

MAA'MULAAT (DAILY PRACTICES) PRESCRIBED FOR MUREEEDS

By Shiekh -ul-Aqtaab Hadhrat Moulana Shah Hakim Muhammad Akhtar Saheb
Mudda Zilluhu

1. Recitation of Quraan One Juz
2. Munaajaat -e- Maqbool One Manzil
3. Observe the Sunnat in every action.
4. لَا إِلَهَ إِلَّا اللَّهُ 300 times

When saying لَا إِلَهَ إِلَّا اللَّهُ meditate lightly that my لَا إِلَهَ إِلَّا اللَّهُ has reached the Arshe -e- A'zam and on saying لَا إِلَهَ إِلَّا اللَّهُ

meditate that the nur of Allah is entering my heart, that there is a column of nur from the Arsh of Allah to my heart. A light mediation is sufficient. It is a hadith of Mishkaat Shareef

لَا إِلَهَ إِلَّا اللَّهُ لَيْسَ لَهَا حِجَابٌ دُونَ اللَّهِ

(That there is no veil between La ilaha illallaah and Allah)

5a. For males اللَّهُ اللَّهُ 300 times

To say جَلَّ جَلَالُهُ after the first اللَّهُ is wajib.

Meditate that there is one tongue in the mouth and one tongue in the heart. Allah is being said by the tongue and the heart. A light mediation is sufficient. Do not put stress on the mind.

5b. For females سُبْحَانَ اللَّهِ 300 times.

6. Istighfaar 100 times.
7. Durood Shareef 100 times.
8. Study *Bahishi Zewar Part 7 Urdu* - which corresponds to Part 6 in English published by Madrasah Arabia Islamia, Azaadville and Hazrat's *Spiritual Medicines and their Remedies*.

Note: To read wazifaas more than one can bear is extremely harmful. Therefore, whenever feeling tired, stop the wazifaas immediately and read only so much wazifaas which one can manage easily. Six hours sleep (during the night and day) is necessary. If one does not get enough sleep, see a doctor immediately and stop the wazifaas immediately as well.

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BAY'AT

(A short introduction to Bay'at):-

Bay'at is not Fardh; it is Sunnat. However, the object and purpose of Bay'at is Fardh - Fardh Ain – Actual Fardh on each individual! And that is the reformation of one's spiritual diseases and to recognise Allaah ﷻ and have a living relationship with Him. Just like when we become physically ill, we go to a doctor, take medicine and treatment, then, in'shaAllah, we get better.

Though, to take treatment for physical ailments is not Wajib, nor Fardh. It is a sabab - means - and Sunnat.

If a person takes treatment he may get better, he may not.

Even if he gets better he is still going to die, one day.

On death his worldly suffering will come to an end.

On the other hand to take treatment for spiritual ailments, like wrong and weak Imaan, casting lustful gazes, pride, doing things for name

and fame, anger, backbiting, etc. is Fardh e Ain!

If one follows the treatment, cure is guaranteed, or

Allaah ﷻ will grant one complete purity just before

maut. If this treatment is not taken, on death, the

problems don't come to an end, but rather start!

The punishment and suffering in the qabr will

continue till Allah ﷻ knows best?! Some sins,

if not forgiven will have to be burnt out in jahannam,

if he died with Imaan, thereafter only will he be allowed

to enter Jannat!

The general prescription is:

1. Recite at least 3-4 pages, for men and 1/4 para for ladies, of Quraan Sharief daily.
2. Recite 100 times 'Laa ilaaha ilallaah', the 1st time and more or less every tenth time the full kalema, with Muhammadur Rasulullaah and Durood Sharief (sallallaahu alaihi wa sallam) with this in mind that with 'laa ilaaha' I am taking out all the dirt and wrong from my heart and throwing it out, and with 'illallaah' I am putting the right qualities in my heart.
3. And 100 times 'Allaah' after the 1st time say some words of Allah ﷻ's greatness like 'Jalla Jalaalahu' and with this in mind that O Allaah I love You, I need You, You also love me, come in my heart.
4. Inform about one's condition about once a month, by email. On the information, as required and when required, more wazaaif will be prescribed which will lead a person to higher spiritual heights!

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Daily Wazaaf

Lecture delivered by Hadrat Maulana Abdul Hamid Saheb Daamat Barakaatuhum

DUA FOR WORRIES AND DEPRESSION

A person that recites the following Dua seven times morning and evening, Allah ﷻ will protect him from all worries and depression. Mullah Ali Qari ؒ writes,

كفاه الله ما اهمه

قال ملا على قارى رحمه الله هو الغم الذى يذيب الانسان من امور الدنيا والاخرة

It is the worries of the world and hereafter that will melt a person.

According to W.H.O. most people living in first world countries are suffering from depression. First world countries experience the highest rate of suicides. Hadrat Shah Hakim Muhammad Akhtar Saheb Daamat Baraakatuhum says, "If Switzerland could manufacture a watch that is water proof, what is it difficult for Allah ﷻ to create a heart that is worry proof?"

ATTAINING DUAS OF THE ANGELS AND DEATH OF A MARTYR

Every morning and evening, one should recite the last three verses of Surah Hashr (28th Para) after reciting Ta'awwuz.

اعوذ بالله السميع العليم من الشيطان الرجيم

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ
هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

وكل الله به سبعين الف ملك يصلون عليه ان يدعون له وان مات فى ذلك اليوم مات شهيدا

Allah ﷻ appoints 70 000 angels to make Dua (for the reciter of the above Dua) and if one passes away on that day, he will pass away as a martyr.

If a person receives the Dua of some pious person or one's parents, how happy wont he be? By reciting the above Dua, a person gets the Dua of the angels which is full of blessings. Hadrat Maulana Muhammad Umar Saheb Palanpuri ؒ mentioned on the occasion of a certain Ijtima, "I do not start my day's work until I engage 70 000 angels on their duty.

Protection from all evil

Whoever will recite Surah Ikhlāas, Surah Falaq and Surah Naas thrice morning and evening commencing with Tasmiah (Bismillah) each time, Allah ﷻ will suffice such a person. What is meant by Allah will suffice him? The commentators of Hadith have written,

تَكْفِيكَ مِنْ كُلِّ شَيْءٍ (أَي مِنْ كُلِّ وَرْدٍ)

It will suffice one from all Wazaaif.

If a person cannot recite all his Wazaa'if for the day due to his involvement in certain activities such as travelling etc., then this Wazifa will suffice on behalf of all other Wazaaif. For example, a person is sometimes rushing in the morning to work and cannot have a complete breakfast; he will suffice on a banana. Similarly, by reciting the above Wazifa it will suffice a person, if he does not have sufficient time to recite all his daily Wazaaif. However, this should not be a daily practice. One should ensure that all the prescribed Wazaaif are completed.

تَكْفِيكَ مِنْ كُلِّ شَيْءٍ (أَي مِنْ كُلِّ شَرٍّ)

It will suffice one from all evil.

Nowadays, people complain of Jadu, health problems, robbery, hijackings, crime, etc. However the biggest enemy is Nafs and Shaytaan. This is, so to say, an insurance policy that we have taken out, which is 100% Halaal. By reciting the above, no harm will affect the reciter.

Dua for protection of one's Deen, Dunya and family

A person came to Rasulallah ﷺ and complained of weakness in regards to his Deen and health. He also complained of family and financial problems. Rasulallah ﷺ caught his hand and advised him to recite the following Dua thrice daily,

بِسْمِ اللَّهِ عَلَى دِينِي وَنَفْسِي وَوَلَدِي وَاهْلِي وَمَالِي

Dua for protection from pride

On one occasion Rasulallah ﷺ mentioned that pride enters a person stealthier and more secretly than the movement of a black ant on a black rock on a pitch black night. When pride enters a person, then his deeds will be destroyed. Hadrat Abu Bakr ؓ said, in that case we will all be destroyed, O messenger of Allah ﷺ. Rasulallah ﷺ replied that a person that recites the following Dua will be protected from all forms of pride, whether it is little or a lot, minor or major, outward or inward. The dua is as follows,

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ إِنْ أَشْرَكَ بِكَ شَيْئًا وَأَنَا أَعْلَمُ اسْتَغْفِرُكَ لِمَا أَعْلَمُ

Those that have devoted their lives for the effort of Deen should recite the above Dua without default. Our efforts of Deen should not be like a person that works on his computer for six months and instead of saving his work, he errs and presses the delete button and everything is lost. It shouldn't be such that the Deeni efforts we carried out throughout our life is deleted, and we have zero in our book of deeds.

Protection from blindness, insanity, paralysis and leprosy.

Whoever recites the following Dua will be protected from blindness, insanity, paralysis and leprosy.

سبحان الله العظيم وبحمده لا حول ولا قوة الا بالله

An all-encompassing Dua

A Sahaabi came to Rasulallah ﷺ and complained of weakness of memory. Who can make Dua similar to the Dua of Rasulallah ﷺ? Rasulallah made Dua on the plains of Arafat, Mina, Muzdallifa, at various instances in the thirteen years of Makkah and ten years of Madinah. Are we able to make these Duas? Rasulallah ﷺ taught this Sahaabi a Dua that is all encompassing whereby he will get all the Duas of Rasulallah ﷺ if recited.

اللهم انى اسئلك من خير ما سئلك منه نبيك محمد صلى الله عليه وسلم واعوذ بك من شر ما استعاذ منه نبيك محمد
صلى الله عليه وسلم

O Allah! Verily I ask You of the good which Rasulallah ﷺ asked of You, and I seek refuge from the evil which Your Nabie ﷺ sought refuge from.

Advice

1. These Duas should be read with sincerity, for the pleasure of Allah ﷻ.
2. It should be read regularly.

Once there was a Ijtima in Azaadville, during the programme Bhai Abdul Wahhab Saheb fell asleep. I covered him whilst he was asleep. When he awoke, he enquired as to who had covered him and on finding out it was me, he gave me a lot of Duas. He then took out a card and began reciting some Wazaaf. I told him, "You also have some Taweez." He replied, "these are the morning and evening Duas that I recite daily."

The rewards and benefits promised for these Duas are guaranteed. However, we are many times deprived of these benefits due to our sins. We find a man ill in hospital, but he is busy flirting with the nurse and watching the TV. These sins deprive us from the benefit of these Wazaaf.

For example, a person imports goods from China and he is expecting a profit margin of 500%. However, his paperwork is not in order so the custom officials are not releasing the

goods. He is unable to sell the goods and accrue any profit. Similarly, sins deprive us of all benefit.

Many people feel that we cannot abandon sins in this day and age. This is incorrect. One should seek forgiveness by making Istighfaar which will cause our sins to decrease. A person that gets the Taufeeq of Istighfaar will fly towards Allah ﷻ.

Hadrat Thanwi ؒ has written an incident of a person aged 20-25 that got married. He used to mess the bed daily with urine. The newly wed wife asked him, "Why are you messing the bed as you are no longer a kid?" He replied, "I see a dream daily in which Shaytaan takes me for a long walk. I then have an urge to relieve myself so Shaytaan takes me to an ultra-hygiene toilet in which I relieve myself." The wife said, "You know that we are poor and living a difficult life, why don't you ask Shaytaan to show you all the treasures, as he is the leader of the evil Jinn and well aware of where the treasures are kept?" That night he requested Shaytaan to direct him to all the treasures. Shaytaan showed him a metal trunk full of treasures, he tried picking it up but it was so heavy that he relieved himself, but this time leaving stool on the bed. His wife said that this is even worse, you should rather stick to your old habit.

Hadrat Thanwi ؒ explains the above incident and explains that a person totally detests urine, stool, etc. However, sins are even worse than urine and stool.

In the Quraan Sharif Allah ﷻ states,

لَهُ مُعَقِّبَاتٌ مِّن بَيْن يَدَيْهِ وَمِنْ خَلْفِهِ يَحْفَظُونَهُ مِنْ أَمْرِ اللَّهِ

For everyone there are guardian angels in front of him and behind him protecting him from harm by Allah's order.

By backbiting the angels flee from a person due to the evil stench that gives off from the backbiter's mouth.

In another Hadith Rasulallah ﷺ reports,

لعن الله الناظر والمنظور اليها

Allah curses the one who looks at (strange women) and the one who is being looked towards (the women).

The person that cannot protect his gazes is deprived of the benefit of these Wazaaif as well.

In the Quraan Sharif, Allah ﷻ states,

وَكَذَلِكَ نُؤَيِّ بِغَضِ الظَّالِمِينَ بَعْضًا بِمَا كَانُوا يَكْسِبُونَ

In a like manner, We make some of the oppressors companions of others because of the evil deeds they perpetrate.

This verse is quite explicit that Allah ﷻ places oppressive rulers upon us due to our sins. However, Allah ﷻ does not derive any enjoyment in punishing us. In the Quraan Sharif Allah ﷻ states,

مَا يَفْعَلُ اللَّهُ بِعَدَابِكُمْ إِنْ شَكَرْتُمْ وَأَمَنْتُمْ وَكَانَ اللَّهُ شَاكِرًا عَلِيمًا

Why must Allah ﷻ punish you if you are grateful and have Imaan? Allah ﷻ is all appreciative, All knowing.

In short, we should totally abandon sins to benefit from these Wazaaf.

May Allah ﷻ grant us the Taufeeq to practice. Ameen.