



Halqa-e-Zikr or Muraqaba or Meditation **Excerpts from the Biography of Hadrat Sohna** **Saeen (RA) “Seerat-e-Wali Kamil”** (Written by Maulana Habib-ur-Rahman Gabool, Vol 1, 1st Edition)

Hadhrat Rasool-e-Maqbool (Peace be upon him) said that “انا مردتم برياض الجنة فارتعوا“ (when you pass near the gardens of the Jannah, sate your hunger completely).

Linguistic meaning of Halqa is a round circle and Muraqaba means to bow your head and wait. According to the Sufis, to sit in a circle and wait for the **فيضان الهى** blessings of Allah.

Essence of Muraqaba

During different times, the **مجتهدين و مجددين** (innovators in din without changing the rules of the Shariah) brought about new and innovative ideas to keep the remembrance of Allah. Therefore, some perform “Zikr biljahaar” (Zikr in loud voices) and some performed Zikr quietly or in ones heart. All of these methods are used to reach Allah and these methods are based according to the acquiescence of Allah.

Our scholars of Tareeqa-e-Aaliya Naqshbadi favored the method of Zikr-e-Qalbi (remembering Allah in ones heart). Thanks to Allah Almighty, this method is becoming

popular day by day. For a long time the followers would sit quietly in a circle and concentrate of performing Zikr. But as time has passed, due to worldly matters, worries and problems, the mind is subject to more worldly thoughts. It was difficult to concentrate towards Allah while sitting quietly in a circle for new and old followers due to the influence and pressure of worldly worries and problems on our thoughts. In order to acquire complete concentration towards Zikr, some scholars of Tareeqa-e-Aaliya Naqshbadiya started the recitation of the Holy Quran, verses of hamd (praise of Allah), verses of naat-e-rasool (SW) (praise of Rasool Allah (SW)) or verses of Manqabat (praise of beloved of Allah) during muraqaba in group. Along with it, a chaplet of big size beads was taken to generate the sound “Thak Thak Thak” meaning the heart beat of Allah, Allah Allah and with it creating complete concentration.

It has been almost 100 years since the big sized beads chaplets are being used. Hazoor Sohna Saeen (RA) used to take the name of Hadrat Haji Dost Muhammad Qandahari Quds sara (RA) for the use of the chaplet with big beads. He also used to say that Hadrat Syed Muhammad Baqadar Shah and Peer Sahab Pagara (RA) also possessed such a chaplet which is with the family even today as a sacred relic. (Speech on 5th Safar 1403 Hijri)

Hence, this method was extremely successful. The hearts of the participants of the Halqa and Muraqaba got inclined towards Allah permanently. Lots of Ahl-e-Zikr (people performing zikr) got so much inclination with it that whenever they had the time, they would sit with the chaplet. Murshidina Hadhrat Fazal Ali Qureshi had so much associated with it that he would put it around his neck most of the time. Alhumdulillah (Thanks to Allah) meditation is conducted all around the world today.

Hazoor Sohna Saeen (RA) had a lot of interest in the Halqa and Muraqaba. In the morning after the Fajr prayers, the Jamaat would sit in a circle to perform zikr-e-Allah. They would then do maswaaq (a stick used as a tooth brush, a Sunnah), after that they would recite Durood one hundred times, then they would recite the Ayah “وانى لغفار لمن” 500 times for the Isaal-e-Sawab (reward on behalf of) of Hadrat Peer Mitha (RA). After that all Fuqra would recite Durood 100 times again, then

once Surah Fateha, 11 times Surah Ikhlāas and 11 times Surah Quresh would be recited by every one. (Speech 22nd Ramadhan 1399 Hijri).

At the end everyone would pray to Allah to transfer the reward of what has been recited to Hazrat Muhammad (peace be upon him), to all Anbiya Karaam (Prophets), all Sahabah and Ahl-e-Bait (RA), to all beloved to Allah. After that, everyone would cover their faces, close their eyes and remove all worldly thoughts from their minds, and on the sound of the chaplets “Thak Thak Thak” would think if Allah in their hearts and wait for the blessing of Allah to come into their hearts. And for acquiring these blessings they were told to think that blessings are being transferred from the heart of Hazrat Muhammad (peace be upon him) thru the hearts of the beloved of Allah into your heart. This would be 15 to 30 minutes of meditation.

Method of Meditation According to Tareeqa Aaliya Naqshbandi

There are two ways to do meditation, one in group and second in individual/self.

1. Meditation in Group:

- Sit in a circle (Halqa)
- Cover you face with some cloth
- Remove all thoughts from your mind
- Using a chaplet of big beads, generate to sound of “Thak Thak Thak”. This should only be taken as the sound of heart beat
- Stick your tongue to the top of your mouth and recite Allah Allah Allah in your heart as if your heart is beating Allah Allah Allah.
- The only thoughts in your mind should be of Allah, and acquiring the blessings of Allah through the heart of Hazrat Muhammad (peace be upon him) coming through the hearts of all beloved to Allah.

2. Meditation in Individual:

- Cover you face with some cloth
- Remove all thoughts from your mind

- Stick your tongue to the top of your mouth and recite Allah Allah Allah in your heart as if your heart is beating Allah Allah Allah.
- The only thoughts in your mind should be of Allah, and acquiring the blessings of Allah through the heart of Hazrat Muhammad (peace be upon him) coming through the hearts of all beloved to Allah.

With practice, one can reach to such a position that his/her heart would be beating Allah Allah Allah all the time, whether one is in office, in schools, sleeping, bathing etc. One should be involved in all worldly chores but the heart should be towards Allah.