

Traversing the Path:  
**Advice for the Salik**

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Masjid Suffah - Skokie, IL



# Intro

- ❑ The Need for Purification
  - ❑ Contest between the Chinese and the Romans
  - ❑ Time of Our Pious Predecessors vs Our Times
  - ❑ Parrot saying the name of Allah
- ❑ Maximizing the Benefits of Being in the Masjid
  - ❑ Niyah of Nafil Itikaf
  - ❑ Avoid unnecessary talk
  - ❑ Niyah to bring these into action
- ❑ Sessions and Q & A
  - ❑ Four Sessions & Dhikr Majlis
  - ❑ Topics followed by Practical Steps/Take Home Points
  - ❑ Final Q & A session

# Topics Covered

- ❑ Tasawwuf: Proof, Importance and Goal
- ❑ Enemies that will stop us from reaching our goal
- ❑ Essentials that will help us reach our goal
- ❑ Need for Mentor, Benefits of Bayah and Importance of Nisbah
- ❑ Daily Routine (Mamulaat) and Wuqoof-e-Qalbi
- ❑ Muraqaba - Brief overview of lessons (1-16)
- ❑ Final Q & A session

# What is Tasawwuf?

- ❑ Hadith Jibra'il: Islam, Iman, Ihsaan, Qiyamah and its Signs
- ❑ 4 Assignments of Nabi (ﷺ): Recite, Teach, Wisdom and Purify
  - ❑ [2:129] رَبَّنَا وَابْعَثْ فِيهِمْ رَسُولًا مِّنْهُمْ يَتْلُو عَلَيْهِمْ آيَاتِكَ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ وَيُزَكِّيهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ
  - ❑ [62:2] هُوَ الَّذِي بَعَثَ فِي الْأُمِّيِّينَ رَسُولًا مِّنْهُمْ يَتْلُو عَلَيْهِمْ آيَاتِهِ وَيُزَكِّيهِمْ وَيُعَلِّمُهُمُ الْكِتَابَ وَالْحِكْمَةَ
- ❑ Tasawwuf = Ihsaan/Tazkiyah
- ❑ What Tasawwuf is Not: Kashf, Miracles, Khilafah, Shaykh etc
- ❑ Rectify Niyyah: Servant of Allah

# Goal of Tasawwuf

- ❑ Shaykh Zakariyya (رحمه الله): Beginning and End of Tasawwuf
  - ❑ Beginning: **إنما الأعمال بالنيات**
  - ❑ End: **أَنْ تَعْبُدَ اللَّهَ كَأَنَّكَ تَرَاهُ، فَإِنْ لَمْ تَكُنْ تَرَاهُ فَإِنَّهُ يَرَاكَ**
- ❑ Maulana Thanvi (رحمه الله):
  - ❑ Elimination of Sins
  - ❑ Overcoming nafs to fulfill the orders of Allah
- ❑ Ihsaan not restricted to worship:
  - ❑ A Mureed of Mufti Shafi (رحمه الله)
- ❑ Ihsaan: Deep Awareness of Allah
  - ❑ The Story of a Shepherd

# Importance of Tasawwuf

- ❑ Two Aspects of Shariah: [6:120] **وَدَّرُوا ظَاهِرَ الْإِثْمِ وَبَاطِنَهُ**
  - ❑ External Deeds [Fiqh/Islamic Jurisprudence]
  - ❑ Internal Deeds [Tasawwuf/Purification]
  - ❑ Both necessary for success in this dunya and akhirah
- ❑ Diseases of the heart also affects external deeds
  - ❑ Worship, Charity, Family Relations
- ❑ Principle on the Day of Judgment
  - ❑ No Sins/Pure Heart → Jannah
  - ❑ Sins/Impure Heart → Purification in Jahannam → Jannah

# Take Home Points

- ❑ Tasawwuf is not something outside of Quran and Sunnah
- ❑ Goal of Tasawwuf is to develop a deep awareness of Allah (Ihsaan)
- ❑ Benefits of a purified heart
  - ❑ Actions to please Allah/Not hurting others
  - ❑ Entry into Jannah becomes easy
- ❑ Disadvantages of a diseased heart
  - ❑ Life of sins
  - ❑ Entry into jannah delayed

# 1st Enemy: Love for Dunya

- ❑ Maulana Rumi (رحمه الله): A ship and the sea
- ❑ Dunya in hand and pockets but not in the heart
  - ❑ Sahabah (رضي الله عنهم), Pious Predecessors
- ❑ Hadith: **حُبُّ الدُّنْيَا رَأْسُ كُلِّ خَطِيئَةٍ** [Love of the dunya is the source of all evils]
  - ❑ Heedless of Allah, His Deen and Day of Judgement
  - ❑ Dua of Hazrat Umar (رضي الله عنه)
  - ❑ Hazrat Husain's (رضي الله عنه) questions to his father
  - ❑ Love for Allah and His Nabi (صلى الله عليه وسلم) should be dominant
  - ❑ Who did Nabi (صلى الله عليه وسلم) love the most in this dunya?
    - ❑ **لَوْ كُنْتُ مُتَّخِذًا خَلِيلًا غَيْرَ رَبِّي لَاتَّخَذْتُ أَبَا بَكْرٍ خَلِيلًا**
    - ❑ **قَالَتْ إِنَّ الْمُلُوكَ إِذَا دَخَلُوا قَرْيَةً أَفْسَدُوهَا وَجَعَلُوا أَعْرَءَ أَهْلِهَا أَدْلَةً وَكَذَلِكَ يَفْعَلُونَ [27:34]**

# 1st Enemy: Love for Dunya [continued]

- ❑ Mufti Taqi Usmani (db): No one falls in love with a bathroom!
- ❑ Imam Ghazali (رحمه الله) : Four types of people in this dunya
  - ❑ First Type: They have dunya but they do not have the love for dunya
  - ❑ Second Type: They do not have dunya nor do they have the love for dunya
  - ❑ Third Type: They have dunya and also have the love for dunya
  - ❑ Fourth Type: They do not have dunya but they have the love for dunya
- ❑ Goal:
  - ❑ Not to be from third or fourth type
  - ❑ Look at people who have less than us in this dunya
  - ❑ Dua: Fill our hearts with Love for Allah

# Take Home Points

- ❑ Dunya is not bad...love for dunya is bad
- ❑ Use dunya to fulfill our needs and even halal desires
- ❑ Dunya should not make us heedless of Allah and fall into sins
- ❑ Dunya is a place to prepare for akhirah
- ❑ Love for Allah and His Nabi (صلى الله عليه وسلم) should be dominant over all other loves

# 2nd Enemy: Shaytaan

❑ [35:6] إِنَّ الشَّيْطَانَ لَكُمْ عَدُوٌّ فَاتَّخِذُوهُ عَدُوًّا

❑ How Iblis became Shaytaan?

❑ Shaytaan's Biggest Weapon: Whispers/Thoughts

❑ Sahabah (رضي الله عنهم) complained about waswasa to Nabi (صلى الله عليه وسلم)

❑ Nabi's (صلى الله عليه وسلم) reply → This is a clear sign of iman

❑ Shaytan works very hard on believers

❑ Extremely intelligent; sincere in his promise to Allah to misguide mankind until DOJ

❑ إن الشيطان يجري من الإنسان مجرى الدم [Shaytaan flows in a human just like blood flows in veins]

❑ Imam Abu Jafar Qurtubi (رحمه الله) not reciting لا إله إلا الله

❑ Shaytaan's Greatest Pleasure: Discord between husband and wife

# 9 Ways To Protect Ourselves From Shaytaan

1. Practice of Our Mashaikh: 2 rakats after Isha salah with niyyah of tahajjud and dua to Allah to save our iman.
2. Intentional Thoughts: There is something wrong somewhere
3. Unintentional Thoughts: Just ignore them [Example: Driving on a highway]
  - a. Doubts in wudu/salah: Jibra'il (عليه السلام) advice to Nabi (صلى الله عليه وسلم)
  - b. The waswasa of Allah Baksh Wiswasi
4. Grateful [7:17] **ثُمَّ لَا تَأْتِيَهُمْ مِّنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ وَعَنْ شَمَائِلِهِمْ وَلَا تَجِدُ أَكْثَرَهُمْ شَاكِرِينَ**
5. Dhikr of Allah [7:201] **إِنَّ الَّذِينَ اتَّقَوْا إِذَا مَسَّهُمْ طَائِفٌ مِّنَ الشَّيْطَانِ تَذَكَّرُوا فَإِذَا هُمْ مُبْصِرُونَ**
6. Dua: **اللَّهُمَّ اجْعَلْ وَسْوَاسَ قَلْبِي حَسَنِيَّتَكَ وَذِكْرَكَ وَاجْعَلْ هِمَّتِي وَهَوَايَ فِيمَا تُحِبُّ وَتَرْضَى**
7. Following Sunnah of Nabi (صلى الله عليه وسلم). The blessing of doing miswaak regularly
8. **بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ**
9. **أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ**

# 3rd Enemy: Nafs

- ❑ Nabi (صلى الله عليه وسلم) advice to Sahabah (رضي الله عنهم) regarding Nafs
- ❑ Three Types of Nafs
  - ❑ [12:53] Ammaratum-bis-su → Always inciting towards evil/sins
  - ❑ [75:2] Lawwamah → Makes us regret
  - ❑ [89:27] Mutma'innah → Nature according to the commands of Shariah
- ❑ Default State ---> Ammaratum-bis-su
  - ❑ Ammaratum-bis-su → Lawwamah → Mutma'innah (Goal)
- ❑ Allamah Busiri (رحمه الله): Nafs is like a suckling child

# 3rd Enemy: Nafs [continued]

- ❑ Reward for Suppressing the Nafs
  - ❑ Maulana Thanvi (رحمه الله): Pain → Beginning of Getting Closer to Allah
  - ❑ Hadith: Lower Gaze → Sweetness of Iman
- ❑ Desires of Nafs: Good and Bad
  - ❑ Check first before fulfilling the desire of Nafs
- ❑ Ability to Suppress the Nafs
  - ❑ We do it for the wrong reasons
  - ❑ Do it for the right reasons
- ❑ How do we know which thoughts are from Shaytaan vs Nafs?

# 3rd Enemy: Nafs [continued]

- ❑ Nabi (صلى الله عليه وسلم): Who is an intelligent person?
  - ❑ الْكَيْسُ مَنْ دَانَ نَفْسَهُ وَعَمِلَ لِمَا بَعْدَ الْمَوْتِ ، وَالْعَاجِزُ مَنْ أَتْبَعَ نَفْسَهُ هَوَاهَا وَتَمَنَّى عَلَى اللَّهِ عَزَّ وَجَلَّ
  - ❑ The intelligent one is he who suppresses his desires and practises for what is after death, and the foolish one is he who makes his nafs follow its desires and (he) places (baseless) hope on Allah.
- ❑ Our goal is to make the Nafs weak
  - ❑ Example of people who have achieved state of Mutma'innah
  - ❑ Is there a higher maqam than Mustajaab-ut-Da'awaat?

# 9 Ways to Weaken Your Nafs

Advices from our Mashaikh to control/weaken Nafs

1. Do not fulfill the desire of the nafs immediately. First check if within Shariah or not
2. Ponder over the meaning of [79:40] **وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ وَنَهَى النَّفْسَ عَنِ الْهَوَىٰ**
3. Optional Worship
4. Muraqaba
5. Kalimah Tayyibah
6. Sunnah of Nabi (صلى الله عليه وسلم)
7. Talk less, Eat less, Sleep less
8. Company of a Kamil Shaykh
9. Dua to Allah because nafs will be corrected only with His Mercy.

# 4th Enemy: Bad Company

- ❑ Ibn Ata Allah Iskandari (رحمه الله)
  - ❑ Do not keep the company of such a person whose state and speech does not guide you towards Allah
- ❑ Effects of Company/Environment
  - ❑ Hospital vs Gathering of Scholars
  - ❑ Owner of Camels, Horses, Goats
  - ❑ Perfume Shop vs Furnace Blower
  - ❑ How bad company changed my best friend
- ❑ Hadith: الرَّجُلُ عَلَى دِينِ خَلِيلِهِ فَلْيَنْظُرْ أَحَدُكُمْ مَنْ يُخَالِلُ [A person is on the Deen (way of life) of his friend, so everyone of you should look at who he befriends.]
  - ❑ The advice of Hazrat Ji's Elder Brother

# Qualities of a Good Friend

- ❑ **إِنَّمَا وَلِيُّكُمُ اللَّهُ وَرَسُولُهُ وَالَّذِينَ آمَنُوا الَّذِينَ يُقِيمُونَ الصَّلَاةَ وَيُؤْتُونَ الزَّكَاةَ وَهُمْ رَاكِعُونَ**
  - ❑ Your friends are Allah, His Messenger, and those believers who establish regular prayers, give regular charity and they bow down humbly [5:55]
- ❑ **وَالْمُؤْمِنُونَ وَالْمُؤْمِنَاتُ بَعْضُهُمْ أَوْلِيَاءُ بَعْضٍ يَأْمُرُونَ بِالْمَعْرُوفِ وَيَنْهَوْنَ عَنِ الْمُنْكَرِ وَيُقِيمُونَ الصَّلَاةَ وَيُؤْتُونَ الزَّكَاةَ وَيُطِيعُونَ اللَّهَ وَرَسُولَهُ**
  - ❑ The believers men and women are friends of one another. They enjoin good and forbid evil and establish salah and pay zakah and obey Allah and His Messenger [9:71]
- ❑ **Advice of Nabi (ﷺ): Look for 3 characteristics in a friend**
  - ❑ When you look at him, he reminds of Allah
  - ❑ Whose words increase you in beneficial knowledge
  - ❑ Whose actions attracts you towards the deeds of akhira

# 1st Essential: Ikhlaas

- ❑ Allah only accepts those actions that are done solely for His pleasure
- ❑ **إِنَّمَا الْأَعْمَالُ بِالنِّيَّاتِ، وَإِنَّمَا لِغُلِّ أَمْرِي مَا نَوَى** (First hadith of Bukhari Shareef)
  - ❑ Niyah in the morning: All actions for the Pleasure of Allah
- ❑ Ikhlaas vs Riyaa
- ❑ A look at the lives of Sahabah (رضي الله عنهم)
- ❑ Abu Laith Samarqandi (رحمه الله): Learn sincerity from a shepherd
- ❑ Khawaja Fazal Ali Qureshi (رحمه الله) and Hazrat Ji (db)

# 3 Steps To Help Us Attain Ikhlaas

1. Continue to do the deeds.
  - a. Imam Ghazali (رحمه الله): Every worship in the beginning is riyaa, then it becomes a habit
  - b. Hadith regarding ordering our children to pray at the age of 7.
2. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَعْلَمُ ، وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ
3. Company of Ahlullah

# 2nd Essential: Need for a Mentor

- ❑ [9 : 119] يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَكُونُوا مَعَ الصَّادِقِينَ
- ❑ Pir Ghulam Habib's (رحمه الله) example of Auliya Allah
- ❑ Importance of Company of Auliya Allah in the life of our elders
  - ❑ Imam Ahmad ibn Hanbal (رحمه الله) → Bishr al-Hafi (رحمه الله)
  - ❑ Khwaja Ubaidullah Ahrar's (رحمه الله) dua
- ❑ Mufti Shafi's (رحمه الله) objection to his shaykh
  - ❑ "One moment in the company of Auliya is better than a hundred years of worship"  
[Maulana Rumi (رحمه الله)]

## 2nd Essential: Need for a Mentor [continued]

- ❑ Maulana Thanvi (رحمه الله): Shaytan was not a lover of Allah
- ❑ Hadith: العين حق [The effect of an evil eye is true]
  - ❑ "Neither from books, nor from preaching nor from wealth, Deen comes alive from the glances of the saintly ones. " (Akbar Ilahabadi)
- ❑ Qualities to look for when seeking a spiritual mentor
  - ❑ He should be pious and has fear of Allah
  - ❑ His life and actions and according to sunnah
  - ❑ He should possess necessary religious knowledge
  - ❑ He has himself remained in the company of a shaykh
  - ❑ The scholars and mashaikh of his time hold good opinion about him
  - ❑ His followers are improving in his company

## 2nd Essential: Need for a Mentor [continued]

### ❑ Bayah [Pledge]

- ❑ Shaykh pledges to guide you according to Shariah and you pledge to follow his advice
- ❑ Repent for all past sins
- ❑ Commitment to stay away from sins in the future
- ❑ Take steps to make amends: Rights of Allah and Rights of People
- ❑ Defines a daily routine of dhikr/mamulaat to follow

❑ A woman bayah to Qari Mohammad Tayyab (رحمه الله)

❑ Pir Ghulam Habib (رحمه الله) and son of an alim who was an atheist

# 2nd Essential: Need for a Mentor [continued]

## ❑ Nisbah [Bond/Relationship]

- ❑ Is a bond/relationship between 2 things
- ❑ Two identical bricks but different nisbah
- ❑ Sahabah (رضي الله عنهم), Month of Ramazan, ZamZam, Wives of Nabi (صلى الله عليه وسلم), Maqam e Ibrahim, Safa and Marwa
- ❑ [18:82] وَأَمَّا الْجِدَارُ فَكَانَ لِغُلَامَيْنِ يَتِيمَيْنِ فِي الْمَدِينَةِ وَكَانَ تَحْتَهُ كَنْزٌ لَهُمَا وَكَانَ أَبُوهُمَا صَالِحًا
  - ❑ And as for the wall, it belonged to two orphan boys in the city, and there was beneath it a treasure for them, and their father had been righteous
- ❑ This nisbah can make a worthless thing invaluable

## ❑ Nisbah Ma'Allah: Special bond between Allah and His Servant

- ❑ Enjoys and gains pleasure in following the Shariah and Sunnah. His goal is to seek nothing but the pleasure of Allah.

# How To Gain Maximum Benefit From Shaykh's Company

- ❑ Trust in the spiritual mentor [i'tiqad]
  - ❑ 3 people travelling to see Shaykh Abdul Qadir Jilani (رحمه الله)
- ❑ Adherence [ittiba]
  - ❑ Consistent in performing the dhikr/exertions assigned by the Shaykh
  - ❑ Mufti Shafi's (رحمه الله) very talkative mureed
- ❑ Submissiveness [inqiyad]
  - ❑ Does not question his shaykh.
  - ❑ Mujaddid Alf Thani's (رحمه الله) favorable opinion about his Shaykh
- ❑ To inform [ittila]
  - ❑ To keep the shaykh informed about your spiritual state

# 3rd Essential: Remembrance of Allah [Dhikr]

- ❑ The Company of the Blessed Nabi (صلى الله عليه وسلم) was enough to reach the level of ihsaan.
  - ❑ Obligatory acts of worship, Recitation of Quran and Blessed Company of Nabi (صلى الله عليه وسلم)
  - ❑ The difference in the state of Sahabah (رضي الله عنهم) before and after accepting Islam
- ❑ Allah guided Mashaikh to develop new methods to achieve the level of ihsaan.
  - ❑ Remembrance of Allah main tool to achieve ihsaan
  - ❑ Naqshbandiyya, Chistiyya, Qadiriyya and Suharwardiyya
  - ❑ Own methods of dhikr but same goal (Ihsaan)

# Path of Naqshbandiyya

- ❑ Connects to Nabi (صلى الله عليه وسلم) through Abu Bakr (رضي الله عنه)
- ❑ Hazrat Abu Bakr (رضي الله عنه) and Hazrat Salman Farsi (رضي الله عنه)
- ❑ Initially was named 'Siddiqiyya' but later changed to Naqshbandiyya
- ❑ Focus is heart instead of nafs
  - ❑ أَلَا وَإِنَّ فِي الْجَسَدِ مُضْغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ، وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ، أَلَا وَهِيَ الْقَلْبُ
- ❑ Instead of Mujahadah (spiritual striving) the emphasis is on following the Sunnah
- ❑ Hadrat Khuwaja Muhammad Masoom (رحمه الله) : A salik cannot be deprived in this path. The only obstacle is salik's own laziness.
- ❑ Haji Imdadullah Muhajir Makki's (رحمه الله) comparison of Chistiyya and Naqshbandiyya silsila

# Mamulaat [Daily Routine]

1. Istighfaar: 100 times in the morning and 100 times in the evening
2. Salawaat: 100 times in the morning and 100 times in the evening
3. Quran: Recitation of one juz
4. Muraqaba: Sitting in remembrance of Allah
5. Wuquf Qalbi: Remembrance of Allah while busy in worldly acts
6. Maintaining Connection with the Shaykh

# Muraqaba

- ❑ Sit in a quiet place with you head bowed. Remove your attention from the thoughts of this dunya. Make niyyah that Allah's noor is coming into your heart and your heart is saying "Allah, Allah, Allah". [أنا عند ظن عبدي بي]
- ❑ The above feeling is incidental. May happen for some and not for others
  - ❑ Example: Two people travelling on the train.
- ❑ Lessons 1- 35
  - ❑ 1-16 [Hadrat Khuwaja Bahauddin Naqshband Bukhari (رحمه الله)]
  - ❑ 17-35 [Hadrat Khuwaja Mujaddid Alf-Thani (رحمه الله)]
- ❑ Hazrat Ji (db): Every salik's goal should be to complete lessons 1-16

# Muraqaba: Lessons 1-7

- ❑ Lesson 1: Latif-e-Qalb - Lust/Unlawful Desires
- ❑ Lesson 2: Latif-e-Ruh - Anger
- ❑ Lesson 3: Latif-e-Sir - Stinginess
- ❑ Lesson 4: Latif-e-Khafi - Jealousy and Greediness
- ❑ Lesson 5: Latif-e-Akhfa - Arrogance and Vanity
- ❑ Lesson 6: Latif-e-Nafs - Nafs instead of sins enjoys dhikr
- ❑ Lesson 7: Latif-e-Qaalbia - Whole body does dhikr

After these lessons, the heart is purified from spiritual diseases. Salik starts leading a life of piety.

# Muraqaba: Lessons 8, 9 and 10

- ❑ Lesson 8: Nafi Asbat
- ❑ Lesson 9: Tahili-e-Lisani

These lessons polish the heart and the salik develops taqwa and becomes a talib of Allah.

- ❑ Lesson 10: Muraqaba Ahdiyyat
  - ❑ Gets lost in the love for Allah
  - ❑ Hazrat Ji would pray salatul hajah before sitting in muraqaba

# Muraqaba: Lessons 11-16

- ❑ Lesson 11: Muraqaba Latif-e-Qalb
  - ❑ Yaqeen and tawakkul. Good/Bad from Allah
- ❑ Lesson 12: Muraqaba Latif-e-Ruh
- ❑ Lesson 13: Muraqaba Latif-e-Sir
- ❑ Lesson 14: Muraqaba Latif-e-Khafi
- ❑ Lesson 15: Muraqaba Latif-e-Akhfa

Lessons 12-15 makes the level of yaqeen and tawakkul stronger

- ❑ Lesson 16: Muraqaba-e-Maiyat
  - ❑ Achieves the goal of ihsaan

# Summary of Lessons

- ❑ Lessons 1 - 7 → Fatwa
- ❑ Lessons 8 - 9 → Taqwa
- ❑ Lesson 10 → Lost/Absorbed in the Love of Allah
- ❑ Lessons 11-15 → Develops/Perfects Yaqeen and Tawakkul in Allah
- ❑ Lesson 16 → Achieves goal (Ihsaan)

# Wuquf Qalbi

- ❑ You are busy with your work/studies but your heart is in the state of remembering Allah
  - ❑ Example: Sick daughter at home and you are at work
- ❑ Muraqaba vs Wuquf Qalbi
  - ❑ [3:191] **الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ** [ Those who remember Allah standing, sitting and (lying) on their sides]
  - ❑ Khwaja Azizul Hasan Majzooob (رحمه الله) and Wuquf Qalbi
  - ❑ Salik should make an effort to achieve Wuquf Qalbi
- ❑ Steps to attain Wuquf Qalbi
  - ❑ Step # 1: Make niyyah in the morning “Allah, I will remember You”
  - ❑ Step # 2: Try to turn you attention towards Allah in your free time/breaks
  - ❑ Step # 3: Effort to do it throughout. Link every action back to Allah

# Rabita Qalbi

- ❑ In the company of the shaykh, a salik should make the niyyah that my heart is empty. The mercy of Allah is descending on the mubarak heart of Nabi (صلى الله عليه وسلم) and through the hearts of our mashaikh and the heart of my shaykh is coming into my heart.
- ❑ Difference between Wuquf Qalbi and Rabita Qalbi
  - ❑ Salik should be in a state of Rabita Qalbi in the company of his Shaykh
  - ❑ Salik should be in a state of Wuquf Qalbi when away from his Shaykh

# Fitting Mamulaat into Our Schedule

- ❑ Istighfaar: 100 times in the morning and 100 times in the evening
  - ❑ 100 times driving to work/school
  - ❑ 100 times driving back to home
- ❑ Salawaat: 100 times in the morning and 100 times in the evening
  - ❑ 100 times driving to work/school
  - ❑ 100 times driving back to home
- ❑ Quran: Recitation of one juz
  - ❑ After fajr before leaving for work
- ❑ Muraqaba: Sitting in remembrance of Allah
  - ❑ Attach it to something that you do daily. Example: Before eating dinner

# 4th Essential: Following Sunnah

- ❑ **قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحْبِبْكُمُ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ غَفُورٌ رَحِيمٌ [3:31]**
- ❑ In our silsila, 3 things are given great importance: Company of Shaykh, Dhikr and Sunnah
  - ❑ When a person does abundant dhikr then living life according to sunnah becomes easy
  - ❑ Our Mujahadah is to do every action according to sunnah
  - ❑ Khwaja Bayazid Bastami's (رحمه الله) biggest mujahadah
  - ❑ Junaid Baghdadi (رحمه الله) every action with sunnah: biggest karamat
  - ❑ Mashaikh state using bathroom sunnah way is a source of reward whereas worship done not according to sunnah has no reward
- ❑ Sahabah's (رضي الله عنهم) love and obedience to Nabi (صلى الله عليه وسلم)

# 4th Essential: Following Sunnah

## ❑ 3 Stages of Sunnah

- ❑ A'maal: Do all actions according to the Sunnah of Nabi (صلى الله عليه وسلم)
- ❑ Akhlaaq: Make an effort to bring the character of Nabi (صلى الله عليه وسلم) in our lives
- ❑ Ahwaal: Emulate the various states of Nabi (صلى الله عليه وسلم)

# Questions and Answers

