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## **Gripes**

Hamid b. 'Abd Allah al-Madani narrated from Ishaq b. Muhammad, companion of Abu al-Hasan, from 'Ali b. Sindi from Sa'd b. Sa'd from Musa b. Ja'far, peace he upon him, who said to one of his companions who was complaining of gripes (*al-alwa'*): 'Take water and read over it this invocation three times, and do not pour oil over it. "Allah wishes for you ease, and He does not wish for you hardship". Then recite:

Have not the unbelievers then beheld that the heavens and the earth were a mass all sewn up, and then We unstitched them and of water fashioned every living thing? Will they not believe? (21:30).

Then drink it and pass your hand over your belly and you will be cured. Allah, the Exalted, willing.'

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