

It has been reported by Tirmizi, Hakim and others as follows:-

Hadhrat Ibn `Abbas (radhiyallahu anhu) reports that he was once in the company of Rasulullah (sallallahu alaihi wa sallam) when Hadhrat Ali (radhiyallahu anhu) came in and said: "O, Rasulullah (sallallahu alaihi wa sallam)! You are dearer to me than my father and mother. I try to memorize the Qur'aan but cannot do so, as it vanishes from my memory."

Rasulullah (sallallahu alaihi wa sallam) said, "Shall I tell you of a method that will benefit you as well as those to whom it is conveyed by you? You will then be able to retain whatever you learn." At the request of Hadhrat Ali (radhiyallahu anhu), Rasulullah (sallallahu alaihi wa sallam) said, "When the night preceding Friday comes, rise up in its last third portion, if possible, for that would be excellent, because this is the best part of the night, as this is the time when angels descend and prayers are specially granted at this hour. It was for this time that Hadhrat Ya`qub (alayhis salaam) had been waiting when he had said to his sons that he would, in the near future, pray to Allah for forgiveness for them. If it be difficult to get up at that time, then you should do so in the middle part of the night and if even that be not possible, offer the four rakaat in the early part of the night. After reciting Surah Faatihah in each rakaat, Surah Yaaseen should be recited in the first rakaat, Surah Dukhaan in the second, Surah Alif Laam Meem Sajdah in the third and Surah Mulk in the fourth. After completing at-tahiyyaat you should praise and glorify Almighty Allah abundantly, invoke peace and blessings on me and on all the ambiyaa, and seek forgiveness for all believers and those Muslim brethren who have passed away before you, and then recite the following du`aa."

Before the du`aa it may be mentioned that several forms of 'hamd-o-thana' (praise and glorification), etc., which are required to be recited before this du`aa are reported in other ahaadeeth given in 'Shurooh-e-Hisn' and 'Munaajaat Maqbool'.

Those who can consult these books should themselves find the details and thereby enrich their du`aa. For the convenience of those who cannot read these books, brief extracts are given as under:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ عَدَدَ خَلْقِهِ وَرِضًا نَفْسِهِ وَزِينَةً عَرْشِهِ وَمَدَادَ كَلِمَاتِهِ ،
اللَّهُمَّ لَا أُخْصِي ثَنَاءً عَلَيْكَ أَنْتَ كَمَا أَثْنَيْتَ عَلَيَّ نَفْسِكَ اللَّهُمَّ صَلِّ وَسَلِّمْ
وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ النَّبِيِّ الْأُمِّيِّ الْهَاشِمِيِّ وَعَلَى آلِهِ وَأَصْحَابِهِ الْبَرَّةِ
الْكَرَامِ وَعَلَى سَائِرِ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ وَالْمَلَائِكَةِ الْمُقَرَّبِينَ رَبَّنَا اغْفِرْ لَنَا
وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ
رَؤُوفٌ رَحِيمٌ اللَّهُمَّ اغْفِرْ لِي وَلِوَالِدِيَّ وَلِجَمِيعِ الْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ وَالْمُسْلِمِينَ
وَالْمُسْلِمَاتِ إِنَّكَ سَمِيعٌ مُجِيبٌ الدَّعَوَاتِ

After this, the following du`aa which was taught by Rasulullah (sallallahu alaihi wa sallam) to Hadhrat Ali (radhiyallahu anhu), as mentioned in the above hadeeth, should be read:

اللَّهُمَّ ارْحَمْنِي بِتَرْكِ الْمَعَاصِي أَبَدًا مَا أَبْقَيْتَنِي وَارْحَمْنِي أَنْ أَتَكَلَّفَ مَا لَا يَغْنِيُنِي
 وَارْزُقْنِي حُسْنَ النَّظْرِ فِيمَا يُرْضِيكَ عَنِّي اللَّهُمَّ بَدِّعِ السَّمَوَاتِ وَالْأَرْضِ
 ذَا الْجَلَالِ وَالْإِكْرَامِ وَالْعِزَّةِ الَّتِي لَا تُرَامُ أَسْأَلُكَ يَا اللَّهُ يَا رَحْمَنُ بِجَلَالِكَ وَنُورِ
 وَجْهِكَ أَنْ تُلْزِمَ قَلْبِي حِفْظَ كِتَابِكَ كَمَا عَلَّمْتَنِي وَارْزُقْنِي أَنْ أَقْرَأَهُ عَلَى النَّخْرِ
 الَّذِي يُرْضِيكَ عَنِّي اللَّهُمَّ بَدِّعِ السَّمَوَاتِ وَالْأَرْضِ ذَا الْجَلَالِ وَالْإِكْرَامِ وَالْعِزَّةِ
 الَّتِي لَا تُرَامُ أَسْأَلُكَ يَا اللَّهُ يَا رَحْمَنُ بِجَلَالِكَ وَنُورِ وَجْهِكَ أَنْ تُتَوَرَّ بِكِتَابِكَ
 بَصْرِي وَأَنْ تُطَلِّقَ بِهِ لِسَانِي وَأَنْ تُفَرِّجَ بِهِ عَن قَلْبِي وَأَنْ تُشْرَحَ بِهِ صَدْرِي وَأَنْ
 تُغْسِلَ بِهِ بَدَنِي فَإِنَّهُ لَا يُعِينُنِي عَلَى الْحَقِّ غَيْرُكَ وَلَا يُؤْتِيهِ إِلَّا أَنْتَ وَلَا حَوْلَ وَلَا
 قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Rasulullah (sallallahu alaihi wa sallam) further said to Hadhrat Ali (radhiyallahu anhu), "Repeat this act for three, five or seven Fridays. If Allah so wills, your prayer will certainly be granted. I swear by Him Who made me a nabi that acceptance of His prayer will never be missed by any believer."

Ibn `Abbas (radhiyallahu anhu) reports that hardly had five or seven Fridays passed when Hadhrat `Ali (radhiyallahu anhu) came to Rasulullah (sallallahu alaihi wa sallam) and said, "Previously I used to learn about four ayaat but I was not able to retain them, and now I learn about forty and I can remember them as clearly as if I have the Qur'aan open before me. Previously when I heard a hadith and then repeated it I could not retain it, and now I hear ahaadeeth and, when I narrate them to others, I do not miss a single word."