



Daily Naqshbandi Awrad (practices)

In Arabic English Translation & Transliteration

The following is the General Daily Awrad (Spiritual Practices) for the followers of Naqshbandi Spiritual Path, starting from the level of the beginner (Mubtadi'), to the level of the people of determination (mureed):

1. 3 X Shahada (Testimony of Faith):

(Raise right hand's index finger and recite the following:)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

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

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

2. 70X – Astaghfirullah (I seek Forgiveness from

Allah) *أَسْتَغْفِرُ اللَّهَ*

3. IX Surat al Fatiha (1st Chapter of Holy Qur'an)

(With intention of being dressed with the manifestations and blessings that were sent down with it when it was revealed in Makkah)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنَ الرَّحِيمِ ﴿٣﴾
مَالِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾
(صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ) ﴿٧﴾

Bismillahir Rahmanir Raheem.

*Alhamdu lillahi Rabbil 'alameen. ArRahmanir Raheem. Maliki yawmid deen.
Iyyaka na'budu wa iyyaka nasta'een. Ihdinas siratal mustaqeem. Siratal
ladheena an'amta 'alayhim, ghayril maghdoobi 'alayhim walad dalleen.*

In the name of Allah, the Most Compassionate, the Most Merciful. (1) Praise be to Allah, Lord of the worlds. (2) The Most Gracious, Most Merciful. (3) The Sovereign King of the Day of Judgement. (4) It is You we worship and You we ask for help. (5) Guide us to the Straight path. (6) The path of those on whom you have bestowed your favor/blessing, not of those who have evoked (Your) anger or of those who go astray. (7)

4. 1X Amana ar Rasul (2:285-286 Holy Qur'an)

(Whoever recites these verses, will attain a high rank/station. He will get the Safety of al-Aman, in this world and hereafter.)

أَمَّنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ
لَا نَفَرَقُ بَيْنَ أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾
لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ
نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا
تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفُ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى
الْقَوْمِ الْكَافِرِينَ ﴿٢٨٥﴾

Amanar Rasulu bima unzila ilayhi min rabbihi wal muminona, kullun amana billahi, wa malaikatihi, wa kutubihi, wa rusulih, la nufarriq bayna ahadin mir rusulih, wa qalu sami'na wa a'tana ghufuranaka Rabbana wa ilayka almaseer. La yukallifullahu nafsan illa wus'aha, laha ma kasabat wa alayha maktasabat, Rabbana la tuakhizna in naseena aw akhtana, Rabbana wa la tahmil alayna isran kama hamaltahu alal lazeena min qablina, Rabbana wa la tuhammilna ma la taqata lana bihi, wa'afu anna, waghfir lana, warhamna, anta mawlana fansurna alal qawmil kafireen.

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], “We make no distinction between any of His messengers.” And they say, “We hear and we obey. [We seek] Your forgiveness, our Lord, and to You is the [final] destination.” (2:285) Allah Doesn't place a burden on a soul/body greater than it can bear. It gets every reward that it has earned, and it suffers for every ill/evil that it has earned. (Pray:) “Our Lord! Do not punish us if we forget or fall into error; our Lord! and Lay not on us a burden Like that which you laid on those before us; Our Lord! and Lay not on us a burden greater than we have strength to bear. And pardon us, and forgive all our sins, and have mercy on us. You are our master and Protector; Give us victory over those who stand against faith [the unbelievers within].” (2:285-286 – Surat al Baqarah, Holy Qur'an)

5. 7X Surat ash Sharh (94th Chapter of Holy Qur'an)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

أَلَمْ نَشْرَحْ لَكَ صَدْرَكَ ﴿١﴾ وَوَضَعْنَا عَنكَ وِزْرَكَ ﴿٢﴾ الَّذِي أَنْقَضَ ظَهْرَكَ ﴿٣﴾ وَرَفَعْنَا لَكَ ذِكْرَكَ ﴿٤﴾ فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٥﴾ إِنَّ مَعَ الْعُسْرِ يُسْرًا ﴿٦﴾ فَإِذَا فَرَغْتَ فَانصَبْ ﴿٧﴾ وَإِلَىٰ رَبِّكَ فَارْغَبْ ﴿٨﴾

Bismillahir Rahmanir Raheem

Alam nashrah laka sadrak. Wa wada'na 'anka wizrak. Allazee anqada zhaharak. Wa rafa'na laka zikrak. Fa inna ma'al 'usri yusran, Inna ma'al 'usri yusra. Fa iza faraghta fainsab. Wa ila rabbika farghab.

“Did We not expand for you, [O Muhammad], your Chest? (1) And We removed from you your burden. (2) Which had weighed upon your back. (3) And We raised high your Zikr (remembrance). (4) For indeed, with every difficulty, there is relief. (5) Indeed, with every hardship is ease.(6) So when you are free and have finished [your duties], then stand up [for worship]. (7) And to your Lord turn all your attention/invocation/longing. (8) (The Relief, 94:1-8)

6. 11X Surat al Ikhlas (112th Chapter of Holy Qur'an)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾

Bismillahir Rahmanir Raheem.

Qul Huwa Allahu Ahad. Allahus Samad. Lam yalid wa lam yolad. Wa lam yakul lahu, kufuwan Ahad. (Surat al Ikhlas)

Say, "He is Allah, [who is] One. (1) Allah, the Eternal Absolute/Refuge. (2) He neither begets nor is born. (3) Nor there is none like unto Him." (4) (The Sincerity, Holy Qur'an)

7. 1X Surat al Falaq (113th Chapter of Holy Qur'an)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾

Bismillahir Rahmanir Raheem

Qul auzu bi Rabbil falaq. Min sharri ma khalaq. Wa min sharri ghasiqin iza waqab. Wa min sharrin naffathati fil 'uqad. Wa min sharri hasidin iza hasad.

Say, "I seek refuge in the Lord of the daybreak/dawn. (1) From the evil of whatever He has created. (2) And from the evil of darkness when it overspreads. (3) And from the evil of the blowers in knots (destructive witchcraft) (4) And from the evil of envier when he envies. (5) (The Day Break, Holy Qur'an).

8. 1X Surat an Nas (114th Chapter of Holy Qur'an)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾

Bismillahir Rahmanir Raheem

Qul a'uzu birabbin naas. Malikin naas. Ilaahin naas. Min sharril was waasil khannas. Al lazee yuwas wisu fee sudorin naas. Minal jinnati wan naas.

Say, "I seek refuge in the Lord of Mankind. (1) The Sovereign King of Mankind. (2) The god of Mankind. (3) From the evil of the whisperer (devil), (4) Who whispers (evil) into the hearts of mankind. (5) From among the jinn and mankind. (6)" (The Mankind, Holy Qur'an)

9. 9X La ilaha illallah (There is no God but Allah)

لَا إِلَهَ إِلَّا اللَّهُ

There is no God but Allah

10. 1X La ilaha Illallah, Muhammadun Rasulullah;

لَا إِلَهَ إِلَّا اللَّهُ مُحَمَّدٌ رَّسُولُ اللَّهِ

There is no God but Allah, Muhammad (saws) is the messenger of Allah.

11. 10X Salawat/Durood Sharif

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ

Allahumma salli 'ala Sayyidina Muhammadin wa 'ala aali Sayyidina Muhammad.

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

12. 1X Ihda (Gift)

Presenting the reward of the above recitation to the Prophet (s) and to the Shaykhs of the Naqshbandi Tariqat;

Part Two of the Naqshbandi Daily Awrad.

Sit on your knees and direct your being towards the presence of your shaykh, then make the connection (rabitah) to

your Shaykh, from your Shaykh to the Prophet (s) and from the Prophet (s) to the Divine Presence, reciting.

13. 3X – “Allahu Allahu Allahu Haqq”
(Allah, the Absolute Truth)

اللَّهُ اللَّهُ اللَّهُ حَقُّ

14. 1500 X (Minimum) – Dhikr of the Glorious Name ‘Allah, Allah اللَّهُ اللَّهُ
1. Muftadi' (Beginners) – 1500X by tongue, 1500X by Heart (silently)
 2. Musta'id (Prepared) – 2500X by tongue, 2500X by Heart (silently)
 3. Ahlil 'Azm (People of Determination) – 5000X by tongue and 5000X by heart (silently).

15. Salawats/Durood Sharif – Praising upon Prophet Muhammad (saws)

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ، وَعَلَى آلِ سَيِّدِنَا مُحَمَّدٍ

Allahumma salli 'ala Sayyidina Muhammadin wa 'ala aali Sayyidina Muhammad.

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

1. Muftadi (Beginners) – 100X Salawat/Durood daily, 300X on Mon, Thur, and Fri
2. Musta'id (Prepared) – 300X Salawat/Durood daily, 500X on Mon, Thur, and Fri
3. Ahlil 'Azm (People of Determination) – 1000X Salawat/Durood daily, 2000X on Mon, Thur, and Friday.

16. 1 Juz (Section) of Holy Qur'an

OR 100X Surat al Ikhlas (if one is not able to read 1 Juz of Qur'an)

17. One Chapter of Dalail al-Khairat

OR 100X Salawat/Durood (If one is not able to read one chapter of Dalail al Khairat)