



Recite once after every Salah, with your right hand upon your heart:

Surat al-Inshirah (Relief)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ، وَوَضَعْنَا عَنْكَ وِزْرَكَ،
 الَّذِي أَنْقَضَ ظَهْرَكَ، وَرَفَعْنَا لَكَ ذِكْرَكَ،
 فَإِنَّ مَعَ الْعُسْرِ يُسْرًا، إِنَّ مَعَ الْعُسْرِ يُسْرًا،
 فَإِذَا فَرَغْتَ فَانصَبْ، وَإِلَىٰ رَبِّكَ فَارْغَبْ

Alam nashrah laka sadrak
 (My beloved servant) did I not relieve your heart,

Wa wad'ana 'anka wizrak
 Lifting from you the burden

Alathee anqadha dhahrak
 which weighed heavily upon your back?

Wa rafa'ana laka thikrak
 Did I not raise you up to a place of worth and appreciation
 —one that you did not expect?

Fa inna ma'al 'usri yusra
 Then be assured that, truly
 with every hardship, there comes ease.

Inna ma'al 'usri yusra
 With every hardship, there is ease.

Fa idha faraghta fansab
 Since your Lord has freed you,

Wa ilaa Rabbika farghab
 Free yourself fully to His Love
 And run toward Him



*Whenever you feel anxious, as well as 100 times
 as you are traveling to your place of work or study:*

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Rabbi-shrahi-li sadri, wa yassir-li amri

O my Lord relieve me of the constriction I feel
 Make me feel confident and open-hearted
 Put ease in all that I must do and all aspects of my existence!

