

SAFETY FROM ALL FORMS OF CALAMITIES AND VIRUSES/ILLNESSES

including coronavirus, storms, cancer, accidents etc

During testing times
of any kind,

Shaykhul Hadeeth Mawlana
Muhammad Saleem
Dhorat sahib hafizahullah,
advises that we:

Adopt....

1) Tawbah & Istighfār

(repentance and seeking forgiveness)

2) Taqwā (obedience to Allah ﷻ)

3) Du'ā (asking Allah ﷻ)

4) Sadaqah (charity)

5) Sabr (patience)

6) Salāh (5 daily salaah plus
optional salāh too)

7) Dhikr (remembrance of Allah ﷻ)

*Read three times every morning and
evening*

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي

Bismillaahil-ladhi laa yaḍurru ma'asmihi shay'un fil

الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

arḍi wa laa fis-samaa', wa Huwas Samee'ul 'Aleem

*"Whoever recites it three times in the morning will not be
afflicted by any calamity before evening, and whoever recites
it three times in the evening will not be overtaken by any
calamity before morning." (Abu Dawood)*

*Read the following whenever you hear
of someone in difficulty or ill health:*

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ

Alḥamdu lillaahil ladhee 'aafaanee mim-mab talaaka bih,

وَفَضَّلَنِي عَلَى كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا

wa faḍ-ḍalanee 'alaa katheerim mim-man khalaqa tafḍeelaa

*"Whoever sees a person afflicted and reads (above du'a)
then he shall be saved from that affliction for as long
as he lives" (Tirmidhi)*

These seven points have been explained in more
detail in a publication titled 'What to do at the
time of Adversity' which is available to
download at:

www.at-tazkiyah.com

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