



Daily Wird

The Daily Wird is essential for your spiritual progress

The Daily Wird

The Daily Wird is to be carried out twice a day: once after Fajr, and once after Maghrib or Isha. This is an essential element of the Tariqah and must not be missed regardless of where you are (including when travelling). It is binding on you for the rest of your life and is the key to the door of many spiritual openings inshAllah.

1. Observe the Adab of Thikr as best as you can (see 'Adab of Thikr,' page 2).

2. Recite 3 times (in Arabic): **اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ النَّورِ وَآلِهِ**
Allahumma sali ala sayyidina Muhammad al-nur wa alihi
(Oh Allah, send salutations upon our master Muhammad the Nur, and his family)

3. Read Surah al-Fatiha, with the intention that the reward be gifted to: *The Prophet and his family (may Allah bless them and grant them peace), his companions (may Allah be pleased with them), and our 'spiritual family' - i.e. the Shayukh of the Silsila (refer to the Silsilahs of our Tariqa), our noble Shaykh (may Allah protect him), the Shaykh's family and students (see 'Final Note', page 5).*

4. Recite 100 times (in Arabic): **أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ وَأَتُوبُ إِلَيْهِ**
Astaghfiru Allah al-adheem wa atawba alayhi
(I seek forgiveness to Allah the Supreme and repent to Him)

5. Recite 100 times (in Arabic): **لَا إِلَهَ إِلَّا اللَّهُ**
La ilaha ila Allah
(There is no god but Allah)

6. Recite 100 times (in Arabic): **اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ النَّورِ وَآلِهِ**
Allahumma sali ala sayyidina Muhammad al-nur wa alihi
(Oh Allah, send salutations upon our master Muhammad the Nur, and his family)

7. Finish by sitting in silence for 3 minutes and observing the after Thikr etiquettes (see 'Adab of Thikr,' page 2). Then make du'a for our 'spiritual family', your parents, the entire Ummah, and yourself.

Adab of Thikr

Very Important: Etiquettes to be observed during your spiritual exercises

It is important to observe the Adab of Thikr as best you can, as this is an integral part of your Wird.

Your surroundings:

- Sit in a clean place, as you do in Salah (this is preferred) *or in a very comfortable position*
- Create a peaceful atmosphere in which you can focus with minimal distractions:
Darkness, quiet, fragrance the area (e.g. incense, scented candles...etc.)

Before the Thikr:

- Make sure that your food consumption is Halal
- Be in a state of Wu'du and put fragrance on your clothes
- Sit facing the qibla
- Clear your mind and focus on *Tasawwur of the Shaykh* (see 'Connection with the Shaykh,' page 3).

Note: *Tasawwur is only to be done before the Thikr, **not** during.*

During the Thikr:

- Begin with sincere repentance to Allah, making sure you are not associating anything with Him
- Close your eyes, stop registering other pictures, and give your heart the opportunity to focus
- Try to be in Muraqabah of Allah (see 'Connection with the Shaykh,' page 3), and empty your heart of everything but Allah (any hatred, problems, and little things that may stand as a barrier to obtaining the effects of the Wird)
- Maintain sincerity and concentration – what is said on the tongue must come from the heart

After the Thikr:

- Remain in total silence mentally and physically for at least 3 minutes afterwards, awaiting the effects of the Wird
- Continue persistence and remain within ones boundaries (i.e. remember that any spiritual experiences/perceptions are not your ultimate goal - remain true to your objective, which is to be closer to Allah)
- When you have finished sitting in silence, end your Thikr session with du'a for our 'spiritual family', your parents, the entire Ummah, and yourself

Note: *After making du'a, you have the option of re-establishing Tasawwur of the Shaykh – but this is optional, and would not be considered as part of the Thikr*

Connection with the Shaykh

A key part of the spiritual path

Overview

An important part of the spiritual path for every Murid is establishing a spiritual connection with the Shaykh in their heart. Such connection is a means of helping the soul elevate beyond its physical boundaries, thus enabling you to focus during your meditations. The goal of all of these practices (the Athkar, observing the Adab of Thikr, Tasawwur, etc.) is to transition to the metaphysical world, rather than being jailed by the physical, material world.

A common Sufi practice is 'Tasawwur of the Shaykh,' in which the Murid/Soul attempts to be in the spiritual presence of the Shaykh. This helps to establish 'Rabita' - a spiritual connection which facilitates the transmission of illumination and spiritual knowledge from master to student. This is to be done before your Thikr, as a means of helping you focus both your mind and heart in preparation for your spiritual exercises.

Useful Terms:

**Tasawwur of:
the Shaykh**
تصور الشيخ

*Focusing your **mind/Soul** on the Shaykh (i.e. attempting to be in spiritual presence of the Shaykh) in order to establish 'Rabita'*
This practice is a tool, and is not a must. As a rule; Nothing is a Must, except what is mandated by the Book and Sunnah.

Rabita:
رابطة

*'Bond, attachment' – focusing your **heart** in order to establish a spiritual connection with the Shaykh, thus opening a channel by which illumination and spiritual knowledge may flow into the heart*

Important: *Tasawwur of the Shaykh is only to be done before the Thikr. It is **never** to be done during. After you have completely finished the Thikr (including the sitting in silence and making du'a) you may re-establish Tasawwur of the Shaykh if you wish, but this is optional and not considered to be part of the Thikr.*

During and After the Thikr: *Muraqabah of Allah*

During and after your Thikr, focus on Allah and observing His attributes, taking care not to associate anything with Him. Be in 'Muraqabah' of Allah, in which you strive to remain aware that you are being observed by Allah even though you do not see Him, that He is very close, loving and caring for you. This is as mentioned in the Hadith of Jibril, where the Prophet (Sallallahu alayhi wa aalihi wa sallam) describes Ihsan as follows:

الإحسان أن تعبد الله كأنك تراه، فإن لم تكن تراه فإنه يراك.

"That you worship Allah as if you are seeing Him, though you don't see Him, but He surely sees you."

In light of this, make every effort to maintain a pure heart during and after the Thikr, throwing out any thoughts or distractions other than Allah that may pass through your heart. *Observe that you are being observed by Allah.* After the Thikr, remain focused and await any Wared (i.e. inrushes of inspiration, spiritual perception).

Useful Terms:

Muraqabah: مراقبة	<i>'To observe, watch over' – being aware of your heart in the presence of Allah, because although you do not see Him, He sees you (as per the description of Ihsan in the Hadith of Jibril)</i>
Wared: وارد	<i>'Occurrence, arriving thing' – an overflowing experience which overcomes a person's heart, unlimited inrushes of inspiration and spiritual perception</i>

Important Hadiths to Remember and Practice

الأرواحُ جنودٌ مُجنَّدَةٌ. فَمَا تَعَارَفَ مِنْهَا ائْتَلَفَ. وَمَا تَنَافَرَ مِنْهَا اِخْتَلَفَ

"Souls are like recruited soldiers, those souls that know each other are close together, and those that don't recognise each other disagree with each other".
(Sahih Muslim 16/158, reported by Abu Hurayra)

أَنَّ رَجُلًا سَأَلَ النَّبِيَّ عَنِ السَّاعَةِ فَقَالَ: مَتَى السَّاعَةُ؟ قَالَ: وَمَاذَا أُعِدَّتْ لَهَا؟

قَالَ: لِأَشْيَاءَ إِلَّا أَنِّي أَحَبُّ إِلَهٍ وَرَسُولِهِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) فَقَالَ: أَنْتَ مَعَ مَنْ أَحْبَبْتَ

قَالَ أَنَسٌ: فَمَا فَرَحْنَا بِشَيْءٍ فَرَحْنَا بِقَوْلِ (صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ) النَّبِيِّ أَنْتَ مَعَ مَنْ أَحْبَبْتَ

"A man asked the Prophet (Sallallahu Alayhi wa aalihi wa sallam) about the Day of Judgment - he said: "When is the Day of Judgment?" He (the Prophet) replied: "What have you prepared for it?" The man said: "Nothing much, except that I love Allah and His Prophet" (sallallahu alayhi wa aalihi wa sallam). The Prophet (Sallallahu alayhi wa aalihi wa sallam) replied: "You shall be with those you love." Anas said: "We were not happier with something other than when the Prophet (Sallallahu alayhi wa aalihi wa sallam) replied: 'You shall be with those you love'."
(Sahih Bukhari 3/1348)

أَوْلِيَاءَ اللَّهِ تَعَالَى الَّذِينَ إِذَا رُؤُوا ذَكَرَ اللَّهُ تَعَالَى

"The awliya (saints) of Allah, whenever they are seen (i.e. come to a place) Allah is mentioned."
(Hadith of Ibn Abbas with authentic Isnad in Musnad Ahmad, Nasa'iy and others)

Final Note

Being in a Tariqah (Silsilah) is being in and belonging to one big, spiritual family. It is a big family that extends over 1000's of years, and includes lots of Pious Awliya of Allah, Shuyukh and great people. It also includes us, who should be mindful of that. Don't forget to act like a family.

Maybe in the physical, worldly dimensions you have not met with each and every murid, but definitely in the spiritual world you are together. The Shaykh of the Tariqah (may Allah protect him) is like the father of the family (i.e. spiritual father), and all Murids are like brothers and sisters on the Path to Allah. Let us remember to make Du'a for our Shaykh, and for our fellow Murids.

May Allah purify all of our souls, to be eligible to be around the Beloved Prophet (Sallallahu alayhi wa aalihi wa sallam) and to assemble us all together in the Barzakh and Akhira, under his banner, in and around the area of Aal Muhammad (may Allah bless him and his family and grant him peace).