

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَصَلَّى اللَّهُ تَعَالَى عَلَى رَسُولِهِ النَّبِيِّ الْكَرِيمِ ط أَمَا بَعْدُ  
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ط بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط  
وَادْكُرْ رَبَّكَ فِي نَفْسِكَ تَضَرُّعًا وَخِيفَةً وَدُونَ الْجَهْرِ مِنَ الْقَوْلِ بِالْغُدُوِّ وَالْآصَالِ  
وَلَا تَكُنْ مِنَ الْغَافِلِينَ ﴿١٥﴾ (سورة الاعراف)

## **METHOD/WAY of DOING ZIKR in** **SILSILA NAQSHBANDIAH** **AWAISIAH**

By the grace of ALLAH Subhana-hu-wa-Taalah (SWT), our silsila is Naqshbandiah Awaisiah. The way of doing zikr has been written on the directions/will of Hazrat Gee Muhammad Ahsan Baig Sahib Madda Zilla-hul Aalee. The draft was read out to Hazrat Gee Madda Zilla-hul Aalee. He corrected it where deemed appropriate. This corrected written draft was again read out to Hazrat Gee Baig Sahib, Madda Zilla-hul Aalee and as per his directive, it is being distributed amongst sathies of the jamaat so that every sathie can correct himself/herself. This is the only way of doing zikr in our jamaat. No other way of doing zikr is acceptable in our jamaat. If someone does it any other way, then he/she must be corrected and his/her attention should be drawn to this booklet. May ALLAH SWT help us act upon it and make it beneficial and fruitful for our lives hereafter. Ameen.

# PASSANFAS and MURAQBAAT

## PASSANFAS

Sit facing Qibla in any comfortable position. In case of collective Zikr, sit in rows ('suff') and straighten the rows. Then recite following verses after the person who is leading the collective zikr, (hereby referred to as "leader"), in voice lower than the voice of the leader. (Whereas while doing zikr individually one should recite by oneself):

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ط  
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ ط بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط اللَّهُ، اللَّهُ، اللَّهُ-

When the leader says, start first lateefah--Lateefa-e-Qalb (need not say these words while doing zikr individually), close your eyes & lips, stick tongue to the palate, keep your focus towards ALLAH SWT and start Zikr-e-Pass Anfas. With your breath, while inhaling, pull the word "ALLAH "اللَّهُ" the personal name of ALLAH Subhana-hu-wa-Taala) from your heart (Qalb) and with movement of neck and body, while exhaling, strike back onto your heart (Qalb) with "Hu (هُ) with full force. Keep on striking (zarabain) that way with speed, intensity, and continuity while maintaining the focus solely towards ALLAH SWT. Companions (sathies) who haven't been told to do the next 'lataaif'

should keep on striking their hearts likewise with their breath till the end of Pass Anfas.

When the leader says go to second lateefah --'Lateefa-e-Rooh' (no need to say that while doing zikr individually), start striking the second lateefah with ALLAH-HU "الله" with speed, force, and concentration. Similarly, when the leader says, go to third lateefah, Lateefa-e-Sirri, start striking likewise the third lateefah with ALLAH HU "الله" The striking of ALLAH Hu "الله" should be done with utmost concentration and constant speed. When the leader says go to fourth lateefah, Lateefa-e-Khafi, then start striking the fourth lateefah with ALLAH HU "الله" with force, constant speed and concentration. When it is said, go to fifth lateefah, Lateefa-e-Akhfa then start striking the fifth latifah likewise with ALLAH HU "الله" When it is said go to sixth lateefah, lateefa-e-Nafs then start striking the forehead the same way with ALLAH HU "الله". Upon the directions to go to seventh lateefah, Sultan-ul-Azkaar, start striking the whole body from top of the head to the nails of the feet, with ALLAH HU "الله" with force, speed, consistency and concentration so that every particle of the body starts saying ALLAH HU "الله" ALLAH HU "الله" When the leader says go to first lateefah, then start striking the heart (Qalb) with ALLAH HU "الله" At the end, the leader will direct you to hold your breath. At that point stop the sound of breathing, breath normally, and stop body

movement, sit comfortably and relax.

## **MURAAQIBAH**

Now the Pass-Anfas ends and Muraaqibah مراقبه starts. Sit in a comfortable position with full concentration towards ALLAH SWT and start breathing naturally. Companions whose lessons are on Heart or other Lataif should keep their focus on the heart. While completely disconnecting from the rest of the world and fully connecting to ALLAH SWT, recite ALLAH HU “الله” from your heart with full concentration and stay in this Muraaqibah مراقبه till the supplication (duaa).

## **MURAAQIBAT-E-SALASAH:**

Further Muraaqibaat مراقبات are not achieved automatically. Only the Mashaikh (مشائخ) (the Spiritual Leaders) or those authorized by Mashaikh, can take the salik through these Muraaqibaat مراقبات. While doing zikr individually, one must do these Muraaqibat without saying anything after Pass-Anfas.

## **MURAAQIBAH-e-AHADEEYAT:**

During collective zikr when the leader says go to Ahadeeyat the soul of the zakir reaches Ahadeeyat instantaneously. The zakir while keeping his physical tongue closed, should recite

once with the tongue of his soul:

"وَحْدَهُ لَا شَرِيكَ لَكَ يَا اللَّهُ وَالْهَكْمُ إِلَهُ وَاحِدٌ لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ ط"

He should stay on this Maraaqibah and may recite the above verses whenever he wishes/desires to.

"وَحْدَهُ لَا شَرِيكَ لَكَ يَا اللَّهُ وَالْهَكْمُ إِلَهُ وَاحِدٌ لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ ط"

The meaning and reality of Maraaqibah-e-Ahadeeyat is that the whole universe holds nothing/is worthless in comparison to ALLAH SWT.

پناه بلندی و پستی تویی  
همه نیستند آنچه هستی تویی

Everything, high or low seeks protection with You, O Allah! Everything else has no value. You and only You are the life.

## **MURAAQIBAH-e-MAEYAT:**

During collective zikr when the leader say go to Maeeyat, the soul of the zakir reaches Maeeyat instantaneously. The zakir while keeping his physical tongue closed, should recite once with the tongue of his soul:

"وَهُوَ مَعَكُمْ أَيْنَ مَا كُنْتُمْ"-

During Maeeyat, the zakir should think that ALLAH SWT is present everywhere and witnessing everything. Not just with HIS

knowledge but ALLAH SWT is physically present with me. He should induce ALLAH's greatness and fear into his heart.

## **MURAAQIBAH-e-AQRABEEYAT:**

During collective zikr when the leader says go to Aqrabeeyat, the soul of the salik instantaneously reaches Aqrabeeyat. Here, the salik should recite with his soul's tongue:

"وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ"

In Maraaqbah-e-Aqrabeeyat, the salik should consider ALLAH SWT's presence/ proximity/ and nearness. And imagine that ALLAH SWT is close to me in Person but far/beyond any perception (in terms of supergo/conscious (wajdan)).

## **SAIYR-e-KAABAH:**

When the leader says go to Saiyr-e-Kaabah the soul immediately reaches Khana Kaabah. The Salik should recite the following with his soul's tongue:

"كَبَيْكَ اللَّهُمَّ كَبَيْكَ لَا شَرِيكَ لَكَ كَبَيْكَ ط إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ  
وَالمُلْكَ ط لَا شَرِيكَ لَكَ"

And then keep reciting until the leader says start Tawwaf "وَالْيَطَّوَّفُوا بِالْبَيْتِ الْعَتِيقِ" then come forward in front of Hajr-e-Aswad and kiss it saying

"بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ وَاللَّهُ الْحَمْدُ"

And then start first round of tawwaaf from right to left. During tawwaaf, one can recite any dua'a / supplication one remembers. Complete the seven rounds of tawaaaf in similar manner. After completing the last round, embrace the 'Multazim' and pray for forgiveness for own self, parents, whole jamaat and the whole 'Ummah' of Rasool-e-Akram ﷺ .

## **RAUZH-e-ATHER :**

When the leader says go to Raozah-e-Ather the soul immediately reaches at Raozah-e-Ather. Stand respectfully with lowered eyes and recite/pay Salaat-o-Salam and keep reciting Darood Sharif.

## **MASJID-e-NABVI ﷺ :**

When the leader says go to Masjid-e-Nabvi ﷺ , the soul immediately reaches Masjid-e-Nabvi ﷺ . Keep reciting Darood Sharif in Masjid-e-Nabvi ﷺ .

Ahadeeyat, Maeeyat, Aqrabeeyat, Saiyr-e-Kaaba, Raozah-e-Ather and Masjid-e-Nabvi ﷺ are spiritual places where the soul of the salik visits. Whereas Dawaair-e-Salasaah, Muraaqbah-e-Ism-e-Zahir-wal-Batin, Sajdah-e-aboodiyat, Fana-FILLAH, Baqa-BILLAH, Saiyr-e-Solaat, Saiyr-e-Quran, Muraaqah-e-Fana-Fir-Rasool ﷺ are just muraaqibaat and everyone has one's own

muraaqibaat and everyone has one's own experiences and feelings. So these muraaqibaat are seldom done collectively.

The person leading the collective zikr, should do zikr exactly the same way as the others and should do the striking in similar fashion. Before changing the lateefah, the leader must change his own lateefah first and then change the jamaat's lateefah. Same goes for Manazil/muraaqibaat. No one is allowed to recite poetry/ poetic verses during Zikr. This permission is only for Mashaikh. The leader should only change lataaif and manazil/maraaqibaat.

At the end of Zikr there will be supplication (Duaa). Everyone should supplicate with raised hands.