

Islamic Healing and Wellness **Not Just for Muslims!**

You don't need to be Chinese to use acupuncture nor do you need to be a Buddhist monk in order to meditate. You also don't need to be a Muslim in order to use and benefit from Islamic healing treatments. The only problem is that you have probably never heard of any. Dr. Carrie York investigates.

Ruqya (also spelled *ruqyah*) is an Islamic healing modality that uses verses of the Quran or supplications of Prophet Mohammed for healing. It can either be self-administered, if you know the Quranic verses to recite, or by someone who has good knowledge and memorisation of the Quran such as a sheikh. Here in the UAE, one can actually find a governmentally approved raqi (a *ruqya* practitioner) by calling Awqaf, which is the Islamic Endowment that deals with religious affairs.

A treatment usually only lasts for a few minutes and doesn't require the recipient to do anything. You simply sit in a chair and let the raqi do his work. He'll most likely start out by asking why you have come for treatment since *ruqya* can be used for almost anything from back pain, bad dreams, marital problems, and even exorcism. The raqi will then recite certain verses and prayers that are relevant to your condition. The recipient simply sits and receives the healing.

Although a treatment only lasts for a few minutes, it can have a powerful effect. The results of a study conducted two years ago (York, 2011) support such a claim. The participants in the study were non-Muslim Western women. One participant presented with lower back pain and chronic urinary tract infections. She also wanted to feel less anxious about work and her children's exams.

Another participant was grieving the death of her partner who had been killed in an accident a few months prior to the beginning of the study. She was also suffering from a life long issue of being misunderstood and rejected by those close to her.

Both participants had a very strong physical response to the treatment. For instance, one participant said that she felt a strong energy from the sheikh come up her arm and a pulsing that felt like a blip. The other participant said she felt herself almost immediately go into a non-ordinary state of consciousness and following the treatment had to go to bed to allow the healing to integrate. Both participants also had a very lucid dream after the treatment and a subsequent feeling that the problems they presented with were in

some way healed. The results of the study suggest that this age-old indigenous healing modality can also be effective for non-Muslims since it seems to be a universal healing method in that it responds to the particular healing needs of the person receiving it.

In that sense, it doesn't matter what you need healing for because *ruqya* can be used for anything. So if you are looking to try a treatment that is quick, simple, safe and easy that treats the whole person, consider this nurturing therapy from one of the world's great religions.

Experiencing a *ruqya* treatment is also an excellent way to relate to Muslims by trying something from the Islamic tradition.

Reference

York, C. (2011). *The Effects of Ruqya on a Non-Muslim: A Multiple Case Study Exploration*. Doctoral dissertation at Institute of Transpersonal Psychology.

<http://gradworks.umi.com/3450366.pdf>

Dr. Carrie York (PhD Psychology, USA) is an independent Wellness Consultant, writer, and researcher. She is an expert in the area of spiritual wellness and conducts private consultations, workshops, and lectures on topics such as spiritual and transpersonal psychology, complementary and alternative medicine, and other spiritual topics in psychology, health, and wellness.



How does it work?

Although research shows that *ruqya* seems to work, the exact mechanism is still unclear. Some postulate that the words themselves have an energetic healing power. Others liken *ruqya* to be a type of prayer. Muslims believe that all healing comes from God with the modality being only a channel through which it comes.

