

Topic: Things which Help the Memory

«اللَّهُمَّ أَخْرِجْنِي مِنْ ظُلُمَاتِ الْوَهْمِ وَ أَكْرِمْنِي بِنُورِ الْفَهْمِ اللَّهُمَّ افْتَحْ عَلَيْنَا أَبْوَابَ رَحْمَتِكَ وَأَنْشُرْ عَلَيْنَا خَزَائِنَ عُلُومِكَ بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ»

❖ Chapter 11

Things which lead to Good or Bad Memory (فى ما يورث الحفظ و النسيان)

The most helpful things to memory:

- **Determination**
- **Persistence**
- **Lessening the food**
- **Night prayer** with modesty and humbly
- **Reciting Quran**
 - Especially *Ayatul-Kursi* 255th verse of *baqarah* (the second surah)



- Reciting *salawat*: اللهم صلِّ على محمدٍ و آل محمدٍ