

الأساس

AL ASAAS
INSTITUTE

ZIKR - E - QALBI

Zikr E Qalbi

Introduction to Tazkiya

Tazkiya, the process of spiritual purification, involves harmonizing the qalb (heart), nafs (lower self), rooh (soul), and aqal (intellect). The qalb is crucial as it can be purified or corrupted, influencing the entire being. The Prophet Muhammad (peace be upon him) emphasized this by pointing to his chest and saying three times, "Taqwa is here" (Tirmidhi).

The nafs, often the source of base desires, must be disciplined. Allah says, "Indeed, the soul is a persistent enjoiner of evil, except those upon which my Lord has mercy" (Quran 12:53). The rooh, embodying angelic qualities, seeks to elevate the individual spiritually. Allah states, "And they ask you, [O Muhammad], about the soul. Say, 'The soul is of the affair of my Lord. And mankind has not been given of knowledge except a little'" (Quran 17:85).

The aqal, or intellect, supports the qalb in its struggle between the nafs and rooh, helping to discern right from wrong. However, if a person follows his desires and denies Allah, his intellect can lead him astray. The Quran highlights the importance of intellect: "Indeed, in that are signs for a people who give thought" (Quran 30:21).

Tazkiya aims for a heart in constant remembrance of Allah, purified from the nafs, and guided by the rooh and aqal towards obedience and mindfulness of Allah.

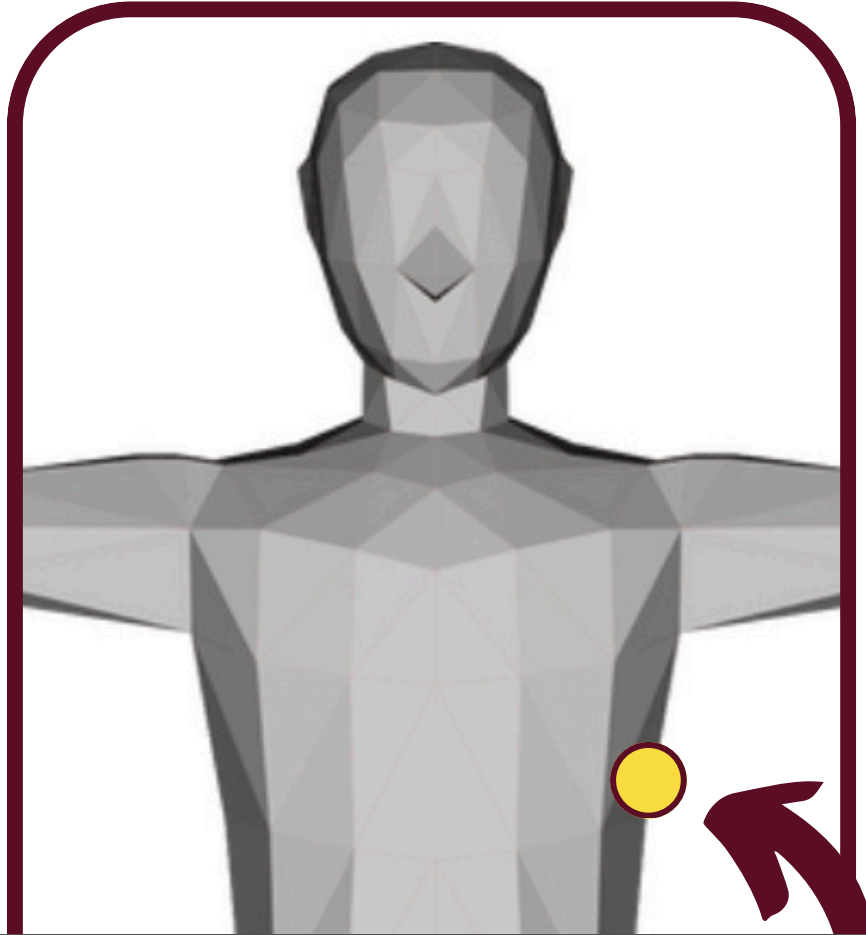
Purpose of Zikr e Qalbi

The purpose of Zikr-e-Qalbi (remembrance of the heart) is to cultivate a continuous awareness and remembrance of Allah, thereby purifying the heart (qalb) and aligning it with spiritual goals. This practice aims to extend the feeling of connection and obedience to Allah throughout daily life, making His presence a constant in every action and thought. By disciplining the nafs (lower self), elevating the rooh (soul), and guiding the aqal (intellect), Zikr-e-Qalbi helps in achieving a state of spiritual awareness where the heart is in constant remembrance of Allah.

Practitioners strive to integrate this remembrance into their daily routines, which leads to a life of obedience and mindfulness of Allah. This ongoing remembrance helps to internalize the Quranic teachings: "He is with you, wherever you are" (Quran 57:4) and "Allah is nearer to him than his jugular vein" (Quran 50:16). Ultimately, Zikr-e-Qalbi seeks to transform the individual's inner state, fostering a heart that remains in perpetual awareness of Allah, thereby promoting a life of spiritual purity and continuous divine connection.

As Allah commands, "And remember your Lord within yourself in humility and in fear without being apparent in speech – in the mornings and the evenings. And do not be among the heedless" (Quran 7:205), and as the Prophet Muhammad (peace be upon him) said, "Verily, in the body is a piece of flesh which, if sound, the entire body is sound, and if corrupt, the entire body is corrupt. Truly, it is the heart" (Bukhārī).

Illustration Guide for Zikr-e-Qalbi



In the provided drawing, the highlighted point from yellow dot for Zikr-e-Qalbi is located six fingers below the armpit, towards the chest.

This spot serves as the focal area for spiritual concentration, aiming to channel divine light (nur) into the heart.

By focusing on this point, practitioners can:

- 1. Cultivate obedience and a deeper connection with Allah.*
- 2. Maintain continuous remembrance of Allah.*

Practice Outline

1. Introduction to the Heart's Spiritual Location

The spiritual human heart is located approximately six fingers below the armpit, towards the chest. This spiritual heart is the focus of our spiritual practice.

2. Preparation for Dhikr

- **Wudhu:** Perform a fresh wudhu.
- **Seclusion:** Sit alone, facing the Qiblah.
- **Mental State:** Empty your heart of all thoughts and focus it towards Allah with humility and respect.

3. Performing Zikr

- **Imagining Light:** Visualize an opening in your heart through which Allah's light (nur) enters, cleansing it of sins.
- **Heart Recitation:** Imagine your heart repeating "Allah" in sincere gratitude.
- **Mental Focus:** Concentrate on pulling this light into your heart, losing yourself in the remembrance (dhikr) to the point of being unaware of your own existence.
- **Avoiding Distractions:** Do not engage in distracting thoughts. As soon as you find yourself distracted, gently bring your mind back to the dhikr.

4. Physical Posture and Technique

- **Posture:** Sit with legs folded, in tashahud, or any other comfortable position.
- **Eyes:** Keep them closed.
- **Dhikr:** Perform dhikr silently (without moving the tongue), focusing on thoughts of Allah. Do not connect dhikr with your breath.

This meditation posture should be followed during dedicated dhikr sessions, but the practice of dhikr should extend to daily activities such as walking, eating, and driving, where it is not necessary to close your eyes or assume a specific posture. As the Quran says, "Remember Allah whether you are standing, sitting, or lying down" (Quran 4:103). The meditation posture is to discipline the body during focused sessions, but dhikr should be continuous throughout the day without restrictions.

Practice Outline

5. Duration and Continuation

- **Daily Zikr:** Dedicate at least one hour a day to dhikr. This can be done in one sitting, in two sittings (morning and night), or in multiple sittings such as 12 minutes before or after each Salah to make up the one hour.
- **Continuous Zikr:** Beyond the dedicated hour, continue dhikr throughout the day in any posture – standing, sitting, or lying down, without restrictions.

6. Daily Routine

- **Consistent Practice:** Perform muraqabah daily, setting aside dedicated time.
- **Mindfulness:** Whether walking, talking, or sleeping, remain mindful to your heart's connection with Allah.

7. Recognizing Spiritual Signs

- **Physical Sensations:** You may feel a fast pulse, the ticking of a clock, or other sensations in the heart, indicating it is remembering Allah. These sensations may be varied and different people may feel different things or even nothing at all. But keep in mind that these sensations should not be the target of dhikr.
- **Emotional Responses:** You may experience something like comfort, bliss, tauba (repentance), weeping, crying, irritation, coolness, warmth in the chest, etc. or a desire to come closer to Allah.
- **Symbolic Vision:** You may unintentionally see visions like people, trees, gardens, or sceneries during dhikr. Ensure not to get deviated by these, as your only objective should be to attain obedience to Allah.

8. Role of Shaykh

A shaykh plays a crucial role in attaining dhikr-e-qalbi. Under the supervision of a shaykh, one can develop a deeper connection with Allah by His will. The shaykh will assign the next lesson when convinced of the disciple's (murid) sincerity and the activation of the heart through dhikr.

9. Conclusion

- **Supplication:** Conclude with a supplication to Allah.
- **Continual Awareness:** Maintain continuous awareness of your heart's connection with Allah throughout daily activities.
- **Spiritual Growth:** Consistent practice and striving for taqwa will lead to spiritual growth and a deeper love for shariah.

Adhering to this structured approach, one can progress on the spiritual path, ultimately seeking to attain a heart that is always occupied in remembering Allah, in every moment and activity of life.