Protective Measures from Jinn and Shayātīn

***Note:*** *All the following dua’s/measures have to be recited/performed with imān and tawwakul. Protection will only apply if they are said sincerely and truthfully. And Allah knows best.*

For the Morning:

1. Attend **Fajr in congregation** and the other 4 fardh prayers in the day.[[1]](#footnote-1)
2. Say: **“A'udū billāhi Al-'athīmī, wa biwaj hīhī Al-kareemi, wa sultânihi Al-qadimi minash-shaytān nirrajīmī.”** when entering the mosque (and for every other time you enter the mosque during the day).[[2]](#footnote-2)
3. Eat **7 Ajwah dates** in the morning before eating anything else (preferably from Madinah).[[3]](#footnote-3)
4. Say: **“Lā ilāha ilallâhu wah-dahu lā sharika lahū, lahul Mulku, wa lahul Hamd,  
   wa Hūwwa ‘alā kulli shaiy'in Qadeer.**” after Fajr 100 times.[[4]](#footnote-4)
5. Say: **“Allahu akbaru kabirâ, walhamdu lillahi kathirâ, wa subhānallahi bukratan wa asīla. A'uzu billahi minasshaytan nirajīmī min nafkhihi wa nafdhihī wa hamzihī.”** 3 times before starting each salah in the day.[[5]](#footnote-5)
6. Say: **“Bismillāhi Al-lathī lā yadhurrū ma'asmihī shay'un filardhi walā fis-samā’i wa hūwwas-sami'ul al-'alīm.”** in the morning of each day. **[[6]](#footnote-6)**
7. Say: **“A’oodhu bi kalimaat Allaah al-taammah min kulli shaytânin wa haammah wa min kulli ‘aynin laammah.”** over your children before sending them out, and for yourself.[[7]](#footnote-7)

During the Day:

1. Say: **“Bismillāhi tawakkaltu 'ala Allahi lā hawla wala quwwata illā billāhi”** when leaving the home.[[8]](#footnote-8)
2. Say “**Bismillāh**”:

* When entering and leaving the home[[9]](#footnote-9)
* Before eating and drinking.[[10]](#footnote-10)
* When putting clothes on and taking them off[[11]](#footnote-11).

1. Say: “**A’ūdhu bi kalimāt Allaah il-taammah min sharri ma khalaqa.”** when resting in a place (or coming to a stop).[[12]](#footnote-12)
2. Reciting **Āyat al-Kursī** and **al-Mu’awwidhat** (last 2 Surahs of the Qur’an) after every salah.[[13]](#footnote-13)
3. Say: **"Allāhumma anta Hassanta khalqi fa-hassin khuluqi"** when looking in a mirror.[[14]](#footnote-14)
4. Remain in **a state of wudhū** as often as you can all day.[[15]](#footnote-15)
5. Say: **"Allahumma inni a'udu bika minal-khubti wal-khba'iti (O Allah! I seek refuge in you from the male and female Satans.)"** when entering the toilet.[[16]](#footnote-16)
6. **Do not urinate or defacate in holes, under trees or in open places.**[[17]](#footnote-17) **Nor near roadways or** like the hard shoulder of a motorway, or in **places of rest and shade**.[[18]](#footnote-18) If absolutely necessary, then recite the Du’a for entering the toilet for it is a protection against jinn.
7. Recite the **whole of Surah Al Baqarah** and shaytaan will not enter your house for 3 whole days.

During the Evening and Night:

1. Say: **“A’ūdhu bi kalimaat Allaah il-taammah min sharri ma khalaqa**” every evening.[[19]](#footnote-19)
2. Say: **“Bismillāhill-lathi lā yadhurrū ma'asmihi shay'un filardhi wala fis-samā-i wa huwwas-sami'ul-'alīm).”** in the evening of each day. **[[20]](#footnote-20)**
3. Read **Surah Mulk** (67) every night (and as often as you can).[[21]](#footnote-21)
4. **Do not** go to bed in a state of **Janābah**. Rather, in **a state of wudhū**. [[22]](#footnote-22)
5. Recite **Āyat al Kursī** and **Al-Mu’awwidhāt** (last 2 Surahs of the Qur’an) before going to sleep. (Recite al-Mu’awwidhat 3 times, each time dry spitting into hands and wiping over as much of body you can.)[[23]](#footnote-23)
6. Pray **Qiyām Ul-Layl** (The Night Prayer) in the last third of the night.[[24]](#footnote-24)
7. Read the **last 2 Verses of Surah Al-Baqarah** before sleeping.[[25]](#footnote-25)
8. Do not sleepon the **stomach**.[[26]](#footnote-26)
9. If you have a nightmare then you should follow the sunnah and say: **"A'uthūbillāhi minash shaytân nirrajeem" 3 times**, Seek refuge with Allah **from the dream’s evil** and **ask Allah of his goodness**, **dry-spit to your left 3 times**, and **change the side you are is sleeping on**. Also he should, get up and **pray Salah, and not tell anyone about it, and it will not harm him**.[[27]](#footnote-27)

Other Occasions:

1. Say: **“Bismillah. Allahumma jannibnash-shaitân, wa jannibish-shaitân ma razaqtanā.”** before intercourse.[[28]](#footnote-28)
2. The newly married man should:

* Put his right hand upon his wife’s forehead and say: **“Allahumma inni  as'aluka khayraha wa khayra mā jabaltha 'alayhi, wa a 'uzū bika min sharriha wa sharri ma jabaltha 'alayhi**.”[[29]](#footnote-29)
* Initiate the marriage with **2 rakah Salah** (with her following him). Thereafter he should say: **“Allahumma bārik li fi ahli, wa barik lahum fiyya, allahumma ijma' bay nanā mā jama’ ta bikhayr, wa farriq bay nanā izā farraqta bikhayr.”**[[30]](#footnote-30)

1. Abu Ad-Darda radiallāhu anhu reported: "I heard the Prophet sallallahu alahi wa sallam say: **“There are not three people in a town or in the countryside who do not observe congregational salat, but that Satan dominates them. Remain with the community, for the wolf seizes the solitary sheep moving away from the flock.”** (Al-Bukhâri: (Fath Al-Bāri 3/34), Muslim and An-Nawawi: 6/63). [↑](#footnote-ref-1)
2. It is confirmed that the Prophet sallallahu alahi wa sallam said when entering the mosque: "**Whenever a Muslim says (“I seek refuge in Allah, the All-Magnificent, His Face the All-Glorious, and His Sovereignty the All-Antiquated, from Satan the outcast.”) Satan says, 'He is defended against me for the rest of the day.**'" (Abu Dawud: 1/127) [↑](#footnote-ref-2)
3. Narrated Sad: Allah's Apostle said, "**He who eats seven 'Ajwa dates every morning, will not be affected by poison or magic on the day he eats them**." *(*Al-Bukhari*:* Volume 7, Book 65, Number 356, Book of Medicine,Sahih Muslim*:* Book 23, Number 5081, Book of Drinks*)* [↑](#footnote-ref-3)
4. The Prophet (Peace and Blessing upon Him) said that **whosoever says it will have a reward equal to the manumission of 10 slaves, will have ten good deeds added to and ten bad deeds erased from his register, and will be protected by this supplication the Satan throughout the day until the evening**. No one is better than he who says this supplication except a man who says more." **- REF** [↑](#footnote-ref-4)
5. **Translation**: “Allah ('Azza wa Jall) is the Greatest, much Praise be to Allah if, and Glory be to Allah if in the morning and in the evening. I seek refuge with Allah ('Azza wa Jall) from the Satan's arrogance, poetry, epilepsy and lunacy.” Abu Dawud (1/203); classed by Al-Albani as authentic. [↑](#footnote-ref-5)
6. It was narrated that ‘Uthmān ibn ‘Affān (may Allāh be pleased with him) said: The Messenger of Allaah (peace and blessings of Allāh be upon him) said: **“There is no person who says in the morning and evening of each day: “**In the name of Allāh with Whose name nothing is harmed on earth nor in heaven, and He is the All-Hearing, All-Knowing.” **but nothing will harm him.”** (Narrated and classed as saheeh by At-Tirmidhī, 3388. Also narrated by Ibn Mājah, 3869. Classed as saheeh by Al-Albāni in Saheeh Ibn Maajah.) [↑](#footnote-ref-6)
7. The Prophet (peace and blessings of Allaah be upon him) used to seek refuge for al-Hasan and al-Husayn and say: **[“I seek refuge for you both in the perfect words of Allaah, from every devil and every poisonous reptile, and from every evil eye”**].’ (Al-Tirmidhi, 2060; Abu Dawūd, 4737). And he would say: “Thus Ibraaheem used to seek refuge with Allaah for Ishaaq and Ismaa’eel, peace be upon them both.” (Bukhaari, 3371.)  [↑](#footnote-ref-7)
8. When you say it, you will be told (without your awareness): **"You have been spared, protected and guided" The Satan will keep away from you and will tell another: "What can you do to a man who has been guided, protected and spared?"** (Abu Dawūd: 4/325 and At-Tirmidhi: 5/154). [↑](#footnote-ref-8)
9. And No Shaytān or jinn can enter your home. **- REF** [↑](#footnote-ref-9)
10. So Shaytaān doesn’t eat with you. **- REF** [↑](#footnote-ref-10)
11. Allah puts a shield between you and the jinn so they can’t see you, thus they cannot possess you from love and have intercourse with you. **- REF** [↑](#footnote-ref-11)
12. The Prophet (peace and blessings of Allaah be upon him) encouraged us to say that in every place where we stop (when travelling). It was narrated that Khawlah bint Hakeem al-Salamiyyah said: I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) say: “**Whoever makes a stop in some place, then says, (“I seek refuge in the perfect words of Allaah from the evil of that which He has created.”) Nothing will harm him until he moves on from that place**.” (Muslim, 2708.) [↑](#footnote-ref-12)
13. Need **- REF** [↑](#footnote-ref-13)
14. Need **- REF** [↑](#footnote-ref-14)
15. Need **- REF** [↑](#footnote-ref-15)
16. **Translation:** “O Allah! I seek refuge in you from the male and female Satans." Al-Bukhari. (Fath Al-Bari: 1/292) and Muslim: (An-Nawawi: 4/70) [↑](#footnote-ref-16)
17. He should not relieve himself into **a hole in the ground** or into **a crack**, since it is **the places of dwelling of the Jinn** (Reported by Ahmed (5/82), Abu Dawud (no.29), An-Nasaa’i (No. 34) and others.) [↑](#footnote-ref-17)
18. The Prophet sallallahu alaihi wa sallam said: “**Beware of the two cursed ones**.” They asked: “Who are the two cursed ones, O’Messenger of Allah?” He sallallahu alaihi wa sallam replied: “**The ones who defecate on roadways or in their places of rest and shade**.” (Muslim, no. 269 and others). [↑](#footnote-ref-18)
19. It was narrated that Abu Hurayrah said: A man came to the Prophet (peace and blessings of Allaah be upon him) and said, “O Messenger of Allaah, I am suffering because of a scorpion that stung me yesterday.” He said, **“If you had said in the evening: “I seek refuge in the perfect words of Allāh from the evil of that which He has created.” it would not have harmed you.** (Muslim.) [↑](#footnote-ref-19)
20. See Hadith in footnote 6. [↑](#footnote-ref-20)
21. Need **- REF** [↑](#footnote-ref-21)
22. Ibn 'Abbas (RA) reported: "The Prophet (Peace and Blessing upon Him) said: “**Wash these bodies, and Allah** ('Azza wa Jall) **will wash you. There is not a servant who sleeps in a state of wudhū, but that an angel accompanies him in his clothes; and there is not a moment that he moves in bed, but that the angel says: 'O Allah! Forgive Your Servant, for he has slept in a clean state."** (Transmitted by At-Tabarani in Al-Awsat. According to Al-Mundiri, the chain of transmission is very good (At-Targhib: 2/13). [↑](#footnote-ref-22)
23. It is confirmed that Satan told Abu Hurayrah (RA): **"Whosoever recites Ayatul Kursi before going to bed, he will be guarded by Allah ('Azza wa Jalla) and no Satan will approach him throughout the night."** The Prophet (Peace and Blessing upon Him) confirmed the Satan's statement and told Abu Hurayrah "Satan **told you the truth, but he is a liar."** (Al-Bukhari, 3101 (Fath Al-Bari, 6/338) and Muslim, 505 (An-Nawawi, 17/17)) [↑](#footnote-ref-23)
24. Ibn Mas'ud radiallahu anhu reported: **"When the Prophet sallallahu alahi wa sallam was asked about his opinion of a man who slept until salatul Fajr, without waking up for Qiyāmul-layl, he said that Satan urinated in the man's ear."** (Abu Dawud, 1/150 (a sound chain of transmission)) [↑](#footnote-ref-24)
25. Need **- REF** [↑](#footnote-ref-25)
26. Ya’eesh ibn Tihfah al-Ghifaari reported that his father said: “I stayed as a guest with the Messenger of Allaah sallallahu alahi wa sallam with those of the poor whom he hosted. The Messenger of Allaah sallallahu alahi wa sallam came out in the night to check up on his guests, and saw me lying on my stomach. He prodded me with his foot and said**: “Do not lie in this manner, for it is a way of lying that Allāh hates.”** (According to another report, the Prophet sallallahu alahi wa sallam prodded him with his foot and woke him up, and said, **“Do not lie like this, for this is how the people of Hell lie.”** (Reported by Ahmad, al-Fath al-Rabbaani, 14/244-245; by al-Tirmidhi, no. 2798, Shaakir; and by Abu Dawūd, al-Sunan, Kitaab al-Adab, no. 5040. Also reported in Sahīh al-Jaami’, 2270-2271). [↑](#footnote-ref-26)
27. It was narrated from Jābir that the Messenger of Allaah (peace and blessings of Allaah be upon him) said: “If any one of you **sees a dream that he dislikes**, let him **spit drily to his left three time**s and **seek refuge with Allaah from the Shaytaan three times**, and **turn over onto his other side**.” (Muslim, 2262). Also: “...**ask Allaah of His goodness**, and **seek refuge with Him from its [the dream’s] evil**.”(Sahīh Sunan Ibn Mājah). And: “...let him **get up and pray**, and **not tell people about it**.” (Muslim, 2263); And “...so let him seek refuge with Allaah from its evil and not **mention it to anyone, for** **it will not harm him**.”(Bukhâri, 7045). [↑](#footnote-ref-27)
28. Ibn 'Abbas radiallahuanhu reported: The Prophet (Peace and Blessing upon Him) said: "**If anyone of you, when intending to have a sexual intercourse with his wife, says**: [“In the name of Allah. O Allah, Keep the Devil away from us and keep the Devil away from that which you provide for us.”] **and if the couple are destined to have a child (out of that very sexual relation), then Satan will never be able to harm that child.”** (Bukhâri: 7/94, 8/397, 9/493, Fath Al-Bāri: 1/291 and Muslim 8/3361.) [↑](#footnote-ref-28)
29. **Translation:** “O Allah! I ask you for any good that may come from her and any good that You have created in her natural disposition, and seek refuge with you from any evil that may come from her, and any evil that You have created in her natural disposition.” (Abu Dāwūd; according to Al-Albāni, a sound chain of transmission (151)) [↑](#footnote-ref-29)
30. **Translation:** “O Allah! Make my wife blessed for me and make me blessed for her. O Allah! If You unite us, unite us on what is good, and if you separate us, separate us on what is good.” (Transmitted by At-Tabarani, and classed by Al-Albāni as authentic.) [↑](#footnote-ref-30)