

Dhikr-e-Ilahi:
Remembrance of Allah
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Discussion

- What is the purpose of *Dhikr-e-Ilahi* (Remembrance of Allah)?
- Why is it important that we spend time outside of Salat to remember Allah ta'ala as well?



What is *Dhikr-e-Ilahi*?

- *Dhikr* means to remember and *Dhikr-e-Ilahi* means remembering Allah the Exalted
- Remembrance of Allah includes keeping the attributes of Allah ta'ala in mind, uttering them repeatedly, affirming them wholeheartedly, and reflecting upon His powers and capabilities

Sūrah al-'Ankabūt, 29:46— وَ لَذِكْرُ اللَّهِ أَكْبَرُ

- “And remembrance of Allah indeed is the greatest virtue” (Chapter 29, verse 46)



Importance of *Dhikr-e-Ilahi*

- Hadrat Abu Musa Ash'ari (ra) narrates that the Holy Prophet Muhammad (saw) said “The comparison between a person who remembers his Lord and one who does not is akin to the living and the dead. That is, he who remembers Allah the Exalted is alive, while he who does not is dead. This clearly shows how important and essential the remembrance of Allah is.”
- Hadrat Abi Darda (ra) relates that while addressing the Companions (ra), the Holy Prophet (saw) asked them whether he should tell them something that is the best of all and most desirable, even better than spending gold and silver, and better than someone striving in the path of Allah and fighting the enemies and attaining martyrdom. The Companions (ra) replied in the affirmative and the Holy Prophet (saw) told them that it is the remembrance of Allah the Exalted.



Discussion

- What are the benefits of *Dhikr-e-Ilahi* (Remembrance of Allah)?
- How do you perform *Dhikr-e-Ilahi* outside of the five daily prayers?



Benefits of *Dhikr-e-Ilahi*

- The Holy Prophet (saw) said that the angels gather around the meeting in which the remembrance of Allah is taking place and they bring the blessings and mercy of Allah and shower it upon those sitting there.
- Remembrance of Allah is key for your mental health. It helps you find inner peace and tranquility.
 - In the Holy Qur'an, Allah ta'ala states, "Aye! It is in the remembrance of Allah that hearts can find comfort" (Chapter 13, verse 29)
 - Being grateful to Allah and performing *Dhikr* can help you maintain a positive outlook on life, which greatly improves your mental health



Five States of a Person Engaged in *Dhikr-e-Ilahi*

The states of those who remember Allah are the following (mentioned in the Holy Qur'an):

1. When the believers remember Allah, their hearts become afraid and the fear of Allah develops in them because they understand that their Lord possesses great glory and majesty
2. Their skins creep; that is, their hair stands on end out of their state of fear
3. Their bodies become relaxed, and their hearts become tender
4. They fall down in prostration; that is, they become occupied in the worship of God
5. They begin to weep

This rules out dancing, singing and shouting as true forms of *Dhikr*



How to perform *Dhikr-e-Ilahi*?

There are four kinds of *Dhikr* enjoined by Allah ta'ala in the Holy Qur'an:

1. Salat
2. Recitation of the Holy Qur'an
 - a) Recite daily and read with understanding
3. Repeatedly making mention of the attributes of Allah, acknowledging their truthfulness and verbalizing their details
4. To proclaim the attributes of Allah in public just as one does in private

These four types of *Dhikr* are obligatory for spirituality



Prayer- The Most Important Form of *Dhikr*

- After the obligatory five daily prayers, you should perform *Dhikr* by reciting the following prayer:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ ، تَبَارَكْتَ يَا ذَا الْمَجَلَالِ
وَالْإِكْرَامِ

O our Lord! Thou art (the embodiment of) peace. And true peace comes from Thee. Blessed art Thou, O Lord of Majesty and Bounty.

- You should also recite *Subhanallah* and *Alhumdolillah* 33 times each and *Allahu Akbar* 34 times after prayer
- Reciting *Nawafil* (plural of *Nafl*- supererogatory prayers) are a means of attaining nearness to God Almighty
- Those *Nawafil* performed at night are called *Tahajjud*
- The Holy Prophet (saw) said may Allah have mercy on the husband and the wife who, if the husband wakes up at night, should get up and offer *Tahajjud* and awaken the wife so that she should also get up and offer *Tahajjud*. And if she does not wake up, sprinkles water on her face to awaken her. And similarly if it is the wife who awakens, let her do the same; that is, offer *Tahajjud* and awaken her husband and if he does not wake up she sprinkles some water on his face.



How to perform *Dhikr-e-Ilahi*?

Voluntary forms of *Dhikr*:

- *Tasbih*- expressing glory of God by reciting *Subhanallah* (“Holy is Allah”) while sitting alone or in company
- *Tahmid*- praising Allah by reciting *Alhumdolillah* (“All praise belongs to Allah”) while sitting alone or in company
- Obligatory *Dhikr*- saying *Takbir*- reciting *Allahu Akbar* (“Allah is the Greatest”) while slaughtering an animal. Saying *Takbir* at other times is a voluntary form of *Dhikr*
- Saying *Bismillah* at the commencement of every activity
- Many different prayers for different occasions (i.e. when you begin eating)



The Best Form of *Dhikr-e-Ilahi*

- The best and the foremost way of remembering Allah is that one should attest to the statement that there is no one worthy of worship except Allah

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ

Holy is Allah and worthy of all Praise; Holy is Allah, the Great

- The Holy Prophet (saw) said concerning the statement above: “These are two statements which are very light on the tongue to say, but when they will be weighed on the Day of Judgement, their weight will be so much that because of them the arm of the scale containing the good deeds will become very heavy. And they are so very dear to the Gracious God.”



Precautions for *Dhikr*

1. The first precaution that the Holy Prophet (saw) has stated is to never engage in *dhikr* to such an extreme that your heart becomes weary
2. Do not engage in *dhikr* when the heart is not at peace
3. The third precaution that should be exercised is that if initially one is not inclined to attend to the remembrance of Allah, man should keep engaging in it and firmly resolve that he will indeed complete it and hold the intention that no matter how much force Satan brings to bear on the matter, he will never give in to his bidding
4. At the time of doing *dhikr*, one should not be in an uncomfortable state
5. Adopt a state of mind that you will accept cheerfully whatever you are granted
6. Perform *dhikr* with humility and fear of Allah

Although *Dhikr-e-Ilahi* can be done at any time of the day, Allah ta'ala mentions two specific times of *Dhikr* which are considered higher in rank: 1) from the morning Fajr prayer until the rise of the Sun and 2) from Asr prayer to the time of the setting of the Sun



For More Information on *Dhikr-e-Ilahi*...

- Please read *Remembrance of Allah* by Hadrat Mirza Bashir-ud-Deen Mahmood Ahmad, Khalifatul Masih II (ra)
 - <https://www.alislam.org/book/remembrance-of-allah/>
- This is an English rendering of a speech delivered by Hadrat Musleh Maud (ra) during the Annual Convention of the Ahmadiyya Muslim Community on 28 December 1916
- Content in these slides are from this book

