

**Brief (daily) Practices in Tariqa Aliya Naqshbandia
Jalwah Gaahe Doost**

By

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<http://urdu.islahulmuslimeen.org/urdu/books/jalwagah/m01.htm>

Recitation of Quran:

Quran recitation should be performed everyday, one part or more. Better to make a habit of at least half a part and without any reason it should not be left.

Kalimah Tayibah:

Recite *Kalima Tayibah* as much as possible, it is not necessary to recite with a loud voice as long you can hear or the person sitting next to you can hear. Recite *LA ILAHA ILLALLAH* (لَا إِلَهَ إِلَّا اللَّهُ) 99 times, and then recite complete Kalimah Shareef once *LA ILAHA ILLALLAH MUHAMMADUR RASOOL ALLAH SALLALLAH ALAIHAI WASALLAM*.

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ .

It is necessary to recite at least two tasbeehs (100*2) everyday.

Durood Shareef:

As much as possible but recite at least two tasbeehs everyday and increase recitation on Fridays.

Astaghfaar:

Two tasbeehs should be recited everyday.

”أَسْتَغْفِرُ اللَّهَ تَعَالَى رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ“

Tasbeeh:

Two tasbeeh Subhan allah

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ

Night Prayer (Tahajjud):

After half of the night has passed, when one wakes up, read 8 to 12 rakah (units), depending upon one's strength.

Silsila Aaliyah:

Silsila Aaliyah (shajrah shareef) Naqshbandia Mujadidiya Fadalia Ghaffariya Bakhshiya and prayers (munajat) should be recited before sleeping or at the time of Tahajjud prayer. It should be read in Arabic, Urdu or Sindhi, which ever language is easier for one.

Along with the above before sleeping at night the following should also be recited:

- Surah Fatiha (chapter 1)

- Initial verses of Surah *Baqarah* (chapter 2) from verse *Alif Laam Meem* (آلَمْ) to *Muflihoon* (مُفْلِحُونَ)
- *Ayatul Kursi* (آية الكرسي) up to *Khalidoon* (خَالِدُونَ) (this is also from surah baqrah)
- And last verses from Surah *Baqarah* from *Aamanur Rasool* (أَمَّنَ الرَّسُولُ) up to the end of chapter
- Recite Four *Qul* chapters ,

○ *Qul ya ayuhal kaafiroon*

قُلْ يَا أَيُّهَا الْكَافِرُونَ

○ *Qul howalla hu ahad*

قُلْ هُوَ اللَّهُ أَحَدٌ

○ *Qul aoozo be rabil falaq and*

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ

○ *Qul aoozo be rabbin naas*

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

Recite *Bismillah* with each one of these.

- Recite *Durood Shareef* 11 times

And blow on your hands then run hands over your body. Then blow on your family members especially children.

Recite sunnah dua (*bismika allah huma amooto wa ahya*) before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَى

and recite (*Alhamdulillah hiladhi ahyani bada ma amatani wa ilahinushoor*) on awakening

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانِي بَعْدَ مَا أَمَاتَنِي وَإِلَيْهِ النُّشُورُ

During the blessed month of *Ramadhan*: Kalimah Tayabah and recitation of Quran should be performed with abundance. *Salat ul tasbeeh* should be offered as much as possible.

(*The Tasbih to be read in Salaat-Ul-Tasbeeh: "Subhaan Allahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar"*)