

## FIRST SABAQ Chishti-Sabriya Tariqat

### Reciting the Final Three Verses of سُورَةُ الْحَشْرِ:

It is recommended to begin by reciting اَعُوذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ three time

Thereafter, recite the final three blessed verses of سُورَةُ الْحَشْرِ :

الآية ٢٢ من سورة الحشر  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ  
الآية ٢٣ من سورة الحشر  
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ  
الآية ٢٤ من سورة الحشر  
هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

### Preparation of the Heart

Keep your gaze fixed continuously from the centre of the forehead to the tip of the nose. When the mind becomes calm and steady, deeply contemplate death.

*Ask your mind:*

O mind, will you die or not?

The mind will answer:

Yes, I will die.

*Ask a second question:*

After death, where will you go? Who will keep you there, and why?

The mind will answer:

In the grave.

*Ask a third question:*

Then who besides Allah will remain yours?

The mind will answer:

No one except Allah

These questions and answers must be deeply felt with full concentration of the mind and heart.

### Meditation on Death

After this, imagine in detail everything that happens from the moment of death until burial.

Reflect deeply:

I have now died, Four people are carrying me on their shoulders toward the graveyard. Now they are giving me ghusl (ritual washing). Imagine the water flowing over your body while your relatives wash you. Imagine your children playing near the water that has gathered on the ground. Your wife and children are looking at your face and crying bitterly. Their tears are falling upon your chest. Now you are being lifted and wrapped in the kafan (shroud). The cloth of the kafan has been placed beside you. Now the kafan is being wrapped around you. After the kafan is completed, you are lying helpless upon the bier, facing the sky. Your widow and children are standing near your kafan, weeping with bowed heads. Observe carefully how helpless your family appears after your death.

*If you continue practicing these reflections regularly, the heart will gradually become soft.*

### Method of Sitting

Sit cross-legged.

Using the ring finger and thumb of the right foot, press firmly on the large vein beneath the knee of the left leg. This vein is referred to as the “Kimiya Rag”.

*It is said that pressing this vein helps remove the influence of Shaytan from the lower body and calms the heart from restlessness and anxiety.*

### Durood Sharif (5 times)

Recite any Durood Sharif you know, with love and attention. At that time, imagine that you are standing before the Rawdah Mubarak of the Messenger of Allah ﷺ in Masjid an-Nabawi.

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَنَبِيِّنَا وَشَفِيعِنَا وَحَبِيبِنَا وَمَوْلَانَا مُحَمَّدٍ، صَلِّ عَلَى اللَّهِ عَلَيْهِ وَعَلَى آلِهِ وَأَصْحَابِهِ وَبَارِكْ وَسَلِّمْ

### Istighfar (11 Times)

While reciting Istighfar, remember your sins sincerely and beg Allah for forgiveness.

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

### Call Allah with his beautiful names

#### Tasbihat (100 Times Each)

It is mentioned that when a servant calls upon Allah once, Allah responds many times with mercy and attention.

Recite Tasbih 100 times each

سُبْحَانَ اللَّهِ  
الْحَمْدُ لِلَّهِ  
اللَّهُ أَكْبَرُ

Do not focus merely on the translation of these Tasbihat. Rather, feel that you are calling upon Allah with His beautiful Names.

While reciting, maintain the following concentration:

1. Allah is before you, and you are before Allah.
2. You are calling upon Him with humility, presence, and a living heart.
3. Allah is looking at you while you are calling upon Him.

**Do not recite heedlessly. Remain attentive during every recitation.**

Feel as though Allah is saying:

O My servant, why are you calling upon Me?

Try to listen with the ears of the heart. If Allah wills, one day the heart may begin to perceive the Divine response.

## **Zikr of Tawheed**

Recite: لَا إِلَهَ إِلَّا اللَّهُ

In between, recite: مُحَمَّدٌ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

If love and absorption in zikr enter the heart, continue repeating: لَا إِلَهَ إِلَّا اللَّهُ

While reciting, deeply feel within the heart:

Allah bade keho ma'bood nai. *There is no true object of worship besides Allah.*

After completing the zikr, recite Durood Sharif five times attentively.

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا وَنَبِيِّنَا وَشَفِيعِنَا وَحَبِيبِنَا وَمَوْلَانَا مُحَمَّدٍ، صَلِّ عَلَى آلِهِ وَأَصْحَابِهِ وَبَارِكْ وَسَلِّمْ

## **Recommended Times**

### **After Maghrib**

Perform 6 raka'at Salatul Awwabeen. Then complete this entire practice.

*If not possible, perform it before sleeping.*

### **After Fajr**

Complete this Sabaq again. After sunrise, perform Salatul Ishraq, In sha Allah.

This practice may also be done while walking, according to convenience.

## **Effects of the First Sabaq**

By practicing this regularly:

1. The condition of the heart will begin to change.
2. Tears may begin to flow from the eyes.
3. One may lose interest in unnecessary social mixing.
4. The heart will incline toward good deeds.
5. Love for the Murshid and eagerness to hear his words will increase.

6. Concern for the Hereafter will awaken within the heart.

### **Important Advice**

Men should recite loudly.

Women should recite quietly in a low voice so that only they themselves can hear.

Women should sit in the posture of salah while performing zikr.

At the beginning, excitement or unusual feelings may arise. Some people may criticize. Do not pay attention to them, because no one else will enter your grave on your behalf.

If distracting whispers (waswasah) come during the practice, or if the heart does not feel the effect of the zikr, turn slightly toward the left side and recite loudly:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

You may lightly blow or spit dryly toward the left side without actual saliva leaving the mouth. If the heart still does not become attentive, then increase the strength and intensity of the zikr.

Just as sweetness is tasted when eating something sweet, and bitterness is tasted when eating something bitter, similarly the sweetness of Allah's Name remains within the heart of the one who remembers Him constantly. This state should never be forgotten.

### **Final Advice**

The Chishti Mashayikh have written this as the first lesson (Sabaq) of the Tariqah. Whoever practices this sincerely, In sha Allah, the realities of the Hereafter will begin to open before him.

*To experience the benefits of this Sabaq, one must strive to stay away from sins.*

If you begin to taste the sweetness and spiritual effect of this First Sabaq, then come and visit this humble servant. In sha Allah, the higher asbaq of the path will then be given.