

MODULE 4

Class title: *Dhikr* of Allah (swt)

Aim of lesson: To understand the concept of *dhikr* and learn how to incorporate it in our daily lives.

Category: Worship

Class Format: PowerPoint Presentation with discussion. `Activity

(Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*
(*Ta'awwudh*) *Aoodhubillahi min AsShaytanirRajeem*
(*Tasmiyah*) *Bismillahir Rahmanir Raheem*
(*Du'a*) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli*(Surah Ta-Ha 20: Verse 25-28)

Material required for activity:

Pens/pencils
Writing paper

(Note to teacher: distribute pieces of writing paper and pens/pencils to students before beginning the class and tell them they will use them a little later)

Slides 1 -2:

Can somebody read what's written on the screen?

Ok, has anybody said it with *tajweed*? So how do you pronounce this? This is *Dhikr* of Allah (swt). How do you pronounce it? *Dhikr* of Allah (swt). Softly; yes, so pronounce it again please. *Dhikr* of Allah (swt).

What does it mean? Any idea? Anyone got a clue?

Student: mention.

Teacher: Ok, anybody else?

Student: remembrance

Teacher: remembrance, yes and *ibaadah* (worship).Ok.

Student: I don't know, just remembering Allah (swt) all the time and praising Him

Teacher: Remembering Allah (swt) all the time and praising Him. Ok. When you said remembering, what did you mean by that?

Student: like when you get good marks in something, you are just sitting; you are happy that you did it. You can't get it yourself; you prayed and Allah (swt) helped you.

Teacher: ok. Remembering Him even when you get good marks or when you are happy, or you have achieved some sort of success because you have prayed to Allah (swt) and you must remember that He is the one who gave you that success.

But why are we going to talk about *Dhikr* of Allah (swt) specifically? Any ideas?

Student: because we forget to do it

Teacher: we forget it big time, not just some times. As human beings we tend to forget things don't we? Particularly when you get to be my age; I can't remember anything if I don't write it down. My mind has become like a sieve; everything just gets out. So yes, you are absolutely right, we forget.

The literal meanings of *dhikr* basically are two: one like you said remembrance and the other is also reminder. Allah (swt) calls the Qur'an *dhikraa*; this is a reminder for mankind.

Dhikr is remembrance and *dhikr* is a reminder, keep that in mind.

Slide 3:

Allah (swt) said in Surah Al-Ahzab:

يَا أَيُّهَا الَّذِينَ آمَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا

"O' you who believe, remember Allah (swt) and remember Him a lot".

(Surah Al-Ahzab33: verse 41)

Don't just remember Allah (swt) when you pray. Are you sure when you do your *salah* you remember Allah? At least you try to. You say *Allahu Akbar* at some level; you try to, but how many times a day do you do *salah*?

Student: five times

Teacher: Five times a day right? Do you think that would be in the word *katheer* (a lot) ? If anybody knows a little bit of Urdu, we say *kasrat* (in abundance) like *katheer*. Can praying five times a day be included in *katheer*? Do you think that would be remembering Allah (swt) a lot? Yes or no? No. We fast how many times in a year?

Student: thirty days

Teacher: Thirty days. *Alhamdulillah*. There are some people who do other fasts as well. That's what we are trying to discuss; *fardh* (obligatory) fasts are 30 days in a year. Is that remembering Allah (swt) a lot?

No, it isn't remembering Allah (swt) a lot and that is what Allah (swt) is saying in the verse we just looked at:

"Do *dhikr* of Allah (swt) **a lot**." A lot means what? Perpetually, constantly

Then in another place in the Qur'an Allah (swt) says:

... وَلَذِكْرُ اللَّهِ أَكْبَرُ ...

"And the remembrance of Allah (swt) is the greatest."

[Surah Al-Ankabut 29: verse 45]

The greatest remembrance is the remembrance of Allah (swt), and why *dhikr*?

Slide 5:

Why *dhikr*? I just picked out a few verses because we run short of time, every time anyway, and the importance of *dhikr* in the Qur'an is ... I don't even know. I don't know these statistics, that a certain thing is mentioned this many times in the Qur'an; I have no idea how many times it is mentioned, but it is mentioned over and over and over again in several different ways. Do *dhikr* of Allah (swt), Do *dhikr* of Allah (swt). If only *salah*, *saum*, *hajj* and *zakat* were enough, then why would it be mentioned so many times that there's something else as well.

Slide 6:

This is one of my favorite verses; Allah (swt) says this in Surah Ar Ra'd:

...أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

"Verily in the remembrance of Allah do hearts find rest"

[Surah Ar' Ra'd 13: Verse 28]

It is only the *dhikr* of Allah (swt) which gives us true internal peace; nothing else does

Slide 7:

Allah (swt) says:

فَاذْكُرُونِي أَذْكُرْكُمْ...

"You remember me and I will remember you."

[Surah Al Baqarah 2: Verse 152]

You remember me and I will remember you, right?

Slide 8:

In another place Allah (swt) says:

وَاذْكُرُوا اللَّهَ كَثِيرًا لَّعَلَّكُمْ تُفْلِحُونَ

"And remember Allah (swt) much, so that you may be successful."

[Surah Al Jum'uah 62: verse 10]

Slide 9:

These are all the different things that happen when we do *dhikr* of Allah(swt). Remembering Allah (swt) is the foundation of all our righteous deeds .I don't know if you remember, last term we did a class on intention where we discussed this Hadith,

"*Innamal 'aamalu binniyaat*" Indeed our actions are based on intentions

[Bukhari& Muslim]

All our actions are based on our intentions so if you are doing anything for the sake of Allah (swt) then it becomes a righteous deed. For example, if you come over here to meet each other or if you have just come for the great snacks - It is the middle of the afternoon and you've been to school and you are tired, but you have climbed three flights of stairs because the elevator was not working and you have come here.

If your intention is to seek the pleasure of Allah (swt), spot on. That's why you are here. If the intention is anything else other than that, then you get what you intended. Then you are doing it for somebody else.

Each and every step that you were taking when you were walking up the three flights of stairs in this heat is *dhikr* of Allah (swt). That is all *dhikr* of Allah (swt). If the intention is Allah (swt), if you are seeking Allah (swt) in whatever you are doing then that is *dhikr*. Then that is the remembrance. That is the reminder.

Is everybody with me? So *dhikr* of Allah (swt) is the foundation of anything that you do. Even when you make an intention to stand up for *salah* do you make an intention for anybody else other than Allah (swt)? That's what makes it the righteous deed. You fast for what reason? For whom? You fast for Allah (swt)! That is *dhikr*.

For example, if you are going to school in the morning and your intention is that I'm going to school so that I become an educated Muslim; so that the Muslim *ummah* can make a good impression on people all over the world. That is *dhikr* of Allah(swt). You get it? Each and every action is *dhikr* of Allah (swt), if the intention is to seek pleasure of Allah (swt) from that action.

Slide 10:

Abu Musa Al-Ash'ari (ra) reported that *Rasul Allah*(pbuh) said:

"The similitude of one who remembers his Lord and one who does not remember Him is like that of the living and the dead." [Bukhari& Muslim]

A person who remembers Allah (swt) is living and a person who does not remember Allah (swt), doesn't do *dhikr* of Allah (swt), is like a dead person. How much *dhikr* do we do? Allah (swt) says in the Qur'an in one particular place:

Slide 11:

"The men of understanding are those who remember Allah (swt) standing, sitting and lying on their sides."

[Surah Al-Imran 3:verse 191]

What Allah (swt) is basically saying and what *Rasul Allah* (pbuh) used to do was, he used to do *dhikr* of Allah(swt) all the time. 24 /7 he would do *dhikr* of Allah (swt). We just need to figure out how to do that. Some of you might be thinking, how is that possible? How can we? I mean should we just sit and say *Allah, Allah, Allah, Allahu Akbar* all the time? Is that what it means? You tell me. Is that what it means?

It could mean that as well *Alhamdulillah*. If everyone would incorporate that in their daily lives that would be brilliant but the remembrance of Allah (swt) at a conscious level, 24 hours a day; there is another word for it. What is it called? When you are conscious of Allah (swt) all the time, yes?

Student: *taqwa*.

Teacher: absolutely. It is called *taqwa* and Allah (swt) has said about *Ramadan*;what did He say about *Ramadan*?

"Fasting has been prescribed for you, just as it was prescribed for those before you, so that you may attain *taqwa*."

[Surah Al Baqarah 2 : verse 183]

So that you may attain *taqwa*. The purpose of fasting is nothing other than attaining this consciousness of Allah (swt), 24/7 and that is *dhikr*. What we need to figure out is how to carry this over to the rest of our lives as well. How to carry this feeling, this perpetual state of *dhikr*, over to our other regular days after Ramadan?

Slide 12:

I read this and thought it very cute: Without God our weeks should be Sinday, Mournday, Tearsday, Wasteday, Thirstday, Fightday, Chatterday. Seven days without God makes one weak.

Now we know that a lot of times, it's easier to understand when we figure out things scientifically, for people like us who are perhaps still struggling to find that serious connection with Allah (swt). I'm very much included in that. Don't you think it's just you people. Sometimes when you look at how things run; in terms of how our minds work, how our bodies work, it helps us make that connection.

Slide 13:

There is this person- Michael J. Gelb -who says that there is a certain way that our brain remembers things. He has looked scientifically at how we remember things.

You all have memories right? You all take exams. You study in different ways right? You are also told that there are ways that you can improve your memory, aren't you? You are told that you can retain things better if you do certain things. Is that true or not? Are you told that?

Let's just do a little exercise or experiment right here. Everybody take care, have your pencils and things ready and I want to show you this next slide.

All of you read the words written on the slide one by one. At a normal pace, not very fast and not very slow either. Then I'm going to change the slide and I want you to write down which ever words that you remember reading.

Student: only words or sentences?

Teacher: No it's not a sentence. These are all words. They are just single words; you read all of them and then I want to change the slide. Please all of you do that as quickly as possible because we don't have a lot of time. I want you to write down each and every word that you remember. then we will talk about it . Ok. One ,two, three go.

Slide 14:

(**Note:** students read the words on the slide - Snow car pole deck light bottle light family inspiration sand plant rug light gate pillow trunk paper road knife stool string light coat cup Madonna light wind tree rope stamp tape light coal card pick truck light pilot desk frame)

Teacher (changes slide): Write down whatever words you remember. Write it in a way that I can read it also. One word on one line quickly. We only have two minutes to do this. When you are done just give me your piece of paper and pencil back. Just jot them down as many as you can remember.

Student: what if a word is repeated lots of time and we write it once?

Teacher: Yes, that's fine. Done? Whoever is done just give me back your paper.

Student: should we write our names?

Teacher: no you don't have to write your names. Put your pencils there as well.
Everybody done?

Let's see. Now let's just have a quick analysis; I haven't written these words by the way, this was written by a psychologist.

This is a scientific experiment that he does with people to see how our memory works. That's why I thought it would be interesting to do it in class and see what happens.

Slide 15:

What he says is, almost everyone who completes this exercise remembers the first two words from the list, snow and car. Is that true? Let's check your pieces of paper – moment of truth!

(Teacher reads out) Car, snow, snow, car, car, snow, car, not snow but car here. I don't know whose it is but I'm just reading it off. Snow not car, got snow here. Car, snow, snow, car, snow, car. Car, car, snow. Car, snow and some of you have actually not written it in order, it's written later. Snow, car, snow, car. Snow is written first and car is written later. You can check yourself also if you want. Over here this is the only one who hasn't written snow, car. Car, snow. Car, snow. Only one out of all of you. Everybody else has written snow, car. All of you have written it. What does this mean?

Slides 16- 17:

Read this please. Psychologists refer to our tendency to remember what comes first as the primacy effect. We remember events that happen first. What do we do first thing in the morning? Our brains most powerfully remember elements and events that come first. So we benefit by making our first experiences each day positive ones. Starting with how we wake up. How do we wake up? We remember how we wake up. That stays in our head.

We all have just done that! *Alhamdulillah*. You had no clue what you were doing and I was also not at all sure what was going to happen. Other than just this girl here, everybody else has written 'car' and 'snow'. Those were the first two words on the list weren't they?

Slide 18:

There is a reason that Allah (swt) has laid such a lot of stress on *fajr salah* because that is the first thing that a Muslim does.

You wake up, you do your *du'a*. Anybody knows what the *du'a* for waking up is? Does anyone remember? Yes?

'Alhamduillahilladhi ahyaana ba'da ma amatana wa ilayhin nashoor.'

Glory be to Allah, who resurrected us after our death and towards Him is our return
[Bukhari]

Rasul Allah(pbuh), when he used to wake up,even before he got out of bed, he would remember Allah(swt) first.

Then what is the first thing we are supposed to do when we wake up? Do *fajr salah*. Even if you sleep after that you already started your day.

You have done this exercise yourself, haven't you? snow ,car.did you write snow,car? The first thing that we do stays with us.This is how our memory works.This person is just trying to say that this is how our human brain works.

Slide 19:

Second important point - We remember things that are repeated .What was the word that was repeated?

Let's have a look at what is written on your papers.

(Teacher reads at papers) 'Light' was repeated in each and every sentence. Light. Light in every line. Light, light, light, light. All of you have written light. There is not a single paper that doesn't say light.

Did anybody not write light?You didn't write it? Two didn't write it but everybody else did. Should we go through the papers again? Light, light, no light,light. Light times four; no light here. And light. So three without light, the rest of them have got light written.

We remember things that are repeated. *Alhamdulillah!* This is amazing. Humans love repetition.

These three R's that you see are the three R's of advertising: Repetition, recognition, recall. Why do you think the advertisers spend such a lot of money when a new product is being launched? What happens? It is bombarded all over the place isn't it? On billboards, you receive sms, it's on TV all the time,in the newspapers. It's everywhere isn't it? Then advertisements on TV - if you are sitting and watching some programme it gets really irritating because the ad just keeps coming back and it just doesn't go away. Is that true or not? Repetition.

We remember something that we keep on repeating or which is repeated in front of us. Don't advertising jingles get stuck in your head? You remember them all the time because they are repeated so often and you are listening to them so often. Isn't that true? It just sticks to your head. So we remember things that are repeated. Somebody said success is a sum of small efforts repeated day in and day out.

And Allah (swt) has said:

"O' you who believe, remember Allah (swt) and remember Him a lot".

(Surah Al-Ahzab33: verse 41)

If you remember Allah (swt) a lot and if you do *dhikr* of Allah (swt) frequently, it is scientifically proven that it will stay somewhere within you. You will be able to remember and you will be able to recall. It's a fact.

You've just done the experiment yourself. All of you, most of you other than three, all of you have written light over here. Who's our creator? Allah (swt)

Allah (swt) says in Surah Al-Mulk 67: Verse 14

أَلَا يَعْلَمُ مَنْ خَلَقَ...

"Would He who has created you, not know?"

He (swt) has hard wired us this way. This psychologist has just come up with this discovery. The brain - which works in this manner, is created by whom? By Allah (swt) so Allah (swt) knows that we recall something which is often repeated. We retain what we experience first thing in the morning, that is the reason there is such a lot of importance given to *fajr* prayer and that is the reason that Allah (swt) is saying, remember Me constantly.

The people who are of knowledge, the people who are intelligent by Allah's (swt) standard, are the ones who remember Allah (swt) all the time. Just like *Rasul Allah* (pbuh) used to remember Allah (swt) all the time, because it stays there.

Slide 20:

By the way, this is not written by a Muslim; it is written by R.Foliar: somebody's success is the sum of small efforts repeated day in and day out .

Has anyone ever tried to lose weight? I have and obviously I'm a dismal failure. Why? Because I don't repeat what I'm supposed to do! You have to consistently stick to a diet and stick to an exercise plan for it to work. Otherwise nothing happens. Same with Allah (swt)'s remembrance; you have to consistently stick to it. Otherwise *hari papa hari poopoo* (nonsense word); that's what happens. Do you know what this mean? It means nothing!

When we do *dhikr*, the rust on our hearts goes away. That polish from the *dhikr* of Allah (swt) is the polish that removes the rust from our hearts. That is the reason Allah (swt) has said to remember Him often. Remember Me often; remember Me all the time.

Slides 21- 22:

We remember things that are out of the ordinary. Let's see what you guys have written – (teacher reads students papers again). We remember things that are out of the ordinary. Madonna , Madonna .Madonna. Madonna, Madonna, Madonna, no Madonna okay. Madonna, Madonna and Madonna.

One person did not write Madonna, everybody else did, why? We remember things that are out of the ordinary. Who didn't write Madonna? You didn't write Madonna, but everybody else did, why?

The reason is that it's very different from all these other words. Let's have a look at these words again quickly. Out of all of these words Madonna ... you say family, sand, flower, oh wait string, Madonna. It stuck in your head somewhere. We remember things that are out of ordinary.

We are most likely to remember elements that stand out from or are in contrast with other elements in the group. Madonna. And here she is. This is amazing. I mean I'll be very honest, I didn't know whether this exercise was going to work or not because I've done it for the first time in class.

I'll be very honest with you. I was thinking what if it doesn't work what are we going to do? Anyway, I always have a plan B! But *Alhamdulillah* there was no need for that. This means that it actually works.

Slides 25 – 27 : (been done by teacher before slide 23 -24)

So how do we know, how do we get ourselves to understand how Allah (swt) stands out from the rest?

That is an effort that we need to make. We need to understand Allah (swt). We need to look at Allah (swt)'s creation to recognize the creator. We can't see Allah (swt), can we? Can we see Allah (swt)? We can't. Can we make a picture of Allah (swt) in our heads? No we can't. So then how do we remember? How does He stand out for us?

Look at Allah (swt) in the Qur'an; look at Allah (swt)'s creation and understand your Creator. Look at the stars, look at the sky, look at the sun, look at the beautiful flowers, look at all of Allah (swt)'s amazing creations, the parrots of the Amazon, the whales in the ocean, the tigers; and recognize Him.

Isn't that outstanding! Look at the rainbow, who has created that? If you see a rainbow that's all you look at because it overwhelms you. Has anybody seen a rainbow? It's a truly spiritual experience looking at a rainbow. It can be a truly spiritual experience if you look at it and say *Subhanallah*. You look at the full moon and who is the creator? Recognize Allah (swt) through His signs and He will stand out a million miles away.

Another aspect is, recognize Allah (swt)'s blessings on you. Remember Allah (swt) through His blessings. He is the one who got you that A star. Don't think that it was all your doing; that you're so clever and smart. No, He is the one who has given you that I.Q. He is the one who has given you that ability to produce work in a certain way that you get good grades. Yes, your effort is there *Alhamdulillah*, wonderful but Allah (swt)'s help, Allah (swt)'s blessing on you is the one thing that makes you achieve any kind of success.

We eat; all of us sitting over here. I got this very dismal mail yesterday that the people in Somalia have no food to break their fast and I'm sure all of you must be having a ball at *iftari*.

We always like to have something special because we have been fasting all day. We really want to have something nice, that we like for our *iftari*. Is that true or not? Yes? Or do you have *bhindi gosht* (lady finger and meat curry)? *Bhindi gosht* with warm *rooh afzah* (sweet drink). No *bhindi gosht*? Anyway, my youngest daughter fasted the other day and she wanted to have pizza, so we had pizza *Alhamdulillah*. So whose blessing is that?

Recognize Allah (swt) from the blessings, from the things that He has blessed us with. So He will stand out a million miles away. We remember something that stands out.

Slides 23- 24:

We remember things that have happened recently.

Most people also remember the last two words, desk and frame. A phenomenon researchers call, the 'Recency effect'.

Well, while we are at it let's have a look because I myself am absolutely amazed; desk and frame. Let's see.

(Teacher reads the papers again) Desk and frame, desk and frame. Oh my god! This is unreal, no desk and frame. frame and desk, desk but no frame, ok, none here, No desk and frame. No desk and frame. Desk and frame. Let's keep the papers that have one word, here. Desk. No desk and frame. Desk and frame. No, desk and frame, desk and frame and desk. So this has been fifty-fifty. Because some of you have just written desk; three are only desk. This is no desk and frame, then the rest of it is desk and frame. Right, so this one is fifty-fifty; recency effect for this group particularly has been dodgy. Fifty-fifty. It's not as hundred percent as the other ones, but most people remember the last two words that they sort of experience.

What is the last thing that we do before we go to sleep? Watch TV? Oh come on, let's be honest over here. How many of you go to sleep right after '*isha salah*? I'm not raising my hand because I don't usually.

If we are lying in bed watching TV and going off to sleep while watching TV, so what is the last thing that we will remember? Making that connection with Allah (swt) or whatever else it was that you were watching; that is what is going to be the last thing in our heads, our minds and our hearts. Not Allah (swt).

Maybe that is the reason that I got this fifty-fifty result over here. Yes. The last thing that we do, we remember. Recency effect; The most recent thing that we have done. We must follow the *sunnah* of *Rasul Allah* (pbuh).

I hope that Allah (swt) gives us all the *taufiq* to do that and maybe we can make that intention today. I will make an effort that the last thing I do before going to bed is my

salah. When I lie down in bed I will do my *du'as* and the *du'as* that *RasulAllah* (pbuh) has taught me, before going to sleep. Because the last thing I do before I sleep would be to remember the name of Allah (swt); my tongue will be moist with the remembrance of Allah (swt) as I sleep. As I wake up the first thing I will do is the remembrance of Allah (swt). So *Alhamdulillah*, according to scientific research, the likely-hood of me remembering Allah (swt) throughout the day will be higher.

Is everybody with me? Does everyone understand what we are doing out here? Yes? Well you can't disagree now, because we have already done this experiment on our own, right? So we know that is how our brains work.

Inshallah what we are going to try to do now is that we will try to make an effort to remember Allah (swt) as much as we can, all the time, 24/7. We have to try to bring Allah (swt)'s remembrance to a conscious level because remember:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

It is only the *dhikr* of Allah (swt) that gives us true internal peace.

Nothing else does. Not watching that movie. Another thing which is very important with regards to *dhikr* and how we can incorporate it in our lives: hang out with people who do *dhikr* of Allah (swt). A lot of times people who are our friends, people who we hang out with, they remind us of things don't they? The new Harry Potter movie is out. Did you get that from your friends? So you hang out with people who greet each other with *assalam alaikum wa rahmatullah*; you are mentioning Allah (swt). They begin everything they do with *bismillah*. They remind each other of Allah (swt) all the time. The likelihood of you remembering Allah (swt) will get higher as well. Your *dhikr* level will get higher if you hang out with people who are doing *dhikr* of Allah (swt). You understand that? Of course you understand that. It's not rocket science! It's pretty simple. So that's another little effort that we can make.

Either we ourselves can become that trigger for others - because if somebody sees you for example, saying *subhan Allah, Alhamdulillah wa la illaha illallahu wallahu akbar la haula wa la quwata illah billah* or just saying *laa illaha illalah muhamadur rasulullah*, they may get inspired by **you**.

If we do *dhikr* of Allah (swt) and somebody else gets inspired by that, then you get a reward for that as well. For your own *dhikr*, as well as the *dhikr* of the other person. If we can incorporate the *du'as* recommended by the Prophet (pbuh) in the morning and evening, and the *masnoon du'as* about doing everything that you can think of. For example, begin all actions by saying *bismillah*, when you finish your food say *Alhamdulillah*; when you go out of the house say that. Our mundane every day activities that we do any ways, all the time, become the *dhikr* of Allah (swt) because we are remembering Him constantly.

A lot of times you might feel like it's a little mechanical; yes every time I do say *Allahhumma inni audhubika min al khubuthi wal khabaith*

(O' Allah I seek refuge with you from evil jinns and jinnis – du'a of the Prophet (pbuh) for entering the toilet) [Agreed Upon]

I feel it becomes automatic, I don't really **feel** it.

But according to one scholar even if you are doing *dhikr* of Allah(swt) and are not really completely involved in it; you know what I mean, sometimes you do your *tasbeeh* after *salah* you are sitting and you are saying *subhanallah subhanallah.....Alhamdulillah..... Alhamdulillah.....*you do that right? Thirty three, thirty three, thirty three, and finished. Perhaps you are not doing it with all your heart; you are not sitting and doing it with great concentration but just the fact that you are doing *dhikr* of Allah(swt) is going to affect your heart at some level. *Inshallah*, Allah (swt) will give you the *taufiq* to take that to a higher level.

Dhikr of Allah (swt) is something which we must try to incorporate in our lives as much as we can. Without embarrassment. You can do it in your hearts also. The more organs that are involved in it, the deeper that *dhikr* is going to be. If your heart and soul and your whole body are involved in it; if your mind is involved in it, then your connection with Allah (swt) will be that much stronger *Inshallah*.

Inshallah what we will try to do is, to make sure that the last thing that we do from tonight is *dhikr* of Allah(swt). Even if you have done your *isha* these days, even if you are waking up a little late, do two *rakat nafl* before going to sleep. Do that and when you lie in bed do your *Ayat-ul-Kursi*, do your *Mauwadhatain* and do your *du'a* for sleeping.

Ayat al kursi is amazing; read a little bit of Qur'an before going to sleep. Whichever way you want to incorporate *dhikr* of Allah (swt) *Inshallah*.

Whatever we do, even a woman or a girl's wearing of *hijab*, by the way is *dhikr* of Allah (swt); because she is identified immediately as a Muslim. That is *dhikr* of Allah (swt). The *dhikr* of Allah is in various different ways. What we hear, what we don't hear is also *dhikr* of Allah (swt). What we see, what we don't see is also *dhikr* of Allah (swt) because there are certain things which we stop ourselves from seeing because we think, no Allah (swt) is not going to like it. That is remembrance of Allah (swt). You know you are remembering Allah (swt) constantly. You are not doing anything but you are remembering him by not doing it.

May Allah (swt) give us all the *taufeeq* to become those who do lots and lots and lots of *dhikr*.

(Du'a for end of a gathering) *SubhanaRabbikaRabbulIzzati
'ammayasifunwasalamun 'alalmursaleen, walhamdulillahilahiRabbil 'alameen*

(Parting salutation to students) *AssalamalaikumwarahmatullahiwaBarakatuh*

Reference for Teacher:

See document in folder