

Start Date:

Forty-Day Journey to *The Beloved* ﷺ

End Date:



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
DAILY INTENTIONS	Mawlana Shaykh Nazim Adil	Shaykh `Abdullah Daghestani	Shaykh Sharafuddin Daghestani	Abu Muhammad al-Madani	Abu Ahmad as-Sughuri	Jamaluddin al-Ghumuqi	Muhammad al-Yaraghi	Khas Muhammad ash-Shirwani	Isma`eel ash-Shirwani	Khalid al-Baghdadi	`Abdullah ad-Dahlawi	Shamsuddin Habibullah	Nur Muhammad al-Badawani	Sayfuddin al-Faruqi	Muhammad al-Ma`soom	Ahmad al-Faruqi as-Sirhindi	Muhammad al-Baqi billah	Khwaja-kal Amkanaki	Darwish Muhammad	Muhammad az-Zahid	`Ubaydullah al-Ahrar	Yaqubi al-Charkhi	`Alauddin al-Bukhari al-Attar	Khawaja Bahauddin Naqshband	Sayyid Amir Kulali	Muhammad Baba as-Samasi	`Ali ar-Ramitani	Khawaja Mahmud al-Faghawawi	Arif ar-Riwakri	`Abdul Khaliq al-Ghujdawani	Abul Abbas al-Khidr	Abu Yaqub Yusuf al-Hamadani	Abu Ali al-Farmadi	Abul Hasan Ali al-Kharqani	Tayfur Abu Yazid al-Bistami	Ja`far as-Sadiq	Qasim ibn Muhammad	Salman al-Farisi	Abu Bakr as-Siddiq	SAYYIDINA MUHAMMAD ﷺ	DAYS COMPLETED
PRAYERS/NAWAFIL*																																									PRAYERS/NAWAFIL
Tahajjud																																									_____ of 40 days
Salaat an-Najaat																																									_____ of 40 days
Salaat ash-Shukr																																									_____ of 40 days
Salaat at-Tasaabeeh																																									_____ of 40 days
FAJR & AWRAD																																									_____ of 40 days
Salaat al-Ishraq																																									_____ of 40 days
Salaat ad-Duhaa																																									_____ of 40 days
DHUHR & AWRAD																																									_____ of 40 days
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MAGHRIB & AWRAD																																									_____ of 40 days
Salaat al-Awwabeen																																									_____ of 40 days
ISHA & AWRAD																																									_____ of 40 days
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Muraqabah**																																									_____ of 40 days
Allah, Allah...																																									_____ of 40 days
Salawat ash-Sharifah																																									_____ of 40 days
Dalailu 'l-Khayrat or 100x <i>salawat</i>																																									_____ of 40 days
Holy Qur'an*** or 100x <i>Surah al-Ikhlâas</i>																																									_____ of 40 days
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* Grandshaykh ʿ said: If you pray your prayer within one hour of the *adhaan*, not delaying it, Allah ﷻ will reward you with the benefit of having done Hajj.

** Contemplation for one hour is better than seventy years of supererogatory worship. (Hadith ash-Sharif)

*** mark pages/juz numbers in the boxes

KEY: Complete Incomplete

In this forty-day journey, we seek the *madad* of each Master in the Naqshbandi Golden Chain and intend to complete the daily *adab*, moving towards the presence of the Prophet ﷺ!

Daily Intention

Mawlana Shaykh Hisham Kabbaní ق :

- Every move you make and every action you do is according to your intention: if your intention is to Allah ﷻ and His Prophet ﷺ and you want to do something good, you will be rewarded for that, even if you did not do it.
- When you make the intention for *arba`een* (forty) days, you make a decision. *Innama al-`amaalu bi`n-niyyaat*, everything is by intention, so the one intending will get the rewards of the worshipper who actually completed the forty days. Every *`amal* we do in Islam or *imaan* is to make the Prophet ﷺ happy with us.
- Grandshaykh ق said, “If someone tries to protect himself from all kinds of bad desires for forty days, only praying and worshipping Allah ﷻ, he will be given a power to cut the Tree of Anger and the Tree of Forbiddens from its trunk.
- The meaning of *ati` ar-rasul* (obey the Messenger) is that if you take one hadīth of the Prophet ﷺ and you follow and obey it for forty days, your heart will be filled with all kinds of wisdom, and all negativities and impurities that are within will be taken out. Following that one hadīth for forty days will be enough to get you into the Presence of the Prophet ﷺ and the Presence of Allah ﷻ. So in forty days of sincere striving, you will get all these knowledges!
- Ibn al-Majah related: Whoever stays up one night doing worship, it is as if you fasted a thousand nights and you stayed awake a thousand nights. And as the Prophet ﷺ said, “To contemplate for one hour is better for you than seventy years of worship.” So give Allah ﷻ one hour and He will give you the rewards of seventy years' worship!
- Allah ﷻ is saying one thing: "Leave what I hate most and recite what I love most!" Show dedication, focus on that for one day up to forty days...You will find by the fortieth day your problem will be solved.

Grandshaykh` Abdullah ad-Daghestani ق :

I shall teach you a way to approach me very quickly. Whenever you are coming and sitting in an association, or you are praying at night, or by day, or you are making *dhikr*, or reading Qur`ān or hadīth, or doing anything, when you sit, say:

<i>Nawaytu`l-Arba`in</i>	I intend the Forty Days
<i>Nawaytu`l-`Itikāf</i>	I intend retreat
<i>Nawaytu`l-Khalwah</i>	I intend seclusion
<i>Nawaytu`l-`Uzlah</i>	I intend isolation
<i>Nawaytur-Riyādah</i>	I intend devotion
<i>Nawaytus-Sulūk</i>	I intend discipline
<i>Nawaytus-Siyām</i>	I intend abstinence
<i>Fi hadha`l-Masjid</i>	In this place of worship,
<i>li-llāhi Ta`āla</i>	for the sake of Allah ﷻ

When you make this intention before sitting at any meeting, which lasts one hour, this hour will be deducted from the forty-day seclusion which is an obligation on every one of us. Make that intention before sitting at any meeting: it will take you to your Shaykh like a rocket! When you finish the forty days in this way, you will find that the light which Allah ﷻ has given to you in your heart will be opened. It is that light which is going to open the eyes of the heart!

The Beloved Messenger of Allah ﷺ :

- Verily actions are by intentions.
- Whoever prays for forty days with the congregation, always being present for the first *takbeer*, it will be written that he will be safe from two things: he will be safe from the Fire and safe from hypocrisy.
- When someone devotes himself purely to Allah for forty days, the springs of wisdom will gush forth from his heart and appear on his tongue.

Mawlana Shaykh Nazim Adil ق :

- Intention is like a steering wheel of a ship, it sets your direction. Then if you make intention for the sake of your Lord, He will help you take action for goodness.
- If a man can keep his heart pure and worship sincerely for forty days, then he may catch Divine Wisdom in his heart.
- It is possible for men to reach a connection in forty days, but we may do the same for women in forty hours! If I say an order to you (a man), you must keep it for forty days to keep a connection, but for them (women), I may do it for forty hours, to reach a connection! Then you will look up and wonder, "Where are they?" May Allah ﷻ grant us through these Endless Oceans that He granted to His Beloved One ﷺ and His *awliya* that we may perhaps complete forty days or forty hours, that we may reach the Holy Night of Power in Holy Ramadan.
- We must try to reach a number that showing a perfection. “Forty” is a perfect number used for so many purposes; 40 days. Take care, if you are asking to reach something through 40 times; you are asking and you are reaching. That is an important number through numbers. Keep it well and it will be opened; such a strange meanings and situations may appear. Keep it well. If you are asking to reach to something, follow it for 40 days or 40 times, and you will reach what you are asking. May Allah ﷻ grant us the secret of the number 40. *Fatihah!*