

Prayer for Health and Wellbeing

Imam Ali Zainul-Abedeem ^{SA} is the third imam—after Hasan Imam ^{SA} and Husain Imam ^{SA}—in the progeny of Rasulullah ^{SA} and Amirul Mumineen Maulana Ali ^{SA}. He is widely known as ‘Sajjaad’ (one who performs many sajdahs) in light of the 1000 rakaats of namaaz he prayed every night. He composed innumerable priceless duas invoking Allah Taala’s rehmat for all aspects of life here and hereafter. These duas have been compiled in a book called *Sahifa Sajjadiyya*. This *Sahifa* is a priceless treasure for every mumín who wants to pray to Allah. Not only do its duas teach us how to supplicate Allah Ta’ala in prayer, but they also guide us toward what we must pray for in order to lead a life of peace and prosperity in this world and the next.

This particular dua is one in which Imam Ali Zainul-Abedeem ^{SA} prays to Allah Ta’ala for good health and wellbeing. Amirul Mumineen ^{SA} in one of his kalaams says that the biggest blessing after ‘*imaan*’ (belief in Allah and his wali) is good health. In this dua, Imam Ali Zainul Abedeem ^{SA} supplicates Allah Ta’ala to grant him good health in body and spirit, and protect him from all that is evil. He begins the dua with salawaat on Mohammed and Aale Mohammed and repeats this salawaat several times during the dua. Our Hudaat Kiraam ^{SA} have taught us that praying salawaat before, in between, and after a dua ensures that the dua reaches Allah Ta’ala.

The following is the translation of this priceless dua:

In the name of Allah, the Most Merciful, the Most Benevolent Allah, bestow salawaat upon Mohammed and his progeny, and clothe me with your gift of wellbeing, encompass me with your gift of wellbeing, protect me with your gift of wellbeing, suffice me with your gift of wellbeing, honor me with your gift of wellbeing, give me alms of your gift of wellbeing, bestow upon me your gift of wellbeing, furnish me with your gift of wellbeing, make good for me your gift of wellbeing, and do not separate me from your gift of wellbeing in this world or the next.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ ۝ وَالسَّيِّئِ
 عَافِيَتِكَ ۝ وَحَلِّلْنِي عَافِيَتِكَ ۝ وَحَصِّصْنِي
 بِعَافِيَتِكَ ۝ وَأَعْنِنِي بِعَافِيَتِكَ ۝ وَكْرِمْنِي
 بِعَافِيَتِكَ ۝ وَتَصَدَّقْ عَلَيَّ بِعَافِيَتِكَ ۝
 وَهَبْ لِي عَافِيَتَكَ ۝ وَأَفْرِشْنِي عَافِيَتَكَ ۝
 وَأَصْلِحْ لِي عَافِيَتَكَ ۝ وَلَا تَفْرِقْ بَيْنِي
 أَبِينِ عَافِيَتِكَ فِي الدُّنْيَا وَالْآخِرَةِ ۝

Allah, bless me with the opportunity to perform Hajj, ‘Umrah, and Ziyarat of the tomb of your Messenger - May your salawat, rehmat, and barakat encompass him and his progeny, your Messenger’s progeny—this year and every year for as long as I live. And let its reward be accepted, appreciated, noted, and preserved near you.

اللَّهُمَّ
 وَأَمْنٌ عَلَيَّ بِالْحَجِّ وَالْعُمْرَةِ وَزِيَارَةِ
 قَبْرِ رَسُولِكَ صَلَّى اللهُ عَلَيْكَ وَبَرَكَاتِكَ
 عَلَيْهِ وَعَلَى آلِهِ وَآلِ رَسُولِكَ عَلَيْهِمُ السَّلَامُ
 أَبَدًا مَا أَبْقَيْتَنِي فِي عَالَمِي وَفِي كُلِّ عَالَمٍ ۝
 وَاجْعَلْ ذَلِكَ مَقْبُولًا مَشْكُورًا مَذْكُورًا
 لَدَيْكَ مَذْخُورًا عِنْدَكَ ۝

Make my tongue speak in gratitude, remembrance and praise of you. Expand my heart so that it fills with joy in following your religion. Protect me and my children from the evil of satan, from the evil of the poisonous ones, the creeping-crawling ones, the vulgar masses, and the evil eye, from the evil of the rebellious shaytaan, from the evil of powerful kings who oppose the Truth, from the evil of those who are ungrateful, from the evil of strong and weak, from the evil of noble and humble, from the evil of those who are close and those who are far away, from the evil of big and small, and from the evil of those among both *jinn* and humans who have waged a war against your messenger and the people of his house, and from the evil of every beast whose forelock is in your grasp. Yours is the right path.

وَإِنِّي بِمُحَمَّدِكَ
 وَشُكْرِكَ وَذِكْرِكَ وَحُسْنِ الثَّنَاءِ عَلَيْكَ لِسَانِي
 وَأَشْرَحَ لِمُرَاشِدِ دِينِكَ قَلْبِي ۝ وَأَعِدَّنِي
 وَذُرِّيَّتِي مِنَ الشَّيْطَانِ الرَّجِيمِ ۝ وَمِنَ شَرِّ
 السَّامَةِ وَالْهَامَةِ وَالْعَامَةِ وَاللَّامَةِ ۝ وَمِنَ شَرِّ
 كُلِّ شَيْطَانٍ مَرِيدٍ ۝ وَمِنَ شَرِّ كُلِّ
 سُلْطَانٍ عَنِيدٍ ۝ وَمِنَ شَرِّ كُلِّ
 مُتْرَفٍ حَفِيدٍ ۝ وَمِنَ شَرِّ كُلِّ
 ضَعِيفٍ وَشَدِيدٍ ۝ وَمِنَ شَرِّ كُلِّ
 شَرِيفٍ وَوَضِيعٍ ۝ وَمِنَ شَرِّ كُلِّ
 صَغِيرٍ وَكَبِيرٍ ۝ وَمِنَ شَرِّ كُلِّ
 قَرِيبٍ وَبَعِيدٍ ۝ وَمِنَ شَرِّ كُلِّ
 مَنْ نَصَبَ لِرَسُولِكَ وَآهْلِ بَيْتِهِ حَرْبًا مِنْ
 الْبِحْنَ وَالْأَنْسِ ۝ وَمِنَ شَرِّ كُلِّ
 دَابَّةٍ أَنْتَ آخِذٌ بِنَاصِيَتِهَا ۝ إِنَّكَ عَلَى
 صِرَاطٍ مُسْتَقِيمٍ ۝

Allah, bestow salawaat on Mohammed and his progeny, and if my enemy intends evil, then turn away from me his evil intentions, avert from me his plotting, thrust away from me his evil, shackle his neck with his own evil, let there be an obstacle in front of him, such that his eyes are blinded from looking at me, his ears are deafened to my name, his heart is blocked from having any thoughts of me, and his tongue is silenced from speaking about me. Smash his head, break his might, end his power, debase his neck, shake his arrogance, and keep me safe from all manifestations of his evil, harm, vice, bite, strike, envy, hatred, snares, traps, foot soldiers and cavalry. Truly, you are mighty and powerful.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
 وَإِلَيْهِ ۝ وَمَنْ أَرَادَنِي بِسُوءٍ فَاصْرِفْهُ عَنِّي ۝
 وَأَذْخِرْ عَنِّي مَكْرَهُ ۝ وَأَذْرِ عَنِّي شَرَّهُ ۝
 وَرُدِّ كَيْدَهُ فِي نَحْرِهِ ۝ وَأَجْعَلْ بَيْنَ يَدَيْهِ سَلًّا
 حَتَّى نَعْمِيَ عَنِّي بَصْرَهُ ۝ وَتَصْمِ عَنِّي ذِكْرِي بِمَعْنَى ۝
 وَتَقْفِلْ دُونَ أَحْطَارِي قَلْبَهُ ۝ وَتُخْرِسَ عَنِّي
 لِسَانَهُ ۝ وَتَقْمَعَ رَأْسَهُ ۝ وَتُدْخِلَ عِزَّهُ ۝
 وَتَكْسِرَ جَبْرُوتَهُ ۝ وَتُدْخِلَ رَقَبَتَهُ ۝ وَتَفْسَخَ
 كِبْرَهُ ۝ وَتُوْمِنِّي مِنْ جَمِيعِ ضَرِّهِ وَشَرِّهِ
 وَغَمِّهِ وَهَمِّهِ وَلَمَزِهِ وَحَسَدِهِ وَعَدَاوَتِهِ
 وَجَبَائِلِهِ وَمَصَائِدِهِ وَرَجْلِهِ
 وَخَيْلِهِ ۝ إِنَّكَ عَزِيزٌ قَدِيرٌ ۝

