

GENERAL ADVICES

- Be particular about occupying the 1st saff and performing Salah with Takbeer Ula (first Takbeer)
- Remain in Zikr and do not be negligent
- Maintain the etiquette and respect of the Masjid at all times
- Make Shukr and be grateful for the ability to perform good acts and ask for continued guidance
- Do all actions with sincerity and devotion
- Speak only when necessary
- Focus that Allah is watching me and I am in His house

OBSERVANCES FOR JUMUAH

- Recite a Surah from the Musabbihat, i.e. any Surah starting with "Sabbaha" e.g. Surah A'la
- Recite Surah Kahf
- Perform Salat-ut-Tasbeeh
- Be early in the Masjid from 1st Azan and perform two Rakat Tahiyatul Masjid
- Recite 70 times

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

- 70 times

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

- 70 times Ayatul Kursi
- Read 1000 duroods
- After Asr before waking up from one's place read the 80 Duroods
- Fervent dua before sunset

One should remember his parents, teachers, Mashaikh, family and the entire Ummah in his duas.

May Allah accept the I'tikaf of one and all and make it a means of our salvation and entry into Jannah.



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• Complementary items



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I'TIKAF

How to spend the time profitably

Certain suggested Aamal (practices) for brothers and sisters

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It is observed that people do not spend their time constructively during I'tikaf. Others wish to do so, but do not have any idea what to do.

The following practices during I'tikaf have been recommended by Shafeequl Ummah Moulana Muhammad Farooq Saheb (Rahimahullah) and serves as a guide for those in I'tikaf. This programme was adhered to when Hazrat performed I'tikaf in Darul Uloom Zakariyya, South Africa in 1998/9. It should be noted that this is a suggested format and maybe adapted according to one's circumstances.

MAGHRIB

- Perform six rakats of Awwabeen
- One tasbeeh of 3rd Kalima after meals

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

ISHA

After Taraweeh

- Read a Deeni Kitab like Faza'il Ramadan, Hayatul Muslimeen, Jaza-ul-Aamal, Adabul Mu'asharat, Shauwq Watan, etc.
- Khatm-e-Khwajghan thereafter, which is an accepted Ijtima'iy Ibadat (congregational practice) of our illustrious Ulama and Mashaikh

Method: Recite Durood 11 times and thereafter read 260 times:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ لَا مَلْجَأَ وَلَا مَنْجَا مِنَ اللَّهِ إِلَّا إِلَيْهِ

- Surah Alam Nashrah 360 times with Bismillah
- then 360 times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ لَا مَلْجَأَ وَلَا مَنْجَا مِنَ اللَّهِ إِلَّا إِلَيْهِ

- Recite Durood Shareef 11 times - Ijtima'iy Dua

*****SHORT BREAK*****

- After refreshing oneself, perform fresh Wudhu and read two Rakats of Tahiyatul Wudhu.
- 12 Tasbeeh Zikr with Niyyat of Allah Ta'ala's love or Zikr as prescribed by one's Shaikh. Thereafter fervent Dua.

BEFORE SLEEPING

- One Tasbeeh of 3rd Kalimah
- Muhasabah: To ponder over all your actions done from the time you woke up until night time, to make Shukr (offer thanks to Allah Ta'ala) for the good actions and to make dua to be given Taufeeq (ability) to do more, and to have regret over any wrong-doing or inappropriate act
- Muraqaba-e-Maut: To meditate about death - the pangs of death, questioning in the grave, the day of Qiyamat (Judgment), standing before Allah Ta'ala, accounting for our deeds and passage over the Pul-Sirat; Ponder over these things and make a firm pledge never to go near sin again
- Thereafter recite one Tasbeeh of Istighfar as follows :

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ أَسْتَغْفِرُ
اللَّهُ الْعَظِيمِ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

Thereafter sleep in accordance with the Sunnat

MORNING

- Awake early
- Perform 4 or 8 Rakats of Tahajjud
- Partake of Suhoor

FAJR SALAH

- To recite Surah Fatiha (Alhamdulillah Rabbil Alameen) commencing with Bismillah 41 times between the Sunnats of Fajr and the Fardh Salah. If a person does not find enough time between the Sunnats and the Fardh Salah, then read it after the Fajr Salah. This is a tried and tested prescription with great effect

AFTER FAJR

- Recite Surah Yaseen
- Recite Surah Ikhlas 12 times and send the reward to the soul of Rasulullah ﷺ and the souls of the Ummah
- Recite Durood Shareef till Ishraq and send the reward to the soul of Rasulullah ﷺ and to the souls of the Ummah
- Perform 4 Rakats Ishraq Salah and then rest
- Wake up an hour before Zawal. Perform Chasht Salah of 4, 8 or 12 Rakats. Thereafter make Tilawah of the Qur'an Kareem

SUNNATS OF ZAWAL

- Perform 4 Rakats after Zawal, before the Sunnahs of Zuhr

AFTER ZUHR

- Taleem of one of the above-mentioned Kitabs - thereafter rest - awaken ½ hour before Asr and prepare for Salah

AFTER ASR

- Tilawah of the Qur'an Kareem, 1 manzil of the Munajat-e-Maqbool, Hizbul Bahr and Dua before Iftar