HOW TO SPEND DAY & NIGHT IN THE BLESSED MONTH OF RAMADHĀN

(Spiritual Aspects)



AHMAD DABBĀGH

muhammadiyah publications

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HOW TO SPEND NIGHT AND DAY IN THE BLESSED MONTH OF RAMADHAAN

قَالَ رَسُوْلُ اللّٰهِ صَلَّى اللّٰهُ عَلَيْهِ وَ سَلَّمَ مَنْ لَّمْ يَدَعْ قَوْلَ الزُّوْرِ وَ الْعَمَلَ بِهِ فَلَيْسَ لِلّٰهِ حَاجَةٌ اَنْ يَدَعَ طَعَامَهُ وَ شَرَابَهُ (رواه البخارى)

The Messenger of Allah [Sallallahu Alaihi Wasallam] said:
"Allah has no need for him to go without food and drink who cannot shun evil and falsehood even during the fast." [Bukhari]

Oh Believer of the Ummah of Prophet [Sallallahu Alaihi Wasallam] this is certainly a month of mercy to this nation of the Prophet [Sallallahu Alaihi Wasallam]. This is the month when the glorious Quran was revealed, surely our Lord has favoured this month.

Oh Follower of the Prophet [Sallallahu Alaihi Wasallam] use this month to strengthen your Iman and inner self from the shackles of Shaytan. You should start by praying two (2) Rakaats of Salatut

Tawbah [as the month of Ramadan begins]. Then with a true heart ask our Lord's forgiveness from all the sins you have committed knowingly and unknowingly. You should then start to call Allah [Azzawajal] with a sincere heart and repent; now your journey in this month will begin.

Amaals to be performed in this blessed month

1) Adopt the lifestyle, Prophetic Practices, the Sunnah of Prophet [Sallallahu Alaihi Wasallam] by eating and drinking the way he did in order to remember him. Adopt His Sunnah as much as you can in this month and ask our Lord to make this a permanent part of your life after Ramadan.

2) The seeker should pray Salatut Tawbah and Salahtus Shukr every Morning and Evening, to ask forgiveness and to thank our Lord for giving us this month of mercy to this nation.

3) To pray Salatut Tasbih every day after Zuhr Salah.

4) To always be in the remembrance of Allah at least in the start and end of all his actions.

5) To have the **three keys** in his mind:

To believe and feel that **Allah is seeing** you, **hearing** you and is **always present** with you, these are the keys which will open your ibaadah [worship] and keep it sincere.

6) Be God Conscious and help in the needs of your fellow neighbours and those who have a right upon you.

7) Give to charity and help in the needs of those who have nothing but you have been given everything. Ponder on what your Lord has given you (not just material wealth but the limbs which one earns with).

8) Always recite daily morning and evening Masnoon Adhkars and reflect on its meaning.

9) Double your Dhikr [those who do the course of Tareeqah Muhammadiyah, your personal Dhikr] with the pleasure of Allah.

10) Try and keep all spiritual fast whatever level you do.

Guidance of Our Master, Al Gawth, Syiduna Abdul Azeez Dabbāgh [Rahimahullah] on how to spend day and night in the month of Ramadan

Our master Syiduna Abdul Azeez Dabbāgh [Rahimahullah] said to the nearest meaning,

"Oh Servant of Allah, there is endless wisdom and practices as to how a person should spend their time during this holy month, but I will give you the basics that will benefit the people at this moment of time.

1) The seeker should always pray the Tarawih prayers in this month. This salah only comes once a year; surely one should use this opportunity to pray. The seeker should pray with devotion and happiness only to please our Lord. There are Angles who are sent to see who prays this salah and it will certainly be recorded and the reward given and added to their [seekers] account.

2) This is also the month where by the holy Quran becomes to illuminate even more as it is the month where by the Quran had been reviled. The seekers should read at least 30 minutes to an hour every day and ponder on its meaning.

3) Use your time wisely as this month only comes once a year, sometimes it will come once for those who will not see it again [some people do not use this month wisely and die and do not see this month the following year]. Use this month as though it will not return to you again, as we do not know what the future lays.

4) The seeker should find time when they are alone with their Lord. For 15 minutes the seeker should talk and communicate to Allah and present their sins. The seeker should use his heart to talk to their Lord asking forgiveness, as He [The Almighty] is the listener and giver for those who repent"

How a seeker should use the Last 10 days of Ramadan and what Amaals should perform

He [Rahimahullah] said to the nearest meaning,
"Oh Servant of Allah, use the last 10 day to be indulged in repentance as the month is almost up.

I prescribe for the seekers of truth to help them repent in these last few days and to also thank our Lord by performing the following Amaals and Adhkars:

اَللّٰہ اَللّٰہ (45 منٹ)

45 minutes 'Allah, Allah'

اَللّٰھُمَّ یَا رَبِّ بِجَاہِ سَیِّدِنَا مُحَمَّدِ ابْنِ
عَبْدِ اللّٰہِ ﷺ اِجْمَعْ بَیْنِیْ وَ بَیْنَ
سَیِّدِنَا مُحَمَّدِ ابْنِ عَبْدِ اللّٰہِ فِی
الدُّنْیَا قَبْلَ الْآخِرَۃ (30 منٹ)

30 minutes 'Allah huma ya rabi… (dua)

اللّٰہ ھُوْ (15 منٹ)

15 minutes the breathing exercise- 'Allah, Hu'

يَا اَللّٰهُ يَا رَحْمٰنُ يَا رَحِيْمُ (15 منٹ)

15 minutes 'Ya-Allah Ya-Rahmaan Ya- Raheem' Zikr
(ponder on the meaning of our Lord)

مُرَاقَبَه (10 منٹ)

10 minutes meditation - The seekers should feel and believe you are in the presence of your Lord and imagine the light from Allah is striking their heart.

مُنَاجَات (15 منٹ)

15 minutes Munajaat- the seeker should use your heart and mind to talk to our Lord asking forgiveness and guidance in your journey of this world"

What the seekers should think when performing these Amaals

The Gawth of the Time Syidina Abdul Azeez Dabbāgh [Rahimahullah] said to the nearest meaning,

"Oh Servant of Allah, use the three keys [Allah is seeing you, hearing you and present with you] and feel and believe that you are in the presence of our Lord.

Imagine that you are sitting in front of the ka'ba, imagine the name of Allah is engraved everywhere you look. Then imagine the light from the name is striking your heart, and then feel this light is running through your body calling the name of 'Allah'. Then imagine the doors of mercy [The doors of the Ka'ba] are opening and showers of light are striking your body.

Those who have a sincere heart and call Allah, they will surely be invited to enter the doors of the beloved Prophet [Sallallahu Alaihi Wasallam]"

Additional guidance given by Our Master Syiduna Abdul Qādir Jilāni [Rahimahullah]

He [Rahimahullah] said,

"Oh Seeker of Truth, recite and send durood upon Prophet [Sallallahu Alaihi Wasallam] abundantly in the month of Ramadan. You should recite **Durood 300 times morning and evening.** As Prophet [Sallallahu Alaihi Wasallam] is the one who had

conveyed to this nation the awareness of this glorious month.

What should the seekers think about when performing this Amaal

Our Master Syidina Abdul Qādir Jilāni [Rahimahullah] said to the nearest meaning,

"Oh Seeker of Truth, imagine you are in Masjide Nabawi, sitting at the blessed feet of Prophet [Sallallahu Alaihi Wasallam], sending salaam and durood upon him. Imagine the light from his blessed grave is striking your heart and then imagine it [heart] being engraved in the blessed name of 'Muhammad [Sallallahu Alaihi Wasallam]'. Then imagine this light flowing through your body and illuminating in the love of the beloved messenger [Sallallahu Alaihi Wasallam].

Those who send durood with a clear and sincere heart and mind will surely be with beloved messenger [Sallallahu Alaihi Wasallam]. Oh servant of God, just because the seeker does not see Prophet [Sallallahu Alaihi Wasallam] or any of his Mashaykes, it does not mean they do not see you"

What the people should do who are working and those who are not working in the blessed month of Ramadan

Oh Follower of the Prophet [Sallallahu Alaihi Wasallam] those who are working should plan and prepare for the month of Ramadan.

1. Firstly you should speak to your employer, manager, supervisor regarding the times for breaking your fast and the daily prayer facilities, as majority of prayers will fall in work hours. Those who are working will have the opportunity to explain to the people at their workplace about this glorious month, so you should ponder and know the purpose and objective of Ramadhaan. You will have the opportunity to invite the people to wards the righteous path.

2. The seeker should remember Allah at least in the beginning, middle and end of every action he does at work.

3. They should especially observe their tongue and eyes and not indulged into useless and unnecessary talk but instead the seeker should talk about Allah and His Messenger [Sallallahu Alaihi Wasallam] and invite and remind themselves the purpose of life.

4. You should try to stay away from those who smoke around you but instead be in the company of remembrance of their Lord and Messenger [Sallallahu Alaihi Wasallam].

5. Oh Believer of the Ummah of Prophet [Sallallahu Alaihi Wasallam] try and adopt the Sunnah of the lifestyle of the Prophet [Sallallahu Alaihi Wasallam] so it may benefit yourself and others who see and hear them. Following the prophetic practices is a dawah itself. Use this time to invite others by showing the practices of the Sunnah [the dress code, talking walking, eating and drinking].

6. You should be extra good and humble as Allah is even more Merciful in this Month.

7. The seeker should abundantly send Salaam and durood upon the Prophet [Alaihis Salaat Wa Salaam], when one has free time and read the life story of Prophet [Sallallahu Alaihi Wasallam] so that one may adopt the example that was sent for all of man and Jinn.

8. Those who want to follow the Sunnah of the Prophet of Allah [Sallallahu Alaihi Wasallam] have an opportunity in this month and change their way of life. What month is better to start

then the month of Ramadhaan? Some people promise that they will change tomorrow and leave all evil behind and follow the Sunnah but shaytaan deceives them and they are the same as yesterday. Allah [Azzawajal] has made it easy for the people in this special month, to change their ways of life and also to keep it a permanent part of their lives.

Thus to summarize:

1) To think of Allah and His Beloved Messenger [Sallallahu Alaihi Wasallam] at least in the beginning, middle and end of every action one does.
2) To invite and reflect on the life style the Prophet [Sallallahu Alaihi Wasallam] have shown and to send Salaam and durood upon him with abundance when you are working.
3) Plan and prepare for the month of Ramadan giving notice to employer, supervisors and the times of prayer and invite others to this path.

Oh Believer of the Ummah of Prophet [Sallallahu Alaihi Wasallam], Fast with your heart and mind in this Ramadan as this is a true fast

Oh Believer of Ummah of the Prophet [Sallallahu Alaihi Wasallam] those who are not working they should:

1. Teach their family about Ramadan in particular fiqh rulings pertaining to fast in the month of ramadhaan [farz, wajib, sunnat, makrooh and nullifying acts…] and go through the life story of Prophet [Sallallahu Alaihi Wasallam].

2. You should sit for at least 20 minutes everyday and read ahadith or sayings from the lives of the saints and servants of Allah. You should go through the basic rulings with their family.

3. At least for this month to adopt the eating, drink and the way of the Sunnah of the Prophet [Sallallahu Alaihi Wasallam].

4. You should help your family and also let them worship Allah by doing their duties in the home. It is not the right way that a man in the household should only pray and worship Allah alone, whilst the woman is night and day in the kitchen. But instead the man should help the woman who should also do their worship and remember Allah. This month is not about cooking many varieties of food but rather to refrain from all desires of food and worship Allah more and with devotion.

5. The seeker should try and complete the reading of the Quran. What better time is there then to complete it in this month? If this is too difficult then read the Quran at least 30 minutes to an hour every day and go through the meaning and try to absorb the wisdom behind it.

6. The seeker should remember Allah and His Messenger [Sallallahu Alaihi Wasallam] in all actions they do. They should ask Allah Ta'ala to keep all those Sunnah adopted permanent part of their life and increase it and become a reflection of the Prophet [Sallallahu Alaihi Wasallam]. Surely he had shown us all the enlightenment of this month, then send salam and durood upon him and all companions.

May Allah protect and make it easy for each and every man and jinn so you may all follow the lifestyle of the Prophet [Sallallahu Alaihi Wasallam] and become a complete servant of Allah.

What should those people do if they are working or have family problems and cannot participate in the last 10 day Ietikhaaf in Ramadan

Syiduna Abdul Azeez Dabbāgh [Rahimahullah] said to the nearest meaning,

"Oh Servant of Allah, our Lord is so merciful to all his servants. If a person with true want, desires to do the last 10 day of Ramadhaan in seclusion, and cannot due to work or family problems, they should not to despair; our Lord is the giver of all good Deeds. The seeker should try and spend much of their time inside the mosque or Khanqah [Zawiyah].

The seeker should firstly try and perform the Amaals which have been given to them inside the khanqah [Zawiyah], this will eliminate any distractions from the world. If they still cannot do this then they should concentrate on the dhikr 'Allah, Allah' and do this dhikr when they have the time [Anywhere convenient for the person]. He should also adopt and perform the 15 minutes Munajaat and use their heart and call our Lord.

Our Lord has given the creation many options and ways in order to use their time. The seeker should always try to do these Amaals inside the Khanqah [Zawiyah] and join the people in seclusion to perform their Amaals.

The seeker should always plan these last 10 day, in order to get them off from work. Shayataan plans and you should plan ahead of shaytaan in order to become successful and victorious in any worship"

How one can differentiate the different levels of spiritual Fast

Our Master Syidina Abdul Azeez Dabbāgh [Rahimahullah] said to the nearest meaning,
"Oh Servant of Allah, there are many endless levels of Fast as we cannot perfect any level of fast. I will teach you 8 levels of fast in this glorious month of Ramadhaan so that the people can attain the best result from their spiritual fast.

Different Levels of Spiritual Fast

Level 1

To abstain from easting and drinking and marital relationships from dawn to sunset and to perform the five daily prayers and Tarawih prayers

Level 2

To observe and abstain from the sins of the Tongue, eyes and Feet [including level 1]

Level 3

To observe and abstain from all the sins of the sensual organs of the body [ears, hands, private parts including tongue, eyes, feet and stomach]. So now the heart is truly fasting. [including level 1&2]

Level 4

To use your heart and call Allah in all worship you do. Use your sensual organs to do good by fulfilling the rights of Allah and the creation. [including level 3]

Level 5

To observe your mind from committing and planning to commit sin [including level 4]

Level 6

To use your heart and mind to remember and ponder on the hereafter, the day of judgement and all that Allah has created [including level 5]

Level 7

To use your heart and mind to truly focus on Allah and his beloved messenger and to reflect on the life of the last and Final Messenger [Sallallahu Alaihi Wasallam] [including level 6]

Level 8

To be totally annihilated in the Love of Allah and His beloved Messenger [Sallallahu Alaihi Wasallam] and to be in the presence of Allah with ones heart, mind and soul throughout ones fast

Oh Servant of Allah, the level of fast are given so the seeker may improve on them every year and become closer and closer to Allah and His Beloved Messenger [Sallallahu Alaihi Wasallam]. Focus on the level of fast you have been given and try utmost to keep a true fast which is a spiritual fast this Ramadan.

Those who put effort and are steadfast they will truly keep their spiritual fast throughout the year [abstaining from sins] and attain closeness to Allah and his Beloved Messenger [Sallallahu Alaihi Wasallam] and all their Mashaykhes.

Those seekers who really wish to benefit from this blessed month and would like to be assigned a spiritual level of fast as outlined should consult Ahmad Dabbāgh who shall assign the relevant level for yourself and give you the relevant sheet accordingly.

How a person can preserve all the blessings they had attained from the month of Ramadhaan

Our Master Syiduna Abdul Azeez Dabbāgh [Rahimahullah] said to the nearest meaning,
"Oh Servant of Allah, the seeker of truth should firstly, with a clear heart, truly repent from all the deficiencies and short comings of the month of Ramadan. The seeker should with a sincere heart, beg Allah for forgiveness.

On the day of Eid You should perform 2 Rakaats of Salatut Tawbah, the same as you have done for the preparation to Umrah and with the Amaals after Salah.

You should then perform 4 Rakaats of Salah tul Shukr, thanking Allah [Azzawajal] for all the blessings you had received in the month of Ramadhaan.

You should also take with you a Sunnah from this month, so you could remember and increase the lifestyle of the Beloved Messenger [Sallallahu Alaihi Wasallam].

In order to preserve and increase what ever blessings one has received, the seeker should recite:

Three Hundred (300) times 'Ya Allah'- Everyday [After Ramadan], while reciting thinking of all the qualities of Allah [Azzawajal]"

What the seeker should think when he is reciting this Amaal

Our Master Syidina Abdul Azeez Dabbāgh [Rahimahullah] said to the nearest meaning,
"Oh Servant of Allah, you should feel that you are under the throne of Allah [The Exalted] and all the blessed names of Allah are entering your heart. You should feel and believe the name of Allah is illuminating your entire body, and then imagine the name of Allah is being engraved on every part of your body. You should then feel the light of the name of Allah is protecting all the blessings inside you. You should now try to keep this spiritual fast [throughout the year - abstaining from sins] and remember our Lord.

Those who continue to keep this spiritual fast [abstaining from sins of the heart and mind] Allah will increase the blessings and bring you even closer to him and his beloved messenger [Sallallahu Alaihi Wasallam]"

Basic Fiqh on Fasting in Month of Ramadhaan

Fasting in the month of ramadhaan is fardh [Obligatory] upon every mature Muslim men and women unless one has a valid shari reason which exempts them from keeping fast.

The term fast means to abstain from eating, drinking and marital relationship from dawn till sun set with intention. If a person refrained from all this but forgot to make intention then their fast is invalid.

Faraidh [Obligatory Acts] of Fast

1. **Intention** – it can be verbally or with the heart though it's better to do it verbally. The wordings *'Oh Allah I intend to fast on this coming day in this month'* will suffice. The intention can be made at night up until before midday.
2. Refrain eating, drinking and marital relationship from dawn till sun set

Mustahabaat [Desirable Acts] of Fast

1. To eat something for Sehri [the meal before subha saadiq]
2. To delay the Sehri up to a little before subha saadiq
3. To break the fast immediately after sun set
4. To break ones fast with dry or fresh dates if available or with water
5. To make niyyah at night

Makruhaat [Disliked Acts] of Fast

1. To chew gum, rubber, plastic or other such things
2. To taste any article of food or drink and spit it out. If a women has a ill tempered husband, it is permissible for her to taste the food provided it doesn't go down the throat
3. To collect ones saliva in the mouth and then swallow it, trying to quench thirst
4. To delay a bath that has become farz knowingly until after subha saadiq
5. To use paste or tooth powder to clean ones teeth. It is permissible to clean with a miswaak.
6. To complain of hunger and thirst
7. To take the water too much up the nostrils when cleaning the nose
8. To gargle more then necessary
9. To quarrel, argue, use vulgar words
10. To backbite, tell a lie, swear etc are all sinful acts even when one is not fasting. Therefore they become even worse when fasting.

Mufsidaat - Things that Break Fast

1. Anything put by force into the mouth of fasting persons.
2. Water goes down the throat whilst gargling, conscious of one's fasting.

3. To vomit mouthful intentionally or to return vomit down the throat.
4. Swallowing intentionally a pebble, piece of paper or any item that is not used as food or medicine.
5. Swallowing something edible, equal to or bigger than a grain of gram which was stuck between the teeth. However if it is first taken out of the mouth and swallowed it will break the fast whether it is smaller or bigger than the size of a gram.
6. Putting oil into the ear.
7. Inhaling snuff into the nostrils.
8. Swallowing the blood from the gums if the colour of the blood is more than the saliva with which it is mixed.
9. To eat and drink forgetting that one is fasting and thereafter thinking that the fast is broken, to eat and drink again.
10. To eat and drink after subha sadiq or to break the fast before sunset due to a cloudy sky or a faulty watch, etc., and then realising one's fault.

Things that don't break the fast

1. To eat and drink something unintentionally.
2. A mosquito, fly or any other object going down the throat unintentionally.
3. Water entering the ears.

4. Dust or dirt going down the throat.
5. Swallowing one's saliva.
6. Taking an injection.
7. Applying of surma (kohl) into the eyes.
8. Taking a bath to keep cool.
9. Rubbing oil onto the body or hair.
10. To vomit unintentionally.
11. Applying itr or perfume. It is not permitted to inhale to smoke of Labaan or Agar Batti whilst fasting. It is also not permitted to smoke cigarettes or inhale its smoke.
12. Brushing the teeth without tooth paste or powder, e.g. using a miswaak, etc.
13. A dream which makes Ghusl Waajib (necessary) does not break the Fast.

You can obtain a copy of the sheet free of charge from our centre. Please contact us at:

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Observing the Spiritual Fast During the Month of Ramadhān

"There are many who fast and gain nothing from the Fast except hunger" (Meaning of hadith)

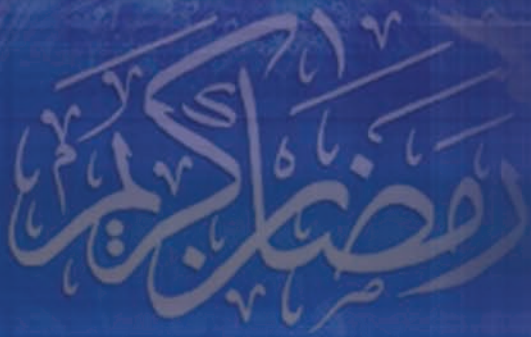
Tick across everyday you fast, if however you violate the guideline(s) then it will be classed as not keeping a spiritual fast and you have to start again, also write the day number next to the type of organ of the body in the organs column.

Organs of the body	Attempt	Number of Days																												Guidelines	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Level	Day/Night
-Heart	1																															1	D/N
	2																															2	D/N
-Mind	3																															3	D/N
	4																															4	D/N
-Eyes	5																															5	D/N
	6																															6	D/N
-Tongue	7																															7	D/N
	8																															8	D/N
-Ears	9																																
	10																																
-Stomach	11																																
	12																																
-Hands	13																																
	14																																
-Feet	15																																
	16																																
-Private Parts	17																																
	18																																
	19																																
	20																																
	21																																
	22																																

TAREEQAH MUHAMMADIYAH

SYYIDINA ABDUL AZEEZ AD DABBAGH
MAY ALLAH SHOWER HIS INFINITE MERCY ON HIM

SYYIDINA ABDUL QADIR AL JILANI
MAY ALLAH SHOWER HIS INFINITE MERCY ON HIM



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