



A good vision is from Allah, and a (bad) dream is from the devil

Abu Qatādah (may Allah be pleased with him) reported that the Messenger of Allah (may Allah's peace and blessings be upon him) said: "A good vision is from Allah, and a (bad) dream is from the devil. If anyone of you sees something which he dislikes, he should spit on his left three times and seek refuge with Allah from the devil; then it will not harm him." Jābir (may Allah be pleased with him) reported that the Messenger of Allah (may Allah's peace and blessings be upon him) said: "If anyone of you sees a dream which he dislikes, then let him spit three times on his left side, seek refuge with Allah from the devil three times, and then change his sleeping position."

[Sahih/Authentic.] [Muslim]

The Prophet (may Allah's peace and blessings be upon him) informed in this narration that a vision that is free from the disturbance and confusion of the devil is one of Allah's blessings which He bestows upon His slaves. It is also a glad tiding for the believers, admonition for the heedless, and a reminder to those who turn away. A dream which is based on confusion and mixed up false dreams is one of the devil's tools by which he causes disturbance to the soul of a person, frightens him, and makes him see what makes him sad, worried, and even ill. This is because the devil is man's enemy and likes whatever harms people and makes them sad. So if a person sees something during his sleep that he dislikes or makes him sad, he should utilize the proper means to repel the devil and his whispering. He should follow the instructions mentioned in the Hadīth, which are the following: 1. Spit on his left side three times. 2. Seek refuge with Allah from the devil. 3. If he is sleeping on his left side, he should turn over on his right side. Also, if he is sleeping on his right side, then he should turn over to his left side. If one pursues these means, nothing will harm him, by the will of Allah, based upon what the Messenger of Allah, may Allah' peace and blessings be upon him, said in the narration and out of trusting the effectiveness of the means that he pursues.

<https://sunnah.global/hadeeth/en/show/3586>

