

Chapter

Regarding His ﷺ Guidance in the Treatment of Fear and Sleeplessness

At-Tirmidhi narrated on the authority of Buraidah ؓ that he said: "Khalid complained to the Messenger of Allâh ﷺ, saying: "Oh, Messenger of Allâh! I cannot sleep at night, due to insomnia." He ﷺ said:

«إِذَا أَوَيْتَ إِلَى فِرَاشِكَ، فَقُلْ:

"When you repair to your bed, say:

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ، وَمَا أَظَلَّتْ، وَرَبَّ الْأَرْضِينَ السَّبْعِ وَمَا أَقَلَّتْ، وَرَبَّ الشَّيَاطِينِ وَمَا أَضَلَّتْ، كُنْ لِي جَارًا مِنْ شَرِّ خَلْقِكَ كُلِّهِمْ جَمِيعًا أَنْ يَفْرَطَ عَلَيَّ أَحَدٌ مِنْهُمْ، أَوْ يَبْغِيَ عَلَيَّ، عَزَّ جَارُكَ، وَجَلَّ ثَنَاؤُكَ، وَلَا إِلَهَ غَيْرُكَ»

"Allâhumma, Rabbas-Samawatis-Sab'i Wa Ma Azallat Wa Rabbal-Ardeena-Sab'i Wa Ma Aqallat Wa Rabbash-Shayateeni Wa Ma Adallat, Kun Lee Jaran Min Sharri Khalqika Kullihim Jamee'an An Yafruta 'Alayya Ahadun Minhum Aw Yabghiya 'Alayya 'Azza Jaruka Wa Jalla Thana'uka Wa La Ilaha Ghairuka."

"O, Allâh! Lord of the seven heavens and all that they contain, Lord of the earths and all that they carry, Lord of the devils and all those whom they send astray, be a Protector for me against the evil of all of Your created beings, that they may not transgress against me and that they may not commit injustice against me. Mighty is Your Protection and Exalted is Your

Praise and there is no *ilah* besides You.”^[1]

Also in At-Tirmidhi's 'Sunan' is the *Hadeeth* of 'Amr Ibn Shu'aib, in which it is stated that the Messenger of Allāh ﷺ used to teach them the following supplication as a protection against fear:

«أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ، وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ الشَّيَاطِينِ، وَأَعُوذُ بِكَ رَبِّ أَنْ يَحْضُرُونِ»

"A'ūdhu Bikalimatillahit-Tammati Min Ghadabihi Wa Sharri 'Ibadihi Wa Min Hamazatish-Shayateeni Wa A'ūdhu Bika Rabbi An Yahdurūn"

"I seek refuge with the Perfect Words of Allāh from His Anger and from the evil of His slaves and from the whisperings of the devils and I seek refuge with You, Lord, from their coming to me."^[2]

And 'Abdullah Ibn 'Umar ؓ used to teach it to those of his children who were of sufficient age to memorize it and he used to write it and hang it around the necks of those who were not.^[3]

And it is mentioned in the *Hadeeth* of 'Amr Ibn Shu'aib in a *Marfū'* form:

«إِذَا رَأَيْتُمُ الْحَرِيْقَ فَكَبِّرُوا، فَإِنَّ التَّكْبِيْرَ يُطْفِئُهُ»

"If you see burning, say: "Allāhu Akbar", because *Takbeer* extinguishes it."^[4]

[1] Narrated by At-Tirmidhi, on the authority of Buraidah Ibn Al-Haseeb ؓ, it contains in its chain of narrators Al-Hakam Ibn Zuhair, of whom Yahya Ibn Ma'een said: "He is a liar," while Al-Bukhari said: "His *Ahadeeth* are abandoned."

[2] Narrated by Abu Dawūd, At-Tirmidhi and Ahmad, Shaikh Nasir Ad-Deen Al-Albani declared it to be "*Hasan Lighairihi*" (i.e. it is raised to the level of *Hasan* by another supporting narration).

[3] According to Shaikh Nasir Ad-Deen Al-Albani, this addition is *Munkar*, since it is prohibited in Islam to wear amulets, whether they be Qur'ānic Verses or supplications.

[4] Narrated by Ibn As-Sunni in '*Amal Al-Yawmi Wal-Lailah*', it contains in its *Sanad* Al-Qasim Ibn 'Abdillah, who was described as a liar by Imam Ahmad. Shaikh Al-Albani says that a number of its narrators are weak.

Burning is caused by fire, from which Satan was created and in it there is destruction which is beloved by Satan; and fire naturally seeks to rise high and to destroy and these two attributes are the guidance of Satan, to which he calls and by which he destroys mankind, while remembrance of the Lord, the Almighty, the All-Powerful restrains Satan. So when the Muslims extols his Lord by saying: "Allâhu Akbar", it extinguishes the burning and we and others have tried this and have found that it is so. *

