9771 - He dreams about a dead relative chasing him

the question

I had a relative who did not like me when I was alive. He hated me and used to beat me. He has passed away, but recently I have been having disturbing dreams, where I see him chasing me and my young daughter, but I run away from him and he cannot catch me. I hope you can suggest something to put my mind at rest.

Detailed answer

Praise be to Allah.

These dreams and other unpleasant dreams come from the Shaytaan. What is prescribed for the Muslim if he sees a dream that he does not like is to spit drily to his left three times, and to seek refuge with Allah from the Shaytaan and from the evil of what he has seen (three times), then to turn over onto his other side. Then the dream will not harm him. He should not tell anyone about it, because the Prophet (peace and blessings of Allah be upon him) said, according to a saheeh hadeeth, “Good dreams come from Allah and bad dreams come from the Shaytaan. If anyone of you sees something that he dislikes in a dream, let him spit drily to his left three times, and seek refuge with Allah from the Shaytaan and from the evil of what he has seen three times, then let him turn over onto his other side. Then it will not harm him. He should not tell anyone of what he has seen. But if he sees (a dream) that he likes, let him praise Allah and tell others whom he loves about it.”