

Pure Mujaddidi Practices

This write-up describes the daily spiritual practices of the Pure Mujaddidi Sufi Tarikah. In addition, you should pray the five times a Day Muslim obligatory Prayers or Salat — they would give the initiates or Murids tremendous amounts of effusion or spiritual energy.

When your shaykh gave you the initiation, he gave a face turning to your Heart Center. During all the practices, your concentration should be there. And when he will elevate you to the next station, your shaykh will instruct you to change the focus of your concentration to a new Center.

In the Islamic calendar, a day starts at sunset and ends the next day's sunset. We divide the day in two segments. First segment is from sunset to next day's late afternoon or Asr Prayer. Second segment is from then on to sunset.

First Segment

Sunset to Next Day Late-afternoon Prayer

1. Active Meditation [Riyazat]

This is our most important practice. Every moment, you should in silence chant the divine name Allah concentrating on the Heart Center — it is located “width of two fingers” (i.e. roughly one inch or three centimeters) below the left nipple.

This chant is really through the mind --- you should concentrate your mind on the Heart center and since you are connected to the flow of effusions of the Mujaddidi Tarikah, you will feel the Heart Center itself doing the chanting when you concentrate.

However, you must not do any chanting through your tongue as the Mujaddidi chanting is in silence. To get into the habit of chanting mentally, we recommend that you place your tongue on the roof of the mouth. Once you have gotten into the habit of not moving your tongue while chanting, you will no longer have to put it there.

You should be in meditation through this mental chanting all the time, in ablution or without it, while eating, drinking, driving, studying, reading or doing anything else.

2. Silent Mediation or Muraqabah

After the morning or Fajr Prayer and the evening Maghrib Prayer, you should close your eyes and sit in Silent Mediation or **Muraqabah** for five to ten minutes (If in a hurry, sit for just one minute but still do it). It is better that you sit in the same ritual position as you sit in Prayers.

Additionally, you can sit in Silent Mediation after the noon or Dhuhr Prayer and the night or Isha Prayer as well as other times. However, you must never do it after the late-afternoon or Asr Prayer because the time between the late-afternoon Prayer and the evening Prayer is reserved for continuous chanting of the verse "*La hawla wa la quwwata illa biLlah.*"

During the Active Meditation and the Zikr with Prayer beads, you should direct the thought energy "Allah" onto the Heart Center. In contrast, during the Silent Mediation, you should not direct the energy; instead, you should open up the Heart Center and freely accept the divine effusions there.

3. Zikr With Prayer-beads

You will need a chain of Prayer-bead with ninety-nine or one hundred beads. With your right hand hold the chain and place your tongue on the roof of the mouth. Then start mentally chanting Allah and start whirling the chain. When one complete revolution is complete, hold the chain still and mentally recite the supplication:

*Lord! My desire is You and Your satisfaction.
Give me in my fate Your mercy, love and wisdom.*

That completes one cycle and then start the next cycle by re-starting the mental chant Allah and whirling the chain. You may want to keep the count by counting on the fingers of the left hand because you will have to do 25,000 times the chant Allah, i.e. 250 cycles a day. Once you become experienced, the entire 25,000 times Allah Zikr should take less than one and a half-hour. Initially, you may not be able to the entire 25,000 and so do whatever you can. And remember to always concentrate towards the Heart Center.

Second Segment

Late-Afternoon Asr Prayer to Sunset

4. Recitation of the verse "La hawla wa la quwwata illa billah":

This period has one and only one thing to do. With a chain of Prayer beads or without it, concentrate at the Heart Center and all the time you should repeat the verse in silence:

La hawla wa la quwwata illa billah
[There is no refuge except Allah]

5. Prayer of the Glorifications of the Odd Prayer: You should pray this two-cycle supererogatory Prayer every night immediately after the Last Prayer of the Night or Witr Prayer. This two-cycle Prayer must be prayed sitting down and with small Quranic Chapters or Suras and right after the Giving of the Peace of the Witr Prayer and before any Supplication.

6. No Supererogatory Prayer: Except for the Prayer mentioned above, you must not make any other Supererogatory Prayer. This rule will be relaxed after you will attain advanced levels. Even then, supererogatory Prayers are not at all encouraged in our particular branch of the Tarikah and you should not make them without the shaykh's permission.

7. For those ones of the five Prayers where there is a stressed Sunnah Prayer after Fard Prayers i.e. Dhuhur, Maghrib, Isha, you should make a supplication after the Fard Prayer and immediately afterwards pray the Sunnah Prayer. The supplication is: “Allhumma antas salam wa minkas salam, tabarakta Rabbana wata alaita ya jaljalali wal ikram” or “Allah! You are peace and from You comes peace!”

Expanded Procedure for Silent Mediation

Right after the morning or Fajr Prayer and the evening or Maghrib Prayers, you should recite the following:

1. 100 times the verse “Allahumma salli ‘ala Muhammad wa ‘ali Muhammad barik wa sallam”
2. 500 times the verse "La hawla wa la quwwata illa billah"
3. Again 100 times the verse "Allahumma salli ‘ala Muhammad wa ‘ali Muhammad barik wa sallam"

Then recite once **Sura Fatiha** and thrice **Sura Ikhlas** and make the following supplication of giving the blessings:

Allah! Providence! All-Merciful! Compassionate! Whatever Holy Word and noble recitals that we have recited,

May You send all the rewards onto the spirit of The Accepted Messenger, Intercessor of the Sinners, Mercy to the Creation Hazrat Muhammad the Chosen Ahmad the Elect (peace be upon him)

May You send it onto the spirits of the Four Companions (Allah be satisfied on them)

May You send it onto the spirits of the Holy Five (mercy of Allah be on them)

May You send it onto the spirits of the twelve Apostolic Imams (mercy of Allah be on them)

May You send it onto the spirits of all the prophets (peace be on them)

May You send it onto the spirit of the Relief-Giving Pir, Beloved of the Exalted, Pole of our Lord, Succor of the Everlasting Refuge, Prince of the Gnostics Hazrat Abdul Qadir Jilani (Allah sanctify his secrets);

May You send it onto the spirit of Khwaja [garib-i newaz?????] Muinuddin Chishti Ajmiri (mercy of Allah be on him)

May You send it onto the spirit of Imam of the Tarikah Khwaja Bahauddin Naqshband the Remover of Difficulties or Mushkilkusha Bukhari (mercy of Allah be on him)

May You send it onto the spirit of Khwaja Baqibillah (mercy of Allah be on him)

May You send it onto the spirit of the Protector of the Era, Imam Rabbani, the Great Mujaddid Ahmad Sirhindi (mercy of Allah be on him)

May You send it onto the spirit of Khwaja Muhammad Masum billah (mercy of Allah be on him)

May You send it onto the spirits of all Saints, Shaykhs, Succors, Poles, of all Tarikahs.

May You send it onto the spirit of Hazrat Haji Riyasat Ali Khan Shahjahanpuri (mercy of Allah be on him)

May You send it onto the spirit of Hazrat Aminuddin (mercy of Allah be on him)

May You send it onto the spirit of Hazrat Hakim Abdul Hakim (mercy of Allah be on him)

Through their supplications and through the medium of our blessed Shaykh Muhammad Mamun-ur Rashid, Allah, grant effusion and blessings of the Mujaddidi Tarikah unto me. Amin!

It is then you close your eyes and start the Muraqabah.

Glossary:

spiritual practices [**wazifa**]

effusion [fayd]

initiation [**bayah**]

face-turning [**tawajjuh**]

Heart Center [**latifa al-qalb**]

Late-afternoon [**asr**]

Active Meditation [**riyadha**]

ablution [**wudhu**]

Silent Mediation [**muraqaba**]

morning Prayer [salat al-fajr]

evening Prayer [salat al-maghrib]

noon Prayer [salat al-zuhr]

Night Prayer [salat al-*isha*]

late-afternoon Prayer [salat al-*asr*]

desire [**maqsud**]

satisfaction [**ridha**]

fate [**nasib**]

mercy [**rahma**]

love [**mahabba**]

wisdom [**marifa**].

Prayer of the Glorifications of the Odd Prayer (**salat al-tasbehat al-witr**)

cycle (rakat)

supererogatory (nafl)

Last Prayer of the Night (**witr**)

Quranic Chapters (**sura**)

Giving of the Peace (taslim)

Last Prayer of the Night (**witr**)

Supplication (munajat).

Stressed Sunnah Sunnat al-muaqqada

Providence [parwardigar]

All-Merciful Rahman

Compassionate Rahim

noble recitals [khatm sharif]

rewards [thawab]

Accepted Messenger [rasul-i maqbul]

Intercessor of the Sinners

Mercy to the Creation

Chosen

Elect

Holy Five

Relief-Giving Pir [Pir-i dastgir]

Beloved of the Exalted [Mahbub-i Subhani]

Pole of our Lord [qutb-i Rabbani]

Succor of the Everlasting Refuge [ghawth-i samadani]

Prince of the Gnostics [sultan al-arifin]
[garib-i newaz?????]
Remover of Difficulties [Mushkilkusha]
Protector of the Era [Qaiyyum-i zaman]
Succours ghawth
Pole qutb
supplications [dua>]
medium [wasila]
effusion [faydh]