



Correspondence of Hazrat Moulana Shah Hakeem Muhammad Akhtar Saheb (rahimahullah)

Condition:

I see bad dreams very often and this weighs down heavily upon me.

Answer:

Do not bother about dreams in the least because nothing happens through dreams. When you wake up on seeing a bad dream, spit lightly three times to your left, read *A'oozu billah* (I seek refuge in Allah Ta'ala), and change your sleeping position. A hadeeth states that an evil dream is from Shaitaan and no harm can come from it. (Solutions to Spiritual Maladies for the Lovers of Allah Ta'ala, pg. 351)