

An Invocation for Coughing

'Abd Allah b. Muhammad b. Mihran al-Kufi narrated from Ayyub from 'Amr b. Shimr from Jabir from Abu Ja'far Muhammad b. 'Ali b. al-Husayn, peace be upon him, from al-Husayn [*sic*], who said: Amir al-Mu'minin, peace be upon him, said: 'Whosoever has a complaint of the throat (*al-halq*) and excessive coughing (*al-su'al*) and the desperation of his body increases, let him take refuge with these words, which are called 'the comprehensive' (*al-jami'a*), for all things:

"O Allah, You are my hope, and You are my Trust, my Support, my Succour, my Exalter, my beauty.

You are the Refuge of those who are afraid.

There is no sanctuary for those who flee except in You.

There is no one on whom human beings can rely except You.

There is no wish for those who desire except before You.

There is no helper for the oppressed but You.

There is no object for the needy except You.

There is nothing to be given for the seekers except from You.

There is no place to turn for the repentant except You,

Sustenance and good and deliverance are only in Your Hand.

Oppressive matters have grieved me, difficult straits have wearied me,
and painful ailments have encompassed me.

I do not find the opening of the door of deliverance open except by Your Hand.

Thus I stand before You and seek help from You, with prayer, against its closing.

Open, O Lord, to the one who asks for help, and answer the one who calls out.

Dispel the grief, remove the harm, fulfil the need, remove the sorrow, banish the anxieties, and save me from destruction, for I am on the brink of it.

I do not find my salvation from it other than in You.

O Allah, O ***He who answers the constrained, when he calls***

unto Him, and removes the evil (27:62),

have mercy on me and remove what is in me of sorrow and grief and pain and illness.

Lord, if You do not, I do not expect my deliverance from other than You.

Have mercy on me, O Most Merciful of the Merciful.

This is the position of the wretched, the poor.

This is the position of one who is afraid, one seeking refuge.

This is the position of one calling for help.

This is the position of the sorrowful, the hurt.

This is the troubled, the one seeking protection.

This is the position of the servant, apprehensive, dying,
drowning, frightened, fearful.

This is the position of one who has awakened from his sleep,

been aroused from his forgetfulness,

recovered from his illness and the severity of

his pain, and is afraid because of his offences.

He acknowledges his sins, is humble before his Lord,
and weeps in fear of Him.

He asks forgiveness, sheds tears, and seeks pardon,
by Allah, from his Lord.

He dreads His Power, sheds his tears, and hopes,

weeps, and prays and calls:

Lord, ***affliction has visited me (21:83)*** so set me right.

You see my position. You hear my words. You know my secret thoughts and my public affairs.

You know my need and You know me thoroughly.

Nothing in my affairs, whether open or secret, apparent or concealed in my breast, is hidden from You.

So I ask You, since You have authority over regulating [affairs], accepting pleas, and fixing destinies,
with the request of one who has done wrong and confessed, wronged his soul, and committed crimes.

He has repented for what is past and turned to his Lord.

He has regretted and taken refuge in His courtyard, held back and restrained his desire, and devoted
himself to the Rcvrer of his lapses, the Acceptor of his repentance, the Forgiver of his sins, the One
Who has mercy on his state of exile, the Remover of his distress and the Healer of his illness.

Have mercy on my transgressions and my entreaties to You.

Forgive me all my deviations from Your Book which have been counted in Your record.

Your past knowledge of my sins, faults, and offences in privacy, my immorality, my evil deeds, my lapses, and all that Your recording angels witness and have written down during childhood and after puberty, in old age and youth, by night and day, early morning and evening, late evening and daybreak, forenoon and dawn, and at home and in travels, in solitude and in public. Overlook my evil deeds among the inhabitants of Paradise ***the promise of the very truth, which they were promised (46: 16)***.

O Allah, by the right of Muhammad and his family, remove from me the overwhelming illnesses in my body (*jismi*), my hair (*sha'ri*), my skin (*bashari*), my blood vessels (*'uruqi*), my nerves (*'asabi*), and my limbs, for no one will remove that other than You, O Most Merciful of the Merciful, O Answerer of the call of the distressed.”

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