



**If any of you sees a vision he likes, it is from Allah. So, let him praise Allah for it, and let him recount it. If he sees something else that he dislikes, it is from the devil. So, let him seek refuge from its evil and mention it to no one, for it will not harm him**

Abu Sa'īd al-Khudri (may Allah be pleased with him) reported that he heard the Messenger of Allah (may Allah's peace and blessings be upon him) say: "If any of you sees a vision he likes, it is from Allah. So, let him praise Allah for it, and let him recount it. If he sees something else that he dislikes, it is from the devil. So, let him seek refuge from its evil and mention it to no one, for it will not harm him."

[Authentic hadith] [Narrated by Bukhari]

The Prophet (may Allah's peace and blessings be upon him) informed that a good and delightful vision during sleep is from Allah. He advised us to praise Allah for it and tell about it. However, if one sees what he dislikes and what is saddening, then it is from the devil. In this case, he should seek refuge with Allah from its evil without mentioning it to anyone, and it will not harm him as Allah has made what is mentioned a means of protection against the harm resulting from such a vision.

<https://sunnah.global/hadeeth/en/show/3285>

