



**Madrasah Baytul Ilm**

**An Easy Method for Attaining  
The Closeness  
of Allāh Ta'ālā**

**Hadhrat Dr. Abdul Hayy  
Ārifi Rahimahullāh**

Once, whilst addressing a gathering, Hadhrat Dr. Abdul Hayy Ārifi ؒ said, “How will you keep up with these lengthy meditations (murāqabah) and spiritual practices (wazā’if)? Let me show you a short and simple path to attain the closeness of Allāh. Try this for a few days and see what happens; see how quickly the stages of the closeness of Allāh are traversed.

### **First Step**

Make it a habit to constantly talk to Allāh within your heart. Here is how: Whenever you begin any permissible task, say within your heart, “Oh Allāh, 1) Help me in this task, 2) Make this task easy for me, 3) Complete this task for me with safety and well-being and 4) Accept this task in your court.

These phrases may be short, but they will connect one to Allāh several times throughout the day. And this is in fact the goal of a believer; to maintain a connection with Allāh at all times.

### **Second Step**

A person encounters four types of situations throughout his daily life; 1) Situations that fall in accordance with ones desires, 2) Situations that fall against ones desires, 3) Memories of past mistakes & losses and 4) Fears and worries about the future.

When a matter happens in accordance to your desire,  
make a habit of saying:

اللَّهُمَّ لَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

*Allāhumma lakal-hamdu wa lakash-shukr*  
(O Allāh, to You belongs all praise and thanks.)

When a matter happens against your desire, say:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

*Innā lillāhi wa innā ilayhi rāji'oon*  
(Indeed, to Allāh we belong and to Him we return.)

When you remember a mistake of the past, immediately  
say:

أَسْتَغْفِرُ اللَّهَ

*Astaghfirullāh*  
(I seek forgiveness from Allāh.)

When you face concerns regarding the future, say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَمِيعِ الْفِتَنِ مَا ظَهَرَ مِنْهَا وَمَا بَطَّنَ

*Allāhumma inni a'oodhu bika min jamee'il fitan mā  
dhahara minhā wa mā batan*

*(O Allah, I seek your refuge from all trials, those that are  
apparent and those that are hidden.)*

By thanking Allāh, the present blessings will be preserved. By being patient over past losses, one will secure reward and attain the closeness of Allāh. By seeking forgiveness, ones past will be cleansed. By seeking refuge, ones future will be protected.

### Third Step

Acquire knowledge of the Farā'idh and Wājibāt of Shari'ah and fulfil them. And protect yourself from major sins.

### Fourth Step

Engage in any Sunnah-based dhikr and then make this du'ā, "O Allāh, I want to become yours, so make me yours. Grant me your love and recognition."

Practice these steps for a few days and witness the transformation yourself; see how quickly the stages of the closeness of Allāh are traversed."

*(Extracted from the discourses of  
Hadhrat Mufti Muhammad Rafi Usmani Rahimahullāh)*