

**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                  سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ                  (Subhanallahu 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                  سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ                  (Subhanallahu 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                  أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَ أَتُوبُ إِلَيْهِ                  (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 Ikhlasa 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 Ishraq. (15 Mins after sunrise)</li> <li>• Perform four Rakaats in units of two of Ishraq.</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>
<b>WHAT TO DO ON A FRIDAY [ JUMMAH ] (in addition to the above)</b>	
NIGHT OF JUMMAH	<ul style="list-style-type: none"> <li>• Read Surah Kahf</li> <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                  رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ                  (Rabanaa dhalamnaa anfusana Wa illam taghfirlanaa watarhamnaa lanakoo nanna minal khaasireen)</li> <li>• Read 1000 x Any Durood</li> </ul>
AFTER ASR	<ul style="list-style-type: none"> <li>• Read the following Durood 80 times.                  اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ نَبِيِّ الْأُمَمِ وَعَلَى آلِهِ وَسَلَّمَ تَسْلِيمًا                  (Allahumma Salli alaa Muhammadin nabiyyil ummiyyi Wa alaa Aalihi Wa sallim Tasleemaa)</li> <li>• Engage in Dua prior to Maghrib</li> </ul>

- ⇒ 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 (SWT) 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."

## HOW TO PERFORM SALAAT-UT-TASBEEH (Easy Method)

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

Glory be to Allah, and Praise be to Allah, and  
there is no God but Allah and Allah is the  
Greatest.

## Sayyidul Istighfar

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 عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ،

أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ،

أَبُوءُ لَكَ بِنِعْمَتِكَ

عَلَيَّ، وَأَبُوءُ بِذُنُوبِي فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ

الدُّنُوبَ إِلَّا أَنْتَ

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي  
وَأَنَا عَبْدُكَ وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ  
مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ  
أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ بِذُنُوبِي  
فَاعْفُرْ لِي فَإِنَّهُ لَا يَغْفِرُ الدُّنُوبَ 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 laka bini' matika alay, wa-aboo u bithambee, faghfir lee fa-innahu la yaghfiruth-thunooba illa anta.*

'O Allaah, You are my Lord, none has the right to be worshipped except You, You created me and I am You 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 عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُرْ عَنَّا

(Allahumma Inaka Afuwun Tuhibul Afwa Fa'fu Annee)

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