

The 99 Beautiful Names of Allah (*Asma al-Husna*, Names of Beauty)

	The Most Beautiful Names	Simple Translation	The Sufi Book of Life	Physicians of the Heart
1	ar-Rahman rah-MAAN	The Beneficent	The Sun of Love	Endless, unconditional, infinite love. Root word means "womb".
2	ar-Rahim ra-HEEM	The Merciful	The Moon of Love	The embodiment of loving mercy, poured forth to all beings and things. Root word means "womb".
3	al-Malik MA-lik	The Sovereign Lord	The "I Can" Power of the Cosmos	All-inclusive majestic embrace, holding the inner essence of everything.
4	al-Quddus kood-DOOS	The Holy and Pure	Sacred Space	Always purifying and distancing, leaving behind clinging to the ephemeral for the true home of intimate union, eternal reality.
5	as-Salaam sa-LAAM	The Source of Peace	Peace at the Beginning	Perfect, complete peace from a root meaning "to be safe".
6	al-Mu'min MU'-min	The Inspirer of Faith "Mu" is a prefix meaning "the one who does or causes" what follows.	Support	Real faith and trust, divine gift that lets us feel safe, confident and secure in God alone (the One) apart from secondary causes.
7	al-Muhaymin mu-HAI-min	The Protector	Protection	Preserves the essence of a thing from the vicissitudes of time. The eternal in the thing, the purity of what it is in reality, is protected from being harmed by any temporal cause.
8	al-'Aziz 'a-ZEEZ	The Mighty	The Strength of Form	True worth, utmost dignity and strength directly from God, sweet, rare and precious like a baby eagle.
9	al-Jabbar ja-BAAR	The Compeller	Repair and Restoration	Healing strength that allows you to accomplish and act in the world, strength to heal brokenness.
10	al-Mutakabbir mu-ta-KAB-bir	The Majestic	Concentration	Ever-expanding cosmic wave removing all boundaries, always transcending, enabling one to become incomparably vast, good and great.
11	al-Khaliq KHAA-lik	The Creator	Carving and Forming	The active, dynamic source of continuous creation.
12	al-Bari' BAA-ri'	The Evolver	Radiating Creativity	Originator of individuation. God creates the universe well-proportioned and free from defects. For human beings, healing, becoming pure, free of guilt or illness.
13	al-Musawwir mu-SAHW-wir	The Fashioner	Designing and Training	Continuously shapes the heart and all things. The infinite is given a finite shape.
14	al-Ghaffar gha-FAAR	The Forgiver	Burning away Tension and Hurt	Inexhaustible forgiveness, though you repeat the same error over and over, salve for self-loathing, guilt and blame. Heals dryness, covers over faults.
15	al-Qahhar kah-HAAR	The Subduer	Natural Power	Overwhelming strength. Consumes otherness, leaves only Allah. Defeats your lower self without breaking you.

16	al-Wahab wah-HAB	The Bestower	Flowing Blessings	Continuous flow of divine blessings, refreshment, super-abundant 'rain of grace' with no scarcity.
17	ar-Razzaq raz-ZAAK	The Sustainer/Provider	Sustenance	Daily sustenance. Endless gifts of food, water, compassion, mercy, love. Provision on all levels, for each need.
18	al-Fatah fat-TAAH	The Opener	Opening to Unity's Breath	Opening, beginning. Clears away obstacles, opens the path to success, opens the heart to love and ecstasy.
19	al-'Alim 'a-LEEM	The All-Knowing	Understanding Names and Forms	Omniscient, all-inclusive knowledge of God, both inner and outer. Knower of inward secret hearts. Wisdom that heals and discerns.
20	al-Qabid KAA-bid	The Constrictor (Paired opposite qualities affecting one's <i>hal</i> (spiritual state)).	Contracting Boundaries	Contraction and expansion are natural. Qabid, the sober remedy for unhealthy attachment to ecstasy and desperation to escape lower states.
21	al-Basit BAA-sit	The Expander (Paired opposite qualities affecting one's <i>hal</i> (spiritual state)).	Expanding Boundaries	The only source of expansion. Ecstasy in eating, drinking, smelling, music, natural beauty. Increasing grandeur until your joy uplifts all beings and you lose yourself in God.
22	al-Khafid KHAA-fid	The Abaser (Paired opposite qualities affecting one's <i>makaam</i> (spiritual station)).	Diminishment	The one who lowers beings' spiritual stations. Knowing God's compassion alone facilitates your grade of realization can bring contentment.
23	ar-Rafi' RAA-fi'	The Exalter (Paired opposite qualities affecting one's <i>maqam</i> (spiritual station)).	Exaltation	The one who raises beings' spiritual stations, the exalter, allowing transcendence of lower states, healing, and becoming free.
24	al-Mu'izz mu-'IZZ	The Honorer (Paired opposite qualities)	High "Self" Esteem	The one can make us/give us <i>Aziz</i> ; the sweetness, dignity and strength that flows from a knowledge of essential worth or inner value, something precious like a baby eagle.
25	al-Mudhill mu-DHIL (or Muzil)	The Dishonorer (Paired opposite qualities)	Low "Self" Esteem	Empowers you to face your lowest self. Humiliation, and bowing low before God, can begin dissolving the false (egoic, separate) self.
26	as-Sami sa-MEE'	The All-Hearing	Awakened Hearing	Hearing everything, manifest and unmanifest including the sound beyond sound. The essence of sound itself is discovered in the heart. The heart becomes an ear.
27	al-Basir Ba-SEER	The All-Seeing	Awakened Sight	Seeing and understanding everything, manifest and unmanifest. Over comes sense of alienation to live in the vision of God.
28	al-Hakam HA-kam	The Judge	Sacred Sixth Sense	Discerning, pervasive, precise wisdom. Finding truth in confusing conditions.
29	al-'Adl 'ADL	The Just	Putting Things in Order	Fluid mercy brings all that exists into balance and harmony. Balances the Names of Beauty and of Power.
30	al-Latif la-TEEF	The Subtle	Subtle Mystery	Antidote to coarseness of ego, subtle love reveals the finest mysteries.

31	al-Khabir kha-BEER	The Aware	The Seed of Potential	Inner knowledge. Insight down to the most secret places of the earth. Being tested to reach the depth of the secret.
32	al-Halim ha-LEEM	The Forbearing	Dissolving Chains	Tender, gentle, kind love, manifesting everywhere. Antidote to irritation and anger. Dreams, visions and creativity can arise here.
33	al-'Azim 'a-DHEEM (We use the regional-accented "Z".)	The Great	Flexible Strength	Awesome, overwhelming Divine Presence. The Infinite in the essential self and the world outside, balanced to accomplish extraordinary aims.
34	al-Ghafur gha-FOOR	All-Forgiving	The Forgiveness of Light	Forgiveness down to the deepest secrets of the heart, allowing acceptance and forgiveness for our worst actions and worst sufferings.
35	ash-Shakur sha-KOOR	The Appreciative	Gratitude, Giving Back	The One Who sends gratitude to the depth of the lover's heart. Remedy for dissatisfaction with the world, causing the heart to overflow like a fountain.
36	al-'Ali 'A-leeyy	The Most High	Experiencing Life at It's Peak	The exalted Transcendent beyond form, the Heart Throne of God high above oceans of infinite mercy. Heals attachment to reputation and rank.
37	al-Kabir ka-BEER	The Most Great	Outward Creative Power	Vastness beyond expansion and contraction. Infinite nature of God, ocean without shore, remedy for imprisonment in mental constructs.
38	al-Hafiz ha-FEEZ (Arabic speakers use "DH".)	The Preserver	Remembrance and Preservation	Allah protects everything down to the smallest particle, nothing forgotten or lost. Heals hopelessness, fear, despair.
39	al-Muqit mu-KEET	The Maintainer	Embodying a Steady State	Trusted, reliable source of sustenance, feeding and nourishing everything as with food and breath.
40	al-Hasib ha-SEEB	The Reckoner	Feeling Divinity in the Details	Recording and accounting for the full meaning of everything. Again, nothing is lost. Taking responsibility for one's actions, words and thoughts.
41	al-Jalil ja-LEEL	The Sublime	Pooling Strength	Omnipotent power, divine strength manifesting in everything without exception, penetrating everywhere.
42	al-Karim ka-REEM	The Generous	Abundant Expression	Generosity that reaches everywhere. Unconditional, inexhaustibly flowing energy that bestows endless gifts.
43	ar-Raqib ra-KEEB	The Watchful	Watching with Presence	Protection and watchfulness, the inner concentration and quietude of watching over what is loved, like watching the stars or a sleeping baby.
44	al-Mujib mu-JEEB	The Responsive	Reflective Listening	The One Who answers all prayers. "Call to Me and I will answer you." The act of asking is an inner light that penetrates the darkness of confusion.
45	al-Wasi' WAA-si'	The All-Embracing	The Heart Has No Limits	Infinite, all-embracing presence of God, expansiveness that contains without limiting, uniting higher and lower realms. Allows melting down of rigid, habitual boundaries.

46	al-Hakim <u>HA</u> -keem	The Wise	Discriminating Wisdom	Healing wisdom brings all experience into balance and harmony. Diamond clarity from inner certainty, Spirit of Guidance; gives the ability to control passions and apply wisdom.
47	al-Wadud wa-DOOD	The Loving	Love Is a Give and Take	Love's intimate manifestation, including the sexual. Antidote for trouble being intimate - can also turn intense relationships toward the One.
48	al-Majid ma-JEED	The Most Glorious	Dazzling Energy	Sublime, infinite super-abundance, radiating everywhere, filling you. Astonishing, unexpected, surprising gift like the sunrise, illuminating all.
49	al- Ba'ith BA-'ith	The Resurrector (Opposite quality paired with <i>al-Warith</i> .)	The Return of What Passes Away	God sends out messengers, quickens, removes blockages to the divine flow, removes restraints, awakens beings from sleep, inertia, and death.
50	ash-Shahid sha-HEED	The Witness (Pairs with al-Khabir, holder of <i>inner</i> knowledge.)	Experiencing a Universe of Unity	God witnesses everything in the outer realm without limitation; the one who embodies this witnesses what arises in perception without prejudice.
51	al-Haqq <u>HAQQ</u>	The Truth	The Truth in Each Moment	The Only Reality, Truth, God. The Ground of Being from which everything is activated: light / dark, form / emptiness, absolute / relative.
52	al-Wakil wa-KEEL	The Trustee	Meeting Challenges	The Only One worthy of complete trust. Reliable protection, making us steadfast but not rigid. Release of lower qualities for Divine ones. Cure for defensiveness, inability to trust.
53	al-Qawi <u>ka</u> -WEE	The Most Strong	Winds of Change	Overpowering strength, remedy for the primitive "commanding self".
54	al-Matin ma-TEEN	The Firm	Step-by-Step Persistence	The Firm One; constant, rhythmic and dependable, gives us mastery and integrity in failure or success.
55	al-Wali WA-leeyy	The Protecting Friend	Friendship	The nearest friend, deep, intimate, loving, evoking complete, unreserved love, ecstatic beyond reason. Total union, healing loneliness & alienation.
56	al-Hamid <u>ha</u> -MEED	The Praiseworthy (Hamid, Muhammad, Ahmed, alhamdulillah all share this root, <i>hamd</i> .)	The Gift of Purpose	" <i>Hamd</i> " is gratitude and praise, and each creature and thing has its unique form of <i>hamd</i> , always crying out, "All praise flows to God!" " <i>Alhamdulillah!</i> "
57	al-Muhsi MOOH-see	The Reckoner	Assessing What Is	Omniscience that quantifies and enumerates. All is known, nothing is lost, everything matters.
58	al-Mubdi' mub-dee'	The Originator (Paired opposite to al-Mu'id.)	Individuated Creation	The Initiator Who causes a thing to come into existence, to manifest, to move from the infinite to the finite.
59	al-Mu'id mu-EED'	The Restorer (Paired opposite to al-Mubdi')	Reviving What Is Worn Down	The One Who returns everything to its invisible source, giving it refuge. "The ocean refuses no river."
60	al-Muhyi MOOH-yee	The Giver of Life (Paired with its opposite, al-Mumit.)	Personal Life Energy	The only Giver of Life, beyond secondary causes, remedy for loss of vitality and depression.

61	al-Mumit Mu-MEET	The Creator of Death (Paired with its opposite, al-Muhyi.)	Transition	The only cause of death. Every death is a <i>fana</i> (effacement), spiritual transformation. Physical death is the <i>urs</i> , the wedding day with the Beloved.
62	al-Hayy HAIYY	The Alive	Universal Life Energy	The only One who lives, source of all life, living presence everywhere. Beyond the relative Muhyi/Mumit, its energy & freedom waken dead hearts.
63	al-Qayyum kai-YOOM	The Self-Subsisting	Rebounding	The only One who remains through all changes in time and space, form and formlessness. Continuous activity that gives existence to everything else.
64	al-Wajid WAA-jid	The Finder	Extraordinary Sensing	Only source of ecstasy, present in the faric of existence. Increasingly stable levels of ecstasy, from gleams and glimmers to God as "the eye by which you see & the ear by which you hear."
65	al-Majid MAA-jid	The Noble <i>(In most 99 Names lists.)</i>	Channeling Extraordinary Power	Source of sublime and infinite super-abundance. <i>(Add-on Name only.)</i>
66	al-Wahid WAA- <u>hid</u>	The One This number one is used in counting.	Counting to One	The unique One underlying the many. Infinity in a grain of sand; everything is a mirror for God's face. Everything you can experience is the One.
67	al-Ahad A- <u>HAD</u>	The One This one stands alone,	Uniquely One	One without a second, the only one. It has no opposite, and nothing is like it.
68	al-Samad SA- <u>mad</u>	The Eternal (without needs, supplying every being's needs)	Refuge for Every Need	The continuity of eternity, infinite expansive space. Reconciles Ahad and Wahid, the two types of "one".
69	al-Qadir KA- <u>dir</u>	The Able	Holding the Center	All strength, purpose and will showing a specific path and goal. Unlimited capacity in us, value & meaning, cure for feeling worthless and powerless.
70	al-Muqtadir Mook-TA- <u>dir</u>	The Powerful	Embodying Power in Action	The One who has put you in this specific situation and path. Each soul has a unique purpose in life; there are no mistakes and nothing is ever lost.
71	al-Muqaddim Moo- <u>KAD</u> -dim	The Expediter (Paired with its opposite, al-Mu'akhkhir.)	Preparing the Way	The One continually moving things forward in time; how everything happens in its own perfect time. Cure for impatience & need for control.
72	al-Mu'akhkhir moo-AKH- <u>khir</u>	The Delayer (Paired with its opposite, al-Muqaddim.)	Doubling Back on the Path	The One who moves each thing back to its perfect placement in time, bringing things to closure and perfection, helping one to accomplish.
73	al-Awwal OW-wal	The First (Paired with its opposite, al-Akhir.)	Sacred Surprise	The 1st without a 2nd; pure potential, primary source from which all things arise. Found in meditation as the still point at the height of each inhalation.
74	al-Akhir AA- <u>khir</u>	The Last (Paired with its opposite.)	Completion	The last with no next-to-last and nothing after, final destination of all things. May be felt as the still point at the end of the exhalation of the breath.
75	al-Zahir ZA-hir (Arabic, <u>DH</u> .)	The Manifest (Paired with its opposite, below.)	The Star	Fully materialized, fully visible. The most outward and the most manifest. Allah is hidden in plain view.
76	al-Batin	The Hidden (Paired	The Hidden Traveler	The most hidden treasure, secret of

	BAA-tin	with its opposite, above.)		secrets, the Essence of God, totally hidden, yet not <i>within</i> anything.
77	al-Wali WAA-lee	The Governor	Mastering Life	The friends of God are protected by the power of God's love through deep intimate relationship; turning back from anger/alienation to the beloved.
78	al-Muta'ali mu-ta-'AA-lee	The Most Exalted (Again, the prefix "mu" indicates "one who".)	Inhabiting an Expanded Consciousness	Divine invitation to transcendence, connecting the higher self to Allah, cure for bogging down on the path.
79	al-Barr BAAR	The Source of All Goodness	Burnishing	The perfect state, sweet through and through, seamless between inner and outer, potential and manifest, higher and lower self, radiating serenity.
80	at-Tawab tow-WAAB	The Acceptor of Repentance	Returning to Rhythm	Forgiveness that turns you away from seeing grudges and faults toward perfection as you realize that Allah is always turning toward <i>you</i> with deep forgiveness and endless compassion.
81	al-Muntaqim mun-TA-kim	The Avenger (Paired with its opposite, al-'Afuw.)	Sweeping Out	Powerful balancing force that returns what is sent out; the wheel of karma, creating harmony in ways that seem tragic and violent to human beings.
82	al-'Afuw 'A-fooww	The Pardoner (Paired with its opposite, al-Muntaqim.)	Blowing Away the Ashes	Perfect Divine forgiveness that erases faults like wind blowing away foot prints on desert sand. Nothing is left, not even the concept of "I" as forgiver.
83	ar-Ra'uf ra-'OOF	The Compassionate	Healing Wings	Gentle indwelling love goes to the deepest place, healing the wound of not being seen by humanity, allowing rest in God amid difficulties and trials.
84	al-Malik al-Mulk MAA-likal-MULK	The Eternal Owner of Sovereignty	Passionate Vision	Things, ever changing, <i>never leave the hands of God</i> . Like reaching down into time's stream to grasp eternal essence in its majesty. Cure for lack of trust & intimacy, and fear of engaging in the world. "Whether others view you as high or low is irrelevant."
85	al-Dhul Jalali wal 'Ikram	The Lord of Majesty and Bounty	Overwhelming Power and Beauty	All the jalal (powerful) and jamal (qualities) come from God's absolute essence.
86	al-Muqsit MOOK-sit	The Equitable	New Roots, New Foundation	Divine Source giving all gifts correctly, though we may not see it--much or little to each according to Divine purpose. Heals sense of life's unfairness and also the idea that the rich are more favored than the poor.
87	al-Jami' JAA-mi'	The Gatherer	Gathering Gems	The Gatherer, bringing all parts back to the whole, the return home and to the real self. The grand synthesis, the <u>great joining</u> , an opposite of al-Quddus
88	al-Ghani GHA-neeyy	The Self-Sufficient (Relates to Mughni, below.)	Tending Your Garden	Treasure house of existence, source of being and ecstasy, fullness that can never be exhausted. Blesses 'the poor ones' who have renounced. Heals joylessness, boredom, meaningless, feeling of not enough riches or success

89	al-Mughni mugh-NEE	The Enricher (<i>Mu</i> , the bringer, of Ghani)	Life's Larger Garden	Allah causes al-Ghani's infinitely rich state to be bestowed on temporal creatures, who can then temporarily act as embodiments of infinite and inexhaustible ecstatic reality.
90	al-Mani' MAA-ni'	The Preventer	The Gift of Resistance	Divine protection. Spiritual guardian, secure fortress that guards against encroachment and attacks, including inner doubt weakness. Prevents one from acting out of anger or revenge.
91	ad-Darr DAAR	The creator of harm. (Paired opposite qualities)	Pain and Loss	The only source that produces failure to make use of gifts, and what we perceive as harm. "To become blind to the divine intent in the unseen worlds." Helps those who need to pray for sight to see their own blindness.
92	an-Nafi NAA-fi'	The creator of good. (Paired opposite qualities)	Immediately Useful Blessing	The only source of what is beneficial and profitable. Lets us to make use of gifts for a higher good. Inner & outer cleansing opens the eye of the heart so there is no separation from Allah.
93	an-Nur NOOR	The Light	The Light of Intelligence	Essence of Light, luminosity. "Allah is the light of the heaven and the earth." The light of every soul, present everywhere, all pervading.
94	al-Hadi haa-DEE	The Guide	Most Direct Guidance	The source of guidance for the whole community, invitation to remember God (<i>zikr</i>), removes coverings from the heart, straight way of patience and hope, light of guidance (<i>Nur al-Huda</i>)
95	al-Badi' ba-DEE'	The Originator, Incomparable	Unexpected Wonder	Return to the beginning, to the eternal that doesn't perish. God's art that forms and gathers, like sculpting. Ultimate Source, Ground of Being, your original nature. Remedy for ego need to impose one's personal truth.
96	al-Baqi baa--KEE	The Everlasting	The Real that Remains	What always was, always is and ever shall be. Everlasting, continuous, abiding duration of the Real.
97	al-Warith WAA-rith	The Supreme Inheritor	Reclaiming a Forgotten Inheritance	Everything returns to Allah, Inheritor of everything of value that is left after death. Divine activity leaves limited self behind, to "die before you die," let go of the temporary (<i>fana</i>) and identify with what never dies, <i>baqa</i> .
98	ar-Rashid ra-SHEED	The Guide to the Right Path	Illuminating the Path of Growth	Unerring, unlimited guidance, balancing inner life with worldly life and the unstructured nature of inner guidance (<i>ilham</i>) with the structure of formal guidance (<i>hudda</i> , as in <i>Hadi</i> .)
99	as-Sabur sa-BOOR	The Patient	Perseverance	Divine power sees things through to the end. Equanimity through tests and trials without complaint, enduring the long journey of the path, standing firm, actualizing every detail of the teachings. Remedy for impatience and hasty judgment /difficulty forgiving.