

L 22

Topic: Things which help or harm the memory

- Reciting **salawat**; *اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ*
- **Siwak** (سيواك)
- **Honey**
- **Kundur** (frankincense) with suger
- Red **zabeeb** (21 a day)
- **Anything which lessens phlegm**

- ✓ **Things which harm the memory:**
- Multiplicity of **sins**
- **Worry and sadness for this world**
- Multiplicity of **concerns**