

The Chain of the Honorable Mashaikh Naqshbandi (may the mercy of Allah be upon them)

Below is the silsilah of the tariqah Naqshbandi Mujaddidi for Dr Zaheed Khan Saheb

1. The mercy for the worlds Rasulullah (Sallallahu Alaihi Wasallam) [Holy City of Madinah Munawwarah].
2. Sayyedina Hadrat Abu Bakr Siddiq (radiallahu anhu) [Holy City of Madinah Munawwarah].
3. Hadrat Salman Farsi (radiallahu anhu) [Madain].
4. Hadrat Qasim bin Muhammad bin Abi Bakr (rahmatullahi alaihi) [Holy City of Madinah Munawwarah].
5. Hadrat Imam Jafar Sadiq (rahmatullahi alaihi) [Holy City of Madinah Munawwarah].
6. Hadrat Khuwaja Bayazeed Bustami (rahmatullahi alaihi) [Bastam].
7. Hadrat Khuwaja Abul Hasan Kharkani (rahmatullahi alaihi) [Kharkhan].
8. Hadrat Khuwaja Abul Qasim Gorgani (rahmatullahi alaihi) [Jarjan].
9. Hadrat Khuwaja Abu Ali Farmadi (rahmatullahi alaihi) [Mashad].
10. Hadrat Khuwaja Yusuf Hamdani (rahmatullahi alaihi) [Turkistan].
11. Hadrat Khuwaja Abdul Khaliq Gajadwani (rahmatullahi alaihi) [Bukhara].
12. Hadrat Khuwaja Muhammad Arif Riogri (rahmatullahi alaihi) [Tajikistan].
13. Hadrat Khuwaja Mehmood Injir Faghnavi (rahmatullahi alaihi) [Bukhara].
14. Hadrat Khuwaja Azizane Ali Raamitni (rahmatullahi alaihi) [Bukhara].
15. Hadrat Khuwaja Muhammad Baba Samasi (rahmatullahi alaihi) [Bukhara].
16. Hadrat Khuwaja Sayyed Amir Kalal (rahmatullahi alaihi) [Bukhara].
17. Hadrat Khuwaja Bahauddin Naqshband Bukhari (rahmatullahi alaihi) [Bukhara].
18. Hadrat Khuwaja Ala'uddin Attar (rahmatullahi alaihi) [Hassar].
19. Hadrat Khuwaja Yaqoob Charkhi (rahmatullahi alaihi) [Dushanbe].
20. Hadrat Khuwaja Ubaidullah Ahrar (rahmatullahi alaihi) [Samarqand].
21. Hadrat Khuwaja Maulana Muhammad Zahid (rahmatullahi alaihi) [Hassar].
22. Hadrat Khuwaja Darvish Muhammad (rahmatullahi alaihi) [Sher Sabz].
23. Hadrat Khuwaja Muhammad Amkangi (rahmatullahi alaihi) [Bukhara].
24. Hadrat Khuwaja Muhammad Baqibillah (rahmatullahi alaihi) [Delhi].
25. Hadrat Khuwaja Mujaddid Alf-Thani (rahmatullahi alaihi) [Sirhind Sharif].
26. Hadrat Khuwaja Muhammad Masoom (rahmatullahi alaihi) [Sirhind Sharif].
27. Hadrat Khuwaja Saifuddin (rahmatullahi alaihi) [Sirhind Sharif].
28. Hadrat Khuwaja Hafiz Muhammad Muhsin (rahmatullahi alaihi) [Delhi].
29. Hadrat Khuwaja Sayed Nur Muhammad Badaiooni (rahmatullahi alaihi) [Delhi].
30. Hadrat Mirza Mazhar Janejana (rahmatullahi alaihi) [Delhi].
31. Hadrat Shah Ghulam Ali Mujaddidi (rahmatullahi alaihi) [Delhi].
32. Hadrat Khuwaja Shah Abu Sa'eed (rahmatullahi alaihi) [Delhi].
33. Hadrat Khuwaja Shah Ahmed Sa'eed Dehlvi (rahmatullahi alaihi) [Holy City of Madinah Munawwarah].
34. Hadrat Haji Dost Muhammad Kandhari (rahmatullahi alaihi) [Musazai Sharif].
35. Hadrat Khuwaja Muhammad Usman Damani (rahmatullahi alaihi) [Musazai Sharif].
36. Hadrat Khuwaja Sirajuddin (rahmatullahi alaihi) [Musazai Sharif].

37. Hadrat Khuwaja Muhammad Fazal Ali Qureshi (rahmatullahi alaihi) [Miskeenpur Sharif].
38. Hadrat Khuwaja Muhammad Abdul Malik Siddiqui (rahmatullahi alaihi) [Khanewal].
39. Murshid-e-Kaamil Sheikh Al Hadith Hadhrat Moulana Muhammad Asfand Yar Khan Saheb (damat barakatuhu) [Karachi].
40. Dr Zaheed Khan Saheb and Moulana Solwa Saheb
41. Moulana Solwa Saheb and Muhtharam Zane Abu Bakr

ADAB (RESPECT) ON THE PATH OF SULOOK

This pertains to respect which the mureed should accord to the Sheikh.

1. The mureed should never look at the outer or apparent nationality, custom or trade of the Sheikh. He should instead look at the benefit he can gain from the Sheikh.
2. The mureed should never look down at the Sheikh although he may not have wealth or position in society. Remember, these are all fleeting. The world is just temporary. What matters most are your deeds which is the currency of the hereafter.
3. The mureed should think highly of the Sheikh. Never look down upon or utter words of disrespect towards your Sheikh. It can lead to your spiritual destruction. This also applies to other Masha'ik especially those in this silsila.
4. Maintain contact with your Sheikh as often as possible even if it be just a simple message by letter or email. This contact is essential in the Naqshbandi silsila as raabitha sheikh or contact with your Sheikh is essential for progress. Even if you have no matters to discuss with your Sheikh at least enquire about how your Sheikh is doing.
5. When talking to your Sheikh, speak in a soft, polite and humble voice. Do not voice any objections or be arrogant or loud or boisterous when talking to your Sheikh. When your Sheikh addresses you, listen attentively with utmost respect and attention.
6. Pay full attention to what your Sheikh is saying when in his company. Sit cross-legged and with respect and do not look from side to side. Pay careful attention when your Sheikh speaks. Do not deprive yourself by turning your focus and attention away from your Sheikh when in his company.
7. Do not turn your back towards your Sheikh when sitting or standing unless it was unintentional.
8. Do not sit in the seat which your Sheikh usually sits on. It is disrespectful. Only do so if he gives you permission to do so.

9. Have trust that your Sheikh is the best for you. Follow on the wazaif that he has prescribed. Do not add your own prescriptions or the prescriptions of another Sheikh. A person cannot go to two doctors and expect to get cure. Only attend the majlis of another Sheikh after your Sheikh has given you permission to do so.

10. Do not talk in the presence of your Sheikh with others unnecessarily. It is better to be silent and focussed only on your Sheikh. There will be benefit even in his silence.

11. Do not walk in front of your Sheikh unnecessarily.

12. Do not address your Sheikh by his name. Address him with respect.

13. The mureed should try and be of service to the Sheikh.

14. The mureed must treat the Sheikh's family and friends with utmost respect.

15. Be loyal to your Sheikh and never condemn or criticise him especially to others. This can be a source of destruction to the seeker.

16. Do not think evil thoughts while in the company of your Sheikh.

17. Do not brag to your Sheikh about your academic or other achievements.

18. Do not argue or disagree with your Sheikh or cause harm or undue difficulty to him. This will impede or stop your progress in the path of sulook.

19. Remember your Sheikh even if he has passed away and make dua and send esaale sawaab abundantly on his behalf and keep contact with his family and try and serve them where possible.

These are a few points of Adab (respect which) should be observed by the mureed. May Allah grant understanding. Ameen.

Advices and Wazaif for the saalik (who is just starting the journey of sulook in the Naqshbandi Tareeqat)

The journey of sulook is encumbent upon everyone. It will enable the saalik to reach a state where the saalk worships Allah as if he/she sees Allah or at least have the awareness that Allah is watching.

1. Make sure that you repent for all sins and fulfil the rights of those who have rights over you. Try and pay back the rights of anyone you may have usurped or seek amendments for it. Make sure you read your salaah on time daily. Cover up any Qaza salaah that is owing. Make sure you fast in Ramadaan and keep any Qaza fast that is owing. Ensure that you zakaat is paid and if Haj is compulsory then try and make arrangements for it as soon as possible. Ensure that you fulfil all your obligations to Allah and the creation of Allah.

2. Use miswaak everyday.

3. Show respect to your Sheikh and fellow travellers on the path.

4. Do not be boastful or arrogant. Remove the love of the world from your heart.

5. Recite one tasbeeh (100 times) of isthighfaar everyday. The following isthighfaar can be read:

وَأَتُوبُ إِلَيْهِ ذَمِّبِ رَيْمِنُكَآ أَسْتَغْفِرُ لَلَّه

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.

6. Recite one tasbeeh (100 times) of Durood Shareef daily. You can read the following durood:

مَلَّكَ مَعْلُو كَلِّ بَعْدِ عِثْرَتِهِ وَ آلِهِ وَ مُحَمَّدَ سَيِّدِنَا صَلَّعَلَا أَلَلَّهَم

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).

7. Make muraaqaba daily. The muraaqaba of the Lathifa Qalb is the starting lesson in the Naqshbandi tareeqat.

- 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 you 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. You must be consistent with the muraaqaba. Set aside a time that you know you will be free and try and keep this time consistent. The best time for muraaqaba is at the time of thahajjud. If that is difficult then any other convenient time will suffice.

-Do not be concerned if your mind wanders during the muraaqaba or if it is difficult. Just persevere. The muraaqaba will strengthen the Lathifa Qalb and eventually your Lathifa Qalb will be open and active with the zikr of Allah.

Try and be aware that your heart is making the zikr of Allah. When you wake up or as you are going to sleep think that your heart is making the zikr of Allah. Whether you are standing or sitting be aware that your heart is making the zikr of Allah. Think that your heart is saying Allah, Allah, Allah.... In this way your heart will become activated with the zikr of Allah in a short while. InshaAllah.

8. Try and read thahajjud salaah daily. Read 4 cycles of 2 raka'at per cycle. This is a time when duas are readily accepted by Allah.

9. Read a portion of the Quraan every day. Start with a small amount daily (even a few lines) and slowly build up your recitation of the Quraan. The main objective is to be consistent and make tilaawat of the Quraan daily. Make sure that your tajweed (pronunciation of the words and letters is correct).

10. Ensure that you only consume halaal and never come close to haraam. Stay away from anything doubtful.

11. Ensure that your earnings are halaal.

12. Try and keep the company of good people. Do not indulge in backbiting (Gheebat), carrying of tales or slander. Do not talk about other people except if you have good things to say. Otherwise remain silent.

13. Always think and ponder about what you are going to say. If it is going to be pleasing to Allah then say it. If not then keep quiet.

The preceding few pages should give the saalik an idea of the Naqshbandi Mujaddid silsila as well as give some advice about adab and the initial prescriptions in the tareeqat. May Allah accept and forgive me for any shortcomings. Ameen

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