

**INSTRUCTIONS
FOR
THE MEMBERS
OF
THE
NAQSHBANDIAH OWAISIAH
ORDER**

IDARAH

NAQSHBANDIAH OWAISIAH

DAR-UL-IRFAN MUNARA

DISTRICT-CHAKWAL.PAKISTAN.

THE INSTRUCTIONS

It is a proclamation of the Quran that success depends on Tazkiyah (purity), “He is successful who growth”. 87:14

The famous prevalent Sufi Orders are basically the training workshops where the fundamentals of inward self purification and their practical application are taught. The Sufi Orders have their graded programs in which, initially every new seeker is educated in **Zikr-e-Lisani** (*zikr by word of mouth*) and subsequently in **Zikr-e-Khafi/Qalbi** (*zikr by Heart*). In Naqshbandiah Order, Zkir-e-Qalbi (*zikr by heart*) is practiced from the very beginning. Hadhrat Mujaddid Alif Thani alluded to this practice thus: “The climax of others is our stepping stone”.

There is great emphasis on adherence to the Sunnah and as a result of its blessings; the seeker achieves better and quicker progress.

Naqshbandiah again has two schools, namely Naqshbandiah Mujaddidiah and **Naqshbandiah Owaisiah**. Our is the latter, in which **sprititual baiat** (*Oath of allegiance*) is gicen at the blessed hands of the Holy Prophet (*peace be upon him*).

OUR CHAIN OF TRANSMISSION

1. **Hadhrat Muhammad-ur-Rasul Ullah**, (*Sall-Allah-o-Alaihe-Wa Sallem*).
2. **Hadhrat Abu Bakr Siddique** (*Radhi Allah Unhu*).
3. **Hadhrat Imam Hassan Basri** (*Rehmat Ullah Alaih*).
4. **Hadhrat Dawood Tai** (*Rehmat Ullah Alaih*).
5. **Hadhrat Junaid Baghdadi** (*Rehmat Ullah Alaih*).
6. **Hadhrat Khwaja Ubaidullah Ahrar** (*Rehmat Ullah Alaih*).
7. **Hadhrat Abdur Rehman Jami** (*Rehmat Ullah Alaih*).
8. **Hadhrat Abu Ayub Muhammad Salih** (*Rehmat Ullah Alaih*).
9. **Hadhrat Sultanul Arifeen Khawaja Allah Din Madni** (*Rehmat Ullah Alaih*).
10. **Hadhrat Maulana Abdur Rahim** (*Rehmat Ullah Alaih*).
11. (*Qulzam-e-Fayoozat*) **Hadhrat Maulana Allah Yar Khan** (*Rehmat Ullah Alaih*).
12. **Hadhrat Ameer Maulana Muhammad Akram Awan** (*may Allah preserve him*).

*Please remember it by Heart and recite it in the concluding prayer after your daily zikr assembly, by prefixing the words “ **Illahi Bahurmat-e-** “ to every name upto 11. For serial 12 say these words “ **Illahi Bahurmat-e-Khatem-e-Khawajan Khatma-e-man-wa Hadhrat Maulana Muhammad Akram Awan bakhair garden.***

*May Allah bless you for entering this grand Order. Please do not forget that your sole mission is to cleanse your heart and the only way to achieve this is through continuous **Zikr-e-Ilahi** (Remembrance of Allah).*

Need for Zikr

*It has been proclaimed by the **Quran**,*

“And acceptance from Allah, that is the supreme triumph”. 9:73

A believer, therefore, strives ardently to achieve this sublime objective. For its achievement, he does not, however, seek the guidance from his own intellect but turns to his Lord who informs him thus:

“Allah’s zikr is the most important” 29:45

So he adopts the best means to reach the most cherished goal.

THE IMPROTANCE OF ZIKR-E-ILAH

*Every human being wants to lead a successful life. The real and completely successful life has been defined by Allah as **Falah (success)**, which in turn depends on **Tazkiyah (purity of heart)** . **Tazkiyah** means that the heart should be rid of all spiritual maladies like jealousy, rancor, haughtiness, show off, back-biting etc. If all these bad qualities vacate the realm of heart, the void thus created would be filled by good qualities which are the hallmark of humanity like sincerity, God consciousness, humility, sympathy, truthfulness and trustworthiness. This is the reality of **Tazkiyah**.*

*Till such time the human heart is at peace, it cannot undertake the job of purification (**Tazkiyah**). When there is a law and order problem in any country, no constructive and positive programs can be implemented. There is only one method of achieving peace and tranquility which has been described by the Gracious Lord Himself:*

“Verily in Allah’s remembrance do hearts find rest” 13:28.

The second aspect which emphasizes Zikr is the Divine warning:

“And obey not him whose heart We have made heedless of Our remembrance”. 18:28

It establishes that neglect of Allah’s remembrance lowers a human being from the high pedestal of humanity and a heedless person is a source of mere delusion, any neglect in Allah’s Zikr must be considered as the demise of one’s heart.

ZIKR BY HEART AND ITS METHOD

*The term used for **Zikr by heart** is Our Order is “**Pas Anfas**” (guard every breath). Allah has conditioned His zikr with no moment of neglect:*

“And be thou not of the neglectful”. 7:205

*The only way to abide by this Divine injunction is to combine zikr with a continuous and uninterrupted action of the body i.e. breathing. The method of zikr is called “**Pas Anfas**” because in this every breath is consciously guarded against neglect. The method of associating the heart in this process is that every ingress should be modulated by the word “**Allah** “, every egress with the word “**Hu**” and this “**Hu**” should strike the subtlety (**Latifa**) with in the heart. Then during the meditation, effort should be made to hear “**Allah Hu**” in every heart throb.*

LATAIF

JUST AS THERE ARE VITAL ORGANS OF THE PHYSICAL BODY, THERE ARE CERTAIN VITAL PART OF RUH (spirit), the subtle body. When there are healthy, the entire spiritual and moral system is healthy. These vital parts are known as Lataif, which are located as under :-

1) QALB.

It is placed within the physical heart, two fingers width below the left nipple.

2) RUH.

It is placed opposite Qalb on the right side, two fingers width below the right nipple.

3) SIRRI.

It is located on the left side in the chest, two fingers width above the left nipple.

4) **KHAFI.**

It is located on the right side opposite Sirri, two fingers width above the right nipple.

5) **AKHFA.**

It is located in the middle of the chest.

6) **NAFS.**

It is located in the forehead.

7) **SULTANUL AZKAR.**

The whole body from top to toe.

IMPORTANT ROUTINE

1. Ask **forgiveness** for all your previous sins and be resolute to abstain from them in future.
2. Give **thanks** to **Allah** for gracing you with the capacity to commemorate His Name. You must vow to continue it for ever.
3. You must perform obligatory worship especially five times **salat** with the congregation (where possible) and make it a part of your daily routine to recite the **Quran**, preferably in the morning hours.
4. Cultivate a sentimental attachment with the Prophet's **Sunnah** and aim at its total adherence.
5. Perform the **Zikr** without fail every morning and evening.
6. **Protect** your stomach from an unlawful morsel and your tongue against lie.
7. As an involuntary routine, keep reciting the **Kalimah** while busy in your job, it inculcates love of virtue and hatred for vice.
8. Bind yourself on reciting daily certain count of **Darood Sharif** (the salutations for the Prophet). It creates a love of the Holy Prophet (peace be upon him) and generates the urge for adherence to his **Sunnah**.
9. Recite **Istaghfar** a hundred times every day. The best way of doing so is to recite it twenty times after every prayer.

10. *Be watchful about your **routine dealings** with people. It is a delicate affair, so fulfill your obligations towards the humanity.*

INDIVIDUAL RESPONSIBILITIES

1. *A bide by all the above mentioned instructions.*
2. *Try to attend annual convention at Dar-ul-Irfan , at least once in your life.*
3. *Act upon all instructions issued from time to time from Dar-ul-Irfan through your Ameer.*
4. *Read all books of the Order, as far as possible.*
5. *Keep your Shaikh informed of your affairs. Especially your spiritual states.*
6. *Donate towards the construction programs of the Order according to your capacity.*

COLLECTIVE RESPONSIBILITIES

1. *Attend the central Zikr assembly at least once in a month.*
2. *Invite your own family as well as your friends and acquaintances towards Allah's zikr.*
3. *Treat all the members of the Order with kindness, affection and open heart.*
4. *Do not degrade any human being or consider anyone lower than yourself.*

O, the pious one, look down upon none, may he be a delinquent: who knows, he may be dearer to Allah, than yourself.