



وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا
Wa nunazzilu mina al-qurā'ni mā hūwa shifāun wa raḥmatun li'l-muminīna wa lā yazīdu'z-zālimīna illa khasāra

We send down (stage by stage) in the Qur'an that which is a healing and a mercy to those who believe: to the unjust it causes nothing but loss after loss. 17:82

These are the different forms of Dhikr and number of repetitions that Mawlana Shaykh Hisham mentioned in a recent *Suhbat*:

88 times:

اللهم افض علينا من تجليات ملاءكة قدسك او حضرتك
Allāhuma aḥḍ alayna min tajalliyāti malāikati qudsik aw ḥadratik
O Allāh pour on us from the manifestations of the Angels of Your Holy Presence.

اللهم ابعد عنا اشياطين و الابالسة من الانس و الجن
allāhuma aba'd anna as-shayateēn wal abālisa min al-insi wal-jinn
O Allāh, keep far from us satans and devils from humans and jinn.

77 times:

اللهم ارزقنا الجنة
Allāhuma arzuqna al-janna.
O Allāh, grant us Paradise.
[That will manifest in you to enter heaven.]

اللهم اجرنا من النار
Allāhuma ajarnā min an-nār.
O Allāh keep us from the Fire
[that will manifest by not getting you to hellfire.]

75 times:

شكراً لله او الحمد لله

shukran lillāhi OR alḥamdulillāh

Thanks to Allāh OR praise be to Allāh
[that will manifest to you, that thanking to Allāh.]

يا حفيظ

Ya Hafīẓ

O Guardian!

[it will take the affliction away.]

115 times:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً

Rabbanā atinā fi'd-dunyā ḥasanatan

Our Lord! Give us good in this world

[Allāh swt will keep giving you in this goodness in this life and you will never see a difficulty]

وَفِي الآخِرَةِ حَسَنَةً

wa fil-akhirāti ḥasanatan

and good in the Hereafter

[you will receive in the hereafter and you will be in presence of the Prophet]

368 times:

الاهي انت ربنا القادر او القاضي و نحن عبادك العاجزون

ilāhī anta rabbuna al-Qādir wa naḥnu 'ibādik al-'ajizūn

O our God, You are our Lord the All-Powerful and we are Your slaves, the abject weak ones.

[you will be dressed with the manifestation of the power that will manifest on you to carry that from that Beautiful Name al-Qadir.]

102 times:

الصبور

Aṣ-Ṣabūr

The All-patient One

[It will take you out of these difficulties and give you patience.]

811 times:

الايمان

al-imaan
belief

al-'ilm
knowledge

العلم