

A Collection of Spiritual Remedies when feeling OVERWHELMED

إِن يَقُولِ الصَّاحِبُ
لَا تَحْزَنْ إِنَّا مَعَهُ

“Don’t be sad, Indeed

Qur’an 9:40

Allah
is with us”

Do you ...

...Feel like nobody cares?

...Depressed?

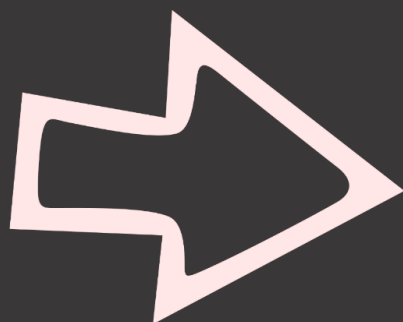
...See NO point in living any
longer...?

...Feel unnoticed..?

...Feel that TAKING MY LIFE
SEEMS THE ONLY WAY to end
the Pain?

....feel HEARTBROKEN??

THEN REMEMBER.....



THE ONE WHO HAS CREATED YOUR HEART, AND
YOUR FEELINGS AND EMOTIONS HAS SAID:

“DO NOT DESPAIR OF THE MERCY OF ALLAH”

Surah Yusuf :87

HE HAS ALSO SAID :

“ I AM WITH THOSE WHOSE HEARTS ARE
BROKEN”

Abu Nuaim Pg. 177 V.6

WHY NOT TRY THE FOLLOWING

SHOUT OUT to the
One Who Always Listens...

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ

أَسْتَغِيْثُ

YAA HAYYU YAA QAYYOOM
BIRAHMATIKA ASTAGHEETH

O THE EVER LIVING, O THE SUSTAINER
OF LIFE

THROUGH YOUR MERCY, I BEG YOU TO
RESCUE [ME]

Every Morning and
Evening read the
following
100 x

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

LAA HOWLA WA LA
QUWWATA ILLAA BILLAH

There is no power [to avert away any
wrong] nor any strength [to accomplish
any good] except through the [help of]
Allah.

Try reading a portion of the Qur'an and follow it up with this beautiful prayer....

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ ، نَاصِيَتِي بِيَدِكَ ، مَا ضِيقَ فِيَّ
حُكْمُكَ ، عَدْلٌ فِي قَضَائِكَ ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ ، سَمَّيْتَ بِهِ
نَفْسَكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ اسْتَأْثَرْتَ
بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَنُورَ صَدْرِي
، وَجِلَاءَ حُزْنِي وَذَهَابَ هَمِّي ،

*Allahumma inni 'abduka, ibnu 'abdika, ibnu amatika, naasiyati
biyadika, maadhin fiyya hukumuka, 'adhlun fiyya qadha'uka
as'aluka bi kulli ismin huwa laka, sammaita bihi nafsaka, aw an-
zaltahu fi kitabika, aw 'allamtahu ahadan min khalqika,
aw ista'tharta bihi fi 'ilmil-ghaibi 'indaka, an taj'alal-Qur' ana Rabbi'a
qalbi, wa nura sadri, wa jalaa'a huzni, wa dhahaba hammi*

Oh Allah, I am Your servant, the son of Your servant, the son of your female-servant, and entirely at Your service. You hold me by my forelock. Your Decree is what controls me, and Your Commands to me are just. I beseech You by every one of Your Names, those which You use to refer to Yourself, or have revealed in Your Book, or have taught to any one of Your creation, or have chosen to keep hidden with You in the Unseen, to make the Qur'an Al-Karim the springtime of my heart, the light of my eyes, the departure of my grief, and the vanishing of my affliction and my sorrow.

? WHAT IF?? ?

| FEEL LIKE | DON'T BELIEVE ANYMORE....? SHOULD | STILL
CONTINUE DOING/ READING?

YES!

CONTINUE, AND DON'T PAY MUCH ATTENTION TO THE THOUGHTS
RELATING TO YOUR BELIEF.

Also, Have You tried this? C'mon, Give it a Go!

- Hug your child or your baby brother or sister
- Seek professional help, there's nothing wrong with that
- Feed a needy person, sit with them.
- Speak to your local Imam.
- Place your head down in prostration to Allah, and Cry to Him

When the going gets really Tough...

Then Read:

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

ALLAH ALLAH RABBI LAA USHRIKU BIHI SHAY'AAN

Allah, Allah, My Master, I do not associate any partners to Him.

Also read in abundance:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ، إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

LAA ILAAHA ILLAA ANTA SUBHAANAKA INNI KUNTU
MINADH-DHALIMEEN

THERE IS NONE WORTHY OF WORSHIP BESIDES YOU, PURITY
BELONGS TO YOU, INDEED I AM FROM THE THOSE WHO HAVE
OPPRESSED [THEMSELVES]

Prepared with Love & Care by

