

The Ten Keys to Relief

A collection of 10 powerful *adhkar* and invocations established from the Qur'an and Sunnah to remove any sort of affliction, difficulty, anxiety, worry and sickness. This is a vital daily regimen (*wird*) to be read daily, especially during the current Coronavirus pandemic.

(Key 1)

Sura Fatiha (The Opener), also known as The Cure and The Sufficer. It ideally be read thrice in the morning and thrice in the evening.

(Key 2)

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allahu Allahu Rabbi la ushriku bihi shay'a

Allah Allah is my Lord. I do not associate anything with Him.

Sayyidah 'A'isha (may Allah be pleased with her) says, "The Messenger of Allah (Allah bless him and give him peace) gathered his household and said, 'When any of you is overcome with sorrow or distress, he should recite [the above]' (*Sahih Ibn Hibban; Al Ihsan, Hadith: 864*)

(Key 3)

لَا إِلَهَ إِلَّا أَنْتَ، سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa Anta subhanaka inni kuntu mina zalimin

None has the right to be worshiped except You, Pure are You. Indeed I was among the wrongdoers (21:87)

The prayer of Yunus (upon him be peace) repenting to Allah in the darkness of the whale's stomach:

(Key 4)

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu wa ni'm al-wakil

Sufficient for us is Allah, and [He is] the best Disposer of affairs" (3:173)

The above statement was the response of the Prophet's companions after the Battle of Uhud had taken place when they were told that the enemy had assembled a the largest force to attack them.

(Key 5)

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

La hawla wala quwwata illa billahil 'aliyyil 'azim

There is no strength nor power except through Allah, Most High, Most Mighty

As mentioned by the Prophet (Allah bless him and give him peace) these words are 'treasure from the treasures of Paradise'.

(Key 6)

Abundance of *Istighfar* (seeking forgiveness), ideally 100 times in the morning and evening.

The advice of the Prophet Nuh (upon him be peace) to his nation was to seek forgiveness for their sins to relieve them from their predicament: "So, I said: Pray to your Lord for your forgiveness, Indeed He is Very-Forgiving, (and if you do so) He will cause the heavens to rain upon you in abundance, and He will help you

with riches and sons, and He will cause gardens to grow for you, and cause rivers to flow for you” (71:10–12).

The Prophet Muhammad (Allah bless him and give him peace) said, “Whoever persists in asking for forgiveness, Allah will grant him relief from every worry, and a way out from every hardship, and will grant him provision (from sources) he could never imagine” (*Sunan Ibn Maja*, 3819)

(Key 7)

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ رَبُّ
الْعَرْشِ الْكَرِيمِ

La ilaha illallahul ‘azimul halim, la ilaha illallahu rabbul ‘arshil ‘azim,
la ilaha illallahu rabbul samawati wa rabbul ardi wa rabbul ‘arshil karim

There is no god but Allah, the August, the Enduring. There is no god but Allah, the Lord of the Great Throne. There is no god but Allah, the Lord of the Heavens and Earth and the Lord of the Throne of Honour.

Sayyiduna ‘Abdullah Ibn ‘Abbas (may Allah be pleased with him) reports that when the Prophet (Allah bless him and give him peace) was distressed he would recite the above prayer.

(Key 8)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،
وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

Allahumma inni a-udhu bika minal-hammi wal-huzn, wa a-udhu bika minal-ajzi wal-kasal, wa a-udhu bika minal-jubni wal-bukhl, wa a-udhu bika min galabatid-dayni wa qahrir-rijal.

O Allah, I seek refuge in You from worry and grief, I seek refuge in You from impotence and laziness, I seek refuge in you from cowardice and miserliness, and I seek refuge in you from overpowering debt and the subduing of men.

(Key 9)

يَا حَيُّ يَا قَيُّوْمُ، لَا إِلَهَ إِلَّا أَنْتَ، بِرَحْمَتِكَ أَسْتَغِيثُ

Ya Hayyyu ya Qayyum, bi rahmatika astaghith
O You the Everlasting and All-Sustainer, none has the right to
be worshiped except You, I fervently call upon Your mercy.

(Key 10)

اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ، وَأَصْلِحْ لِي شَأْنِي كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ

‘Allahumma rahmataka arju, fa la takilni ila nafsi tarfata ‘ayn, wa aslih li sha’ni kullah, la ilaha illa ant’

O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye and rectify for me all my affairs. None has the right to be worshiped except You.

Sayyiduna Abu Bakr (may Allah be pleased with him) reports that the Prophet (Allah bless him and give him peace) said: "The du'a of a distressed person is [the above].

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