187639 - Warning against message that are spread on the Internet, for which there is no basis in Islamic teaching

the question

This message is being passed around on the Internet and on WhatsApp; how sound is what it says in it?

“From the science of energy, scientific reality, proof and experience: Soorat al-Inshiraah:

‘Have We not opened your heart for you (O Muhammad (Peace be upon him))?

And removed from you your burden, Which weighed down your back?

And raised high your fame?

So verily, with the hardship, there is relief, Verily, with the hardship, there is relief (i.e. there is one hardship with two reliefs, so one hardship cannot overcome two reliefs).

So when you have finished (from your occupation), then stand up for Allahs worship (i.e. stand up for prayer).

And to your Lord (Alone) turn (all your intentions and hopes and) your invocations’

[al-Inshiraah 94:1-8]

Allah the Almighty speaks the truth.

Do you feel stressed? Are you burdened with worry? Are you going through a hard time?

Try this with me: be calm, be focused, take a breath five times, please close your eyes, breathe in through your nose and out through your mouth, and calmly and gently put your right hand on your heart and recite Soorat al-Inshiraah three times; repeat the breathing exercise, send blessings upon Muhammad and the family of Muhammad three times, then wipe your whole body with your right hand. Now how do you feel?

This soorah has an amazing effect on the flow of human energy, especially in the heart, and sending blessings upon Muhammad and the family of Muhammad protects the entire body from negative energy. Combining these two wondrous characteristics of Soorat al-Inshiraah and sending blessings upon Muhammad and the family of Muhammad works to change the rhythms of your

body into positive energy that will be reflected in your mind, soul and body, and will open your heart and made things easy for you.”

Detailed answer

Praise be to Allah.

It is well-known that Allah, may He be exalted, sent down His holy Book as a mercy to the believers and as guidance for people, and light and healing for what is in their hearts. Allah, may He be exalted, says (interpretation of the meaning):

“And We have not sent down the Book (the Quran) to you (O Muhammad blessings and peace of Allah be upon him), except that you may explain clearly unto them those things in which they differ, and (as) a guidance and a mercy for a folk who believe”

[an-Nahl 16:64]

“And We send down from the Quran that which is a healing and a mercy to those who believe”

[al-Isra’ 17:82]

“Say: ‘It is for those who believe, a guide and a healing’”

[Fussilat 41:44].

Ahmad (3705) narrated that Ibn Mas‘ood said: The Messenger of Allah (blessings and peace of Allah be upon him) said: “No person suffers any anxiety or grief, and says:

‘Allaahumma innee ‘abduka wa ibn ‘abdika wa ibn amatika, naasiyati bi yadika, maadin fiyya hukmuka, ‘adlun fiyya qadaa’uka, as’aluka bi kulli ismin huwa laka sammayta bihi nafsaka aw anzaltahu fi kitaabika aw ‘allamtahu ahadan min khalqika aw ista’tharta bihi fi ‘ilm il-ghaybi ‘andak an taj’ala al-Qur’aana rabee’ qalbi wa noor sadri wa jalaa’a huzni wa dhahaaba hammi (O Allah, I am Your slave, son of Your slave, son of Your female slave, my forelock is in Your hand, Your

command over me is forever executed and Your decree over me is just. I ask You by every Name belonging to You which You named Yourself with, or revealed in Your Book, or You taught to any of Your creation, or You have preserved in the knowledge of the unseen with You, that You make the Qur'an the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety)'

- but Allah will take away his sorrow and grief, and give him in their stead joy."

Classed as saheeh by al-Albaani in as-Saheehah (199)

In the Holy Qur'an there is healing from spiritual, psychological and physical diseases; reciting it takes away worry and dispels grief.

To sum up, the effect of the Qur'an on a person's state, and its ability to heal spiritual and psychological diseases is something that is proven by shar'i evidence and has also been tried and tested by those who know it and who deal in an appropriate manner with the Qur'an.

But that should only be done in the manner prescribed, without inventing anything or changing anything or singling out anything that was not singled out by Islamic teaching.

As for these invented and made up methods, such as that which is mentioned in the question, this has nothing to do with the religion of Allah or with the means that are known to medicine. No attention is paid in this method to either the means prescribed in Islam or the means recommended by medicine. Whatever is like that comes under the heading of fabrication and misguidance, and deserves to be forbidden.

The scholars of the Standing Committee said:

What is mentioned in the question about the remedy for anxiety being to read one juz' of the Qur'an and its tafseer by Ibn Katheer is something for which there is no basis; rather any part of the entire Qur'an may be recited for the purpose of ruqyah and Allah may bring about benefit through it.

But as for singling out specific verses for ruqyah to treat some diseases, without any evidence or proof for that, it is not permissible. The entire Qur’an is good and is healing for the believers, and one of the greatest passages which may be recited for the purpose of ruqyah is al-Faatihah, as mentioned above.

It must be noted that the Qur’an was not revealed only to be a remedy for people’s physical sicknesses; rather it was revealed for an important purpose, so as to deliver a warning to all people and guide them to the straight path of Allah, to judge between them regarding that wherein they differed, and to warn against the path of disbelief and of the disbelievers. And in addition to that Allah, may He be exalted, benefits thereby His believing slaves by healing them from spiritual and physical diseases.

End quote from Fatawa al-Lajnah ad-Daa’imah (1/76)

And Allah knows best.