

Paas Infaas



Paas Infaas, basically is the synchronization of the word Allah with human breathing. Every time we inhale or exhale, our breath says Allah. But use your heart instead of your tongue in saying the name Allah. Please let your breath flow at its natural pace. Stretch the word Allah along with the normal length of your breath twice while inhalation and exhalation. Every time when you say Allah, feel His existence and presence in your heart, in your surroundings, in the atmosphere and in every object and part of the whole universe.

Paas Infaas, you can do any time all the time, with or without vudhu, while working, sitting, standing, driving, walking etc. The most desirable way to do Paas Infaas is when your heart says Allah , your ears could hear it. The benefit of doing this dhikr is enhancement of your concentration that would never be deviated from the right path. At start you won't be able to this dhikr while you are involved in some other activity but with regular practice and with the passage of time, along with doing any other activity, your breath automatically keeps saying Allah, Allah.