



Question:

What shall be done to protect our mind from Evil (Satan's) thought, when even La haul ve la quwat is not helped?

Answer:

Shaitan is our worst enemy and he always tries to harm and damage us and spoil our good deeds. We have to be aware of the fact that we need to fight against Shatan always. These are few useful things in this regard: 1- Repeating Estighfaar (Astaghfirullah Rabbi Wa Atoobo Elayh) as many times as we can. Estighfaar on the end of the day and on the end of the night is highly recommended. 2- Repeating (La Elaha Ellallah) as many times as we can. 3- Repeating Salawaat. 4- Reciting Sura Falaq and Sura Naas. 5- Long Sojood with Dua and Estighfaar. Wassalam. Mohammad al-Musawi

Ref: www.wabil.info

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