

I'TIKAAF

How to spend time during the last
10 days of I'tikaaf



T A R E E Q A H
M U H A M M A D I Y A H

Under the supervision of

A h m a d D a b b a g h

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English

Basic Rulings Regarding I'tikaaf

Definition of I'tikaaf

To remain in the mosque in which congregational prayers are held with the intention of I'tikaf.

Conditions of I'tikaaf

- a) Islam i.e. to be a Muslim
- b) Sane i.e. a person should not be mad
- c) Taharat (purity). To be free from HADASE AKBAR (major impurity) i.e. the need for bath
- d) Niyyat (intention)

The intention for Sunnah itikaaf is:

"Nawaitu al- sunnatal I' tikaaf lillah aza wa jal"

"I intend to perform Sunnah I'tikaaf for Allah azza wa jal"

Various Rulings on I'tikaaf

1. It is not necessary for one to remain quiet throughout the period of I'tikaaf. Rather it is makrooh (disliked) to do so. One should speak of good things and abstain from arguments and sinful/futile talks.
2. It is recommended, during the I'tikaaf, to perform the amaal (deeds) mentioned in this booklet.
3. If without a valid reason one leaves the mosque, even for a little while, intentionally or unintentionally, the I'tikaaf will be broken and he will have to make qadha i.e. repeat it. Even if one foot left the mosque. For this he would only have to do one day qadhaa and the qadhaa can be done anytime of the year.
4. If one intends to observe the Sunnat I'tikaaf during the last 10 days and nights of Ramadhan, he should be present in the mosque before sunset i.e. before the 21st night of Ramadhan begins at sunset (magrib time) up to the sighting of the moon of Eid. Thereafter the I'tikaaf ends.
5. If one is physically forced to leave the mosque during the I'tikaaf then his I'tikaaf will be invalidated.
6. If one leaves the mosque for a valid reason but on the way is detained by somebody or falls ill and as a result is delayed then his I'tikaaf will be invalidated.
7. One may only leave the mosque for the following valid reasons:
 - a) To go to the toilet to relieve oneself
 - b) To make wudhu (ablution) when one is in need of it
 - c) To take a wajib ghusl (obligatory bath)
 - d) To get food if there is no body to provide it.

8. If Jumu'ah salah (prayer) does not take place at that mosque wherein one is observing I'tikaaf, then one may leave that mosque to attend the Jumu'ah salah at another mosque. One should calculate the amount of time in which one could reach that mosque, perform the Sunnah and listen to the khutbah. If one delays a while in that mosque, no harm will be caused to the I'tikaaf.

9. If one wants to go out of the boundaries of the mosque for any reason other than for a valid reason mentioned in point 6 above such as for washing the mouth, brushing the teeth or having an unnecessary shower/bath, then this can only be done when the person goes outside the boundary with the intention of performing a necessary action and at the same time he does the unnecessary action as well. For example, if a person needs to brush his teeth, then he waits until he needs to make wudhu or needs to go to the toilet and in the same visit he brushes his teeth.

10. You are not allowed to perform ghusl unless the ghusl is wajib upon you. For any other need, then please consult one of the scholars. If, for example, your body odour becomes too unbearable or a person has a very severe rash and has great urge to have a shower, then if one makes intention of relieving himself, thereafter, they can quickly pour water over their body without using any soap or shampoo, but even this should be avoided if one can do so.

11. If one is not in a state of wudhu, and wishes to do wudhu for sake of being in the state of wudhu, then this is not permitted for the person who is sitting I'tikaaf. However, if the person makes intention of doing any ibaadah which requires wudhu e.g. nafi salah or recitation of quran then there is no harm to do so.

Virtues of I'tikaaf

It is suffice to know that sitting I'tikaaf in the last days of ramadhaan was the regular habit of the Messenger of Allah (Sallallahu Alaihi Wasallam) who, as narrated by Syidah Aí'shah [Radhiallahuanhaa], used to increase and intensify his worship in the last ten days of ramadhaan than any other days of the year. So acting upon this sunnah is a great reward in itself as you are emulating the last 10 days of ramadhaan as the Beloved Messenger of Allah (Sallallahu Alaihi Wasallam) did. He (Sallallahu Alaihi Wasallam) has further instructed us to seek Laylatul Qadr, a night which is better than 1000 months, in the last 10 days of Ramadhaan, in some narration, the odd nights. So a person sitting I'tikaaf, who is indulged in worship, irrespective of which night it is, shall attain the rewards of that night, inshallah. The other virtues of I'tikaaf are:

1. A person who sits in I'tikaaf during the last 10 days of ramadhaan will receive the reward of performing two hajj and two umrah's. [Bayhaqi]

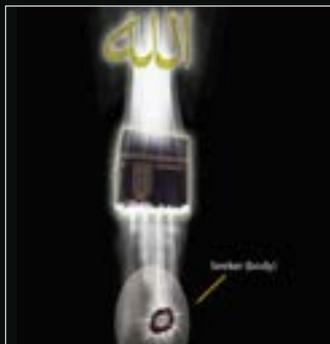
2. A person who sits in I'tikaaf with firm conviction that it is religious worship and he hopes to receive its rewards; all his past minor sins will be forgiven. [Daylami]

How a seeker should use the Last 10 days of Ramadhan & what Amaals should be performed

Oh Servant of Allah, use the last 10 days to be indulged in repentance as the month is almost up. Prescribed for the seekers of truth to help them repent in these last few days and to also thank our Lord, perform the following Amaals and Adh-kars:

اللَّهُ اللَّهُ

45 minutes 'Allah, Allah'

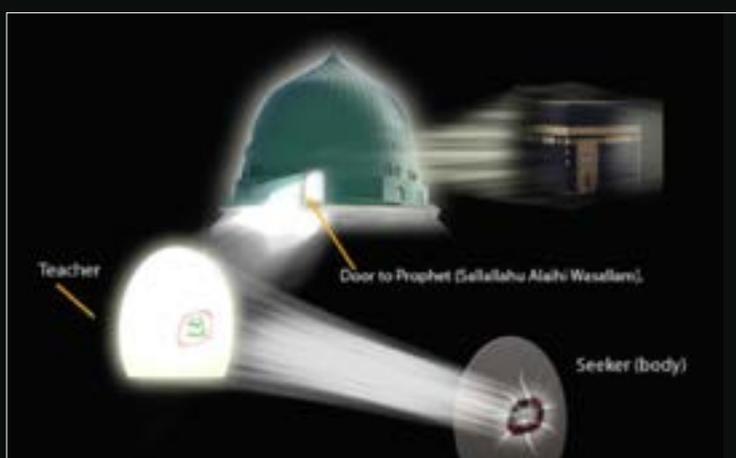


(Diagram 1)

اللهم يا رب يجاوسينا محمد ابن عبد الله في الجمع بيني
و بين سينا محمد ابن عبد الله في الدنيا قبل الآخرة

'O Allah, O Lord, by the status of Our Master Muhammad son of Abdullah, peace be upon him, gather me and Our Master Muhammad son of Abdullah together in this world before hereafter [death]'

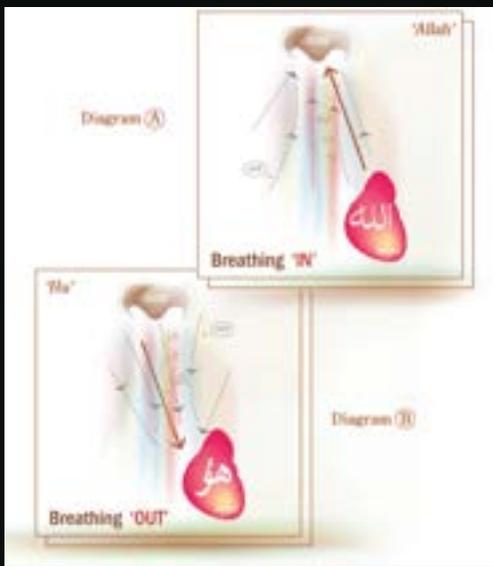
[30 minutes]



(Diagram 2)

الله هو

15 minutes the breathing exercise-'Allah, Hu'
(See diagram 3)



(Diagram 3)

يا الله يا رحمن يا رحيم

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

مراقبه

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



(Diagram 4)

مناجات

15 minutes Munajaat- the seeker should use their 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

Use the three keys:

1. Allah is seeing you,
2. Allah is hearing you
3. Allah is 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)

What should those people do if they are working or have family problems and cannot participate in the last 10 day I'tikaaf in Ramadhan

If a person with true want, desires to do the last 10 day of Ramadhan 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.

General Amaals For Ramadhan

- 1) Adopt the lifestyle, Prophetic Practices, the Sunnah of Prophet (Sallallahu Alaihi Wasallam) especially the method of eating and drinking
- 2) Offer Salatut Tawbah (repentance) and Salahtus Shukr (thankfulness) every Morning and Evening, to ask forgiveness and to thank our Lord for giving us this month of mercy to this nation
- 3) Perform Salatut Tasbih every day after Zuhr Salah.
- 4) Try and keep all spiritual fast whatever level you do.
- 5) Recite the Quran at least for 30 minutes to an hour every day and ponder on its meaning.
- 6) 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.

For more information regarding the course of Self-Purification (Tareeqah Muhammadiyah) please contact us on Muhammadiyah House of Wisdom, 33 Ridling Lane, Hyde, Cheshire SK14 1NP. Tel:0161 351 1975 // [+44] 07780 875 667

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Discourse & Dhikr every Monday 7:30pm