

## RECITATIONS FOR FENDING OFF EVIL SELF INSPIRATIONS

Imam al-Sadiq(a.s.) is also reported to have said: To get rid of Satan's evil inspirations, you may rub your chest with your hand and say the following:

بِسْمِ اللَّهِ وَبِاللَّهِ مُحَمَّدٌ رَّسُولُ اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ اللَّهُمَّ امْسَحْ عَنِّي مَا أَحْذَرُ-

You may then rub your abdomen and repeat the same supplication three times. If you do so, evil inspirations will fade away, Allah willing.

For fending off obsessions, it is useful to wash the head with the leaves of lote-trees (jujube trees), to cleanse the teeth with the stick known as siwak, to eat pomegranates, to drink from the rainwater in April, and to observe fasting on three days in every month: the first and the last Thursdays and on Wednesday in the middle of the month.

The following guard-seeking supplication may be also said for fending off evil inspirations:

أَعُوذُ بِاللَّهِ الْقَوِيِّ مِنَ الشَّيْطَانِ الْغَوِيِّ وَأَعُوذُ بِمُحَمَّدٍ الرَّضِيِّ مِنْ شَرِّ مَا قُدِّرَ وَقُضِيَ وَأَعُوذُ بِاللَّهِ النَّاسِ مِنْ شَرِّ الْجَنَّةِ وَالنَّاسِ أَجْمَعِينَ-