

Normal 0 false false false EN-ZA X-NONE X-NONE

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Q: 196 ? Title: 1. I always feel scared at nighttime, especially because of all the scary movies I have seen in the past. I have stopped watching movies a long time ago, and just to mention I...

Question

Dear Mufti Sahb,

1. I always feel scared at nighttime, especially because of all the scary movies I have seen in the past. I have stopped watching movies a long time ago, and just to mention I have, Alhamdulillah, memorized the Holy Quran. I have scary thoughts about Jinns, ghosts, murderers, etc. Is it permissible to have these fears because I am sure that the only one to fear is Allah SWT. I try to get rid of these thoughts but to no avail. I get scared to sleep by myself and go to the bathroom just because of these fears, and at my age of 16 I should not be having all this fright. Is there any way to stop this nonsense in my mind?

2. There is a new type of music on the market called iMusic. I understand and believe in your position on music, however this type of music refrains from any human voices. Also, the special thing about it is that it is supposed to boost brain power. Would this attribute make it permissible?

JazaakAllah Khair

Answer

**In the name of Allah, Most Gracious, Most Merciful**

**Assalaamu `alaykum waRahmatullahi Wabarakatuh**

Alhamdulillah, it is good to hear that you stopped watching movies and you have memorized the Noble Quran. May Allah Ta'ala keep you steadfast. Ameen.

1. Below are some sunnah acts which will help you:

1.

1. You should try to make a complete wudhu before going to bed.

2. Recite the following dua:

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1.
  1. Read Ayah al-Kursi (Surah al-Baqarah 255).
  2. Four Quls (Surah al-Kafiroon (Surah 109), Surah al-Ahad (Surah112), Surah al-Ikhlas (Surah 113) and Surah al-Nas (Surah 114)).
  3. Recite Tasbeeh Fatimi (33 time?s ?????????? ??? 33times????????????? ?????34 times  
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4. Remove pictures of animate objects from your room, if any.
5. Dust your bed before sleeping.
6. Try to face towards the Qibla whilst sleeping.
7. Sleep on your right side.
8. Most important, stay away from all sins.

1. We are unaware of what is iMusic. However, from the information provided it does not seem to be permissible. The attribute of boosting brain power does not make it permissible. Even though outwardly there might seem to be benefit in it, but there is much more harm in it. Whatever is prohibited in the Shariah is always full of good and wisdom. Take for example, interest. It is prohibited by Shariah even though there seems to be some benefit in it. The harms of it are evident in the global finance crisis.

**And Allah knows best**

**Wassalamu Alaikum**

**Darul Iftaa, Madrassah In'aamiyyah**