

The Prophet Muhammad's Prayer of Light

(hadith attributed by
AbuTalib Falihal-Makki, Arabic
translation ND-K)

Allahumma
j'al-fi-qalbi-nuran-
wa-fi-basri-nuran-
wa-fi-sam'i-nuran-
wa-an-yamini-nuran-
wa-an-yasaari-nuran-
wa-fawqi-nuran-
wa-tahti-nuran-
wa-amaami-nuran-
wa-khalfi-nuran-
wa-j'al-li-nuran-
wa-fi-lisaani-nuran-
wa-'asabi-nuran-
wa-lahmi-nuran-
wa-dami-nuran-
wa-sha'ri-nuran-
wa-bashari-nuran-
wa-j'al-fi-nafsi-nuran-
wa-a'zim-li-nuran-
allahumma- 'atini-nuran.

O Allah!
Grow light / knowing in my heart,
light in my eyes,
light in my ears,
light on my right,
light on my left,
light above me,
light beneath me,
light before me,
light behind me;
and grow for me light / knowing--
light in my tongue,
light in my sinews (muscle)
light in my flesh (soft tissue),
light in my blood,
light in my hair,
light in my form and appearance
light in my nafs—sense of self,
make this light flexible and strong.
O Allah gift me with the light
already present inside and out.

Short Form

(version by Hazrat Pir Moineddin Jablonski)

Ya Allah,
Give me light in my heart and light in my speech,
And light in my hearing and light in my sight,
And light in my feeling and light in my body,
And light before me and light behind me.
Give me, I pray Thee,
Light on my right hand and light on my left hand,
And light above me and light below me,
Oh Lord, increase light within me,
And give me light and illuminate me.
Verily, to be thus illuminated means
to be contemplated by The Light of Lights.