



DAILY MA'MULAAT & WAZAAIF

FROM THE TEACHINGS OF FAKHRUL UMMAH HAZRAT MOULANA ABDUL HAMID IS'HAQ SB

دامت برکاتہا

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KHANQAH
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, Most Gracious, Most Merciful. All praise is due to Allah, the Rabb of all the realms. And Salaat and Salaam (peace, blessings and salutations) be upon His Messenger, Nabi Muhammad ﷺ

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Introduction

From the very inception of this Ummah, Allah ﷻ has kept a system in place for the guidance and salvation of His slaves. In Surah Faatihah, Allah ﷻ instructs us to ask Him for guidance to the straight path. Allah ﷻ then expounds on this by saying: “*The path of those whom You have favoured.*” From this we learn that the easiest way for a believer to find this path and remain steadfast upon it is by remaining in the company of the special friends of Allah ﷻ.

One of these friends of Allah ﷻ and a great luminary of our times was none other than Hazrat Arifbillah Moulana Shah Hakeem Muhammad Akhtar Saheb رحمته اللہ علیہ. Hazrat was an embodiment of righteousness, taqwa and zuhd, and rendered great service to the Deen of Allah ﷻ throughout the world, especially in the field of tasawwuf (self-reformation). Throughout his life, he endeavoured to connect people to Allah ﷻ and bring alive the sunnats of Rasulullah ﷺ in the world.

This booklet is a collation of Hazrat’s ma’mulaat and wazaa’if which he would prescribe to saalikeen (those treading the path to Allah ﷻ), as taught to us by his senior khalifah Hazrat Moulana Abdul Hamid Is’haq Saheb. The aim was to gather all the necessary daily prescriptions in one simple, easy-to-use booklet for the saalik. It is hoped that by a person remaining steadfast upon these prescribed ma’mulaat, he will be able to very easily practise upon complete Deen in every facet of his life.

May Allah ﷻ accept this humble effort and make it a means of perpetual reward for the compiler, for our beloved Sheikh Hazrat Mufti Yusuf Desai Saheb, our respected Dada-Sheikh Hazrat Moulana Abdul Hamid Is'haq Saheb, Hazrat Moulana Hakeem Akhtar Saheb ﷺ and all of our Mashaayikh and Akaabir.

Aameen.

N.B.:

- Content of Hazrat Moulana Abdul Hamid Is'haq Saheb Daamat Barakaatuhu can be accessed at www.ka.org.za

- Content of Hazrat Mufti Yusuf Desai Saheb can be accessed at www.spiritofsunnah.com

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What is Bay'at?

Bay'at is not Fardh; it is Sunnat. However, the object and purpose of Bay'at is Fardh – Fardh-e-Ain (Fardh on each individual!). And that is the reformation of one's spiritual diseases, gaining the recognition of Allah ﷻ and strengthening one's relationship with Him.

Just like when we become physically ill, we go to a doctor, take medicine and treatment, and then if Allah ﷻ wills, we are cured. Though, to take treatment for physical ailments is not Wajib, nor Fardh. It is just a sabab (means) and a Sunnat. If a person takes treatment he may be cured or he may not. Even if he is cured he is still going to die one day. Upon dying, his worldly suffering will come to an end.

On the other hand, to take treatment for spiritual ailments such as having incorrect or weak Imaan, casting lustful gazes, having pride, doing things for name and fame, anger, backbiting, etc. is Fardh-e-Ain! If one follows the treatment, eventual cure is guaranteed. At the very least, Allah ﷻ will grant one complete purity just before death. However, if this treatment is not taken, upon death, the problems don't come to an end, but rather intensify! The punishment and suffering in the qabr will continue for a very long time. Some sins, if not forgiven, will have to be burnt away in Jahannam, and then only, if he died with Imaan, will a person be allowed to enter Jannat!

May Allah ﷻ protect us and make our complete Islaah before death. Ameen.

Khutbah of Bay'at

الحمد لله نحمده و نستعينه و نستغفره و نؤمن به و نتوكل عليه. و نعوذ بالله من شرور
 أنفسنا و من سيّات أعمالنا. من يهده الله فلا مضلّ له و من يضلله فلا هادي له. و نشهد
 أن لا إله إلا الله وحده لا شريك له. و نشهد أن سيّدنا و نبينا لاناو مو محمّدا عبده و
 رسوله صلّى الله تبارك و تعالى عليه و على آله و أصحابه و سلّم تسليما كثيرا
 أما بعد فقد قال الله تبارك و تعالى أعوذ بالله من الشيطان الرجيم بسم الله الرحمن الرحيم
 (إِنَّ الَّذِينَ يُبَايِعُونَكَ إِنَّمَا يُبَايِعُونَ اللَّهَ يَدُ اللَّهِ فَوْقَ أَيْدِيهِمْ ۖ فَمَنْ نَكَثَ فَإِنَّمَا يَنْكُثُ عَلَىٰ نَفْسِهِ ۗ
 وَمَنْ أَوْفَىٰ بِمَا عَاهَدَ عَلَيْهِ اللَّهُ فَمَن يَكْفُرْ لِيَكْفُرْ بِهِ اللَّهُ عَضُوبًا عَظِيمًا) و قال تعالى: (يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا
 اللَّهَ وَكُونُوا مَعَ الصّٰدِقِينَ)
 و قال رسول الله صلّى الله عليه و سلّم (المرء على دين خليله فليَنظُرْ أَحَدُكُمْ مَن يُخَالِلُ)
 و قال: (المرء مع من أحبّ)

Repeat the following:

O Allah, I make taubah from *kufr*, from *shirk*, from *nifaaq* (hypocrisy), from *bid'aat* (innovations), from all sins, major and minor, particularly the sin of the love of *dunya* and being unmindful of the *aakhirat*, and from the sin of following my whims and desires and being unmindful of the commands of Allah عزّوجلّ and the Sunnah of Rasulallah ﷺ, and from the sin of pride.

O Allah, I promise, to the best of my ability, to perform five times Salaah with jamaat in the Masjid according to Sunnah, to fast during the month of Ramadaan. If Zakaat becomes compulsory, to discharge the same. If Hajj becomes compulsory, to perform Hajj.

O Allah, I enter into the *silsilah* (chain) of the Chishtiyyah, the Naqshbandiyyah, the Qadiriyyah, and the Suharwardiyyah.

O Allah, through the *barkat* (blessings) of all the *Buzurgs* of all four *silsilahs*, accept my *taubah* and my *bay'at*. As long as I live, grant me an Islamic, Imaani life. Just before *mawt*, grant me *tawbatan-nasooaha* (sincere taubah). Grant me *mawt* on *Imaan-e-kaamil* and Kalimah Shahaadat, with *Aafiyat, Salaamati and Izzat*. Gather me tomorrow, on the day of Qiyaamah, and forever thereafter in Jannah with all the righteous and the pious.

May Allah ﷻ accept this bay'at!

Keep in mind the following:

- Endeavour to avoid all sins.
- Ensure that from head to toe, one's dressing is in accordance to the Sunnah.
- Recite some portion of Qur'an Shareef daily.
- Try to be punctual on one's daily Adhkaar.
- Try to attend the Majaalis regularly, and if this is not possible, keep contact with a phone call or a message every now and then.

Prescribed Ma'mulaat

1. Practice upon the Sunnah in every action.

2. Recitation of Qur'an Shareef:

For Huffaaz – At least One Juz daily

For Non-Huffaaz – At least 3/4 pages daily

3. Munaajaat-e-Maqbool:

One Manzil daily

4. Zikrullah:

100 times – لَا إِلَهَ إِلَّا اللَّهُ

100 times – اللَّهُ أَكْبَرُ

If one is unable to consistently complete the above, fix an amount which one will be able to complete every day and thereafter gradually increase this. This should be done in consultation with ones Sheikh.

5. Tasbeehaat: (can be completed whilst walking/driving etc.)

100 times – Istighfaar

100 times – Durood Shareef

Zikrullah

Method and Muraaqaba of Zikrullah

1. Zikr of لا إِلَهَ إِلَّا اللَّهُ :

- When saying لا إِلَهَ إِلَّا اللَّهُ meditate lightly, that my لا إِلَهَ إِلَّا اللَّهُ has reached the 'Arsh of Allah عَرْشِ اللَّهِ.

Upon saying لا إِلَهَ إِلَّا اللَّهُ, meditate that the Nur of Allah عَرْشِ اللَّهِ is entering my heart. There is a column of Nur from the 'Arsh of Allah عَرْشِ اللَّهِ to my heart.

It is mentioned in the Hadith:

لا إِلَهَ إِلَّا اللَّهُ لَيْسَ لَهَا حِجَابٌ دُونَ اللَّهِ

“There is no veil between ‘La ilaha illallah’ and Allah.” (Mishkaat)

- Another method is that when saying لا إِلَهَ إِلَّا اللَّهُ ponder that my لا إِلَهَ إِلَّا اللَّهُ is like a vacuum cleaner and it is removing all the spiritual maladies from my heart.

Upon saying لا إِلَهَ إِلَّا اللَّهُ, meditate that now the love of Allah عَرْشِ اللَّهِ is entering my heart.

2. Zikr of اللَّهُ :

To say جَلَّ جَلَالُهُ after the first time, is necessary.

Meditate that there is one tongue in the mouth and one tongue in the heart. ﷲ is being said by both the tongue in the mouth and the tongue in the heart.

A light meditation is sufficient. Do not put stress on the mind.

Note:

To read more wazifas than one can bear, may be extremely harmful, Therefore, when one feels tired, take a break and complete the wazifas at a later time.



**MORNING
& EVENING
DU'AAS**

Morning and Evening Du'aas

The following Du'aas are to be recited daily for protection against all evil and calamities, and for the preservation of ones Imaan and A'maal. It is advisable that these be recited after Fajr and after Maghrib.

1. Protection From All Evil:

Recite 3 times each

Surah Ikhlaas:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ هُوَ اللَّهُ أَحَدٌ. اللَّهُ الصَّمَدُ. لَمْ يَلِدْ وَلَمْ يُولَدْ. وَ
 لَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

In the name of Allah, Most Compassionate, Most Merciful.

Say He is Allah, the Only One. Allah is independent. He begets not, nor is He begotten. And there is none like Him.

Surah Falaq:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ. مِنْ شَرِّ مَا خَلَقَ. وَمِنْ شَرِّ

غَاسِقٍ إِذَا وَقَبَ. وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ.

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ

In the name of Allah, Most Compassionate, Most Merciful.

Say: I seek refuge with the Sustainer of daybreak, from the evil of what He has created, from the evil of the darkness as it overspreads, from the mischief of those who blow on knots, and from the mischief of the jealous one as he practices envy.

Surah Naas:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
 قُلْ أَعُوذُ بِرَبِّ النَّاسِ . مَلِكِ النَّاسِ .
 إِلَهِ النَّاسِ . مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ . الَّذِي
 يُوَسْوِسُ فِي صُدُورِ النَّاسِ . مِنَ الْجِنَّةِ وَالنَّاسِ

In the name of Allah, Most Compassionate, Most Merciful.

Say: I seek refuge with the Sustainer of mankind, the Ruler of mankind, the Deity of mankind from the mischief of the Whisperer, who withdraws, who whispers into the hearts of mankind, among jinns and among men.

Recite each Surah thrice morning and evening. It will suffice one from every evil.

(Abu Dawud, Tirmidhi)

2. Protection From All Worries:

Recite 7 times

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ
الْعَرْشِ الْعَظِيمِ

*Allah is sufficient for me. There is none worthy of worship besides
Him.*

Upon Him do I trust and He is the Sustainer of the Mighty Throne.

Rasulullah ﷺ said, “Whoever recites the following Du’aa seven times in the morning and evening, Allah عَزَّوَجَلَّ will suffice for him with regard to all his worries of both the worlds.”

(Abu Dawud, Ibnus Sunni)

3. Secure The Du'aa Of The Angels & The Death Of A Martyr:

Recite 3 times

أَعُوذُ بِاللَّهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek protection from Allâh, the All-Hearing and All-Knowing from Shaytân, the rejected one.

Recite once

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ. عَالِمُ الْغَيْبِ وَالشَّهَادَةِ.
 هُوَ الرَّحْمَنُ الرَّحِيمُ. هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ.
 الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ
 الْمُتَكَبِّرُ. سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ. هُوَ اللَّهُ الْخَالِقُ
 الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى. يُسَبِّحُ لَهُ مَا فِي
 السَّمَوَاتِ وَالْأَرْضِ. وَهُوَ الْعَزِيزُ الْحَكِيمُ

He is Allâh, the one besides whom there is no deity. He is the Knower of the apparent and unseen things. He is Most Compassionate, Most Merciful. He is

Allâh, the one besides whom there is no deity. He is the Sovereign, the Being free from past defects, the Being who grants safety, the Giver of peace, the Protector, the Exalted, the Reformer, the Truly Great. Allâh is free from that partners which they attribute. He is Allâh, the Creator, The Designer, the Fashioner. For Him are all beautiful names. Whatever is in the heavens and earth glorify Him. He is the Exalted, the Most Wise.

If the above is read in the morning, Allah عزَّوَجَلَّ will appoint seventy thousand angels who will seek forgiveness on the reader's behalf until the evening. If the reciter passes away on that day, he will pass away as a martyr. Whoever reads it in the evening will attain the same reward.

(Tirmidhi)

4. Protection From All Types Of Harm:

Recite 3 times

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ
وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

In the name of Allâh, in the protection of whose name nothing in the heavens and in the earth can cause any harm. And Allah alone is The All-Hearing, All-Knowing.

If read thrice in the morning and evening, nothing will harm the reciter.

(Abu Dawud, Tirmidhi, Ibn Hibban)

5. Sayyidul Istighfaar:

Recite once

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا
عَبْدُكَ ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ ،
أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ ، أَبُوءُ لَكَ بِنِعْمَتِكَ
عَلَيَّ ، وَأَبُوءُ بِذَنْبِي ، فَاغْفِرْ لِي ، فَإِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Creator. There is no deity but You. You have created me and I am Your servant. As far as possible I shall try to fulfil the promise I have made with You. I seek Your protection from the evil of my actions. I admit guilt over my sins and I acknowledge Your favours over me. O Allah, please forgive me, for verily none can forgive my sins but You.

Rasulullah ﷺ mentioned that whosoever passes away during the day or night after reciting the above Istighfaar, passes away as a martyr. (Bukhari)

6. Protection Of Deen, Family & Property:

Recite 3 times

بِسْمِ اللّٰهِ عَلٰى دِيْنِيْ وَ نَفْسِيْ وَ وَّلَدِيْ وَ اَهْلِيْ وَ

مَالِي

In the name of Allah (i.e. I place in the protection of Allah) my Deen (religion), my life, my children, my family and my wealth.

(Ibn Asâkir)

7. Eternal Joy Bestowed By Allah:

Recite 3 times

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ (صَلَّى

اللَّهُ عَلَيْهِ وَسَلَّمَ) نَبِيًّا

*I am pleased with Allah as my Creator, with Islam as my Dîn, and
with Muhammad ﷺ as my Nabi.*

**Whosoever recites the above thrice in the morning, and thrice in
the evening, Allah عَزَّوَجَلَّ shall take it upon Himself to please this
person on the Day of Qiyâmah.**

(Musannaf Ibn Abi Shaibah)

8.A Treasure From Jannah:

Recite 7 times daily

لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ

There is no power to do good, and there is no power to abstain from evil, except with the help and assistance of Allah.

This Du'aa is a treasure from Jannah, which has come from under the Arsh (Throne) of Allah عزَّوَجَلَّ. When one reads it, Allah عزَّوَجَلَّ becomes pleased and announces, 'My servant has surrendered and

handed all his affairs to Me!'

(Tabrani)

9. Protection From Jahannum:

Recite 7 times daily

اللَّهُمَّ أَجْرِي مِنَ النَّارِ

O Allah, I seek Your protection from the Fire.

(Abu Dawood)

10. Thanking Allah For His Favours:

Recite once each morning

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ
خَلْقِكَ، فَمِنْكَ وَحْدَكَ، لَا شَرِيكَ لَكَ، فَلَكَ
الْحَمْدُ وَاللُّكُ الشُّكْرُ

O Allah, whatever favour of Yours falls upon me or upon any of Your creation, it is solely from You. You have no partner. For You is all praise and for You is all thanks.

It has been narrated that the one who reads the above in the morning has fulfilled his responsibility of thanking Allah عزَّوَجَلَّ for the favours of that day.

(Ibn Hibban)

Useful Links

Beneficial Kitaabs and Apps pertaining to Ma'mulaat and Wazaaif.

Kindly click on the links below to download.

Apps:

- [13 Line Qur'aan - Dual Page](#)
- [13 Line Qur'aan - Single Page](#)
- [Munaajaat-e-Maqbool – App](#)

Kitaabs:

- [Munaajaat-e-Maqbool](#)
- [Importance of Zikrullah](#)
- [Virtues of Zikrullah & Muraaqabah](#)

Websites:

- [Khanqah Akhtari](#)
- [Darul Uloom Azaadville](#)
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