

These Surahs should be read three times in the morning & evening, three times after Maghrib and once after every other fardh prayer. The Prophet - SallAllahu alayhi wa sallam - also taught us to read them at night before going to bed.

The two last surahs are also known as al-Muawwidhatin, meaning the two from which one seeks refuge. Ibn ul Qayyim (rh) said "These two chapters are of immense benefit and every single servant is in need of them, and this need is indispensable and essential. They have a potent affect in repressing magic, the evil eye and indeed every form of evil. The need that a servant has of these two chapters is greater than the need he has of rest, food, drink and clothes.

Reciting these verses upon ourselves and our children is one of the best means to attaining protection from the problems surrounding us.

Benefits

The Messenger of Allah - SallAllahu alayhi wa sallam - said: "O Ibn Aabis, shall I tell you about the **best protection** used by those who seek it. He said: Yes, O Messenger of Allah. He(sws) said: "Say, I seek refuge in the Lord of the daybreak." and 'Say, I seek refuge in the Lord of mankind.' It is included in these two surahs." [Abu Dawood]

Aisha(RA) reported that whenever the Prophet - SallAllahu alayhi wa sallam - went to bed every night, he used to cup his hands together and blow over them after reciting surah Al-Ikhlās, Surah Al-Falaq and Surah An-Nas and then rub his hands over whatever parts of his body he was able to rub, starting with his head, face and front of his body. He used to do that three times. [Bukhari]

Al-Bukhaari (6643) narrated from Abu Sa'eed that a man heard another man reciting Qul Huwa Allaahu Ahad and repeating it. The next morning he came to the Messenger of Allaah (peace and blessings of Allaah be upon him) and told him about that. The man thought that it was too little, but the Messenger of Allaah (peace and blessings of Allaah be upon him) said: "By the One in Whose hand is my soul, it is equivalent to **one-third of the Qur'aan.**"

Whoever recites these three Surahs three times in the morning and in the evening, they will **suffice him against everything.** [Abu Dawud, Tirmidhi]

Dua

Surah Al Ikhlas

قُلْ هُوَ اللَّهُ أَحَدٌ ١
اللَّهُ الصَّمَدُ ٢
لَمْ يَكِلِدْ وَلَمْ يُولَدْ ٣
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ٤

Audio:

<http://lutonmuslimjournal.com/wp-content/uploads/2016/12/3-Surah-Al-Iklas.mp3>

Transliteration:

Qul huwa Allahu ahad

Allahus Samad

Lam yalid wa lam yoolad

Wa lam ya kullahu kufuwan ahad

Translation of the Meaning:

Say, "He is Allah , [who is] One,

Allah , the Eternal Refuge.

He neither begets nor is born,

Nor is there to Him any equivalent."

Surah Al Falaq

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ١
مِنْ شَرِّ مَا خَلَقَ ٢

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ٣
وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ٤
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ٥

Audio:

<http://lutonmuslimjournal.com/wp-content/uploads/2016/12/2-Surah-Al-Falaq.mp3>

Transliteration:

Qul a'oodhu birabbil falaq
Min sharri maa khalaq
Wa min sharri ghaasiqin idha waqab
Wa min sharrin naffathaati fil 'uqad
Wa min sharri haasidin idha hasad

Translation of the Meaning:

Say, "I seek refuge in the Lord of daybreak
From the evil of that which He created
And from the evil of darkness when it settles
And from the evil of the blowers in knots
And from the evil of an envier when he envies.

Surah An Naas

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ١
مَلِكِ النَّاسِ ٢
إِلَهِ النَّاسِ ٣
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ٤

اللّٰذِي يُوسِّسُ فِي صُدُوْرِ النَّاسِ ۝
مِنَ الْجِنَّةِ وَالنَّاسِ ۝

Audio:

<http://lutonmuslimjournal.com/wp-content/uploads/2016/12/4-Surah-Al-Naas.mp3>

Transliteration:

Qul aAAoothu bi rabbin naas
Maliki an naas
Ilahi an naas
Min sharril waswaasil khannaas
Alladhee yuwaswisu fee sudoorin naas
Minal jinnati wannaas

Translation of the Meaning:

Say, "I seek refuge in the Lord of mankind,
The Sovereign of mankind.
The God of mankind,
From the evil of the retreating whisperer -
Who whispers [evil] into the breasts of mankind -
From among the jinn and mankind.