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For Temptation

Al-Husayn b. Bistam narrated from Muhammad b. Khalaf from Ibn 'Ali b. al-Washsha' from 'Abd Allah b. Sinan who said: A man complained to Abu 'Abdallah, peace be upon him, of an abundance of desire (*al-tammani*) and temptation. He [Abu 'Abd Allah] said: 'Pass your hand over your chest and say: "In the Name of Allah, and by Allah, Muhammad is the Messenger of Allah, and there is no power or strength except with Allah, the Most High, the Mighty. O Allah, remove from me what I fear." Then pass your hand over your belly and repeat it thrice Allah, the Exalted, will remove and turn it away from you.'

The man said: I would often break my prayer because of it being marred by desires and temptation. Then I did as my lord and master instructed me, three times, and Allah turned it away from me and cured me of it so that I did not experience it after that.

From al-Mufaddal b. 'Umar from Abu 'Abd Allah, peace be upon him, who said: 'Zayn al-'Abidin, peace be upon him, would protect his family with this invocation and teach it to his intimates. Place your hand on your mouth and say: "In the Name of Allah, in the Name of Allah, in the Name of Allah, and by *God's handiwork, who has created everything very well. He is Aware of the things you do (27:88).*"

Then say seven times: "Subside, O pain, I ask you by Allah, my Lord and your Lord and the Lord of everything in Whom trust what is in the night and the day, and He is the All-hearing, the All-knowing."

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