

A REFLECTION ON THE 99
NAMES OF ALLAH

يَا حَسِيبُ

The Ya Haseebo Guide

The Ultimate Islamic
Framework for Overcoming
Anxiety, Awaiting Results, and
Establishing Absolute Trust
(Tawakkul).

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1. The Dual Meaning of Al-Haseeb

When you recite Ya Haseebo, you are calling upon Allah using a name that carries two distinct, yet perfectly balanced dimensions of power.

01 / THE RECKONER

The Reckoner (Accountant)

The One who keeps a meticulous, flawless tally of all human efforts, deeds, and injustices. Nothing escapes His calculation.

02 / THE SUFFICIENT ONE

The Sufficient One

The One who provides exactly what is needed. When human capability ends, His provision is entirely enough to protect and sustain.

The Divine Guarantee • Surah An-Nisa 4:86

إِنَّ اللَّهَ كَانَ عَلَىٰ كُلِّ شَيْءٍ حَسِيبًا

“Innallaha kana ‘ala kulli shay’in Haseeba”

Translation: “Indeed, Allah is ever, over all things, an Accountant.”

2. The Psychology of Tawakkul

Anxiety often stems from a lack of control. Whether you are waiting for a critical exam grade, a medical diagnosis, or a job interview result, you have exhausted your human efforts. The outcome is now entirely out of your hands.

By invoking Ya Haseebo, you actively transfer that psychological burden to the Creator. You acknowledge that you have done the work, and you trust that The Sufficient One will handle the final calculation. This is the essence of active reliance on God (Tawakkul).

DAILY REMEMBRANCE

3. The Ya Haseebo Wazifa

Classical scholars have outlined specific times to integrate this beautiful Name into your daily dhikr (remembrance) to combat specific modern struggles.

YOUR CURRENT STRUGGLE	RECITATION COUNT	IDEAL TIMING	SPIRITUAL BENEFIT
Exams & Awaiting Results	70 to 77 times	Immediately after Fajr	Removes anticipation anxiety; secures a blessed outcome.
Toxicity & Fear of Malice	77 times	After Maghrib	Acts as a divine shield against workplace toxicity, oppression, or evil eye.

YOUR CURRENT STRUGGLE	RECITATION COUNT	IDEAL TIMING	SPIRITUAL BENEFIT
Burnout & Scarcity Mindset	100 times	Before sleeping	Replaces financial and emotional exhaustion with profound contentment.

COMPANION ADHKAR

4. Companion Adhkar for Anxiety

To maximize the spiritual benefits of Ya Haseebo, pair it with these foundational supplications.

The Ultimate Declaration of Sufficiency

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

“Hasbunallahu wa ni'mal wakeel”

Translation: “Sufficient for us is Allah, and [He is] the best Disposer of affairs.” (Quran 3:173)

Note: This is the exact phrase spoken by Prophet Ibrahim (AS) when facing the fire.

Expand your spiritual vocabulary and deepen your connection with the Creator.

[Explore the complete 99 Names of Allah Guide at CurrentIslam.com](#)