

## DUA & MEDICINE FOR GOOD MEMORY

It is worth mentioning that whoever intends to strengthen his memory is advised to use frequently the miswak (a stick used for cleansing the teeth), observe fasting, read regularly the Holy Qur'an in general and Ayah al-Kursi in particular, and addict himself to eating raisins, especially twenty grains of the red colored type, before having anything in the beginning of the day. This is useful for improving understandability, mentality, and memory.

For good memory too, it is advised to eat the post-neck meat, candy, honey, and lentils.

This direction is also useful for good memory: Equal amounts of olibanum, galingale, and sugar candy may be crushed softly and an amount of the mixture that is equal to five dirhams may be swallowed every day. This direction may be followed for three consecutive days and eschewed for five days, and so on.

For good memory too, it is advisable to say these words every day after the dawn (fajr) Prayer before saying the taslim statement:

يَا حَيُّ يَا قَيُّوْمُ فَلَا يَفُوْتُ شَيْئًا عَلَيْهِ، وَلَا يُودَدُهُ۔

It is also recommended to say the post-prayer supplication that beings with this statement (after prayers):

سُبْحَانَ مَنْ لَا يَعْتَدِي عَلَى أَهْلِ مَمْلَكَتِهِ۔۔۔

### THINGS TO BE KEPT IN MIND FOR GOOD MEMORY

In Section Two of this book, I have referred to a prayer to be performed for gaining good memory.

Finally, it is advised to avoid doing things that bring about oblivion and stupor, such as:

- (1) eating sour apple, green coriander, cheese, and leftover of rats,
- (2) urinating in still water,
- (3) reading the tablets on graves,
- (4) walking between two women (for men),
- (5) throwing alive lice on the ground,
- (6) abandoning nail trimming,
- (7) forsaking taking a nap,
- (8) committing acts of disobedience frequently,
- (9) engaging oneself with grievances and grumbles about this-worldly affairs,
- (10) being excessively busy,
- (11) looking at crucified persons, and
- (12) passing among a convoy of camels.