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IN THE NAME OF ALLAH  
**DAILY AWRAD (Spiritual Practices) – Part 1 And 2**  
Naqshbandi Order Worldwide  
Mawlana Shaykh Muhammad Adil Ar Rabbani

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**PART ONE**

AU'ZU BIL'LAA'HI MI'NASH SHAY'TAAN NIR'RA'JEEM. BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. WAS'SA'LAA'TU WAS'SA'LAA'MU A'LAA RA'SOO'LI'NA MU'HAM'MA'DIN SAY'YI'DIL AW'WA'LEEN WAL AA'KHI'REEN. MA'DAD YAA RA'SOO'LAL'LAAH, MA'DAD YAA SAA'DA'TI AS'HAA'BI RA'SOO'LAL'LAAH, MA'DAD YAA MASH'AYI'KHI'NA, DAS'TUR YAA SHAYKH AB'DUL'LAAH AL FAIZ AD DAA'GHAS'TAA'NI, SHAYKH MU'HAM'MAD NAA'ZIM AL HAQ'QAA'NI, SHAYKH MU'HAM'MAD ADIL AR RAB'BAANI, MA'DAD.

1. **3x – SHAHADA** (Raise right hand's index finger and recite)

ASH HA'DU AN LAA E'LAA'HA IL'LAL'LAAH WA ASH HA'DU AN'NA MU'HAM'MA'DAN AB'DU'HU WA RA'SU'LUH.

(I testify that there is no god but God and that Muhammad is the true messenger) (Shahada / Testimony of Faith).

2. **70x – ASTAGHFIRULLAH** (I seek Forgiveness from Allah).

3. **1x – RABITA** (Ask for Permission to connect to Mawlana Shaykh)

4. **1x – SURAH 1 AL FATIHA**

BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. AL'HAM'DU LIL'LAA'HI RAB'BIL AA'LA'MEEN. AR'RAH'MAAN'NIR RA'HEEM. MAA'LI'KI YAW'MID'DEEN. IY'YAA'KA NA'BU'DU WA IY'YAA'KA NAS'TA'EEN. IH'DI'NAS SE'RAA'TAL MUS'TAQEEM. SI'RAA'TAL LA'ZEE'NA AN'AM'TA ALAY'HIM GHAY'RIL MAGH'ZOO'BI ALAY'HIM WA'LAZ ZAA LEEN. AAMEEN.

(In the name of Allah, The Most Affectionate, the Merciful. All praise unto Allah, Lord of all the worlds. The most Affectionate, The Merciful. Master of the Day of Requital. We worship You alone, and beg You alone for help. Guide us in the straight path. The path of those whom You have favored. Not of those who have earned Your anger and nor of those who have gone astray.)

5. **1x – SURAH 2 BAQARA VERSES 285 AND 286**

AA'MA'NAR RA'SUU'LU BI'MAA UN'ZILA I'LAI'HI MIR'RAB'BI'HEE WAL MU'MI'NOON. KUL'LUN AA'MA'NA BIL'LAA'HI WA'MA'LAA'E'KA'TI'HEE WA KU'TU'BI'HEE WA RU'SU'LI'HI LAA NU'FAR'RI'QU BAY'NA AHA'DIM MIR RU'SUU'LIH. WA QAA'LUU SA'MI'NA WA AA'TA'NA GHUF'RAA'NA'KA RAB'BA'NA WA I'LAY'KAL MA'SEER (285).

LAA YU'KAL'LI'FUL LAA'HU NAF'SAN IL'LAA WUS A'HAA. LA'HAA MAA KA'SA'BAT WA ALAY'HAA MAK'TA'SA'BAT. RAB'BA'NAA LAA TU'AA'KHIZ'NA IN'NA'SEE'NA AW AKH'TA'NAA. RAB'BA'NAA WA LAA TAH'MIL A'LAY'NAA IS'LAN KA MAA HA'MAL'TA'HUU A'LAL LA'ZEE'NA MIN Khab'LI'NAA. RAB'BA'NAA WA LAA TU'HAM'MIL'NAA MAA LAA TAA'QA'TA'LA'NAA BIH. WAA'FU AN'NAA WAGH'FIR LA'NAA WAR'HAM'NAA. AN'TA MAW'LAA'NAA FAN'SUR'NAA A'LAL QAW'MIL KAA'FI'REEN (286).

(The Messenger believed in that which was sent down to him from his Lord and the believers all accepted Allah and His angels and His Books and His messengers saying this, 'that we do not differentiate in the matter of having faith in any of His messengers' and submitted that we heard and obeyed. Let there be your forgiveness, O our Lord! And to you is our return. Allah places not burden on any soul but to the extent of his strength whatever good it earned is useful for it and whatever bad it earned is a loss for it. O our Lord! Catch not us if we forget or miss the mark! O our Lord! And place not heavy burden on us as you had placed on those before us. O our Lord! Put not that burden onus of which we have no strength to bear! And pardon us and forgive and have mercy on us. You are our Master; then help us against the infidels.)

5. **7x – SURAH 94 ASH SHARH**  
 BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. ALAM NASH'RAH LA'KA SAD'RAK. WA WA'DA'NA AN'KA WIZ'RAK. AL'LA'ZEE AN'QA'DA ZAH'RAK. WA'RA'FAA'NA LA'KA ZIK'RAK. FA IN'NA MAA AL US'RI YUS'RA, IN'NA MAA AL US'RI YUS'RA. FA I'ZA FA'RAGH'TA FAN'SAB. WA I'LA RAB'BI'KA FAR'GHAB.  
 (In the name of Allah. Have We not expanded your breast?. And removed from you, your burden, Which had broken your back. And We have exalted for you your remembrance. Therefore, surely there is ease with hardship. Undoubtedly, there is ease with hardship. So, when you are free after prayer, then strive hard in invocation. And attend to your Lord only.)
6. **11x – SURAH 112 AL IKHLAS**  
 BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. QUL HU'WAL LAA'HU A'HAD. AL'LAA HUS SA'MAD. LAM YA'LID WA LAM YOO'LAD. WA LAM YA'KUL LA'HUU KU'FU'WAN A'HAD.  
 (In the name of Allah. Say you, He is Allah, the one. Allah the Independent, Care free. He begot none' nor was He begotten. And nor anyone is equal to Him.)
7. **1x – SURAH 113 AL FALAQ**  
 BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. QUL AU'ZU BI RAB'BIL FA'LAQ. MIN SHAR'RI MAA KHA'LAQ. WA MIN SHAR'RI GHAA'SI'QIN I'ZAA WA'QAB. WA MIN SHAR'RIN NAF'FAA'SAA'TI FIL U'QAD. WA MIN SHAR'RI HAA'SI'DIN I'ZA HA'SAD.  
 (In the name of Allah. Say you, 'I take refuge with the Lord of Daybreak. From the evil of all creatures; And from the evil of the darkening one when it sets. And from the evil of those women who blow in the knots. And from the evil of the envier when he envies me.)
8. **1x – SURAH 114 AN NAAS**  
 BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. QUL AU'ZU BI RAB'BIN NAAS. MA'LI'KIN NAAS. I'LAA'HIN NAAS. MIN SHAR'RIL WAS'WAA'SIL KHAN'NAAS. AL'LA'ZEE YU'WAS'WI'SU FEE SU'DUURIN NAAS. MI'NAL JIN'NA'TI WAN NAAS.  
 (Say you, I came in the refuge of the Lord of all mankind; King of all, God of all, From the evil of him who whispers evil designs in the heart and slinks away. Those who whisper in the hearts of mankind. Jinn and men.)
9. **9x – LAA E'LAA'HA IL'LAL'LAAH** (There is no god but Allah)  
**1x – LAA E'LAA'HA IL'LAL'LAAH MU'HAM'MA'DUR RA'SOO'LAL'LAAH**  
 (There is no god but God and Muhammad is the Messenger of God) (Short Shahada - Testimony of Faith).
10. **10x – SALAWAT**  
 AL'LAA'HUM'MA SAL'LI A'LAA MU'HAM'MA'DIN WA A'LAA AA'LI MU'HAM'MA'DIN WA SALLIM.  
 (O Allah! Send Peace and blessings upon Muhammad and upon the Family of Muhammad).
11. **1x – IHDA (DUA/GIFT)**  
 ILA SHARAFIN NABI, SALLALLAHU ALAYHI WA SALLIM WA ALIHI WA AS'HABIHIL KIRAM, WA ILA ARWAHI JAMEE AL ANBIYA WAL MURSALIN WA KHUDAMAI SHARAI'IHIM WA ILA ARWAHI AL AIMMATIL ARBA, WA ILA ARWAHI MASHAYYKHINA FIT TARIQATI NAQSHBANDIYATIL ALIYYA, KHAASSATAN IMAMIL TARIQATI WA GHAWSIL KHALIQAT KHWAJA SHAH BAHAUDDIN NAQSHBAND MUHAMMAD AL UWAIISIY AL BUKHARI, SAYYIDINA ABDUL KHALIQ AL GHUJDUWANI, MAWLANA SHAYKH SHARAFUDDIN AD DAGHASTANI, MAWLANA SHAYKH ABDULLAH AL FAIZ AD DAGHASTANI, MAWLANA SHAYKH MUHAMMAD NAZIM ADIL AL HAQQANI, WA SAI'RI SADATINA WAS SIDDIQIYUN.
12. **1x – SURAH 1 AL FATIHA**  
 BIS'MIL'LAAH IR'RAH'MAAN NIR'RA'HEEM. AL'HAM'DU LIL'LAA'HI RAB'BIL AA'LA'MEEN. AR'RAH'MAAN'NIR RA'HEEM. MAA'LI'KI YAW'MID'DEEN. IY'YAA'KA NA'BU'DU WA IY'YAA'KA NAS'TA'EEN. IH'DI'NAS SE'RAA'TAL MUS'TAQEEM. SI'RAA'TAL LA'ZEE'NA AN'AM'TA ALAY'HIM GHAY'RIL MAGH'ZOO'BI ALAY'HIM WA'LAZ ZAA LEEN.  
 (In the name of Allah, The Most Affectionate, the Merciful. All praise unto Allah, Lord of all the worlds. The most Affectionate, The Merciful. Master of the Day of Requital. We worship You alone, and beg You alone for help. Guide us in

the straight path. The path of those whom You have favored. Not of those who have earned Your anger and nor of those who have gone astray.)

13. **3x – ALLAHU, ALLAHU, ALLAHU, HAQQ** (Allah Is, Allah Is, Allah Is, the Absolute Truth)

**PART TWO**

14. **1500x – Praise By Tongue of the Glorious Name "ALLAH"**  
**1500x – Praise By Heart (Silently) of the Glorious Name "ALLAH"**
15. **100x – LAA ILAAHA ILLALLAH MUHAMMADUR RASOOLALLAH.**
16. **300x – SALAWAT – Praise upon Prophet Muhammad (Peace be Upon him).**  
**500x on Mondays, Thursdays and Fridays.**  
AL'LAA'HUM'MA SAL'LI A'LAA MU'HAM'MA'DIN WA A'LAA AA'LI MU'HAM'MA'DIN WA SALLIM.
17. **1 JUZ (Part) of HOLY QUR'AN** (download from [www.Now.TrueIslamNow.com](http://www.Now.TrueIslamNow.com)).  
OR  
**100x – SURAH 112 AL IKHLAS**
18. **One Chapter of DALAIL AL-KHAIRAT** (download from [www.Now.TrueIslamNow.com](http://www.Now.TrueIslamNow.com)).  
OR  
**100x – SALAWAT**  
AL'LAA'HUM'MA SAL'LI A'LAA MU'HAM'MA'DIN WA A'LAA AA'LI MU'HAM'MA'DIN WA SALLIM.