

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَلَدِ آدَمَ كَمَا يُحِبُّ وَيَرْضَى بِأَنْ يُصَلَّى عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,
The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his
companions – *may Allah be pleased with them all*

Wazaa'if recommended by the Holy Prophet

Hadrat Sayyiduna Ali - *may Allah be pleased with him* - narrates that once due to difficulty experienced by Sayyidah Fatimah - *may Allah be pleased with her* - while she used to grind flower with the grinding mill, she went to complain to the Holy Prophet - *may Allah's peace and blessings be upon him*. There were a few slaves who came (and she was under the impression that she would be able to acquire a domestic servant).

When she went to the blessed house of the Holy Prophet - *may Allah's peace and blessings be upon him* - she found that he was not at home. She informed Sayyidah Ayesha - *may Allah be pleased with her* - about her request. When the Holy Prophet - *may Allah's peace and blessings be upon him* - returned, his blessed wife informed him of the visit of his blessed daughter and the reason that she had come.

“The Holy Prophet - *may Allah's peace and blessings be upon him* - then came to our house and we were sitting on the bed. We wanted to arise but he instructed us to sit. He then said to his blessed daughter, ‘Can I not inform of something which is much more better than that which you have requested for. Whenever you want to go to sleep, you should read thirty four times ‘*Allahu Akbar*’, thirty three time ‘*Subhaanallah*’ and thirty three times ‘*Al Hamdulillah*’. This is much better than (having a) servant.” (Sahih Bukhari Shareef)

It is reported that once, the Holy Prophet - *may Allah's peace and blessings be upon him* - left from his wife, Sayyidah Juwairiyah - *may Allah be pleased with him*, in the morning to perform the Fajr Salaah. At that time, the blessed Mother of the Faithful was sitting on her Musallah (in Dhikr). When the Holy Prophet - *may Allah's peace and blessings be upon him* - returned at the time of Chaast she was still sitting on the Musallah. He then asked her whether she was in the same state as when he left. (In other words, whether she was still sitting on her Musallah making the Dhikr of Allah Almighty all this time). She replied that yes, she was in the same state.

When the Holy Prophet - *may Allah's peace and blessings be upon him* - heard this, he replied, “When I left you, I had mentioned four words three times and these four words are such that if it is weighed against that which you have been saying from that time till now (in your Dhikr), then certainly, these four words would be much heavier. (In other words, the reward for mentioning these four words would be much more than what she had been reading). The words are: ‘*Sub haanall laahi, wa bi hamdi hi, ‘adada khalkh qihi wa ridaa nafihi wa zenata ‘arshi hi wa midaa da kalimaatihi.*’ - Glory be to Allah and praise be to Him, as per the amount of His creation, and as per His Divine Wish and as per the scale of His Divine Throne and equal to the colour of ink (which has recorded all of this). (Sahih Muslim Shareef, Tirmidi Shareef)

Hadrat Sayyiduna ‘Uthman bin Affan - *may Allah be pleased with him* - narrates that he heard the Holy Prophet - *may Allah's peace and blessings be upon him* - declare that, “Whoever reads these words three times in the evening, until the morning, a sudden calamity will not befall him. They are: ‘*Bismilaahil lazi laa yadurru m’aa ismihi shay un fil ardi wa laa fi samaa’i wa huwas samee ‘ul aleem.*’” - In the Name of that Divine Being through whose Baraqah nothing in the heavens or earth can harm. He is All Listening,

Allah Aware - Whoever reads these words, three times in the morning, until the evening no harm or calamity will suddenly appear in front of him.”

The narrator of this Hadith Shareef then explains that that the person who conveyed this Hadith Shareef was someone named Abbaan bin Uthman who himself had become paralysed. (Obviously when the person saw the state and condition of this person, he must have doubts in his mind). However, noticing the skepticism on the face of this person, the narrator then continued, “Why are you looking at me? I swear by Allah Almighty that no lie has been conveyed to me Hadrat Sayyiduna ‘Uthman Ghani - *may Allah be pleased with him* - and Hadrat Sayyiduna ‘Uthman Ghani - *may Allah be pleased with him* - did not attribute a lie to the Holy Prophet - *may Allah’s peace and blessings be upon him*. However, on the day I was stuck with this paralysis, I was extremely (angry about a certain issue) and I had forgotten to read these words on that day.” (Sunan Abi Daud)

Hadrat Sayyiduna Abu Zarr Ghifaari - *may Allah be pleased with him* - narrates that once the Holy Prophet - *may Allah’s peace and blessings be upon him* - was asked about those words which are the best. He replied, “They are those words which the Allah Almighty has chosen for His Angels or for His slaves and they are, ‘*Subhaanallah wa bihamdihi*’”. (Sahih Muslim Shareef)