



# ADAAB-E-ZIKR



MAULANA  
ABDUL SATTAR ولامت بركاتهم





# ADAAB-E-ZIKR



MAULANA ABDUL SATTAR دوست بزرگانہم



- ◆ Book Name : Adaab-e-Zikr
- ◆ Writer : Maulana Abdul Sattar ولایت بزرگانی
- ◆ Date : March 2020/Rajab 1441
- ◆ Quantity : 1100
- ◆ Publisher : Baitus Salam Book Shop  
Defence Phase 4
- ◆ Design & Concept : MAK Innovation  
+92 3168056 863  
info@makinnovation.biz



## BAITUSSALAM BOOK SHOPS

### Baitussalam Book Shop Phase 4

Near Baitussalam Masjid, Defence Phase 4, Karachi.  
Contact: 0308-2140022, +92-21-35313229

### Baitussalam Book Shop Phase 6

32-C, Rahat Lane-1, Defence Phase 6, Karachi.  
Contact: 0334-3093500, +92-21-35341805

### Baitussalam Book Shop Phase 8

Shop No 1, C-9-0, Al-Murtaza Comm, Lane 1, phase VIII, DHA Karachi.  
Contact: 0300-0508172

### Baitussalam Book Shop phase 6

Shop No 4, Building No 34-C, Bukhari Lane 1 phase 6 near Tee-Emm Mart  
DHA, Karachi.  
Contact: 021-5848264-5

### Baitussalam Book Shop Lahore

K-64, Ground floor commercial Area, main Ghazi Road phase 1, DHA, Lahore.  
Contact: 0300-0508176





# TABLE OF CONTENTS

☀ The Reality of Mankind	8
☀ The Pivot of Human Existence	9
☀ Allah's Dhikr, Food for the Soul	9
☀ Weakness in the Inner Will	10
☀ Making a Habit of Dhikr	10
☀ Who are the intelligent ones?	11
☀ How does Allah remember?	11
☀ The Benefits of remembering Allah	11
☀ Who will receive the shade of His throne on the Day of Judgment?	12
☀ The importance of following the etiquettes of Dhikr	13
☀ Set a certain amount for Dhikr	13
☀ What should the environment be for Dhikr?	14
☀ Who is the Head of all qualities?	15





☀ What is meant by کیفیت (Conditions)?	17
☀ Allah is the biggest Benefactor	18
☀ Remember Allah every minute	19
☀ Who is the most powerful?	19
☀ A Beautiful Example	21
☀ The Truth about Dhikr	21
☀ Don't be ignorant	21
☀ Make a habit of Dhikr	22
☀ The effects of Dhikr	22
☀ Allah's promise is true	23
☀ The Angel's intercession	23
☀ Do allocate some time	24
☀ The tranquil heart	24





أَلْحَمْدُ لِلَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَأَصْحَابِهِ  
أَجْمَعِينَ .

أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
قَالَ اللَّهُ تَعَالَى: يَا أَيُّهَا الَّذِينَ آمَنُوا أَذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا {الاحزاب: ٤١}   
وَقَالَ اللَّهُ تَعَالَى: وَاذْكُرِ اسْمَ رَبِّكَ وَتَبَتَّلْ إِلَيْهِ تَبْتِيلًا

صَدَقَ اللَّهُ الْعَظِيمُ {المزمل: ٨}

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ.

## The Reality of Mankind

My esteemed elders, brothers, mothers, and sisters of this blessed Ummah!

Allah has given mankind precedence over His other creations in terms of respect and value, and are given the title of 'Ashraf-ul-Mukhluqaat'. To understand the gravity of this status, one has to know why being a human is so special. Is a person known as a collective slab of flesh on bones? Do we merely ascribe the birth of these two eyes and two hands to a human being? The physical attributes of a person do not completely define them as a human being.

Let's suppose this person passes away. Why is it that he loses the ownership to his own body? Why does he stop being known as a human after he's buried? He is called a corpse or a dead body instead of a human being, he loses his mental and physical faculties, his possessions are distributed, and his servants who once awaited him now serve someone else.

From this, we can gather that there is more to a human than skin, flesh, bones, and sinews. Surely, he does have a soul. We can also say that a person has an inner and an outer world. Adding both these worlds together forms a







complete person. However, the soul is far more important without which the body is declared as a mere corpse and is buried.

## **The Pivot of Human Existence**

The human body thrives on food. It depends on nutritious food to build its immunity and fight diseases. Similarly, one has the means and medicine to dispel any invading viruses and germs. The nourished body is able to ward off diseases and keep them at bay for the most part.

Similarly, Oh brothers, the inner body has a world, the heart and a soul, it has cravings and desires, a yearning for nutrition, a thirst yet to be quenched, and requires sustenance to function.

It is when one's fostered soul is given what it needs that it is able to curtail society from luring him astray. It is the inner strength that will avert his gaze from watching anything wrong. He will find the power to curb his tongue against backbiting in a gathering filled with inane conversations. His ears will not listen to filth amidst sinful discussions. He will still have the ability to guard himself against any wrongdoing within the isolation of a dark room.

## **Allah's Dhikr, Food for the Soul**

This inner sustenance for strength, mobility, and immunity is through Allah's Dhikr. To think about Allah, to recite in His remembrance everyday, and glorify Him is Allah's Dhikr.

We can find two types of people. The first leads a life free from sins while the other is immersed in it. We can find both in the same community, walking on the same ground, perhaps working in the same field but there's a difference. One person is polluted by the worldly sins and the other is protected from it.





## Weakness in the Inner Will

My beloveds! The reason behind this is because one is engrossed in the remembrance of Allah and the other is deprived of it. Often times we also worry about consistency. All the zeal of continuous obedience and servitude to Him that one fills up with in a religious gathering is crumbled as soon as he steps foot in the outside world. He becomes weak and struggles to fight against the temptations coming his way. This is because he lacks self-control. He has weakened his inner self by starving it and not giving it one of its core nourishment which is Allah's Dhikr.

## Making a Habit of Dhikr

Allah ﷻ has addressed His creations:

يَا أَيُّهَا الَّذِينَ آمَنُوا ذَكِّرُوا اللَّهَ ذِكْرًا كَثِيرًا

"O you who have believed, remember Allah with much remembrance." (Al-Ahzab 41)

This is an extremely beautiful sentence that has barred all excuses people bring forth pertaining to His remembrance. "I can't do Dhikr, one is supposed to be righteous in order to remember Him." This is primarily why Allah has not made righteousness binding on a person in order to remember Him. No man can exempt himself from doing Dhikr by declaring that women have a lot of time and they don't. Saying, 'I am a busy person, I don't have a lot of time so I can't do Dhikr.'

Allah has responded, "O! If you're a believer then my orders are obligatory on all the believers. Whether you are a businessman or a menial worker, young or old, rich or poor, have the whole world at your disposal or less, always remember Allah in abundance."





## Who are the intelligent ones?

Who is intelligent and insightful in front of Allah? Allah says:

الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ

“Who remembers Allah while standing or sitting or [lying]...” (Al-Imran 191)

This definitely shows that the one who remembers Him profusely is wise in the eyes of Allah. Their thoughts are engaged in His remembrance whether they're walking, sitting, lying or turning in bed.

The world's perception of intelligence has changed. According to them, anyone with a stash of cash, a big bank balance, and lives in a mansion, is considered smart when it is the one who remembers Allah at all times that is wise.

## How does Allah remember?

O friends! Dhikr is a unique wealth about which Allah says:

فَاذْكُرُونِي أَذْكَرْكُمْ

“So remember Me; I will remember you.” (Surah Baqarah 154)

If this had been the only reward for Dhikr it would have been sufficient that Allah remembers the one who remembers Him. Hazrat Abu Usman رضي الله عنه once said that he knew when Allah remembered him. When asked how? He responded, “It is mentioned in the Quran that Allah remembers those who remember Him so when I remember Him I am positive that He remembers me.”

## The Benefits of remembering Allah

Hazrat Muhammad صلی اللہ علیہ والہ وسلم is reported to have said:





## تَعَرَّفْ إِلَى اللَّهِ فِي الرَّخَاءِ يَعْرِفَكَ فِي الشَّدَّةِ

“Remember Allah at times of ease and happiness, He will remember you during hard times.” (Tirmidhi)

If you remember Allah during good times, He will not forget you when you need Him. If you don't forget Him when you're blessed, He will never forget you during times of duress. Above all, I promise you that your glorification and remembrance of Allah in this world will result in Him remembering you in the Hereafter.

## Who will receive the shade of His throne on the Day of Judgment?

Our Prophet ﷺ has said:

سَبْعَةٌ يُظِلُّهُمُ اللَّهُ فِي ظِلِّهِ يَوْمَ لَا ظِلَّ إِلَّا ظِلُّهُ

“There are seven types of people who will receive the shade of Allah's throne on the Day of Judgment.”

One of them is,

رَجُلٌ ذَكَرَ اللَّهَ خَالِيًا فِافْقَاضَتْ عَيْنَاهُ

“He who remembers Allah in isolation so much that it causes his eyes to become moist.” (Mishkaat)

The person who remembers Allah in seclusion with such emotion and zeal that they weep, will be provided with a shade of His throne on that Day when the person will be helpless and without shelter.

Allah has immense value for those tears fervently shed in seclusion over His remembrance so much so that He will provide a shade of His throne to them on that Day when there will be no protection or refuge.

My Brothers! This Dhikr is nourishment and power. Whoever acquires this subsistence correctly will also obtain inner strength and the ability to withstand society's lures, and to





lead a righteous life.

## **The importance of following the etiquettes of Dhikr**

Dear Friends! Dhikr has some etiquettes. If we adhere to it then it will act as a food and will strengthen our soul. It is imperative to keep the etiquettes of Dhikr in mind in order to gain its maximum benefits otherwise the only thing one would reap are the rewards for glorifying Him. Observing the correct guidelines in doing Dhikr is paramount for bearing fruit in the form of power and strength.

### **Set a certain amount for Dhikr**

One should recite enough to receive spiritual enlightenment. It's like how a famished person would be indignant if he were handed a single morsel. How would this person react? He would expect to be given enough food that would subside his hunger and enough water for his thirst to be quenched. Imagine if he was given a simple drop of water when he's nearly dehydrated with excessive thirst. He'd definitely say, 'Oh brother, at least give enough for me to drink so I wouldn't feel thirsty anymore!' We require spiritual sustenance in a similar fashion to which our body physically requires nutrition and water to survive. In order to find out how much one has to perform Dhikr, one has to go to a religious scholar. He should then restrict himself to the amount prescribed to him by his spiritual doctor, hence, Shaykh. However, if he is travelling or falls sick then there is no compulsion on him to fulfill his daily Dhikr. It is quite akin to when an ill person is unable to eat or sleep well. Under ordinary circumstances, a healthy person eats to his full capacity and doesn't cut corners in his nutritional intake. One shouldn't worry if they are unable to perform their daily Dhikr due to their illness or if they're traveling,





as long as it doesn't deter them from resuming their usual discourse when they recover or reach their destination.

### What should the environment be for Dhikr?

The other aspect of utmost importance is the feeling, focus and ambience surrounding Dhikr. This means that one should create such an environment for their daily deed which would motivate them to do Dhikr with full concentration and zeal. For example, A thirsty person would wish for a sufficiently cold and full amount of water that would help quench his thirst. Or, when one craves kebabs in hunger and expects it to be perfectly cooked, warmed and adequate to placate the palette and satisfy his pangs.

O Brothers! In the very same manner, our Dhikr should be proportionate to what has been set for us by our Shaykhs, and has a suitable environment built around it. Whenever Allah Ta'ala has ordered His Creations to do Dhikr in the Quran, He has frequently used two words in its connotation.

The first word used is 'Allah' in that,

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا

'O you who have believed, remember Allah with much remembrance.' (Al-Ahzab 41)

The second word is 'Rabb', 'And remember the name of your Rabb and devote yourself to Him with [complete] devotion.'

وَاذْكُرِ اسْمَ رَبِّكَ وَتَبَتَّلْ إِلَيْهِ تَبْتِيلًا

"And remember the name of your Lord and devote yourself to Him with [complete] devotion." (Al-Muzammil 8)

These two words teach us something- tell us something- which is that Allah encompasses all qualities and excellence, He is the Maalik (Owner) of all blessings and benevolence, and the Khaaliq (Creator) of all things.





## Who is the Head of all qualities?

Whatever has been, is and is yet to come in the universe, every passing action on this planet, and every creation's deeds is recorded and monitored by Allah. It is enough to know to recognize Him that He is tomorrow's مالك (Owner) and المختار (Head). The whole universe is under His Control. Allah has mentioned all these elements in different manners;

اللَّهُ خَالِقُ كُلِّ شَيْءٍ

"Allah is the Creator of all things." (Az-Zumar 62)

Who is Allah? Allah is He who has created all things.

إِنَّ اللَّهَ فَالِقُ الْحَبِّ وَالنَّوَى

"Indeed, Allah is the cleaver of grain and date seeds."

(Al-An'am 95)

Who is Allah? Allah is that Being who uses His power to break open a seed, and bring forth its buds.

اللَّهُ الَّذِي جَعَلَ لَكُمُ الْأَرْضَ قَرَارًا وَالسَّمَاءَ بِنَاءً وَصَوَّرَكُمْ فَأَحْسَنَ صُوْرَكُمْ وَرَزَقَكُمْ مِنَ الطَّيِّبَاتِ

"It is Allah Who has made the earth a resting place for you, and the sky a canopy. He has molded your bodies and molded them well, and has provided you with good things." (Al-Mu'min 64)

It is Allah who has appointed Earth as a home for man and the sky as its ceiling. He has etched one's form and granted Him wonderful, delightful food to eat.

Who is Allah? Allah is He who has granted man a temporary abode on Earth and it is He who has placed the sky above us as a roof. It is Allah who has blessed us with beautiful faces. It is He who has provided us with pure provisions.

وَيَعْلَمُ مَا تُسْرُونَ

"And Allah is Knowing of that within the breasts."





(Al-Taghabun 4)

Who is Allah? Allah is He who is aware of all things including all that we do in the solitude of our dimly lit rooms.

إِنَّ اللَّهَ خَبِيرٌ بِمَا يَصْنَعُونَ ﴿٣٠﴾

“Indeed, Allah is Acquainted with what they do.” (An-Noor 30)

Who is Allah? Allah is He who is aware of the thoughts and desires one harbors in their hearts and minds.

وَاللَّهُ يَعْلَمُ مَا فِي قُلُوبِكُمْ

“And Allah knows what is in your hearts.” (Al-Ahzab 51)

Who is Allah? Allah is He who is aware of all the thoughts entering one’s mind.

إِنَّ اللَّهَ يَعْفِرُ الذُّنُوبَ جَمِيعًا

“And Allah knows what is in your hearts.” (Al-Zumar 53)

Who is Allah? Allah is the One that pardons all sins.

وَاللَّهُ يَدْعُو إِلَى دَارِ السَّلَامِ

“And Allah invites to the Home of Peace.” (Yunus 25)

Who is Allah? Allah is the Being who calls one towards the institution of Islam i.e. Heaven.

وَاللَّهُ يَدْعُو إِلَى الْجَنَّةِ وَالْمَغْفِرَةِ بِإِذْنِهِ

“... But Allah invites one to Paradise and forgiveness, by His permission.” (Al-Baqarah 221)

Who is Allah? Allah is He who calls us towards Heaven and His Mercy.

أَلَمْ تَرَ أَنَّ اللَّهَ أَنْزَلَ مِنَ السَّمَاءِ مَاءً

“Do you not see that Allah sends down rain from the sky?”

(Al-Zumar 21)

Who is Allah? Allah is He who causes the rain to fall from the sky.





إِنَّ اللَّهَ يَحْكُمُ مَا يُرِيدُ

“Indeed, Allah ordains what He intends.” (Al-Ma'idah 1)

Who is Allah? Allah is the One who decides at will.

وَاللَّهُ يَحْكُمُ لَمْ يُعْقِبْ لِحُكْمِهِ

“And Allah decides; there is no adjuster of His decision.”

(Al-Ra'd 41)

Who is Allah? Allah is He whose will is unbroken. Once He wills something, then nothing in the universe can change that.

لَمْ تَرَ أَنَّ اللَّهَ يَرْجِي سَحَابًا ثُمَّ يُؤَلِّفُ بَيْنَهُ ثُمَّ يَجْعَلُهُ رُكَامًا فَتَرَى الْوَدْقَ  
يَخْرُجُ مِنْ خِلَالِهِ

“Do you not see that Allah drives clouds? Then He brings them together, then He makes them into a mass, and you see the rain emerge from within it.” (Al-Nur 43)

Who is Allah? Allah is He who sways the clouds through the winds, then causes them to disperse. He then layers them and compels the water to shower from them in the form of rain.

إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

“Indeed, it is He who is the Forgiving, the Merciful.”

(Al-Zumar 53)

Who is Allah? Allah is the one who shows Mercy and Compassion.

وَهُوَ الَّذِي سَخَّرَ الْبَحْرَ

“He is the One who has subjugated the sea...” (An-Nahl 14)

Who is Allah? Allah is He who has made seas for people to traverse on ships with ease to pursue His provisions and ornaments.

## What is meant by كيفيت (Conditions)?

Allah says:



يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا

“O you who have believed, remember Allah with much remembrance.” (Al Ahzab 41)

Set an environment for your recitation. Do dhikr and create an environment for it. The meaning of ‘كيفيت’ is to utter Allah’s name with the utmost respect. It is just like how we prefer our kebabs to be prepared well and served warm. It is very similar to how we opt for a chilled glass of undiluted water. The hearts should revere and reflect on the greatness of Allah, asking oneself, ‘Who am I praising and thinking of? Who am I calling upon? Is the One who is listening to the painstaking Aah from the recesses of my heart, the One that is recognizant of my needs, and He has complete control over every particle on this Planet. The whole universe is subservient to Him, if He wills something good for me then no person on the planet can harm me, and if He wishes to afflict one with trials then no person on the planet is able to remove those afflictions from them.’

If we call upon Allah through invoking His Greatness, then the Dhikr would be effective!

## Allah is the biggest Benefactor

My Respected Friends! Alluding to Dhikr in the Quran, the words ‘Allah’ and ‘Rabb’ have been used.

The Quran states:

وَادْكُرْ اسْمَ رَبِّكَ وَتَبَتَّلْ إِلَيْهِ تَبْتِيلًا

“And remember the name of your Lord and devote yourself to Him with [complete] devotion.” (Al-Muzammil 8)

Recite the name of your Rabb. First it stated ‘Allah’ and now ‘Rabb’. We can decipher that there’s a hint derived from the word ‘Rabb’. It is just like a child that is aware of his parents’ sacrifices and grows up to recognize





their unconditional love only to reciprocate it. This child understands that his parents have done a lot for him. Similarly, Allah tells His believers to remember Him with due love and reverence since He is their Rabb.

O Friends! Imagine the strength and energy that would perforate the heart of a believer who implores and glorifies Him with deferential adoration. Such a person stays strong during the trials of time, his belief remains consistent and unshaken even during hardships due to the blessings of Dhikr.

### Remember Allah every minute

One can derive the importance of Dhikr from the fact that Allah has advised in the Quran to the ones who fight and are willing to die fighting for Him, that when the terror fills the grounds of strife where fear emanates and one's life is at stake, and one loses composure, then they should begin reciting and invoking to Allah before the enemy.

Allah has said:

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا الْقِيْتُمْ فِيْهَا فَانْتَبُوا وَادْكُرُوا اللَّهَ

“O you who have believed, when you encounter a company [from the enemy forces], stand firm and remember Allah much that you may be successful.” (Al-Anfal 45)

When you see through the reflection of the brandished swords that the enemies stand in front of you then remember Allah with respect and adoration. All one's worries will diminish and all the powers in the world will pale into an insignificant spider's web.

### Who is the most powerful?

When we compare the magnitude of Allah's greatness over all the superpowers/leaders of the world, the fear of these





creations will dissipate from our hearts. Allah is mightier and bigger than any of His creations. If we try to envision a leader or a superpower before bringing Allah into the pivot of our consciousness, we will see the clear distinction of Allah's splendor outshining the former, and that Allah is Self-Sufficient. When He comes to give, He may bless His creations without any means or medium of its existence. He is alone in His Power and Might, no creation can come close to His glory. Thinking about this will emanate a strange sense of power within one. Hence, remember Allah when one can and create an atmosphere where one would feel a closeness to Him. This atmosphere is where one would bring an unfiltered love and reverence for Allah in their hearts. I promise to Allah! If someone inculcates this feeling and has the magnificence of Allah entrenched in their minds, then no other fear would dare consume him. This irrational fear of what might happen next, what would happen tomorrow? What will become of me? How may I persevere for my sustenance? Where will I get money from? How will I live? Seriously, if one has the love of Allah in their hearts and is convinced of Allah's Mercy, then all the worries of the world will fade away to insignificance.

My esteemed brothers! But alas, our plight is such that other thoughts and diversions creep on us within prayers. We are unfortunate to remember everything else but Allah. If anyone, it is Allah who we should remember in our prayers but our minds regrettably stray far from Him. We don't think about our Beloved and Merciful Helper. We have all the time in the world to talk to everyone. If there is someone who we are too busy to remember; it is Allah. We don't get the time to talk to Him. We barely make time to converse with Him!

O Friends! If we remember Allah keeping His Mercy, His Power, His Might and His Importance in mind while instilling the due love and respect required when glorifying Him, only then are we able to avail the effects of such invocation.





## A Beautiful Example

Hazrat Shah Waliullah رحمته اللہ علیہ has illustrated a beautiful example on Dhikr. He explained that engaging in Dhikr with the exact estimation and ambience necessary for reaping the rewards of it is equivalent to women from villages whose mud pots are rooted firmly atop their heads. A few of these women carry three three mud pots on their heads. Despite their irregular routes with its rugged highs and lows, and mirthful chatters with their companions enroute home, they are still mindful of their clay pots with the water brimmed in them. They tread carefully, cognizant of this load as they reach their respective homes.

## The Truth about Dhikr

My friends! When one has engaged in Dhikr in such a manner, then irrespective of whether they're at home, in their workplace, among friends, in a meeting or with their children, they'd still be aware of Allah's presence. They would be heedful of the fact that Allah is watching them. Then such a person will not mistreat their children or wife. If a woman has this quality then she will not mistreat her spouse. If her mother-in-law realizes this then she will not oppress her daughter-in-law. If the daughter-in-law becomes conscious of this then she will no longer annoy her mother-in-law. If an employee would become cognizant of this he will not squander the wealth of his employer. If an employer is regardful of this then he will stop being unfair to his peers and employees. In this way, every fallibility will iron out from people's lives.

## Don't be ignorant

Allah has spoken about such people:

رَجَالٌ لَا تُلَّهُمَّ تِجَارَةً وَلَا بَيْعٌ عَنْ ذِكْرِ اللَّهِ





“[Are] men whom neither commerce nor sale distracts from the remembrance of Allah...” (Al-Nur 37)

There are people who have a business, are bartering and trading, buying and selling, yet this does not preclude them from the remembrance of Allah. What is this? This is a sign that Allah’s Dhikr has been ingrained in their hearts.

My esteemed people! Allah’s beloveds don’t forget Him even in the midst of a bustling shopping arena. Their hearts never abandon the thought of Allah even when they are engaged in their business or jobs. How unfortunate are we to be void of that remembrance and thought even when we stand in line for prayers in the Masjid! We are neglectful even during prayers! Even when we stand before Allah, our hearts go adrift in the marketplace! The only difference is that they persevered with their effort to sketch His love and remembrance in their hearts while we did not.

### **Make a habit of Dhikr**

My Friends! If we sincerely aspire to tread the grounds of this society, stay away from sins and temptations, and combat all impeding conditions through strength and forbearance then we have to make it a habit of remembering Allah (in the form of Dhikr). We have to inculcate an adoration and regular remembrance of Allah as a prevention of any ailment subsisting in one’s society.

### **The effects of Dhikr**

I have mentioned that the etiquettes of Dhikr should include the routine amount of it and the environment for it. One should now ask an Islamic mentor to prescribe them their daily dose of Dhikr. How much should I recite? Recite habitually with an ambience of zeal and fervor then see what color it brings! It is impossible for one not to experience the effects





of spiritual luster through one's daily Dhikr. It is deemed ludicrous to believe otherwise when a clear example of how two curt, offensive remarks can cause the recipient of it to turn red in the face and blow up in rage. It is evidential that words do carry an effect. This provides credence to the fact that the Dhikr of Allah done with the correct emotions and extent has an enormous effect on one's spiritual being. Thus, one can acquire a spiritual elevation and strength.

O Brothers! This is why I advise you to take out a few hours from your valuable clock to engage in this important deed along with your wives, sisters, and mothers. Do make some time in the mornings and evenings to do Dhikr in the manner mentioned above. By Allah! Your direction and routine will change drastically, and you will definitely feel the difference.

### **Allah's promise is true**

Allah has promised to remember those that remember Him, so my friends! If we remember Allah, He will definitely remember us. If we prioritize with Allah then He'll prioritize us. If we protect Allah's Deen, then He will protect us. If we care for Allah, then He will take care of us.

### **The Angel's intercession**

It has been reported that our Prophet ﷺ once said, "When a person who remembers Allah in times of prosperity, good health and ease, falls sick or is stricken by an affliction and he invokes to Allah, then the angels of Allah will intercede on His behalf, saying; 'Oh Allah! This person's voice is familiar, we have heard it before, please accept his plea.' And if a person neglects Him during times of high spirited leisure and then bemoans of his calamity to Allah, the angels say, 'O Allah! This voice is unfamiliar, we have never heard it before.' Thus, the plea is rejected."





## Do allocate some time

Allah is extremely benevolent and appreciative of our Dhikr, considering how provocative and crude our tongues can be. He still accepts our mediocre efforts in remembering Him. We remember Him with our begrimed and darkened hearts only to be embraced by Him without reproach. Which is why, my dear friends! Do take out time in the day to dwell on His Mercies, and allot a time in the morning and evening to be engrossed in nothing but His remembrance.

It is written in the Quran:

وَأَذْكُرِ اسْمَ رَبِّكَ بُكْرَةً وَأَصِيلاً

“And mention the name of your Lord [in prayer] morning and evening.” (Al-Dahr 25)

Gain strength through the Dhikr of Allah in the mornings and evenings, some of the strength will stay till the evening and then refueling oneself in the evening the strength would remain till the morning.

It is unimaginable how much we contrive to satisfy the pangs of this physical body of ours with a variety of food. We have breakfast in the morning, lunch in the afternoon, the evening snacks and tea, and then dinner at night. My brothers! This spirit of ours requires food as well. It also calls for nourishment and if given the correct boost at the right hours of the day and night, its vitality can be discerned on one's outward self.

## The tranquil heart

Only in the remembrance of Allah do hearts find rest. Allah says in the Quran:

الْأَبْدَانُ لِلَّهِ تَطْمَئِنُّ الْقُلُوبُ

“Unquestionably, by the remembrance of Allah hearts are assured.” (Al-Ra'd 28)

If anyone inveighs against the lack of repose one feels even







after reciting countless tasbeehs then they're not doing it right. They have to evaluate the avidity and fervor behind their Dhikr. Allah's word is truthful. They have to admit that there is some lapse in their method which they have overlooked. There is definitely a missing link which may explain why that regime isn't working and not giving its transcendent results. In other respects, Allah's words are true and it is only through Dhikr that one finds peace, and withstands depression and anxiety.

Therefore, if anyone suffers from insomnia or has an irrational fear crippling them then there is no better cue than to make it a routine and habit to remember Allah in seclusion. It is guaranteed that Allah will alleviate all the worries and difficulties from one's shoulders and grant them relief.

Which is why I reiterate my dear brothers and friends that one should pick some time during the day and night for them to immerse themselves wholly in the Dhikr of Allah without any other occupation worrying their minds.

May Allah give you and I the ability to act upon what we've just heard and said.

Aameen.









## BAITUSSALAM BOOK SHOPS

### Baitussalam Book Shop Phase 4

Near Baitussalam Masjid, Defence Phase 4, Karachi.  
Contact: 0308-2140022, +92-21-35313229

### Baitussalam Book Shop Phase 6

32-C, Rahat Lane-1, Defence Phase 6, Karachi.  
Contact: 0334-3093500, +92-21-35341805

### Baitussalam Book Shop Phase 8

Shop No 1, C-9-0, Al-Murtaza Comm, Lane 1, phase VIII, DHA Karachi.  
Contact: 0300-0508172

### Baitussalam Book Shop phase 6

Shop No 4, Building No 34-C, Bukhari Lane 1 phase 6 near Tee-Emm Mart  
DHA, Karachi.  
Contact: 021-5848264-5

### Baitussalam Book Shop Lahore

K-64, Ground floor commercial Area, main Ghazi Road phase 1, DHA, Lahore.  
Contact: 0300-0508176