

THE 90-SECOND QURANIC SHIELD

*A Daily Wazifa Guide to Overcoming Anxiety, Stress, and
Oppression*

*Timeless Spiritual Protection from Surah Yunus & The Dua of Prophet Yunus
(AS)*

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Introduction & The Power of Tawakkul

The Weight of the World is Not Yours to Carry

In our fast-paced modern lives, anxiety often feels like a constant companion. We worry about our finances, our families, our workplaces, and our futures. We try to control every outcome, leading to exhaustion and burnout.

This guide contains two of the most powerful spiritual shields given to humanity by Allah (SWT) in the Holy Quran.

The Core Concept: Tawakkul (Divine Reliance)

Tawakkul does not mean doing nothing; it means doing your best and then intentionally offloading the emotional and psychological burden onto Allah. When you recite these verses, you are declaring to your heart and your nervous system: *"I am transferring this problem from my limited hands to the limitless power of Al-Wakil (The Disposer of Affairs)."*

How to Use This Guide:

- **Keep it accessible:** Save this PDF on your phone or print it for your desk.
- **Be consistent:** The true power of a *Wazifa* (daily recitation) unlocks through consistency, even if it only takes 90 seconds.
- **Recite with conviction (Yaqeen):** Feel the meaning of the words as they leave your lips.

Wazifa 1 – The Shield (Surah Yunus 10:85-86)

The Context

When the Children of Israel faced the terrifying tyranny of Pharaoh, Prophet Musa (AS) commanded them to trust Allah. Their immediate response is immortalized in this dua. It is the ultimate shield against workplace toxicity, oppressive figures, and the fear of the unknown.

The Sacred Text

فَقَالُوا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً
لِّلْقَوْمِ الظَّالِمِينَ * وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ
الْكَافِرِينَ

*"Faqaloo 'ala Allahi tawakkalna rabbana la taj'alna fitnatan lilqawmi aththalimeen.
Wanajjina birahmatika mina alqawmi alkafireen."*

"So they said, 'Upon Allah we have relied. Our Lord, make us not an object of trial for the wrongdoing people. And save us by Your mercy from the disbelieving people.'"

Your Daily Implementation (The 90-Second Habit)

- **When:** Every morning after Fajr prayer, or immediately before entering a stressful environment (like a difficult meeting).
- **Count:** Recite **7 times**.
- **The Visualization:** As you recite *"Upon Allah we have relied,"* visualize a protective, impenetrable spiritual barrier surrounding your mind and heart for the rest of the day.

Wazifa 2 – The Rescue (Dua of Prophet Yunus)

The Context

Prophet Yunus (AS) was trapped in three layers of absolute darkness: the night, the deep ocean, and the belly of the whale. In his most suffocating moment of distress, he did not beg to be freed. Instead, he made this profound declaration of God's perfection and his own human flaw. Allah responded immediately, making this the ultimate rescue prayer for anxiety and depressive thoughts.

The Sacred Text (Ayat al-Karima)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

"La ilaha illa anta subhanaka inni kuntu minaz-zalimeen."

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

Your Daily Implementation (The Rescue Habit)

- **When:** During moments of acute stress, chest tightness, or late at night (Tahajjud) when worries keep you awake.
- **Count:** Recite **100 times** daily for general peace, or continuously without counting during severe hardship.
- **The Visualization:** Acknowledge that just as Allah rescued Yunus (AS) from the literal whale, He has the power to rescue you from the figurative "whale" of your current anxiety.

Your 7-Day Spiritual Habit Tracker

Instructions: Check the box each day you complete your 90-second Quranic Shield routine. Writing down your feelings helps solidify the psychological benefits of cognitive offloading.

Day	Fajr: Surah Yunus (7x)	Distress: Dua of Yunus (100x)	Notes / How did you feel today?
Monday	[☐]	[☐]	
Tuesday	[☐]	[☐]	
Wednesday	[☐]	[☐]	
Thursday	[☐]	[☐]	
Friday	[☐]	[☐]	
Saturday	[☐]	[☐]	
Sunday	[☐]	[☐]	

***"And whoever relies upon Allah - then He is sufficient for him."
(Surah At-Talaq 65:3)***

Empower Your Faith Daily

May Allah grant you unshakable peace and divine protection.

You have taken a massive step toward reclaiming your mental and spiritual well-being. But this is just the beginning of living a beautifully integrated Islamic life. Make these habits a permanent part of your daily rhythm.

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