNAA. WA FAJJARNAL ARZA O'YOONAN FALTAQAL MAA-O A'LAAMRIN QAD QODER. FAQULTUS TAGHFEROO RABBAKUM INNAHU KAANA GHAFFAARAA. YURSELIS SAMAA-A A'LAYKUM MIDRAARAA. KAZAALEKA TADURRO HAAZEHIL MAR-ATO LABANAN KHAALASAN SAA-EGHAN LISH-SHAAREBEEN WA SALLAL LAAHO A'LAAM SAYYEDENAA MOHAMMADIN NABIYYE SALLAL LAAHO A'LAYHE WA AALEHI WA SALLAM WA LAA HAWLA WA LAA QUWWATA ILLAA BIL-LAAHIL A'LIYYIL A'ZEEM.

**We said: Strike the rock with your staff. So there gushed from it twelve springs.<sup>42</sup> And We made water to flow forth in the land in springs, so the water gathered together according to a measure already ordained.<sup>43</sup> Then I said: Ask forgiveness of your Lord, surely He is the most Forgiving: He will send down upon you the cloud, pouring down abundance of rain.<sup>44</sup> In this way increase the breast milk of this woman and make it pure and enough for those who nurse at her. May Allah bless our chief, Muhammad the Prophet (s.a.w.a.) and there is no Power and Strength, except by Allah, the Exalted and the Mighty.<sup>45</sup>**

### For lack of Breast milk

Write this supplication and mix it in water then ask her to drink it:

فِيهَا أَنْهَرُ مِنْ مَاءٍ غَيْرِ أَيْسِنٍ ۖ وَأَنْهَرُ مِنْ لَبَنٍ لَمْ يَتَغَيَّرْ طَعْمُهُ ۖ وَأَنْهَرُ مِنْ عَسَلٍ مُصَفًّى

FEEHAA ANHAARUM MIM MAAA-IN GHAYRE AASEN, WA ANHAARUM MIL LABANIL LAM YATAGHAYYAR TA'MOH, WA ANHAARUM MIN A'SALIM MOSAFFAN.

**Therein are rivers of water that does not alter, and rivers of milk the taste whereof does not change and rivers of drink delicious to those who drink, and rivers of honey clarified.<sup>46</sup>**

### For purification from Menses

If a woman is at one of the sanctified places and she is having menses and it is not possible for her to stay there without being purified. She should supplicate as follows and she would be purified if Allah wills, and the supplication is as follows. As-Sadiq (a.s.) said: Perform the ritual bath (Ghusl), come to the door and say:

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَنَّكَ أَنْتَ اللهُ الَّذِي لَيْسَ كَمِثْلِكَ شَيْءٌ أَنْ تَفْعَلَ بِي كَذَا وَ كَذَا.

ALLAAHUMMA INNEE AS-ALOKA BE-ANNAKA ANTAL LAAHUL LAZEE LAYSA KAMISLEKA SHAY-UN AN TAF-A'L BEE KAZAA WA KAZAA

**O Allah, indeed I ask You by that You are Allah like Whom there is none. Do for me such and such.**

<sup>42</sup> Surah Baqarah 2:60

<sup>43</sup> Surah Qamar 54:12

<sup>44</sup> Surah Nuh 71:10-11

<sup>45</sup> *Masabih al-Jinaan*, As-Sayyid Abbas al-Husaini al-Kashani, p. 752

<sup>46</sup> *Tibbul Aaimmah*, Abdullah Shubbar, p. 419

Then say at this place:

طَهِّرْنِي مِنَ الْحَيْضِ.

TAHHIRNEE MENAL HAIZ.

### **Purify me from menses.**

Then her female companions or her husband must say “Amen” after her supplication. She will be purified from menses, if Allah wills.<sup>47</sup>

### **Another supplication for stopping menses**

Write these letters on the rear hem of the garment of the woman in menses provided that cloth is ritually pure, and her bleeding will cease by the leave of Allah, the Exalted. The letters are as follows:

احدرس صطع كلم هؤلاء حوطا يحوطا حوطا لوطا لوطا لوطا اطرمنا سلك الدم بحق آدم سحطا  
ورس يصطلق

(Since the above words are just to be written down and they are cryptic words/letters, no translation or transliteration is provided.)<sup>48</sup>

### **The Prayer of a Mother for a Son from Above**

Ali bin Mihran bin al-Walid al-Askari narrated from Muhammad bin Salim from al-Arqat- he was the son of the sister of Abu Abdillah as-Sadiq (a.s.)- who said: I was very ill and my mother sent for my maternal uncle. He came while my mother was outside the door of the house – and she was Umme Salama bin Muhammad bin Ali – saying: Alas, my boy! My uncle saw her and said: Gather your dress around you and go to the roof of the house. Then remove your veil so that you expose your hair to the sky and say:

رَبِّ أَنْتَ أَعْطَيْتَنِيهِ وَأَنْتَ وَهَبْتَهُ لِي اللَّهُمَّ فَاجْعَلْ هَبَّتَكَ الْيَوْمَ جَدِيدَةً إِنَّكَ قَادِرٌ مُقْتَدِرٌ.

RABBE ANTA AA'TAYTANEEHE WA ANTA WAHABTAHU LEE ALLA AHUMMA FAJ-A'L HEBATOKAL YAWMA JADEEDATAN INNAKA QAADERUN MUQTADER.

**My Lord, You gave me to him and You granted him to me. O Allah, renew Your grant today, surely You are Able and Powerful.**

Then prostrate yourself and do not raise your head until your son is restored to health. She heard that and acted on it. He (al-Arqat) said: I rose at once and went out with my maternal uncle to the mosque.<sup>49</sup>

### **Supplication for sleep of the child (Proven)**

Write on a paper and make the child wear it around the neck:

<sup>47</sup> Dairatul Ma'rif ash-Shia, Vol. 9, p. 497, Quoted from Mujarribat al-Imamiya, p. 155

<sup>48</sup> Mafaateehul Jenaan, Vol. 1, Quoted from Ad-Durr al-Maknoon, Mujarribat al-Imamiya, p. 155

<sup>49</sup> Tibbul Aaimmah, Abdullah Shubbar, p. 122



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ بِسْمِ اللَّهِ، وَبِكَلِمَاتِ اللَّهِ التَّامَّاتِ الْمُبَارَكَاتِ، الَّتِي نَامَ بِهَا أَهْلُ الْكَهْفِ وَ  
الرَّقِيمِ اللَّهُ يَتَوَفَّى الْأَنْفُسَ حِينَ مَوْتِهَا وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا فَيُمْسِكُ الَّتِي قَضَىٰ عَلَيْهَا الْمَوْتَ وَ  
يُرْسِلُ الْأُخْرَىٰ إِلَىٰ أَجَلٍ مُّسَمًّى وَتَحْسَبُهُمْ أَيْقَاظًا وَهُمْ رُقُودٌ أَمِنْ هَذَا الْحَدِيثِ تَعْجَبُونَ وَتَضْحَكُونَ وَ  
لَا تَبْكُونَ وَأَنْتُمْ سَامِدُونَ.

BISMIL LAAHIR RAHMAANIR RAHEEM. BISMIL LAAHE WA BEKALEMAATIL LAAHIT TAAAMMAATIL  
MOBAARAKAATIL LATEE NAAMA BEHAA AHLUL KAHFE WAR RAQEEME ALLAAHO YATAWAFFAL  
ANFOSA HEENA MAWTEHAA WAL LATEE LAM TAMUT FEE MANAAMEHAA. FAYUMSEKUL LATEE QAZAA  
A'LAYHAL MAWTA WA YURSELUL UKHRA ELAA AJALIM MOSAMMAA WA TAHSABOHUM AYQAAZAN WA  
HUM ROQOODUN AFAMIN HAAZAL HADEESE TA'JABOONA WA TAZHAKOONA WA LAA TABKOONA WA  
ANTUM SAAMEDOON.

**In the name of Allah, the Beneficent, the Merciful. And by the perfect and blessed words of Allah. With which slept the people of the Cave and the Inscription. Allah takes the souls at the time of their death and those that die not during their sleep. And you might think them awake while they were asleep. Then He withholds those on whom He has passed the decree of death and sends the others back till an appointed term. And will you laugh and not weep? While you are indulging in varieties?<sup>50</sup>**

### **Another cure for a child's sleep**

Write and make the child wear it:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْآنَ خَفَّفَ اللَّهُ عَنْكُمْ وَعَلِمَ أَنَّ فِيكُمْ ضَعْفًا.

BISMIL LAAHIR RAHMAANIR RAHEEM. AL-AANA KHAFFAFAL LAAHO A'NKUM WA A'LEMA ANNA FEEKUM  
ZA'FAA

**In the name of Allah, the Beneficent, the Merciful. For the present Allah has made light your burden, and He knows that there is weakness in you.<sup>51</sup>**

وَخُلِقَ الْإِنْسَانُ ضَعِيفًا

WA KHOLEQAL INSAANO ZAE'EFAA.

...and man is created weak.<sup>52</sup>

وَعَنْتِ الْوُجُوهُ لِلْحَيِّ الْقَيُّومِ وَقَدْ خَابَ مَنْ حَمَلَ ظُلْمًا.

WA A'NATIL WOJOOHO LIL-HAYYIL QAYYOOME WA QAD KHAABA MAN HAMALA ZULMAA.

**And the faces shall be humbled before the Living, the Self-subsistent God, and he who bears iniquity is indeed a failure.<sup>53</sup>**

<sup>50</sup> *Tibbul Aaimmah*, p. 422

<sup>51</sup> Surah Anfal 8:66

<sup>52</sup> Surah Nisa 4:28

<sup>53</sup> Surah Taha 20:111

قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا.

QULNAA YAA NAARU KOONEE BARDANW WA SALAAMAA.

We said: O Fire! Be a comfort and peace.<sup>54</sup>

بِسْمِ اللَّهِ الْعِزُّ وَالْكَبْرِيَاءُ وَالتُّورُ وَصَلَّى اللَّهُ عَلَى مُحَمَّدٍ وَآلِهِ أَجْمَعِينَ.

BISMIL LAAHIL I'ZZO WAL KIBREYAA-O WAN NOORO WA SALLAL LAAHO A'LAH MOHAMMADIN WA AALEHI AJMAE'EN.

In the name of Allah, the Mighty, the Greatness and the effulgence and may Allah bless Muhammad and all his progeny.

### For removing the panic and fear of the child

Recite the Surah Zilzal (Surah: 99)

Then recite these verses:

وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ إِنَّ اللَّهَ بَالِغُ أَمْرِهِ قَدْ جَعَلَ اللَّهُ لِكُلِّ شَيْءٍ قَدْرًا.

WA MANY YATAWAKKAL A'LAL LAAHE FAHOWA HASBOHU INNAL LAAHA BAALEGHO AMREHI QAD JA-A'LAL LAAHO LEKULLE SHAY-IN QADRAA.

And whoever trusts in Allah, He is sufficient for him; surely Allah attains His purpose; Allah indeed has appointed a measure for everything.<sup>55</sup>

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<sup>54</sup> Surah Anbiya 21:69

<sup>55</sup> Surah Talaq 65:3