

On The Evil Eye and Ailments of the Belly

‘Abd Allah b. Musa al-Tabari narrated from Muhammad b. Isma’il b. Muhammad b. Khalid al-Barqi from Muhammad b. Sinan al-Sinani from al-Mufaddal b. ‘Umar, who said: One of our brothers complained to Abu ‘Abd Allah, peace be upon him, of his wife who was afflicted with the evil eye (*al-nazar wa al-‘ayn*), ailments of the belly and navel, pain in the head, and migraine. The man said: ‘O son of the Messenger of Allah, she is still sleepless, and cries out all night. I am in distress from her crying and shrieking, so favour us and her with an invocation.’ Al-Sadiq, peace be upon him, said: ‘When you have performed the obligatory prayer, stretch out your hands together to the heavens and say humbly and submissively:

“I take refuge in Your Sublimity, Your Power, Your Magnificence, and Your Sovereignty, from what I suffer. O my Succour, O Allah, O my succour, O Messenger of Allah, O my succour, O Amir al-Mu’minin, O my succour, O Fatima, daughter of the Messenger of Allah, help me.”

Then pass your right hand over your head (*al-hama*) and say: “O He in Whose trust is what is in the heavens and what is in the earth, calm what is in me by Your Strength and Your Power; bless Muhammad and his family and calm what is in me.”