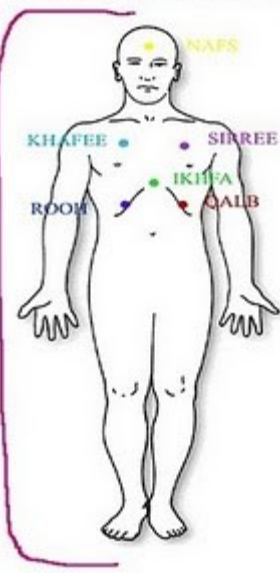


Sultan ul Azkar (from head to toe)



VITAL ORGANS OF THE SPIRIT AND THEIR PLACEMENT:

There are five main organs or vital parts of the spirit. The same way the human body has organs and body parts so does our spirit, which lies within the parameters of our body. The Spirit too has a brain centre which is known as the Qalb and is placed in the exact same position as our physical heart. This is the most important part of the Spirit and thus the main focus of meditation lies constantly at this point. The rest of the organs or parts are as follows:

1. Qalb – placed in the exact position of our physical heart. Approximately and inch below the left breast.
2. Ruh – placed directly opposite to the Qalb / heart on the right hand side. Approximately and inch below the right breast.
3. Siree – placed directly above the Qalb / heart. Approximately two inches above the left breast.
4. Khafee – placed directly above Ruh. Approximately two inches above the right breast
5. Ikhfa – placed right in the centre of the chest. Where the ribs join.
6. Nafs – (this is not an organ of the Spirit, but is placed with in our physical selves.) placed in the centre of our forehead.
7. Sultan ul-Azkar – (this too is not an organ of the Spirit, but is our physical selves) placed in our entire physical body from head to toe. Every inch, every pore of us.

DETAILED METHOD OF ZIKR ALLAH FOR BEGINNERS

1. Sit in a comfortable relaxed position.
2. Close your eyes.
3. Recite the 3rd Kalima, Astaghfaar and then the 2nd kalmia.
4. Recite Tawuuz and Tasmia.
5. Concentrate on your breathing.
6. Inhale deeply and exhale with deliberate force.
7. When you inhale recite the word ‘Allah’ in your heart.
8. Visualize the word ‘Allah’, descending on you in the form of light and penetrating into your soul, going straight into your heart (Qalb).
9. When you exhale, recite the word ‘Hoo’ in your heart.

10. Visualize the light that seeped into your heart now coming out of your heart and flowing out with your breath, only to come back and strike at your heart again.
11. Repeat this exercise on all the other parts of the spirit in the following manner.
12. When you inhale recite the word 'Allah' in your heart.
13. Visualize the word 'Allah', descending on you in the form of light and penetrating into your soul, going straight into your heart (Qalb).
14. When you exhale, recite the word 'Hoo' in your heart.
15. Visualize the light that seeped into your heart now coming out of your heart and flowing out with your breath, but this time it should come back and strike at either one of the 'Lataif' or vital organs of the Spirit (in the order of succession); (Qalb being the brain centre and the first organ of the spirit) 2. (Ruh), 3. (Siree), 4. (Khafee), or 5. (Ikhfa) depending on which stage of zikr-Allah you are at.
16. Repeat the same procedure again for the next two (Nafs) and (Sultan ul-Azkar) these are placed within the body, and are not parts of the Spirit.
17. The only difference in the procedure of the sixth stage or (Nafs) is that; when you exhale, recite the word 'Hoo' in your heart. Visualize the light that seeped into your heart now coming out of your heart and flowing upwards and coming straight out of the centre of your forehead in the form of a flame, burning out the impurities of the evil part your mind or (Nafs).
18. The only difference in the procedure of the seventh stage or (Sultan ul-Azkar) is that; when you exhale, recite the word 'Hoo' in your heart. Visualize the light that seeped into your heart now coming out of your heart and flowing outward from every pore of your body, from your head to toe).
19. Finally come back to the first Latifa Qalb / heart and repeat the procedure for zikr-Allah on the first latifa.
20. Now you may stop the deliberate breathing, and come back to your natural pace.
21. Continue reciting 'Allah', and visualising its penetration into your heart, every time you inhale.
22. When you exhale recite 'Hoo', but this time when it flows out of your heart it should go straight up into the heavens and hit the 'Sublime Throne of Allah' (Arsh-e-Azeem) forming a constant connection between your heart and the 'Arsh-e-Azeem' (wherever that might be).

Note: spend at least a few minutes of focused zikr Allah on each Latifa for its individual cleansing. The longer you take on each latifa, the more purified it will get. And therefore the improvement in your character will be more efficient.

THE FUNCTION OF EACH VITAL ORGAN OF THE SPIRIT.

There are five Exalted Messengers Hadhrat Muhammad-SAW, Hadhrat Abraham-AS, Hadhrat Musa-AS, Hadhrat Noah-AS, and Hadhrat Eesa-AS, while Hadhrat Adam-AS is the first Prophet of Allah and the father of mankind.

1st Latifa = Qalb The first Latifa is connected to Hadhrat Adam-AS. The special quality which comes to the forefront in the nature of Hadhrat Adam-AS is that when he had committed a mistake by the mischief of Satan, he felt repentant and ashamed, and very humbly asked forgiveness from Allah. Thus, this is the quality of human beings which starts becoming prominent, that when he commits a mistake he should feel ashamed and ask for forgiveness. The quality of heartfelt repentance stems.

2nd Latifa = Ruh The second Latifa is connected to Hadhrat Noah-AS and Hadhrat Abraham-

AS. The strongest quality of Hadhrat Noah-AS was his unwavering perseverance in preaching and Hadhrat Abraham-AS's quality is his strength of faith, determination towards Islam and preaching which did not waver although opposed and harassed by his own family and relatives to the point of being thrown into the fire, for which he even severed ties with them. Thus similar qualities of perseverance, steadfastness and determination while inviting people towards Allah and while following Allah's Commands is developed.

3rd Latifa = Sirree The third Latifa is connected to Hadhrat Musa-AS. The strength to stand up for the truth no matter what or who opposes you will stem. The ability to preach with patience, calmness and kindness is developed. Since Hadhrat Musa-AS also stood against all the black magic and voodoo that was rampant during his time, the ability to fight the negative forces and become spiritually strong against them appears.

4th Latifa = Khafee The fourth Latifa is connected to Hadhrat Eesa-AS. As this latifa gets purified you become indifferent to and unaffected by the negative or positive opinion or comments about you. None of the negative things people say about you can stand in the way of the good that you are doing and nor can they pull you down or make you feel bad. Similarly when people praise you and say good stuff about you it does not affect you in a way that you may start thinking something of yourself and become arrogant in your nature. Spiritual diseases such as arrogance and bottling grudges, is cured. The virtue of humility grows. You become more and more humble and humane.

5th Latifa = Ikhfa The fifth Latifa is connected to the Holy Prophet-SAW. With the purification of this latifa, the love for humanity develops. The need to help others and spread love and peace becomes intense. You become more and more balanced and develop spiritual wisdom. The Islamic law and the 'Hikmah' behind Allah's words and circumstances that occur in your life start becoming much clearer. Thus you begin achieving the state of Razi-ba-Raza "Happy with whatever Allah ordains for you!"

6th Latifa = Nafs & 7th Latifa = Sultan-ul-Azkar As the Nafs gets purified, it becomes easier to avoid sin and do good deeds. And as each cell of the body gets purified, it gets tougher and tougher to disobey Allah, since the hands refuse to indulge in a sinful act and the feet refuse to take you towards evil. As the intensity of purification grows, so does the ability to avoid sin and aptitude to follow Allah's Commands.

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