

آدب يوم عرفة *Adab Yawm 'Arafah*

Practices of The Day of 'Arafah/Arafat

(9th of Dhul Hijjah – 12th Lunar Month of Islamic Calendar)

According to great masters of the Naqshbandi Tariqah, the following are the practices that were performed by Prophet Muhammad ﷺ with his Sahaba (Companions) on the holy Day of 'Arafah. Through Sayyidina Abu Bakr as Siddiq (as), these practices were passed on to his successors and the Naqshbandi Shaykhs all the way to Grandshaykh Abdullah al-Fa'iz ad-Daghestani ق and Sultan ul Awliya Mawlana Shaykh Muhammad Nazim Adil ق.

These great masters advised their mureeds (followers) to perform these practices on the Day of 'Arafah (9th of Dhul Hijjah – 12th month of the Islamic Hijri Lunar Calendar), when the Hujjaj are standing on the plains of 'Arafah. For those who are not doing the Hajj (pilgrimage) by performing these practices, they will share in receiving the Heavenly Manifestations of the holy day of 'Arafah, inshaAllah.

Adab (Practices) of The Day of 'Arafah

Fast the Day of 'Arafah

Start with fasting the day of 'Arafah, 9th of Dhul Hijjah. Then perform the following practices:

1. **Make Wudu**
2. **Pray 2 raka'at Salatul Tahyatul Wudu** (Pray two-cycle regular prayer)
3. **Niyat (Intention)**

نُؤِيْتُ الْأَرْبَعِينَ، نُؤِيْتُ الْأَعْتِكَافَ، نُؤِيْتُ الْخَلْوَةَ، نُؤِيْتُ الْعِزْلَةَ،
نُؤِيْتُ الرِّيَاضَةَ، نُؤِيْتُ السُّلُوكَ وَالصِّيَامَ لِلَّهِ تَعَالَى الْعَظِيمِ فِي هَذَا الْمَسْجِدِ (فِي هَذَا الْجَامِعِ)

***Nawaytul Arba'een, Nawaytul 'itikaf,
Nawaytul Khalwah, Nawaytul 'Uzlah,
Nawaytur Riyada, Nawaytus Sulook was Siyam,
Lillahi Ta`ala al 'Azhim fee hadhal masjid (or fee hadhal jami`)***

I intend the forty (days of seclusion); I Intend seclusion in the masjid, I Intend seclusion, I Intend isolation, I Intend discipline (of the ego), I intend to travel in God's Path, I intend to fast for the sake of God in this masjid.



4. **Daily Adab (Practice) of Naqshbandiya Tariqah** **أَدَبُ الطَّرِيقَةِ**

Read the **Daily Adab** Spiritual Practice of the Naqshbandi Way.
(Refer to page 165 of The Naqshbandi Guidebook)

5. **3 X Kalimatush Shahada** (Testimony of Faith) (with raised index finger)

كَلِمَةُ الشَّهَادَةِ (۳ مَرَّاتٍ) أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ashhadu an la ilaha illallah, wa ashhadu anna Muhammadan 'abduho wa Rasulu

I bear witness that there is no god but Allah and Muhammad is His servant and Messenger

6. **1000 X Istighfar:**

أَسْتَغْفِرُ اللَّهَ الْعَظِيمَ وَأَتُوبُ إِلَيْهِ (۱۰۰۰ مرة)

Astaghfirullah'ul Azeem wa'atubu ilayh

I ask forgiveness from Allah Almighty, and I turn to Him in repentance.

7. **1000 X Kalimah:**

La ilaha illAllah ending with Muhammadur Rasulullah

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَسُولُ اللَّهِ

There is no god but Allah, Muhammad (pbuh) is the Messenger of Allah

8. **1000 X Surah Ikhlas** (Holy Qur'an, The Sincerity, [Ch. 112](#))

9. **1000 X**

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Subhanallah, wal hamdulillah wa la illaha illAllah, wallahu akbar

Praise be to Allah! There is no god but Allah and Allah is Greatest.

After every 100x recite:

وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.

Wa la hawla wa la quwwata illa billahil 'Aliyyul 'Azim.

And there is no strength, nor power except by God, The High, The Mighty.



10. 100 to 1000 X

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

La ilaha illAllahu Wahdahu La Sharika Lah, Lahul Mulk wa Lahul Hamd, Yuhyi wa Yumit wa Huwa 'Ala Kulli Shayyin Qadir

There is no God but Allah. He is One, has no partner. His is the Kingdom and to Him is due all praises. He gives life and causes death and He is has power over all things.

11. 100 to 1000 X

لَا إِلَهَ إِلَّا اللَّهُ الْمَلِكُ الْحَقُّ الْمُبِينُ مُحَمَّدٌ رَسُولُ اللَّهِ صَادِقُ الْوَعْدِ الْأَمِينُ

La ilaha illAllahul Malikul Haqqul Mubeen, Muhammadur Rasulullahi Sadiqul Wa'dul Ameen

There is no God but Allah, the Only True King Muhammad (peace be upon him) is the messenger of Allah and he is the one who fulfils his promises and is trustworthy.

12. 2000 X Salawat

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ

Allahumma Salli ala Muhammadin, wa alaa aalihi Muhammadin wa Sallim

O Allah! Send Peace and blessings upon Muhammad and upon the Family of Muhammad (Peace be Upon him)

13. 100 X Salawat facing Qiblah connecting your heart to RasulAllah ﷺ with love and facing Allah Almighty with love

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ

Allahumma Salli ala Muhammadin, wa alaa aalihi Muhammadin wa Sallim

O Allah! Send Peace and blessings upon Muhammad and upon the Family of Muhammad (Peace be Upon him)



14. Sayyidus Salawat (Sultan Salawat) (سُلْطَانُ الصَّلَاةِ)

صَلِّ يَا رَبِّ وَسَلِّمْ عَلَى جَمِيعِ الْأَنْبِيَاءِ وَالْمُرْسَلِينَ وَالْأَجْمَعِينَ وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. عَلَى أَشْرَفِ الْعَالَمِينَ سَيِّدِنَا مُحَمَّدٍ الصَّلَاةِ (ﷺ) عَلَى أَفْضَلِ الْعَالَمِينَ سَيِّدِنَا مُحَمَّدٍ الصَّلَاةِ (ﷺ) عَلَى أَكْمَلِ الْعَالَمِينَ سَيِّدِنَا مُحَمَّدٍ الصَّلَاةِ (ﷺ) صَلَاةُ اللَّهِ تَعَالَى وَمَلَائِكَتِهِ وَأَنْبِيَائِهِ وَرُسُلِهِ، وَجَمِيعِ خَلْقِهِ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ، عَلَيْهِ وَعَلَيْهِمُ السَّلَامُ، وَرَحْمَةُ اللَّهِ تَعَالَى وَبَرَكَاتُهُ وَرَضِيَ اللَّهُ تَبَارَكَ وَتَعَالَى، عَنْ سَادَاتِنَا أَصْحَابِ رَسُولِ اللَّهِ أَجْمَعِينَ، وَعَنْ التَّابِعِينَ بِهِمْ بِإِحْسَانٍ، وَعَنْ الْأئِمَّةِ الْمُجْتَهِدِينَ الْمَاضِينَ، وَعَنْ الْعُلَمَاءِ الْمُتَّقِينَ وَعَنْ الْأَوْلِيَاءِ الصَّالِحِينَ، وَعَنْ مَشَائِخِنَا فِي الطَّرِيقَةِ النَّفْسَبَنْدِيَّةِ الْعَلِيَّةِ، قَدَّسَ اللَّهُ تَعَالَى أَرْوَاحَهُمُ الزَّكِيَّةَ، وَنَوَّرَ اللَّهُ تَعَالَى أَضْرَحَتَهُمُ الْمُبَارَكَةَ، وَأَعَادَ اللَّهُ تَعَالَى عَلَيْنَا مِنْ بَرَكَاتِهِمْ وَفُيُوضَاتِهِمْ دَائِمًا، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. الْفَاتِحَةُ

Salli, ya Rabbi, wa sallim 'ala jami'yil anbiya'i wal mursaleen, wa aali kullin ajma'een, wal hamdulillahi Rabbil 'alameen.

'Ala ashrafil 'alameena Sayyidina Muhammadin salawat (sallam)

'Ala afdalil 'alameena Sayyidina Muhammadin salawat (sallam)

'Ala akmalil 'alameena Sayyidina Muhammadin salawat (sallam)

Salawatullahi ta'ala wa Mala'ikatihi wa Anbiya'ihis wa Rusulihi, Wa jami'yi Khalqihis 'ala Muhammadin wa 'ala aali Muhammad, 'alayhi wa 'alayhimus salam wa rahmhtullahi ta'ala wa barakatuhu, Wa radiAllahu tabaraka wa ta'ala 'an sadatina Ashabi Rasulillahi ajma'een, Wa 'anit tabi'yina bihim bi ihsan, Wa 'anil a'ematil mujtahidinal madin, Wa 'anil 'Ulamail muttaqin, Wa 'anil Awliya'is salihin, Wa am Mashyikhina fit tariqatin Naqshbandiyyatil 'Aliyya, qaddasAllahu ta'ala arwahumuz zakiyya, wa nawwarAllahu ta'ala adrihatahumul mubaraka, wa a'adAllahu ta'ala 'alayna min barakatihim wa fuyudatihim da'iman. Wal hamdulillahi rabbil 'alameen. Al Fathiha.

15. Du'a ul A'zam ul Mathur

دعاء الأعظم المأثور مولانا الشيخ عبد الله الفانز الدغستاني (ق)

Read the grand transmitted invocation ([Ad Dua ul 'Azam ul Mathur](#)) of Grandshaykh Sultan al Awliya Shaykh Abdullah Daghestani.

16. Ihda (Dedication)

Recite [Ihda](#) and present all that you recited as a gift to RasulAllah ﷺ and to all the Naqshbandi Shaykhs with your fasting and yourself. Al Fatiha.

17. Break Fast at Maghrib and start Takbiratul Eid until the Eid Al Adha Prayer

