

INDEX OF THE HOLY QUR'AN – CODED BY COLOUR
(Ref. Version: Translation by M H Shakir)

WARNING AYATS – Red “YA AYUHAN NAAS” (O MEN!)

CHAPTER	CHAPTER NAME	VERSE	PAGE NO	REASON
2	Baqara	21	4	Connect more to Him. Closeness to Allah
2	Baqara	168	22	Food has effect, Sustenance- emotional/soul Halal/ Tayyib
4	Nisa	1	69	Relations - Silah Rahm
4	Nisa	174	94	100W Bulb (+ sign)
7	A'araaf	158	154	Do as the Prophet did
10	Yunus	23	190	Eye Opener. Accountable for my actions
10	Yunus	57	194	Guidance
10	Yunus	104	199	Who will you call, in need of your Rabb
10	Yunus	108	199	Keep your Nafs clean for entrance to Jannah
22	Hajj	49	321	Warner
22	Hajj	73	324	
31	Luqman	33	402	Live to Die, Don't Die to Live
35	Fatir	15	425	Don't accept 2 nd best Recite for Jobs/ Sustenance
49	Hujraat	13	514	Be aware conscious of Allah all the time.Look at sermon 203(N.B)

REALITY CHECK

Warning: To self check – we need to rectify ourselves before we can go to the people addressed as “YA AYYUHAL LADHINA AAMANU”

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MENTAL - PINK

“YA AYUHAN NAAS” (O MEN!)

No	CHAPTER NAME	VERSE	PAGE NO	REASON
2	Baqara	1		Recite 1 st Ayat+ A.Kursi +last Ayat: you will never forget Quran
9	Tawba			Safety of journey
8		74, 75		Paradise. Shift/Change of thinking
87	A'ala			Good Memory
6	An'am	162 (163 in	135 some)	Recite before any namaaz (Ayat beginning: “Qul innas swalati)
49	Hujraat	11	514	To stay away from gossip/nicknames
86	Whole Sura Tariq		615	To be companion of Prophet, recite in Salaah

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Emotional - Orange

No	CHAPTER NAME	VERSE	PAGE NO	REASON
3	Aale Imran	31	47	To increase love; Recite 3 times on water and drink
3	Aale Imran	173	65	To solve any other issues
4	An Nisaa	4	69	For positive feeling recite 7 times daily
6	Al An'aam	64	121	When you are distressed
12	Yusuf	29-30	217	To rectify problems (don't talk about them; leave for 3-4 days)
12	Yusuf	33	217	Love in the wrong way; love of materialistic things
12	Yusuf	86	223	Optimist or pessimist
13	Ar Raad	27	230	Guidance
13	Ar Raad	28	230	Broken Heart
13	Ar Raad	29	230	Contentment
14	Ibrahim	34	237	Allah gives you whatever you ask for; I am what my Abd thinks of me
16	An Nahl	18	247	Thanking Allah (4 th Imam-Shukr of favours)
17	Bani Israel	7	260	Teach your children
18	Al Kahf	23	274	Believe in today
18	Al Kahf	39	276	Rizq (both green/orange)
19	Maryam	76	291	Guidance
20	Taa-Haa	112	302	No fear (Arabic Quran)
20	Taa-Haa	135	304	We know within whether we are good/bad (Jannat/Jahannam)
21	Al Anbiya	87	312	Ayaatul Kareema-Sorrow/suffering/anger control
27	An Naml	62	370	Any problem
33	Al Ahzaab	40	411	For love
36	Yaasin	83	435	For love – recite on desserts
38	Saad	32	447	To create love; look out for good in others
40	Al Mu'min	44	466	For any fear
48	Al Fath	4	508	For peace

(Recite **Ya Walliyu** to create a positive response from any person you are dealing with.

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Spiritual - Purple

No	CHAPTER NAME	VERSE	PAGE NO	REASON
3	Aale Imran	18/19	46	Opens door of Jannah; Recite after every Salaah sins forgiven Recite “ALAA ZHALIKA MINASH SHAHIDEEN” (Allah appoints angels to do istighfar for you)
3	Aale Imran	41	49	Radiate positive energy, revitalize yourself
4	Nisa	58	78	Recite if you feel lost or have lost something you can write on a paper, wash with rain water & sprinkle at home
4	Nisa	103	85	Connection to Allah
6	An'am	162 (163 in some)	135	Recite before any namaaz (Ayat beginning: “Qul innas swalati)
10	Yunus	25	190	Invitation to peace
13	Ra'ad	11	228	Positive attitude
17	Bani Israel	82	268	Healing/ Mercy
24	Noor	21	336	When bad thoughts are there YA QAADIRUL MUQADDIRUL QAWIYYUL QAIM
33	Ahzab	71	415	Positive thinking, talk right and good all the time
49	Hujraat	11	514	To stay away from gossip/nicknames
52	Tur	28	524	Inner glow you can recite on water and splash on face or recite on moisturizer
86	Whole sura Tariq		615	To be companion of Prophet Salaah
107	Whole sura Ma'un		631	Acceptance

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Physical - Green

No	CHAPTER NAME	VERSE	PAGE NO	REASON
1	Al Hamd			For eczema, Recite 70 times in water n bath for 40 days. For any illness, recite on water n drink.
	Ayatul Kursi			For eyes – wash hands. Whilst wet, recite ayatul kursi over eyes.
3	Ale Imran			Recite for hardships; prevents miscarriage; cures infertility in women.
3	Ale Imran	8	44	For stomach
3	Ale Imran	8	44	For retaining wisdom; after majlis if u want to retain guidance.
3	Ale Imran	36	48	To recite after giving birth
3	Ale Imran	38	48	For having a child
6	Al An'aam	72	122	For chest pain or issues
6	Al An'aam	107		Shoulders
10	Yunus	57	194	Depression/Illness
18	Kahf	27	275	Legs
21	Anbiya	69	310	Forfever; A hyperactive child; hatred; anger; Jealousy
24	Noor	35		For eyes
27	Naml	88	372	Toothache; (Also fateha, Ikhlas, Qadr)
35	Fatir	41	427	Headache (Also Takhathur 7 times)
40	Mu'min	35	465	For eyes
44	Dukhan			For stomach/ulcers; recite on water to avoid nightmares; clear smoke of life
50	Qaaf		518	Heart ailments; recite on water n drink
59	Hashr	21-24	554	For ear ache- recite on ears
		(Amahul Husna)		Recite for barkah
86	Taariq			Especially for when you go abroad; Recite for stomach
87	A'ala			Ear pain; Safety in journey; Good memory

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Qur'aanic Du'aas - Yellow

No	CHAPTER NAME	VERSE	PAGE NO	REASON
2	Baqarah	127	17	Acceptance
2	Baqarah	128	17	Hajj
2	Baqarah	129	17	Guidance
2	Baqarah	186	25	Dua
2	Baqarah	200-201	27	Qunoot
2	Baqarah	222	31	Dua for ghusl
2	Baqarah	250		Duaa - also for qunoot
3	Aale Imran	9	45	To retain guidance after listening majlis
3	Aale Imran	16		
3	Aale Imran	26	47	Repay debts; increase fadh1
3	Aale Imran	31		For pious children
3	Aale Imran	38		To have children
3	Aale Imran	53	50	
3	Aale Imran	147	61	Dua for hardships
3	Aale Imran	191-194	67-68	Remember Him; A plea from the heart
4	An Nisaa	75	80	Oppression; when feeling trapped/weak
5	Maidah	114	148	Thanking allah
5	Maidah	83		
7	A'araaf	23		When you realise your mistake
7	A'araaf	126	149	Patience
10	Yunus	85		
11	Hud	47		When confused / stuck
12	Yusuf	86		When very hurt/down
17	Bani Israail	24	262	Parents
17	Bani Israail	80	268	Starting something new
18	Kahf	10	272	Right course in our affair
20	Taa-Haa	50	297	Justice
20	Taa-Haa	25-28	295	Recite before lectures/tabligh
20	Taa-Haa	114	302	Knowledge
21	Al Anbiyaa	83	312	Remove affliction n harm
21	Al Anbiyaa	112	314	Help from Allah. He will sort it out with justice
23	Mu'minoon	26		Overcome propaganda
23	Mu'minoon	39	327	Stop gossip n rumours against you
23	Mu'minoon	94	331	Even if u want to, u dont commit errors
23	Mu'minoon	118	333	Forgiveness/mercy
23	Mu'minoon	26-29		Any journey/mind journey
23	Mu'minoon	97 n 98	332	Stopping bad thoughts
25	Al Furqan	65	350	Takes away evil/ save us from hell

25	Al Furqan	74		For virtuous children
26	Ash Shu-ara	83-89	356	Truthful tongue; wisdom to be righteous
26	Ash Shu-ara	118	358	Pressure reliever; to lift you up
27	naml	19		Dua of shukr - after duas answered
28	Al Qasas	16	374	Protection
28	Al Qasas	17	374	Wont repeat a mistake
28	Al Qasas	21	375	Fear of unjust people
28	Al Qasas	22	375	Right guidance
28	Al Qasas	24	375	New start in life
29	Ankabut	30		Help against Mischievous ppl/ fasad
37	saafaat	100	440	Good kids
40	Al Mu'min	60	467	Answer duaa
40	Al Mu'min	7 n 8	461	Save frm punishment of hell
40	Al Mu'min	11	462	Confession
44	Dhukan	12	492	To have clarity of thoughts
46	Ahqaaf	15	500	Parents/mum
48	Fateh	4		Peace; ease depression
54	Qamar	10	530	Lifejacket
59	Hashr	10	552	Take out spite; unity
60	Al Mumtahanah	4	555	Tawakkul; faith/confidence
60	Al Mumtahanah	5	556	Forgive us
66	At Tahrim	11	556	Aasiya's house in Jannah
71	Nuh	28	583	Parents

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BLUE

O You who believe ... Yaa Ayyuhal Ladheena

No	CHAPTER NAME	VERSE	PAGE NO	REASON
2	Baqarah	104	14	Don't say something and mean something
2	Baqarah	153	21	Help with Patience and Salaah
2	Baqarah	172	23	Eat tayyib food
2	Baqarah	178	24	Retaliate in a good and just manner
2	Baqarah	183	24	Saum
2	Baqarah	208	28	Submit completely
2	Baqarah	254	37	Spend out; Don't hoard
2	Baqarah	264	39	Charity with Pure intention
2	Baqarah	267	40	Give out good
2	Baqarah	278	41	Duties with care
2	Baqarah	282	42	Method to deal
3	Ale Imran	100	56	
3	Ale Imran	102	56	Die as a believer
3	Ale Imran	149	61	Don't be a loser
3	Ale Imran	156	63	Don't listen to discouragement of society
3	Ale Imran	200	68	To have patience
4	An Nisaa	19	72	Women's rights
4	An Nisaa	29	74	Property Division
4	An Nisaa	43	76	Tayammum
4	An Nisaa	59	78	Believe in Allah and Rasool
4	An Nisaa	71	79	Take precaution first
4	An Nisaa	94	83	Don't listen to gossip
4	An Nisaa	135	89	Justice of Allah
4	An Nisaa	136	89	Believe or remove error
4	An Nisaa	144	90	Unbelievers for friends
5	Al Maaidah	1, 2	95	Don't belittle what Allah asks you to do
5	Al Maaidah	6	95	Wudhoo/Tayammum
5	Al Maaidah	8	97	No hatred
5	Al Maaidah	11	97	For confidence
5	Al Maaidah	35	100	Wasila – rely on good deeds
5	Al Maaidah	51	103	Outsider friends
5	Al Maaidah	54	104	Formula for love; your triband-sorted
5	Al Maaidah	57	104	Take religion for mockery
5	Al Maaidah	87	108	Historical background
5	Al Maaidah	90	108	Drinking; Drugs; Gambling
5	Al Maaidah	94-95	109	
5	Al Maaidah	101	110	Don't ask too much
5	Al Maaidah	105	111	
5	Al Maaidah	106	111	Right will and thoughts
8	Al Anfaal	20	162	Obedience
8	Al Anfaal	24	162	Closeness to Allah

8	Al Anfaal	27	162	Don't be unfaithful
8	Al Anfaal	29	163	Good conscious
8	Al Anfaal	45	165	Meeting people
9	Al Baraat	23	171	Don't follow wrong tradition
9	Al Baraat	28	172	Positive thinking; intend good and it will follow you
9	Al Baraat	34	173	Don't hoard things
9	Al Baraat	38	174	Don't make excuses
9	Al Baraat	119	185	Be with those who r truthful-masumeen
24	An Nur	21	336	When u have bad thoughts, recite Quran
				YAA QAADIRUL MUQADDIRUL QAWIYYUL QAIM
24	An Nur	27	337	Don't intrude on people; u can hurt them
24	An Nur	58	342	Privacy
33	Al Ahzaab	41	411	Tasbeeh
33	Al Ahzaab	49	412	Iddah
33	Al Ahzaab	53	413	Best wasila Prophet
33	Al Ahzaab	56	413	Salwat
33	Al Ahzaab	69	414	Spoke evil
33	Al Ahzaab	70	414	Duties
47	Muhammed	7	504	Do good until it becomes second nature
47	Muhammed	33	507	Obey Prophet
49	Hujuraat	1	513	Talk to Allah-He understands you
49	Hujuraat	2	513	Written on Prophet's zarih
49	Hujuraat	6	513	Don't believe any news-gossip
49	Hujuraat	11	514	Gheebat
49	Hujuraat	12	514	Suspicion
57	Hadeed	28	546	Walk in light
58	Mujaadilah	9	548	Meeting Akhlaq
58	Mujaadilah	11	548	Mosque manners
58	Mujaadilah	12	549	Sadqa before consultation
59	Hashr	18	553	Keep an eye on your akhira
60	Mumtahanah	1	555	2 years after the battle of badr
60	Mumtahanah	10	556	Can't marry a non muslim
60	Mumtahanah	13	557	People who don't believe in hereafter
61	Saff	1	558	Why you say what you don't mean
61	Saff	10	559	Business with Allah
61	Saff	14	559	Allah's help
62	Jummah	9	561	Salat Friday detain
63	Munaafiqun	9	563	Spend in the way of Allah
64	Taghaabun	14	565	Forgive
66	Tahrim	6	568	Don't have hard heart; never lose compassion or care
66	Tahrim	8	569	You turn