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# HOW JINN TAKE OVER A PERSON

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**FROM WASWAS TO  
POSSESSION**

INCLUDES REAL CASE  
STUDIES FROM RUQYAH  
HEALING

RAAQI ABDUL WAHAB

RUQYAH HEALING PUBLICATIONS

**— ASH-SHAFI —**  
**The Only One who Heals All Illnesses**

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*All Qur'anic verses and hadith references have been verified to the best of our knowledge. Any unintentional errors are sincerely regretted. May Allah forgive our shortcomings and accept this work as a means of benefit.*

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# DEDICATION

This book is sincerely dedicated:

- ◆ To the silent sufferers — those battling spiritual afflictions hidden from the eyes of others. May Allah grant you clarity, strength, and shifā’.
- ◆ To the families who stood firm with sabr — your patience is rewardable, your tears are recorded.
- ◆ To my beloved parents — for their endless support, du‘ā, and sacrifices that allowed me to dedicate my life to this work. And to my family — for their patience and love through every moment spent serving Ruqyah.
- ◆ To my Twin — whose presence, strength, and dedication have always doubled my resolve.
- ◆ To the noble Sahabah (RA) — who showed us how to combat the unseen through yaqīn (certainty), discipline, and tawakkul.
- ◆ And to every sincere seeker of truth — who chooses purification over comfort, healing over hiding, and Allah over everything.

May Allah make this book a means of light for hearts in darkness, and a path toward His healing and mercy. Āmīn.

# ACKNOWLEDGEMENTS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Merciful, the Most Compassionate

وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ

“My success is only by Allah.”

(Surah Hūd 11:88)

All praise and thanks are due to Allah alone, the One who guided us to the knowledge and means to serve in the path of Ruqyah and healing.

Peace and blessings be upon His final Messenger Muḥammad ﷺ, his family, his noble companions, and all those who follow their path with sincerity until the Last Day.

We would like to express our gratitude to:

- ◆ Our clients – who placed their trust in the process. Your strength and honesty shaped the very pages of this book. May Allah reward your courage.
- ◆ Our dedicated team at Ruqyah Healing – your sincerity, sacrifices, and unwavering commitment turned a vision into reality. May Allah accept it from you.
- ◆ Our teachers and scholars – whose guidance and preservation of sacred knowledge became the foundation of this work. May Allah preserve your legacies and grant you continuous reward.

# PREFACE

## THE WAR THAT NO ONE TALKS ABOUT

“The jinn are not myths. They are not cultural stories. They are real – and they’re closer than you think.”

In the quiet of the night, during a panic attack, or in moments no doctor can explain – people around the world suffer silently. What begins as a whisper, a doubt, or a negative spiral often ends in possession, emotional collapse, and spiritual confusion. Yet society turns away.

At Ruqyah Healing, we’ve seen this pattern countless times. Possession doesn’t happen overnight. It begins subtly: First comes waswas then emotional instability, then physical exhaustion, finally – spiritual takeover. People don’t just wake up possessed. They are broken down – mentally, spiritually, then physically. This book isn’t just a guide. It’s a warning, a roadmap, and a call to action. Through a unique fusion of Qur’anic insight, CBT psychology, and clinical Ruqyah experience, we reveal how jinn afflictions begin – and how they can be stopped.

The Sahaba (RA) mastered the art of self-awareness. They could recognize when a whisper wasn’t their own. They stopped it before it turned into sin, despair, or darkness.

But today, many don’t even know who they are.

This book was written to wake up the Ummah, protect the vulnerable, and equip every household with life-saving knowledge – spiritually and psychologically.

**Let the journey begin.**

**– Ruqyah Healing Team**

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# CHAPTER 1

## THE HIDDEN WAR – RECOGNIZING THE ENEMY WITHIN

"Indeed, he [Shaytan] sees you, he and his tribe, from where you do not see them."  
(Surah Al-A'raf 7:27)

We are at war. Not with armies or tanks. Not with bullets or bombs. But with an enemy who whispers. Who walks through locked doors. Who knows your fears, and waits for your weakest moment – and strikes.

This war is silent.  
But its damage is everywhere.

Families torn apart without explanation. Marriages broken, friendships destroyed. Youth drowning in depression. Mothers unable to sleep. Children screaming at night. People lost in anxiety, anger, and addiction – and no one knows why. Doctors prescribe pills. Counselors say "it's just trauma." Society shrugs and says "move on."

But Qur'an says otherwise. This is not just emotional instability. This is not just negative thinking. This is a war against the unseen – and we have forgotten it.

## A WAR OF MINDS BEFORE POSSESSION

The jinn don't begin by entering your body. They begin by entering your thoughts. A small doubt. A negative loop. A feeling of fear. A voice that's not yours. A habit that feels forced. A loss of identity, purpose, and will. They don't come screaming through walls. They come as silent manipulators of the mind – and then the emotions, and eventually, the body. And if you think this is extreme, you haven't seen what we've seen.

## WE'VE FORGOTTEN THE ENEMY

The Qur'an repeatedly reminds us of this enemy. Shaytan isn't just a symbol. He's real. His army is real. The evil jinn's are real. And they operate in secret, feeding off sin, ignorance, trauma, and emotional breakdown. And yet... how many Muslims live every day without any awareness of how to fight them?

- They are careful with food.
- They are careful with money.
- They are careful with worldly enemies.

But they leave their minds and hearts unguarded. And that's exactly how the jinn begin their takeover.

## RUQYAH IS NOT JUST FOR POSSESSION

Many people think Ruqyah is only needed when someone starts screaming or losing control. But that's already too late. The true power of Ruqyah – and of knowledge – is in catching the enemy early. And that is why this book exists.

- To teach you what happens before possession.
- To help you see the small signs that most people ignore.
- To help you protect your home, your heart, and your identity.

# CHAPTER 2

## IT STARTS WITH A WHISPER – THE REALITY OF WASWAS

“Then Shaytan whispered to him...”  
(Surah Taha 20:120)

No one wakes up one day and becomes possessed. It begins long before that – with something almost unnoticeable. A thought. A whisper. A question that lingers in your mind: “What if...?”, “Why did Allah...?”, “Maybe my wudu wasn’t right...”, “Maybe I’m not good enough...”, This is waswas – the most subtle and most dangerous weapon of the jinn.

### The Whisper Loop: A Silent Attack

It’s not just a random bad idea. Waswas is a loop. Once it starts, it repeats – again and again – wearing you down, feeding on your emotions, making you question reality, yourself, and even Allah.

Here’s what it looks like:

1. **Thought Intrusion** – You begin having strange or negative thoughts
2. **Repetition** – The thoughts come more frequently and in specific areas (wudu, prayer, faith, people, fear, etc.)
3. **Doubt** – You begin doubting your actions, your worth, your belief

4.**Behavior Change** – You act on these thoughts – obsessively redoing things, isolating yourself, or falling into sin

5.**Spiritual Weakness** – Dhikr stops, salah weakens, trust in Allah fades

6.**Emotional Chaos** – Anxiety, anger, sadness, confusion

7.**Open Door** – The jinn begin influencing from within

This is how waswas breaks you down from the inside – without you even realizing who the real enemy is.

### CBT PERSPECTIVE: THOUGHT → EMOTION → ACTION

In Cognitive Behavioral Therapy (CBT), the foundation is simple, Your thoughts influence your feelings, which influence your actions. If Shaytan can corrupt your thought, he can manipulate your emotion – and eventually control your behavior.

For example:

Thought (Waswas)	Emotion	Action
"You didn't say the shahada properly"	Anxiety	Repeating it again and again
"Your salah wasn't accepted"	Guilt	Giving up on salah
"No one cares about you"	Sadness	Isolation or depression
"You're cursed"	Fear	Turning to magic or false solutions

This is not overthinking. This is waswas becoming a mental weapon

## THE SAHABA'S SHIELD: RECOGNIZING THE WHISPER

The Sahaba weren't immune to thoughts — but they had something rare today: deep self-awareness and immediate spiritual response.

### ✦ Umar ibn Al-Khattab (RA):

Once, while sitting with the ambassador of Persia — a non-Muslim dignitary of great political weight — he found a whisper crossing his mind: “O Umar, look at you now. From a simple man of Quraysh... to the ruler of the Muslims... hosting kings and ambassadors...” The thought was subtle — not sinful, but a whisper of ego. A seed of pride. Immediately, Umar (RA) stood up and began serving water himself to the delegation — humbling himself deliberately. He crushed the whisper before it could grow.

☞ That's the level of control we've lost today.

A single whisper today becomes a mood. Then an identity. Then an opening for the jinn.

### ✦ Ali ibn Abi Talib (RA):

In battle, he paused from killing an enemy because the man spat on him — injecting anger into the moment.

He stopped, saying: “Now I fear this strike would be for my ego, not for Allah.”

This is the gold standard of emotional and spiritual regulation. It's what CBT trains modern minds to do — but the Sahaba already lived it.

## MODERN WEAKNESS: WE DON'T KNOW WHO WE ARE

Most people today have no filter. They assume every thought is their own. They believe every emotion is justified. They act based on feelings instead of values. That's how jinn find their opening. Before they possess the body — They possess the thinking. And once a person loses control over thought... The rest becomes easy.

## **RUQYAH HEALING INSIGHT:**

In hundreds of cases, we've found that waswas was the first sign – often ignored. Later it escalated into:

- OCD-like symptoms
- Depression or severe anxiety
- Sleep disorders
- Disconnection from salah and dhikr
- And eventually... unexplained body reactions to Ruqyah

## **WHAT YOU CAN DO NOW**

- 1.Track the whispers – Notice when a thought feels wrong or repetitive
- 2.Don't argue with it – Say “A’udhu billahi minash-shaytaanir rajeem” and move on
- 3.Write your thoughts – Journaling helps separate your thoughts from waswas
- 4.Increase dhikr – Daily remembrance protects the heart
- 5.Know it's not from you – The shame and fear the jinn plant is their weapon – not your identity

## **THOUGHT EXERCISE (CBT X RUQYAH)**

Write down a recurring negative thought. Underneath it, write how it makes you feel. Then, ask: “Would I say this to someone I love?” If not – Shaytan is lying to you. Stop listening.

This is just the first tactic in the jinn's system. Next... we'll expose the entry points they wait for – and how we ourselves often leave the doors wide open.

# CHAPTER 3

## CBT & SELF-AWARENESS: KNOW YOURSELF BEFORE THE JINN DO

“The greatest war begins not on the battlefield... but in your own thoughts.”

In the journey of affliction, one of the most underestimated battlegrounds is your own mind. The jinn do not force entry. They wait. Observe. Whisper. And they thrive in your blind spots – the emotional weaknesses you never took time to explore.

The early companions of the Prophet ﷺ were not just warriors of the sword – they were masters of the self. They knew when a thought wasn't theirs. They knew when a whisper didn't feel clean. They were sensitive to internal shifts. That's what made them spiritually sharp.

But what about us today?

We live in a noisy world where people don't even recognize their own voice, let alone distinguish it from Shaytan's or a jinn's. We're emotionally overstimulated, mentally exhausted, and spiritually distracted. The result? We become vulnerable... without realizing it.

## CBT & THE RUQYAH PERSPECTIVE

Cognitive Behavioral Therapy (CBT) teaches a crucial truth, Your thoughts shape your emotions, which shape your actions. Now combine this with the spiritual realm: Waswas (whispers) hijack thoughts → thoughts alter feelings → feelings drive sinful or self-destructive behaviors. This is the method of the jinn – disrupt from within. They don't need to possess the body if they can already control the narrative in your mind.

## WHAT HAPPENS WHEN YOU DON'T KNOW YOURSELF

When you don't explore your internal world:

- You accept every thought as your own.
  - You normalize emotional extremes: rage, despair, guilt, shame.
  - You never trace your triggers – just your reactions.
  - You become a passenger in your own life, not the driver.
- And this is where the jinn strike. Not with force – but by exploiting confusion.

## EXAMPLES FROM THE SAHABA (RA)

Take Umar ibn Al-Khattab (RA) – once when a whisper of pride entered his heart during a meeting with the Persian ambassador, he instantly stood up and served water with his own hands. Why? Because he recognized that the thought didn't belong there. He didn't wait. He disarmed the ego before it grew.

Umar (RA) was also known to feel the heat of flame on his hand with a candle and ask himself:

*“Can you bear the fire of this world? Then how about the fire of the Hereafter?”*

This wasn't self-harm. It was self-accountability.

## 💡 REAL CASE: AN IT PROFESSIONAL DROWNING IN WASWAS

One brother, an IT professional, came to Ruqyah Healing after two years of insomnia and severe anxiety. He had tried everything – diet changes, sleep aids, mindfulness apps. Yet nothing worked.

Through the diagnosis, it became clear: he had Ayn, Hasad, and Black Magic afflictions. But the entry point? It all began with a simple spiral of intrusive thoughts that he never challenged.

His healing only began when he reclaimed control of his thoughts – tracking, challenging, and replacing them with dhikr, journaling, and Ruqyah therapy.

## 🧠 CBT CHECKPOINTS

To protect yourself from affliction, ask:

- What kind of thoughts dominate my mind?
- Do I challenge them, or absorb them blindly?
- What patterns keep repeating emotionally?

The one who knows himself is harder to influence. The jinn thrive on emotional chaos – but they are weakened by clarity, silence, and reflection.

## 🔒 THE SPIRITUAL SHIELD: SELF-AWARENESS

Self-awareness isn't just a psychological tool. It's a spiritual shield. It lets you pause, reflect, correct – before the jinn find their way in. Because once they do – the battle becomes harder. But if you catch them at the gate... you win before it starts.

# CHAPTER 4

## REVIVING NEGLECTED SUNNAH

In a world of noise, reviving the authentic Sunnah of Qiyam al-Layl (Tahajjud) and I'tikaf offers profound spiritual clarity. These acts of worship – performed as the Prophet ﷺ taught – purify the heart, strengthen remembrance of Allah, and shield against whispers (waswas).

Yet true closeness to Allah is found in His constant remembrance amidst life's chaos: 'Remember your Lord within yourself, humbly and in fear... in the mornings and evenings' (Surah Al-A'raf 7:205).

The Salaf teach us: Guard your obligatory prayers, uphold daily adhkar, and let the Qur'an be your companion. That is the ultimate fortress against darkness.

### THE SALAF'S WEAPON AGAINST SPIRITUAL CONFUSION

The Prophets and Salaf cherished a shield against chaos: deep connection with Allah through His Book and Dhikr

#### ✈ THE ROOT OF MODERN CONFUSION

"People say today:

'I feel lost...'

'I don't know myself...'

Yet they also say:

'I fear being alone with my thoughts.'

'Silence feels empty.'

This crisis stems from:

- Neglecting the Qur'an as daily guidance.
- Abandoning Dhikr that anchors the heart.
- Prioritizing creation over the Creator.

How can you recognize Shaytan's whispers?

- Studying the Qur'an/Sunnah with scholars to distinguish truth from falsehood.
- Constant Dhikr (Quran 13:28: "Hearts find rest in Allah's remembrance").
- Muhasabah (Self-Accountability): As Umar ibn al-Khattab (رضي الله عنه) taught: "Hold yourself accountable before you are held accountable."

The Prophet ﷺ warned: "A sign of one's goodness in Islam is leaving what does not concern him" (Tirmidhi 2317).

## THE SALAF UNDERSTOOD THIS TOO

✦ Abu Darda (رَضِيَ اللَّهُ عَنْهُ) He would say: "My greatest joy is when I am alone with my Lord – reciting His Book, remembering Him, and crying to Him." He chose solitude not out of sadness, but because he found closeness and emotional clarity in it.

✦ Uthman ibn Affan (رَضِيَ اللَّهُ عَنْهُ)

When alone with the Qur'an, he would often recite the entire Mushaf in one night, weeping silently. He once said: "If our hearts were truly pure, we would never get enough of the Qur'an."

For the Sahaba, solitude wasn't laziness or loneliness. It was spiritual alignment. They knew that time alone with Allah prepared the soul for every battle – seen and unseen.

## WHAT THE SCHOLARS SAID?

### ● Imam Al-Ghazali (رَجْمَهُ اللَّهُ)

“The heart is like a mirror. When surrounded by noise, it becomes foggy. Only in solitude can it be polished.”

(*Iḥyā' 'Ulūm al-Dīn, Book of Seclusion (Kitāb al-'Uzlah wa'l-'Infirād)*)

### ● Ibn al-Qayyim (رَجْمَهُ اللَّهُ)

“The lover of Allah finds peace in khalwah, where he can cry, make du'a, and speak to Allah in secret.”

(*Madarij al-Salikeen, discussion under al-Inābah (turning back to Allah)*)

### ● Imam Nawawi (رَجْمَهُ اللَّهُ)

“There is great benefit in temporary isolation for the purpose of worship, dhikr, and purifying one's soul.”

(*Sharḥ Ṣaḥīḥ Muslim, commentary under the chapter of Night Prayer*)

All scholars agree: Not permanent isolation. But intentional, temporary disconnection from distractions – to reconnect with Allah.

## CBT LINK: REFLECTION BUILDS IDENTITY

You cannot change a thought you fail to recognize.'

In Islam, this awareness comes through isolation, daily Muhasabah (self-accountability).

When you uphold the Sunnah of Qur'an reflection and Dhikr remembrance, you train your heart to ask:

- 'Is this thought aligned with Allah's commands?'
- 'Is this a whisper (waswas) from Shaytan?'

## RUQYAH HEALING INSIGHT

True healing requires more than recitation – it demands Tawbah (repentance) and Awareness of Allah. When patients replace harmful thoughts with:

- Quranic reflection (e.g., 'Is this thought from Allah or Shaytan?')
- Dhikr to purify the heart (Quran 13:28) – that is when they break free from lies, fears, and whispered temptations, and truly return to Allah."

## **REAL CASE: THE MBBS STUDENT WHO FOUND CLARITY IN ISOLATION**

A young woman, an MBBS student overseas, was falling apart – fatigue, brain fog, strange illnesses doctors couldn't explain. Every test said she was fine. But she knew something was wrong.

Ruqyah diagnosis showed that she was afflicted with Evil Eye, Hasad, and Black Magic (done through a photo). Her ease in her difficult time was Tahajjud.

Alone, away from family, she would cry to Allah in the last third of the night. No noise. No people. Just raw du'a.

With each session, her body eased. The pain faded. Tears turned to peace. Within weeks, she was free – mind, body, and soul.

Today, she continues her studies strong – and never misses her weekly time with her Lord.

## **PRACTICAL ACTION**

- Start with Tahajjud – speak to Allah like a best friend. Let it be a time of raw honesty and quiet surrender.
- If that's hard, begin with 10 minutes of quiet after Fajr – no phone, just dhikr.
- Journal what you feel vs what you know – untangle the whispers.

## **SUNNAH REVIVED**

Reviving the authentic Sunnah of Tahajjud (night prayer) and I'tikaf (mosque retreat) offers profound spiritual clarity in a noisy world. These acts of worship—performed as the Prophet ﷺ taught—purify the heart and shield against whispers (waswas).

True connection with Allah is not found in isolation, but in His constant remembrance amidst life's chaos:

'Remember your Lord within yourself, humbly and in fear... in the mornings and evenings' \*(Surah Al-A'raf 7:205).\*

# CHAPTER 5

## THE ENTRY POINTS – HOW WE OPEN THE DOORS TO JINN

“Indeed, My servants – you have no authority over them, except those who follow you of the deviators.” (Surah Al-Hijr 15:42)

The jinn cannot possess someone without permission. But most of the time – we’re the ones giving it. Not directly. Not intentionally.

But through unguarded emotions, sins, traumas, and spiritual negligence, we unknowingly open the doors to them.

This chapter exposes the most common ways people become vulnerable, how these entry points evolve, and what you can do to close them – starting today.

■ **Jinn Don’t Kick Down Doors – They Wait for You to Open Them**

Most people think jinn only enter through black magic or direct attack.

But in reality, the most common entry points are:

- Psychological wounds (e.g. trauma, rejection, heartbreak)
- Intense emotions (e.g. rage, grief, lust, fear)
- Spiritual weakness (e.g. neglect of salah, dhikr, Qur’an)

- Physical vulnerability (e.g. unprotected body, sleep disorders)
- Repetitive sins (e.g. zina, substance abuse, music, occult)
- Exposure to sihr or ayn (even indirectly)

Shaytan and his allies are strategic. They don't always need a sorcerer. They just need a soul without a shield.

## 📌 THE 7 MOST COMMON ENTRY POINTS

1. Unresolved Trauma: Childhood abuse, betrayal, toxic relationships – the pain lingers, and jinn attach to that broken energy. We've seen countless cases where trauma opened the emotional gates to sihr and jinn presence.
2. Persistent Sins Without Tawbah: Sins are like open windows – and without tawbah, they remain wide open. Habitual watching of haram content, zina, backbiting, or listening to music daily? That's the welcome mat laid out for the jinn.
3. Emotional Extremes: Shaytan loves extremes. He exploits intense sadness, rage, anxiety, or fear. One moment of uncontrolled grief or fury is often when possession starts. That's why the Prophet ﷺ taught us to seek refuge during anger.
4. Neglecting Protection: Not saying morning/evening adhkar. Sleeping without du'as. Entering bathrooms or homes without dhikr. You may not see it – but in the unseen, you just left the door open.
5. Physical Impurity & Environments: Living in impurity (filthy homes, bathrooms, graveyards, dark abandoned places) makes jinn feel welcomed. Jinn love najasah (filth) and thrive where humans show carelessness in taharah.

6. Black Magic (Sihr) & Evil Eye (Ayn): These are among the fastest and most violent doors opened – but often go undetected. Many people are afflicted without realizing, especially through food, gifts, or belongings.

7. Deliberate Contact (Curiosity): Playing with ouija boards (*a flat board with letters/numbers used to communicate with jinn*), “calling upon spirits (i.e. jinns)”, following “energy healing” trends, or watching heavy horror content – these invite entities into your space.

### WHAT THE SCHOLARS SAID

● Ibn Taymiyyah (RA): “Jinn are drawn to those who are weak in remembrance, strong in desire, and open in sin.”

(*Majmū‘ al-Fatāwā*, Vol. 19)

● Imam Al-Ghazali (RA):

“Sins and heedlessness weaken the wall of the heart. Shaytan does not break in – he finds the door unlocked.”

(*Iḥyā’ ‘Ulūm al-Dīn*, *Book on Self-Discipline*)

● Hasan Al-Basri (RA):

“No man is overtaken by jinn except when he has turned his back on the remembrance of his Lord.”

(*Talbīs Iblīs*, *Ibn al-Jawzi*)

### CBT VIEW: EMOTIONAL VULNERABILITY = OPEN DOORS

In CBT, emotional vulnerability is when your system is overloaded – you’re not thinking clearly, reacting impulsively, and losing control. Jinn exploit exactly that:

Emotional State	CBT Risk	Spiritual Entry Point
Chronic Anxiety	Catastrophic Thinking	Obsessive Waswas
Deep Sadness	Hopelessness	Withdrawal from Faith
Rage	Impulsivity	Possession
Shame	Self-Hate	Identity Loss / Depression

The worse your emotional health becomes, the more permission jinn gain to enter – subtly at first, then fully.

### 💡 **REAL CASE: A BROTHER BURDENED BY TRAUMA AND SIHR**

One of our clients was a brother who had spent years seeking answers. He felt weak, empty, and numb. His salah felt distant. Every time he tried to make a change, something inside would pull him back. After diagnosis, it became clear – he had signs of Black Magic, Ayn, and severe emotional trauma. But the key moment came when we asked: “What happened before all this began?” He broke down. He spoke about a toxic relationship that destroyed his self-worth. A betrayal from someone he trusted. Since then, he hadn’t been the same – in dunya or deen. His healing only began when he faced the wound. Not just with Ruqyah – but through tears, reflection, and spiritual rebuilding. Today, he’s thriving, married, and guiding others through similar paths.

### 🛡️ **CLOSING THE DOORS**

1. **Tawbah is Your Lock** – Seek forgiveness sincerely, especially for hidden and repeated sins.
2. **Daily Adhkar = Daily Fortress** – Don’t leave your house or sleep without spiritual armor.
3. **Emotional Healing Matters** – Don’t let unprocessed trauma rot inside you – it’s a feast for the jinn.
4. **Guard Your Eyes, Ears, and Mind** – Every input opens or closes a spiritual gate. Choose wisely.
5. **Purify Your Space** – Keep your room, home, and heart clean. Jinn flee from places of purity and Qur’an.
6. **Monitor Silence** – Not every lonely night is safe – fill it with dhikr, not random thoughts.

**Seek Diagnosis If Unsure** – If you suspect symptoms, don’t delay. Waswas, body heaviness, pain with Qur’an – it’s better to confirm early.

## 💡 REFLECTION EXERCISE

Take a quiet moment today and ask yourself:

- Which emotional states do I constantly sit in?
- Which sins do I make excuses for?
- How protected is my routine?
- What might I be exposing myself to unknowingly?

Then ask:

“If a jinn were to enter my life... where would he start?”

## ✂️ FINAL THOUGHT

Jinn are cowards. They don't strike the strong. They wait for you to lower your guard.

“Indeed, over My believing servants you shall have no authority.”

(Surah Al-Hijr 15:42)

Build that strength. Seal those doors. The next chapter reveals what happens after they enter – and how emotions become weapons in their hands.

## 🌿 NEVER FORGET YOUR WORTH

In the middle of emotional chaos, fear, and spiritual confusion – many people begin to feel like they are nothing. As if the jinn have taken control, and they are beyond repair.

**But let this truth strike your heart:**

Allah created you as Ashraf al-Makhluqat – the most honored of all creation. Allah says in Surah Al-Hijr (15:28–29): So when I have fashioned him and had a spirit of My Own 'creation' breathed into him, fall down in prostration to him.”

He fashioned Adam (AS) with His own Hands. He commanded all the angels – and even Iblees – to bow down to this human soul. And when Iblees refused, it wasn't just disobedience. It was envy – a deep hatred for this honored creation: **you**.

## WHAT THE SCHOLARS SAID:

✓ Ibn Kathir (RA) in his Tafsir:

“This prostration was in honor of Adam after his soul was breathed into him, and it was a prostration of respect, not worship.”

*(Tafsīr Ibn Kathīr, Surah Al-Baqarah 2:34)*

✓ Imam Al-Qurtubi (RA):

“The angels were commanded to bow only after the soul had entered Adam, for that was the point of his perfection and honor.”

*(Tafsīr Al-Qurṭubī, Surah Al-Ḥijr 15:29)*

So ask yourself: “*Would Allah – who formed you with His own Hand, who ordered all to bow for your father – ever leave you at the mercy of Shaytan?*”

Never.

You are not abandoned.

You are not cursed.

You are under attack – but you are not alone.

This is not defeat.

This is a test.

And healing is near, by the will of the One who honored you before you were even born.

# CHAPTER 6

## WHEN THE BODY RESPONDS – SYMPTOMS WITHOUT DIAGNOSIS

“Those who consume interest will not stand [on the Day of Judgment] except like the one who is being beaten by Shaytan into madness...” (Surah Al-Baqarah 2:275)

When the whispers go unchecked...

When emotions are hijacked and the soul is shaken...

It begins to show in the body. Long before dramatic manifestations, people experience subtle but alarming physical symptoms – often ignored or misdiagnosed. And this is where the war becomes visible.

### 🧠 Your Body Speaks – Are You Listening?

People often say:

- “I get sharp headaches – but my scans are clear.”
- “There’s a heaviness on my chest only during salah.”
- “My limbs twitch or become numb during Qur’an recitation.”
- “I feel like something is moving inside me.”
- “I went to doctors, psychologists – they all say I’m fine.”

But they’re not fine. Because these are not always medical symptoms. They are reactions to the unseen.

## MIND-BODY-SPIRIT CONNECTION

Symptom	Spiritual Insight
Headaches without medical cause	Waswas, Ayn, or sihr-based blockage
Back/shoulder heaviness	Emotional trauma or sihr
Numbness or cold limbs during prayer or Qur'an	Jinn resistance to spiritual light
Sleep paralysis (seeing shadows, unable to move)	Jinn attack during vulnerability
Gut issues, bloating, sudden food sensitivity	Black magic through food or jinn stationed in stomach
Random body twitches, especially during dhikr	Physical reaction to Qur'anic recitation affecting jinn
Eye pressure or sudden vision blur	Evil eye, or jinn stationed behind the eyes

These are warning signs. The body doesn't lie – it reacts when something dark enters its space.

### WHY DOCTORS AND PSYCHOLOGISTS OFTEN MISS IT

Because spiritual affliction has no blood test. There's no MRI for a whisper. No pill for sihr. Doctors deal with what they can measure. Ruqyah deals with what you can feel – but can't explain. And when they say: "It's all in your head..." Sometimes, they're right. Because the jinn often hide there.

## 📍 MOST COMMON EARLY BODY SYMPTOMS OF JINN AFFLICTION

In both Ruqyah and CBT, we now know: What affects your thoughts affects your body. And what affects your body affects your emotions.

When the jinn settle into a person's system, they may:

- Disturb nerve signals
- Disrupt digestion
- Trigger sleep dysfunction
- Amplify panic or fatigue

This is why someone can feel sick for years with no diagnosis — until they hear Qur'an... and suddenly their body tells the truth.

## 💡 REAL CASE: A WOMAN WITH 7 MISCARRIAGES

One of the most heartbreaking cases at Ruqyah Healing involved a woman who had suffered seven miscarriages in a row. Medically, she was cleared. Hormones, scans, and tests — all showed no abnormalities.

But each time she conceived, she would fall ill — fevers, unbearable stomach pain, nightmares, and finally, miscarriage. Her family believed it was qadr. But something felt off.

When Ruqyah was performed, she reacted intensely — especially when verses of sihr and jinn were recited. Her body trembled, her stomach tightened, and she cried uncontrollably. Diagnosis confirmed the presence of Black Magic tied to fertility — a targeted sihr to destroy her lineage.

Alhamdulillah, with consistent sessions and powerful Qur'anic treatment, she eventually conceived and carried the pregnancy full term. The physical pain was real — but its roots were unseen.

## WHAT THE SCHOLARS SAID

● Ibn Taymiyyah (RA): “Jinn can flow through the human body like blood. They may rest in limbs, organs, or joints – and only the Qur’an exposes their presence.”

*(Majmū‘ al-Fatāwā, Vol. 19)*

● Imam Ibn al-Qayyim (RA):

“Many illnesses of the body are not from the body – but from the soul. And the soul is the first place Shaytan aims to touch.”

*(Zād al-Ma‘ād, Vol. 4)*

## HOW TO DECODE WHAT THE BODY IS SAYING

1. Note when the symptom flares – During prayer? At night? While hearing a specific surah?
2. Test gently with Ruqyah audio – Play a Ruqyah track and see if the symptom worsens or moves.
3. Track reaction zones – Which body part responds most? Eyes, stomach, legs?
4. Repeat recitation with focus – Repetition exposes hidden problems but do not overdo – keep it balanced.
5. Act: Don’t ignore it – If you see clear reactions, seek Ruqyah help sooner rather than later.

⚠ Important: Do not diagnose yourself daily in panic. Use these signs as an initial guide, then seek help if needed. The Qur’an is a light – not a cause for fear or overthinking

## REFLECTION PROMPT

Take a piece of paper. List 3 body symptoms that bother you most – unexplained by doctors.

Now ask the following:

- When do they start?
- What emotion comes with them?
- Do they disappear during Qur’an or worsen?

Your body may be revealing what your mouth hasn’t said yet.

In the next chapter, we move to the full reveal – when the jinn stop hiding... and take full control.

# CHAPTER 7

## POSSESSION UNVEILED – WHEN JINN TAKE FULL CONTROL

“And they say: ‘He is possessed by a jinn!’ Say: I call to my Lord and do not associate anyone with Him.” (Surah Al-Jinn 72:6–7)

Possession isn't fiction.  
It's not Hollywood horror.  
It's not superstition.  
It's real.  
It's documented.

And it's far more common than people think.  
But it doesn't happen overnight.

It follows a pattern – waswas, emotional hijack, physical response... Then comes the takeover.

### What Does Possession Look Like?

Possession, or jinn entering and controlling the body, can show in many ways – from subtle to extreme.

Important Note: Not every case of mental illness is possession. But when Ruqyah is applied and the jinn reacts, it confirms what science cannot measure.

Type of Manifestation	Signs
<b>Mental</b>	Sudden personality changes, talking to oneself, memory loss, blackout episodes
<b>Emotional</b>	Aggression, hatred toward loved ones, breakdown during Qur'an
<b>Sleep</b>	Sleep paralysis, screaming at night, violent movements, refusal to sleep
<b>Physical</b>	Unnatural strength, seizures during Ruqyah, stiffness, eyes rolling, voice changing
<b>Verbal</b>	Speaking in different languages, voice deepens or shifts, jinn speaks when Qur'an is read
<b>Cognitive</b>	Confusion, feeling "disconnected" from self, like something else is controlling them

## HOW POSSESSION TYPICALLY UNFOLDS

"I don't remember what I did... I just lost control."

"When I heard that verse, my body jerked and I blacked out."

"They told me I said things – but I don't remember any of it."

Here's how we often see possession unfold:

1. Gradual takeover – jinn enters through trauma or sihr
2. Emotional dominance – person begins isolating, breaking down
3. Physical resistance – body shows signs during Qur'an
4. Split consciousness – person begins losing time, memory
5. Full manifestation – jinn begins to speak, act, or fight back

## **REAL CASE: A BROTHER CONTACTED BY A SAHIR**

This was one of the clearest cases of full possession we've seen. A brother came to us after experiencing terrifying episodes — he'd lose control of his body, his voice would change, and he would blackout with no memory of what happened. At times, he would feel like someone was speaking through him, but he couldn't stop it. He later admitted he had been approached by a sahir (sorcerer) years ago and was given an amulet for "protection." What he didn't realize was that this opened a doorway for jinn to enter and live within him. When Ruqyah began, the jinn manifested directly. The brother's eyes rolled back, his limbs went stiff, and a different voice began to speak — hostile, angry, and resisting the Qur'an. It took structured Ruqyah therapy over several sessions to extract the jinn, close the spiritual access points, and help the brother regain full control of his life. Today, he no longer blacks out, and the dark presence has fully lifted.

## **CBT REFLECTION: IDENTITY DISSOCIATION**

CBT recognizes dissociation — a state where a person feels disconnected from self, often due to trauma or mental breakdown. But in Ruqyah, this disconnect can be more than psychological — it can be spiritual possession. Not every case of dissociation is jinn. But many jinn use dissociation to stay hidden. This is why some clients don't even know they're possessed — until Qur'an causes a reaction.

## **WHAT THE SCHOLARS SAID**

● Ibn Taymiyyah (RA): "The entry of jinn into human bodies is established by experience and agreed upon by the scholars. It is not denied except by the people of innovation and falsehood."

(*Majmū' al-Fatāwā*, Vol. 19)

● Imam Ahmad (RA) was once asked if jinn can possess people. He replied: "Can you not see them speaking with his tongue?"

(*Talbīs Iblīs*, Ibn al-Jawzi)

## COMMON MYTHS TO CLARIFY

Myth	Truth
“Only weak people get possessed.”	Many pious people are afflicted – it's a test, not a judgment.
“If you’re possessed, you’ll always scream or convulse.”	Some possession cases are silent, hidden, and only surface
“Possession is rare.”	It’s common – it’s the <b>awareness</b> that is rare.
“Jinn cannot enter believers.”	False – even strong believers are tested, just like Prophets

## HOW TO RESPOND IF POSSESSION IS SUSPECTED

1. Stay calm – Panic feeds the jinn. Tawakkul weakens them.
2. Start structured Ruqyah – Use the Qur’an with intention and routine.
3. Avoid solo efforts if severe – Seek help from trained, balanced Ruqyah therapists.
4. Don’t provoke or speak to the jinn – They lie, they manipulate, and it only strengthens them.
5. Rebuild spiritually – Salah, dhikr, emotional stability, physical cleanliness – all weaken their grip.

## RUQYAH HEALING PROTOCOL: HOW WE HANDLE POSSESSION

- We never treat jinn as the center of attention. We focus on healing the person.
- We don’t rely only on manifestations. We use diagnostic reactions, symptoms tracking, and re-evaluation.
- We treat layers: ayn → hasad → sihr → jinn – not jumping to conclusions.

 **FINAL WORD**

Possession is not a death sentence. It's not the end of your story. It is the moment of spiritual awakening, if handled with wisdom. Yes, the jinn have entered. But they can also be removed – by the Qur'an, by discipline, and by sincere return to Allah.

“And when I am ill, it is He who cures me.”  
(Surah Ash-Shu'ara 26:80)

Next... we go deeper into how Qur'an, CBT, and real therapy begin to restore what the jinn tried to destroy.

# CHAPTER 8

## HEALING THE LAYERS – RUQYAH, CBT, AND STRUCTURED RECOVERY

“We send down in the Qur’an that which is a healing and a mercy for the believers...”

(Surah Al-Isra 17:82)

Healing isn’t random. It’s not about just “doing Ruqyah and hoping for the best.”

Real healing is layered, systematic, and strategic – just like the way the jinn entered.

At Ruqyah Healing, we don’t just recite Qur’an. We follow a diagnose → treat → re-diagnose protocol that has restored hundreds of lives.

Because when people say, “Nothing worked before...” Our answer is: “Because no one treated the full system.”

### Diagnosis is Not Guesswork

At Ruqyah Healing, we use a 200+-points layered diagnosis system to:

- Separate mental health from spiritual affliction
- Identify how the jinn entered and what’s keeping them inside
- Track improvement after every phase

This is clinical Ruqyah – and it works because we don’t treat blindly.

## CBT X RUQYAH = HEALING THE INSIDE TOO

Layer	What It Represents	Signs of Affliction
<b>Ayn (Evil Eye)</b>	Envy from others	Sudden illness, beauty or success
<b>Hasad (Jealousy)</b>	Intense spiritual jealousy	Tension, relationship breakdowns, stagnation
<b>Sihir (Black Magic)</b>	Sorcery done with intent	Depression, nightmares,
<b>Jinn</b>	Entry after damage	Sleep paralysis, anger, suicidal

You can't skip to treating jinn without handling ayn and sihr first – or you risk short-term results with relapse.

### OUR TREATMENT PHILOSOPHY: HIT, HEAL, RE-TEST

#### ✓ Step 1: Diagnosis

We test reactions to targeted surahs and ayahs, observe finger movement, body responses, and emotional shifts.

#### ✓ Step 2: Treatment Phase

Each layer gets its own method of treatment to:

- Ayn/Hasad: Qur'anic water, targeted ayahs, baths, hijama (when needed)
- Sihr: Intent-based recitation, object detection (clothing, hair, food), sihr-busting ruqyah
- Jinn: Heavy surahs, reproof, and weakening over time (not dramatic force)

#### ✓ Step 3: Re-diagnosis

After 7–14 days, we test again. If no reaction: that layer is healed. If reaction returns, we adjust the treatment accordingly.

## THE HEALING HAS 4 MAJOR LAYERS

While Ruqyah fights the external enemy, CBT repairs the internal wounds. We work on:

- Challenging negative thoughts that jinn feed on
- Releasing trauma and shame
- Restoring confidence, identity, and connection with Allah
- Breaking guilt loops and emotional baggage

## WHAT SCHOLARS AFFIRM

● Ibn al-Qayyim (RA): “The Qur’an heals by uncovering what is hidden, and by confronting what the heart avoids. But for it to work, the soul must be engaged.” (*Al-Fawā'id*, p. 47 (Dar Al-Jeel edition))

## REAL CASE: A BUSINESS FAMILY UNRAVELING IN LAYERS

A respected business family came to us after their home and relationships began to deteriorate suddenly. They had lost major contracts, two brothers had stopped speaking to each other, and the youngest child began waking up in fear every night – screaming that someone was watching him. The initial diagnosis revealed Ayn – intense envy from community members after their rise in success. Once Ruqyah was started, physical and emotional symptoms began to reduce. But weeks later, a stronger reaction emerged: panic attacks, vomiting during recitation, and disturbing dreams. This pointed to Black Magic – likely done through objects placed at the office.

Even deeper into the sessions, the final layer surfaced – jinn presence linked to those sihr items. The family recalled a recent office renovation where unfamiliar workers had access to private areas. Ruqyah revealed specific verses triggering powerful bodily responses in the affected members.

Once the sihr was broken, and jinn were expelled, the entire family reported emotional peace, better sleep, and reconciliation between the estranged brothers.

This case was a textbook example of layered affliction – envy opened the door, sihr walked in, and jinn took over the space.

## WHAT YOU CAN DO TODAY

- Don't skip steps – Treat ayn before sihr, sihr before jinn.
- Keep a healing log – Track symptoms daily with Ruqyah response.
- Start a journal – Write your thoughts. See what emotions need healing.
- Don't isolate – Join a structured Ruqyah program or seek professional guidance.
- Believe in layers – Healing won't be instant, but it will be complete if done right.

## FINAL WORD

Jinn possession is terrifying. Sihr is destructive. Ayn and hasad are silent killers. But healing is real – if you follow the method. Allah didn't leave us broken. He gave us the Qur'an as shifa, the mind as a tool, and the community of care as a resource.

“Say: It is for those who believe, a guidance and a healing...”  
(Surah Fussilat 41:44)

Next – we shift to how to stay free, protect others, and never open the door again.

# CHAPTER 9


## PREVENT, PROTECT, PURIFY – SHIELDING YOURSELF AND YOUR FAMILY

“Indeed, over My believing servants, you have no authority.” (Surah Al-Hijr 15:42)

After healing comes a choice: Will you guard the gates... or leave them open again?

Because the truth is: many people relapse – not because Ruqyah failed, but because they went back to old habits, toxic environments, and emotional neglect.

This chapter is your spiritual firewall – the blueprint for living a life where waswas weakens, the jinn flee, and peace settles in your home.

 Protection Is a Lifestyle, Not a One-Time Event

You don't wait for your house to catch fire to install a smoke detector. You don't wait for a jinn to attack before building your fortress. Protection starts when you're not under attack. That's the secret.

## 🚫 THE THREE-PART SHIELD

Layer	What It Means	What You Must Do
<b>Prevent</b>	Don't invite the jinn back	Guard sins, emotions, thoughts
<b>Protect</b>	Daily spiritual discipline	Dhikr, cleanliness, Qur'an routines
<b>Purify</b>	Remove spiritual residue	Repentance, Ruqyah water, inner work

### 🚫 PREVENT – CLOSE THE DOORS AGAIN

1. **Stop old sins cold** – Music, zina, envy, gossip... whatever let them in must now be shut out.
2. **Watch your media intake** – Horror, magic-based series, superstitious channels – they reopen portals.
3. **Leave haram spaces** – Environments full of heedlessness attract unseen enemies. Stay in good company.
4. **Fix your sleep** – Late nights with phones = vulnerability. The jinn love idle minds.

### 🛡️ PROTECT – BUILD DAILY SHIELDS

1. Morning & Evening Adhkar: The Prophet ﷺ said: "Whoever recites the morning and evening adhkar will be protected from every harm." (Tirmidhi)
2. Ayat Al-Kursi after every prayer & before sleep
  - o Barrier from jinn entry
  - o Spiritual oxygen for the heart
3. Surah Al-Baqarah in the home (every 3 days)
 

"Shaytan flees from a house in which Surah Al-Baqarah is recited." (Muslim)

4. **Salah on time – without delay:** If you delay salah, you're already unprotected. Salah is your spiritual firewall.

5. **Personal hygiene and clean spaces:** The Prophet ﷺ loved purity – because impurity invites jinn.

- o Keep your bathroom clean
- o Don't leave trash overnight
- o Avoid sitting alone in the dark without purpose

## **PURIFY – ONGOING SPIRITUAL DETOX**

1. Weekly Ruqyah bath: Qur'anic water, and specific ayahs for sihr/ayn release

2. Regular repentance: Shaytan uses guilt as a leash. Tawbah breaks that chain.

3. Emotional journaling + du'a: Release your pain to Allah before the jinn feed on it.

4. Family Qur'an sessions: Even 10 minutes a day will shift the atmosphere. Teach children dhikr from young.

## **CBT TOOLS FOR ONGOING STRENGTH**

- Thought tracking sheets – identify emotional loops before they spiral
- Trigger journals – catch patterns when spiritual dips occur
- “Is this thought from Allah or Shaytan?” filters – challenge whispers in real-time.
- Goal setting with Qur'an – rewire your daily life around Divine healing.

## **RUQYAH-PROOFING YOUR HOME**

- Play Qur'an daily (Surah Baqarah or Al-Mulk at night)
- No music or vulgar media
- No hanging masks, idols, or strange decor with eyes/faces
- Close windows and doors at Maghrib
- Teach kids to say Bismillah before entering rooms, eating, or using the bathroom

## RUQYAH HEALING INSIGHTS

After healing, many clients return to:

- Toxic relationships
- Pornography or music
- Neglecting salah
- Doubting the system

The result?

Symptoms return.

Jinn come back.

The cycle restarts.

Protection is not a feeling. It's a routine.

## FINAL WORD

You have been honored.

You were attacked.

You survived.

Now it's time to stand guard — for yourself, and those under your roof.

“Whoever holds firmly to Allah — He is surely guided to a straight path.” (Surah Al-Imran 3:101)

In the next chapter, we share real-life stories of healing — cases that went from darkness to clarity. To inspire you. To remind you: you're not alone.

# CHAPTER 10

## CASE FILES OF THE AFFLICTED – FROM DARKNESS TO LIGHT

This chapter brings the theory to life. Each of these real-world cases reflects a journey from pain to peace, from confusion to clarity – all documented at Ruqyah Healing. These are true transformations, made possible by Allah's mercy and a structured healing approach.

### CASE 1: The MBBS Student with Hidden Suffering

A mother reached out, worried about her daughter studying overseas. Despite being religious and part of a Quranic household, her daughter faced unexplained health issues – fatigue, emotional swings, anxiety. All medical reports were normal.

#### Diagnosis:

- Evil Eye
- Hasad
- Later, Sihr through a photo

#### Treatment:

- Qur'anic water + remote Ruqyah
- Hasad break protocol
- Black Magic protocol (after signs emerged)

### ✨ Outcome:

By the 4th session, both her daughter and husband were completely healed. Within just two days of healing, a visa issue that had been pending for six months resolved – they were cleared to return home. “Healing came, and so did divine ease.”

【Source: Case File #DW-04210710】

## CASE 2: THE IT PROFESSIONAL WHO COULDN'T SLEEP

An introverted brother came with 2 years of insomnia. No medical treatment helped. He couldn't understand why – he lived a simple life.

### 🔍 Diagnosis:

- Evil Eye
- Hasad
- Sihr (Black Magic)

### 🔧 Treatment:

- Layered 7-day cycles for Ayn & Hasad
- Black Magic treatment in week 3
- CBT-based journaling for thought processing

### ✨ Outcome:

By week 2, he began sleeping peacefully. By week 4, his body stopped reacting to Ruqyah. He reported confidence and control – no fear of relapse. “I didn't just sleep again – I understood what was happening inside me.”

## CASE 3: THE DOCTOR'S FAMILY IN MAKKAH

A respected medical family suffered silently for 20 years. They thought it was stress, work, or fate. But nothing changed – until the mother contacted Ruqyah Healing as her last hope.

### 🔍 Diagnosis:

- Mother: Evil Eye, Hasad, Black Magic
- Daughters: Waswas, Evil Eye, Hasad
- Father: Clean (No affliction)

### Treatment:

- Week 1: Break Ayn & Hasad
- Week 3: Start Black Magic treatment
- Week 4: Final session with full re-diagnosis

### Outcome:

After 4 sessions, all symptoms vanished. The mother returned to work. The waswas in her daughters reduced drastically. The whole household felt transformed.

“After 20 years of waiting, the Qur’an opened the door to recovery.”

【Source: Case File #DS-06210211】

## CASE 4: THE BUSINESS FAMILY TORN BY EVIL EYE

A daughter managing her father’s business suddenly experienced family conflicts and behavior changes. Her father turned cold. Her marriage felt under attack.

### Diagnosis:

- Evil Eye
- Hasad
- Black Magic

### Treatment:

- Phase 1: Hasad & Ayn reset
- Phase 2: Black Magic clearing

### Outcome:

In just 4 sessions, her condition stabilized — and her husband, who joined later, was also diagnosed and healed in 3 sessions.

“We were broken. But now, we have tools to stay strong together.”

【Source: Case File #BF-XXXX】

## ☀ TAKEAWAY: EVERY CASE IS UNIQUE, BUT THE PROCESS WORKS

These cases are different – age, gender, country, background – but they all follow one truth:

When you diagnose correctly, treat layer-by-layer, and combine Qur'an with emotional insight... healing is not just possible, it's expected.

Next... we move to the final chapter: the call to action for the Ummah – to stop ignoring this silent epidemic and rise as a healing nation.

# CHAPTER 11

## A FORGOTTEN UMMAH – WHY THE COMMUNITY MUST WAKE UP

“And We did not send down upon your people a punishment while you were among them, and We would not punish them while they seek forgiveness.” (Surah Al-Anfal 8:33)

The enemy isn't just “outside.” It's within our homes. Our hearts. Our communities. Silent suffering. Broken families. Afflictions unaddressed. Yet... the Ummah looks away. We lecture. We debate. But we rarely build systems. Rarely support real healing. And worse – we leave people to face the jinn, the waswas, the sihr... all alone.

This final chapter is a wake-up call. A call to responsibility. A reminder that healing is not just personal – it's a collective duty.

🔥 You Were Honored – Not Meant to Suffer Alone Allah created the human being as Ashraful Makhluqat – the most honored creation.

He ordered angels and jinn to bow to Adam (AS). Can we really believe Allah would leave this honored being to fight invisible enemies alone? Absolutely not.

But we – the community – have stepped away from our duty to help.

## THE COMMUNITY'S 5 STRATEGIC FAILURES

Area	What Went Wrong
<b>Ignorance</b>	People treat Ruqyah like superstition or avoid it altogether
<b>Isolation</b>	Victims are told to “just pray more” while suffering grows
<b>Solo Raaqi Model</b>	One man with no follow-up, no structure – it dies with him
<b>Lack of Clinics</b>	No serious centers, no research, no accountability
<b>Shame Culture</b>	Victims hide their issues, fearing judgment over help

## THE FORGOTTEN SUNNAH: PROPHETS IN ISOLATION (KHALWAH)

·Musa (AS) spent 40 nights on Mount Sinai in direct khalwah with Allah.

·Isa (AS) would retreat to mountains to reconnect with divine clarity.

·Our Prophet ﷺ would climb to the Cave of Hira... alone... before the mission began.

All Prophets spent time alone with their Lord – to process pain, clear waswas, and strengthen resolve.

Today, we drown in noise. No reflection. No silence. No self-awareness.

If we don't revive khalwah, structured Ruqyah, and emotional processing, then jinn, sihr, and emotional breakdown will keep consuming the Ummah.

## WHAT NEEDS TO CHANGE

1. Every masjid should have a Ruqyah referral board – not everyone needs to become a Raaqi, but we need verified helpers.
2. Train our youth to diagnose, not dramatize. Theatrics won't save lives – systems will.
3. Invest in Ruqyah clinics just like we invest in Islamic schools or dawah apps.
4. Normalize emotional literacy – teach CBT and self-talk from the mimbar.
5. Stop solo efforts – healing needs teams: Ruqyah + counseling + family support.

## WHAT YOU CAN DO NOW

- Talk to someone who's silently suffering.
- Start your own Ruqyah journaling or family dhikr routine.
- Support healing platforms like Ruqyah Healing with time, money, or awareness.
- Push back against those who mock Ruqyah without understanding its depth.

## FINAL WORD: YOU ARE NOT WEAK – YOU WERE NEVER MEANT TO WALK ALONE

We are in a hidden war. But we were never meant to fight it alone. The Qur'an was revealed not just for guidance – but for healing too. The Prophets – treated the broken.

The Salaf – they wept in fear of hidden whispers. And now, it's your turn. If you're afflicted – know that you can heal. If you're healed – help others heal. And if you've stayed silent – speak up now.

“Help one another in righteousness and piety...”  
(Surah Al-Ma'idah 5:2)

## 🌸 CLOSING DU'A: A PRAYER FOR HEALING AND AWAKENING

اللهم يا شافي، اشفنا شفاءً لا يغادر سقماً، واشرح صدورنا، واطرد عنا كل هم وغم، وحرر أجسادنا من كل أثرٍ من عينٍ أو سحرٍ أو ميسٍ من الشيطان.

O Allah, the Ultimate Healer – heal us with a healing that leaves behind no trace of illness. Expand our hearts, remove our sorrows, and free our bodies from every touch of evil eye, magic, or the whispers of Shaytan.

اللهم اجعل القرآن العظيم ربيع قلوبنا، ونور صدورنا، وجلاء أحزاننا، وذهاب همومنا.

O Allah, make the Noble Qur'an the spring of our hearts, the light of our chests, the remover of our sadness, and the purifier of our worries.

اللهم اجعلنا من الذاكرين، الموقنين، الذين إذا ابتلوا صبروا، وإذا نُعموا شكروا، وإذا أخطأوا تابوا.

O Allah, make us among those who remember You constantly, who are certain in Your decree, who are patient in trials, grateful in blessings, and quick in repentance.

اللهم اجعل هذا العمل خالصاً لوجهك، نافعاً لعبادك.

O Allah, make this work sincerely for Your sake, a source of benefit for Your creation.

آمين يا رب العالمين.

Ameen, O Lord of the Worlds.

## 👉 ABOUT THE AUTHOR

WITH OVER 15 YEARS OF DEDICATED EXPERIENCE IN RUQYAH THERAPY, EMOTIONAL HEALING, AND SPIRITUAL WELLNESS, TWIN RAAQI HAS PIONEERED A STRUCTURED, SHARI'AH-COMPLIANT SYSTEM FOR DIAGNOSING AND TREATING SPIRITUAL AFFLICTIONS – ROOTED IN THE QUR'AN AND SUNNAH, AND STRENGTHENED WITH MODERN TOOLS LIKE CBT, EMOTIONAL MAPPING, AND LIFESTYLE CORRECTION. BY ALLAH'S PERMISSION, HIS WORK HAS HELPED HUNDREDS WORLDWIDE BREAK CYCLES OF AYN, HASAD, SIHR, AND JINN AFFLICTION THROUGH A CLEAR PROCESS: DIAGNOSE. HEAL. RE-DIAGNOSE. EMPOWER.

HIS APPROACH RESTORES QUR'ANIC RUQYAH AS THE SOLE DIVINE CURE FOR SPIRITUAL HARM – WHILE USING PRACTICAL SUPPORT ONLY TO MANAGE MEDICAL OR EMOTIONAL SYMPTOMS, JUST AS THE PROPHET ﷺ PERMITTED HIJAMA FOR PAIN WHILE RELYING ON REVELATION FOR THE UNSEEN. HIS MISSION IS SIMPLE: RESTORE AUTHENTIC RUQYAH AND REBUILD TRUST IN ALLAH'S HEALING – CLEAR, STRUCTURED, AND PROTECTED FROM ABUSE.



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