

آدابُ الْإِعْتِكَافِ فِي رَمَضَانَ

Aadab ul I'tikaf fi Ramadan

Practices of Seclusion in Ramadan

Introduction

During the time of the Prophet Muhammad (pbuh), those observing i'tikaf (seclusion) would spend the last 10 days of Ramadan in the masjid, mainly to separate from their spouse and focus on worship. Today, one can also observe i'tikaf at home by staying in a separate room. The goal is to enter a training to always be in the divine presence and not be distracted by dunya (the material world).

I'tikaf is a step before khalwah (spiritual seclusion) of 40 days. Your Shaykh assigns some awrad (spiritual practices) for you to do. I'tikaf is very important because it will put you on that journey towards khalwah. You will be guided to increase worship through prayer, Zikr (Divine remembrance), Tafakkur (contemplation), and supplications. It trains you to discipline the self, worship, and stay away from the distractions of dunya. All your focus should be on the Divine Presence and Prophet Muhammad (pbuh).

It's very important to make a rabita (spiritual connection) to a spiritual guide during the I'tikaf. Before performing any of the following practices, connect your heart with Sultanul Awliya Mawlana Shaykh Nazim Adil Haqqani (Q).

The practices and cycle of prayers mentioned below are performed daily during the last ten days of Ramadan, with 24-hour devotion for those completing the full I'tikaf.

Full vs. Partial I'tikaaf

1. Full i'tikaf requires 24-hour dedication, with up to 5-6 hours of sleep per day.
2. Those who cannot commit fully may perform partial i'tikaf, observing for a few hours daily during the designated times or whenever is convenient for them at night.
 - i. Early morning to Fajr (dawn)
 - ii. From 'Asr (before sunset) to Maghrib (sunset)
 - iii. From Maghrib (sunset) to 'Isha (night)

Rules

1. No marital relations are allowed during i'tikaf
2. Minimize Distractions: Avoid unnecessary conversations or worldly activities.



Procedure for Entering I'tikaf (Seclusion)

Our day starts at Maghrib (sunset). Therefore, on the 20th of Ramadan, after Salatul 'Asr (Afternoon Prayer), perform the following practices:

1. Take a **Ghusl** (ritual purification shower)
2. Make **Wudu** (ablution)
3. Pray **Salatul Wudu** (Ablution Prayer) - Pray two-cycle regular sunnah prayer
4. **Make intention:**

1. **Niyatel Khalwah** (Intention of Seclusion)

نِيَّةُ الْخُلُوةِ

نَوَيْتُ الْأَرْبَعِينَ، نَوَيْتُ الْإِعْتِكَافَ، نَوَيْتُ الْخُلُوةَ، نَوَيْتُ الْعِزْلَةَ، نَوَيْتُ الرِّيَاضَةَ، نَوَيْتُ السُّلُوكَ وَالصِّيَامَ
لِلَّهِ تَعَالَى الْعَظِيمِ، فِي هَذَا الْمَسْجِدِ.

**Nawaytul Arba'een, nawaytul I'tikaf , nawaytul Khalwah, nawaytul
'Uzlah, nawaytur Riyada, nawaytus Sulook was Siyam Lillahi Ta'ala al
'Azhim, fi hazal masjid.**

I intend to perform the forty days of seclusion, I intend seclusion in the masjid, I intend spiritual seclusion, I intend isolation/solitude, I intend to discipline (the ego), and I intend to travel on the spiritual path, and I intend to fast for the sake of Allah Almighty in this masjid.

2. **Niyatul I'tikaf** (Intention for Seclusion):

نِيَّةُ الْإِعْتِكَافِ

Make Niyatul I'tikaf (Intention for Seclusion) on behalf of yourselves, your ancestors, and your children. Ask for support from Sayyidina Muhammad (pbuh), Naqshbandi Shaykhs, Sultanul Awliya Shaykh Abdullah al Fayiz Daghestani (Q), Sultanul Awliya Mawlana Shaykh Nazim Adil al Haqqani (Q), Mawlana Shaykh Hisham Kabbani (Q), Mawlana Shaykh Adnan Kabbani (Q), Mawlana Shaykh Muhammad Adil (Q), and other Awliya.

Gift the reward of your practices to Sayyidina Muhammad (pbuh), Ahlul Bayt (holy family of Prophet Muhammad (pbuh)), the noble companions of Prophet Muhammad (pbuh), the Awliya (saints), and anyone else you wish."

5. **Adabut Tariqah** (Daily Practice)

أَدَبُ الطَّرِيقَةِ

Read the [Daily Adab](#) (Practice) of the Naqshbandi Sufi Way.

6. **Daily Awrad (practices) of I'tikaf**

Then continue with reciting from the "Daily Awrad (Practices) of I'tikaf" as much as you can until Salatul 'Isha (Night Prayer) and Tarawih prayer.



Evening Daily Routine

One hour before Maghrib (sunset), do the following practices.

1. Make **Wudu** (ablution)
2. Pray **Salatul Wudu** (Ablution Prayer) - Pray two-cycle regular sunnah prayer
3. **Make intention** - Niyatel Khalwah (Intention of Seclusion)

نَوَيْتُ الْأَرْبَعِينَ، نَوَيْتُ الْإِعْتِكَافَ، نَوَيْتُ الْخُلُوةَ، نَوَيْتُ الْعُزْلَةَ، نَوَيْتُ الرِّيَاضَةَ، نَوَيْتُ السُّلُوكَ
وَالصِّيَامَ لِلَّهِ تَعَالَى الْعَظِيمِ، فِي هَذَا الْمَسْجِدِ.

Nawaytul Arba'een, nawaytul I'tikaf , nawaytul Khalwah, nawaytul 'Uzlah, nawaytur Riyada, nawaytus Sulook was Siyam Lillahi Ta'ala al 'Azhim, fi hazal masjid.

I intend to perform the forty days of seclusion, I intend seclusion in the masjid, I intend spiritual seclusion, I intend isolation/solitude, I intend to discipline (the ego), and I intend to travel on the spiritual path, and I intend to fast for the sake of Allah Almighty in this masjid.

7. **Adabut Tariqah** (Daily Practice)

أَدَبُ الطَّرِيقَةِ

Read the [Daily Adab](#) (Practice) of the Naqshbandi Sufi Way.

8. **Daily Awrad of I'tikaf**

Then continue with reciting from the "Daily Awrad (Practices) of I'tikaf" as much as you can until Salatun Maghrib (Sunset Prayer).

9. **Iftar** (Break Fast)

10. **Salatul Maghrib** (Sunset Prayer):

11. **Daily Awrad of I'tikaf**

Then continue with reciting from the "Daily Awrad (Practices) of I'tikaf" as much as you can, until Salatun 'Isha (Night Prayer) and Tarawih prayer.

12. **Qiyamul Layl** (The Night Vigil)

قِيَامُ اللَّيْلِ

Please complete all the practices and Salats (prayers) included in the "[Qiyamul Layl](#)".

13. **Adaab as Salatun Fajr** (Practices of the Dawn Prayer)

آدَابُ الصَّلَاةِ الْفَجْرِ

Please read the complete awrad of "[Adaab as Salatun Fajr](#)".

14. **Salatul Ishraq** (Sunrise Prayer)

صَلَاةُ الْإِشْرَاقِ

Pray 2 Rak'at (cycles of prayer) as regular sunnah prayer of "[Salatul Ishraq](#)".



15. **Salatud Duha** (Forenoon Prayer)

Pray 4 rak'ats (cycles of prayer) or two sets of four rak'ats of "[Salatud Duha](#)".

16. Then start the "Daily Awrad (Practices) of I'tikaf" section below.

Daily Awrad (Practices) of I'tikaf

Before you start these practices, connect your heart with Sultanul Awliya Mawlana Shaykh Nazim Adil Haqqani (Q). Then try to focus on your heart and contemplate on the meaning of these awrad.

1. **2,500X to 5000X Allah** الله (aloud)

2. **2,500X to 5000X Allah** الله (in silence)

3. **2,500X to 24,000X Salawat** (Praising upon Prophet Muhammad (pbuh)) صَلَوَات

Imagine yourself in Rawdah Sharif (holy burial chamber), in front of the maqam of the Prophet Muhammad (pbuh), in Madinatul Munawara, facing the holy Messenger of Allah and praising:

اَللّٰهُمَّ صَلِّ عَلٰى سَيِّدِنَا مُحَمَّدٍ، وَعَلٰى آلِ سَيِّدِنَا مُحَمَّدٍ

"Allahumma salli 'ala Sayyidina Muhammadin, wa 'ala aali Muhammadin wa sallim"

O Allah (AJ)! Send Peace and blessings upon Muhammad and upon the Family of Muhammad (Peace be Upon him)

4. **1000X – Tahlil** (The Declaration of Oneness)

La ilaha illallah (There is no god but Allah (AJ))

لَا إِلَهَ إِلَّا اللَّهُ

5. **100X Tasabih** (Glorifications)

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، سُبْحَانَ اللَّهِ الْعَظِيمِ، اَسْتَغْفِرُ اللَّهَ (١٠٠ مرة)

SubhanAllah wa bi hamdhihi, SubhanAllahil 'Azeem, Astaghfirullah

Glory be to Allah and to Him be praise. Glory be to Allah Almighty. I ask Allah's forgiveness.

6. **100X to 1000X Istighfar** (Seek forgiveness)

اَسْتَغْفِرُ اللَّهَ الْعَظِيمِ وَاتُوبُ اِلَيْهِ.

Astaghfirullahal 'Azim, wa atubu ilayh.

I ask forgiveness from Allah Almighty, and I turn to Him in repentance



7. 100X Tasbih (Glorification)

سُبُّوحٌ قُدُّوسٌ رَبُّنَا وَرَبُّ الْمَلَائِكَةِ وَالرُّوحِ.

Subuhun Quddoosun rabbuna wa rabbul Malayikati war ruh.)

"The Most Glorified, Most Holy, our Lord and the Lord of the angels and the Spirit."

8. 100X Recitation of Quran 36:38

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.
ذَٰلِكَ تَقْدِيرُ الْعَزِيزِ الْعَلِيمِ.

Bismillahir Rahmanir Raheem.

"...Zaalika taqdirol 'Azizil 'Aleem." (Yaseen 36:38)

In the name of Allah, the Most Merciful, The Most Compassionate.

"...That is the decree of (Him), the Exalted in Might, the All Knowing." (Yaseen 36:38)

9. 100X to 1000X Alhamdulillah (All Praise is to Allah (AJ))

الْحَمْدُ لِلَّهِ

10. 100X Shukran Lillah (Thanks be to Allah (AJ))

شُكْرًا لِلَّهِ

11. 100X Subhan Allah (Glory be to Allah (AJ))

سُبْحَانَ اللَّهِ

12. 100X Allahu Akbar (God is Great)

اللَّهُ أَكْبَرُ

13. 100X "...Hasbun Allahu wa Ni'mal Wakil."

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

"...Sufficient for us is Allah, and [He is] the best disposer of affairs."

(The Family of 'Imran, 3:173)

14. 100x

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Laa hawla wa laa quwwata illa billahil 'Aliyul 'Azheem.

There is no support, nor power except by Allah (AJ), The Most High, The Magnificent.

15. 500X Ya Samad (Self-Sufficient)

يَا صَمَدُ

16. 1 Juz (section) of Holy Quran or

1. 100 X Surat Ikhlas

- With the intention to be counted as 1 section of Holy Quran

17. 1 Hizb (section) of Dalailul Khairat (Book of Praising on Prophet ﷺ) or

1. 100 X Salawat

- With the intention to be counted as 1 section of Dalailul Khairat

