

## The Daily *Awrad* (Spiritual Practices)

### The *Wird* the Initiate (*Mubtadi'*) مبتدی

- a) **shahada** three times [*ash-hadu an la ilaha illallah wa ash-hadu anna Muhammadan `abduhu wa rasaluh*];
- b) "*astaghfirullah*" 25 times;
- c) **Fatiha** one time with the intention of participating in the blessings sent down with it when it was revealed in Makkah.
- d) the verse **Amana ar-rasul** (2:285-285);
- e) **Inshirah** (Surah 94) 7 times;
- f) **Ikhlas** (Surat 112) 11 times;
- g) **Falaq** (Surat 113) 1 time;
- h) **Nas** (Surat 114) 1 time;
- i) *la ilaha illallah* 10 times, the last time completing it with *Muhammadun Rasulullah*.
- j) **Salawat ash-sharifa** 10 times [*allahumma alli `ala Muhammadin wa `ala ali Muhammadin wa sallim*];
- k) "*ihda*," that is, presenting the reward of the above recitation to the Prophet (s) and to the Shaykhs of the Naqshbandi Tariqat;

[*ila sharafin-nabi, salla-Allahu `alayhi wa sallam wa aalihi wa sahbihil-kiraam wa ila arwaahi ikhwanihi min al-anbiyaI wal-mursaleen wa ila arwaahil a`immati`l arba` wa ila arwaahi mashaykhina fi`-t-tariqati-n-Naqshbandiyyati-l-`aliyya khaassatan ila ruhi imami-t-tariqah wa ghawthil-khaliqat khwaja Bahauddin Naqshband Muhammad al-uwaysi al-bukhari, wa ila sultanul-awliya shaykh Abdullah al-faiz ad-Daghestani wa ila shaykhina Muhammad Nazim al-Haqqani*]

- l) wrapping it up with **Fatiha**, with the intention of sharing in the Divine Graces and *tajalli* which were sent down when it was revealed in Madinah the second time.
- m) **Dhikr** of the Glorious Name '*Allah, Allah*' 1500 times;
- n) **Salawat** [same as (j)] 100 times; 300 times on Mondays, Thursdays and Fridays.
- o) one-thirtieth (*juz'*) of the Qur'an, or instead **Ikhlas** 100 times;
- p) one chapter of *Dala'il al-Khairat* or instead **Salawat** 100 times.

### The *Wird* of those who are Prepared (*Musta'id*) مستعد

The same *Wird* as for the Initiated except that:

The **Dhikr** '*Allah, Allah*' is increased from 1500 times to 2500 times by tongue and 2500 times by heart.

The praise on the Prophet ﷺ (**Salawat**) is increased from 100 to 300 times and on Mondays, Thursdays and Fridays to 500 times.

## The *Wird* of the People of Determination (*Mureed*) <sup>مُرِيد</sup>

The same *Wird* as for the Initiated except that:

After the “**ihda**” sit on the knees, meditating on the connection (*rabitah*) to your Shaykh, from your Shaykh to the Prophet ﷺ and from the Prophet ﷺ to the Divine Presence, reciting “*Allahu Allahu Allahu Haqq*” three times;

The **Dhikr** ‘Allah, Allah’ is increased from 1500 times to 5000 times by tongue and 5000 times by heart.

The praise on the Prophet ﷺ (**Salawat**) is to 1000 times, and on Mondays, Thursdays and Fridays 2000 times.

