

## The Daily *Awrād* (Spiritual Practices)

### The *Awrād* of the Initiate (*Mubtadī*) <sup>مبتدی</sup>

a) *Shahādah* three times [*Ash-hadu an lā ilāha ill-Allāh wa ash-hadu anna Muḥammadan ‘abduhu wa rasūluh*];

b) "*astaghfirullāh*" 25 times;

c) **Fatiḥā** one time with the intention of participating in the blessings sent down with it when it was revealed in Makkah.

d) **Inshirāḥ** (Surat 94) 7 times;

e) **Ikhḷās** (Surat 112) 11 times;

f) **Falaq** (Surat 113) 1 time;

g) **Nās** (Surat 114) 1 time;

h) *lā ilāha ill-Allāh* 10 times, the last time completing it with *Muhammadun Rasulullah*.

i) *Ṣalawāt ash-sharīfah* 10 times [*Allāhumma ṣalli ‘alā Muḥammadin wa ‘alā ‘āli Muḥammadin wa sallim.*];

j) "*ihdā*," that is, presenting the reward of the above recitation to the Prophet (s) and to the Shaykhs of the Naqshbandi Tariqat:

*Allāhumma balligh thawāba mā qarā’ nāhū wa nūra mā talawnāhū hadīyyatan wāṣilatan minnā ila rūḥi Nabīyyinā Sayyidinā wa Mawlānā Muḥammadin ṣalla-llāhū ‘alayhi wa sallam. Wa ilā arwāḥi ikhwānihi min al-anbiyā’i wa ‘l-mursalīn wa khudamā’i sharā’ihim wa ila arwāḥi ‘l-‘immati ‘l-arba‘ah wa ila arwāḥi mashāyikhinā fi ‘ṭ-ṭariqati ‘n-naqshbandīyyati ‘l-‘aliyyah khāṣṣatan ila rūḥi Imāmi ‘ṭ-ṭariqati wa ghawthi ‘l-khalīqati Khwājā Bahā’uddīn an-Naqshband Muḥammad al-Uwaisī ‘l-Bukhārī wa ḥaḍarati Mawlanā Sulṭānu ‘l-awliyā ash-Shaykh ‘Abd Allāh al-Fā’iz ad-Dāghestani wa sayyidunā ash-Shaykh Muḥammad Nāzim al-Ḥaqqānī Mu’ayyad ad-dīn wa sa’iri sādātīnā waṣ-ṣiddiqīna:*

k) wrapping it up with **Fatiḥā**, with the intention of sharing in the Divine Graces and *tajalli* which were sent down when it was revealed in Madinah the second time.

l) *Dhikr* of the Glorious Name ‘*Allah, Allah*’ 1500 times;

m) *Ṣalawāt* [same as (i)] 100 times; 300 times on Mondays, Thursdays and Fridays.

n) one-thirtieth (*juz'*) of the Qur'an, or instead **Ikh̄lāṣ** 100 times;

o) one chapter of *Dalā'il al-Khayrāt* or instead *Ṣalawāt* 100 times.