

KHANQAH NAQSHBANDI MUJADDIDI ZIKR

1. ISTHIGHFAAR:

You can also read any Isthighfaar you are familiar with. Remember that the isthighfaar should come from the depths of your heart and not just be a turning of the beads of the tasbeeh. With each Isthighfaar it must be as if your heart is saying” O Allah forgive me”. In addition have a sincere intention never to return o sin again.

2. DUROOD:

You can read any Durood you know. Recite the Durood with utmost concentration and reverence knowing that the Durood will be presented to our Nabi (Sallallahu alaihi wasallam).

3. MURAAQABA:

- Sit in a position that is comfortable. You can sit cross-legged or in the thashahud position or even sit on a chair if necessary. Attach the tip of your tongue to the palate.
- Free your mind of all distracting thoughts. If concentration is difficult then think that you are sitting in your Qabr. You are alone. There is nobody there in the Qabr with you. This will help if your concentration is difficult.
- Think that you are sitting in front of Allah. Allah is watching you and your heart is making the zikr of Allah. Your heart is saying Allah, Allah, Allah.....Remember this is a silent zikr.
- Sit in this position doing the muraaqaba of the Lathifa Qalb for 15 minutes everyday. After your muraaqaba, make dua for all your needs and ask Allah to accept your dua through His pure name of Allah.

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