Allah suffices us and what a great Guardian is He.

O The silent Tolerator, attach me to Your silent Tolerance

There is no strength and there is no power except with Allah.

There is no deity worthy of worship except You. Glory be to You. Verily I am from among the wrong-doers.

O Ever Living, O Self-Subsisting, Eternal, I implore Your Mercy.

And Allah is full of grace to those who believe.

Verily to Allah we belong and to Him will we return.

Allah is the protecting Friend of those who believe.

And Allah is the protecting Friend of the believers.
سيرة ذاتية

1. جنرال
2. رموز
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1. The Mercy for the worlds Sayyidina Muhammad Rasulullah ﷺ [Madinah Munawwarah].
2. Sayyidina Hadrat Abu Bakr Siddiq (Radiallahu Anhu) [Madinah Munawwarah].
3. Hadrat Salman Farsi (Radiallahu Anhu) [Madinah Munawwarah].
4. Hadrat Qasim bin Muhammad bin Abi Bakr (Rahmatullahi Alayh) [Madinah Munawwarah].
5. Hadrat Imam Jafar Sadiq (Rahmatullahi Alayh) [Madinah Munawwarah].
6. Hadrat Khuwaja Bayazed Bustami (Rahmatullahi Alayh) [Madinah Munawwarah].
7. Hadrat Khuwaja Abul Hasan Kharkani (Rahmatullahi Alayh) [Kharkhan].
8. Hadrat Khuwaja Abul Qasim Gorgani (Rahmatullahi Alayh) [Jarjan].
9. Hadrat Khuwaja Abu Ali Farmadi (Rahmatullahi Alayh) [Madinah Munawwarah].
10. Hadrat Khuwaja Yusuf Hamdani (Rahmatullahi Alayh) [Madinah Munawwarah].
11. Hadrat Khuwaja Abdul Khaliq Gajadwani (Rahmatullahi Alayh) [Madinah Munawwarah].
12. Hadrat Khuwaja Muhammad Arif Riqri (Rahmatullahi Alayh) [Madinah Munawwarah].
13. Hadrat Khuwaja Mehmoood Injir Fghnavi (Rahmatullahi Alayh) [Madinah Munawwarah].
15. Hadrat Khuwaja Muhammad Baba Samasi (Rahmatullahi Alayh) [Madinah Munawwarah].
16. Hadrat Khuwaja Sayyed Amir Kalal (Rahmatullahi Alayh) [Madinah Munawwarah].
17. Hadrat Khuwaja Bahauddin Naqshband Bukhari (Rahmatullahi Alayh) [Madinah Munawwarah].
18. Hadrat Khuwaja Ala’uddin Attar (Rahmatullahi Alayh) [Madinah Munawwarah].
19. Hadrat Khuwaja Yaqoob Charkhi (Rahmatullahi Alayh) [Madinah Munawwarah].
20. Hadrat Khuwaja Ubaiddullah Ahraar (Rahmatullahi Alayh) [Madinah Munawwarah].
21. Hadrat Khuwaja Maulana Muhammad Zahid (Rahmatullahi Alayh) [Madinah Munawwarah].
22. Hadrat Khuwaja Darvish Muhammad (Rahmatullahi Alayh) [Madinah Munawwarah].
23. Hadrat Khuwaja Muhammad Amkangi (Rahmatullahi Alayh) [Madinah Munawwarah].
24. Hadrat Khuwaja Muhammad Baqibillah (Rahmatullahi Alayh) [Madinah Munawwarah].
25. Hadrat Khuwaja Mujaddid Alf-Thani (Rahmatullahi Alayh) [Madinah Munawwarah].
26. Hadrat Khuwaja Muhammad Masoom (Rahmatullahi Alayh) [Madinah Munawwarah].
27. Hadrat Khuwaja Sayed Nur Muhammad Badaiooni (Rahmatullahi Alayh) [Madinah Munawwarah].
28. Hadrat Khuwaja Shah Ahmed Sa’eed Dehlvi (Rahmatullahi Alayh) [Madinah Munawwarah].
29. Hadrat Khuwaja Shah Sa’eed Dehlvi (Rahmatullahi Alayh) [Madinah Munawwarah].
31. Hadrat Khuwaja Shah Abu Sa’eed (Rahmatullahi Alayh) [Madinah Munawwarah].
32. Hadrat Khuwaja Shah Ahmed Sa’eed Dehlvi (Rahmatullahi Alayh) [Madinah Munawwarah].
33. Hadrat Haji Dost Muhammad Kandhari (Rahmatullahi Alayh) [Madinah Munawwarah].
34. Hadrat Haji Dost Muhammad Kandhari (Rahmatullahi Alayh) [Madinah Munawwarah].
35. Hadrat Khuwaja Muhammad Usman Damani (Rahmatullahi Alayh) [Madinah Munawwarah].
36. Hadrat Khuwaja Sirajuddin (Rahmatullahi Alayh) [Madinah Munawwarah].
37. Hadrat Khuwaja Muhammad Fazal Ali Qureshi (Rahmatullahi Alayh) [Madinah Munawwarah].
38. Hadrat Khuwaja Muhammad Abdul Malik Siddiqui (Rahmatullahi Alayh) [Madinah Munawwarah].
39. Hadrat Khuwaja Ahmad G Jamal (Rahmatullahi Alayh) [Madinah Munawwarah].
40. Hadrat Khuwaja Ahmad G Jamal (Rahmatullahi Alayh) [Madinah Munawwarah].
1. **WUQOOF- E-QALBI (REMEMBRANCE ZIKIR)**: Begin by conceptualizing that Allah is watching you at every moment and then imagine that your heart is calling Allah! Allah! Allah! In all circumstances, whether walking, sitting or doing your daily activities, you should focus on your heart and make certain that it is concentrating on Allah. Your hands should work while your heart remains in remembrance.

2. **REFLECTION (MURAQABAH)**: When free from your worldly duties, whether in the morning or evening, make ablution and isolate yourself. Sitting on a prayer rug, close your eyes, bow your head, open the window into your heart, and look at your true self. Muraqabah entails waiting patiently for the mercy of Allah to descend into your heart. Perform this for 10 to 15 minutes daily. Remain quiet and still, without moving the tongue or limbs, and empty your mind of all thoughts. Focus on the mercy of Allah descending into your heart and purifying it from the corrupt and blameworthy. Sit quietly and listen as your heart calls 'Allah, Allah, Allah' in gratitude for His mercy. Remember that muraqabah is the essential key to attaining stillness of the mind and the soul.

3. **SALUTATIONS FOR THE PROPHET ﷺ**: Send salutations to the Prophet 100 times a day. Recite this with extreme sincerity, humility, and love, as if you are presenting a gift to Allah in His distinguished court.

4. On repentance (Istighfar)
Recite 100 times a day with extreme humility and shame, reflecting on your sins. Seeking forgiveness (istighfar) with neglect and laziness is improper and this lapse in itself merits additional istighfar. Attempt to experience the bliss of crying to your Lord during the pre-dawn prayer (tahajjud) should you be blessed with the ability to wake up for it. Today, most enjoy the delicious tastes of exotic foods, but sadly they are stranged from the delightful tastes of supplicating at the time before dawn (tahajjud).

'I seek forgiveness from my Lord for every sin and to Him I turn (in repentance).'

If tears of shame and regret do not stream down your eyes then at least assume facial expressions consistent with these states. Be he Attar, be he Razi, be he Rumi, be he Ghazali. No one begets anything without weeping near the dawn.

5. **ON RECITATION OF THE HOLY QURAN**: Read a quarter juz of the Holy Quran every day. Take as much pleasure in recitation as you do with every spoonful of ice cream, and imagine the essence of the verses descending upon your heart at that very moment.

6. **ON CORRESPONDENCE WITH THE SPIRITUAL GUIDE (SHAYKH)**: The summation of these daily prescriptions is that you keep in contact with your spiritual guide by letter or phone, keeping him apprised of your spiritual condition. Anyone who hopes to be cured from physical ailments must communicate with their physician. Likewise, if you seek to rid yourself of spiritual ailments, you must communicate with your teacher.