

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Guidelines for Ustaads when doing our Tarbiyah Mudhakhirahs of Imaan, Salaah, Maqsad and the Four Imaani Aamaal

Introduction

The purpose of our work is that by doing the four Makki A'maal, various Mudhakhirahs, Tabligh and Da'wah, Teaching and Learning we hope in ﷻ that he blesses us and everyone else with the consciousness that to please ﷻ is our goal in life. ﷻ is pleased when His deen settles within us in such a way that in every condition, we have yaqeen in ﷻ, carry out the commands of ﷻ and Sunnah of Nabi ﷺ that are expected from us in that action. We should also be prepared to make any sacrifice required to ensure Deen is established in the lives of the entire humanity.

Our work is centered around making Mudhakhirah of some of the lessons of Deen.

- NOTE: Mudhakhirah is beneficial for the Mu'mineen (SURAH DHAARIYAAT: AYAH 55)

At present our Mudhakhirahs will be about the following lessons:

- Mudhakhirah of Imaan
- Mudhakhirah of Salaah
- Mudhakhirah of Maqsad

NOTE: Mudhakhirah requires interaction of all persons participating in the lesson. Everyone will be required to repeat and listen to the lesson. The Amal of Mudhakhirah requires us to excessively repeat lessons so that it sinks into the depth of our heart.

A. MUDHAKIRAH OF IMAAN *A sahabi says we learnt Imaan first and then we learnt Quraan*

Even 2 and 3 year olds should be introduced to ﷻ before they are taught Alif and Baa, so they know who is talking to them when they recite the Quraan. Imaan was first learnt in Makkah Mukarramah. The Imaan of Abu Bakr, Umar, Bilal and the Sahabah رضي الله عنهم was that of “*Ahadun, Ahadun, Ahadun*” i.e. My emotions, My feelings, My giving, My loving, My life and My death are all only for ﷻ.

There are four Aamaal which we emphasize on for learning and preserving of our Imaan.

- Imaan Mudhakirah.
- Ta’lim of Fadhaail.
- The Eight Intentions that one should make before and during every action.
- Zikr and Duas with concentration i.e. Diyaan of ﷻ

B. MUDHAKIRAH OF SALAAH *(Pray salaah as you see me perform salaah)*

Mudhakirahs of a few practices that can assist in improving our Salaah

- ✓ Some of the spiritual aspects of istinja, wudhu and ghusl to be taught. Cleanliness is part of Imaan. Wasting is disliked by ﷻ. Adorn yourselves when preparing to read every salaah.
- ✓ Practically go through the acts of cleansing the body and the postures of salaah to correct them.
- ✓ Sukoon (tranquility) should be emphasized upon during the postures of salaah and also whilst reciting Quraan and different Adhkaar.
- ✓ Repeat the words of Quraan and Adhkaar in salaah while concentrating on the meaning.
- ✓ Repeat the eight intentions before and during salaah as many times as possible

NOTE: The whole of Salaah is a Dua, so if you passed by a posture or a word and did not take something from ﷻ, you have missed out on a great opportunity.

C. MUDHAKIRAH OF MAQSD *(HE WHO SENT HIS MESSENGER WITH GUIDANCE AND THE RELIGION OF TRUTH TO PROCLAIM IT OVER ALL RELIGIONS.)*

All our lives we have to strive to remove all ulterior motives from our hearts and live with only one object that the Deen of ﷻ in totality becomes alive in my own life, family and in all of humanity living presently and all those that are still to come until the last day. Mudhakirah should be made in our own homes, in the Madressah and with the adults. Making an effort to achieve the above Maqsd is the responsibility of every mu’min.

Encourage the students that we should become determined and obsessed at trying to achieve this and be prepared to make any adjustments to our lives. Even to forego basic necessities for this.

To live every day with the desire at heart for ﷻ to bless us with Shahadah in his path while we making effort to establish his deen is the ultimate gift from ﷻ to a Mu’min.

NOTE: Sahabah were of two categories, there were those who gave up everything and ultimately became Shaheed in the cause of preserving The Deen of ﷻ. The second honored Jamaat was of those who were hoping and waiting for the same fortune.

Do Ta’lim from Hayatus Sahabah and select stories that indicate this selfless determination they had to see all of humanity make Sajda to ﷻ.

The ultimate gift of ﷻ to a Mu'min is that he gives one Tawfeeq to live everyday with the desire for Shahadah while in the path to establish His deen.

Imaani Mudhakhirah

Have programs of Imaan Mudhakhirah in our own homes as well as with the men, ladies and children of the locality. First introduce the lesson by talking about ﷻ and the Akhirah and then encourage them to also talk and take part in the Mudhakhirah. These halqas of Mudhakhirah should be established daily in the Masaajid, in selected homes with the ladies and in the madaaris. Everyone should be encouraged to do this in their homes with their families.

NOTE: In the Amal of Imaan Mudhakhirah it is an achievement to get the participants to talk about ﷻ and to encourage them to such an extent that they do so willingly out of love for ﷻ. They must develop such a liking for this that wherever they go, at the workplace or their social gatherings they talk to everyone about ﷻ.

Four Aspects to consider when making Imaan Mudhakhirah

Take one, one point from below and after starting the discussion, have each student do the same either in front of the whole class or as pairs if they are used to this Muzakirah.

1. **Ma'rifat of ﷻ** (Don't you see the camel in what shape and form it has been created and the heavens how it has been suspended.) SURAH GAASHIYAH

To discuss the greatness of ﷻ as we see in His creation. He created every creation, He owns it, He controls and sustains it. Take one, one creation (fruits, vegetables, leafs etc.) and marvel at The Quدرات of ﷻ in it.

2. **Muhabbat of ﷻ** (Don't you take lesson when looking into your own selves)

Look into ourselves and count all the favors of ﷻ and recognize him by this. By his mercy he gave us Deen, our limbs, organs etc. Even in the working and operation of each limb we can see The Greatness of ﷻ. Take one, one limb (nails, fingers, hands, ears, eyes, legs etc.) and marvel at The Quدرات of ﷻ in it. Also imagine how would we manage without that limb.

3. **Nafi and Ithbaat** (Know, therefore there is no God but Allah and ask forgiveness for thy fault.) SURAH MUHAMMAD

To negate the apparent qualities and effects that emanate from every creation of ﷻ and then to affirm that ﷻ alone by his command brings about the effects. ﷻ commonly brings about effects and results by using means, but he often shows us that He can bring about effects without means or against means. For example when a person writes something, we do not say or believe that the pen wrote it, rather we say that the person wrote it. In the same way It is Allah who is doing everything and not the creation which is apparently the means of something happening.

NOTE: The aim here is to develop Yaqeen that just as an object is a creation of ﷻ its effects and properties are also the creation of ﷻ independent from each other. Wherever the sun goes there is no certainty that light and heat will go.

4. **Mugheebaat** (They believe with certainty in the hereafter.) SURAH BAQARAH

Make Mudhakirah about death, Malakul Maut, different aspects about the day of judgment, the various conditions in the Qabr and Akhirah etc. so that a constant vision of Akhirah follows us.

Taleem of Fadhaail (To develop Yaqeen on the words of ﷻ and His ﷺ رسول and have this inner conviction drives us to practicing Deen)

Ahadeeth of Fadhaail from Fadhaail Amal, Hayatus Sahaba and Muntakhab Ahadeeth should be read with the students in class and encourage them to do the same at home. A few Ahadeeth should be given to students to read at least 15 to 30 times at home with their families. The same Ahadeeth should be repeated the next day in class by all or some of the students. The Ustaadh should then conclude the lesson by drawing attention to the action (amal) or quality (sifat) mentioned in the Ahadeeth. Tell the students how to practice that Amal, and mention the virtues until they want it in their lives. Thereafter ask them, who is going to bring this into your life? They must have reached that level emotionally that they unanimously proclaim "Allah!". Then tell them to ask Allah to bring it into their life.

NOTE: Repetition is necessary in Ta'lim of Fadhaail, so choose less Ahadeeth but repeat the Ahadeeth of this week again next week. Use discretion in this matter.

NOTE: Occasionally remind the students to listen correctly with the mind and heart. To be attentive with the mind to every word that is heard or read. To ask ﷻ from the heart while listening for Tawfeeq to practice on whatever is desired by ﷻ from us. To affirm from the heart that these words of ﷻ and His Nabi ﷺ are Haqq.

The Eight Intentions (to be made before and during every action.) (The Niyyah of a Mu'min is superior to his action and every action will be judged by its intentions.)

These intentions are to beautify and increase the value of all actions we do and to make them presentable to ﷻ so He accepts them. If an action is accepted by ﷻ we will enjoy the spiritual effects of it and ﷻ will grant us the rewards promised.

The Eight Intentions

1. Oh ﷻ only you are giving me the Tawfeeq to do this amal and the outcome of this amal is in your hands.
2. Oh ﷻ I am doing this amal to fulfill a command of yours and a Sunnah of Nabi ﷺ.

NOTE: At this point think of some commands of ﷻ and Sunan that are to be carried out with this action.

3. Think of the rewards promised by ﷻ and Nabi ﷺ for the action and say 'Oh ﷻ please grant me the full reward.'

NOTE: Excessive doing of Taalim of Fadhaail makes this a reality.

4. Oh ﷻ you can hear me, you can see me, you know what is in my heart and you are with me.

NOTE: This is achieved when doing Dhikr and Duas with Diyaan.

5. Oh **اللَّهُ** I am not fit to do this action. Everyone else who is doing it is deserved and accepted slaves of yours, so through their acceptance in your eyes accept my action too.
6. Oh **اللَّهُ** I am doing this amal only for your pleasure, so give me the ability to please you and save me from your anger.
7. Oh **اللَّهُ** accept this amal of mine and make it a means of Hidaayah for the whole of humanity until Qiyamah.
8. Make Istighfar with regret over our shortcomings and make Shukr to **اللَّهُ** believing that only **اللَّهُ** by his mercy gave me Tawfeeq.

NOTE: These eight intentions should be said to **اللَّهُ** as a conversation, as if we are clearing the matter between us and Allah. They are called intentions because we acknowledge that these are in reality not in our lives but when saying them we are begging **اللَّهُ** to grant us the reality thereof.

NOTE: These intentions are the Khushoo (concentration) of every action. So the chances of our Amal being accepted increases with these 8 intentions. While one is doing an act of Ibadah, shaytan perseveres to direct our concentration of mind and heart to some other action that we are to do later and remove it from what we doing now. By doing so he succeeds in emptying our actions of its essence.

While we are occupied in one action he sometimes draws us away to a nobler and more virtuous action making us feel we have done well. Our effort of repeating the 8 intentions during the action is to keep the mind and heart focused. If **اللَّهُ** grants tawfeeq make the 8 intentions in every Rukn of Salaah. Get the adults and children to memorize the intentions and emphasize upon them that these intentions are to be made before and during all actions. Occasionally ask them to give an account of which act they managed to carry out with the intentions in the previous 24 hours.

Dhikr and Duas with Concentration

Reciting of dhikrs, duas and short surahs with diyaan (concentration) of **اللَّهُ**. The teaching of surahs, dhikrs and duas by memory with translation is done in our academic side as part of the maktab syllabus. Here the practice is to take the same dhikrs and duas and to practice reading them with consciousness of meaning in a way that one feels we are talking to **اللَّهُ**. Select each word separately and repeat it many times closing the eyes while concentrating on it being a conversation with **اللَّهُ**. While praising **اللَّهُ** in this way regard this as an opportunity to take from **اللَّهُ** whatever we want.

NOTE: Begin this exercise with the dhikrs and verses of Quraan commonly read in salaah. For example in the word Allahu Akbar, ask the students why they think Allah is the greatest. They will reply and say because Allah gave me a mother, father, health, food, and many other things. Thereafter have them close their eyes and Imaging how Allah created the sun, water, food etc and say Allahu Akbar. After they have done Zikir for 2 minutes, tell them to ask Allah for something while they do the Zikir of Allahu Akbar again. Teach them to ask Allah for beautiful Salah, Iman, good character etc. Emphasize that every word of Dhikr and Quraan is an opportunity to take from **اللَّهُ** whatever we want.

The 4 Zikir that should be done daily, focus should be given to quality and not quantity.

1. La ilaha Illallah (Close the eyes and read it slowly while thinking, No one can accept me for the work of Deen besides You Oh Allah, I have no object/purpose/maqsad besides You Oh Allah, I have no desire except that Your Name/Deen and Kalimah must come alive in the world)
 2. La hawla wala quwwata illa billah (Close the eyes and read it slowly while thinking, No one can make my weak Salah into a strong Salah/Lying to the Truth/Nifaq to Ikhlas except You Oh Allah)
 3. La ilaha illa anta subhanaka inni kuntu minaz zalimin (Close the eyes and read it slowly while thinking, at “illa anta” think, No one can forgive me for all my weaknesses and sins besides You Oh Allah, at “Minaz Zalimin” think that In the work of Deen I’m a Zalim, I’m not doing what I’m supposed to do or how I’m supposed to do it.)
 4. Durood/Salawat upon Nabi ﷺ (Close the eyes and read it slowly while thinking, the sacrifices He ﷺ made in His life, Imagine the Duas He ﷺ made for the Ummah which means myself as well in different times like Arafah and consider these Salawat a payment to Him for them, We want to live exactly like Nabi ﷺ, His Iman, Amal, Akhlaq etc to come into our life, So think about His ﷺ life and ask Allah to bring it into me exactly)
- This Zikir can be done with the Musallis as well after Salah sometimes.

The 4 Imani Muzakirah can also be applied on the parents during Jalsah.

Workshop Recordings on the Imani Muzakarah:

Part 1 (1 hour 7 minute)

<https://livemasjid.s3.amazonaws.com/mlyusufbhikhoo/mlyusufbhikhoo-20190107-Monday-101514.mp3>

Part 2 (1 hour 23 minute recording)

<https://livemasjid.s3.amazonaws.com/mlyusufbhikhoo/mlyusufbhikhoo-20190110-Thursday-101440.mp3>

Part 3 (54 minutes)

<https://livemasjid.s3.amazonaws.com/mlyusufbhikhoo/mlyusufbhikhoo-20190114-Monday-100955.mp3>

Part 4 (59 minutes)

<https://livemasjid.s3.amazonaws.com/mlyusufbhikhoo/mlyusufbhikhoo-20190115-Tuesday-101048.mp3>

Part 5 (55 minutes)

<https://livemasjid.s3.amazonaws.com/mlyusufbhikhoo/mlyusufbhikhoo-20190117-Thursday-100909.mp3>