

*The Power of Allahs*  
*99 Names in your heart*

*A guide for the daily recitation  
for purification*

c.k.

The Power of Allahs 99 Names

In your heart



A guide for the daily recitation

for purification

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## Imprint

Text: 04/2020© Copyright by Cigdem K.

Cover: 04/2020© Copyright by Cigdem K.

ISBN 978-3-347-06070-8 (e-Book)

Publisher: Tredition GmbH  
Halenreie 40-44  
22359 Hamburg

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„God has the lovely names. Call him within those.

Don't listen to those, who denies Allah's Names “

(Al'Araf (Sure 7), 180.Ayat (Verse))

“I am close to my servants; I am closer to them than their inner  
carotid artery.

Whenever they turn towards me and worship me, I will listen  
and answer their prayers“

(Al-Baqara Sure, 186. Ayat (Verse))

Table of content

Legal instructions:

Preface

The purification

Esmā Ul Husna

Abundance

Recitation Examples in Practice

Recitation for „On the Go“

Prayers for Forgiveness and Healing

The Prayer of Hızır in Hıdırellez

The Intention

## **Preface**

Throughout the world, people recite certain phrases in everyday life (also called "affirmations"), such as "I can do this" or "I am valuable". Other people apply the so-called mantra meditation, where one focuses all one's attention on certain affirmations, with the mind slowly deviating. In mantra meditation, the words do not need to have any real meaning; they are merely a tool to achieve the state of meditation. Whereas Allah and all His beautiful names (Esma Úl-Húsna) have meaning and are very powerful.

In this book, I would like to introduce the 99 Names of Allah and their effect on us when we recite them regularly. We get into a state of meditation and through that we can let these names into our heart. We let Allah into our heart. In practice, in order to achieve the state of meditation and to have a particularly powerful effect, certain prayers should be recited and purification should be performed before each recitation. In this book, I would like to offer instructions for daily recitation that can be performed anytime and anywhere. Allah has no particular place, because Allah is everywhere.

Everything in the world is a test, everything good and everything bad that befalls us and that exists.

Allah keeps the world in balance as well as in imbalance. Sometimes the good prevails and sometimes the bad. Sometimes goodness reigns and sometimes badness reigns. Sometimes there is much injustice and many diseases and sometimes there is justice, love and happiness. It is all at the discretion of Allah. Allah knows the hidden and the visible. Even if we do not always understand everything, we must always trust in Allah.

This imbalance and balance will always increase and decrease until the day we have to give an account. Allah always encourages us to turn to Him and ask Him for everything we need and desire, at any time, through the recitation of all His names known to us.

It is recommended to do a “Niyah” (intention) before starting to recite Allah’s names. For instance, to open your hands and pray to Allah about things you want to have in your life, material and immaterial such as success, healthiness, happiness or love. Then start with reciting the esma, which supports your “Niyah”.



## **The purification**

Purification has a high significance in Islam. Not only the spiritual purification through prayer and recitation, but also the physical cleansing before the recitation and the cleansing of the environment where the prayer and recitation are carried out. The entire home must always be clean and on the floor should not be dirt or dust from street shoes or something similar.

In Islam, it is believed that the disorder in the apartment (as well as dirt and dust) releases negative energies and affects the prayer or recitation. Therefore, the apartment should always be aired and clean.

"If my servants turn to me and worship me, I will answer their prayers..."

(Al-Baqara Surah, 186th Ayat (verse))

## **The Daily Recitation**

By practicing the so-called "Dhikr" (repetitive recitation of the names of Allah in a kind of meditation) on a daily or weekly basis, your attitude towards certain challenges in everyday life will change and you will react more confidently, more assertively and more peacefully. Because there is someone watching over you at all times and this certainty will bring you security and you will start to let go.

It also helps with mental and health discomfort. Of course, this is not to be considered a substitute for a medication. This is about spiritual purification.

If you are carrying a lot of emotional baggage, it can make you sick in the long-term. This reflects on your health and you get physical discomfort. This needs to be purified on a regular basis.

You can imagine it like as follows: Every year in spring we clean the house, clean behind the furniture, replace broken or old things. Just like this annual cleaning, our soul also needs a regular cleansing in order to throw off emotional ballast by forgiving as well as asking for forgiveness and turning to God.

For a daily recitation, gemstones are also suitable, you can either make a prayer wreath from them or hold the stones in your hands during the recitation. Afterwards you can carry them with you so that they give off the positive energy.

Suitable for this purpose are tourmaline, quartz, jade, turquoise stones, amethyste, as well as rock crystals, emeralds, pearls, tiger's eye, charoite, hematite (and others).

"When My servant comes striding toward Me, I come hastening to him."

[Sahih Muslim, Hadithnr. 4832/Chapter 48]

## **Recitation duration**

In practice, just 10-15 minutes a day is sufficient to feel a change. Recitation can be done at any time of day, anytime, anywhere.

However, recitation immediately after morning prayer (Fajr) as well as after night prayer (Isha) or at night is particularly effective for most names. I will describe in this book the frequency, time and duration of each name for curative recitation.

Whenever you are not feeling well, whenever you are at a loss, feel lonely or have mental or physical complaints:

Turn to Allah and recite the 99 most beautiful names.