

DUA FOR RELEASE FROM GRIEF

Twenty-ninth: Consisting of nineteen phrases, the following supplicatory prayer brings about relief to those who say it. It was taught to Imam 'Ali Amir al-Mu'minin ('a) by the Holy Prophet (s). It has been also recorded in Shaykh al-Saduq's book entitled al-Khisal, Chapter: Nineteen-Numbered Characteristics.

يَا عِبَادَ مَنْ لَا عِبَادَ لَهُ وَيَا ذُخْرَ مَنْ لَا ذُخْرَ لَهُ وَيَا سَنَدَ
 مَنْ لَا سَنَدَ لَهُ وَيَا حِزْزَ مَنْ لَا حِزْزَ لَهُ وَيَا غِيَاثَ مَنْ
 لَا غِيَاثَ لَهُ وَيَا كَرِيمَ الْعَفْوِ وَيَا حَسَنَ الْبَلَاءِ وَيَا عَظِيمَ
 الرَّجَاءِ وَيَا عِزَّ الضُّعْفَاءِ وَيَا مُنْقِذَ الْغُرَقَى وَيَا مُنْجِي
 الْهَلْكَى يَا مُحْسِنُ يَا مُجِيبُ يَا مُنْعِمُ يَا مُفْضِلُ أَنْتَ
 الَّذِي سَجَدَ لَكَ سَوَادُ اللَّيْلِ وَنُورُ النَّهَارِ وَضَوْءُ الْقَمَرِ وَ
 شُعَاعُ الشَّمْسِ وَدَوِيُّ الْمَاءِ وَ حَفِيفُ الشَّجَرِ يَا اللَّهُ يَا
 اللَّهُ يَا اللَّهُ أَنْتَ وَحْدَكَ لَا شَرِيكَ لَكَ۔

You may now submit your requests. You will not leave your place before having your prayer responded, by the will of Allah the All-exalted.