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SPECIAL DUAAS

For Problems of Day-to-Day Life

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Important Note

In Islam supplicating to Allah and invoking His mercy has been regarded not only important but an act of reward, even those who do not turn to Allah and rely on their efforts have been warned vigorously. Islam does not advocate to abandon the efforts and put the trust in Allah, but it asks its followers to adopt all the possible and available resources and then turn to Allah admitting their weakness and asking for Allah's mercy. In this regard, the Glorious Quran and Ahadith have an excellent set of Duaas, which guide us how to approach to the Creator of the Universe and how to beseech for his blessings. Apart from these two, there are many Duaas which are narrated from pious Muslim scholars and they are also very effective. Islam has not confined us to the Duaas of the Glorious Quran and Ahadith only, there is full freedom for every individual to read Duaas of any kind in any language one feels convenient for him/her, provided that those should not contradict the beliefs and teachings of Islam. So, many Duaas in this little collection may not be found in the Glorious Quran and Hadith but they are based on Quranic verses or texts that are within the circle of Shariah.

Muhammadullah Khalili Qasmi

1. Virtues of Zikr

Hazrat Abu Saeed (Raziallahu Anhu (RA) reported that the Prophet (Sallallahu Alaihi Wa Sallam (SAWS) was asked: 'Who of the servants will be most excellent and most exalted before Allah on the Resurrection Day? He said: Those men and women who remember Allah much. (It is narrated in Hadith that the best Zikr is "لا إله إلا الله" There is no god but Allah)
(Mishkat, 198)

Hazrat Abu Hurairah (RA) narrates that whosoever recites

سبحان الله العظيم وبحمده

(Glory and praise be to Allah, The Grand)

Hundred times his sins will be purged away, even if they are like the foam in the sea.

(Tirmizi, 2/184)

Rasulullah (SAWS) says: "Whosoever professes sincere belief in

لا إله إلا الله محمد رسول الله

(There is no god but Allah; Muhammad is the messenger of Allah)

at the time of his death, he shall certainly enter paradise." According to another Hadith, "He shall certainly be pardoned by Almighty Allah".

(Musnad Ahmad & Nasai; Fazai'l-e- A'maal, 1/134)

Hazrat Juwairiah (RA) related, "When Rasulullah (SAWS) left my house for the Morning Prayer I was sitting on the prayer-mat (busy in Allah's Zikr). When he came back after 'chaasht prayer' (before mid-day prayer), I was still sitting in the same position. He asked me whether I had continued in that position right from the time he left in the morning. I

replied in the affirmative. He then said, "After I left you, I recited four *Kalimahs* three times, which if compared to all that you have recited since the morning, will be found to outweigh it. These *Kalimahs* are:

سبحان الله وبحمده عدد خلقه ورضا نفسه وزنة عرشه ومداد كلماته

(Glory and praise be to Allah equal in number to His creation, according to His will and pleasure, equal in weight to His Arsh (throne) and equal in dimensions to His words).

(Muslim Sharif, 2/350)

It is said in a *Hadith*: "Whosoever recites the following two million virtues are written to his credit.

لا اله الا الله وحده لا شريك له احدا صمدا لم يلد ولم يولد ولم يكن له كفوا احد

(None is worthy of worship except Allah alone; He has no partner. He is one, absolute; He neither begets any one nor is He begotten from any one nor is any one equal to Him).

(Tabrani, Majmau Al-Zawaid & Targheeb; Fazaal-e- Amaal, 1/154)

A person who recites لا اله الا الله *(There is no god but Allah)* one hundred times a day will, on the day of Resurrection, be raised with his face shining like the full moon and none can surpass him in excellence on that day except one who recites this *kalimah* more than he.

(Tabrani; Fazaail-e-Amaal, 1/154)

Hazrat Umm-e-Haani (RA) narrated that once *Rasulullah (SAWS)* paid her a visit. She said to him, "O, *Rasulullah!* I have grown very old and weak, tell me something that I may be able to do while sitting." *Rasulullah (SAWS)* said to her, "Say سبحان الله one hundred times and you will get a reward as if you set free one hundred Arab slaves; say الحمد لله hundred times, which will fetch you a reward as if you present a hundred horses,

fully equipped for *Jihad*; say اللهُ أكبر a hundred times, which is as if you sacrificed a hundred camels for the sake of Allah; and say لا اله الا الله a hundred times, the reward of which will fill the whole space between the earth and the sky. There is no other commendable action that can surpass it. (*Ahmad & Baihaqi; Faza'il-e-A'mal, 1/213,4*)

2. Durood and Salaam for the Prophet

whosoever "Hazrat Anas (RA) reported that the Apostle of Allah said: sends one blessing on me, Allah sends on him ten blessings, and ten sins are put off from him and ten ranks are raised up for him.

Hazrat Ibn Masood (RA) reported that the Messenger of Allah said: "The dearest of the people to me on the Resurrection Day will be the foremost of them in sending blessings on me".

(*Mishkat Al-Masabih, 86*)

Note: There are many *Duroods*, one can recite any of them. It is better if one recites *Durood* that is read in *Salah*.

Ruwaifa (RA) reported that the Apostle of Allah said: "Whosoever sends blessings on Muhammad (SAWS) and recites the following my intercession for him will become obligatory".

أَللّهُمَّ أَنْزِلْهُ الْمَقْعَدَ الْمُقْرَبَ عِنْدَكَ يَوْمَ الْقِيَامَةِ

(O Allah! Entertain him on the Resurrection Day with an abode adjacent to You)

(*Mishkat, 87*)

3. Special Durood on Friday

Hazrat Abu Hurairah (RA) narrates that the person who recites this *Durood* 80 times after *Asr* on Friday, will get virtues equivalent to doing 80 years of worship and his sins of 80 years will be forgiven.

اللهم صل على محمد النبي الأمي وعلى اله وسلم تسليما

(O Allah! Bestow your special mercy and shower peace upon Muhammad, the unlettered, and upon his descendants).

(Dalail Al-Khairat, 19)

4. Excellence of Supplication

Hazrat Abu Hurairah (RA) said that the Prophet (SAWS) said: "There is nothing more honorable to Allah than invocation (Duaa). Hazrat Salman (RA) says that the Prophet (SAWS) said: "Nothing but invocation averts a decree and nothing but righteousness increases life". Hazrat Abu Hurairah (RA) said that the Prophet (SAWS) said: "Allah becomes displeased with one who does not invoke Him".

(Mishkat Al-Masabih, 194,5)

5. Duas for Acceptance of Supplication

Hazrat Buraidah (RA) reports that the Apostle of Allah (SAWS) heard a man say:

اللهم إني أسئلك بأنتك أنت الله لا اله إلا أنت الأحد الصمد الذي لم يلد ولم يولد ولم يكن له كفوا أحد

(O Allah! I beseech You as You are Allah. There is no deity but You, the One Free from want, One Who begets not nor was He begotten, and there is no one equal to Him)

the Prophet (SAWS) said: "He beseeched Allah with his greatest name. If He is implored with it He gives; and if He is invoked with it He responds".

(Tirmizi, 2/185)

The following five sentences have been narrated in another *Hadith*. One's supplication (*Duaa*) is accepted after reading them.

لا اله الا الله وحده لا شريك له. له الملك و له الحمد. وهو على كل شئ
 قدير. لا اله الا الله .
 لا حول ولا قوة الا بالله

*(None is worthy of worship besides Allah; He is One and Has no partner.
 His is the Kingdom and for Him is all praise. And He has power over all
 things. There is no god but Allah. There is no power to do good or abstain
 from evil except through Allah)*
 (Al-Hisn-ul-Hasein, 42,43)

6. A Multi-purpose Duaa

اللهم اني أعوذبك من العجز و الكسل و الجبن و الهرم و البخل و أعوذبك
 من عذاب القبر و من فتنة المحيا والممات

*(O Allah! I seek refuge with You from incapacity and laziness, cowardice,
 geriatric old age. I seek refuge with You from punishment in grave and
 affliction of the life and the death)*
 (Bukhari, 2/944)

7. Duaas for Virtues

It is narrated in a *Hadith* that whosoever recites these words 100 times he is rewarded with 1,24,000 virtues.

سبحان الله و بحمده

(Pure is Allah and all praises are due to Him only)
 (Hakim & Targhib; Fazail-e-Amal, 1/195,6)

Hazrat Tamim Dari says that the Prophet (SAWS) said: “Whosoever recites this *Duaa* ten times 40 thousand virtues will be rewarded to him/her”.

لَا إِلَهَ إِلَّا اللَّهُ وَاحِدًا أَحَدًا صَمَدًا لَمْ يَتَّخِذْ صَاحِبَةً وَلَا وِلْدًا وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

(None is worthy of worship except Allah alone; He is One and Only, absolute; He has got no wife no child and there is none like unto Him)
(Tirmizi, 185)

8. Sayyidul Istighfaar

Hazrat Shaddad bin Auos (RA) narrates that Rasulullah (SAWS) said: "One who reads the following *Istighfaar* in the course of the morning and happens to die before the evening, *In-Sha-Allah*, he will enter paradise. If a person reads the same *Istighfaar* at night and dies before dawn, *In-sha-Allah*, he will enter paradise.

اللهم أنت ربي لا إله إلا أنت خلقتني وأنا على عهدك ووعدك ما استطعت أعوذ بك من شر ما صنعت أبوء لك بنعمتك علي وأبوء بذنبي أغفر لي فإنه لا يغفر الذنوب إلا أنت

(O Allah! You are my Cherisher. There is no deity except You. You have created me and I am Your servant and as far as possible, I abide by my solemn promise and covenant, which I made to You, I seek Your protection against the consequences of my wrongdoings. I fully acknowledge the grace You have bestowed upon me, and I confess my faults. So pardon me as none besides You can pardon sins.)
(Sahih Bukhari, 2/932,3)

9. Duaas Having Five Major Benefits

A person who reads the following *Duaas* after every *Fardh Salah*, he will receive the following five virtues.

1. Allah Almighty will forgive all sins of the reader.
2. Allah will grant him a place in Paradise.
3. Allah will look at him mercifully 70 times.
4. Allah will fulfill 70 of his needs
5. Allah will overpower his enemies and envies

أعوذ بالله من الشيطان الرجيم

(I seek Allah's protection from Satan, the accursed)

بسم الله الرحمن الرحيم

(In the name of Allah, Most Gracious, Most Merciful)

الحمد لله رب العالمين. الرحمن الرحيم. مالك يوم الدين. إياك نعبد وإياك نستعين. اهدنا الصراط المستقيم. صراط الذين أنعمت عليهم. غير المغضوب عليهم ولا الضالين (سورة الفاتحة، 1-7)

(Praise be to Allah, The Cherisher and Sustainer of the worlds. Most Gracious, Most Merciful, Master of the day of Judgement. You do we worship, and Your aid we seek. Show the straight way, the way of those on whom You have bestowed the grace, those whose portion is not wrath and those who go not astray)

الله لا اله الا هو الحي القيوم لا تأخذه سنة ولا نوم, له ما في السموات وما في الأرض من ذا الذي يشفع عنده الا باذنه يعلم ما بين أيديهم وما خلفهم ولا يحيطون بشيء من علمه الا بما شاء وسع كرسيه السموات والأرض ولا يؤده حفظهما وهو العلي العظيم (سورة البقرة، 255)

(Allah, there is no god but He, The Living, The Self-subsisting, Eternal. No slumber can seize Him nor sleep. His are all things in the heavens and on earth. Who is there can intercede in His presence except as He permits? He knows (what appears to His creatures) as before or after or behind them. Nor shall they compass aught of His knowledge except as He wills. His throne does extend over the heavens and the earth, and He feels no fatigue in guarding and preserving them for He is the Most High, the Supreme in glory)

شهد الله أنه لا اله الا هو و الملائكة وأولو العلم قائما بالقسط لا اله الا هو العزيز الحكيم. إن الدين عند الله الإسلام وما اختلف الذين أوتوا الكتاب إلا من بعدما جاءهم العلم بغيا بينهم و من يكفر بآيات الله فان الله سريع الحساب فان حاجوك فقل أسلمت وجهي لله ومن اتبعن وقل للذين أوتوا

الكتاب والاميين ءأسلمتم فان أسلموا فقد اهدوا وان تولوا فإتما عليك
البلاغ والله بصير بالعباد (سورة آل عمران, 18-20)

(There is no god but He; that is the witness of Allah, His angels, and those endued in knowledge standing firm on justice. There is no god but He, The Exalted in Power, The Wise. The religion before Allah is Islam (submission to His will). Nor did the people of book dissent therefrom except through envy of each other, after the knowledge has come to them. But if any deny the Signs of Allah, Allah is swift in calling to account. So if they dispute with you, say: I have submitted my whole self to Allah and so have those who follow me. And say to the people of the book and to those who are unlearned; Do you also submit yourselves? If they do they are in right guidance. But if they turn back, the duty is to convey the message, and in the sight of Allah are all His servants)

قل اللهم مالك الملك تؤتي الملك من تشاء وتنزع الملك ممن تشاء وتعز من تشاء وتذل من تشاء بيدك الخير انك على كل شي قدير. تولج الليل في النهار وتولج النهار في الليل وتخرج الحي من الميت وتخرج الميت من الحي وترزق من تشاء بغير حساب (سورة آل عمران, 26,27)

(Say: O Allah! Lord of power and Rule, You give power to whom You please, and You strip off power from whom You like, You endue with honour whom You please, and You bring low whom You like, in Your hand is all Good. Verily, over all things You have power. You cause the night to gain on the day, and You cause the day to gain on the night, You bring the Living out of the dead, and You bring the Dead out of the living, and You give sustenance to whom You please without measure.)

وانا على ذلك من الشاهدين يا رب

(I am one of the witnesses on this, O my Lord!)

(Baghwi; Marif-ul-QuRAn, 2/47)

10. Duaa for General Protection

Hazart Usman bin Affan (RA) says that the Prophet (SAWS) said: "If a person recites the following *Duaa* 3 times in the morning and 3 times in the evening and 3 times in the night he or she will be immune from all harm". The *Duaa* is:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ
الْعَلِيمُ

(In the name of Allah, with Whose name nothing harms neither on the earth nor in the heavens, and He is All-Hearing and All-Knowing)
(Tirmizi Sharif, 2/176)

The Prophet (SAWS) taught the following *Duaa* to one of his daughters. By reading it in morning one remains safe till evening and by reading it in the evening one remains safe till the morning.

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ وَلَا قُوَّةَ إِلَّا بِاللَّهِ مَا شَاءَ اللَّهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ أَعْلَمُ
أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا

(Pure is Allah and all praises are due to Him only, and there is no power but from Allah. Whatever Allah wills it happens and what Allah does not will doesn't happen. I know that Allah has power over all things and He has the knowledge of every thing)
(Mishkat-ul-Masabih, 210)

11. Protection from Thunder and Lightning

It is stated by the scholars that if anybody on hearing the thunder recites the following verse he will be immune from the ill consequence of lightning.

سُبْحَانَ الَّذِي يَسْبِغُ الرِّعْدَ بِحَمْدِهِ وَالْمَلَائِكَةُ مِنْ خِيفَتِهِ (سورة الرعد, 13)

(Nay thunder repeats His praises and so do the angels with awe....)

It is narrated in another *Hadith*, “Make *Zikr* of Allah when you hear the thunder of lightning because it cannot harm one who is doing *Zikr*”.

It is recommended that at the time of thunder one should say:

الله اكبر
not
سبحان الله

12. Protection from Witchcraft

One who keeps on reciting the following will be guarded against diseases, witchcraft etc. It is advised that one should recite them while going to bed also.

آية الكرسي, سورة الفلق, سورة الناس
(Surah Baqrah-2/255, Surah Falaq-113, Surah Naas-114)
(*Aamaal-e-Qura'ni*, 95,6)

Hazrat Ka'ab bin Ahbar (RA) says: “Had I not recited the following words, the Jews would have turned me into a donkey with their witchcraft. I used to become content by reading this in the morning and evening that, Allah willing, their mischief will not affect me”.

أعوذ بالله العظيم الذي ليس بشيء اعظم منه وبكلمات الله التامات التي لا
يجاوزهن بر ولا فاجر وبأسماء الله الحسنی كلها ما علمت منها وما لم اعلم
من شر ما خلق وبرأ و ذراً

(*I take refuge in Allah- the Grand- nothing is greater than He, in the perfect words of Allah, which no righteous and unrighteous person can transgress. I take refuge in all the beautiful names of Allah, whether I know or not, from all the evil that He has created, made and originated.*)
(*Malik; Mishkat al-Masabih*, 218)

13. Protection from Jin & Satan

Hazrat Abu Huraira (RA) had said that the Prophet (SAWS) said: "Recite 'Ayat Al-Kursi' (Surah Baqra 2/255) while going to bed, Allah (SWT) will keep on protecting you from Satan till the morning.

(Bukhari, 2/749)

14. Protection from Evil Spell

To protect oneself from *Nazr* (evil spell), one should read the following *Ayat* seven times and blow on body.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 وَمَا أَنْفَقْتُمْ مِنْ نَفَقَةٍ أَوْ نَذَرْتُمْ مِنْ نَذْرٍ فَإِنَّ اللَّهَ يَعْلَمُهُ وَمَا لِلظَّالِمِينَ مِنْ أَنْصَارٍ
 (سورة البقرة، 270)

(And whatever you spend in charity or devotion, be sure Allah knows it all,
 but the wrong doers have no helpers.)

(Maqbool Duaas, 10)

15. Protection from all Dangerous Diseases

Hazrat Anas (RA) says that the Prophet (SAWS) used to recite the following *Duaa* (for protection against dangerous diseases)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ وَالْجَذَامِ وَسَيِّئِ الْأَسْقَامِ

(O Allah! I seek Your refuge against leprosy, insanity and all dangerous diseases.)

(Mishkat Al-Masabih, 217)

(Nowadays, we see that people are inflicted with dangerous diseases like AIDS, cancer etc. So every one should always keep on reciting this prayer, especially after every obligatory *Salah*, and one should refrain from sin and bad company. May Allah protect us all.)

16. Protection from Leprosy and Blindness

The following *Duaa* is read for protection against diseases such as leprosy and blindness.

سبحان الله العظيم وبحمده

(Allah is pure, The Grand, I praise Him)

(Amal-al-Yaum-wal Lailah, 146)

17. Protection from Sleeplessness and Fear

Hazrat Abu Umamah reported that *Hazrat Khalid bin Waleed* talked to the Prophet (SAWS) and described those frightening things, which he used to see at night, obstructing him from his night prayers. So the Prophet (SAWS) said: "O *Khalid*! May I not teach you those words, which you may recite thrice and when you recite them, Allah Most High will make these fears vanish from you? *Hazrat Khalid* said: "O Messenger of Allah! (Please) do tell me, my parents be sacrificed over you! I have complained to you of this only in this hope. Then he taught:

أعوذ بكلمات الله التامة من غضبه و عقابه و من شر عباده و من همزات
الشياطين وأن يحضرون

(I seek shelter with the complete words of Allah from His wrath and His punishments and from mischief of His slaves, and the Satan's goading and from this that the Satans may be present here.)

(Hayat-us-Sahaba, 3/411)

18. *Duaa* to Remove Fear

Ibn Kalbi narrates that a person was threatened to murder, so he consulted an *Aalim* regarding the matter. The *Aalim* advised him to recite *Surah Yaseen* whenever he comes out of home. And said: "In-Sha-Allah, the enemy will not succeed in his desire".

سورة يس

(Surah- 36)

(Aamal Qura'ni, 104)

19. Duaa for Sound Sleep

For a sound sleep one should recite the following verse:

إن الله و ملائكته يصلون على النبي. يا أيها الذين آمنوا صلوا عليه و
سلموا تسليما (سورة الأحزاب, 33)

(Allah and His Angels send blessings on the Prophet; O ye that believe!
Send you blessings on him with all respect.)

(Aamal Qura'ni, 148)

20. Duaa for Safe SleepIf someone has nightmares, he should read the following *Aayat* once before going to bed.

لهم البشرى في الحياة الدنيا و في الآخرة, لا تبدل لكلمات الله ذلك هو
الفوز العظيم (سورة يونس, 64)

(For them are glad tidings, in the life of the present and in the Hereafter.
No change can there be in the words of Allah; this is indeed the supreme
felicity.)

(Amal-e-Qura'ni, 149)

21. Duaa to Remove Restlessness, Gloom and SorrowHazrat Ibn Abbas (RA) says that the Prophet (SAWS) used to recite this *Duaa* when he felt any restlessness or severity.

لا إله إلا الله العظيم الحليم لا إله إلا الله رب العرش العظيم لا إله إلا الله رب
السموات و رب الأرض و رب العرش الكريم

(There is no god but Allah; the Clement, the Grand; there is no god but Allah, the Lord of Grand Throne. There is no god but Allah, Lord of the heavens and earth, and the Lord of the Noble Throne)
(Bukhari, 2/939)

22. *Duaas to Get Rid of Tiredness*

If somebody feels difficulty or weariness in doing some job and requires additional strength to overcome tiredness, he should recite the following words, 33 times each, before going to bed.

سبحان الله, الحمد لله, الله أكبر

(Pure is Allah. All the praise is due to Allah. Allah is Great)

Note: The Prophet (SAWS) taught these above-mentioned words to his daughter *Hazrat Fatimah (RA)*.

(Sahih Bukhari, 2/935)

23. *Duaa to Read While in Trouble*

Hazrat Sa'ad ibn Abi Waqqas (RA) relates that the Prophet (SAWS) said: "This is the supplication that *Zunnoon (Hazrat Yunus, Alaihis Salaam (AS))* has recited when a fish swallowed him:

لا إله إلا أنت سبحانك إني كنت من الظالمين

(There is no god but you, glory to You; I was, in deed, among the wrong doers)

If a Muslim invokes Allah's mercy by reciting it in trouble, Allah Almighty will accept his all supplications.

(Tirmizi, 188)

Hazrat Abu Hurairah (RA) narrates as the Prophet (SAWS) having said that whenever a serious or difficult matter arises, recite the following:

حسبنا الله ونعم الوكيل علي الله توكلنا

(For us Allah suffices and He is the best disposer of affairs, we rely on Allah)

(Mariful Hadith, 5/229)

Hazrat Abu Darda (RA) said that there is no slave of Allah who may recite seven times the following *Duaa*, Allah Almighty will set right his affairs and will suffice him in his sorrow.

حسبي الله لا اله الا هو عليه توكلت وهو رب العرش العظيم.

(Allah is sufficient for me, none has the right to be worshipped except Him, upon Him I rely and He is Lord of the exalted throne)

(Hayat-us-Sahabah, 3/414)

24. *Duaa* for Financially Distressed

A poverty stricken person should either say the following attribute of Allah excessively or write it and keep it with him or say it 40 times in the last *Sajdah* of Chasht *Salah* (before midday) he will be amazed at how Allah will deliver him from poverty.

يا وهاب

(The Giver of All Things)

(Al-Hisn-ul-Haseen, 25)

25. *Duaa* for Debt and Distress

One day Prophet Mohammed (SAWS) entered the mosque. He saw an *Ansar Sahabi* whose name was Abu-Umamah (RA). The Prophet (SAWS) said, "O Abu Umamah! Why are you sitting inside the mosque when it is not time for *Salah*?" He replied, "O Prophet of Allah! Debt and worries have made me distressed". The Prophet (SAWS) said, "Should I not direct you a practice, if you recite it your worries will be dispelled, your debt

also will be paid". He replied, "Why not?". Upon this affirmation Mohammad (SAWS) told him to read the following *Duaa* in the morning and evening. *Abu Umamah (RA)* says, "I read this *Duaa* and Allah Almighty removed all my worries and my entire debt was paid".
(This is a tested and highly recommended prescription for the removal of worries, anxieties and debt)

اللهم اني أعوذ بك من الهم والحزن أعوذ بك من العجز والكسل أعوذ بك
من الجبن وأعوذ بك من غلبة الدين وقهر الرجال

(O Allah! I seek Your protection against worry and grief; from timidity and indolence; from cowardice and selfishness; from overwhelming debt; and from the oppression of the people.)

(Abu Dawud; Ma'arif Al-Hadith, 233,4)

26. *Duaa* for Strong Memory

If the following is read 786 times at the time of sunrise and blown on water and given to children to drink, *In-Sha-Allah* their memories will strengthen.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(In the name of Allah, Most Gracious, and Most Merciful)

(Aamal-e-Qura'ni)

27. *Duaa* for Strong Eyesight

If someone's eyesight is weak, he/she should make ablution (*wudhu*) and, thereafter, should read *Suratul Qadr* once looking towards the sky.

سورة القدر

(Surah 97)

(Maqbool Duaa, 3)

28. *Duaa* for Cure of Kidney Stones

For the cure of kidney stones, read *Surah As-Sharah* and blow on some water and keep on drinking it. If Allah wills, the stones will come out.

سورة الشرح
(*Surah 94*)

Amaal-e-QuRAani, 141)

29. *Duaas* for a Sick Person

Hazrat Aiyesha (RA) reports that whenever the Messenger of Allah (SAWS) fell ill he used to recite *Muawwazat (Surah Al-Ikhlās, Surah Al-Falaq and Surah An-Naas)* and blow on himself.

سورة الإخلاص والفلق والناس

(*Surah Al-Ikhlās-112, Surah Al-Falaq-113 and Surah An-Naas-114*)
(*Bukhari, 2/750*)

It is mentioned in a *Hadith* that if a Muslim reads the below-mentioned *Ayat* 40 times while he is sick and then dies in that sickness, he will receive the reward of 40 martyrs and if he recovers healthy, all his sins will be purged away.

لا إله إلا أنت سبحانك إني كنت من الظالمين (سورة الأنبياء, 87)

(*There is no god but You, glory to You; I was, in deed, among the wrong doers*)

(*Al-Hisn-ul-Hasin; Maqbool Duaas, 23*)

30. *Duaas* for a Happy Journey

If one's journey is for a special purpose, one should recite the verses that follow before commencing the journey. (One remains happy also by reciting these in the journey).

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
سورة الكافرون
(Surah Al kafiroom- 109)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
سورة النصر
(Surah An-Nasr - 110)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
سورة الإخلاص
(Surah Al-Ikhlās - 112)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
سورة الفلق
(Surah Al-Flaq- 113)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
سورة الناس
(Surah An-Naas- 114)

And again recite:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In this way the total number of *Bismillah* is six and total number of *Surahs* (chapters) is five.

(*Al-Hisn-ul-Hasin*, 177)

31. *Duaas* for Marriage Proposal

For seeking Marriage Proposals write *Surah Al-Ahzaab* on a piece of paper and store it in a closed container and keep it in house safely.

سورة الأحزاب
(Surah- 33)

(A'mal-e-Qura'ni, 49)

Moreover, by reading the following five hundred times daily, 'if Allah wills', one will receive proposal for marriage soon. One must read *Durood* eleven times before and after it.

يا جامع

(The Assembler)

(Maqbool Duaas, 8)

Again, if the following verses are tied around the arm of a bachelor he/she will get marriage proposal, amnesia will go away, a sick person will get cured and a poor person will be wealthy.

ولا تمدن عينيك إلى ما متعنا به أزواجا منهم زهرة الحياة الدنيا لنفتنهم فيه, ورزق ربك خير وأبقى. وأمر أهلك بالصلوة واصطبر عليها, لا نسئلك رزقا, نحن نرزقك و العاقبة للمتقوى (سورة طه, 131,132)

(Strain not your eyes in longing for the things We have given for enjoyment to parties of them, the splendour of the life of this world, through which We test them; but the provision of your Lord is better and more enduring. Enjoin prayer on your people and be constant therein, We ask you not to provide sustenance, We provide it for you, but the fruit of hereafter is for righteousness.)

(Aamal-e-Qura'ni, 48,49)

32. Duaa-e-Istikhara for Marriage

When someone is intend ing to marry someone then even before proposing or expressing one's intention to propose, one should perform *Wudhu* in the best way possible. Then should offer as many *Nafl Salah* as possible. Thereafter, one should praise and glorify Allah in the best of manner and recite the following *Duaa*. *In-sha-Allah* whatever will happen

will be good. It is mentioned in the *Hadith* that to seek guidance from Allah by way of *Istikhara* is good fortune and not to do this, is his bad fortune.

أَللّهُمَّ إِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ، وَتَعْلَمُ وَلَا أَعْلَمُ، وَأَنْتَ عَلَامُ الْغُيُوبِ، فَإِنْ رَأَيْتَ أَنْ خَيْرًا لِي فِي دِينِي وَدُنْيَايَ وَآخِرَتِي فَاسْمِ الْفَاعِلِ (Name the person) فِي ... قَدْرِهِ/فَاعْدِرْهَا لِي وَ إِنْ كَانَ غَيْرَهُ/غَيْرَهَا خَيْرًا لِي مِنْهَا فِي دِينِي وَ آخِرَتِي فَاقْدِرْهُ/ فَاعْدِرْهَا لِي.

(O Allah! You have power and I have none, You know all and I know not. You are the knower of all that is hidden. If, in Your knowledge, so-and-so (mention his or her name) be good for me in my faith and in my temporal and religious life, then ordain him (or her) for me. If any one other than him (or her) be good for me in my faith and religious life, then ordain him (or her) for me.)

(Al-Hisn-ul-Haseen, 137-8)

33. Amal for a Woman in Menstruation

If a menstruating woman at the time of every prayer performs *wudhu* and sits on the prayer mat for a duration equivalent to the prayer (same length of time it takes her to pray *Salah*) and reads the following:

سُبْحَانَكَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

(Your purity I declare, I beg of Allah, the One besides whom there is no deity, the Everlasting and All-sustainer, His forgiveness)

then in her book of deeds 1000 *Rakaat* is written and 70,000 sins are forgiven, her status is elevated and she receives *Noor* (light) on every word of *Istighfaar* and in exchange of every vein of the body a *Hajj* and *Umrah* is written.

(Majalis Al-Abrar, 567; Fatawa RAhimia, 1/196)

34. To Have a Child

One who does not have a child should keep on reciting the following verse, *In-Sha-Allah*, one day will be granted a child.

رب هب لي من لدنك ذرية طيبة إنك سميع الدعاء (سورة آل عمران, 38)

(O my Lord! Grant unto me from You a progeny that is pure; for You are He that hears prayer.)

(Aamal-e-Qura'ni, 49-50)

If a person, disappointed about a child, recites the verse three times after every Obligatory *Salah* will *In-Sha-Allah* be given a child.

رب لا تدروني فردا و أنت خير الوارثين (سورة الأنبياء, 89)

(O my Lord! Leave me not without offspring, though You are the best of inheritors.)

(Aamal-e-Qura'ni, 50)

35. To Save Foetus in Womb

If a woman fears abortion or suffers sterility she should get the verse written on a piece of paper and tie it in her belly. *In-Sha-Allah*, she will be successful in keeping the foetus safe in her womb.

الله يعلم ما تحمل كل أنثى و ما تغيض الأرحام و ما تزداد, و كل شيء عنده بمقدار (سورة الرعد, 8)

(Allah does know what every female womb does bear, by how much the wombs fall short -of their time or number- or do exceed. Every single thing is before His sight, in due proportion.)

(Aamal-e-Qura'ni, 53,4)

Reciting this verse three times after every Obligatory *Salah* is also very useful to save the foetus.

يا أيها الناس اتقوا ربكم إن زلزلة الساعة شئ عظيم (سورة الحج, 1)

(O mankind! Fear your Lord! For the convulsion of the Hour-of judgment- will be a thing terrible.)

(Aamal-e-Qura'ni, 54)

36. Duaa for Painless Delivery

A woman suffering from birth pain can get an easy delivery if the following verse is tied or blown on her belly or waist.

أو لم ير الذين كفروا أن السماوات والأرض كانتا رتقا ففتقناهما و جعلنا من الماء كل شئ حي, أ فلا يؤمنون (سورة الأنبياء, 30)

(Don't the unbelievers see that the heavens and the earth were joined together (as one unit of creation) before we clove them asunder? We made from water every living thing. Will they not then believe? (21/30)

(Aamal-e-Qura'ni, p. 57)

37. To Get a Pious Boy

If *Surah Yusuf* is tied on a pregnant woman she will bore a noble baby boy, *In-Sha-Allah*.

سورة يوسف

(Surah- 12)

(Aamal-e-Qura'ni, 58)

38. To Save Newborn Baby

If the following verses are put around neck of a baby it will be safeguarded against illnesses that babies are prone to.

إني توكلت على الله ربي و ربكم ما من دابة إلا هو آخذ بنا صيتها, إن ربي على صراط مستقيم. فإن تولوا فقد أبلغتكم ما أرسلت به إليكم, و يستخلف

ربي قوما غيركم ولا تضرونه شيئا إن ربي على كل شئ حفيظ. (سورة هود
(56,57)

(I put my trust in Allah, my Lord and your Lord! There is not a moving creature, but He has grasp of its forelock. Verily, it is my Lord that is on straight path. If you turn away I (at least) have conveyed the message with which I was sent to you. My Lord will make another people to succeed you and you will not harm Him in the least. For my Lord has care and watch over all things) (11/56,57)
(Aamal-e-Qura'ni, 59)

39. Duaa for Relatives to be Religious

If a person reads this *Duaa* once after every *Salah*, his children and wife will grow religious, *In-Sha-Allah*.

ربنا هب لنا من أزواجنا وذرياتنا قرة أعين واجعلنا للمتقين إماما (سورة
الفرقان 74)

(Our Lord! Grant to us wives and offspring who will be the comfort of our eyes and give us (the grace) to lead the righteous people)
(Aamal Qura'ni, 10)

40. Duaa for Progress in Business

One may write the verse and put in the merchandise, it will bring blessings and progress, *In-Sha-Allah*.

إن الله اشترى من المؤمنين أنفسهم وأموالهم بأن لهم الجنة، يقاتلون في
سبيل الله فيقتلون ويقتلون، وعدا عليه حقا في التوراة والإنجيل والقرآن،
ومن أوفى بعهده من الله فاستبشروا ببيعكم الذي بايعتم به، وذلك هو الفوز
العظيم. (سورة التوبة 111)

(Allah has purchased of the believers their persons and their goods; for theirs (in return) is the garden (of Paradise): they fight in His cause, and slay and are slain: a promise binding on Him in Truth, through the Law,

the Gospel and the Qur'an: and who is more faithful to his covenant than Allah? They rejoice in the bargain, which ye have concluded: that is the achievement supreme.) (9/111)
 (Aamal Qura'ni, 20)

If one keeps *Ayatul Kursi* in his trade goods it will cause prosperity, protection against Satan. The one will grow wealthier and will be given livelihood from sources he can't imagine. If one recites this verse while going to bed he will be guarded against theft, drowning, burning and will always be healthy.

آية الكرسي
 (Surah Al-Baqra-2/ 255)
 (Aamal Qura'ni, 20)

41. Increase in Knowledge and Expansion of Mind

It is very useful to recite this *Duaa* twenty times after *Fajr* Prayer for Increase in knowledge and expansion of mind.

رب اشرح لي صدري و يسلي أمري واحلل عقدة من لساني يفقهوا قولي

(O my Lord! Expand me my breast; ease my task for me; and remove the impediment from my speech so they may understand what I say.)
 (Aamal Qura'ni, 31)

For advancement in knowledge one should recite this *Duaa* after every *Salah* as much as possible.

رب زدني علما
 (O my Lord! Advance me in knowledge)
 (Aamal Qura'ni, 31)

42. *Duaa* for Searching a Missing Thing

In order to search a missing thing one should recite this *Duaa*. *In-Sha-Allah*, he will find it back or Allah shall give him something better in return.

إنا لله و إنا إليه راجعون

(To Allah we belong and to Him is our return)

(Aamal Qura'ni, 40)

To find a missing thing and an absconding person one should recite *Surah Al-Zuha* seven times. Allah willing, he will get them back.

سورة الضحى

(Surah- 93)

(Aamal Qura'ni, 42)

43. *Duaa* for Prosperity and Affluence

For abundance in livelihood one should recite this verse after every *Salah* excessively.

أَللّٰهُ لَطِيفٌ بِعِبَادِهِ يَرْزُقُ مَنْ يَشَاءُ وَهُوَ الْقَوِيُّ الْعَزِيزُ (سورة الشورى, 19)

(Gracious is Allah to His servants; He gives sustenance to whom He pleases; and He has power and can carry out His Will.)

(Aamal Qura'ni, 66)

It comes in a *Hadith* that a person who recites *Surah Al-Waqiya* he will never go hungry.

سورة الواقعة

(Surah- 56)

(Baihaqi, Maarif-ul-Hadith, 5/96)

44. *Duaa* to Get One's Right

If any one delays to pay back one's right one should read the following word excessively. Moreover, if one reads it 75 times, goes in *Sajdah* (prostration) and supplicates to Allah, Allah willing, he will be protected against jealousy.

المذل

(*The Giver of Disgrace*)

(*Aamal Qura'ni, 89*)

45. *Duaa* After Juma Prayer

A person who reads the below-given *Duaa* every Friday after *Jumah* prayer the Prophet (SAWS) said that the reciter's 100000 sins will be forgiven and 24000 sins of his parents will be forgiven.

سبحان الله العظيم وبحمده

(*Allah is pure, The Grand, I praise Him*)

(*Amal-al-Yaum-wal Lailah, 146; 26 Suratien, 171*)

This *Duaa* is also read for protection against diseases such as leprosy and blindness.

46. *Duaa* While Going to Bed

Hazrat Abu Saeed Khudri (RA) narrated that the Prophet (SAWS) said: "Whoever reads the (below-given) *Duaa* 3 times while going to bed, his sins are forgiven, even if they are equivalent to the foam of the sea, or equivalent to the leaves on the trees or to the sand of the desert or equivalent to the number of days in the entire world.

استغفر الله الذي لا اله الا هو الحي القيوم و أتوب اليه

(*I seek forgiveness from Allah beside Whom there is no god but He, The Living and The Self-Subsisting, I repent to Him*)

(*Tirmizi, 2/177*)

47. *Istikhra* to Perform an Important Task

When one wishes to accomplish an important task (and one is not certain with regards to its feasibility) one should offer two *Rakat Nafil Salah* and then recite this *Duaa*:

اللهم إني أستخيرك بعلمك و أستقد ر بقدرتك و أسئلك من فضلك العظيم ,
فإنك تقدر و لا أقدر , و تعلم و لا أعلم و أنت علام الغيوب. اللهم إن كنت
تعلم أن هذا الأمر خير لي في ديني و معاشي و عاقبة أمري أو عاجل
أمري و أجله فأقدره لي و يسره لي ثم بارك لي فيه. وإن كنت تعلم أن هذا
الأمر شر لي في ديني و معاشي و عاقبة أمري أو عاجل أمري و أجله
فاصرفه عني و اصرفني عنه واقدر لي الخير حيث كان ثم أرضني به.

(O Allah! I ask You the good through Your knowledge and I ask You to grant me ability through Your power and beg Your favour out of Your infinite bounty. For surely, You have power and I have none. You know all and I know not. You are the knower of all that is hidden. O Allah, if in Your knowledge 'this matter' be good for me, my faith, my livelihood and the consequences of my affairs in the world and the hereafter then ordain it for me and make it easy for me and bless me therein. But if, in Your knowledge 'this matter' be bad for me, my faith, my livelihood and the consequences of my affairs in the world and the hereafter then turn it away from me and turn me away therefrom and ordain for me the good wherever it be and cause me to be pleased therewith.)

It is mentioned in the *Hadith* that while reciting this *Duaa*, on reaching the underlined words 'hazal amra' one should make intention of the need for which one is doing *Istikhara*.

(Bukhari, 2/944; Uswa-e-rasul Akram- 252,3)

48. Salatut Tasbeeh and Method of its Performing

It is mentioned in Hadith that the Prophet (SAWS) taught ‘*Salatut Tasbeeh*’ to his uncle *Hazrat Abbas (RA)* as *Hazrat Abdullah ibn Abbas (RA)* reports: “*Rasulullah (SAWS)* said to his uncle *Hazrat Abbas (RA)* “*O Abbas my uncle! I want to make a special gift to you so that if you act upon it, Almighty Allah will forgive all your sins, whether old or new, open or secret, intentional or unintentional, minor or major. That action is to offer 4 Rakat Nafil Salah and in each Rakat after you have recited Surah Fatiha with one more Surah, you should say:*

سبحان الله والحمد لله ولا إله إلا الله والله أكبر

(I declare the purity of Allah; and all praise are due to Allah alone; and there is none worthy of worship besides Allah; and Allah is Great.)

15 times while standing still, again repeat it 10 times when you are in *Ruku*, ten times when you rise from *Ruku*, 10 times in first *Sajdah*, 10 times after you rise from 1st *Sajdah* and sit, 10 times in 2nd *Sajdah*, and ten time when you raise your head from it and sit before standing. The total *Tasbeehs* in each *Rakat* is 75 times. If possible you should offer this *Salah* once every day and if you cannot then offer it on every Friday or once in a month or once in a year or at least once in your lifetime”.

(Mishkatul Masabeeh, 117)

Necessary Notes:

In the *Ruku* and *Sajdah*, first the *Tasbeehat* ‘*Subhana Rabbiyal Azeem*’ and ‘*Subhana Rabbiyal A’ala*’ will be recited thrice, then these *Kalimas*.

Counting should not be done by word of mouth, as this act will spoil the *Salah*. Counting on the fingers or by means of string of beads is permissible. The best way is that the fingers should be kept in their position and be pressed one by one for counting.

If one forgets to recite the *Kalimas* at any stage one should make up the number in the next stage of *Salah* except that no such deficiency should

be made up after rising from the *Ruku*, between the two *Sajdahs* and after the 2nd *Sajdah*. In these three positions one should recite the *Kalimas* as specified and then make up the deficiency in next act. For instance, if someone forgets recitation of the *Kalimas* in *Ruku*, one should make up it in 1st *Sajdah*. Similarly the deficiency of 1st *Sajdah* should be made up in 2nd *Sajdah* and that of 2nd *Sajdah* in the second *Rakat* while standing, or if one forgets to do so then in the last *Rakat* while sitting and before reciting *At-tahiyyat*.

If for some reasons *Sajdah Sahw* is required the *Kalimas* are not to be read in these two *Sajdahs*, because the number of 300 is already completed.

Except the three forbidden times (sunrise, midday and sunset) this *Salah* can be offered at any time of the day and night.

49. 99 Beautiful Names of Allah

Rasulullah (SAWS) is reported to have said: “There are 99 beautiful names of Allah. Those who learn them by heart will surely enter paradise”.

The beautiful attributes of Allah are as follow:

الرحيم Most Merciful	الرحمن Most Gracious	الله Allah
السلام Author of Peace	القدوس The Holy	الملك The Sovereign
العزیز The Mighty	المهيمن Giver of Protection	المؤمن Granter of Security
الخالق The Creator	المتكبر The Self-Glorious	الجبار The Powerful
الغفار Most Forgiving	المصور Fashioner of Shapes	البارئ The Creator of Soul
الرزاق The Sustainer	الوهاب The Great Giver	القهار The Supreme
القابض One Who Straightens	العليم The All-Knowing	الفتاح Remover of Difficulty
الرافع The Exalter	الخافض One Who Abases	الباسط Extender of Provision
السميع All-Hearing	المدن The Giver of Disgrace	المعز The Giver of Honour
العدل The Just	الحكم Maker of Immutable Judgment	البصير The All-Seeing
الحليم The Clement	الخبير The Aware	اللطيف The Subtle
الشكور The Grateful	الغفور The All-Forgiving	العظيم The Grand
الحفيظ The Protector	الكبير The Great	العلي The High

الجليل The Majestic	الحسيب The Reckoner	المقيت Controller of Things
المجيب One Who Responds to Invocation	الراقيب The Care Taker	الكريم The Benevolent
الودود The Most Loving	الحكيم The Wise	الواسع The Ample-Giving
الشهيد The Omnipresent	الباعث The Resurrector	المجيد The Most Venerable
القوي The Powerful	الوكيل The One in Charge	الحق The True
الحميد The Praiseworthy	الولي The Patron	المتين The Firm
المعيد One Who Produces	المبدئ The Originator	المحصي One Who Records
الحي The Everliving	المميت The Giver of Death	المحي The Giver of Life
الماجد One Grants Honour	الواجد The Inventor	القيوم The self-Subsisting
القادر One With Authority	الصمد Free From Want	الواحد The One
المؤخر One Who Puts Off	المقدم One Who Brings Forward	المقتدر The Almighty
الظاهر The Manifest	الآخر The Last	الاول The First
المتعالى Far Above the Creation	الوالي The Great Watcher	الباطن The Hidden
المنتقم The Taker of Retribution	التواب The Oft Returning	البر The Righteous
مالك الملك Possessor of Sovereignty	الرؤف The Affectionate	العفو The Pardoner
الجامع The Assembler	المقسط The Just	ذو الجلال والإكرام Lord of Glory & Honour

المانع The Hinderer	المغني One Who Enriches	الغني The Self-sufficient
النور The Light	النافع The Benefactor	الضار One Who Brings Distress
الباقي The Eternal	البديع The Deviser	المهادي One Who Guides
الصبور Most Forebearing	الرشيد One Who Loves Virtue	الوارث One Who Inherits Everything

(Tirmizi, 2/188-90)

50. FORTY HADITH

Hazrat Salman (RA) narrates that he had asked *Rasulullah (SAWS)* about the forty 'Ahadith' concerning which he has said that if anyone from amongst his *Ummah* memorizes them, he would enter paradise. The Prophet (SAWS) said: (the 40 Ahadith)

(1) أن تؤمن بالله (2) واليوم الآخر (3) والملائكة (4) والكتب (5) والنبیین (6) والبعث بعد لموت (7) والقدر خيره وشره من الله تعالى (8) وأن تشهد أن لا اله الا الله وأن محمدا رسول الله (9) وتقيم الصلاة بوضوء سابغ كامل لوقيتها (10) وتوتى الزكوة (11) وتصوم رمضان (12) وتحج البيت ان كان لك مال (13) وتصلی اثنتي عشرة ركعة في كل يوم وليلة (14) والوتر لا تتركه في كل ليلة (15) ولا تشرك بالله شيئا (16) ولا تعق والديك (17) ولا تاكل مال اليتيم ظلما (18) ولا تشرب الخمر (19) ولا تزن (20) ولا تحلف بالله كاذبا (21) ولا تشهد شهادة زور (22) ولا تعمل بالهوى (23) ولا تغترب أخاك المسلم (24) ولا تخذف المحصنة (25) ولا تغل أخاك المسلم (26) ولا تلعب (27) ولا تله مع اللاهين (28) لا تقل للقصير يا قصير تريد بذلك عيبه (29) ولا تسخر باحد من الناس (30) ولا تمش بالنميمة بين الأخوين (31) وأشكر الله تعالى على نعمته (32) واصبر على البلاء والمصيبة (33) ولا تأمن من عقاب الله (34) ولا تقطع أقرباك (35) وصلهم (36) ولا تلعن أحدا من خلق الله (37) و أكثر من التسبيح والتكبير والتهليل (38) ولا تدع حضور الجمعة والعيدين (39) واعلم أن ما أصابك لم يكن ليخطئك وما أخطئك لم يكن ليصيبك (40) ولا تدع قراءة القرآن على كل حال.

1. You should believe in *Allah* (his person and Attributes.)
2. *The Last Day.*
3. *The Angels.*
4. *The Divine Books.*
5. *All the Prophets.*
6. *The Resurrection.*
7. *The destiny; whether good or bad is from Allah.*
8. *That you bear witness that there is none worthy of worship except Allah, and that Mohammad (SAWS) is His Messenger.*

9. *That at the time of each Salah you perform prayer properly at its proper time after a perfect Wudhu.*
10. *Pay Zakat.*
11. *Fast during the month of Ramadan*
12. *Perform Hajj if you have wealth.*
13. *You should perform the twelve Rakat every day and night.*
(According to another *Hadith* these twelve *Rakat* are detailed as 2 *Rakat* before the *Fardh* of *Fajr*, 4 before and 2 *Rakat* after the *Fardh* of *Zuhr*, 2 after the *Fardh* of *Maghrib*, and 2 after the *Fardh* of *Isha*.)
14. *You should never miss the Witr Salah at night.*
15. *You should ascribe no partners unto Allah.*
16. *You should not disobey your parents.*
17. *You should not devour the property of orphans unjustly.*
18. *You should not drink wine.*
19. *You should not commit adultery.*
20. *You should not indulge in false oaths.*
21. *You should not give false witness.*
22. *You should not yield to your false desires.*
23. *You should not backbite on a Muslim brother.*
24. *You should not bring a false charge against a chaste woman.*
(Or a chaste man.)
25. *You should not bear ill will towards your Muslim brethren*
(especially, and on non-Muslim also.)
26. *You should not indulge in useless amusements.*
27. *You should not join the idle spectators.*
28. *You should not call a short-statured person "O, you short-statured one!" with the intention of finding fault with him.*
(There is no harm if a person is called by a derogatory nickname which, has become associated with him, provided the nickname is used neither as a taunt nor as a term of abuse but using it as a taunt is not permissible.)
29. *You should not indulge in jokes at the cost of others.*
30. *You should not indulge in slanders among Muslims.*
31. *You should be ever grateful to Allah for his bounties.*
32. *You should be steadfast in suffering and calamity.*
33. *You should not be fearless of chastisement by Allah.*
34. *You should not snap ties of kinship with your relatives.*
35. *You should maintain ties of kinship with your relatives.*

36. You should not curse any creature of Allah.
37. You should excessively recite سبحان الله (Glory for Allah), الله اكبر (Allah is great) and لا اله الا الله (There is no God but Allah)
38. You should not miss the Friday and Eid Salah.
39. You should believe that whatever good or bad lot befalls you, was predestined and whatever good or bad have missed you, was ordained to do so.
40. You should not give up the recitation of the Qur'an under any circumstances."

Hazrat Salman (RA) says that he asked Rasulullah (SAWS) what one will get in reward if one memorizes them. The Prophet (SAWS) said, "Allah will raise him up in the company of the Prophets and the Ulama."

(Kanzul Ummal, 5/238, Uswae Rasul-e-Akram)

وأخر دعوانا ان الحمد لله رب العالمين