

Daily Awrad (Practice) of Naqshbandi Tariqa

1. **3X Shahada** (Testimony of Faith) Raise right hand's index finger and recite.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

**Ashhadu an la ilaha illallah,
wa ashhadu anna Muhammadan 'abduhu wa Rasulu**

I bear witness that there is no god but Allah and Muhammad ﷺ is His servant and Messenger

2. **70X Astaghfirullah** (I seek Forgiveness from Allah)

أَسْتَغْفِرُ اللَّهَ

3. **Surat al Fatiha** (1st Chapter of Holy Qur'an)

(With intention of being dressed with the manifestations and blessings that were sent down with this surah when it was revealed in Makkah)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنُ الرَّحِيمِ ﴿٣﴾ مَالِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾

Bismillahir Rahmanir Raheem. Alhamdulillahil rabbil 'alameen. Ar Rahmanir Raheem. Maliki yawmid deen. Iyyaka na'budu wa iyyaka nasta'een. Ihdinas siratal mustaqeem. Siratal lazeena an'amta 'alayhim, ghayril maghdoobi 'alayhim walad dalleen.

In the name of Allah, the Most Compassionate, the Most Merciful. (1) Praise be to Allah, Lord of the worlds. (2) The Most Gracious, Most Merciful. (3) The Sovereign King of the Day of Judgement. (4) It is You we worship and You we ask for help. (5) Guide us to the Straight path. (6) The path of those on whom you have bestowed your favor/blessing, not of those who have evoked (Your) anger or of those who go astray. (7)

4. **Amana ar Rasul** (2:285-286 Holy Quran)

أَمَّا الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ ۚ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ ۚ وَقَالُوا سَمِعْنَا وَأَطَعْنَا ۚ غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا ۚ لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۚ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا ۚ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا ۚ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۚ وَاعْفُ عَنَّا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

Amanar Rasulu bima unzila ilayhi min rabbihi wal muminona, kullun amana billahi, wa malaikatihi, wa kutubihi, wa rusulih, la nufarriq bayna ahadin mir rusulih, wa qalu sami'na wa a'tana ghufuranaka Rabbana wa ilayka almaseer. La yukallifullahu nafsan illa wus'aha, laha ma kasabat wa alayha maktasabat, Rabbana la tuakhidhna in naseena aw akhtana, Rabbana wa la tahmil alayna isran kama hamaltahu alal ladheena min qablina, Rabbana wa la tuhammilna ma la taqata lana bihi, wa'afu anna, waghfir lana, warhamna, anta mawlana fansurna alal qawmil kafireen.



The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], "We make no distinction between any of His messengers." And they say, "We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination." (2:285) Allah Doesn't place a burden on a soul/body greater than it can bear. It gets every reward that it has earned, and it suffers for every ill/evil that it has earned. (Pray:) "Our Lord! Do not punish us if we forget or fall into error; our Lord! and Lay not on us a burden Like that which you laid on those before us; Our Lord! and Lay not on us a burden greater than we have strength to bear. And pardon us, and forgive all our sins, and have mercy on us. You are our master and Protector; Give us victory over those who stand against faith [the unbelievers within]." (2:285-286 - Surat al Baqarah, Holy Quran)

5. **7X [Surat ash Sharh](#)** (94th Chapter of Holy Quran)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿١﴾ وَوَضَعْنَا عَنكَ وِزْرَكَ ﴿٢﴾ الَّذِي أَنْقَضَ ظَهْرَكَ ﴿٣﴾ وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾ فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارْغَب ﴿٨﴾

Bismillahir Rahmanir Raheem

Alam nashrah laka sadrak. Wa wada'na 'anka wizrak. Alladhee anqada zhaharak. Wa rafa'na laka zikrak. Fa inna ma'al 'usri yusran, Inna ma'al 'usri yusra. Fa idha faraghta fainsab. Wa ila rabbika farghab.

Did We not expand for you, [O Muhammad ﷺ], your Chest? (1) And We removed from you your burden. (2) Which had weighed upon your back. (3) And We raised high your Zikr (remembrance). (4) For indeed, with every difficulty, there is relief. (5) Indeed, with every hardship is ease. (6) So when you are free and have finished [your duties], then stand up [for worship]. (7) And to your Lord turn all your attention/invocation/longing. (8) (The Relief, Holy Quran)

6. **11X [Surat al Ikhlas](#)** (112th Chapter of Holy Qur'an)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُن لَّهُ كُفُوًا أَحَدٌ ﴿٤﴾

Bismillahir Rahmanir Raheem

Qul Huwa Allahu Ahad. Allahus Samad. Lam yalid wa lam yolad. Wa lam yakul lahu, kufuwan Ahad.

Say, "He is Allah, [who is] One. (1) Allah, the Eternal Absolute/Refuge. (2) He neither begets nor is born. (3) Nor there is none like unto Him." (4) (The Sincerity, Holy Quran)



7. **Surat al Falaq** (113th Chapter of Holy Qur'an)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Bismillahir Rahmanir Raheem

Qul auzu bi Rabbil falaq. Min sharri ma khalaq. Wa min sharri ghasiqin iza waqab. Wa min sharrin naffathati fil 'uqad. Wa min sharri hasidin iza hasad.

Say, "I seek refuge in the Lord of the daybreak/dawn. (1) From the evil of whatever He has created. (2) And from the evil of darkness when it overspreads. (3) And from the evil of the blowers in knots (destructive witchcraft) (4) And from the evil of envier when he envies. (5) (The Day Break, Holy Quran)

8. **Surat an Nas** (114th Chapter of Holy Quran)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Bismillahir Rahmanir Raheem

Qul a'uzu bi rabbin naas. Malikin naas. Ilahin naas. Min sharril waswasil khannas. Al lazee yuwas wisu fee sudorin naas. Minal jinnati wan naas.

Say, "I seek refuge in the Lord of Mankind. (1) The Sovereign King of Mankind. (2) The god of Mankind. (3) From the evil of the whisperer (devil), (4) Who whispers (evil) into the hearts of mankind. (5) from among the jinn and mankind. (6)" (The Mankind, Holy Quran)

9. **9X La ilaha illAllah** (There is no God but Allah)

لَا إِلَهَ إِلَّا اللَّهُ

10. **1X La illaha illAllah, Muhammadun Rasulullah**

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

There is no God but Allah, Muhammad ﷺ is the messenger of Allah.

11. **10X Salawat:**

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ وَسَلِّمْ

Allahumma salli 'ala Sayyidina Muhammadin wa 'ala ali Sayyidina Muhammadin wa sallim

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

12. **Ihda** (Gift)

13. **Surat al Fatiha**

(With intention of being dressed with the tajalli (manifestations) that come down to Madinatul Munawwara (the illuminated City of Prophet Muhammad ﷺ))



Part Two of the Daily Awrad

Sit on the knees, meditate and try to keep the connection (rabitah) to your Shaykh, from your Shaykh to the Prophet (s) and from the Prophet (s) to the Divine Presence, reciting

1. **3X - "Allahu Allahu Allahu Haqq"** الله الله الله حَقُّ
(Allah, the Absolute Truth)

2. **1500X** (Minimum) - Zikr of the Glorious Name '**Allah, Allah**' الله الله
(You can increase it to 2500 or 5000 times by tongue and then by heart)

1. **Beginners (Mubtadi)** - **1500X** by tongue,
1500X by Heart (silently)

2. **Prepared (Musta'id)** - **2500X** by tongue,
2500X by Heart (silently)

3. **People of Determination (Ahlil 'Azm)** - **5000X** by tongue and
5000X by heart (silently);

3. **100X** (Minimum) **Salawats/Durood**- Praising upon Prophet Muhammad ﷺ
300X on Mondays, Thursdays and Fridays
(You can increase it to 500X daily and 1000X on Mon, Thurs and Fri)

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ

Allahumma salli 'ala Sayyidina Muhammadin wa 'ala aali Sayyidina Muhammad ﷺ.

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

1. **Beginners (Mubtadi)** - **100X** Salawat/Durood daily,
300X on Mon, Thurs, and Fri

2. **Prepared (Musta'id)** - **300X** Salawat/Durood daily,
500X on Mon, Thurs, and Fri

3. **People of Determination (Ahlil 'Azm)** - **1000X** Salawat/Durood daily,
2000X on Mon, Thurs, and Fri

4. **1 Juz (Section) of Holy Qur'an**
OR **100X [Surat al Ikhlas](#)** (if one is not able to read 1 Juz of Qur'an)

5. **One Chapter of [Dalail al-Khairat](#)**
OR **100X Salawat/Durood** (if one is not able to read one chapter of Dalail al Khairat)



إِهْدَاءُ
IHDA
(Dedication)

اللَّهُمَّ بَلِّغْ ثَوَابَ مَا قَرَأْنَاهُ وَنُورَ مَا تَلَوْنَاهُ هَدِيَّةً وَاصِلَةً مِنَّا إِلَى رُوحِ نَبِيِّنَا سَيِّدِنَا مُحَمَّدٍ (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) وَإِلَى أَرْوَاحِ إِخْوَانِهِ مِنَ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ وَخُدَمَائِهِمْ شَرَائِعِهِمْ، وَإِلَى أَرْوَاحِ الْأَيْمَةِ لِأَرْبَعَةٍ، وَإِلَى أَرْوَاحِ مَشَائِكِنَا فِي الطَّرِيقَةِ النَّفْسِبَنْدِيَّةِ الْعَالِيَّةِ، خَاصَّةً إِلَى رُوحِ إِمَامِ الطَّرِيقَةِ وَ عَوْتِ الْخَلِيقَةِ خَوَاجَةٍ بِهَاءِ الدِّينِ النَّفْسَبَنْدِ مُحَمَّدِ الْأُوَيْسِيِّ الْبُخَارِيِّ، وَإِلَى سُلْطَانِ الْأَوْلِيَاءِ الشَّيْخِ عَبْدِ اللَّهِ الْفَائِزِ الدَّاعِسْتَانِيِّ، وَإِلَى سُلْطَانِ الْأَوْلِيَاءِ مَوْلَانَا الشَّيْخِ مُحَمَّدِ نَازِمِ الْحَقَّانِيِّ، وَمَوْلَانَا الشَّيْخِ مُحَمَّدِ عَادِلِ الرَّبَّانِيِّ، وَمَوْلَانَا الشَّيْخِ مُحَمَّدِ هَيْشَامِ الْقَبَّانِيِّ، وَمَوْلَانَا الشَّيْخِ آدْنَانَ الْقَبَّانِيِّ. صَاحِبِ الزَّمَانِ سَيِّدِنَا مُحَمَّدِ الْمَهْدِيِّ (عَلَيْهِ السَّلَامُ)، رُوحِ اللَّهِ سَيِّدِنَا عَيْسَى (عَلَيْهِ السَّلَامُ) وَ سَيْفِ اللَّهِ سَيِّدِنَا عَلِيٍّ (عَلَيْهِ السَّلَامُ)، وَ إِلَى سَائِرِ سَادَاتِنَا وَالصِّدِّيقِينَ. الْفَاتِحَةَ.

Allahumma balligh tawaba ma qaraanahu wa nura ma talawnahu, hadiyyatan wasilatan minna ila ruhi Nabiyina Sayyidina Muhammadin (Sallallahu 'alayhi Wa sallam), wa ila arwahi ikhwanihi minal Anbiyai wal mursalyin, wa khudamaai sharay'ihim, wa ila arwahil a'imatil arba'ah, wa ila arwahi mashayikhina fit tariqatin Naqshbandiyatil 'aaliyah, khasatan ila ruhi Imamit tariqat wa ghawthil khaliqati Khwaja Bahauddin anNaqshband Muhammadal Uwaisil Bukhari, wa ila sultanul Awliya Mawlana Shaykh Abdullah al Faayiz adDaghestani, wa ila sultanul Awliya Mawlana Shaykh Muhammad Nazim al Haqqani, wa Mawlana Shaykh Muhammad Adil ar Rabbani, wa Mawlana Shaykh Muhammad Hisham al Qabbani, wa Mawlana Shaykh Adnan al Qabbani. Sahibul Zaman Sayyidina Muhammadul Mahdi ('alayhis salaam), wa Ruhullah Sayyidina 'Isa ('alayhis salaam), wa Sayfullah Sayyidina 'Ali ('alayhis salaam), wa ila sayiri sadatina wa Siddiqin. Al Fatiha.

O God! Grant that the merit of what we have read, and the light of what we have recited, are (considered) and offering and gift from us to the soul of our Prophet our Master Muhammad (pbuh), and to the souls of his brothers; all Prophets and messengers, and to our honoured Shaykhs of Naqshbandi Order, especially the leader of the Way and arch-intercessor of the created world; Khwaja Bahauddin Muhammadul Uwaisil Bukhari, and to our Master Sultanul Awliya (King of saints) Shaykh Abdullah al Fa'iz adDaghestani, and Sultanul Awliya (King of saints) Mawlana Shaykh Muhammad Nazim al Haqqani, and Mawlana Shaykh Muhammad Adil ar Rabbani, and Mawlana Shaykh Muhammad Hisham Kabbani, and Mawlana Shaykh Adnan Kabbani, and to all our masters, and those who are Truthful. (Recite First Chapter of Holy Quran Al Fatiha (The Opening))

(This presents the reward of the preceding recitations to the Prophet ﷺ and to the Shaykhs of Naqshbandi Order).

