

**Hazrat Peer M. Syed**

**BISMILLAH HIRRAHMAN NIRRAHEEM  
HER JA K BASHID BA YADAY KHUDA BASHID  
NO MATTER WHERE YOU ARE OR GO, ALWAYS REMEMBER  
ALLAH**

**(COMMANDMENT OF KHALIFATULLAH IMAMUNA MAHDI-AL-  
MAOOD <sup>(pbuh)</sup>)**

Of all the teachings and commandments of Imamuna Mahdi <sup>(pbuh)</sup> that is of Vilayatay Muhammadi <sup>(pbuh)</sup> (sainthood)), Zikray Duwam (the perpetual/eternal remembrance of Allah), after Salat, is the most stressed obligatory duty of every Mahdavi. According to the Holy Quran and Ahadeesay Nabavi (the narrations of Muhammad <sup>(pbuh)</sup>), Zikray Duwam is not just for the Mahdavis, but it's for all Muslim men and women).

Let's look at some of the ayaats (verses) of the Holy Quran that make remembrance of Allah an obligatory act for all Muslims. In surah Albaqra verse 152 Allah says, "Then do ye remember Me; I will remember you. Be grateful to Me, and reject not Faith." (translation by Abdullah Yusuf Ali, AYA). Allah is saying that if we remember Him then He will remember us. I think the importance of Zikrullah cannot be emphasized enough when we read and understand what Allah is giving us in exchange for remembering Him. Again in Albaqra verse number 200, Allah commands us, "So when ye have accomplished your rites, celebrate the praises of Allah. Once again in AalayImran verse number 191, Allah is asking us to remember Him standing, sitting, and lying down. It's a noteworthy point that human being can only either stand, sit, or lie down, there's no other position. This verse also reminds us to remember Allah at all times and in all positions. It's a continuous, non-stop deed. In Surah An-Nisa verse 103, Allah is commanding us thus "When ye have performed the prayers, remember Allah, standing, sitting down, or lying down on your sides." (AYA) In other words, when we have offered our prayers, we must indulge ourselves in the remembrance of

Allah. For the sake of brevity, I will mention one more verse from the Quran. In surah Raad, verse number 28 says, “Those who believe, and whose hearts find satisfaction in the remembrance of Allah: for without doubt in the remembrance of Allah do hearts find satisfaction.” (AYA). In this verse, we learn that our hearts can find true satisfaction only by means of continuous remembrance of Allah.

Now we will look at some Ahadees about Zikrullah. Here is the translation in English of a Haddesay Qudsi from Tohfatussalikeen published in Egypt, “O my servant (Bunday), remember me for one Sa'at (hour) in the morning and one Sa'at in the evening, I (Allah) will reward you for all the remaining hours.” Hazrat Jabir (RZ) said that Rasoolullah <sup>(pbuh)</sup>, after completing his Fajr Salat, would sit in the same spot until the sun rose high.” According to another Hadees, Rasoolullah <sup>(pbuh)</sup> said, “Afzaluzziker zikrullah meaning that the best remembrance is the remembrance of Allah.”

From the above Quranic verses and the Ahadeesay Nabavi <sup>(pbuh)</sup>, it's abundantly clear that Zikray Duwam/Zikrullah (the perpetual remembrance of Allah) is an extremely critical obligation for all Muslims. By the Grace of Allah, Muslim Mahdavis try their best to practice Zikrullah daily. The method of Zikrullah is to first offer your Fajr prayer and then sit in the Masjid or in a quiet place in the house facing Qiblah and say very quietly, ILLALLAH TUN HAI (It's only Allah who is present) as you breathe in, and say, LA ILAHA HOON NAHEEN (None other than Allah exists, not even I) as you exhale the breath. The breathing should be perfectly normal during Zikrullah, not loud or exaggerated in any way. After Asr prayer also do the same thing until Maghrib or Isha prayer. Allah reminds us in the Holy Quran that we should pray and remember Him in the most humble and secretive manner. Please remember that Zikrullah is not confined to these two times only. These two times are called Sultanul Lail and Sultanul Nahar, meaning that these two times are of the greatest importance in the course of the day (24 hours). Imamuna AS has told us never to miss Zikrullah at least during these two times. What we all need to master is to make Zikrullah a part of our subconscious so we do it automatically, or without consciously thinking about it. For example, when we go bicycle riding, the act of peddling is, at first, conscious. After sometime, a friend joins you on his bike and both start talking. Now your act of peddling is no longer conscious, rather it's now involuntary or

subconscious. You are really focusing on the conversation and yet the act of peddling is also going on without being aware or conscious of it. If we can do the same with Zikrullah, Insha'Allah by the Grace and mercy of Allah, we will achieve it. Please remember also that for other forms of worship (Namaz, Roza, and Zakat); there are certain conditions and requirements that need to be fulfilled, whereas for Zikrullah, there are no conditions. Men and women can do it at any time, any place, and in any condition. May Allah help us to do Zikrullah as often as we can on a daily basis. Ameen

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**APPEAL: ZIKRULLAH (THE NON-STOP REMEMBRANCE OF ALLAH),  
DON'T BREATHE WITHOUT IT!**