

BRIEF OUTLINE OF DIFFERENT LEVELS OF SPIRITUAL FAST

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

Before Ramadhān: A person with a little taqwa in him. This person is completely engrossed in sins.

During Ramadhān After level 1: There is a little increase in level of taqwa in the person.

Initial level of taqwa [God Consciousness] vs New level of taqwa [God Consciousness]

LEVEL 1

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

Heart darkened due to sins of sensual organs

Effect of blocking three channels of the sensual organs

Disease entering the Heart is blocked, this minimises the effect

Due to the darkness still entering the Heart through the physical organs of the body

2 LEVEL

To observe and abstain from all the sins of the sensual organs of the body [Including level 1 and 2]

Purified Heart with all the channels of evil blocked off

One by one the streams of disease of darkness of sin are blocked. So the Heart remains clean and the effect of dhikr and prayer begins to show itself

LEVEL 3

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

Refraining from sins with other organs of the body further develops the level of taqwa [God Consciousness] in the person. (level 3+4)

4 LEVEL

To abstain from sinful thoughts [including level 4]

Evil whisper enters the mind

The person uses their will power and seeks refuge in Allah the Exalted, thus refraining from sinning with the mind

slowly a shield starts to develop to protect the mind from being corrupted with evil thoughts

LEVEL 5

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]

6 LEVEL

To use your heart and mind to truly focus on Allah and His Beloved Messenger [Sallallahu Alaihi Wasallam] and to reflect on the life of the Last and Final Messenger [Sallallahu Alaihi Wasallam] [including level 6]

LEVEL 7

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 his heart, mind and soul throughout ones fast

The person reaches the highest attainable level of taqwa through the fast. (level 7+8)

Graph showing relationship between taqwa [God Consciousness] and fast increase of taqwa by fasting

Different Levels of Fast	Levels of Taqwa
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8

8 LEVEL

AMĀLS TO BE PERFORMED DURING
THE MONTH OF RAMADHĀN

- 1) When Ramadhan enters, offer 2 rakaats of Salatut Taubah [prayer of repentance], present your sins to Allah Azzawajjal and beseech His forgiveness and say that you have wronged yourself and others; make intention that you are not going to sin; at least not in this month.
- 2) Adopt the lifestyle, Prophetic Practices, the Sunnah of Prophet [Sallallahu Alaihi Wasallam] especially the method of eating and drinking
- 3) 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
- 4) Perform Salatut Tasbih every day after Zuhr Salah.
- 5) Try to always be in the remembrance of Allah at least in the start and end of all ones actions.
- 6) 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.
- 7) Be God Conscious and help in the needs of your fellow neighbours and those who have a right upon you.
- 8) Give to charity and help in the needs of those who have nothing but you have been given everything.
- 9) Recite daily the Masnoon Adhkars for morning and evening and reflect on its meaning.
- 10) Try and keep a spiritual fast whatever level you do using a fasting sheet to keep a record.
- 11) Offer the Tarawih prayers with devotion and happiness only to please our Lord.
- 12) Recite the Quran at least for 30 minutes to an hour every day and ponder on its meaning.
- 13) 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.
- 14) For 15 minutes you should do munajaat talk and communicate to Allah and present your sins. The seeker should use their heart to talk to their Lord asking forgiveness, as He [The Almighty] is the listener and giver for those who repent
- 15) 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.
- 16) Refresh the knowledge of fiqh regarding fast for example the nullifiers of fast etc.
- 17) Those brothers and sisters doing the course of self purification should double the length of time they perform their dhikr
- 18) Offer at least 8 rakaats of Tahajjud Salah. Prolong it by lengthening your bowing [rukoo] and prostration [sujood]. Recite the Masnoon Adhkars for Tahajjud 100 times each. Think that you are sitting in the presence of Allah the Most Exalted.

اللَّهُ أَكْبَرُ [x100] الْحَمْدُ لِلَّهِ [x100] سُبْحَانَ اللَّهِ وَبِحَمْدِهِ [x100]
 سُبْحَانَ الْمَلِكِ الْقُدُّوسِ [x100] أَسْتَغْفِرُ اللَّهَ [x100] لَا إِلَهَ إِلَّا اللَّهُ [x100]
 اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ ضَيْقِ الدُّنْيَا وَضَيْقِ يَوْمِ الْقِيَامَةِ [x100]

Observing the Spritual Fast During the Month of Ramadaan

“There are many who fast and gain nothing from fast except hunger and thirst.” (Meaning of Hadith)

Tick across everyday you fast, if you violate the guideline(s) then it will be classed as not keeping a spritual 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
Eyes	3																																3	D/N
	4																																4	D/N
Tongue	5																																5	D/N
	6																																6	D/N
Ears	7																																7	D/N
	8																																8	D/N
Stomach	9																																	
	10																																	
Hands	11																																	
	12																																	
Feet	13																																	
	14																																	
Private Parts	15																																	
	16																																	
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