

**AN IDEAL WAY TO SPEND YOUR TIME DURING I'TIKAAF BY HADHRAT SHAIKHUL HADEETH MAULANA ABDUL MAJEED ANWAR (Rahima hullah)**

AFTER MAGHRIB	<ul style="list-style-type: none"> <li>• Read 6 Rakaats of Awwabeen. In units of two's. i.e. After Fardh 2 Sunnah then 6 rakaats in two's.</li> <li>• 100 x 3<sup>rd</sup> Kalimah <b>سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَ اللَّهُ أَكْبَرُ</b> <i>Purity belongs to Allah, All praises belong to Allah, there is none who is worthy of worship besides Allah and Allah is the greatest</i> (Subhanallahi Walhamdulillahi Walaa ilaaha illallaahu Wallaahu Akbar)</li> </ul>
AFTER ISHA	<ul style="list-style-type: none"> <li>• After Taraweeh read some portion of the following books: Fadail A'maal, or participate in any religious discourse.</li> <li>• After attending to ones personal needs, perform Wudhu and read 2 Rakaats of Tahiyatul Wudhu.</li> <li>• 100 x 3<sup>rd</sup> Kalimah <b>سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَ اللَّهُ أَكْبَرُ</b> (Subhanallahi Walhamdulillahi Walaa illaaha illallaahu Wallaahu Akbar)</li> <li>• Thereafter for a moment do Muhasabah. i.e. To ponder over ones doings of the day and to thank Allah for all good deeds performed whilst asking HIM to afford one the ability to do more and to seek forgiveness for any mistakes and to be remorseful over ones shortcoming.</li> <li>• Thereafter for a moment do MURAQABAH i.e. To ponder over the reality of Death and its subsequent stages such as the questioning in the Qabr, the reality of resurrection, the questioning on the day of Judgement, giving an account of ones deeds in the court of Allah, the crossing over the bridge of Siraat, etc. And whilst bearing in mind the seriousness of these stages make a firm determination not to even consider committing any sin.</li> <li>• 100 x Istighfaar <b>أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَ أَتُوبُ إِلَيْهِ</b> <i>I seek forgiveness from Allah whom there is none worthy of worship besides HIM, the EVERLASTING, the SUSTAINER of life, and I return in repentance to HIM</i> (Astaghfirullaahal lathee Laailaaha ilaahuwal hayyul qayyumu wa atoobu elayhi)</li> <li>• Lay down to sleep according to the Sunnah Method.</li> </ul>
TAHAJJUD	<ul style="list-style-type: none"> <li>• Wake up at an appropriate time to perform Tahajjud. One should try to read 8 rakaats.</li> <li>• Partake of Sehri</li> <li>• Recite Surah Fatiha 41 times with Bismillah between the Sunnah and the Fardh of Fajar Salaah. (One may complete this after the Fajr Salaah Also). This is an extremely beneficial Formula.</li> <li>• Surah Yaseen</li> <li>• Surah Ikhlaas x 12 and send the reward to our Nabi (saw) and the Ummah.</li> <li>• Busy oneself in any Zikr, Tasbeeh, Durood, Tilawat etc until Ishraaq. (15 Mins after sunrise)</li> <li>• Perform four Rakaats in units of two of Ishraaq.</li> <li>• Rest</li> </ul>
BEFORE ZAWAAL	<ul style="list-style-type: none"> <li>• Perform 4-8 Rakaats Chaasht Namaaz (Salaatu Duhaa)</li> <li>• Make Qur'an Tilaawat.</li> </ul>
AFTER ZAWAAL	<ul style="list-style-type: none"> <li>• Read Salaatul Tasbeeh</li> <li>• Perform the 4 Sunnats of Zohar</li> <li>• Rest after Zohar Namaaz till Asr</li> </ul>
AFTER ASR	<ul style="list-style-type: none"> <li>• Recitation of the Qur'an</li> <li>• Read one Manzil of Munajaat-e-Maqbool</li> </ul>

**WHAT TO DO ON A FRIDAY [ JUMMAH ] (in addition to the above)**

NIGHT OF	<ul style="list-style-type: none"> <li>• Read Surah Kahf</li> </ul>
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JUMMAH	<ul style="list-style-type: none"> <li>• Read Salaatu Tasbeeh</li> </ul>
AT THE TIME OF JUMMAH	<ul style="list-style-type: none"> <li>• After the first adhaan of Jummah read 4 Rakaats of Sunnat.</li> <li>• Read 70 x</li> </ul> <p style="text-align: center;"><b>رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ</b></p> <p><b>O our Master, we have wronged our souls and if YOU do not forgive us we will be amongst the losers</b> (Rabanaa dhalamnaa anfusana Wa illam taghfiranaa watarhamnaa lanakoo nanna minal khaasireen)</p> <ul style="list-style-type: none"> <li>• Read 1000 x Any Durood</li> </ul>
AFTER ASR	<ul style="list-style-type: none"> <li>• Read the following Durood 80 times.</li> </ul> <p style="text-align: center;"><b>اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ نَبِيِّ الْأُمِّيِّ وَعَلَى آلِهِ وَسَلَّمَ تَسْلِيمًا</b></p> <p><b>O Allah send salutations upon Muhammad the Ummiyy Nabi and upon His family and send Salaam to Him in abundance</b> (Allahumma Salli alaa Muhammadinin nabiiyi ummiyyi Wa alaa Aalihi Wa sallim Tasleemaa)</p> <ul style="list-style-type: none"> <li>• Engage in Dua prior to Maghrib</li> </ul>

### GENERAL

- ⇒ Be extremely respectful towards the Masjid.
- ⇒ Be grateful to Allah for every good deed performed.
- ⇒ Keep asking Allah to afford one the ability to do more.
- ⇒ Carry out each action with sincerity and devotion.
- ⇒ Abstain from mixing with others for futile talk.
- ⇒ Try to talk only what is necessary.
- ⇒ Be aware of Allah's presence all the time.

### SALAAT-UT-TASBEEH

Abbaas (RA) has narrated that he was once informed by Rasulullah (SAW), "O Abbaas, Should I not present to you, should I not confer to you, should I not inform you of such an act, which if you practice, Allah Ta'ala will forgive all your sins, whether old or new, intentional or unintentional, **minor or major**, open or secret. (After describing the method of performing this salaah) Nabi (SAW) stated, "If possible, you should offer this salaah once everyday, and if you cannot perform it daily, then offer it on every Friday (weekly), or once a month, or once a year or at least once in your lifetime." (Abu Dawood)

### HOW TO PERFORM SALAAT-UT-TASBEEH (Easy Method) (AI-MUSTADRAK HAAKIM vol.1, pg.318 on the authority of Abdullah bin Mubarak R.A)

- ↺ Make Intention of 4 Rakaats of Salaatu Tasbeeh
- ↺ Say the Takbeer – Read Thanaa...
- ↺ 15 x 3<sup>rd</sup> Kalimah
- ↺ Recite Ta'awwuth, Tasmiiyah, Surah Fatiha followed by any Surah
- ↺ 10 x 3<sup>rd</sup> kalimah
- ↺ Perform Ruku'. After the Tasbeeh in Ruku' read: 10 x 3<sup>rd</sup> Kalimah
- ↺ Stand up from Ruku' and whilst standing after saying RABBANA LAKAL HAMD read 10 x 3<sup>rd</sup> Kalimah
- ↺ Proceed for Sajdah. After saying the Tasbeeh in Sajdah read 10 x 3<sup>rd</sup> Kalimah
- ↺ Sit after the first Sajdah and in the sitting position read 10 x 3<sup>rd</sup> Kalimah
- ↺ Perform the second Sajdah and again after saying Tasbeeh read 10 x 3<sup>rd</sup> Kalimah
- ↺ Stand up for the second rakaat and immediately upon standing read 15 x 3<sup>rd</sup> Kalimah.
- ↺ Complete every rakaat in the above manner. Thus is every rakaat you will be reading 3<sup>rd</sup> Kalimah 75 times.

The 3<sup>rd</sup> Kalimah is as follows:

**سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَ اللَّهُ أَكْبَرُ**

(Subhanallahi Walhamdulillahi Walaa illaaha Ilallaahu Wallaahu Akbar)

## Sayyidul Istighfar (the chief form of seeking forgiveness)

On the authority of Shaddad ibn Aws, may Allah be pleased with him, the Prophet, *Sallallahu Alayhi Wa Aalihi Wa Sallam*, said, "The chief of prayers for forgiveness is:

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

*Allahumma anta rabbee la ilaha illa anta, khalaqtanee wa-ana abduka, wa-ana alaa ahdika wawa'dika mas-tata'tu, a'uthu bika min sharri ma sana'tu, aboo u laka bini' matika alay, wa-aboo u bithambee, faghfir lee fa-innahu la yaghfiruth-thunooba illa anta.*

*'O Allah, You are my Lord, none has the right to be worshipped except You, You created me and I am Your servant and I abide to Your covenant and promise as best I can, I take refuge in You from the evil of which I committed. I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for verily none can forgive sin except You.'*

The Prophet, *Sallallahu Alayhi Wa Aalihi Wa Sallam*, added, "If somebody recites it during the day with firm faith in it and dies on the same day before the evening, he will be from the people of Paradise and if somebody recites it at night with firm faith in it and dies before the morning he will be from the people of Paradise."

### Dua for Laylatul Qadr

اللَّهُمَّ إِنَّكَ عَفُورٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنَّا

(Allahumma Inaka Afuwwun Tuhibul Afwa Fa'fu Annee)

O Allah, You are most forgiving, you love to forgive so forgive me



سيد الاستغفار

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