



**MORNING  
AND  
EVENING  
ADHKAAR**

# AYATUL KURSI X1

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ  
لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ  
مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ  
يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ  
وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ  
وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ  
وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

# AYATUL KURSI X1

Allāhu lā ilāha illā huwa 'l-Ḥayyul-Qayyūm, lā ta'khudhuhu sinatun wa lā nawm, lahu mā fis-samāwāti wa māfil-arḍ, man dhal-ladhī yashfa`u `indahu illā bi'idhnih, ya`lamu mā bayna aydīhim wa mā khalfahum, wa lā yuḥīṭūna bishay'im-min `ilmihī illā bimā shā', wasī`a kursiyyuhus-samāwāti wal-arḍ, wa lā ya`ūduhu hifdhuhumā, wa huwal-`Aliyyu'l-`Adhīm.

# AYATUL KURSI X1

ALLAH -  
THERE IS NO DEITY EXCEPT HIM,  
THE EVER-LIVING, THE SUSTAINER OF [ALL] EXISTENCE  
NEITHER DROWSINESS OVERTAKES HIM NOR SLEEP  
TO HIM BELONGS WHATEVER IS IN THE HEAVENS AND  
WHATEVER IS ON THE EARTH  
WHO IS IT THAT CAN INTERCEDE WITH HIM EXCEPT BY  
HIS PERMISSION? HE KNOWS WHAT IS [PRESENTLY]  
BEFORE THEM AND WHAT WILL BE AFTER THEM,  
AND THEY ENCOMPASS NOT A THING OF HIS KNOWLEDGE  
EXCEPT FOR WHAT HE WILLS  
HIS KURSI EXTENDS OVER THE HEAVENS AND EARTH  
AND THEIR PRESERVATION TIRES HIM NOT  
AND HE IS THE MOST HIGH, THE MOST GREAT.

## SURAH IKHLAS X3

قُلْ هُوَ اللَّهُ أَحَدٌ  
اللَّهُ الصَّمَدُ  
لَمْ يَلِدْ وَلَمْ يُولَدْ  
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

## SURAH IKHLAS X3

Qul huwallāhu aḥad.  
Allāhuṣ-ṣamad.  
Lam yalid wa lam yūlad.  
Wa lam yakun lahu kufuwan aḥad.

## SURAH IKHLAS X3

SAY, "HE IS ALLAH, THE ONE  
ALLAH, THE INDEPENDENT  
HE DOES NOT GIVE BIRTH, NOR IS HE BORN  
AND THERE IS NOTHING THAT CAN BE  
COMPARED TO HIM."

## SURAH FALAQ X3

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

مِنْ شَرِّ مَا خَلَقَ

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ



# SURAH FALAQ X3

Qul a`ūdhu birabbil-falaq.  
Min sharri mā khalaq.  
Wa min sharri ghāsiqin idhā  
waqab. Wa min sharrin-naffāthāti  
fil-`uqad. Wa min sharri ḥāsidin  
idhā ḥasad.

# SURAH FALAQ X3

SAY, "I SEEK REFUGE IN THE LORD OF DAYBREAK  
FROM THE EVIL OF EVERYTHING HE HAS CREATED  
AND FROM THE EVIL OF DARKNESS WHEN IT SETTLES  
AND FROM THE EVIL OF BLOWERS IN KNOTS  
AND FROM THE EVIL OF AN ENVIER WHEN HE  
ENVIES."

## SURAH NAAS X3

قُلْ أَعُوذُ بِرَبِّ النَّاسِ  
مَلِكِ النَّاسِ  
إِلَهِ النَّاسِ  
مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ  
الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ  
مِنَ الْجِنَّةِ وَالنَّاسِ

## SURAH NAAS X3

Qul a`ūdhu birabbīn-nās.  
Malīkīn-nās. 'Ilāhīn-nās. Min  
sharri 'l-waswāsīl-khannās.  
Alladhī yuwaswisu fī ṣudūrin-  
nās. Minal-jinnati wannās.

The background of the entire image is a close-up, textured view of thick, teal-colored braided rope. The rope is coiled and twisted, creating a complex, repeating pattern of light and dark teal shades. The texture is highly detailed, showing individual strands and the way they are woven together.

## SURAH NAAS X3

SAY, "I SEEK REFUGE IN THE LORD OF MANKIND  
THE KING OF MANKIND, THE GOD OF MANKIND.  
FROM THE EVIL OF THE RETREATING WHISPERER  
WHO WHISPERS IN THE HEARTS OF PEOPLE.  
FROM AMONG THE JINN AND MANKIND."

## DUA FOR PROTECTION X3

بِسْمِ اللَّهِ الَّذِي  
لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ  
فِي الْأَرْضِ وَلَا فِي السَّمَاءِ  
وَهُوَ السَّمِيعُ الْعَلِيمُ

## DUA FOR PROTECTION X3

Bismillāhi 'l-ladhī lā yaḍurru  
ma`a-smihi shay'un fil-'arḍi  
'wa lā fis-samā  
wa huwas-Samī `ul-`Alīm

# DUA FOR PROTECTION X3

IN THE NAME OF ALLAH, WHO WITH HIS NAME  
NOTHING CAN CAUSE HARM  
IN THE EARTH NOR IN THE HEAVENS  
AND HE IS THE ALL-HEARING  
THE ALL-KNOWING



PROTECTION FROM ALL CREATION X3

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ

مِنْ شَرِّ مَا خَلَقَ

# PROTECTION FROM ALL CREATION X3

A`ūdhu bikalimāti-llāhit-tāmmāti  
min sharri mā khalaq



# PROTECTION FROM ALL CREATION X3

I SEEK REFUGE WITH  
THE COMPLETE WORDS OF ALLAH  
FROM EVERYTHING HE HAS CREATED

## FOUR HEAVY PHRASES OF DHIKR X3

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

عَدَدَ خَلْقِهِ

وَرِضَا نَفْسِهِ

وَزِينَةَ عَرْشِهِ

وَمِدَادَ كَلِمَاتِهِ

## FOUR HEAVY PHRASES OF DHIKR X3

Subḥānallāhi wa biḥamdih:  
`adada khalqih, wa riḍā nafsih,  
wa zinata `arshih,  
wa midāda kalimātih.

# FOUR HEAVY PHRASES OF DHIKR X3

GLORY IS TO ALLAH AND PRAISE IS TO HIM  
BY THE MULTITUDE OF HIS CREATION,  
BY HIS PLEASURE,  
BY THE WEIGHT OF HIS THRONE,  
BY THE EXTENT OF HIS WORDS

PLEASED WITH MY LORD, RELIGION, PROPHET صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ X3

رَضِيتُ بِاللَّهِ رَبًّا  
وَبِالْإِسْلَامِ دِينًا  
وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ  
رَسُولًا وَنَبِيًّا

PLEASED WITH MY LORD, RELIGION, PROPHET ﷺ X3

Raḍītu billāhi Rabba,  
wa bil-Islāmi dīna,  
wa bi-Muḥammadin  
(ṣallAllāhu `alayhi wa sallama)  
rasoolan wa nabiyya.



PLEASED WITH MY LORD, RELIGION, PROPHET ﷺ X3

I HAVE ACCEPTED ALLAH AS MY LORD,  
AND ISLAM AS MY WAY OF LIFE,  
AND MUHAMMAD ﷺ  
AS ALLAH'S MESSENGER AND PROPHET

# ISTIGHFAAR X 1

أَسْتَغْفِرُ اللَّهَ الَّذِي  
لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ  
وَأَتُوبُ إِلَيْهِ

# ISTIGHFAAR X 1

Astaghfirullāha l-ladhee  
la ilaaha illa huwa l-hayyu l-qayyum.  
wa atūbu ilayh.

# ISTIGHFAAR X1

I SEEK THE FORGIVENESS OF ALLAH,  
THERE IS NO TRUE GOD EXCEPT ALLAH,  
THE EVER-LIVING, THE SELF-  
SUBSISTING, AND I TURN TO HIM IN  
REPENTANCE

SUFFICIENT FOR ME IS ALLAH X7

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ <sup>صَلِّ</sup>

عَلَيْهِ تَوَكَّلْتُ <sup>صَلِّ</sup>

وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

# SUFFICIENT FOR ME IS ALLAH X7

Ḥasbiyallāhu lā ilāha illā huwa  
`alayhi tawakkalt,  
-wa huwa Rabbu 'l-'Arshi 'l  
.Adhīm'



# SUFFICIENT FOR ME IS ALLAH X7

SUFFICIENT FOR ME IS ALLAH;  
THERE IS NO DEITY EXCEPT HIM.

ON HIM I HAVE RELIED,  
AND HE IS THE LORD OF THE GREAT THRONE