



3 SECRET
HABITS
CAUSING YOU
WASWAS

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What You Shall Learn inside?

You are about to learn the following Facts.

1) Are you actually suffering from Was'was ?

2) 3 Habits Leading you Towards Was'was:

a) **Habit # 1:**

Always complying to the urge to Repeat Your Prayers / Wud'hu.

b) **Habit # 2:**

Comparing Yourself to other People.

c) **Habit #3:**

Being Forgetful of your Eternal Enemy

Are you really suffering from Was'was?

Dear Brother (or Sister) !

The only person who can answer this question is none but "You";

Yes! Only you!

Here is a **self diagnosis Test**: If you are finding anyone or multiple of these symptoms, then you should seriously start to cure these was'was, before they take over your peace of mind.

- 1) Are you finding it extremely hard to concentrate over your prayers & despite best attempts your mind is carelessly floundering here and there during Sala'at: So much so that sometimes you even forget the Raka't of Salah that you are standing in ?
- 2) Are you in urge of **repeating your Wud'hu**, time and again, because you feel like your Wud'hu has been nullified on account of passing of gas? Or you start to feel that perhaps you didn't perform your wud'hu completely as you forgot to wash certain organs of your body? Very irritating it becomes, especially once you have started your Sala'at and in between you start to fear that you just broke your wud'hu perhaps; but you are never sure.

- 3) Are you becoming more and more **sensitive and hopeless** in your emotional life; on account of being unable to find the solutions to the Challenges in your life? Are you starting to realize that even your prayers don't get answered despite how much you put your sincerity in its asking?
- 4) Are you in desire of keeping your Body, your room, and your cell phone **extremely clean** all the time? To the extent that when you are touching the door knobs to open the doors at school or office, then you feel the desire to quickly opt for cleaning your hands. Or when someone uses your cell phone or lap top's key pad , then you develop the urge to get it cleaned before you can use it?

If your answer to any of the above symptoms is **"yes"**, then, there is a **BAD NEWS** that it is quite possible that you could be mildly or chronically affected from was'was ; depending upon the number of symptoms you have .

But the **GOOD NEWS** is that there is no need to be afraid or getting anxious; since we can always learn to handle these was'was with the blessings and mercy of Allah Ta'ala . And another glad tiding is that, I want to congratulate you for taking the first step towards curing yourself out of was'was by grabbing and reading this Free report; as you are going to get very deep knowledge about what is causing these was'was in the first place.

Would you get surprised if I tell you that: **YOU ARE RESPONSIBLE** for these was'was to a certain extent.

Yes , you read me rightly !

To know the reason; Keep Reading further .

3 Habits that Make you an Easy target of Was'was:

You are responsible to a certain extent for your was'was, since you are fanning the flames of these was'was by hosting these 3 Hidden habits in your personality.

These habits are:

Habit # 1:

Always complying into the urge of Repeating Your Prayers Or Wud'hu:

Imagine, it is time for the prayers - You get up and go straight to perform your wud'hu.

You are performing your Wudu nicely; Masha-Allah!
But when you start to wash your feet, all of a sudden, it just flashed like lightening in your mind that you perhaps **FORGOT TO WASH** face .

You just **pause!**

And say to yourself, "Didn't I wash my face?"

In those thoughts, you start to watch your face in the mirror and touch your face to feel if it's wet or not. Your face feels slightly wet ; as a result you start to convince

yourself: "Ok! My face is wet which means that I have properly washed my face".

But right there, another thought enters in your mind saying that: "Wait! Your Face is wet because you touched it with wet hands; you must have missed washing your face ".

These two rivaling thoughts are so much conflicting that you can not decide what to do. And after a few seconds of this staying in a fix you finally decide to

" REPEAT YOUR WUD'HU "

You may ask here, "Did I do something wrong? I simply repeated my wud'hu because I want my Sala'at to be accepted". My answer would be that, a deep analysis shall make it clear that you actually took a step towards making a Habit; **The habit of repeating your Wud'hu** when you feel that you did not perform your wud'hu correctly.

Is it a Bad thing to repeat wudh'u?

No, not at all !

But it is not recommended to repeat wudu every time, since it slowly leads to **cementing of Was'was**.

How? By slowly making you more and more getting in to the habit of getting confused during wud'hu and then repeating your wud'hu from the start . **It will be eye opening to know that some people have been reported to repeat their wud'hu ten times before their Sala'at** and tragedy is that still they are not satisfied completely.

From where did this habit of repeating wudu for 10 or 15 times start from? This all started from not being able to shun down the urge to repeat their wud'hu in the first place. Slowly this repetition kept on accelerating and a day came when they were repeating their wud'hu for multiple times before Sala'at.

Don't take it Lightly , if you are repeating your wud'hu or sala'at once or twice ; because if you continue to do this , You may , Allah forbid , be addicted to the was'was of repeating it multiple times . It has happened before with many devout Muslims and when asked about it they shared that :

"I Never thought that this could happen with me , I started with repeating my wud'hu for just once ".

Inside the Book, [Cure Your Waswas Forever](#) (Insha-Allah) , I have tried my utmost to explain this repetition phenomenon in great details and shared techniques on how to control it. I have shared some cases of Muslim Brothers and Sisters as well, who fell a victim to this. Inside the Book, you would be able to learn to tackle this Habit and many others in the light of Islamic cures and psychological techniques.

D) Habit # 2:

Habit of Comparing yourself to others:

Let's imagine that you are invited at a get together at a friend's home, whom you are meeting after a long time; you reach her (his) home and you are stunned to see the lavish outlook of her home. After entering the home, you step out of your car and walk through the porch and your eyes can not help but notice the new Ferrari decorating the porch until you enter the drawing room. As if it was not enough, the drawing room comprises of such rich Looking decorative items, Sofa sets, velvety curtains and charismatically costly Chandeliers.



Breath Taking !

Your eyes are busy noticing and admiring the outlandish home of your friend; **but did you notice your head & heart in the same moments?** Has your heart secretly started to whisper some discontent that your friend is gifted with such lavish life style but you are not? Are you starting to feel a little uncomfortable because of strange feelings of envy arising in your heart? Have you inadvertently started to compare your blessings with that of your friend? The answer to these questions in most cases is a laser sharp "Yes".

Why is that?

The plain answer is that the human beings are naturally wired to desire the things which they do not find in their possession.

It stems from the animalistic desire to get what you deem fit in order to quench the desire that takes birth in our hearts. Now a days , this primal desire gets more stroked because the society has become overtly pretentious. The cars people drive or the cell phones they use become symbols of their social status. Hence, it is easy for a person's heart to slip in favor of the worldly things that he see's in possession of our friends and family members that are beyond our affordability.

But here the question arises !

Are we able to control this natural tendency of comparing what is in our possession to the blessings which others are enjoying ? Can we not content our hearts with what we have been gifted by Allah Ta'ala and show gratitude for that ? **The answer is yes !** Because if it were not possible then Allah Ta'ala would not have asked us for this attitude as has been clearly stated in the below verse of glorious Quran :

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Therefore, Habit number 2, which slowly pushes you towards the web of Was'was is to compare yourself with other people; This comparison could be the comparison of their beauty against your beauty or their wealth Vs your wealth or their children Vs your children . Our eternal enemy , Shayta'an exploits this comparison and slowly insinuates the feelings of thanklessness and Envy in our hearts which can take the form of venomous was'was on a later stage .

Inside the Book **Cure Your Waswas Forever** (Insha-Allah) , we discuss in detail various ways through which comparison and envy leads us towards was'was . We shall

categorically discuss the routines and methods that we can use to get rid of envy from making its traces in our heart .We accomplish it with the help of Islamic teachings along with simple psychological methods.

d) **Habit #3**

Being Forgetful of Our Eternal Enemy

Who is shayta'n and how much Power does he enjoy over us?

This question is extremely important for Muslims to understand as the trouble of was'was actually has Shayta'an at its very roots. Just to understand, let's visualize that you have an enemy who lives near your home. And that enemy has taken an oath that he shall try to hurt you (May Allah keep you in the ambit of His safety) . What shall be your response towards such a stern enemy ? Naturally , you shall be very alarmed towards all activities of that enemy . You shall never leave your home without taking safety measures. You shall never let your kids stay home alone ; you shall inform the Police for safeguarding your protection .



Wouldn't you take all these safety measures? Yes , you shall !

If we would be such alert towards our worldly enemies then what makes us turn a blind eye towards our most staunch enemy which is Iblees ; the Shayta'an ? Why do we forget that he is every time aiming to hurt our faith by his web of whisperings; irrespective of where we are : inside our homes , in the market places , in the offices and especially in the toilets . Should we be such oblivious of him?

NEVER!

The Prophet (May peace be Upon him) said, :

“Shaytan lies waiting for a person in all his paths. In the path of Islam, he will tell him, ‘Will you become a Muslim and leave the religion of your fathers’ grandfather?’ If the person disobeys him, and becomes a Muslim, he will meet him on the path of Hijrah. He will tell him, ‘Will you leave your land and your sky? It is not wise.’ If the person does not submit and continues on his way, Shaytan will wait for him on the road to striving in the path of Allah, saying, ‘Will you go to struggle putting yourself and your wealth at risk? You will fight and be killed. Your wife will find another partner, your money will be divided,’ (and in another version, ‘and your children will be orphans’). If the person disobeys Shaytan, and is killed, Allah will owe him the right to enter Paradise.’ [Musnad Ahmad]

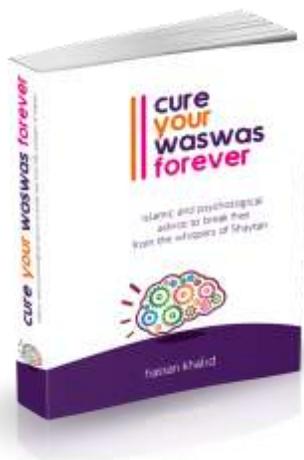
Even at the verge of death, Shaytan does not leave the believer alone without making one last attempt to ruin his life’s worship. Allah’s Messenger (May peace be Upon him) used to seek refuge in Allah from Shaytan’s enticement at the point of death, he (May peace be Upon him) would say, “...I seek refuge with You (O Allah) from being disturbed by Shaytan at the verge of death...” [Sunanan-Nasaee]

Shaytan thus never despairs from diverting people away from the path of Allah. For this reason, he has appointed one devil for each person, the Prophet (May peace be Upon him) said, “Every single person has a companion from the jinn, and a companion from the angels.” They said, “Even you, O Messenger of Allah (May peace be Upon him)?” He replied, “Even me. But Allah has supported me,

and my jinn companion has become a Muslim. He only encourages me to do good.” [Saheeh Muslim]

In order to ease the path of Shirk for the people, Shaytan tempts mankind little by little; beginning with a few steps and eventually leading them to the final downfall. Allah warned us in the Qur'aan, "follow not the footsteps of Shaytan. Verily! He is to you a plain enemy." [Soorah al-Baqarah(2): 208]

Therefore, never should a Muslim turn a deaf ear towards Shayta'an and should always seek refuge of Allah through recommended methods against the evil whisperings of Shayta'an . Inside **the E book , Cure Your Waswas Forever** , we have included ample Islamic dua's that one should recite in different situations to ward off the was'was of Shayta'an ; In there , we have tried to elaborate the most common and most hideous ways that the shayt'an implements to catch a Muslim in his web of was'was ; You shall get in-depth knowledge about all the Islamic solutions for countering the attacks of shayta'an's was'was during Sala'at ; during



Also , For More in-depth Articles, about all kind of Waswas, you can visit us at :

<http://www.shaytanwaswascure.com>

Jazak Allah For Reading! Hope This shall Help you !

With Regards

Hassan Khalid

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