

Lesson-18: Protection from different harms

Lesson Outcomes

- What is envy and how it harms us.
- Four types of harms and how to protect ourselves from them.
- Meaning of “Mu’awwi-dha-tain” (مُعَوِّذَتَيْنِ) and which two Surahs are called as “مُعَوِّذَتَيْنِ.”

Recitation and Explanation

Recite with Tajweed and feelings, the way the Prophet ﷺ used to recite:

1	الْفَلَقُ	بِرَبِّ	أَعُوذُ	قُلْ
of the daybreak		in (the) Lord	I seek refuge	Say
I seek refuge in the Lord of the daybreak,				
2	خَلَقَ	مَا	شَرِّ	مِنْ
He created;		(of) that which	(the) evil	From
From the evil of that which He created				
3	وَقَبَّ	إِذَا	غَاسِقِ	وَمِنْ شَرِّ
it becomes intense		when	(of) darkness	And from the evil
And from the evil of darkness when it becomes intense				

- مُعَوِّذَتَيْنِ means ‘the two for seeking protection’. Surah Al-Falaq and Surah An-Naas are called مُعَوِّذَتَيْنِ.
- Allah is the most Powerful of all. He is our رَبِّ and our best Protector. He loves us and cares about us. So, naturally we seek His Protection from all kinds of dangers (known and unknown).
- We should seek Allah’s protection from the following:
 1. The harm of various creatures Allah has created.
 2. Evils of night. Most of the evil and bad things happen at night.

Story: Hamid was a good and an obedient boy. One day he told his father that from the last few days he is having nightmares. His father replied to him that our beloved Prophet ﷺ before going to sleep used to recite مُعَوِّذَتَيْنِ , blow into his hands, and pass his hands over his body. Hamid thanked his father. He decided to follow the Prophet’s ﷺ practice before going to bed. Hamid made a daily habit of reciting مُعَوِّذَتَيْنِ and got the protection from nightmares and troubled sleep.

Hadith: Ayesha (R) reported that whenever someone fell ill in the family of the Messenger of Allah ﷺ, he would recite Surah Al-Falaq and Surah An-Naas and then blow on him (the patient). [Muslim]

Tadabbur – Study, Imagine, and Feel

- Feel the confidence that your Rabb is protecting you all times.
- Imagine the scene, where in response to our Du'aas, Allah orders security arrangements for you. Our Rabb who is Lord of Universe, gives us so much love, care and attention. How grateful should we be!
- Imagine the darkness of night where you cannot see the dangers. Only Allah saves us from the dangers.

Tadhakkur – Du'aa, Evaluate, and Plan

- Allah is all Powerful and has control over all things. So, we should seek His help.
- Look at creatures like honey bees. If you disturb them by mistake, they might sting you. They are not evil, but they might harm you. Therefore, seek Allah's protection.
- Invisible viruses and bacteria are good for maintaining ecosystem of earth. They might make us sick, if they get inside us. They are not evil, but they might harm us. So, we seek Allah's protection.
- Thieves and criminals do their evil act in the cover of darkness. Gambling, drinking, bad TV programs, etc. begin in the night. Sleep early to get protected from such bad influences of night.
- Even the animals that come out at night have an unpleasant look compared to the normal ones such as birds, sheep, hen, etc.
- Reciting مُعَوِّذَتَيْن regularly ensures protection from all types of harms.

4 فِي الْعُقَدِ

النَّفَّاثِ

وَمِنْ شَرِّ

in the knots	(of) those who blow	And from the evil
And from the evil of those who blow in the knots,		

5 حَسَدًا

إِذَا

حَاسِدٍ

وَمِنْ شَرِّ

he envies.	when	(of) the envier	And from the evil
And from the evil of the envier when he envies.			

3. **Third harm:** Seek protection of Allah from magicians. They harm people with their magic spells.
 - النَّفَّاثِ means blowers. الْعُقَدِ means the knots. Blowers in the knots refer to the magicians who blow in the knots to increase the effect of their magic spell.
 - Magic is bad and only bad people do magic. So, we must ask for Allah's protection from it.
 - **The fourth evil** from which we should seek Allah's protection is "Hasad" (حسد). Envy is the wish to gain something that others have, while wishing others to lose that thing. For example, if you get a new cycle, an envious person wants that you lose that cycle and he gets it. If he did not get it, he wishes that you lose it.
 - Envy is a big sin. A person doesn't get any benefit from his envy.
 - An envious person does not like others to be happy or comfortable. He will always be planning to damage others' property, work, reputation, or anything that is good.

- An envious person is actually objecting to Allah’s distribution. After all, no one can receive anything except by Allah’s will.
- Envy (jealousy) destroys the good deeds as fire burns wood.

Hadith: The Messenger of Allah ﷺ said: ‘People will remain on good as long as they do not harbor jealousy for each other’. [Tabarani]. This means envying others will destroy goodness.

Tadabbur – Study, Imagine, and Feel

- Practicing magic is a great sin.
- Can you think how difficult your life would be without Allah’s blessing and protection?
- Why are people envious? How we can reduce their envy? Teach them to ask from Allah.

Tadhakkur – Du’aa, Evaluate, and Plan

- No one is safe in this world whether he is a king, president or ruler. They are all helpless. We must have a strong belief that our safety is with Allah only. Nothing can harm us when Allah is our protector.
- O Allah! Please protect us from all the evils of Your creations. Protect us from magic and jealousy.
- What are our feelings when we see something good with our friends or relatives? Are we feeling jealous for what they have?
- Plan to continuously ask Allah’s help for protection. Make a promise that you will never be jealous of other or wish bad for them.

Habit

- Insha’Allah I will follow the Sunnah (practice) of my beloved Prophet Muhammad ﷺ. I will recite مُعَوِّذَاتَيْنِ before going to sleep and blow into my hands and then pass my hands over the body.
- I will say MashaAllah, Tabarakallah, when I see something good in others. I will pray that Allah gives them more and more. If we pray like this in their absence, an angel will say “Ameen; May it be for you too” to our prayers and our prayers will be accepted. I will never object to Allah’s distribution of gifts to anyone He wills.

Practice Questions

1. What is meant by مُعَوِّذَاتَيْنِ?
2. Which are the four harms or evils that we should seek protection from?
3. What should we do when we see any good with others?