

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ كَمَا هُوَ أَهْلُهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ وَلَدِ آدَمَ كَمَا يُحِبُّ وَيَرْضَى بِأَنْ يُصَلَّى عَلَيْهِ

Allah Almighty, in Whose Name we begin, The Most Compassionate,  
The Most Merciful

All Praise is due to Allah Almighty, Countless Peace and Blessings be upon  
His Beloved Messenger – *may Allah's peace and blessings be upon him* – his family & his  
companions – *may Allah be pleased with them all*

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## The Power of Muraaqibah

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Hadrat Sayyiduna Abu Bakr Diqaaq - *may Allah be pleased with him* - narrates that he heard from Hadrat Sayyiduna Ahmed bin Esa - *may Allah be pleased with him* - that, “One day I was travelling on a certain barren plain when I suddenly saw ten hunting dogs. When they saw me, then began to run towards me. However, as they came nearer, I went into Muraaqibah. Suddenly a white dog appeared from nowhere and started to attack these wild dogs. It continued to attack these dogs until they ran away. When these dogs had run away, I turned to see this white dog but it had suddenly disappeared. I had no idea where it had disappeared to. I believe that I was saved because of the act of Muraaqibah and for displaying fear for Allah Almighty.”

Another important point to bear in mind is the Barakah of Dhikr, Muraaqibah and displaying fear for Allah Almighty. When one closes one's eyes, one should try and picture that the Divine Name of Almighty Allah is imprinted in one's heart. It is through the Barakah of this that one will certainly feel the great effect of the

Muraaqibah. Merely the act of sitting with one's eyes closed will not achieve anything if there is no proper manner of making Muraaqibah.