

# The 7-Day Crisis Relief Wazifa Guide

*Breaking the Panic Cycle & Opening Closed Doors*

## THE SPIRITUAL HABIT LOOP

In times of severe distress, the mind often freezes in panic. This guide is designed to help you replace that panic with a structured, prophetic habit loop. Over the next 7 days, commit to these specific prayers to shift your mindset from helplessness to profound reliance on Allah (Tawakkul).

*"Sincerity, tears, and a present heart while reciting a dua 10 times are more powerful than reciting it 1,000 times absentmindedly."*

### 1. The Anxiety Interrupter

**When to recite:** Immediately when fear/panic hits, and after Dhuhr/Asr.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ  
أَسْتَغِيْثُ

*"Ya Hayyu Ya Qayyum, bi-rahmatika  
astagheeth"*

**"O Ever-Living One, O Sustainer of all, by  
Your mercy I call on You for help."**

### 2. The Grounding Anchor (Ayat-e-Kareema)

**When to recite:** During commutes, times of darkness, or after Maghrib.

لَا اِلٰهَ اِلَّا اَنْتَ سُبْحٰنَكَ اِنِّيْ  
كُنْتُ مِنَ الظّٰلِمِيْنَ

*"La ilaha illa anta subhanaka inni kuntu minaz-  
zalimin"*

**"There is no deity except You; exalted are  
You. Indeed, I have been of the  
wrongdoers."**

### 3. The Guarantee of a Way Out

**When to recite:** After Fajr, to set the tone for daily provision.

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ  
مَخْرَجًا

"Wa may-yattaqillaha yaj'al lahu makhraja."

"And whoever fears Allah, He will make for him a way out..." (Quran 65:2)

### 4. The Opener of Doors

**When to recite:** During Tahajjud (pre-dawn) or when all avenues seem shut.

يَا مُفَتِّحَ الْأَبْوَابِ

"Ya Mufattihal Abwab"

"O Opener of Doors."

## YOUR 7-DAY CONSISTENCY TRACKER

Tick the box after completing the routine for each part of the day. Focus on quality, presence of mind, and transferring your anxiety to The Sustainer.

Day	Fajr Routine (Surah At-Talaq 65:2)	Dhuhr & Asr (Ya Hayyu Ya Qayyum...)	Maghrib & Isha (Ayat-e-Kareema)	Tahajjud / Night (Ya Mufattihal Abwab)
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Keep this guide on your device, or print it out and place it near your prayer mat.