

# Dhikrullāh (The Remembrance of Allāh)

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There are many ways through which a person can gain the closeness and proximity of Allāh Ta'ālā. For example Salāh, Sawm, Hajj, Qur'ān recitation etc. However, there is one such method of coming close to Allāh that many people pay little attention to. It requires minimal effort and yet brings great rewards. This is dhikrullāh (the remembrance of Allāh).

## Spiritual Nourishment

Dhikr is like the spiritual food for the heart. Just as a human requires food and drink to survive, in the same way, the spiritual body requires dhikr to survive. Nabi ﷺ mentions, "The example of that person who remembers his Lord and the one who does not remember is like the living and the dead." (Bukhāri)

This deep contrast between the one who carries out dhikr and the one who does not teaches us a great lesson. Though the body may be alive and functioning, without the remembrance of Allāh, that same person is spiritually dead and worthless.

## Easy & Flexible

The act of dhikr is one which carries ease and flexibility. A person is not required to sit in a fixed place or allocate a fixed time. A person can carry out dhikr while standing, sitting or even lying down, on his way to and from work, school, masjid or madrasah. He can carry out dhikr on foot, in the car, whilst pedalling a cycle or even sky high in an aeroplane. He does not need to face the qiblah nor does he need to have wudhu.

It has been made so easy for us that we reserve no excuse for missing out on this action. It can only be our misfortune that we are so engrossed in this world that we forget to remember the being who created it.

Hadhrat Mawlānā Abul Hasan 'Ali An-Nadwi rahimahullāh used to say that the easiest and

most powerful method of gaining closeness to Allāh is through dhikr and du'ā. These two are the engine and soul in our journey to Allāh. (Spiritual Practices of the Tabligh Elders, pg 44)

## Targets of Dhikr

Therefore, let us create the importance of dhikrullāh in our hearts and devise a method of bringing it into our lives. The ultimate goal is to inculcate the remembrance of Allāh in our hearts at all times. However, the starting point is to allocate some time daily where we first of all contemplate the favours of Allāh Ta'ālā and then spend some time reciting the various forms of dhikr taught to us by Nabi ﷺ and by our elders. There are many adhkār (forms of dhikr) which have been encouraged but the general syllabus for every believer is as follows:

- 1) Lā ilāha illallāh muhammadur rasulullāh (x100)
- 2) Subhānallāhi wal hamdu lillāhi, wa lā ilāha illallāhu wallāhu akbar (x100)
- 3) Astagfirullāh (x100)
- 4) Sallallāhu alayhi wasallam (or any other form of durood shareef) (x300)

Each person should take out approximately 15 minutes daily in order to complete this amount. Along with this, he should associate himself to a god-fearing pious shaykh and use his guidance to progress in dhikrullāh.

## Attending the Dhikr Majlis

At Madrasah Baytul Ilm, a gathering takes place every day (after the evening talk in weekdays and after 'Asr salāh in weekends & holidays), where brothers can attend to fulfil their daily dhikr amounts. These gatherings make it easy for a person to stay on top of his daily practices and also attract extra blessings due to the company of others also engaged in dhikrullāh. Sisters too should allocate a time and place for themselves within their home.