

THE CONFIDENCE-CODE

7-Day Practice Plan: Rabbish Raḥlī Ṣadrī

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي
وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

"My Lord, expand for me my breast [with assurance] and ease for me my task and untie the knot from my tongue that they may understand my speech."
(Surah Ta-Ha 20:25-28)

DIRECT ANSWER / VOICE-FIRST SUMMARY

If you want to turn this "Confidence-Code of the Prophets" into a disciplined, 7-day practice instead of an occasional dua, you must follow a structured routine. This guide provides daily checkpoints, recommended repetition counts (Wazifa), and reflection prompts so you can tangibly measure your progress in speech fluency, anxiety reduction, and courage.

Global Authority Strategy: The 7-Day Plan

This structured blueprint is designed to map the profound spiritual benefits of Prophet Musa's (AS) supplication to your daily routine. By establishing a high-consistency practice, you build internal authority, trust in your message, and clear articulation.

Day 1 & 2: Establishing the Foundation (Expansion)

- **Wazifa Repetition:** 100 times after Fajr prayer.
- **Focus Area:** "Rabbi Ishrah li Sadri" (Expand my chest). Breathe deeply to release physical tension and anxiety.
- **Checkpoint:** Did I start my day feeling less overwhelmed by my immediate tasks?

Reflection Prompt: Note down one specific challenge that caused chest tightness today and how reciting the dua shifted your perspective.

Day 3 & 4: Organizing the Execution (Ease)

- **Wazifa Repetition:** 100 times after Zuhr prayer.
- **Focus Area:** "Wa Yassir li Amri" (Ease my task). Focus on logistical hurdles, workflow, and removing friction from your daily goals.
- **Checkpoint:** Am I approaching complex problems with a mindset of ease rather than frustration?

Reflection Prompt: Identify a task that felt "stuck" today. Did invoking ease help you find a smoother path forward?

Day 5 & 6: Unlocking Eloquence (Articulation)

- **Wazifa Repetition:** 100 times before any major meeting, presentation, or difficult conversation.
- **Focus Area:** "Wahlul 'uqdatan min lisani" (Untie the knot from my tongue). Focus on clear, confident communication without hesitation.
- **Checkpoint:** Was my speech clearer? Did I speak my truth without second-guessing my words?

Reflection Prompt: Record an instance where you felt you were truly understood by your audience or family members today.

Day 7: The Master Integration (Understanding)

- **Wazifa Repetition:** 313 times distributed throughout the day.
- **Focus Area:** "Yafqahoo qawli" (That they may understand my speech). Focus on the impact and resonance of your words on others.
- **Checkpoint:** Overall evaluation of the week's growth in courage and effective communication.

Reflection Prompt: Review your notes from Day 1. How has your baseline confidence and anxiety shifted over the past 7 days?

Wazifa Protocol: Repetition & Core Benefits

Time of Day	Recommended Count	Primary Benefit Target
Post-Fajr (Morning)	100x	Setting intentions, reducing baseline anxiety, gaining courage.
Pre-Engagement (Ad-hoc)	11x to 33x	Immediate speech clarity, removing stage fright or social anxiety.
Post-Isha (Evening)	100x	Reflecting on the day, seeking ease for tomorrow's challenges.

Master Your Communication

To turn this verse into a disciplined 7-day habit, download the complete "**Rabbish Rahli Şadri – 7-Day Practice Plan**" PDF guide and follow the daily checklist along with your recitation.

[Download Complete Plan - Action Link]