

I'TIKAF

How to spend the time profitably

Certain suggested Aámal (practices) for brothers and sisters



DARUL IHSAN
HUMANITARIAN CENTRE
GUIDANCE • UBUNTU • EMPOWERMENT

It is observed that people do not spend their time constructively during I'tikaf. Others wish to do so, but do not have any idea what to do.

The following practices during I'tikaf have been recommended by Shafeequl Ummah Moulana Muhammad Farooq Saheb (Rahimahullah) and serves as a guide for those in I'tikaf. This programme was adhered to when Hazrat performed I'tikaf in Darul Uloom Zakariyya, South Africa in 1998/9. It should be noted that this is a suggested format and maybe adapted according to one's circumstances.

MAGHRIB

- Perform six rakats of Awwabeen
- One tasbeeh of 3rd Kalima after meals

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

ISHA

After Taraweeh

- Read a Deeni Kitab like Faza'il Ramadan, Hayatul Muslimeen, Jaza-ul-Aamal, Adabul Mu'asharat, Shauwq Watan, etc.
 - Khatm-e-Khwajghan thereafter, which is an accepted Ijtima'iy Ibadat (congregational practice) of our illustrious Ulama and Mashaikh
- Method:** Recite Durood 11 times and thereafter read 360 times:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ لَا مَلْجَأَ وَلَا مَنْجَا مِنَ اللَّهِ إِلَّا إِلَيْهِ

- Surah Alam Nashrah 360 times with Bismillah
- then 360 times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ لَا مَلْجَأَ وَلَا مَنْجَا مِنَ اللَّهِ إِلَّا إِلَيْهِ

- Recite Durood Shareef 11 times - Ijtima'iy Dua

*****SHORT BREAK*****

- After refreshing oneself, perform fresh Wudhu and read two Rakats of Tahiyatul Wudhu.
- 12 Tasbeeh Zikr with Niyyat of Allah Ta'ala's love or Zikr as prescribed by one's Shaikh. Thereafter fervent Dua.

BEFORE SLEEPING

- **One** Tasbeeh of 3rd Kalimah
- **Muhasabah:** To ponder over all your actions done from the time you woke up until night time, to make Shukr (offer thanks to Allah Ta'ala) for the good actions and to make dua to be given Taufeeq (ability) to do more, and to have regret over any wrong-doing or inappropriate act
- **Muraqaba-e-Maut:** To meditate about death - the pangs of death, questioning in the grave, the day of Qiyamat (Judgment), standing before Allah Ta'ala, accounting for our deeds and passage over the Pul-Sirat; Ponder over these things and make a firm pledge never to go near sin again
- Thereafter recite one Tasbeeh of Istighfar as follows :

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ
الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

Thereafter sleep in accordance with the Sunnat

MORNING

- Awake early
- Perform 4 or 8 Rakats of Tahajjud
- Partake of Suhoor

FAJR SALAH

- To recite Surah Fatiha (Alhamdulillahi Rabbil Alameen) commencing with Bismillah 41 times between the Sunnats of Fajr and the Fardh Salah.

If a person does not find enough time between the Sunnats and the Fardh Salah, then read it after the Fajr Salah. This is a tried and tested prescription with great effect

AFTER FAJR

- Recite Surah Yaseen
- Recite Surah Ikhlas 12 times and send the reward to the soul of Rasulullah ﷺ and the souls of the Ummah
- Recite Durood Shareef till Ishraq and send the reward to the soul of Rasulullah ﷺ and to the souls of the Ummah
- Perform 4 Rakats Ishraq Salah and then rest
- Wake up an hour before Zawal. Perform Chasht Salah of 4, 8 or 12 Rakats. Thereafter make Tilawah of the Qur'an Kareem

SUNNATS OF ZAWAL

- Perform 4 Rakats after Zawal, before the Sunnahs of Zuhr

AFTER ZUHR

- Taleem of one of the above-mentioned Kitabs - thereafter rest - awaken ½ hour before Asr and prepare for Salah

AFTER ASR

- Tilawah of the Qur'an Kareem, 1 manzil of the Munajat-e-Maqbool, Hizbul Bahr and Dua before Iftar

GENERAL ADVICES

- Be particular about occupying the 1st saff and performing Salah with Takbeer Ula (first Takbeer)
- Remain in Zikr and do not be negligent

- Maintain the etiquette and respect of the Masjid at all times
- Make Shukr and be grateful for the ability to perform good acts and ask for continued guidance
- Do all actions with sincerity and devotion
- Speak only when necessary
- Focus that Allah is watching me and I am in His house

OBSERVANCES FOR JUMUAH

- Recite a Surah from the Musabbihat, i.e. any Surah starting with “Sabbaha” e.g. Surah A'la
- Recite Surah Kahf
- Perform Salat-ut-Tasbeeh
- Be early in the Masjid from 1st Azan and perform two Rakat Tahiyatul Masjid
- Recite 70 times

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

- 70 times

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

- 70 times Ayatul Kursi
- Read 1000 duroods
- After Asr before waking up from one's place read the 80 Duroods
- Fervent dua before sunset
- One should remember his parents, teachers, Mashaikh, family and the entire Ummah in his duas.
- May Allah accept the I'tikaf of one and all and make it a means of our salvation and entry into Jannah.



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ISLAMIC

- Learn The Deen
- Teach The Deen
- Jumuah Roster
- Bookshop
- Basic Islam
- Library & Research Facility
- GUIDELINE (Counselling)
- Literature Collection
- Al Ihsan Micro Library
- Marriage Registration
- Sadaqah Jariyah Projects
- Taqwa School of Excellence
- Muslim Marriages Tribunal (MMT)
- Drug Awareness Drive (DAD)
- Siyaphambili Madrasah
- Enewsletters, Social Media Posts
- Azmatu-Ahlil-Bayt-was-Sahaba



HUMANITARIAN

- Feed a Pupil
- Feed a Patient
- Feed The Needy
- Al Ihsan Clinic
- Build a Home
- Al Ihsan Relief (AIR)
- Enable the Disabled
- Bursary Fund (DIBF)
- Operation H2O
- Sponsor a Blanket
- Sponsor a Kajoor Pack
- Al Ihsan Boreholes
- House & Home Improvement
- Al Ihsan Fashion & Design Course
- Uniforms & Stationery
- Al Ihsan Garden Patch
- Al Ihsan Caregiver Course





About **Darul Ihsan**

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding **Philosophy**

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key **Objectives**

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

