

Thikr For Waking Up 2



<p>Al-hamdu lil-lahil-la-thee 'aa-faa-nee fee ja-sa-dee</p>	<p>'All praise is for Allaah who restored to me my health</p>	<p>الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي</p>
<p>Wa rad-da 'a-lay-ya roo-hee</p>	<p>And returned (to me) my soul</p>	<p>وَرَدَّ عَلَيَّ رُوحِي</p>
<p>Wa a-thi-na lee bi-thik-ri-h(i)</p>	<p>and has allowed me to remember Him.'</p>	<p>وَ أَدِنَ لِي بِذِكْرِهِ</p>

(i) indicates a sound not pronounced as it is at the end of a phrase/sentence