

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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The Roohaani Member must perform Zikr-e-Qalbi (Remembrance of Allah by Heart) & Meditation (Visualization of the name of Allah) on daily bases.

- Be regular in daily salaah also try to perform Tahajud .
- Recitation of Quran after fajr prayers minimum 7 page daily.
- Send Durood & Salaam as much as you can upon Sayyiduna Rasoolullah (Sallal Laahu Alaihi Wasallim). Hazrat Abdullah ibn Ma'sud (radi Allahu anhu) also narrates that Sayyiduna Rasoolullah (Sallal Laahu Alaihi Wasallim) said: "On the Day of Qiyamah, the closest to me from among the people will be those who have read the most amount of Durood Shareef". (Tirmidhi).
- Be in ablution (wudu) every time.
- Try to love with all living beings.

Instructions of Zikr-e-Qalbi

Durood-e-Ibraheemi

دُرُودِ اِبْرَاهِيمَ
اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ
مُحَمَّدٍ كَمَا صَلَّيْتَ عَلٰى اِبْرَاهِيْمَ
وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ
اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ
مُحَمَّدٍ كَمَا بَارَكْتَ عَلٰى اِبْرَاهِيْمَ
وَعَلٰى اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ
○

Recite Durood-e-Ibraheemi 11 times before of Zikr .

Kalima Shahada

اَشْهَدُ اَنْ لَا اِلٰهَ اِلَّا اللهُ وَحْدَهُ لَا شَرِيْكَ لَهُ وَ اَشْهَدُ اَنَّ مُحَمَّدًا
عَبْدُهُ وَرَسُوْلُهُ

Recite Kalima Shahada 3 times.

Astaghfaar

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Recite 11 times.

Zikr-e-Allah

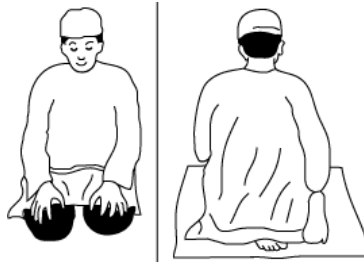
اللَّهُ اللَّهُ اللَّهُ حَق

Recite 3 times only.

Zikr-e-Qalbi

Recite this Ism-e-Zaat (Allah) 1500 Times by Heart or recite in 15 – 20 minutes daily. You will not recite it by tongue. Just perform this zikr by heart. Recite it daily after fajr prayers or isha prayers. If you can't perform in those timings so just perform whenever you take time. Find a quite place & perform this Zikr. But it should be done on daily bases. You can also do this Zikr-e-Qalbi anywhere on every work. You will see most of positive changing in your life, most of unsolved issues will solve immediately.

Instructions of Meditation



Sit as defined in picture or you can sit by crossed Legs as well.

- 1-Sit comfortably with Straight spine as mentioned in postures.
- 2-Close you're Eyes
- 3-Say three times Allah! Allah! Allah! Slowly by tongue.
- 4-Now close your mouth by touching the tongue with the roof of mouth
Imagine that your heart is saying Allah! Allah! Allah! 3 you are hearing that voice from your ears.
- 5-Stay with this procedure as much as you can until you get tired or feel Sleepy.

Daily perform this Meditation twice or once in 24 hours. By daily practice your Qalb (heart) will start doing Zikr every time. Once it starts, you can't stop it. It will always keep in busy with Zikr-e-Ilahi. There are countless benefits of this meditation for Mind, Body, and Spirit Soul.

Regards

Jahan Qadri

<http://www.RooHaani.com>