



Islamic Educational and Cultural Research Center

Note: Each strip of paper is referred to as Taweez in this document.

Requirements

Please strictly observe the following rules for the healing process to work correctly:

- Be respectful of the *taweez*, Do not throw the *taweez* in the garbage, step on the *taweez*, put them on the ground, or sit on them.
- Take 1 strip and put it in a jug of water. You should only drink this water from now until the end of the treatment, which lasts at least 40 days in most cases.
- One should not skip days in this treatment; every day you should only drink water from this healing water and avoid water from any and all other sources

Directions

The next day, put in another *taweez*. You can either take the old *taweez* out each day, but it is better if you let them collect in the jug and take them out after the week is over and put the used *taweez* in the ocean or river, or bury them under the ground.

Each week (or every other week, depending on where you go for treatment – Fremont or Sacramento), you should come to the Aastana or the Zikr to pick up more until the treatment is over.

There should be 7 or 14 *taweez* in each bag.

Details

If one is going to work, school, shopping, etc., one should take this water in a bottle with them so they can drink it when they are thirsty. You do not need to have the *taweez* inside the water; you should just take the water from the jug. If there is only a little water, you can refill the bottle with normal water (don't let the bottle get empty, fill it up before you run out.)

The paper *taweez* does not dissolve in the water, and you should not try to drink or swallow the paper.

If one likes, it can be beneficial to use this water in making tea or juice.

If there are multiple people in the same household using the drinking *taweez*, they can all drink from the same jug.

If you have a question about whether other people (like guests, or people who do not need to drink this water) can drink the holy water, you can ask one of the IECRC staff.

If you would like, you can save the plastic bag in which you got your *taweez*. You can bring the bag next week to re-use it.

Please do not hesitate to ask any questions to the IECRC staff.