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| Top of Form

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| **Supplication for Protection against evil effects***5th February 2015***Protection against Unusual Harms or Losses**Seek refuge thrice in morning and evening daily in the following words:بِسْمِ اللہِ الرَّحْمٰنِ الرَّحِیْمِ بِسمِ اللّٰہِ الَّذِی لَا یَضُرُّ مَعَ اِسْمِہٖ شَیْئٌ فِی الْاَرْضِ وَلَا فِی السَّمَاءِ وَ ھُوَ السَّمِیْعُ الْعَلِیْمُ**Translation:** With the Name of Allah, the Beneficent, the Merciful. With the Name of Allah by the association of whose Name naothing can harm, be it on earth or in heaven. He is the Hearer, the Knower.**Protection against evil effects of men and Jinns**Seek refuge 7 times daily in the morning and evening in the following words:اَعُوْذُ بِکَلِمَاتِ اللہِ التَّامَّۃِ مِنْ شَرِّ کُلِّ شَیْطٰنٍ وَّ ھَامَّۃِ وَ عَیْنٍ لّا مَّۃِ تَحَصَّنْتُ بِحِصْنِ اَلْفِ اَلْفِ لَاحَوْلَ وَلَا قُوَّۃَ اِلَّا بِاللہِ الْعَلِیِّ الْعَظِیْمِ**Translation:** I seek refuge by all the words of Allah from the evil of every devil and harming animal and the piercing eye (of humans). I fortify by the fort of a million phrases of "No control and no power is there, except with Allah the Exalted, the Great ".After saying the above words of refuge 7 times, blow the air with your mouth in 6 directions (right, left, front, rear, above, below). Then blow on your hands and apply your hands all over your body from head to toe.Then blow in a glass of water (from some distance) and drink it. It makes a complete *Hisaar* (fortress) around you from morning to evening or evening to morning.An adult will have to do it for himself/herself. Others can do it for small children who can not recite it. |

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