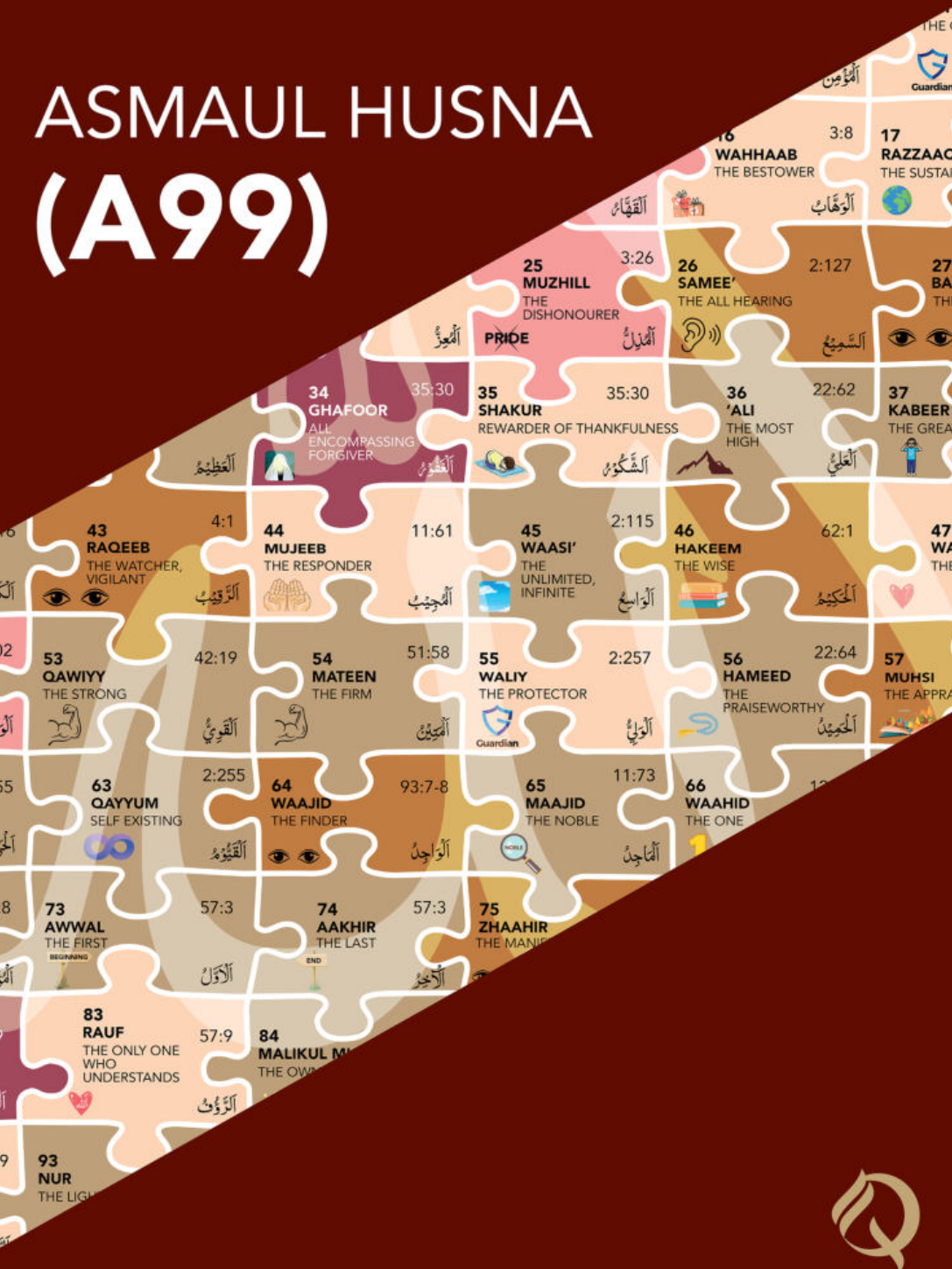


# ASMAUL HUSNA (A99)



34  
**GHAFOOR**  
ALL ENCOMPASSING  
FORGIVER

35  
**SHAKUR**  
REWARDER OF THANKFULNESS

36  
**'ALI**  
THE MOST HIGH

37  
**KABEER**  
THE GREAT

43  
**RAQEEB**  
THE WATCHER,  
VIGILANT

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THE RESPONDER

45  
**WAASI'**  
THE UNLIMITED,  
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**HAKHEEM**  
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THE ONE

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**QAWIYY**  
THE STRONG

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**MATEEN**  
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THE PROTECTOR

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**HAMEED**  
THE PRAISEWORTHY

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SELF EXISTING

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**WAAJID**  
THE FINDER

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THE NOBLE

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THE ONE

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75  
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83  
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THE ONLY ONE  
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**MALIKUL MALAK**  
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THE LIGHT




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



































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<p><b>25 MUZHILL</b> THE DISHONOURER</p> <p>3:26</p> <p>الْمُذِلُّ</p> <p>PRIDE</p> 	<p><b>26 SAMEE'</b> THE ALL HEARING</p> <p>2:127</p> <p>السَّمِيعُ</p> 	<p><b>27 BASEER</b> THE ALL SEEING</p> <p>17:1</p> <p>الْبَصِيرُ</p> 	<p><b>28 HAKAM</b> THE JUDGE</p> <p>22:69</p> <p>الْحَكَمُ</p> 	<p><b>29 'ADL</b> THE JUST</p> <p>6:115</p> <p>الْعَادِلُ</p> 
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<p><b>95 'BADEE'</b> THE ORIGINATOR</p> <p>2:117</p> <p>الْبَدِيعُ</p> 	<p><b>96 BAAQI</b> THE EVER LASTING</p> <p>55:27</p> <p>الْبَاقِي</p> 	<p><b>97 WAARITH</b> THE INHERITOR</p> <p>15:23</p> <p>الْوَارِثُ</p> 	<p><b>98 RASHEED</b> THE TEACHER</p> <p>11:87</p> <p>الرَّشِيدُ</p> 	<p><b>99 SABUR</b> THE PATIENT</p> <p>8:46</p> <p>السَّابِرُ</p> 

KNOWLEDGE ■ JUSTICE ■ FORGIVENESS ■ CREATION



## ABOUT THIS BOOK

The Asmaaul Husna are unique in themselves. Just like puzzle pieces they have a unique place to complete the oneness of Allah.

On the same note we may all be different from each other when we are separate, but we each have a unique place in the jigsaw of creation to complete the oneness of the earth we live in.

Repetition of each name is a means to bring to the mind, heart and soul the awesomeness of the name. It is known as 'Dhikr' and is one of the most powerful practices in Islam. It means to praise and magnify. Recite

each of the names with YAA ALLAH.

The names are a medicine for the wounded parts of the heart and soul.

One of the ways to use this book is to study each Asmaul Husna in order from beginning to end.

Another way is to simply open the book and go wherever it takes you. There are many different ways to translate Arabic. There is no standard way but we hope the form we have chosen is easy to use.

This book encourages self reflection as each Name is to be lived thus giving an opportunity to reflect upon our intentions and behaviours.

### DUA AL KUMAYL

Extract from Dua Al Kumayl

يَا مَنْ اسْمُهُ دَوَاءٌ

وَذِكْرُهُ شِفَاءٌ

*"O One Whose name is medicine and remembrance brings healing..."*



## QUR'ANIC REFERENCES

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وَاللَّهُ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا

*"Allah's are the best of names, so call on Him thereby." 7:180*

قُلِ ادْعُوا اللَّهَ أَوْ ادْعُوا الرَّحْمٰنَ أَيًّا مَا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ

*"Call upon Allah or call upon Rahman – whichever u call, His are the best of names." 17:110*

اللَّهُ لَا إِلَهَ إِلَّا هُوَ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ

*"Allah, there is no god but He, and His are the best names." 20:8*

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَىٰ

*"To Him belong the Best Names." 59:24*

وَعَلَّمَ آدَمَ الْأَسْمَاءَ كُلَّهَا

*"And He taught Adam all the names..." 2:31*

## ALLAH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the name of Allah, the Most Merciful, the Most Compassionate*

قُلْ هُوَ اللَّهُ أَحَدٌ

*Say! He Allah is the Unique One*

اللَّهُ الصَّمَدُ

*Allah is He on Whom all depend*

لَمْ يَلِدْ وَلَمْ يُولَدْ

*He does not give birth nor was He given birth to*

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

*And there is none like Him*

112:1-4

Allah is the One Who comprises all the attributes of perfection", i.e. the One Who is perfect and unique in

every way. He transcends all the limits that the human mind can create.

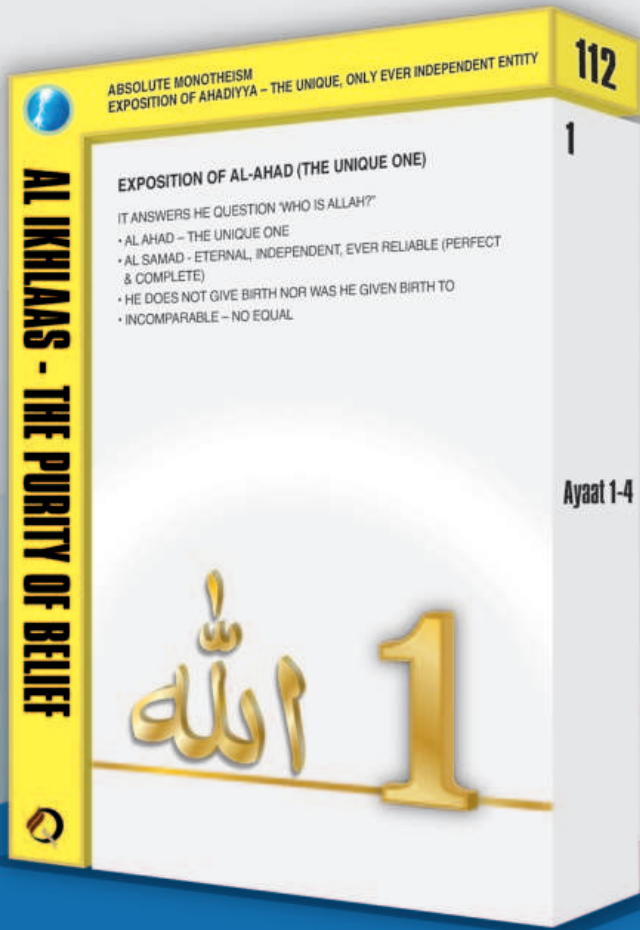
لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ وَهُوَ اللَّطِيفُ الْخَبِيرُ

*"Vision does not encompass Him; He encompasses vision. He is above all comprehension, and He is Aware of all things and their subtleties" 6:103*

His Mercy encompasses all creation, his love embraces all hearts, He is with you wherever you are.

"O Allah! What did he find who lost You and what did he lose who found You" Imam Husayn (pbuh) in Dua Al 'Arafa.





IT WAS REVEALED IN MAKKA WHEN THE PROPHET (PBUH) WAS CONTINUOUSLY ASKED TO DESCRIBE THE IDENTITY OF ALLAH.

ANNOUNCE TO THE WORLD THAT HE IS:

- I. HE IS AL AHAD – THE UNIQUE ONE, ETERNAL, SELF SUPPORTING, EVER RELIABLE ON WHOM ALL DEPEND.
- II. HE IS AL SAMAD – NOT IN NEED OF ANYONE AND CANNOT BE OVERCOME. THE ONLY EVER INDEPENDENT ENTITY
- III. PARENTS AND PROGENY ARE A CREATIONAL PROCESS FOR CREATION
- IV. HE IS INCOMPARABLE AND TRANSCENDS EVERYTHING AND EVERYONE. (KUFU MEANS ONE WHO IS COMPATIBLE IN RANK AND STATUS)

THE AIM IS TO TRANSCEND THE RELATIVE AND SUBMIT AND FALL IN LOVE WITH THE ABSOLUTE REALITY.

## ASMAAUL HUSNA (THE MOST BEAUTIFUL NAMES)

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا

*And Allah's are the most beautiful names, therefore call on Him by them....,*  
7:180

A name is a mark or a sign which serves as a symbol for the recognition of a person or a thing. We recognise something or someone by their name. A name evokes a wide possible range of opinions and emotions. The more knowledge you have of a thing or a person, the stronger the emotion when the name is called out. For instance, the words, ma, mum, mother, mummy, evoke love and affection whilst the word ghost evokes fear and mystery.

The power of a recognisable name is becoming increasingly valued and valuable. Consider the sponsorship at sporting events and the advertisements you see everywhere. In this case the name calls to mind goods of particular quality from a particular source.

When you remember someone's or something's name, you are paying them a subtle compliment. You are saying to them that they have

made an impression on you, and it gives them a sense of importance. Similarly, when you do not recall someone's name it indicates their lack of impression on you. The word 'name' is therefore synonymous with the word 'reputation' or 'character' when it comes to human beings. Each of us has many names, the many names by which others know us. We have a different name (image, resonance, meaning) to all the different people with whom we interact. How do they see us? Who do they know us to be? Who does God know us to be? Do our names convey the names Integrity, Honesty, and Compassion? Do others look at us and think here comes Humour, Sensitivity, Caring?

We are born with some attributes, but the most important ones are those we develop as we grow. We can't change the colour of our skin, but we can learn to be kind.

The Prophet said; تَخَلَّقُوا بِأَخْلَاقِ اللَّهِ

Adopt in yourself the attributes of Allah.



Allah's attributes don't change. He stays the same - forever and ever. His Promises don't change, His Forgiveness is never taken back and His Love is forever. Whatever happens, He is always there.

The acquiring of knowledge about the attributes of Allah is closely related to our knowledge of recognition of Allah.

وَعَلَّمَ آدَمَ الْأَسْمَاءَ كُلَّهَا

*And He taught Adam all the names... 2:31*

The first human being on earth - Adam was taught 'all the names'.



'Teaching the names' means making the human being conscious of the essence of Divinity within him (the potential to attain the 'unlimited').

The names are hidden within us, and the challenge of life is to raise them into our consciousness and to live according to them.

It does not suffice to hear them, or read them, to recite them from memory or know their dictionary meanings for then we only know the name but not the Named.

Each name of Allah is a Dua in itself.

The only way to know Allah is through His attributes.

The attributes of Allah cannot be separated from Him. e.g., 'Ālim - The one who is knowledgeable. Whilst a human being acquires knowledge and is still a human being even without knowledge, Allah is knowledge itself.



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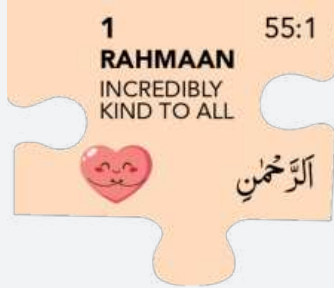
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## AL RAHMAAN




## MEANING

TO HAVE LIMITLESS KINDNESS (COMPASSION) TO ALL CREATION

قُلِ ادْعُوا اللَّهَ أَوْ ادْعُوا الرَّحْمَنَ أَيًّا مَا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ

"Say: Call upon Allah or call upon, the Rahmaan ; whichever you call upon, He has the best names..." 17:110

The word compassion (which means to be incredibly kind) comes from the Latin word *compote* which means to suffer together. Al Rahmaan never leaves you alone when you are hurting. Run into his arms and call out Ya Rahmaan when your  heart is hurting.



Al Rahmaan and Al Raheem are both related to Rahm which means 'the womb'. This is a sign that He is loving and protective, like a mother's womb round her baby. His kindness is all encompassing. But where Al Rahman is general and immediate, Al Raheem is particular, perpetual, and specific to those who submit to Divinity.



## REFLECTION

وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ

*Allah is with you at every moment. He is closer than your jugular vein 50:16*

When it comes to His kindness, no sin is too big to forgive, no problem too large to dissipate and no deed too small to be rewarded.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RAHMAAN 110x after every salaa to lighten (free) a heavy heart. ❤️



### MEANING

TO BE EXTRA KIND TO THOSE WHO SUBMIT TO HIM

وَكَانَ بِالْمُؤْمِنِينَ رَحِيمًا

"....and He is Merciful to the believers." 33:43

Al Rahman can be seen as the sun which is everywhere whilst Al Raheem is like the moon which has to be looked for in the night sky. Those who turn to Allah receive special kindness (mercy) from Al Raheem.



Al Raheem is the quality that Allah manifests to those who believe. He shows extra Mercy to those who use their free will to choose His way in order to be successful.



## REFLECTION

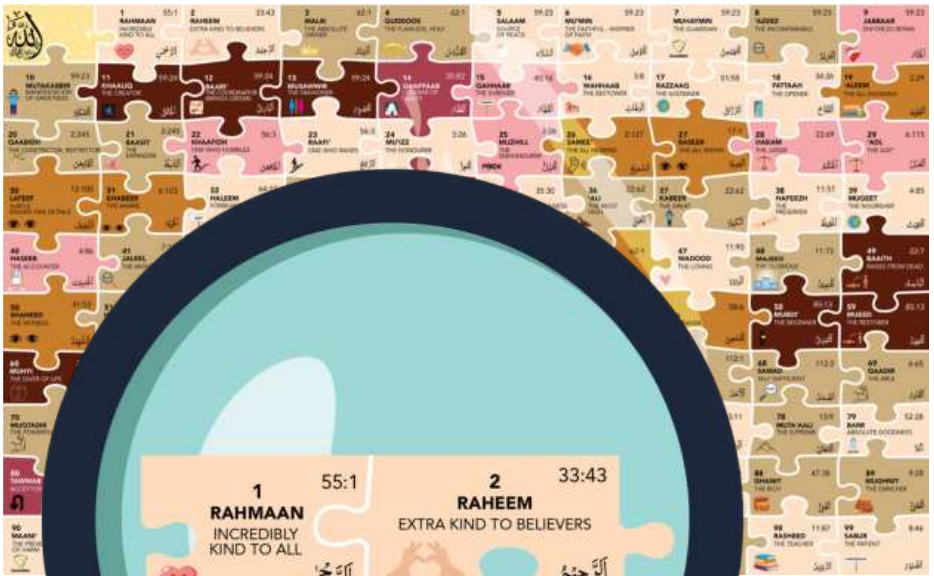
When we feel we have more burdens or problems than we can handle, it is Al Raheem who is calling us to rely on Him more.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RAHEEM 100x after Fajr salaa to be safe and to find compassion from creation.

# AL RAHMAAN & AL RAHEEM



*“When two words with similar meanings are placed together, it is to accentuate their difference”.*



## AL RAHMAAN & AL RAHEEM

الرَّحْمَٰنُ

### AL RAHMAAN

Incredibly Kind to All

الرَّحِيمِ

### AL RAHEEM

Extra Kind to Believers

### RAHMAAN

INTENSIVE

IMMEDIATE

GENERAL

TEMPORARY

PRESENT

### RAHEEM

CONSTANT

NOT NECESSARILY NOW

EXTRA MERCY FOR THOSE  
WHO SUBMIT TO ALLAH

PERMANENT

FUTURE



### MEANING

THE ABSOLUTE OWNER WHO HAS COMPLETE CONTROL.  
NOTHING HAPPENS WITHOUT HIS PERMISSION.

يُسَبِّحُ لِلَّهِ مَا فِي السَّمٰوٰتِ وَمَا فِي الْاَرْضِ الْمَلِكِ الْقَدُّوسِ الْعَزِيزِ الْحَكِيمِ

"Whatever is in the heavens and whatever is in the earth declares the glory of Allah, the King, the Holy, the Mighty, the Wise." 62:1

Sometimes translated as The Sovereign which means a King, Queen or a Leader who rules over people. Allah rules over everything and has total control. Every creation is subject to Divinity whether it recognises it or not.



Between Sura Al Falaq (113) and Sura Al Naas (114) there are five 'sharrs" (evils which cause harm) from which protection is sought. The deadliest of them is subtle negative whisperings (waswaas) by Shaytaan.

Refuge is sought from it in Allah with the name Al Malik (The Absolute Owner)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*In the name of Allah, the Most Merciful, the Most Compassionate*

قُلْ أَعُوذُ بِرَبِّ النَّاسِ

*Say: I seek refuge in the Lord of men,*

النَّاسِ (مَلِكِ)

*The King of men,*

إِلَهِ النَّاسِ

*The God of men,*

مِن شَرِّ الْوَسْوَاسِ الْخَنَّاسِ

*From the evil of the whisperings of the slinking (Shaytaan)*

## REFLECTION

We are often so engrossed in what we own and what we want to own that we forget that we are owned by Al Malik and that the one who looks into a mirror does not even own its reflection.

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MALIK after Fajr prayer to gain respect.



## AL QUDDOOS

**MEANING**

THE HOLY - FLAWLESS AND DEVOID OF ALL IMPERFECTIONS.  
HE IS PERFECT.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Enforcer, the Possessor of every greatness." 59:23*

He is the one who bears no resemblance even to the most perfect of His creation. He is flawless, whole and perfect.



الَّذِي خَلَقَ سَبْعَ سَمَاوَاتٍ طِبَاقًا مَّا تَرَى فِي خَلْقِ الرَّحْمَنِ مِن تَفْوُتٍ فَأَرْجِعِ الْبَصَرَ  
 الْبَصَرَ هَلْ تَرَى مِن فُطُورٍ

Who created the seven heavens one above another; you see no imperfection in the creation of the Rahmaan; then look again, can you see any disorder? 67:3

The Qur'an exhorts us to look at the sky and see if we can find any imperfection... Al Quddoos denotes perfection with no flaws.

"Only from the heart can you touch the sky" Rumi



## REFLECTION

"O Allah, distance me from my sins just as You have distanced The East from The West".

"O Allah, purify me of my sins as a white robe is purified of dirt."



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA QUDDOOS every day for relief from agitation and to expand the heart.



### MEANING

THE SOURCE OF PEACE - THE GIVER OF PEACE

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Enforcer, the Possessor of every greatness." 59:23*

The words Islam and Salaam both come from the same root word. Being a Muslim means being at peace with Divinity.



وَإِذَا حُيِّتُمْ بِتَحِيَّةٍ فَحَيُّوا بِأَحْسَنَ مِنْهَا أَوْ رُدُّوهَا إِنَّ اللَّهَ كَانَ عَلَىٰ كُلِّ شَيْءٍ حَسِيبًا

And when you are greeted with a greeting, greet with a better (greeting) than it or return it; surely Allah takes account of all things. 4:86

When we say "Salaamun Alaykum" we are actually telling someone that we assure them of safety and security granting them immunity from evil or evil intentions on our part. The greeting is an identity for Muslims. The response is obligatory. When greeting someone with Salaam, we are also saying "May Allah always envelope you with His Name As Salaam" "As Salaam is a name from the names of Allah, so spread it between yourselves" Prophet (pbuh)



## REFLECTION

We all move towards peace and tranquillity even without realising it. It could be through meditation, exercise, yoga or going for a walk on the beach or a park.

Some seek peace through salaa and dua (prayer) in connecting with Allah. And then there are others who try to escape agitation by seeking peace in destructive behaviour like drink and drugs. While the external practices may vary, in essence, we are all seeking the same thing.

True peace can only come from its source. We look for peace because something in our soul recognises the divine nature of this attribute.

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA SALAAM 100x for someone with an illness to heal and to be safe from all types of troubles.

## AL MU'MIN



## MEANING

INSPIRER OF FAITH - GIVER OF SECURITY & SAFETY - THE ONE WHO GIVES US THE GIFT OF FAITH WHICH MAKES US LOYAL TO ALLAH AND TO OTHER HUMAN BEINGS.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Enforcer, the Possessor of every greatness." 59:23*

Faith (Eimaan) is about trusting in Allah. In essence knowing that He has our best interest at heart in every situation (even when they are tested)

*"Do people believe that they will be left to say "We have faith!" And they will not be tested?" 29:2*



“If you were to have faith in Allah as He should be relied on, He would provide for you as He provides for the birds. They go out early in the morning hungry and return in the evening full” Prophet Muhammad (pbuh)

Faith is comprised of two halves:  
“Sabr (perseverance) and Shukr (thankfulness)”

“How amazing is the case of the believer; there is good for him in everything, and this characteristic is exclusively for him alone. If he experiences something pleasant, he is thankful, and that is good for him; and if he comes across some diversity, he is patient, and that is good for him.” Prophet Muhammad (pbuh)



## REFLECTION

وَالْمُؤْمِنُونَ وَالْمُؤْمِنَاتُ بَعْضُهُمْ أَوْلِيَاءُ بَعْضٍ

*And (as for) the believing men and the believing women, they are protectors of each other..... 9:71*

“Faith (Eimaan) is verbal declaration, verification with the heart manifested in actions” Imam Ali (pbuh)

It is not only a relationship with Allah but its manifestation in interaction with creation.

“The best of human beings are those that benefit humankind”  
Prophet Muhammad (pbuh)

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MU’MIN for safety from anguish and freedom from being egoistic.

## AL MUHAYMIN



## MEANING

THE GUARDIAN - ONE WHO BRINGS ABOUT GROWTH TO ONE'S FULL POTENTIAL WHILST ENSURING PROTECTION AND TOTAL TRUST.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيِّمُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Enforcer, the Possessor of every greatness."* 59:23

Al Muhaymin is always watching over us ensuring that we have the means to evolve towards our personal best.



وَأَنْزَلْنَا إِلَيْكَ الْكِتَابَ بِالْحَقِّ مُصَدِّقًا لِمَا بَيْنَ يَدَيْهِ مِنَ الْكِتَابِ وَمُهَيْمِنًا عَلَيْهِ

And We have revealed to you the Book with the truth, verifying what is before it of the Book and a guardian over it.... 5:48 The Qur'an and the Ma'sumeen (M14) are Guardians of faith (Eiman). "O people! Indeed, I am leaving amongst you two weighty and precious things that if you adhere to both, you will never go astray. Certainly, Ali and the sinless ones among my offspring are the lesser weight, and the Quran is the greater weight." The Prophet (pbuh) on Ghadeer



## REFLECTION

Umm Musa (Yukabid) is asked to throw her baby in the river. Passing by, Aasiya finds him and takes him as her own.

Not only was Prophet Musa (pbuh) protected and raised in the house of Firawn but was granted two awesome mothers (Yukabid & Aasiya) who ensured his evolution towards his personal best. That is Al Muhaymin.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUHAYMIN for an illuminated and pure heart.



### MEANING

THE INCOMPARABLE, THE MIGHTY, THE HONOURABLE -  
TOTALLY INVINCIBLE.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Enforcer, the Possessor of every greatness." 59:23*

There is no strength or power in the universe that compares to Al 'Azeez. He created everyone with unique strengths and significance; no one is worthless.



وَهُوَ الَّذِي جَعَلَكُمْ خَلَائِفَ الْأَرْضِ وَرَفَعَ بَعْضَكُمْ فَوْقَ بَعْضٍ دَرَجَاتٍ لِيَبْلُوكُمْ  
 فِي مَاءِ آتَىٰكُمْ

And He it is Who has made you representatives in the earth raising you in ranks that He might test you by what He has given you.... 6:165

Al 'Azeez gave each of us unique abilities and strengths, and He will evaluate us based on how useful we are to humanity through what He has given us.

As human beings, our mandate is to use the strengths given to us by Al 'Azeez for the benefit of others.



## REFLECTION

One is 'Azeez' amongst people when one is useful in matters that lead others to their personal best. The honour of each one of us is in proportion to our usefulness, accessibility, support and concern in guiding others.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA 'AZEEZ especially after Fajr Salaa to gain honour and independence from creation and the ability to help others.

## AL JABBAAR



## MEANING

THE COMPELLER - THE ONE WHO ENFORCES REPAIR AND RESTORES THAT WHICH IS BROKEN MAKING IT WHOLE AGAIN. HE TAKES HOLD OF THINGS AND FORCES THEM TOGETHER.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Granter of security, Guardian over all, the Mighty, the Enforcer, the Possessor of every greatness." 59:23*

This is an attribute for the tyrants and oppressors to be aware of, because their misdeeds will not go unpunished. Yet this Name has another dimension: Al-Jabbar is the One who is able to restore and mend what is broken.



The word 'compel' comes from the Latin word 'compellere' which means to drive together. It used to be referred to a shepherd when he herded his cattle together into one place with the help of a sheepdog. The cattle found the sheep dog threatening but in reality, it was a protector who stopped them from getting separated.



## REFLECTION

The Arabic word for a splint that is used to help an arm heal when it is broken is "Jabeera" from the same root jabara. Thus, when we feel broken, we need to go to the only One who can mend our state Al Jabbaar.

The Prophet (pbuh) went to Taaif to ask the people for their protection but instead they threw stones at him. until his feet bled. He called out to Allah:

*"O Allah! To you alone I complain my weakness, my scarcity of resources, and the humiliation I have been subjected to by people. O Most Merciful of those who have mercy! You are the Lord of the weak, and You are My Lord too..."*

It was the dua' of someone broken.

Divinity responded by sending a young boy by the name of Addaas who came to him with some grapes and kissed his bleeding feet.

And Al Jabbar healed the broken heart of the Prophet in another way too. He bestowed upon him the journey to the heavens (Israa wal Mi'raaj).

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA JABBAAR after Fajr Salaa to be safe from hardship and to enforce repair of a broken heart.

Some of the great scholars would supplicate "YAA JAABIRUL KASEER" when they were faced with overwhelming difficulty, meaning "Oh You who mends everything that is broken."

## AL MUTAKABBIR



## MEANING

ONE WHO MANIFESTS GREATNESS - HE IS THE GREATEST AND THE BEST.

هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ

*"He is Allah, besides Whom there is no god; the King, the Holy, the Giver of peace, the Giver of security, The Guardian over all, the Mighty, the Enforcer , the Possessor of every greatness." 59:23*

From this attribute comes the command to magnify Him through Takbeer (Allahu Akber) - Allah is Greater than anything or anyone (greater than whatever can be encompassed by any human comprehension, understanding or vision.



Whatever we are experiencing, Allah is greater. Al Mutakabbir breaks the limitations of pettiness in which we drown by letting go of the borders we create so that we may discover that His Greatness exists within and beyond these borders.



## REFLECTION

Taking pride in what we do ensures that we do things to the best of our ability and shows us our worth. However, when we start thinking that we are better (greater) than everyone else, we forget that worth is not based on wealth, fame, race, or outer beauty but on righteousness. Human Arrogance is a sign of weakness and ignorance

Righteousness is recognising that only Allah is the Greatest  
(Al Mutakabbir)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUTAKABBIR before every task to achieve success.  
Parents should recite YAA MUTAKABBIR for righteous children.



### MEANING

THE CREATOR - WHO CREATES ALL THINGS FROM NOTHING.  
EVERYTHING SEEN AND UNSEEN IS CREATED BY AL KHAALIQ.

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

"He is Allah the Creator, the Co-ordinator, the Fashioner; His are the most excellent names; whatever is in the heavens and the earth declares His Perfection; and He is the Mighty, the Wise." 59:24

Everything that is created is in essence a sign of Allah. Creation has Divinity written all over it. The physical world we live in is the most obvious sign of Al Khaaliq. Everything perfectly balanced with the human being the best of creations.



لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

Certainly We created the human being as the best of moulds. 95:4

“You think you are a small entity, but within you is enfolded the entire Universe” Imam Ali (pbuh)

THE MIRACLE OF LIFE CREATED BY AL KHAALIQ

Our fingerprints are our own unique bar code.

Human eyes can differentiate between more than seven million colours. If the DNA of a human body is uncoiled, it will stretch 10 million miles, from earth to Pluto and back. There are 37 trillion cells in our body. If you spread out an adult human’s brain, it would be about the size of a pillowcase. The heart pumps 8,000 litres of blood around the body every day. We take around 17,000 breaths a day on average, and don’t have to think about a single one of them.



## REFLECTION

وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

And I have not created the jinn and the human being except that they should worship Me. 51:56



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA KHAALIQ frequently to be rightly guided.





### MEANING

THE CO-ORDINATOR WHO BRINGS PERFECT ORDER AND HARMONY INTERCONNECTING CREATION LIKE A JIGSAW PUZZLE.

هُوَ اللَّهُ الْخَلِيقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

"He is Allah the Creator, the Co-ordinator, the Fashioner; His are the most excellent names; whatever is in the heavens and the earth declares His Perfection; and He is the Mighty, the Wise." 59:24

Al Baari' is a follow up of Al Khaaliq, the One Who creates out of nothing. Al Baari' co-ordinated creation so everything works in harmony. The Qur'an calls us to observe and contemplate on nature so that we can logically conclude that the co-ordination is not through random chance.



The moon has an effect over the earth by controlling the tides. It stabilises climates and the axis of the earth and has an effect on human beings. Everything is co-ordinated.



## REFLECTION

قَالَ رَبُّنَا الَّذِي أَعْطَى كُلَّ شَيْءٍ خَلْقَهُ ثُمَّ هَدَىٰ

*He said: Our Lord is He Who gave to everything its creation, then guided it (to its goal). 20:50*

Al Baari' gives freedom of will so the human being can choose right over wrong to maintain universal harmony. When the human being opts for wrong denying Divine guidance, then he ends up destroying himself.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BAARI' frequently to make hard work easy.

## AL MUSAWWIR



## MEANING

THE FASHIONER (SHAPER) WHO GIVES EVERY CREATION ITS INDIVIDUALITY AND UNIQUE BEAUTY.

هُوَ اللَّهُ الْخَلِيقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

"He is Allah the Creator, the Co-ordinator, the Fashioner; His are the most excellent names; whatever is in the heavens and the earth declares His Perfection; and He is the Mighty, the Wise." 59:24

Al Musawwir shapes one's creative powers so they blossom at the right moment in their own unique way.



وَمِنْ آيَاتِهِ خَلْقَ السَّمُوتِ وَالْأَرْضِ وَاخْتِلَافَ اللِّسَانِ وَالْوَزْنَ بِالنِّسَابِ وَإِنَّ فِي ذَلِكَ  
 آيَاتٍ لِّلْعَالَمِينَ

*And one of His signs is the creation of the heavens and the earth and the diversity of your tongues and colours; most surely there are signs in this for the learned.*  
 30:22

It is Al Musawwir who fashions (designs) giving everything its distinctive form, colour and shape making it exactly suited to its objective. He creates the human being with different physique, colours and languages.



## REFLECTION

To understand Al Musawwir just observe creation.

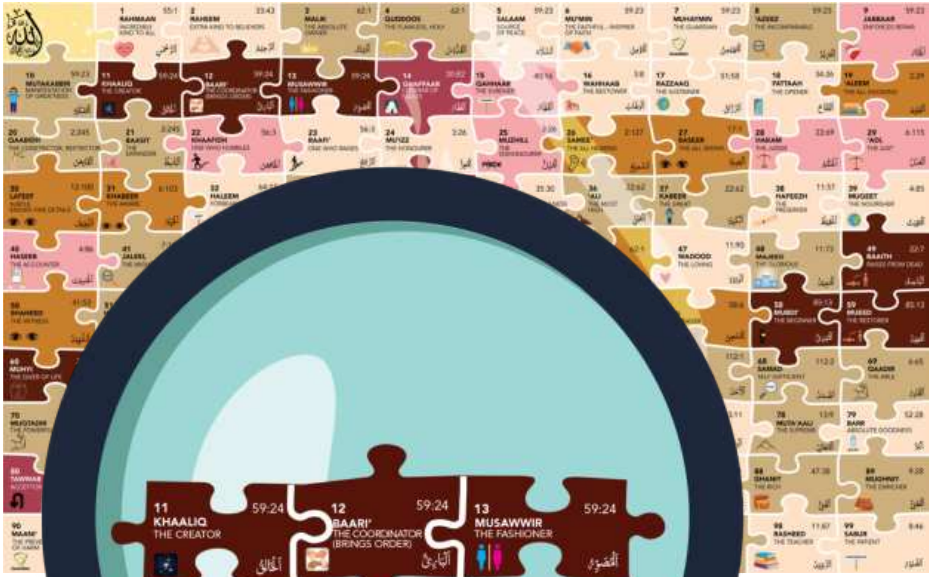
Observe a Velcro fastening that is effective with tiny hooks that grip looped fibres. The idea came from seeds such as the burdock which has a row of hooks to grip the coats of passing animals so the seeds are then carried and brushed off by undergrowth to grow new plants.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUSAWWIR frequently to make hard work easy.

# AL KHAALIQ, AL BAARI' & AL MUSAWWIR



*“When two words with similar meanings are placed together, it is to accentuate their difference”.*



## AL KHAALIQ, AL BAARI' & AL MUSAWWIR

هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

*He is Allah the Creator, the Co-ordinator, the Fashioner; His are the most excellent names; whatever is in the heavens and the earth declares His Perfection; and He is the Mighty, the Wise. 59:24*



### AL KHAALIQ

Al Khaaliq designs destiny like an architect.



### AL BAARI'

Al Baari' creates harmony like a builder bringing Al Khaaliq's plans into order.



### AL MUSAWWIR

Al Musawwir individualises like a painter who brings colours and pictures into existence.

## AL GHAFFAAR



## MEANING

COVERER OF FAULTS - THE EVER FORGIVING WHO NEVER  
STOPS FORGIVING.

وَإِنِّي لَغَفَّارٌ لِّمَن تَابَ وَءَامَنَ وَعَمِلَ صَالِحًا ثُمَّ اهْتَدَىٰ

*"And certainly I am the Ever Forgiving to whoever repents and believes and does righteousness deeds and continues in guidance." 20:82*

No matter how far astray, how many sins we've committed, there is no place too far for His Forgiveness and Compassion to reach.



Mighfar is the cap (helmet) that a person wears to protect his head in military expeditions. Istighfar is derived from the same root word - ghafara - which means he covered, veiled, concealed, or hid. It is asking Allah to cover our sins and to protect us from the harmful consequences we inflict on ourselves.



قُلْ يُعْبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ  
الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

Say 'O My servants who have transgressed against their own souls, do not despair of the mercy of Allah. Indeed, Allah will forgive all sins. Indeed, He is the All-forgiving, the All-merciful. 39:53

## REFLECTION

وَمَا كَانَ اللَّهُ مُعَذِّبَهُمْ وَهُمْ يَسْتَغْفِرُونَ

... And Allah is not going to punish them while they ask for forgiveness. 08:33

"O son of Adam, I forgive whatever sin you have committed as long as you pray to Me and hope for My forgiveness.

O son of 'Adam, I do not care if your sins reach the height of the heaven, then you ask for my forgiveness, I would forgive you.

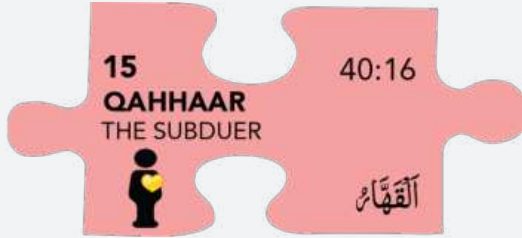
O son of 'Adam, if you come to Me with an earth load of sins, and meet Me associating nothing to Me, I would match it with an earth load of forgiveness." Hadith Qudsi

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA GHAFFAAR frequently for forgiveness of sins and increase in sustenance



## AL QAHHAAR



## MEANING

THE SUBDUER - NO ONE OR NOTHING CAN STOP HIS INFINITE POWER AND WILL.

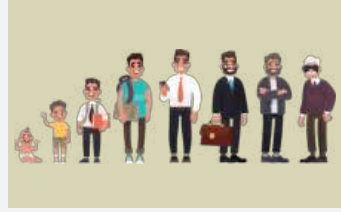
يَوْمَ هُمْ بَارِزُونَ لَا يَخْفَىٰ عَلَى اللَّهِ مِنْهُمْ شَيْءٌ لِّمَن الْمُلْكُ الْيَوْمَ لِلَّهِ الْوَاحِدِ الْقَهَّارِ

"On the day when they shall come forward, nothing about them remains hidden from Allah. To whom belongs the kingdom on this day? To Allah, the One, the Subduer." 40:16

The One who has complete control over our heart and soul.



Everything in existence is subjected to Al Qahhaar's dominance and power whether they like it or not. We will all age, may also fall ill and die regardless of how hard we try not to. He has subdued all beings by death so none is safe from this not even an angel.



## REFLECTION

قُلْ مَنْ رَبُّ السَّمٰوٰتِ وَالْاَرْضِ قُلِ اللّٰهُ قُلْ اَفَاتَّخَذْتُمْ مِّنْ دُوْنِهٖۤ اَوْلِيَاءَ لَا يَمْلِكُوْنَ  
لِاَنْفُسِهِمْ نَفْعًا وَلَا ضَرًّا قُلْ هَلْ يَسْتَوِي الْاَعْمٰى وَالْبَصِيْرُ اَمْ هَلْ تَسْتَوِي الظُّلُمٰتُ  
وَالنُّوْرُ اَمْ جَعَلُوْا لِلّٰهِ شُرَكَاءَ خَلَقُوْا كَخَلْقِهٖۤ فَتَشْبِهُهٗ الْخَلْقُ عَلَيْهِمْ قُلِ اللّٰهُ خَلِقُ كُلِّ  
شَيْءٍ وَهُوَ الْوَاحِدُ الْقَهُّوْرُ

Say: Who is the Rabb of the heavens and the earth? Say: Allah.

Say: Do you take then besides Him guardians who do not control any profit or harm for themselves?

Say: Are the blind and the seeing alike?

Or can the darkness and the light be equal?

Or have they set up with Allah associates who have created creation like His, so that what is created became confused to them?

Say: Allah is the Creator of all things, and He is the One, the Subduer.  
13:16

Reflection on the above verse 13:16 tells us that there is none Who Dominates, Controls and Subdues except Al Qahhaar. He is Invincible.

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA QAHHAAR frequently to subdue to monster within and attain peace. Recite to overcome enemies.

## AL WAHHAAB



## MEANING

THE BESTOWER - THE GIVER OF GIFTS WHO GIVES UNCONDITIONALLY.

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

"Our Lord! Do not make our hearts to deviate after You have guided us aright and grant us mercy from You; surely You are the Bestower." 3:8

The greatest gift is Guidance to reach our full potential.



The love manifested by Al Wahhaab comes from abundance (Kawthar) with no obligations or expectation just like the sun that shines and the clouds that rain on everything without distinction. Each one of us has been given unique abilities; we will only be asked as to what extent we manifested and actualised the gifts He gave us.

*"The meaning of life is to find your gift.  
The purpose of life is to give it away".*  
Pablo Picasso



## REFLECTION

Everything a baby needs is fulfilled by its mother. A mother's selfless love embraces all different characters, gender and abilities. Her only wish is to see her child succeed. She is a representation of Al Wahhaab on the earth for she gives regardless of the response that may or may not follow.

The Prophet (pbuh) said *"Janna is placed under the feet of mothers"*. There's a reason Janna is not in her hands but under her feet. For if it were in her hands, her selfless love would have handed it to her child. Janna lies on the ground that bears her weight and to achieve it, her child needs to carry her weight.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite Yaa Wahhaab frequently to open doors that seem closed and to receive that which one wants desperately.



### MEANING

THE SUSTAINER - HE WHO PROVIDES PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL SUSTENANCE.

إِنَّ اللَّهَ هُوَ الرَّزَّاقُ

"...Surely Allah is the Sustainer..." 51:58

Physical sustenance give energy to the body keeping it alive for a fixed period of time whilst spiritual sustenance (Divine Guidance) gives eternal life.



Although freely available; to receive Rizq (sustenance) there is a need for strategy and effort, unlike a gift from Al Wahhaab which requires no effort on the part of the receiver.



## REFLECTION

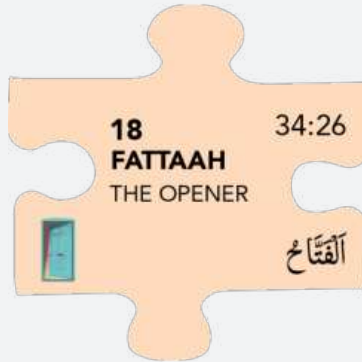
Al Razzaaq is like parents with a child. Although there is still unconditional love and care, the child is taught by the parents the skills to feed themselves, walk, talk, dress and think for themselves.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RAZZAAQ repeatedly for ease in increasing sustenance and to relieve anxiety.

## AL FATTAAH



## MEANING

THE OPENER - THE ONE WHO OPENS DOORS TO REACHING ONE'S FULL POTENTIAL, OPENS KNOTS AND LOCKS THAT PREVENT SUCCESS AND SOLVES PROBLEMS TO CREATE EASE.

قُلْ يَجْمَعُ بَيْنَنَا رَبُّنَا ثُمَّ يَفْتَحُ بَيْنَنَا بِالْحَقِّ وَهُوَ الْفَاتِحُ الْعَلِيمُ

"Say! Our Rabb will gather us together and disclose the truth between us, He is the Opener and All Knowing" 38:26

Al Fattaah is He who will reveal what is hidden, open the knots of difficulties and the doors of Mercy, Generosity and Guidance.



ج

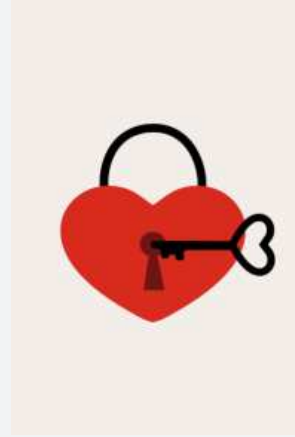
مَا يَفْتَحُ اللَّهُ لِلنَّاسِ مِنْ رَحْمَةٍ فَلَا مُمْسِكَ لَهَا وَمَا يُمْسِكُ فَلَا مُرْسِلَ لَهُ مِنْ بَعْدِهِ  
وَهُوَ الْعَزِيزُ الْحَكِيمُ

Whatever mercy Allah unfolds for the people, no one can withhold it; and whatever He withholds no one can release it except Him, and He is the All-mighty, the All-wise. 35:2

The most important key that Al Fattaah holds is the key that opens our hearts.

*"Your sickness is from you, but you do not perceive it, and your remedy is within you, but you do not sense it. You presume you are a small entity, but within you is enfolded the entire Universe.*

*You are indeed the evident book, by whose alphabet the hidden becomes manifest. Therefore you have no need to look beyond yourself. What you seek is within you, if only you reflect."* Imam Ali (pbuh)



## REFLECTION

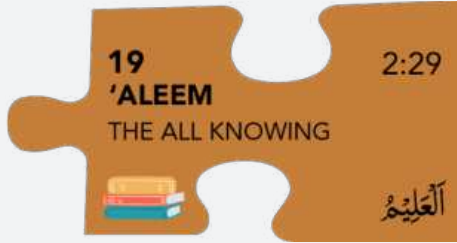
The Qur'an begins with Suratul Faatihah (The Opening). It conceptualises the entire Qur'an in 7 verses. It is recited every day in daily prayers. It emphasises Gratitude and Submission to Allah which is the key that opens the heart to Divine Guidance.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA FATTAAH frequently for success in every task and to open the heart to the truth.





### MEANING

THE ALL KNOWING - HE KNOWS ABSOLUTELY EVERYTHING ABOUT EVERYTHING. HE KNOWS WHAT HAS HAPPENED, WHAT IS HAPPENING AND WHAT WILL HAPPEN FROM THE BEGINNING TO THE END.

... وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

"... And He has absolute knowledge of all things." 2:29

Al 'Aleem knows the hidden and the manifest, the secrets of the heart and soul, the small and the large, the intention and the action in its totality. He is not constrained by time and space.



The Arabic words 'aalam (world), 'alam (flag, symbol, sign), and 'ilm (knowledge) all come from the same root.

Our **world** is a **sign** of the source of **knowledge** - AL 'ALEEM. The more we reflect on the world around us as the Qur'an exhorts us to do, the more we will see the ALL KNOWING in every aspect. He knows who we are, what we do and what we need.



## REFLECTION

وَعَلَّمَ آدَمَ الْأَسْمَاءَ كُلَّهَا

"...And He taught Adam All the names (attributes) ..." 2:31

The Prophet (pbuh) said "Adopt in yourselves the attributes (names) of Allah".

The attributes of Divinity are all in the heart for us to find and manifest. Our heart is connected to the heart of the world. To reflect on His attributes through the awesomeness of creation is to understand His Perfection and Brilliance in contrast to our limitations and fallibility. That is in essence being knowledgeable. The Munajaat (whispered prayer) of Imam Ali (pbuh) reflects this beautifully.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA 'ALEEM frequently to increase perception and enlightenment of the heart.



### MEANING

THE CONSTRICTOR - HE WHO RESTRICTS, TIGHTENS,  
CONTRACTS AND SHRINKS.

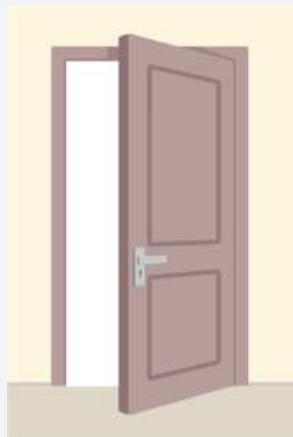
... وَاللَّهُ يَاقِضُ وَيَبْصُطُ وَإِلَيْهِ تُرْجَعُونَ

"...And Allah constricts and expands and to Him you shall be brought back."  
2:245

Al Qaabidh is the one who applies pressure and restricts ease forcing the human being to see his virtues and making him turn inwards to his heart - making tears flow but bringing him closer to Allah.

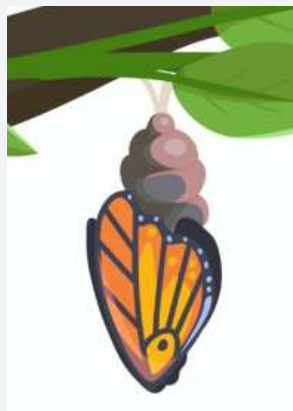


The greatest Divine blessings often comes from the doors that Al Qaabidh closes. They are doors that lead to destruction, distraction and despair. By closing doors, He guides us to the doors that lead us to closeness to Him and peace, purpose and one's potential.



## REFLECTION

A person was watching a butterfly struggling to emerge from its cocoon. Wanting to help he snipped the entrance of the cocoon to expand it for the butterfly. When the butterfly came out, its wings were laden with fluid and it was unable to fly. The struggle to come out of the restriction of the cocoon was meant to drain the fluid from its wings so it could soar in the sky.



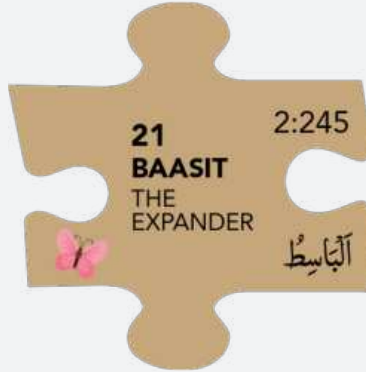
## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA QAABIDH frequently for protection from tyranny and hunger.

21

الْبَاسِطُ

AL BAASIT



### MEANING

THE EXPANDER - HE WHO EXPANDS, INCREASES, ENLARGES AND SPREADS OUT.

قُلْ يَجْمَعُ بَيْنَنَا رَبُّنَا ثُمَّ يَفْتَحُ بَيْنَنَا بِالْحَقِّ وَهُوَ الْفَتَّاحُ الْعَلِيمُ

"...And Allah constricts and expands and to Him you shall be brought back."  
2:245

Al Baasit is the One Who amplifies and makes the heart expand, overflowing with happiness and high spirits.



The Arabic word for carpet is bisaat which comes from the same root. If we reflect on all the threads that interlink to make the carpet, we can understand the connectedness to everything when there is expansion - to rise up in the air like a flying carpet Bisaat  
Ar Ruh (the carpet of the soul).  
Al Baasit blows away sorrows and worries.



## REFLECTION

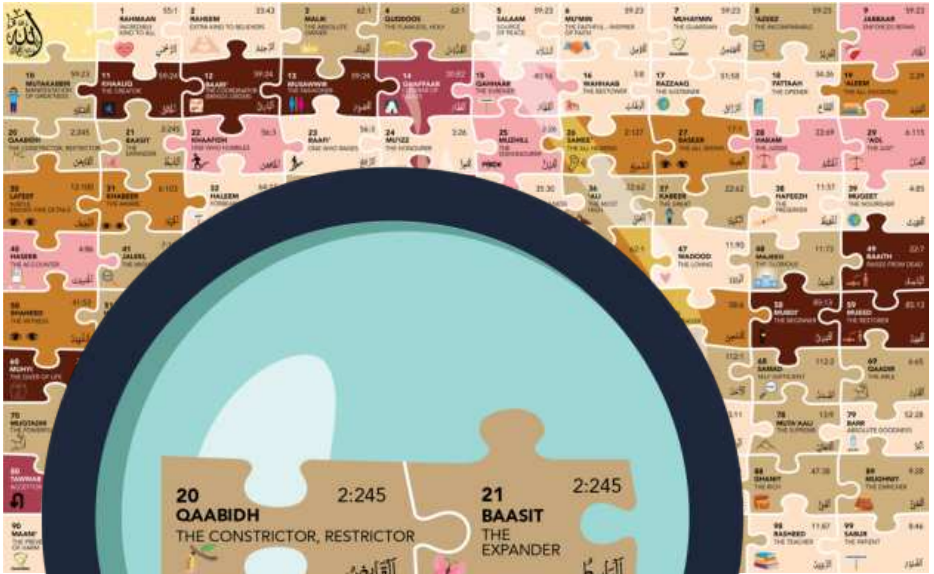
Al Baasit also means to please.  
The Prophet (pbuh) said: "Fatima is part of me whatever pleases her pleases me, whatever displeases her displeases me" and the word he used was Bast.  
Al Baasit is the one who pleases the souls by making them happy or delighted.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BAASIT to attain peace of heart and be independent of others.

# AL QAABIDH & AL BAASIT



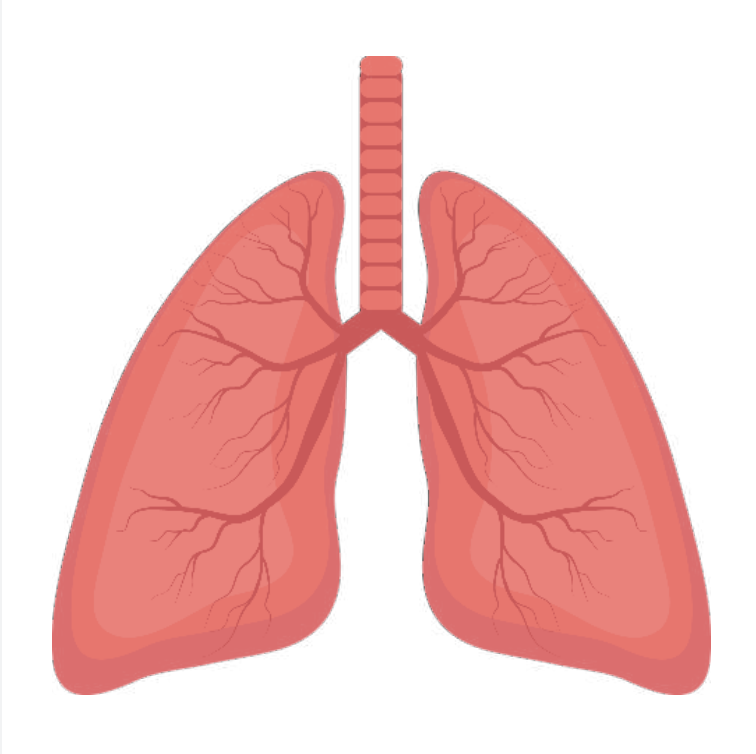
*"You will understand something by looking at its opposite."*  
Prophet (pbuh)

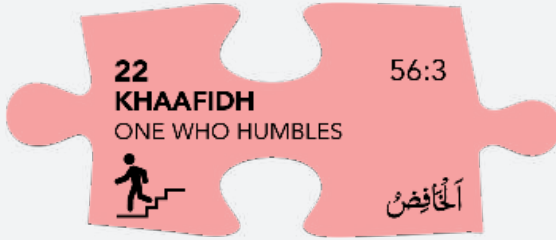


## AL QAABIDH & AL BAASIT

We see the signs of Al Qaabidh and Al Baasit in our lungs which are always expanding and contracting. When we breathe in, our lungs expand with air taking in oxygen and when we breathe out our lungs contract to release carbon dioxide.

When we are constricted with difficulties and sadness, it is an opportunity to get closer to Allah by showing patience. When we are expanded with joy and success, it is an opportunity to get closer to Allah by showing gratitude.





### MEANING

THE ONE WHO HUMBLER - THE ABASER WHO LOWERS US TO A PLACE WHERE HARD LESSONS ARE LEARNT.

خَافِضَةٌ سَّارِعَةٌ

"It (the day of judgement) will Humble and Raise." 56:3

Although painful, when Al Khaafidh humbles, it is a gift for those who see He Who is in control of humbling and elevating.



Firawn was a tyrant who bullied the Bani Israail. When Prophet Musa (pbuh) visited him with his brother asking for the Bani Israail to be freed he refused but relented every time Divinity sent a sign to humble his people. Eventually they left Egypt, but Firawn followed with his army. He saw the parting of the sea but even that did not deter him and he pursued Prophet Musa (pbuh) and the Bani Israail. Only when he was drowning, did he realise that that it is Allah who is Al Khaafidh (humbles) and Ar Raafi' (elevates) and he believed in the Master of Musa and Harun.



The Qur'an says about Firawn, "So today We will save you in body that you may be to those who succeed you a sign. And indeed, many among the people, of Our signs, are heedless".

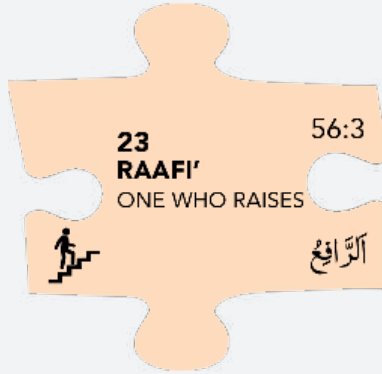
## REFLECTION

Yaa Khaafidh  
I desperately need you. Let me accept  
that the lessons You teach me through the  
abasement of my sins to see the elevation  
that forgiveness brings.  
You are my refuge from my own ego  
(Edges God Out).



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA KHAAFIDH for protection of harm from others.



### MEANING

ONE WHO RAISES - HE WHO RAISES THE HUMAN BEING TO THE TRUTH BY DRAWING THEM NEAR TO HIM.

خَافِضَةٌ رَّافِعَةٌ

"It (the day of judgement) will Humble and Raise." 56:3

The quality of raising comes from within expanding the perception of the heart to recognise Divine Guidance as the only way to reach one's full potential.



يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا  
الْعِلْمَ دَرَجَاتٍ

"...Allah will raise those amongst you who believe and have knowledge to a high status..." 58:11

Acknowledging ignorance leads to humility and ultimately the seeking of knowledge which brings one closer to one's own truth and closer to Al Raafi'.



## REFLECTION

When the soil and water that the seed absorbs to break open, a plant emerges and raises itself above the ground. The seed knows that its elevation can only be achieved by being shattered. Ar Raafi' elevates to Himself with means that often cannot be understood.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RAAFI' to gain closeness to Allah and to reach one's personal best.

# AL KHAAFIDH & AL RAAFI'



*"You will understand something by looking at its opposite."*  
Prophet (pbuh)



## AL KHAAFIDH & AL RAAFI'

*"A diamond is coal under pressure"*

No matter how hard life is and what you are facing, know that Al Khaafidh and Ar Raafi' work hand in hand. Even when you are feeling that you are being destroyed, know that He knows the exact pressure to make you into a diamond. His love flows between the two shores of humbling and raising - in each shore lies the effect of the other.



## AL MU'IZZ



## MEANING

THE HONOURER - THE ONE WHO GIVES HONOUR AND AUTHORITY. HE WHO CONNECTS THE HUMAN BEING WITH THE DIVINE WITHIN.

...وَتُعِزُّ مَنْ تَشَاءُ وَتُنْزِلُ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

"...You grant honour to whomsoever You will and You teach humility to whomsoever You will; In Your hands is All Good, and You have power over all things." 3:26

Honour comes from knowing that everything comes from Him and that honour comes from serving His creation making a positive difference to the world we live in.

H O N O U R

يَا أَيُّهَا النَّاسُ إِنَّا خَلَقْنَاكُمْ مِنْ ذَكَرٍ وَأُنْثَىٰ وَجَعَلْنَاكُمْ شُعُوبًا وَقَبَائِلَ لِتَعَارَفُوا  
 إِنَّ أَكْرَمَكُمْ عِنْدَ اللَّهِ أَتْقَىٰكُمْ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

O humanity! Indeed, We created you from a male and a female, and made you into peoples and tribes so that you may get to know one another. Surely the most honoured of you in the sight of Allah is the most righteous among you. Allah is truly All-Knowing, All-Aware. 49:13

“O people, be aware: your God is One. No Arab has any superiority of honour over a non-Arab, and no non-Arab any superiority of honour over an Arab, and no white person has any superiority of honour over a black person, and no black person any superiority of honour over a white person, except on the basis of taqwa (God consciousness).” Prophet (pbuh)



## REFLECTION

In order for a tree to be strong and tall and be able to withstand all weather conditions it needs strong deep roots. In order for human beings to be honourable in the eyes of Allah (rise to our full potential), we need to ensure that our roots of submission to Divinity, following Divine Guidance and acknowledging Accountability are firmly embedded.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MU'IZZ for inner strength.

## AL MUZHILL



## MEANING

THE DISHONOURER - THE TEACHER OF HUMILITY.

... وَتُعْزِزُ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

"...You grant honour to whomsoever You will and You teach humility to whomsoever You will; In Your hands is All Good, and You have power over all things." 3:26

Al Muzhill is the one who teaches us that separation from Divinity cannot give peace, contentment, or satisfaction. The utmost level of dishonour is to be deluded that creation alone can bestow honour.

~~PRIDE~~

When our forehead touches the ground, it assists in understanding humility. It is from this place that we accept our powerlessness before Allah and understand the meaning of Al Muzhill.



## REFLECTION

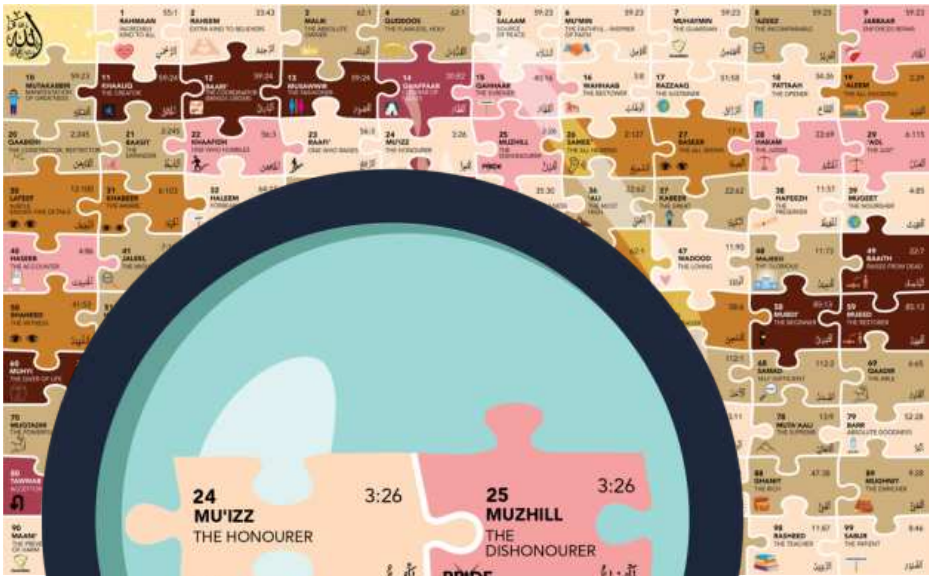
The word 'humble' originates from the Latin word 'humilis' which means 'on the ground'. Thus a humble person is known as one 'who is down to earth'. Al Muzhill is He Who brings one who is arrogant 'down to earth'.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUZHILL to avert tyranny and fear none but Allah.

# AL MU'IZZ & AL MUZHILL



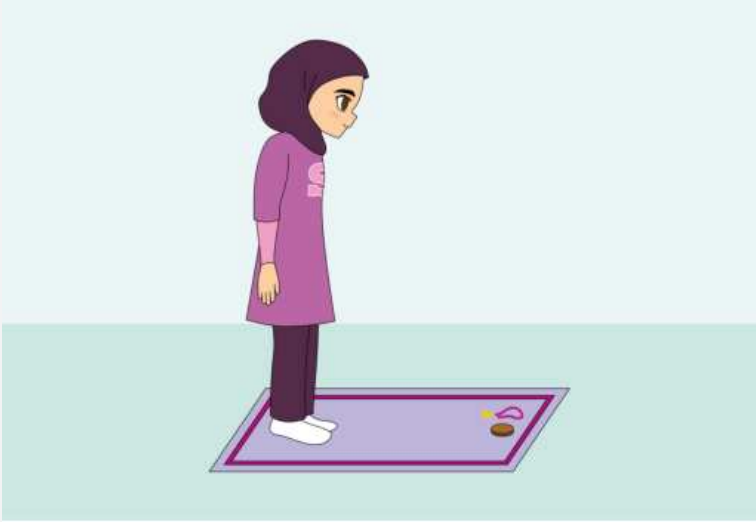
*"You will understand something by looking at its opposite."*  
Prophet (pbuh)



## AL MU'IZZ & AL MUZHILL

Salaa begins with the position of standing (qiyaam) which indicates the acknowledgement of Al Mu'izz - the one who gives honour. He created human beings with a position of honour as His representatives on earth.

Al Muzhill is reflected in sajda with our forehead on the earth denoting a humble position accepting His total authority over us.





### MEANING

THE ALL HEARING - HE HEARS EVEN THAT WHICH DOESN'T MAKE AN AUDIBLE SOUND - NO SOUND ESCAPES HIM AND HE HEARS TRILLIONS OF VOICES SIMULTANEOUSLY.

وَإِذِ يَرْفَعُ إِبْرَاهِيمُ الْقَوَاعِدَ مِنَ الْبَيْتِ وَإِسْمَاعِيلُ رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

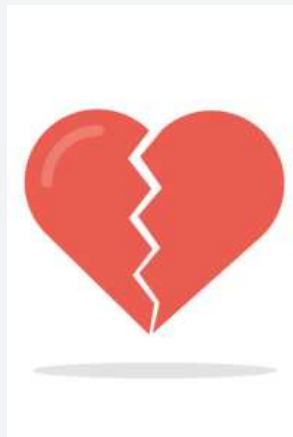
"And when Ibraheem and his son Ismaeel raised the foundation of the house (Ka'ba) - (they said) Our Rabb! Accept from us -Indeed You are All Hearing All Knowing" 2:127

Al Samee' is Perfect Hearing - He hears all that is said with the lips, felt by the heart and goes through the mind. No sound (audible or silent) is heard less than another though an infinite number of voices speak at the same time.



He hears even the deafening silence like the breaking of a heart.

The falling apart of a heart should make a loud noise. It should sound like a building crashing down. Not this kind of quiet - just voiceless screams of the soul and the continuous shattering of the heart.



## REFLECTION

يَا مَنْ لَا يَحْتَاجُ إِلَيَّ التَّفْسِيرِ

*"O He Who does not need an explanation".*

(Extract from Dua taught to Imam Sajjad by Imam Husayn on the day of 'Ashura)

When you raise your hands in dua to speak to Him; know that He can hear your silence even when you can't put your feelings into words.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA SAMEE' to be 'heard' by others and for the fulfilment of wishes.



### MEANING

THE ALL SEEING - HE SEES ABSOLUTELY EVERYTHING - THE TANGIBLE AND THE INTANGIBLE. HE SEES ALL THAT HAS PASSED, ALL THERE IS AND ALL THAT WILL BE UNTIL THE END OF TIME.

ج  
... إِنَّهُ هُوَ السَّمِيعُ الْبَصِيرُ

"Indeed, He alone is the All-Hearing, All-Seeing." 17:1

Al Baseer sees everything in such a way that nothing is remote from Him even when it is under the earth or up in the heavens. His Seeing is not restricted by time and distance.



لَا تَأْخُذُكَ سِنَّةٌ وَلَا نَوْمٌ.....

"...He is not overcome by drowsiness or sleep..." 2:255

Doorbells and cameras that record images give us security in the home. They need battery changes whilst Allah is Ever Seeing and Ever Recording without any fatigue.



## REFLECTION

"My servant comes close to Me with his continuous devotion until I love him and when I love him I become his ears with which he hears and his eyes with which he sees and his tongue with which he speaks and his hand with which he holds."

Hadith Qudsi



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BASEER to enlighten the heart and soul and to gain esteem.

# AL SAMEE' & AL BASEER



AL BASEER IS THE COMPLEMENTARY NAME TO AS SAMEE'

They appear together to emphasise Allah's complete awareness of everything. Nothing escapes Him.



## AL SAMEE' & AL BASEER

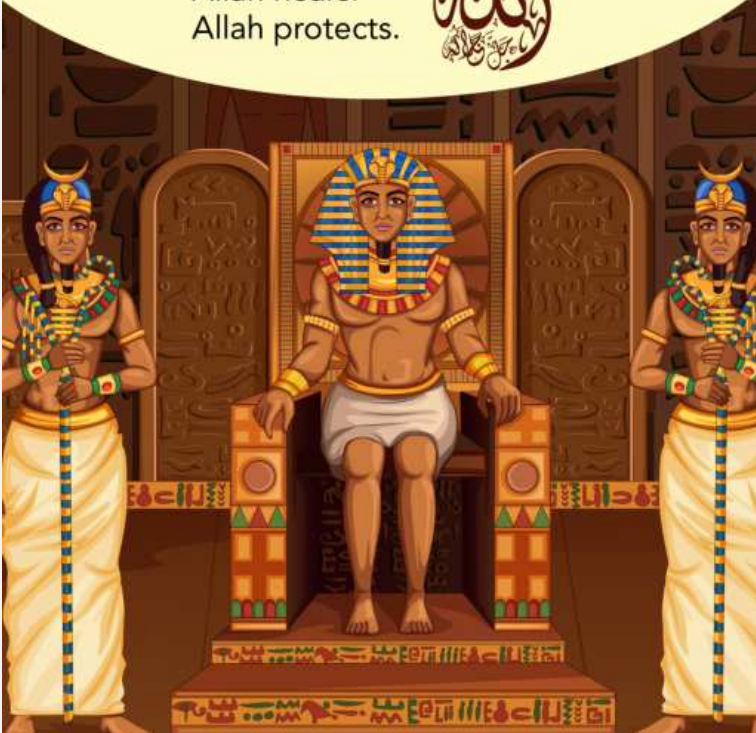
When Prophet Musa (pbuh) was commanded to confront Firawn, he is apprehensive. Allah tells him.

قَالَ لَا تَخَافَا إِنِّي مَعَكُمَا أَسْمَعُ وَأَرَى

"Don't be fearful, I am with you both, I Hear and I See" 20:46

Allah sees.  
Allah hears.  
Allah protects.

الله  
الله  
الله





### MEANING

THE JUDGE - HE KNOWS BEST, SEES THINGS AS THEY REALLY ARE, LOVES THE MOST AND WITH HIS WISDOM, HE IS THE MOST PERFECT OF JUDGES.

اللَّهُ يَحْكُمُ بَيْنَكُمْ يَوْمَ الْقِيَمَةِ فِيمَا كُنْتُمْ فِيهِ تَخْتَلِفُونَ

"Allah will judge between you on the day of Judgment regarding your differences" 22:69

He is the Judge, the Jury, & the Sentence. He has complete knowledge of what was, is and will be and understands the innermost thoughts of the human being. There is no judgement from ignorance nor is there a need for explanation.



..... إِنَّ الْحُكْمَ إِلَّا لِلَّهِ ۖ .....

"The judgement belongs to Allah alone..." 6:59

One Judge, position taken. When empty we can all apply but until then it is only He who Judges



## REFLECTION

وَلَوْ يَوَّأخِذُ اللَّهُ النَّاسَ بِمَا كَسَبُوا مَا تَرَكَ عَلَى ظَهْرِهِمَا مِنَ ذُنُوبِهِمْ وَلَكِنْ يُؤَخِّرُهُمْ إِلَىٰ أَجَلٍ مُّسَمًّى ۖ فَإِذَا جَاءَ أَجْلُهُمْ فَإِنَّ اللَّهَ كَانَ بِعِبَادِهِ بَصِيرًا

If Allah were to punish people 'immediately' for what they have committed, He would not have left a single living being on earth. But He delays them for an appointed term. And when their time arrives, then surely Allah is All Seeing of His servants. 35:45

The justice of Al Hakam is intertwined with His Mercy. Hand it over to Him and trust in His judgement.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA HAKAM to know the hidden meaning of things.





### MEANING

THE JUST - HE WHO BALANCES EVERYTHING PERFECTLY  
SECURING PEACE, ORDER AND HARMONY.

... وَتَمَّتْ كَلِمَتُ رَبِّكَ صِدْقًا وَعَدْلًا لَا مُبَدِّلَ لِكَلِمَتِهِ... ٤

"The Word of your Master has been perfected in truth and justice. None can change His Words..." 6:115

Al 'Adl is He Who creates perfect symmetry.  
The 99 names balance each other and  
Al 'Adl balances everything perfectly.



'Adl literally means to put everything in its rightful place. Sometimes 'adl is confused with equality. Equality is not a condition for justice, e.g., Justice in a classroom does not mean that all the students are given equal marks; but that marks are given according to ability and effort. Similarly, it would not be 'adl (justice) if a large oak tree was given the same roots as that of a small sapling.



## REFLECTION

وَلَا يَظْلِمُ رَبُّكَ أَحَدًا

"...And your Lord is not unjust to anyone."18:49

Scales are used to weigh and balance things. We each have a set of scales in our heart which tell us when things are out of balance (when we are being unjust). It is called our conscience.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA 'ADL frequently for others to recognise the truth in you.

30

اللطيفُ

AL LATEEF



### MEANING

THE SUBTLE - HE WHO KNOWS THE MICROSCOPIC DETAILS AND COMBINES THEM WITH GENTLENESS IN ACTION.

إِنَّ رَبِّي لَطِيفٌ لِّمَا يَشَاءُ<sup>ج</sup>

"...Indeed my Lord is subtle in fulfilling what He wills." 12:100

Al Lateef shows His love in ways that are subtle and hidden. His comprehension of the finest of details allows all the pieces to fit perfectly in the Divine puzzle. The pearl in the oyster, the silk in the silkworm, the honey in the bee and heart in the human being.



Al Lateef provides a softening energy of love and knowledge which turns that which is hard and coarse to soft, delicate and subtle to come closer to our true self and Divinity.

Al Lateef is the silver lining in the grey clouds which allows Divine light (energy) to shine through.



## REFLECTION

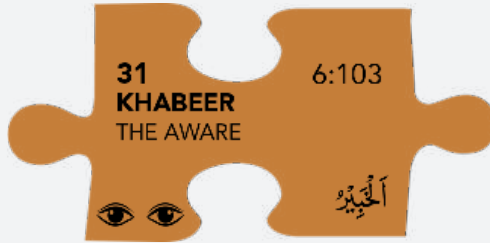
*'As a raindrop fell from a cloud, it looked at the ocean and said "Who am I compared to this infinite sea?" The raindrops humility inspired the heart of an oyster to open its shell and let the raindrop inside transforming it into a beautiful pearl'*

Farid ud Den (Attar of Nishapur)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite AL LATEEF frequently for healing from illnesses, relief from difficulties and pain in the body or soul. Reciting it in cycles of 129 repetitions is highly recommended.



### MEANING

THE ALL AWARE - THE ONE WHO IS AWARE OF EVERY ASPECT OF THE UNIVERSE. HE IS AWARE OF EVERY THOUGHT THAT PASSES THE MIND AND EVERY SECRET THAT IS HIDDEN IN THE HEART. HE IS FULLY AWARE OF EVERYTHING WE THINK AND FEEL.

لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ وَهُوَ اللَّطِيفُ الْخَبِيرُ

"No vision can encompass Him, but He encompasses all vision. For He is the Most Subtle, All-Aware." 6:103

Al Khabeer is aware of the inside and outside of everything. He is Aware of their beginning until their end. He is Aware of that which is being planned and is secret and not yet actualised.



*"The knowledge (Awareness) of the self is the most useful of knowledge".*  
Imam Ali (pbuh)



## REFLECTION

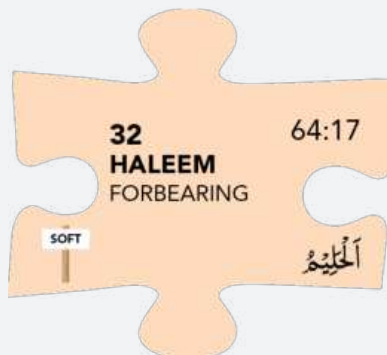
When mirrors are clean, they reflect every minute detail. When they are misty or dirty, they stop reflecting with clarity. The heart is like a mirror which can reflect all the attributes of Divinity. It gets misty and dirty with hatred, greed, pride, jealousy. Reaching out to Al Khabeer assists us to be aware of the dirt on the mirror and be able to clean it.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA KHABEER for freedom from bad habits.

## AL HALEEM



## MEANING

THE FORBEARING - THE ONE WHO IS GENTLE AND PATIENT  
AND SHOWS NO ANGER UPON WITNESSING DISOBEDIENCE  
-ALWAYS GIVING TIME TO REPENT AND BEING THERE TO  
FORGIVE AND COMFORT.

ج  
... إِنَّهُ هُوَ السَّمِيعُ الْبَصِيرُ

"...And Allah is the Rewarder of Thankfulness and The Forbearing." 64:17  
Al Aleem knows, Al Adl judges, but it is the gentleness of Al Haleem which  
waits preferring to see regret, change, repentance and compensation for  
the harm that's done so that he may forgive them and transform them rather  
than destroy them.

'Hilm' is a state of cheerful composure that  
cannot be shaken by inner anger or outside  
threats. A gentleness and softness which  
gives people time to change. Forgiveness is  
A PART OF 'HILM'.



Al Haleem is related to the Arabic word for 'dream'. He calms us in difficult situations connecting us to a deep hidden place of soothing dreams where we can put things into perspective.



## REFLECTION

When expelled from Taaif, the Prophet (pbuh) sat under a tree bleeding from the wounds where stones were thrown at him. The angels appeared and asked whether he would like them to be punished. The Prophet (pbuh) refused saying that maybe one day from their future generations there will be someone who will do good. He reflected the quality of Al Haleem. The first person to introduce Islam to the Indian sub-continent was a descendant of the people of Taaif.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA HALEEM to put anger into perspective and subside it. Recite it to restore affection.



### MEANING

THE AWESOME - THE ONE WHOSE AWESOMENESS IS PERFECTION PERSE. HE IS AWESOME (PERFECT) IN EVERT ATTRIBUTE.

فَسَبِّحْ بِاسْمِ رَبِّكَ الْعَظِيمِ

"So declare the Perfection of the name of your Master, The Awesome" 56:96

Al Azheem comes from the same root word as making bones stronger. His Awesomeness is felt in the 'bones' - our very foundation. His Awesomeness carries 'weight'.



فَسَبِّحْ بِاسْمِ رَبِّكَ الْعَظِيمِ

“So declare the Perfection of the name of your Master, The Awesome” 56:96

When the aya was revealed - The Prophet (pbuh) said “Put it into your rukoo”

Thus, we recite:

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَبِحَمْدِهِ

I declare the Perfection of my Master, The Awesome and I praise Him.

His Awesomeness makes us bow in awe of Him.



## REFLECTION

لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْنَاهُ خَاشِعًا مُتَصَدِّعًا مِّنْ خَشْيَةِ اللَّهِ وَتِلْكَ  
الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ

Had We sent down this Quran upon a mountain, you would have seen it humbled [and] crumble in awe of Allah. We draw such comparisons for human beings so that they may reflect. 59:21

If we ponder over the awesomeness of Al Azheem, and feel it in our bones, we too may be humbled and strengthen our bond with Him.

Al Azheem comes from an Arabic word meaning to grow strong bones.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA AZHEEM frequently for success, honour and protection.

## AL GHAFOOR



## MEANING

THE ALL-ENCOMPASSING FORGIVER - AL GHAFOOR DENOTES AN EXTENSIVENESS WITH COMPASSION THAT HIDES OUR FAULTS AND TREATS THEM AS THOUGH THEY NEVER EXISTED.

إِنَّهُ غَفُورٌ شَكُورٌ

"...Indeed He is The All Encompassing Forgive and The Rewarded of Thankfulness" 35:30

Al Ghafoor hides our faults not only in the human realm but also in the realms of the spirits and angels.

Al Ghaffar (14) forgives time after time,  
Al Ghafoor (34) forgives perfectly and completely.



قُلْ يَا عِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ  
يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْعَفُورُ الرَّحِيمُ

*"Say! 'O My servants who have committed excesses against their own souls, do not despair of the mercy of Allah. Indeed Allah will forgive all sins. Indeed, He is the All-Encompassing Forgiver, The Raheem (Extra Kind to Believers)" 39:53*  
He Who penetrates the deepest part of the heart where the unforgivable and inexcusable offences are. He lifts the veil of shame with forgiveness.



## REFLECTION

The first due (supplication) made by the human being - Prophet Adam (pbuh) was asking for forgiveness.

*They (Prophet Adam & Sayyida Hawwa) said, 'Our Master, we have wronged ourselves! If You do not forgive us and have mercy upon us, we will surely be among the losers.'* 7:23

The response from Divinity: *"Then Adam received certain words from his Master, and He turned to him, Indeed He is the Acceptor of Repentance, The Raheem (Extra Kind to Believers)."* 2:37

*"A bad deed that you regret in your heart is a thousand times better than the good deed that makes you proud."*

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA GHAFUOR frequently to gain relief from ailments, despair and despondency.

## AL SHAKUR



## MEANING

THE REWARDER OF THANKFULNESS - THE ONE WHO APPRECIATES ACKNOWLEDGES, REWARDS AND INCREASES EVEN THE SMALLEST OF EFFORTS. AL-SHAKUR ACCEPTS LITTLE AND GIVES A LOT IN EXCHANGE. HE ALSO REWARDS HIS SERVANTS FOR THANKING HIM.

إِنَّهُ غَفُورٌ شَكُورٌ

"...Indeed He is The All-Encompassing Forgiver, The Rewarder of Thankfulness". 35:30

His multiplication of reward is unlimited.  
Linguistically Shukr means to increase.

X

7  
14  
21  
28  
35

MULTIPLICATION

وَاذْتَأَدَّنْ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ<sup>صل</sup>

"And when your Master announced: "If you are thankful I will increase (enhance the blessing) for you ...." 14:7

All the acts of worship are in essence manifestations of gratitude to Allah. After every salaa and after every blessing, we do the prostration of Shukr (Gratitude). Gratitude is not only the essence of Islam; but also the key to attracting abundance, prosperity, peace, and success in one's life. Do not be so attached to your expectations of the future that you become ungrateful for the blessings that Allah has granted you in this present moment.



## REFLECTION

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي دِينِي وَإِيَّتِي وَإِيَّائِي مِنَ الْمُسْلِمِينَ

.... 'My Master! Motivate me to be grateful for Your blessing with which You have blessed me and my parents, and that I may act righteously to please You and also make my progeny righteous, Indeed I have turned to You, and am one of those who submits to You .' 46:15

"He who is not thankful to people will not be able to be thankful to Allah"

Prophet (pbuh)

Shukr (gratitude) is all about giving (sharing with others) what we are worth.

Al Shakur in gratitude gives what befits Him.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA SHAKUR frequently to lighten a heavy heart and to relieve suffering.



### MEANING

THE MOST HIGH - ANYTHING ATTRIBUTED TO DIVINITY IS HIGH. IN ESSENCE HE IS FAR ABOVE ANYTHING OR ANYONE WE CAN SEE, PERCEIVE OR IMAGINE.

وَأَنَّ اللَّهَ هُوَ الْعَلِيُّ الْكَبِيرُ

"...And Indeed Allah is The Most High, The Great." 22:62

He is above creation in every sense. When we cry out to Him in times of need, we have this intuition to look up to the sky.



## سُبِّحَ اسْمُ رَبِّكَ الْأَعْلَى

“Declare the Perfection of the name of your Master, The Most High” 87:1  
When this verse was revealed, the Prophet (pbuh) said it should be recited in Sujood and thus we say:

سُبْحَانَ رَبِّي الْأَعْلَى وَبِحَمْدِهِ

I declare the Perfection of my Master, The Most High and I praise Him.

Sajda (prostration) is the position in which we are at our lowest in a position of humility. In this position without the forehead touching the earth, we become aware of our lowliness in comparison to Him being The Most High.



## REFLECTION

“Come! Raise yourself to Me! Don't live below your potential”.

Al 'Ali is higher than anything or anyone that we can imagine.

Practical steps:

1. Do wudhoo.
2. Go on your musalla and switch off the phone, watch and computer.
3. Pray Salaa and recite Qur'an.
4. Talk to Him in the silence imagining you are at the top of the highest mountain you can climb.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA 'ALI frequently to achieve success in all your endeavours.



### MEANING

THE GREAT -THE ONE WHOSE GREATNESS IS INFINITE IN EVERY ASPECT. GREATNESS IS AN EXPRESSION OF PERPETUITY AND ONE WHOSE EXISTENCE IS PERFECT IN ALL ASPECTS. WHATEVER WE IMAGINE AS GREAT, ALLAH IS GREATER.

وَأَنَّ اللَّهَ هُوَ الْعَلِيُّ الْكَبِيرُ

*"And Indeed Allah is The Most High, The Great." 22:62*

No matter what one is going through, Allah is Greater than it. Thus the Kabeer (big) problem becomes sagheer (small) because there is Al Kabeer to solve it. Al Kabeer is One whose Essence is Greatness. Al Mutakabbir is One Who reveals His Greatness at every moment.



From this attribute and the attribute of Al Mutakabbir (19) comes the command to magnify Him through Takbeer (Allahu Akber) - Allah is Greater than anything or anyone (greater than whatever can be encompassed by any human comprehension, understanding or vision.

اللَّهُ أَكْبَرُ

*Allah is Greater than anything or anyone.*

The most repeated phrase in the day of a Muslim. Throughout the 5 daily prayers and in the tasbeeh of Sayyida Fatima (pbuh). It is a statement derived from Al Kabeer and initiates the salaa so one's mind is not occupied by anyone or anything but Him, nor will the heart be attached to anyone or anything but Him.

One of the earliest commandments in the Qur'an is

وَرَبَّكَ فَكَبِّرْ

*Announce the greatness of your Master 74:3*

وَكَبِّرْهُ تَكْبِيرًا

*Announce His limitless Greatness! 17:111*



## REFLECTION

اللَّهُ أَكْبَرُ

*Allah is Greater than anything or anyone.*

Allahu Akber is the first phrase we hear when we enter the world. It is a phrase to be repeated on every occasion - difficult or happy. Greatness belongs to Al Kabeer alone.

*"Having the Greatness of the Creator in your mind would make you realise the insignificance of the creatures in your view."*

Imam Ali (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite AL KABEER frequently to be cured of ailments and to gain self-esteem.

## AL HAFEEZH



## MEANING

THE PRESERVER - HE WHO SAFEGUARDS HIS CREATION AND PERPETUATES THEIR EXISTENCE. HE PRESERVES ALL KNOWLEDGE OF EVERYTHING - INTENTIONS AND ACTIONS IN ABSOLUTE DETAIL. NOTHING IS LEFT OUT (FORGOTTEN).

إِنَّ رَبِّي عَلَىٰ كُلِّ شَيْءٍ حَفِيزٌ

"Indeed my Master is The Preserver." 11:57

Al Hafeezh comes from the root word - 'hafazha' from which the word 'hifzh' - memorisation comes.



...وَلَا يَئُودُهُ حِفْظُهُمَا...

"...and He does not get tired by their preservation..." 2:255

The entire universe and everything and everyone in it is preserved by Allah; He doesn't forget even the smallest thing and He doesn't get tired. The laws of the universe like the law of gravity only work because Al Hafeezh preserves them - if He were to sleep or forget them, there would be utter chaos.



## REFLECTION

A book is called hafeezh because its contents safeguard records of actions and statements from being lost. Hifzh (memorisation) is a form of preservation and remembrance. In Arabic, remembrance is called Zhikr. Repeating (doing Zhikr) of the names of Allah (Asmaul Husnaa) enables preservation of eiman, gratitude and trust in Divinity.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite AL HAFEEZH frequently to be protected from calamities and hostility.



### MEANING

THE NOURISHER WHO MAINTAINS, PRESERVES, WATCHES OVER AND NOURISHES ALL OF HIS CREATION ACCORDING TO ITS NEEDS (BOTH BODY AND SOUL).

وَكَانَ اللَّهُ عَلَىٰ كُلِّ شَيْءٍ مُّقِيتًا

“...And Allah Nourishes all things.” 4:85

‘Qoot’ (from which the word Muqeat is derived) means the personalised nourishment that each body and soul requires. The soul receives nourishment in the form of knowledge and love. He makes accessible what each creature requires for the nourishment of its body and soul.

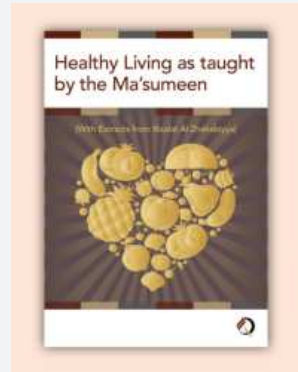


One of the signs of Al Muqet is the milk that flows from a mother to her young. All of creation is provided for in different ways. Rumi says: The dove on the tree coos gratefulness, even though her food for the night has not yet arrived. The nightingale's glorification is this: "I depend for my daily bread, on You who loves to respond." The falcon delights in the King's hand, and no longer looks at carrion. Look at every animal from the gnat to the elephant: they all are God's family, and dependent on Him for their food. What a nourisher is God! (Al Muqet)



## REFLECTION

There is a difference between need and the acquisition of that which is beyond necessity and possibly harmful to us and the earth. To manifest the quality of Al Muqet, we need to understand what really nourishes us. The Qur'an and the Ahlul Bayt have taught us what best nourishes and poisons our bodies and souls.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite AL MUQEET frequently for safety on a journey. For Divine assistance in combating ill manners in a child, recite AL MUQEET 7x on water and give it to the child to drink.



### MEANING

THE ACCOUNTER WHO TAKES ACCOUNT OF EVERYTHING APPARENT AND HIDDEN AND CALCULATES PRECISELY. HE WHO IS NOT FOOLED BY APPEARANCES. THE ONE TO WHOM WE ARE ACCOUNTABLE TO AND THE ONE WHO SUFFICES.

إِنَّ اللَّهَ كَانَ عَلَىٰ كُلِّ شَيْءٍ حَسِيبًا

"...indeed Allah takes account of all things." 4:86

If we reflect on the universe, we will see a flawless accounting system. And if we look at the precise computations in the working of our body, we see the attribute of Al Haseeb in every aspect. Al Haseeb will present to the human being on the day of accounting (Qiyama) a precise record of everything they have done.



وَنَضَعُ الْمَوَازِينَ الْقِسْطَ لِيَوْمِ الْقِيَامَةِ فَلَا تُظْلَمُ نَفْسٌ شَيْئًا وَإِنْ كَانَ  
كَانَ مِثْقَالَ حَبَّةٍ مِنْ خَرْدَلٍ أَتَيْنَا بِهَا وَكَفَى بِنَا حَاسِبِينَ

"And We will set up a just balance on the day of resurrection (accounting), so no soul shall be dealt with unjustly in the least; and We will show even the deed with a weight of a grain of mustard seed, and We are sufficient in taking account." 21:47

Do not disregard even the smallest of deeds - be it a smile - for it may be that which will take you to Janna.



## REFLECTION

The greatest gift we have been given is life (time) which we spend with every breath we take. Life is about obedience to the Creator and serving His creation. On the day of Accounting (Qiyaama) we will be accountable to Al Haseeb for every moment.

"Call your own selves to account before you yourselves are called on to account for them." Prophet Muhammad (pbuh)

اقْرَأْ كِتَابَكَ كَفَىٰ بِنَفْسِكَ الْيَوْمَ عَلَيْكَ حَسِيبًا

'Read your book! Today your soul suffices as your own accouter' 17:14



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite AL HASEEB for safety from problems and difficulties and from the cruelty or jealousy of other human beings.



### MEANING

THE MIGHTY WHO INSPIRES AWE MAKING US REALISE THAT EVERYTHING AND EVERYONE IS WEAK IN COMPARISON. HE MAKES MANIFEST HIS MIGHT IN ABSOLUTELY EVERYTHING FROM STRENGTH, KNOWLEDGE, AND POWER TO FLAWLESSNESS AND SO FORTH. HE IS MIGHTY IN EVERY ATTRIBUTE.

فَلَمَّا تَجَلَّى رَبُّهُ لِلْجَبَلِ جَعَلَهُ دَكًّا وَخَرَّ مُوسَىٰ صَعِقًا

".... So when his Master made apparent His Might to the mountain, it crumbled to dust and Musa fainted...." 7:143

"Had We sent down this Quran upon a mountain, you would have certainly seen it humbled and torn apart in awe of Allah. We set forth such comparisons for people, so perhaps they may reflect." 59:21

The Quran mentions the same effect that revelation has on a mountain. Al Jaleel manifests Himself through Divine Guidance.



*"When Musa came at the appointed time and his Master spoke to him, he (Musa) asked, "My Master! Reveal Yourself to me so I may see You." Allah answered, "You cannot see Me! But look at the mountain. If it remains firm in its place, only then will you see Me." When his Master made apparent His Might to the mountain, it crumbled to dust and Musa fainted. When he recovered, he cried, "I declare Your Perfection! I turn to You in repentance, and I am the first of the believers." 7:143*



## REFLECTION

هُوَ الَّذِي يُرِيكُمْ الْبَرْقَ خَوْفًا وَطَمَعًا وَيُنشِئُ  
السَّحَابَ الثِّقَالَ

*"He is the One Who shows you lightning, inspiring you with hope and fear, and produces heavy clouds." 13:12*  
A thunderstorm inspires awe - hope and fear. It makes us realise how powerful Al Jaleel is.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite AL JALEEL to manifest the reality of things and to remove fear, worries and weakness from the heart.



### MEANING

THE GENEROUS ONE WHOSE IS THE SOURCE OF ALL GENEROSITY. HIS CONSTANT BLESSINGS SURPASS ALL EXPECTATIONS. HE GIVES WITHOUT BEING ASKED, WITHOUT REASON OR WHETHER ONE DESERVES IT OR NOT. AL KAREEM IS THE GENEROUS FORGIVER WHO ACCORDS NOBILITY TO THOSE WHO SEEK REFUGE IN HIM.

لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ

"...there is no god except Him, the Generous Master of the Throne." 23:116

Al-Kareem is He who has made Himself accessible. He does not require that you make an appointment with Him, nor does He stipulate the usage of a particular language when communicating with Him. He does not limit what you can ask for, nor for how long you can stay.



اقْرَأْ وَرَبُّكَ الْأَكْرَمُ  
الَّذِي عَلَّمَ بِالْقَلَمِ

*"Read, and your Master is the most Generous, Who taught by the pen" 96:3,4*  
His Greatest Generosity is the gift of Divine Guidance which enables the human being to reach his full potential.



## REFLECTION

يَا أَيُّهَا الْإِنْسَانُ مَا غَرَّكَ بِرَبِّكَ الْكَرِيمِ

*"O human being! What has turned you away from your Most Generous Master?"*  
82:6

He is Generous to those who take refuge on Him.

He knows your difficulties and your needs before you know them.

He gives before He is asked.

He loves to be asked of His Generosity and wishes to be asked with no limits.

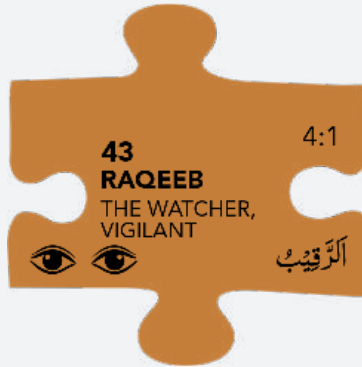
You only need a focused heart to accompany your request and He promises not to turn you away empty-handed.

Why then would you turn away from Him?



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA KAREEM to be valued and be freed from debts.



### MEANING

THE VIGILANT WATCHER WHO WATCHES EVERYTHING, EVERYWHERE AND ANYWHERE IN EVERY MINUTE DETAIL AND IS ALWAYS ALERT.

إِنَّ اللَّهَ كَانَ عَلَيْكُمْ مَرْقِيبًا

"Indeed Allah is watchful over you." 4:1

He watches every action, intention, emotion, feeling and thought. Nothing escapes Him.



يَعْلَمُ خَائِنَةَ الْأَعْيُنِ وَمَا تُخْفِي الصُّدُورُ

*"He knows the betrayal of the eyes, and what is hidden in the chest."* 40:19

A camera is limited in its recording for it can only record physical actions and sounds within its range. Al Raqeeb is limitless surveillance of both the internal and external activities of a human being.

*"Worship Allah as though you see Him, and though you do not see Him, you know that He sees you"* Prophet Muhammad (pbuh)



## REFLECTION

وَمَا تَسْقُطُ مِنْ وَرَقَةٍ إِلَّا يَعْلَمُهَا

*... No leaf falls without His knowing it...*

6:59

If He can watch every leaf that falls from every tree in the universe, then we can be rest assured that Al Raqeeb is constantly watching over every aspect of our existence as a mother does - without judgement but gently correcting where necessary. The more precious the person, the more watchful we are to protect and nurture.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RAQEEB for Divine protection.





### MEANING

THE RESPONDER - THE ONE WHO RESPONDS TO EVERY REQUEST OF HIS CREATION WHEREVER, WHENEVER, AND HOWEVER THEY CALL.

إِنَّ رَبِّي قَرِيبٌ مُجِيبٌ

“My Master is The Ever Near Responder” 11:61

He hears each and every call. Not knowing how, where or how the answer comes protects us from our limited imagination, but to know that the answer will definitely come makes lovers of Divinity out of us.



وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

“When My servants ask you about Me, [tell them that] I am indeed near. I answer the call of every caller when he calls Me. So, let them respond to Me, and let them have faith in Me, so that they may be rightly guided” 2:186

If we feel distant, He does not go anywhere - we have moved away. To get close to Him, just converse with Him for only He has all the answers. Dua (Prayer) is a generator of energy.



## REFLECTION

“When you ask (knock at His door), know that the response is already there”.  
Prophet Muhammad (pbuh)

“When Allah inspires your tongue to ask. Know that He wants to respond”.  
No matter how much you’ve gone astray, no matter how difficult life is; even when the pain is unbearable and all you can do is silently cry out from the heart, know that the door to Al Mujeeb is always open. He promises to respond.  
“When the world pushes you to your knees, you’re in the perfect position to pray”. Rumi



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUJEEB frequently before asking for your needs.



### MEANING

THE ONE WHO IS UNLIMITED IN EVERY ATTRIBUTE. E.G. HIS MERCY IS ENDLESS, HIS FORGIVENESS LIMITLESS, HIS KNOWLEDGE ALL ENCOMPASSING. HE IS THE ABSOLUTE INFINITE ALL ENCOMPASSING PRESENCE

إِنَّ اللَّهَ وَاسِعٌ عَلِيمٌ

*"Allah is indeed The Infinite, The All Knowing."* 2:115

Al Waasi manifests as extensiveness and an all encompassing presence.



ج  
إِنَّ رَبَّكَ وَاسِعُ الْمَغْفِرَةِ

"...Indeed the Forgiveness of your Master is Unlimited". 53:32

O, Son of Adam! if I did not love to forgive, I would not test My Servants with sins.

O, Son of Adam! I have given you faith and forgiveness without your asking and crying for it. Then how can I be mean by not giving you Janna and forgiving you when you are seeking and crying for it (Janna). Hadith Al Qudsi



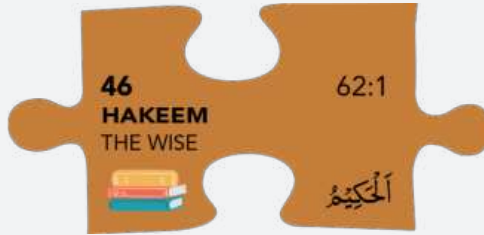
## REFLECTION

"The heavens and the earth cannot contain Me, Only the heart of My faithful servant can contain Me." Hadith Al Qudsi



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WAASI' frequently to overcome being overwhelmed by responsibilities and to open doors to opportunities.



### MEANING

THE WISE WHO IS THE SOURCE OF ALL WISDOM. HE IS IN ABSOLUTE CONTROL AND HIS WISDOM IS PERFECT AND ALWAYS FOR THE BEST ALTHOUGH WE MAY NOT UNDERSTAND IT.

يُسَبِّحُ لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ الْمَلِكِ الْقُدُّوسِ الْعَزِيزِ الْحَكِيمِ

*"Whatever is in the heavens and in the earth declare the Perfection of Allah, The Absolute Owner, The Flawless, The Incomparable, The Wise" 62:1*

We are born with freewill in a universe that follows the laws of Allah. Our freewill wants to fulfil all our wishes, yet Al Hakeem keeps testing our will in order that we can elevate ourselves.



'Hukm' is the 'bit' that fits inside a horse's mouth and is controlled by the rider through reins. In the same way Al Hakeem controls His creation with His Wisdom steering them to their full potential.



## REFLECTION

The story of Prophet Yusuf (pbuh) shows the Wisdom of Al Hakeem. It is not possible to understand the hardships he went through until we look at them after the events had occurred. In the end, Prophet Yusuf (pbuh) saved the people of Egypt from famine, attained immense success, and was reunited with his family. The dream he had in his childhood of seeing the sun, moon and stars prostrating to him (12:4) came true. He believed in the wisdom of Al Hakeem and knew that it would all connect in the future but never exactly knew how.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA HAKEEM frequently to overcome difficulties.

## AL WADOOD



## MEANING

THE LOVING WHO LOVES UNCONDITIONALLY AND INFINITELY MORE THAN ANYONE CAN COMPUTE.

وَاسْتَغْفِرُوا رَبَّكُمْ ثُمَّ تُوبُوا إِلَيْهِ إِنَّ رَبِّي رَحِيمٌ وَدُودٌ

"Ask Your Master for forgiveness, then turn to Him repentant, Indeed My Master is Kind & Loving." 11:90

No Matter what you have done or said, Allah is waiting for you or return to Him so He can enfold you with His Forgiveness and Love. Every time you go astray, return to Him for He is always there, waiting for you.



When we love someone, we want to be close to them. The love of AL WADOOD is so Intense and Continuous that He is closer to us than our jugular vein (50:16)



Like our individual thumbprints, we all have a unique part to play in Creation. Without anyone of us, the world would be incomplete just like a jigsaw puzzle. Each one of us was created intentionally with a Divine purpose.



## REFLECTION

We are programmed to incline towards those who reflect Divine Attributes. The difference between Hubb & Wudd which are both translated as love is that Hubb pertains to love in the heart whilst Wudd is much more extensive in that it is love in the heart accompanied by actions to bring the beloved closer.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WADOOD frequently to resolve differences.



### MEANING

THE GLORIOUS ONE WHO IS EXCEEDINGLY GENEROUS, HAS UNFATHOMABLE NOBILITY AND IS ABSOLUTE PERFECTION. AL MAJEED BRINGS INTO OUR LIVES MOMENTS THAT BRING AMAZEMENT AND BLISS TO THE HEART. THE DIFFERENCE BETWEEN AL MAJEED AND AL MAAJID (65) IS THAT AL MAJEED SIGNIFIES EXTENSIVENESS WHILST AL MAAJID IS PARTICULAR TO SPECIFIC DEEDS.

يُسَبِّحُ لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ الْمَلِكِ الْقُدُّوسِ الْعَزِيزِ الْحَكِيمِ

*"Allah's mercy and His blessings upon you, O people of the house Indeed He is The Praiseworthy, The Glorious."* 11:73

Angels visited Prophet Ibraheem (pbuh) and his wife Sara. They gave the news of a son to them (Sara was in her nineties). The angels referred to Allah as Al Majeed who made the impossible possible.



*Qaaf! I swear by the glorious Quran. 50:1*  
Divinity calls the Quran Al Majeed. Just as Al Majeed makes the impossible possible, the Qur'an is a miracle in itself. Its language, its effect on the heart and soul, and its preservation (every dot and line). It is a reminder that if we want to witness the miracle of Al Majeed we only need to open the Qur'an.



## REFLECTION

Al-Majeed means Allah is above all limitations, there are no obstacles to His decree, no matter how impossible it seems in our eyes. So, when we do dua, we should know that Allah can make miracles happen.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MAJEED frequently to witness His Glory and to increase spiritual capacity.



### MEANING

THE ONE WHO RAISES FROM THE DEAD, DISPELS IGNORANCE WITH DIVINE GUIDANCE, REVIVES AND RESURRECTS SICK HEARTS AND REVEALS WHAT IS IN THE CHEST.

وَأَنَّ اللَّهَ يَبْعَثُ مَنْ فِي الْقُبُورِ

"....and Allah will resurrect those who are in the graves." 22:7

Our bodies will eventually die, but our souls live forever. After our bodies have died, we rise again in new bodies on the day of Resurrection.



وَتَرَى الْأَرْضَ هَامِدَةً فَإِذَا أَنْزَلْنَا عَلَيْهَا الْمَاءَ اهْتَزَّتْ وَرَبَتْ وَأَنْبَتَتْ مِنْ كُلِّ  
رَوْحٍ بَهيجٍ ذَلِكَ بِأَنَّ اللَّهَ هُوَ الْحَقُّ وَأَنَّهُ يُحْيِي الْمَوْتَى وَأَنَّهُ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

"...And you see the earth dry and lifeless, and We send down water upon it, it stirs and swells and brings forth every kind of plant. All this happens because Allah alone is the Ultimate Truth, and because He alone brings the dead to life, and because He has Power over all things. 22:5,6

'Buth' means something that stirs someone to action (awakens, motivates)



## REFLECTION

وَهُوَ الَّذِي جَعَلَ لَكُمُ اللَّيْلَ لِبَاسًا وَالنَّوْمَ سُبَاتًا وَجَعَلَ النَّهَارَ نُشُورًا

It is He who made for you the night as a covering and sleep for rest and He makes every day a resurrection. 25:47

Al Baaith will ask and so every morning ask these questions to yourself:

"How did you use your life?"

"How did you spend your youth?"

"How did you earn your wealth? What did you spend it on?"

"Did you follow Divine Guidance?"

"Did you serve creation?"



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BAAITH frequently to awaken the heart to Divine Guidance.

50

الشَّهِيدُ

AL SHAHEED



### MEANING

HE WHO WITNESSES ALL (EVEN AN ATOMS WORTH) THAT HAPPENS EVERYWHERE AT ALL TIMES AS THEY TRULY ARE.

سُرِّيهِمْ آيَاتِنَا فِي الْأَفَاقِ وَفِي أَنْفُسِهِمْ حَتَّىٰ يَتَبَيَّنَ لَهُمْ أَنَّهُ الْحَقُّ أَوَلَمْ يَكْفِ بِرَبِّكَ  
أَنَّهُ عَلَىٰ كُلِّ شَيْءٍ شَهِيدٌ

“Soon We shall show them Our signs in the horizons and in their own souls until it becomes clear to them that He is the Truth. Is it not sufficient that your Master is Witness to all things?” 41:53

Everything bears witness to His creation.  
Al Shaheed transforms us into witnesses and  
makes us aware of the Divine Presence.



The words Tashahhud and Shahaada  
(witnessing the truth)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

وَ أَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

(I bear witness that there is no god except Allah, the only One and there is no partner for Him, and I bear witness that Muhammad is His slave and His messenger. O Allah! Send blessings on Muhammad and his Ahlulbayt). The Tashahhud is the Muslims's testimony of faith. When a person verbalises the Shahaada even without any witnesses, Allah is their Witness and they are Muslims.



## REFLECTION

عَبْدِي أَطْعَمِي فَجَعَلَك مَثَلِي  
أَنَا حَيٌّ لَا أَمُوتُ فَجَعَلَك حَيٌّ لَا تَمُوتُ

*"My servant, Obey Me,  
I will make you like Me,  
I Live, never to die,*

*I shall make you live, never to die". Hadith Qudsi*

Al Shaheed makes us into witnesses by making us aware of The Divine Presence giving us the opportunity to be immortal by obeying Him and serving His creation.

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA SHAHEED frequently to dispel bad habits and open the heart to light and understanding.





## MEANING

ALLAH IS THE ABSOLUTE TRUTH - EVERYTHING HE DOES IS THE TRUTH AND WHEN HE SPEAKS, ALL FALSEHOOD DISAPPEARS. HE NEVER CHANGES AND HE IS THE ABSOLUTE REALITY. ONLY TRUTH IS CONSTANT. IT IS A TESTIMONY THAT HIS JUDGEMENT AND KNOWLEDGE ARE PERFECT. THE TRUTH NEEDS NO TESTIMONY.

ذَلِكَ بِأَنَّ اللَّهَ هُوَ الْحَقُّ

"It is because Allah is The Truth..." 22:6

اللَّهُمَّ أَرِنِي حَقِيقَةَ الْأَشْيَاءِ كَمَا هِيَ

"O Allah, show me the truth of things as they truly are." Dua taught by the Prophet (pbuh)



Each verse of the Qur'an is called an Aayaa (pl Aayaat) which means a sign. The signs (aayaat, verses) of the Qur'an lead us to The Truth. Only Truth is constant and real.



## REFLECTION

وَقُلْ جَاءَ الْحَقُّ وَزَهَقَ الْبَاطِلُ إِنَّ الْبَاطِلَ كَانَ زَهُوقًا

*“And say, The truth has come, and falsehood has vanished. Indeed falsehood is bound to vanish.” 17:81*

Divine Truth gives freedom by breaking the shackles of delusion (baatil) and its manifestation appears as one who always speaks the truth, listens and believes in it and that is when all falsehood disappears. Truth will always remain the truth and will eventually prevail.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA HAQQ frequently to receive unexpected help and support. Also recite to find that which is lost.



### MEANING

THE ABSOLUTE TRUSTEE TO WHOM ALL AFFAIRS ARE ENTRUSTED TO MANAGE AND WHO TAKES CARE OF EVERYTHING. HE IS ONE ON WHOM ONE RELIES ON KNOWING THAT HE ALONE KNOWS BEST. TO KNOW THAT ALTHOUGH WE DO NOT KNOW WHAT TOMORROW HOLDS, WE KNOW THAT AL WAKEEL IS THERE TO PROTECT US.

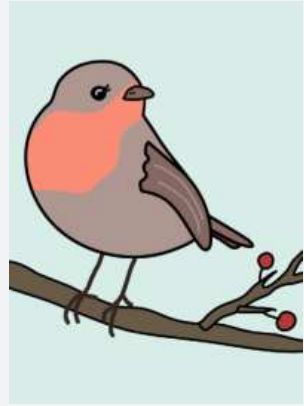
ذَٰلِكُمُ اللَّهُ رَبُّكُمْ لَا إِلَهَ إِلَّا هُوَ خَالِقُ كُلِّ شَيْءٍ فَاعْبُدُوهُ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ وَكِيلٌ

"That is Allah, your Lord, there is no god except Him, the creator of all things; so worship Him. He is the Trustee for everything." 6:102

The core of faith (eiman) is trust (tawakkul) in Allah knowing that whatever we experience (blessing or test) is a means to get closer to Him and ultimately to our personal best.



To trust Him is to hand over our problems to Him after we have done our best for the Prophet (pbuh) said:  
*"If you were to rely on Allah as He should be relied on, He would provide for you as He provides for the birds. They go out early in the morning hungry and return in the evening full".*

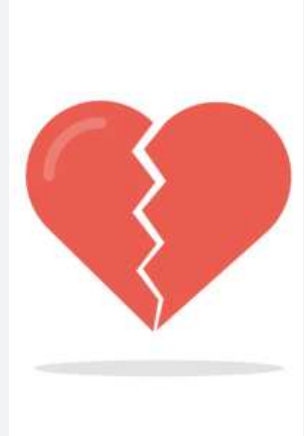


## REFLECTION

For every broken heart that silently shatters.  
For every pain that you can't explain.  
For every fear and worry that consumes you.  
For every uncertainty that scares you.  
For everything that you cannot understand or manage and is beyond your means and capacity.  
Recite & believe:

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

*"...Allah is sufficient for us and a most excellent Trustee." 3:173*



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WAKEEL frequently to be under Divine protection and receive Guidance to reach one's full potential.



### MEANING

THE STRONG WHOSE STRENGTH AND ENDURANCE IS UNLIMITED AND INEXHAUSTIBLE. THE ULTIMATE AND INFINITE ALL POWERFUL ONE.

اللَّهُ لَطِيفٌ بِعِبَادِهِ يَرْزُقُ مَنْ يَشَاءُ وَهُوَ الْقَوِيُّ الْعَزِيزُ

“Allah is Subtle (totally attentive to every detail) to His servants. He provides for whomever He wishes, and He is the Strong, the Incomparable.” 42:19

The intensity of the strength, capacity and power of Al Qawiyy enables us to offer Him the weight of the world on our shoulders, knowing He will be the strength to carry our burdens.



Al Qawiyy shows us the smallness of everything and everyone in the universe in the face of the Divine.

Our strength comes from Him and Him alone. Imam Husayn (pbuh) on the day of Ashura said:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

*"There is no strength nor power except with Allah, the Most High, The Awesome"*



## REFLECTION

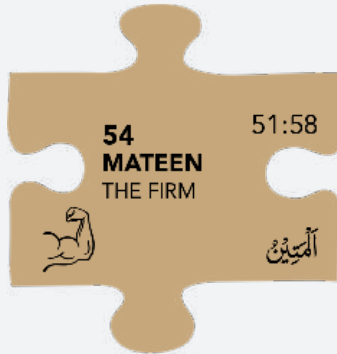
*"The strong man is not the one who wrestles others but rather the one who controls himself when he is angry"*  
Prophet Muhammad (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA QAWIYY frequently to have the strength to carry burdens, overcome anger and negative influences.

## AL MATEEN



## MEANING

THE FIRM - FIRMNESS SHOWS AN INTENSITY OF STRENGTH.  
THE ONE WHO IS STEADFAST AND THE ONE WHO PROVIDES  
STABILITY EVERYWHERE AND AT ALL TIMES.

إِنَّ اللَّهَ هُوَ الرَّزَّاقُ ذُو الْقُوَّةِ الْمَتِينُ

*"Indeed it is Allah who is The Sustainer, The Possessor of Strength and The Firm." 51:58*

Al Mateen connotes Firmness with the means of limitless expansion and extension of strength.



STABILITY

وَأُمْلِي لَهُمْ إِنَّ كَيْدِي مَتِينٌ

"And I will give them time, for My Plan is Firm." 7:183

When things get too hard to bear and we see injustice and inhumanity, know that His Plan is Firm, and no one can escape Him.

Al Mateen does not need an army to enforce His authority. He needs no help, nor supporters, nor assistants. His Might is perfect; nothing in the heavens nor on earth can stand in His way. He affects everything yet nothing can affect Him.



## REFLECTION

*"Indeed, this religion is Mateen, so enter its depth with gentleness."*

Prophet Muhammad (pbuh)

Standing firm is not synonymous with being stubborn or harsh.

*"Show gentleness, for if gentleness is found in anything, it beautifies it and when it is taken out from anything it damages it."* Prophet Muhammad (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MATEEN frequently to gain strength in difficult times. Recite it with YAA QAWIYY to assist the physical body to gain strength.

## AL WALIYY



## MEANING

THE PROTECTOR - THE DIVINE FRIEND WHO ALWAYS HAS YOUR BACK AND NEVER GIVES UP ON HIS CREATION.

اللَّهُ وَالِيُّ الَّذِينَ آمَنُوا يُخْرِجُهُمْ مِنَ الظُّلُمَاتِ إِلَى النُّورِ <sup>ص</sup>

"Allah is the Protective Friend of those who believe: He brings them out of darkness into light..." 2:257

It is not just external protection that Al Waliyy gives but also the internal strength and tranquillity that enables us to withstand every hardship.



The root word of Al-Waliyy means to be very close without any barrier. It connotes closeness, guardianship and one who supports.



## REFLECTION

*"I whisper to You, O You who is present in every place so that You may hear my call. My sins are excessive and my shame little...*

*I call for help from desires which have overpowered me...*

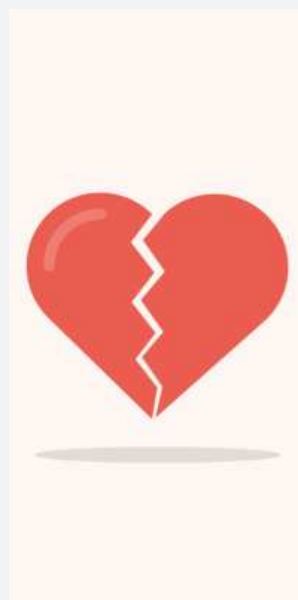
*I come to You alone..... my actions around my neck, when all of creation will withdraw from me....*

*Then if You do not have mercy on me, who will?*

*Who will give me solace from the loneliness of my grave?*

*Who will help me speak when I am alone with my deeds?..."*

Extracts from Dua Al Hazeen taught by Imam Sajjad (pbuh) - a reflection of Al Waliyy



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WALIYY frequently to get closer to Divinity and to remove material and spiritual barriers.



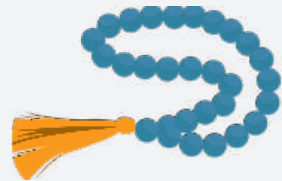
### MEANING

THE PRAISEWORTHY - EVERY SINGLE CREATION IN THE UNIVERSE FROM AN ATOM TO THE MOUNTAINS DOES HIS HAMD (PRAISE AND GRATITUDE) WITH SINCERITY BY BEING TRUE TO THEIR EXISTENCE AS ORDAINED BY HIM.

لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ وَإِنَّ اللَّهَ هُوَ الْغَنِيُّ الْحَمِيدُ <sup>ظ</sup>

*"To Him belongs whatever is in the heavens and whatever is in the earth, Indeed Allah is The Rich, The Praiseworthy." 22:64*

To praise and thank Allah does not mean to see the blessing, but to acknowledge the One Who has given it.



قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحْبِبْكُمُ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ  
 غَفُورٌ رَحِيمٌ

*"If you love Allah, then follow me; Allah will love you and forgive you your sins, and Allah is The All-encompassing Forgiver, The Extra Kind to Believers" 3:31*

The name Muhammad means the one who is most praised on the earth whilst Ahmed is the most praised in the heavens (in the world of souls).



## REFLECTION

The Prophet (pbuh) advised us to say ALHAMDULILLAH (All Praise and Gratitude belongs to Allah) at every occasion, knowing that everything is praiseworthy even if the ego fails to understand. To know that we do not know is the beginning of understanding Al Hameed.

Just as Sayyida Zaynab said after the event of Karbala

MAA RA'AYTU ILLAA JAMEELAA  
 (I saw nothing but beauty)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA HAMEED frequently in times of difficulty and need to feel the Divine force within.



### MEANING

THE APPRAISER - THE ONE WHO ANALYSES, COUNTS AND RECORDS, NOTHING GETS LOST WITH AL MUHSI. HE KNOWS THE TRUE VALUE OF EVERYTHING VISIBLE AND INVISIBLE.

أَحْصَاهُ اللَّهُ وَنَسُوهُ وَاللَّهُ عَلَىٰ كُلِّ شَيْءٍ شَهِيدٌ

"...Allah has kept a count of it, while they have forgotten, and Allah is witness to all things." 58:6

Al Muhsi is the One who knows everything inside and outside in detail and then records the results which never get forgotten. Even the smallest of deeds is recorded. Every good deed is coming back tenfold and a bad deed only once.



The English word computer comes from the Latin word 'computare', which means 'to calculate', 'to count', 'to think', or 'to sum up'. The counting and recording of a computer are minuscule compared to Al Muhsi who also knows the true value of everything.



## REFLECTION

وَأِنْ تَعُدُّوا نِعْمَتَ اللَّهِ لَا تَحْصُوهَا <sup>قُلْ</sup>

"...If you count Allah's blessings, you will not be able to appraise them...." 14:34

Al Muhsi gives us the capacity to see the blessings in every aspect of life.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUHSI frequently to remember things and to encourage acquisition of knowledge.

## AL MUBDI'



## MEANING

THE BEGINNER - ONE WHO ORIGINATES AND INITIATES ALL CREATION FROM NOTHINGNESS (WITHOUT A PRIOR MODEL). HE IS THE BEGINNER OF ALL THINGS, AND NOTHING COULD HAVE EXISTED WITHOUT HIS WILLING IT TO BE.

إِنَّهُ هُوَ يُبْدِئُ وَيُعِيدُ

"It is indeed He who originates (begins) and restores (brings back)" 85:13

Al Mubdi' (the Beginner) and al-Mu'id (the Restorer) are often paired together as He who begins (originates) creation will also restore it (re-creates).



يَا أَيُّهَا النَّاسُ صُـرِبْ مَثَلٌ فَاسْتَمِعُوا لِلَّهِ إِنَّ الَّذِينَ تَدْعُونَ مِنْ دُونِ اللَّهِ لَنْ يَخْلُقُوا ذُبَابًا وَلَوْ اجْتَمَعُوا لَهُ

"...People, here is an illustration, so listen carefully: those you call on beside God could not, even if they combined all their forces, create a fly..." 22:73

Carl Sagan (Astronomer, cosmologist, astrophysicist, astrobiologist....) said: 'If you wish to make an apple pie from scratch, you must first invent the universe.'



## REFLECTION

If every book began with the pen of an author and every building with the drawing of an architect, then it is inevitable that the earth and its being habitable with such precision indicates that there is a Creator who originated it (began it from nothing - AL Mubdi'. The cosmos points to Him.)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUBDI' frequently to make the right decision when you are unsure.



### MEANING

THE RESTORER - THE ONE WHO BRINGS BACK. HE WHO CREATED EVERYTHING RESTORES IT TIME AND AGAIN. HE GIVES LIFE TO THE DEAD AND TO HIM WE WILL ALL RETURN.

إِنَّهُ هُوَ يُبْدِئُ وَيُعِيدُ

*"It is indeed He who originates (begins) and restores (brings back)" 85:13*

Al Mubdi' (the Beginner) and al-Mu'eed (the Restorer) are often paired together as He who begins (originates) creation will also restore it (re-creates).



أَيُّحْسِبُ الْإِنْسَانُ أَنَّنْ نَجْمَعُ عِظَامَهُ  
بَلَىٰ قَادِرِينَ عَلَىٰ أَنْ نُسَوِّيَ بَنَانَهُ

*"Does the human being suppose that We will not put together his bones?*

*Indeed, We are able to reconstruct even his fingertips!" 75:3,4*

Al Mu'eed will restore every part of the human body down to the minute detail of the individual fingerprints (no two fingerprints are the same).



## REFLECTION

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

*"Indeed we are from Allah and to Him we return." 2:156*

Our lives are like a circle - Allah (AL MUBDI') begins our lives when we are born and we are restored to Allah (AL MU'EED) when we die. That is why we circle (do tawaf) of the Ka'ba in an anticlockwise direction to remind us that we are going back in time to our origin (being restored).



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MU'EED frequently to find something that is lost and to get someone who is lost home safely.



# AL MUBDI' & AL MUEED

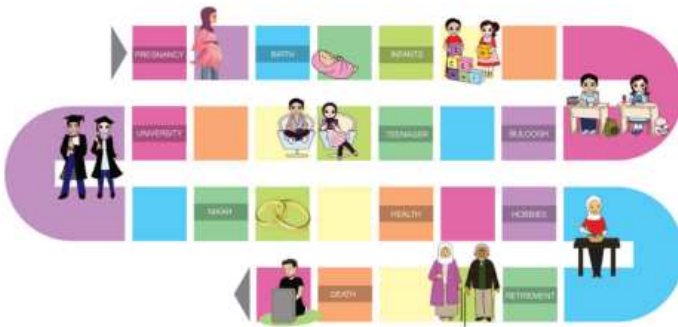


*"You will understand something by looking at its opposite."*  
Prophet (pbuh)



## AL MUBDI' & AL MUEED

We see the signs of Al Mubdi' and Al Mu'eed when we see a circle. When we begin something (AL MUBDI'), we set it in motion like the first half of the circle and when we restore it (AL MU'EED) we put it back where it came from and that represents the second half of the circle.



60

الْمُحْيِي

AL MUHYI



### MEANING

THE GIVER OF LIFE - HE IS THE ONLY ONE WHO CAN GIVE AND CREATE LIFE.

كَيْفَ تَكْفُرُونَ بِاللَّهِ وَكُنْتُمْ أَمْوَاتًا فَأَحْيَاكُمْ ثُمَّ يُمِيتُكُمْ ثُمَّ يُحْيِيكُمْ ثُمَّ إِلَيْهِ  
تُرْجَعُونَ

*"How can you deny Allah; you were lifeless, and He gave you life, then He will make you die and then bring you to life, and then you will be brought back to Him?" 2:28*

Nothing can live without Al Muhyi. Each living thing is only alive because Allah has given it life.



وَمَا خَلَقْتُ الْجِنَّ وَالْإِنْسَ إِلَّا لِيَعْبُدُونِ

*"I did not create the jinn and the humans except that they may submit to Me."*  
51:56

The Creator of the Universe chose to create you and me. We were given life to submit to Him and thus become a reflection of Godliness. We all come in different shapes and colours with a unique mission but without any one of us the jigsaw of existence is incomplete. We can only reach our full potential if we attach ourselves to He who gave us life (Al Muhyi).

*"You presume you are a small entity, but within you is enfolded the entire Universe."* Imam Ali (pbuh)



## REFLECTION

تَخَلَّقُوا بِأَخْلَاقِ اللَّهِ

Adopt in yourself the attributes of Allah. Prophet Muhammad (pbuh) We were created to reflect the names of Allah (Asmaaul Husna). They are already planted in our souls. Through the life Al Muhyi has granted us we are called to serve creation - to be the voice of the voiceless, the hand that lies the fallen, the healing to those ill and hurt and the glue to fix the hearts that are broken.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUHYI frequently to remove burdens and for relief from chronic illness.





### MEANING

THE TAKER OF LIFE - THE ONE WHO GIVES DEATH AT A TIME DECIDED BY HIM.

كَيْفَ تَكْفُرُونَ بِاللَّهِ وَكُنْتُمْ أَمْوَاتًا فَأَحْيَاكُمْ ثُمَّ يُمِيتُكُمْ ثُمَّ يُحْيِيكُمْ ثُمَّ إِلَيْهِ  
تُرْجَعُونَ

*"How can you deny Allah; you were lifeless, and He gave you life, then He will make you die and then bring you to life, and then you will be brought back to Him?" 2:28*

Death is Allah's will - Al Mumeet is the ultimate cause of the death of every living being.



كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ ثُمَّ إِلَيْنَا تُرْجَعُونَ

*"Every soul shall taste death. Then you shall be brought back to Us."* 29:57

Our bodies die, but the soul never dies. Death is a state of being for living things. It does not mean non-existence or nothingness. It exists as another state from which our lives transcend.



## REFLECTION

When we are born, adhan (call for prayer) is recited in our ears. There is no adhan for the salaa (prayers) of death for it was recited at birth. No one knows when they will die. It is Al Mumeet who determines the time and place of death.

What we can do is live the one life we have been given to submit to Divinity and serve His creation.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUMEET frequently to control negative influences within and those from outside.

# AL MUHYI & AL MUMEET



*"You will understand something by looking at its opposite."*  
Prophet (pbuh)



الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

“Indeed, we belong to Allah and to Him do we indeed return.”  
2:156

Al-Muhyi and Al-Mumeet a bring a balance to all things. If we lived as if we were immortal, we would be more likely overtaken by the temptations of this world with fear of no consequences. But the knowledge of our mortality balances our behaviour. Knowing that death may come at any time allows us to live life to reach our full potential.





### MEANING

THE ETERNAL - THE EVER LIVING. THERE IS NO BEGINNING OR END TO HIS EXISTENCE. THERE WAS NO MOMENT WHEN ALLAH WAS NOT PRESENT. HE IS BEYOND TIME AND SPACE.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ<sup>ج</sup>

"Allah—there is no god except Him—He is the Eternal, the Self Existing..."  
2:255

Al Hayy is Ever Lasting and Ever Present.



وَتَوَكَّلْ عَلَى الْحَيِّ الَّذِي لَا يَمُوتُ

“Put your trust in the Ever Living who does not die...” 25:78

All Hayy occupies a high position of all Divine Names (Asmaul Husna). Eiman (faith) hinges on trust Tawakkul and one can only trust One Who will always be there. The only one to rely on is Al Hayy for He is ever present.



## REFLECTION

In birth we see Al Hayy. He Who inspires all life into being. In every aspect of the universe, there is the presence of Al Hayy. Even in that which is seemingly inanimate. When Prophet Musa (pbuh) was commanded to strike the rock, 12 springs of water gushed out for the 12 tribes off of Israail. The flowing water is a sign of Al Hayy which comes from unseen places. A hard heart can be seen as the rock which needs to be broken to be enlivened by Al Hayy.

*“Wherever water flows, life flourishes, wherever tears fall, Divine Mercy appears”*  
Rumi



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA HAYY frequently for forgiveness, abundance, and a long life. Recite YAA HAYYUL QAYYUM together to make the impossible possible.



## AL QAYYUM



## MEANING

THE SELF EXISTING - THE ONE WHO IS TOTALLY INDEPENDENT AND HAS FULL AUTONOMY. HE SUPPORTS EVERYONE AND EVERYTHING OF ALL ETERNITY.

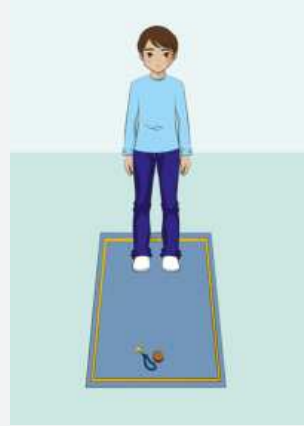
اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ<sup>ج</sup>

"Allah—there is no god except Him—He is the Eternal, the Self Existing..."  
2:255

Al Qayyum is the totally Reliable Supporter.



Just as Al Hayy occupies a high position so does Al Qayyum.  
The Arabic word Qayyum is related to Qiyaam which is the standing position in salaa (prayers). When we stand in salaa it is apt to know that we are being supported by Al Qayyum.



## REFLECTION

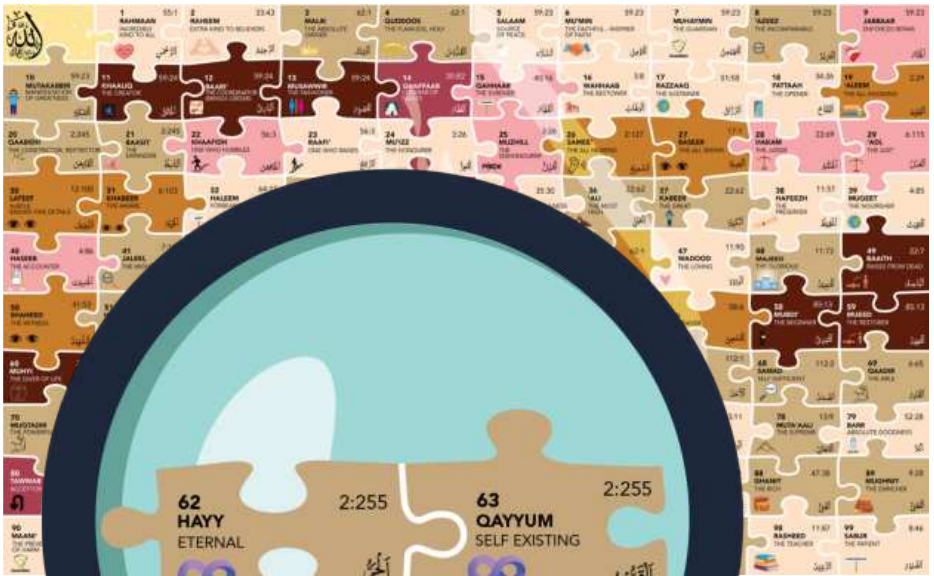
Al Qayyum gives a sense of total dependence. Just like the navel which reminds us how we were supported in our mother's womb by the umbilical cord.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA QAYYUM frequently for assistance in memory retention and to overcome laziness. Recite YAA HAYYUL QAYYUM together to make the impossible possible.

# AL HAYY & AL QAYYUM



AL HAYY IS THE COMPLEMENTARY NAME TO AL QAYYUM.  
They appear together to emphasise Allah's total care of all creation.



## AL HAYY & AL QAYYUM

When Prophet Musa (pbuh) with the people of Israail came to the shores of the Red Sea with Firawn's army behind them, he said:

إِنَّ مَعِيَ رَبِّي سَيَهْدِينِ

*Surely my Lord is with me: He will show me a way out.*

On striking the water with His staff He said:

يَا اللَّهُ يَا حَيُّ يَا قَيُّوْمُ

*O Allah, The Ever-Living, the Self-existing.*  
The water parted and 12 paths appeared.





### MEANING

THE FINDER - NOTHING OR NO ONE CAN HIDE FROM HIM. HE NEVER LOSES ANYONE OR ANYTHING. THE ONE FROM WHOSE KNOWLEDGE NOTHING AT ALL ESCAPES; HE DOES NOT OVERLOOK ANYTHING AT ALL.

وَوَجَدَكَ ضَالًّا فَهَدَىٰ ۖ وَوَجَدَكَ عَائِلًا فَأَغْنَىٰ

*"Did He not find you lost (unrecognised as His Messenger) and guide (them to you)? Did He not find you needy, and enrich you?" 93:7-8*

It is Al Waajid Who leads you to what you are finding.



It is Al Waajid who enabled Prophet Musa (pbuh) to be found by Sayyida Aasiya and set him on the path of reaching His full potential.



## REFLECTION

One is always in need of a direction like a child seeking his mum. And when found by her, he runs into her arms with joy and relief. That in essence is Al Waajid. He who brings relief to the seeker.

*“O Allah! I am in Your presence and my state and needs are better known to You than myself.”*



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WAAJID frequently to strengthen the heart, find what you wish to find and keep it.



### MEANING

THE NOBLE - THE ONE WHOSE PERFECTION OF NOBILITY IS DECLARED THROUGH HIS GENEROSITY.

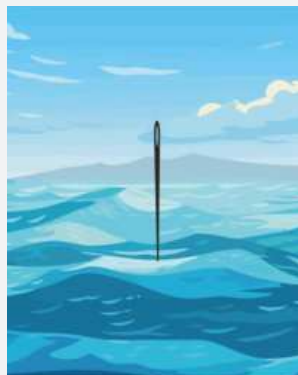
رَحْمَتُ اللَّهِ وَبَرَكَاتُهُ عَلَيْكُمْ أَهْلَ الْبَيْتِ إِنَّهُ حَمِيدٌ مَّجِيدٌ

"Allah's mercy and His blessings upon you, members of the household.  
Indeed He is The Praiseworthy, The Glorious." 11:73

The difference between Al Majeed and Al Maajid (65) is that Al Majeed signifies extensiveness whilst Al Maajid is particular to specific deeds.



*"If the first of you and the last...the living and the dead, were to ask Me, it will not decrease what is with Me in anything at all just as any of you may pass by a seashore and immerse a needle therein then takes it out. This is so because I am Al-Maajid; I do whatever I please; My giving is only a word: Whenever I desire something, I say to it 'Be!' and it is." Hadith Qudsi*



## REFLECTION

وَأَتَاكُمْ مِنْ كُلِّ مَا سَأَلْتُمُوهُ وَإِنْ تَعُدُّوا  
 أَنْعَمَتَ اللَّهُ لَا تُحْصَوْنَ إِنَّ الْإِنْسَانَ لَظَلُومٌ  
 كَفَّارٌ

*"....and He gave you all that you had asked Him. If you enumerate Allah's blessings, you will not be able to count them. Indeed, the human being is unjust and ungrateful." 14:34*  
 The One Who ensures that every human wish is fulfilled provided it actualises nobility of character.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MAAJID frequently to enlighten the heart and to be understood by others.

## AL WAAHID



## MEANING

THE ONE AND ONLY WHO REFLECTS MULTIPLICITY IN UNITY.  
THE ONE IN THE MANY WHO CAN NEITHER BE SEPARATED  
INTO PARTS NOR DUPLICATED.

يَا صَاحِبِي السِّجْنِ أَأَرَبَابٌ مُتَفَرِّقُونَ خَيْرٌ أَمْ اللَّهُ الْوَّاحِدُ الْقَهَّارُ

"O my prison mates! Are different masters better, or Allah, the One, the Subduer" 12:39

Whatever is in the world around us is actually part of Al Waahid.

1

“There is no God except Allah”  
Allah does not want us to just declare His existence, but He wants us to begin by declaring the non-existence of everything else in creation and then to believe that there is only the One Al Waahid. Everyone and everything else are transient.



## REFLECTION

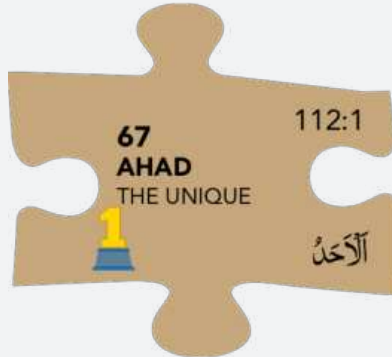
The simile is like looking at the waves on the ocean. All the different waves are part of one ocean. Al Ahad is like being in the depths of the ocean where there are no waves and feeling only the oneness around you.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WAAHID frequently to free oneself from fear and delusions.

## AL AHAD

**MEANING**

THE UNIQUE - THE ONE IN WHICH ALL NAMES, ALL QUALITIES  
AND THEIR RELATIONSHIPS COME TOGETHER.

قُلْ هُوَ اللَّهُ أَحَدٌ

"Say, 'He is Allah, the Unique.'" 112:1

This is the sura that testifies to the Perfection of Allah. Al Ahad is He Who is unique in all aspects, the only One who embodies perfection. He has no equal.



He is One in His Attributes: He resembles nothing and nothing resembles Him.”  
All qualities exist in Him in their perfect state.



## REFLECTION

A wall is made of bricks, water, sand, cement and more. However, when we look at it we see it as a wall. The wall is the sum of all its parts - the materials lost their identity individually in the wall. As human beings we identify ourselves as 'I' yet within the 'I' there are many characteristics, thoughts, values - in other words many 'I's. The identity of everything in creation is constructed in the same way Al Ahad (the Unique) reflects unity in multiplicity.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA AHAD frequently to manifest (reveal) hidden things (recommended to recite it 1000x in solitude).

## AL SAMAD



## MEANING

THE SELF SUFFICIENT - THE ETERNAL ONE WHO SATISFIES ALL NEEDS AND ALL ARE IN NEED OF HIM YET HE IS IN NEED ON NO ONE. HE IS THE UNIVERSAL SUPPORT AND REFUGE.

اللَّهُ الصَّمَدُ

*"Allah is the Self Sufficient."* 112:2

Al Samad is in essence is the final destination, the ultimate goal. The One Whom we seek in times of need. He is the completeness of all potentials.



اللَّهُمَّ إِنِّي أَسْأَلُكَ بِأَيِّ شَيْءٍ أَشْهَدُ أَنَّكَ أَنْتَ اللَّهُ لَا إِلَهَ إِلَّا أَنْتَ الْأَحَدُ الصَّمَدُ  
الَّذِي لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

*“O Allah, indeed, I ask you by my testifying that You are Allah, there is none worthy of worship except You, the One, Al Samad, the one who does not give birth nor was given birth to, and there is none who is like Him.”*

When the Prophet (pbuh) heard a person calling Divinity with the name As Samad in the dua he said:

*“By the One in Whose Hand is my soul, he has asked Allah by His Greatest Name (Al Samad), the one which if He is called upon by it, He responds, and when He is asked by it, He gives.”*



## REFLECTION

Water provides everything fishes need to survive. If the fish needs anything it must seek it from the water. Similarly, Al Samad satisfies all needs and it is He that we plead to in times of need.

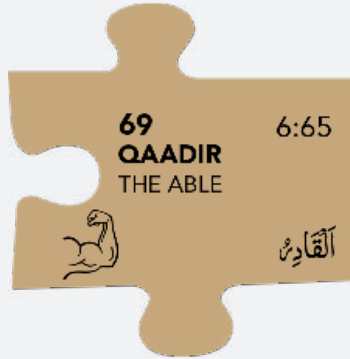
The Arabs describe a household of Samad where people go in the hope of fulfilling their worldly needs.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA SAMAD frequently for fulfilment of needs and to become independent.

## AL QAADIR

**MEANING**

THE ABLE - THE ALL POWERFUL - THE ONE WHO POSSESSES UNLIMITED POWER AND CAPACITY. EVERYTHING IS POSSIBLE FOR HIM AND EVERYTHING HAPPENS ACCORDING TO HIS WILL. HE OVERCOMES ALL OBSTACLES.

قُلْ هُوَ الْقَادِرُ

"Say! He is the Able (All Powerful)..." 6:65

EVERYTHING HAPPENS ACCORDING TO HIS WILL.



Whenever Prophet Zakariyya (pbuh) visited Sayyida Maryam who was under his protection, he saw fruits out of season in her room. He asked her where they were from. She replied "It is from Allah..." 3:37 There and then, Zakariyya asks Allah at the age of 75 for a child.

هُنَالِكَ دَعَا زَكَرِيَّا رَبَّهُ قَالَ رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

"There and then did Zakariyya call out to His Master; He said: My Master ! grant me from You a righteous child; surely You are the Hearer of prayer." 3:38 Al Qadir granted him Yahya although his wife was old and had no previous children.



## REFLECTION

Allah created the universe as a mirror to reflect His Power without the help of anything or anyone from nothing. His power of creation and causing things to happen is conditioned by only One thing - His Will. That is Al Qadir.

كُنْ فَيَكُونُ

BE! AND IT IS  
36:82

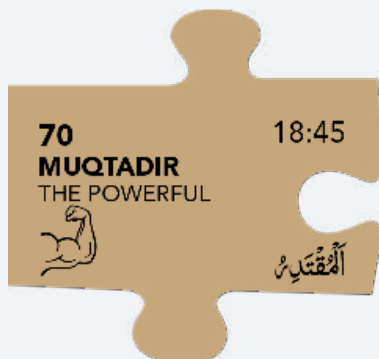
## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA QAADIR frequently for fulfilment of desires and freedom from difficulties.

70

الْمُقْتَدِرُ

AL MUQTADIR



### MEANING

THE POWERFUL - ONE WHO CREATES AND EXERCISES HIS POWER OVER EVERYTHING. HE WHO PUTS US ON THE PATH OF REACHING OUR PERSONAL BEST.

وَكَانَ اللَّهُ عَلَىٰ كُلِّ شَيْءٍ مُّقْتَدِرًا

"..... And Allah is over all things Powerful." 18:45

Al Muqtadir is the Creator of All Power.



We can see the signs of the power given to us by Allah in the architectural awesomeness around us. Yet despite our creativity which is given to us by Al Muqtadir we are vulnerable and weak. It is Al Muqtadir Who has given us the ability to create all of this.



## REFLECTION

The most awesome power we have been given is our will power. The ability to have intentions, make decisions and follow them through with actions consciously.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUQTADIR frequently to become aware of the truth and act authentically.

# AL MUQTADIR & AL QAADIR



*"When two words with similar meanings are placed together, it is to accentuate their difference".*



## AL MUQTADIR & AL QAADIR

Al Muqtadir (the Creator of All Power) completes Al Qadir (the One Who makes anything possible through His Will)  
Both come from the root word 'q d r' which means to know the measure of something, to ordain, to decide a matter, to intend or determine something, to have the power, to accomplish, to be able, to be able to prevail, to be empowered.  
Both refer to possessing power or being capable.  
Al Qadir possesses infinite power whilst Al Muqtadir exercises His Power over everything. Al Muqtadir is more forceful.

All around we see the power that Allah has given human beings like buildings and bridges. Yet despite our technology we are still frail. Compared to Al Qadir and Al Muqtadir our power is minute.



## AL MUQADDIM



## MEANING

THE PROMOTER - THE ONE WHO BRINGS FORWARD. HE WHO HAS TO POWER TO ADVANCE THINGS IN HARMONY. HE WHO DRAWS NEAR TO HIM.

قَالَ لَا تَخْتَصِمُوا لَدَيَّ وَقَدْ قَدَّمْتُ إِلَيْكُمْ بِالْوَعِيدِ

"He will say, 'Do not debate in My presence, for I had already warned you in advance.'" 50:28

Al Muqaddim wishes His creation to reach their full potential and warns them in advance of the impediments that will hinder their progress.



Al Muqaddim enables us to go ahead, step by step without losing sight of the goal of reaching our full potential with Divine guidance.



## REFLECTION

Al Muqaddim enables us to recognise that everything happens at the right moment teaching us to deal with time and our impatience.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUQADDIM frequently to be able to successful in prioritising that which takes one to one's personal best.

## AL MUAKHIR



## MEANING

THE POSTPONER - HE WHO DELAYS FOR HE CONTROLS TIME  
AND KNOWS THE WHOLE PICTURE.

وَلَئِنْ أَخَّرْنَا عَنْهُمْ الْعَذَابَ إِلَىٰ أُمَّةٍ مَّعْدُودَةٍ...

"And if We delay their punishment until a certain time..." 11:8

He delays punishment to allow the human  
being to reform himself.



لَا الشَّمْسُ يَنْبَغِي لَهَا أَنْ تُدْرِكَ الْقَمَرَ وَلَا  
اللَّيْلُ سَابِقُ النَّهَارِ وَكُلٌّ فِي فَلَكٍ يَسْبَحُونَ

*"The sun is not permitted to overtake the moon, nor can the night go beyond the day but each swims in its own orbit"* 36:40  
Al Muakhir ensures there is harmony by not allowing any one entity to overtake another.



## REFLECTION

Have you ever tried to force something to happen when the time was not right? Have you ever seen things come together as if they were meant to be long after you gave up. That is Al Muakhir.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUAKHIR frequently to gain strength to avert that which is negative and to get an insight into ones weaknesses.



### MEANING

THE FIRST - THERE IS NOTHING BEFORE ALLAH AND EVERYTHING COMES FROM HIM. HE IS THE BEGINNING OF EVERYTHING AND EVERYONE

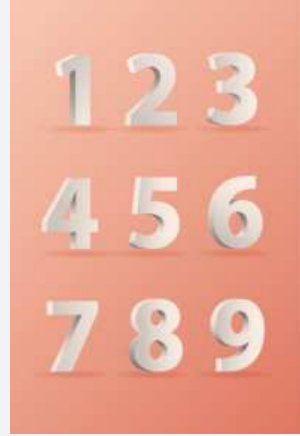
هُوَ الْأَوَّلُ وَالْآخِرُ...

"He is the First and the Last....." 57:3

There is nothing before Allah...



Allah is Al Awwal - The First - Number 1  
If you divide any number by 1, no matter how high or low you count, it shows itself as the original number. Al Awwal is part of all of us showing us to ourselves.



## REFLECTION

Al Awwal is the One Who exists eternally beyond time and space. He created in order to be known. He was before everything, and He is the One Who created everything.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA AWWAL frequently to see the truth and find solutions to overwhelming problems.

## AL AAKHIR



## MEANING

THE LAST - THERE IS NOTHING AFTER ALLAH AND EVERYTHING RETURN TO ALLAH. THE ENDING OF EVERYTHING AND EVERY SINGLE WITH ALLAH WHO HAS NO ENDING.

هُوَ الْأَوَّلُ وَالْآخِرُ...

"He is the First and the Last....." 57:3

There is nothing after Allah.....



Al Aakhir is post eternity. He is the Last without an end.



## REFLECTION

كُلُّ مَنْ عَلَيْهَا فَانٍ

*"Everyone will pass away." 55:26*

وَيَبْقَىٰ وَجْهُ رَبِّكَ ذُو الْجَلَالِ وَالْإِكْرَامِ

*"And will remain forever the face of Your Master, The Owner of Majesty and Generosity" 55:27*

All creation will return to Allah. What will remain is Al Aakhir - There is nothing after Him.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA AAKHIR frequently to see reality and gain protection from enemies.



# AL AWWAL & AL AAKHIR



*"You will understand something by looking at its opposite"*  
Prophet (pbuh)



## AL AWWAL & AL AAKHIR

الَّذِينَ إِذَا أَصَابَتْهُمُ مُصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

*"Indeed, we belong to Allah and to Him do we indeed return."*  
2:156

Al-Awwal and Al Aakhir symbolise the perfect cycle, without beginning or end. From Al Awwal is the beginning and to Al Aakhir is the return.





### MEANING

THE MANIFEST - HE WHO IS MOST OBVIOUS. EVERYTHING AND EVERYONE IS A PROOF OF HIS EXISTENCE. HE IS APPARENT IN EVERYTHING.

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

"He is the First and the Last, the Manifest and the Hidden, and He has knowledge of all things." 57:3

His existence is both manifest and hidden. He is apparent because of His signs but His essence is hidden. Allah is manifest in His attributes.



فَأَيُّمَا تَوَلَّوْا فَوَجَّهَ اللَّهُ

"...Wherever you turn, there is the face of Allah..." 2:115

One can know an artist from his art. Every creation is a manifestation of Allah. The signs of Allah are everywhere to see, in front of us, behind, above, below and also inside us.



## REFLECTION

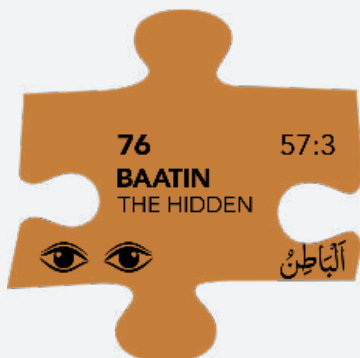
Imam 'Ali (pbuh) was asked by Tha'lab al-Yamani whether he had seen his Lord. Imam 'Ali replied, "How can I worship one that I do not see?"

When asked how he saw Him, Imam 'Ali replied,  
"Eyes do not reach Him with physical sight, but the hearts reach Him with the realities of belief."



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA ZHAAHIR frequently to see things which were hidden and solutions to problems.



### MEANING

THE HIDDEN - HIS ESSENCE REMAINS HIDDEN FROM US YET HE KNOWS ALL THAT IS HIDDEN. HE IS THE SECRET INNER COMPANION.

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

"He is the First and the Last, the Manifest and the Hidden, and He has knowledge of all things." 57:3

His existence is both manifest and hidden. He is apparent because of His signs but His essence is hidden.



لَا تُدْرِكُهُ الْأَبْصَارُ وَهُوَ يُدْرِكُ الْأَبْصَارَ <sup>صلى</sup>

*"Vision does not comprehend Him, yet He comprehends all vision."* 6:103

Al Baatin veils Himself from the physical eye but knows every veiled thing. The Prophet (pbuh) said *"Allah does not judge you by your appearance. He looks at your hidden deeds and your hearts."*



## REFLECTION

*"You are hidden, and yet from East to West You have filled the world with Your radiance.*

*Your Light is more magnificent than sunrise or sunset,*

*You whose essence is hidden while Your gifts are manifest*

*You are like water and we are like millstones.*

*You are like wind and we are like dust.*

*The wind is hidden while the dust is plainly seen.*

*You are the invisible spring, and we are Your lush garden."*

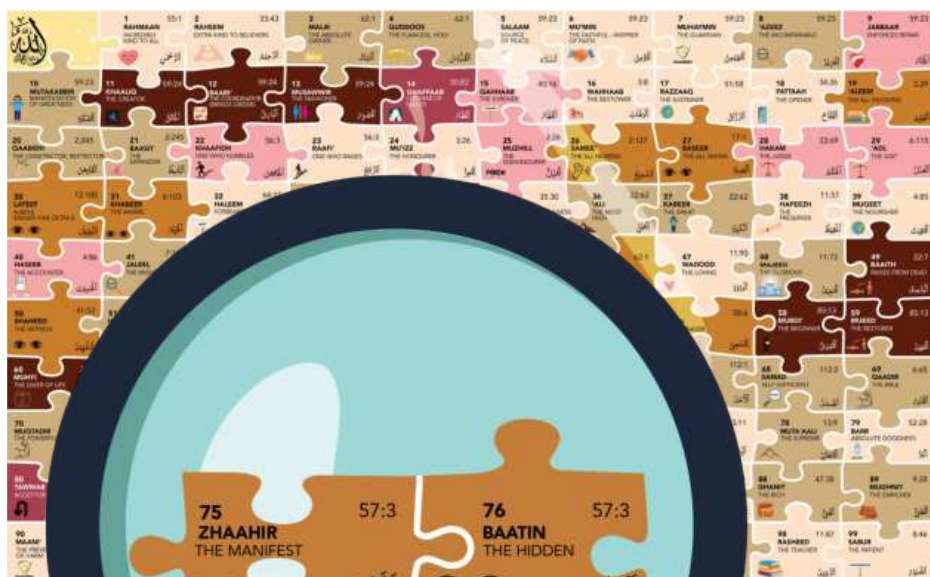
RUMI



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BAATIN frequently to see the truth in things.

# AL ZHAAHIR & AL BAATIN



*"You will understand something by looking at its opposite"*  
Prophet (pbuh)

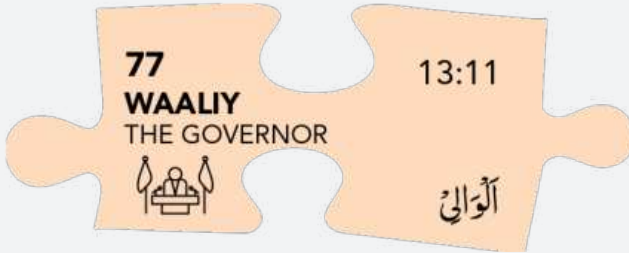


وَعَلَّمَ آدَمَ الْأَسْمَاءَ كُلَّهَا ثُمَّ عَرَضَهُمْ عَلَى الْمَلَائِكَةِ فَقَالَ أَنْبِئُونِي بِأَسْمَاءِ هَؤُلَاءِ إِنْ كُنْتُمْ صَادِقِينَ

"And He taught Adam the Names, all of them; then presented them to the angels and said, *Tell me the names of these, if you are truthful.*" 2:31

Al Baatin taught Prophet Adam (pbuh) not only the manifestation of His attributes (Al Zhaahir) but also their inner meanings. Until Prophet Adam (pbuh) even the angels only knew Allah through the manifestation of His attributes. That is the difference between Prophet Adam and the angels in the degree of perfection of faith and thus He asked the angels to do sijda (prostrate) to Adam. It is Faith that perceives Al Baatin and the universe that manifests Al Zhaahir.





### MEANING

THE GOVERNOR - IT IS AL WAALIY WHO GOVERNS, ORGANISES, SUPPORTS AND PROTECTS EVERYTHING HIMSELF. HE LOOKS AFTER THE AFFAIRS OF ALL CREATION.

وَمَا لَهُمْ مِنْ دُونِهِ مِنْ وَاٰلٍ

"... and they have no Governor besides Him." 13:11

Al Waaliy is the sole manager and governor of all creation.



وَمَا تَسْقُطُ مِنْ وَرَقَةٍ إِلَّا يَعْلَمُهَا

"...No leaf falls without His knowing it..."  
6:59

All creation is governed by Al Waaliy. Not a leaf moves without His Will. Neither is the movement of the leaf disconnected from other things moved by the same wind, by the same Will.



## REFLECTION

وَهُوَ مَعَكُمْ أَيْنَ مَا كُنْتُمْ<sup>ج</sup>

"...and He is with you wherever you are..." 57:4

The human being is never alone. Each one of us is part of a Divine order under a Compassionate, Just and Protective Governor.

Compared to Al Waliy (55), Al Waaliy emphasises the protective aspect of the relationship the human being has with Divinity.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WAALIY frequently when going through difficult times and are faced with problems that weigh upon you.

## AL MUTA'AALI



## MEANING

THE SUPREME - HE WHO IS ABOVE EVERYONE AND EVERYTHING BUT CALLS US TO COME CLOSE TO HIM AND REACH OUR FULL POTENTIAL. HIS GREATNESS IS FAR BEYOND ANY IMAGINATION OR THOUGHT.

عَالِمُ الْغَيْبِ وَالشَّهَادَةِ الْكَبِيرِ الْمُتَعَالِ

"KnoWER of the Unseen and Seen, the Great, the Supreme." 13:9

Al Muta'aali is superior to every existence, every potential and every human concept.



## MI'RAJ WAS AN ASCENSION OF THE PROPHET TO THE HEAVENS

Encounter with Jibraail and a mode of transport called Buraq.

Divinity shows His signs to His most awesome slave - Muhammad (pbuh) Sidratul Muntahaa - Tree at the boundary of where even Jibraail could not go.

The closer you get to Al Muta'aali the higher the ascension and the more secrets Divinity reveals to you.



## REFLECTION

Each of us has a higher self and a lower self. The lower self is like a mask we put on when we cannot find the higher self which is what connects to Divinity.

The higher self-wishes to serve Creation whilst the lower self only thinks about itself.

To be able to ascend towards success is to be able to be selfless and develop the higher self.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUTA'AALI frequently to gain strength to rise progressively and to be effective in meetings.

## AL BARR



## MEANING

ABSOLUTE GOODNESS - THE ABSOLUTE SOURCE OF ALL GOODNESS. THE ONE WHO RELIEVES BURDENS. THE PERFECT DOER OF GOOD.

لَيْسَ الْبِرَّ أَنْ تُوَلُّوْا وُجُوْهَكُمْ قِبَلَ الْمَشْرِقِ وَالْمَغْرِبِ

"It is not righteous that you turn your faces towards the East and the West..."  
2:177

Just as a window allows light into a building and gives insight about the building AYATUL BIRR brings the light of education and allows insight into how one can benchmark progress.



2:177

The word 'Barr' is related to the Arabic word for land or earth. The earth is 'a doer of good' for it provides us with food, flowers, plants, metals and many other resources. It makes things grow and flourish.



## REFLECTION

When you do good to Allah's creation, even if it is by a kind word or a smile, you see the reflection of Al Barr.

Al Barr shows kindness to those who oppose Him.

He forgives those who ask for forgiveness, and He accepts their apologies.

He covers our mistakes and weaknesses.

He is the One Whose blessings never end, even when the blessed one lives in rebellion.

He fills the heart with joy and heals it.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BARR frequently to regain health and strength after sickness. Also recite it for safety on travels.

80

التَّوَّابُ

AL TAWWAAB



### MEANING

ACCEPTOR OF REPENTANCE - THE ONE WHO FORGIVES REPEATEDLY AND ACCEPTS RETURN FROM WRONGDOING AGAIN AND AGAIN.

إِنَّهُ هُوَ التَّوَّابُ الرَّحِيمُ

"Indeed He is the Acceptor of Repentance the Extra Kind to Believers." 2:37

Al Tawwaab continues to accept repentance time and time again.



The first duo (prayer) that human beings made was of forgiveness. Prophet Adam (pbuh) and Sayyida Hawwa said:

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

“Our Lord, we have wronged ourselves! If You do not forgive us and have mercy upon us, we will surely be among the losers.” 7:23

Allah responded to their dua by forgiving them (2:37)

‘Tawba’ means return and it therefore points to the fact that at every moment we have the means to turn to Him and reach our full potential.



## REFLECTION

قُلْ يَا عِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ

“Say! ‘O My servants who have transgressed against their own souls, do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, He is the All-forgiving, the extra kind to believers.” 39:53

No one is too imperfect or not redeemable with Al Tawwaab.

The Japanese art of kintsugi teaches that broken objects can be celebrated by being repaired. Kintsugi literally golden (“kin”) and repair (“tsugi”). When something breaks, it is put together with a precious metal enhancing its beauty. Our ‘breakages’ make us unique. The beauty in our imperfections are enhanced by ‘tawba’ (repentance).



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA TAWWAAB frequently for repentance to be accepted. (The sign of accepted repentance is that one does not return to the sin again and its recollection leaves one’s memory).

## AL MUNTAQIM



## MEANING

THE AVENGER - THE ONE WHO RECTIFIES (PUTS RIGHT).  
ALLAH PUTS AN END TO THE CRUELTY AND INJUSTICE OF  
THOSE WHO HAVE BEEN WARNED TO STOP BUT CONTINUE  
IN TYRANNISING OTHERS.

وَمَنْ أَظْلَمُ مِمَّنْ ذُكِّرَ بِآيَاتِ رَبِّهِ ثُمَّ أَعْرَضَ عَنْهَا إِنَّا مِنَ الْمُجْرِمِينَ مُنْتَقِمُونَ

"Who is a greater wrongdoer than him who is reminded of his Master's signs, and he disregards them? Indeed, We shall avenge the guilty." 32:22

Al Muntaqim is he who combats the human beings selfishness, arrogance, prejudice, racism... and all that which harms others.



If we continue to do injustice and hurt the innocent, the consequences will come back to us, either in this life or the next. Al Muntaqim has made the universe as such for our own good so we realise the consequences of our actions. The avenging is against our own selfishness and persistence in injustice.



## REFLECTION

Al Muntaqim is all about accountability. When we are selfish and unjust, we are really punishing ourselves. Our selfishness makes us support oppression and exploitation and it is Al Muntaqim who is the avenging campaign against our ego making it stop seeing itself as the centre of the universe.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUNTAQIM frequently when inflicted by suffering from a tyrannical person.

## AL 'AFUWW



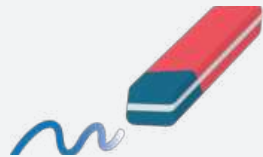
## MEANING

THE ERASER OF SINS - HE WHO ELIMINATES SINS SO THERE IS NO TRACE OF THEM AND THUS FREEING THE HEART.

فَأُولَئِكَ عَسَى اللَّهُ أَنْ يَعْفُوَ عَنْهُمْ وَكَانَ اللَّهُ عَفُوًّا غَفُورًا

"Maybe Allah will erase their sins for them, for Allah is the Eraser of sins, the All Encompassing Forgiver." 4:99

Al 'Afuww erases all traces with his forgiving mercy without shaming when we regret our mistakes truly and deeply and ask for forgiveness.



When we are truly sorry, Al 'Afuww erases the sins like the sea erases the footprints on the sand. Our sins disappear as though they were never there.



## REFLECTION

*'If anyone constantly seeks forgiveness, Allah will show him a way out of every distress and relief from every anxiety, and will provide sustenance for him from where he could never imagine'* Prophet Muhammad (pbuh)

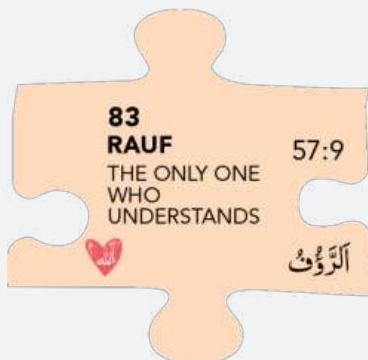
The door of forgiveness is always open. Al 'Afuww not only erases sins but also provides relief from distress.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA 'AFUWW frequently for forgiveness of sins and to control the ego.

## AL RAUF



## MEANING

THE ONLY ONE WHO UNDERSTANDS – THE ONE WHO IS MERCIFUL EVEN TO THE UNDESERVING AND WHOSE TOLERANCE, KINDNESS AND GENTLENESS ARE BOUNDLESS.

وَإِنَّ اللَّهَ بِكُمْ لَرَءُوفٌ رَّحِيمٌ

"... and indeed Allah is the Only One Who understands and is extra kind to Believers" 57:9

Al Rauf is a more intensified form of Rahmaan and Raheem.



Even in times of distress and affliction, Al Rauf shows tenderness -  
*"No Muslim is afflicted with any harm but that Allah will remove his sins as the leaves of a tree fall down"* Prophet Muhammad (pbuh)



## REFLECTION

Al Rauf awakens in the heart a quality of gentleness, kindness and friendliness. It wants the best for all humanity without pain.

*"Be merciful to those on the earth, and the One above the heavens will have mercy on you."* Prophet (pbuh)

On the day of Judgement, Allah will ask *"O son of Adam, I was sick but you did not visit me."*

The human being will say *"O my Master, You are the Master of the world, how could I have visited you?"*

Allah will say *"One of My servants was sick but you did not visit him; had you visited him, you would have found Me by him."*



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RAUF frequently to fill the heart with compassion and have access to the means to help those in need.



### MEANING

THE OWNER OF THE KINGDOM - ALLAH IS THE CREATOR AND OWNER OF EVERYTHING IN THE UNIVERSE.

قُلِ اللَّهُمَّ مَالِكِ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ

"Say, 'O Allah, The Owner of The Kingdom! You give the kingdom to whomever You wish, and you take away the kingdom from whomever You wish..." 3:26

Every manifestation in the universe rests entirely on Maalikul Mulk.



*"I was a hidden treasure, I wished to be known; therefore, I created creation."*  
Hadith Al Qudsi



## REFLECTION

Although all the different parts of our body belong to us, we have no control over them. It is Maalikul Mulk that controls them. In the same way all the different parts of the universe are part of one whole that belongs to Allah.  
*"You presume you are a small entity, but within you is enfolded the entire Universe. You are indeed the evident book, by whose alphabet the hidden becomes manifest. Therefore, you have no need to look beyond yourself. What you seek is within you, if only you reflect."* Imam Ali (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MAALIKUL MULK frequently to gain respect and increase in sustenance.

## DHUL JALAAAL WAL IKRAAM



## MEANING

THE OWNER OF MAJESTY AND GENEROSITY - HE WHO IS MAJESTIC & MIGHTY BUT ALSO GENTLE AND GENEROUS. HE WHO IS PERFECTLY BALANCED.

وَيَبْقَى وَجْهَ رَبِّكَ ذُو الْجَلَالِ وَالْإِكْرَامِ

"What will remain forever is Your Master, the Owner of Majesty and Generosity" 55:27

Dhul Jalaal wal Ikraam carries power and beauty in a totally balanced way showing His presence before, during and after everything.



All aspects of majesty, dignity and power, as well as beauty, kindness and generosity unite in Dhul Jalaal wal Ikraam, therefore bringing together all the Divine Names. This name is denoted by scholars as Ism A'zham (the Greatest name of Allah).



## REFLECTION

The 99 names of Allah have sometimes been divided into names of Majesty and Power (Jalaal names) and the names of Beauty and Generosity (Jamaal Names). Dhul Jalaal wal Ikraam creates a balance between these two types of names.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA DHUL JALAAL wal Ikraam every day and whenever you are begging for something from Allah.



### MEANING

THE EQUITABLE - HE WHO TREATS HIS SERVANTS EQUITABLY. THE ONE WHO JUDGES IMPARTIALLY AND NOT A SINGLE DEED GOES UNNOTICED. HE DEALS WITH EVERYONE ACCORDING TO A UNIQUE AND PRECISE JUST SYSTEM.

قُلْ أَمَرَ رَبِّي بِالْقِسْطِ

Say, "My Lord has ordered you to be equitable ..." 7:29

Al Muqsit opens up the path to the uniqueness of the soul.



Lots of times things that happen do not seem fair to us. From our limited view we don't see the big picture and how things will eventually be, especially in the aakhira (after life). Those who stand for justice, human rights and human dignity are the best signs of Al Muqsit. One who embodies Al Muqsit does not abuse his power and position.



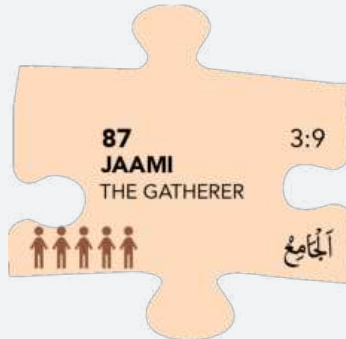
## REFLECTION

Equality is giving everyone an equal share whilst equity is to give according to individual needs. Every mother loves her children equally, yet every child needs a different kind of attention.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUQSIT for protection and to calm oneself and others when angry and depressed.



### MEANING

THE GATHERER - ONE WHO BRINGS TOGETHER COMPONENTS TO MAKE A WHOLE. HE UNITES INTENTIONS AND DEEDS, THE VISIBLE AND THE INVISIBLE. HE WILL GATHER ALL HUMANKIND ON THE DAY OF JUDGEMENT.

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ إِنَّ اللَّهَ لَا يُخْلِفُ الْمِيعَادَ

"Our Master! You will indeed gather humankind on a day in which there is no doubt. Indeed Allah does not break His promise." 3:9

Al Jaami' unites the inner and outer world. He brings cohesion amongst different people uniting them under a shared spiritual force of "There is no God but Allah."



Every week Muslims gather on Yawmul Jumua' (Day of gathering) – Friday. Once a year Muslims from all over the world gather to do the hajj that bears witness to their commitment to their faith. On YAWMUL JAM'AA (The Day of Gathering) The Day of Judgement -

1. The oppressed will be gathered together with the oppressor to exact justice
2. Every messenger will be gathered with his nation
3. The people of Janna with each other
4. The people of Jahannam with each other



## REFLECTION

When Prophet Adam (pbuh) and Sayyida Hawwa were separated and sent from Janna to the earth they found each other by calling out to Al Jaami. Our dua should be- 'Yaa Jaami! Help me to unite my actions with my intentions and inner truth'.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA JAAMI if you have lost something or someone.

## AL GHANIY



## MEANING

THE RICH - THE ONE WHO OWNS THE VISIBLE AND INVISIBLE IN ABUNDANCE. HE IS THE ONLY ONE WHO HAS ABSOLUTE SELF SUFFICIENCY BUT IS NEEDED BY EVERYONE FOR EVERYTHING.

ج ج  
وَاللَّهُ الْغَنِيُّ وَأَنْتُمُ الْفُقَرَاءُ

"Allah is the Rich, and you are in Need." 47:38

It is only when we acknowledge our neediness, and that all we have is from Al Ghaniy will we truly have human supremacy.



*"O My servants, were the first of you and the last of you, the human of you and the jinn of you to rise up in one place and make a request of Me, and were I to give everyone what he requested, that would not decrease what I have, any more that a needle decreases the sea if put into it."*  
Hadith Al Qudsi



## REFLECTION

*"Richness is not defined by ownership of material possessions; rather it is the richness (contentment) of the soul."*  
Prophet Muhammad (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA GHANIYY to be independent and to be provided sustenance from the most unexpected places.

## AL MUGHNIY



## MEANING

THE ENRICHER - HE WHO MAKES THE HUMAN BEING FREE OF WANT EXCEPT FOR THE NEED OF ALLAH.

ج  
وَإِنْ خِفْتُمْ عَيْلَةً فَسَوْفَ يُغْنِيكُمُ اللَّهُ مِنْ فَضْلِهِ إِنْ شَاءَ  
"Should you fear poverty, Allah will enrich you out of His grace, if He wishes..." 9:28

Allah enriches materially and spiritually.



One can be enriched through material goods, and this is the common understanding of richness.  
One can be enriched through knowledge and that is a precious form of richness.  
One can be enriched through contentment and freedom from attachment.  
But the greatest enrichment is Divine closeness in the heart of a believer.



## REFLECTION

Truly enriched are those who have been given knowledge, wisdom, faith and divine guidance.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MUGHNIY to cure sickness, to be self-sufficient and to eliminate nervous tension.

# AL GHANIY & AL MUGHNIY



*“When two words with similar meanings are placed together, it is to accentuate their difference”.*



## AL GHANIY & AL MUGHNIY

Al Ghaniyy (the Rich) complements Al Mughniy (the Enricher) Both come from the root word 'gh n y' which means to be free from want, to be wealthy, not to need, to be adequate, to be prosperous.

Both refer to the elimination of need from all except Allah. Al Ghaniyy (The Rich) refers to the essence of Allah whilst Al Mughniy (The Enricher) is the action that Al Ghaniyy (The Rich) takes.

The greatest richness is the ability to reach one's full potential by flowing Divine Guidance.



Kawthar and Takaathur allude to abundance but express two diametrically opposite states. Takaathur is covetous greed whilst Kawthar is limitless abundant goodness from divinity.



### MEANING

THE PREVENTER OF HARM - THE ONE WHO PROTECTS AND DEFENDS FROM DANGER. HE KEEPS AWAY ANYTHING THAT WILL CAUSE A DEFICIENCY IN CLOSENESS TO HIM.

أَمْ لَهُمْ آلِهَةٌ تَمْنَعُهُمْ مِنْ دُونِنَا

"Do they have gods besides Us who will prevent harm?" 21:43

To trust that Allah will always ward off harm (looking at the big picture of the world and the hereafter).



وَعَسَىٰ أَنْ تَكْرَهُوا شَيْئًا وَهُوَ خَيْرٌ لَّكُمْ وَعَسَىٰ أَنْ تُحِبُّوا شَيْئًا وَهُوَ شَرٌّ لَّكُمْ وَاللَّهُ يَعْلَمُ وَأَنْتُمْ لَا تَعْلَمُونَ

"..... it may be that you dislike something, which is good for you, and it may be that you love something, which is bad for you, and Allah knows and you do not know."  
2:216

Human beings are not able to see what is harmful and what is not. Allah always knows and defends us in ways we do not see.

Though the reason may not be known to us, Al Maani' keeps away from us even that which we wish to prevent us from being harmed. Whenever something is held back, something better is given.



## REFLECTION

A fortress is known in Arabic as Hisnul Maani' (a fortified castle). It prevents harm from entering it keeping the inhabitants safe. Today we have alarm systems that keep us safe, preventing us from harm if only warning us of danger.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA MAANI' to help relieve pain and fear, for safety from danger and to install love in a family.

## AL DHAARR



## MEANING

THE PUNISHER - THE CREATOR OF THAT WHICH CAUSES DISTRESS. HE IS THE ONE WHOSE WISDOM MAY CHOOSE TO USE FORCEFUL CORRECTIONS TO DISCOURAGE WRONGFUL BEHAVIOUR.

قُلْ لَا أَمْلِكُ لِنَفْسِي ضَرًّا وَلَا نَفْعًا إِلَّا مَا شَاءَ اللَّهُ <sup>قل</sup>

"Say, 'I have no control over any benefit for myself nor any harm except what Allah may wish....'" 10:49

Sometimes it is distress and pain that assist the human being to recognise their strengths of perseverance, bravery and steadfastness.



All of us love to live in a society where there is law enforcement or a governing authority. When an individual is free to do whatever they prefer, there is anarchy and harm to human beings such as if people were allowed to drive on roads at whatever speed they wanted. Similarly, Allah is the ruling governing body over this world and the hereafter and punishment is for those who cross the line and cause harm.



## REFLECTION

Evil exists because Allah has given human beings free will and they can choose evil or good. Because evil exists, good has the opportunity to show its glory. Evil is the shadow of good and shows the reality and brightness of good.

If there was no such thing as a disease, how could a cure show its awesome healing properties?

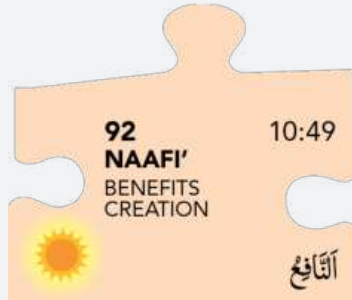
If there was no war, how could peacemakers show their steadfastness, kindness, and love?

If there was no Yazid, how would we have seen the awesomeness of Imam Husayn (pbuh) and Sayyida Zaynab (pbuh)?



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA DHAARR to dispel the storms in one's life.



### MEANING

ONE WHO BENEFITS CREATION - THE CREATOR OF ALL GOOD. THE ONE WHO IS CONTINUALLY BLESSING ALL OF CREATION WITH GOODNESS. HE CREATES FAVOURABLE OUTCOMES.

قُلْ لَا أَمْلِكُ لِنَفْسِي ضَرًّا وَلَا نَفْعًا إِلَّا مَا شَاءَ اللَّهُ

"Say, 'I have no control over any benefit for myself nor any harm except what Allah may wish....'" 10:49

Allah is the origin and cause of all benefit and goodness.



ج مَا أَصَابَكَ مِنْ حَسَنَةٍ فَمِنَ اللَّهِ وَمَا أَصَابَكَ مِنْ سَيِّئَةٍ فَمِنْ نَفْسِكَ ط

"Whatever benefit comes to you (O man!), it is from Allah, and whatever misfortune befalls you, it is from your own self" 4:79. He benefits the souls through His prophets, nourishes the bodies through food, wards off disease through medicine and keeps affliction away through His goodness. The greatest gifts given to humankind is their intellect, consciousness, and faith.



## REFLECTION

The Prophet (pbuh) said to Ibn 'Abbas: "I would like to teach you a few words: If you safeguard your rights towards Allah, He will protect you. If you remain mindful of Allah's rights on you, you will find Him looking after you. If you have a plea, then plead to Him; if you seek help, seek it from Him, and bear in mind that if all people gather to benefit you in anything, they will not be able to do so except in what He has already allotted for you, and if they all gather together to harm you in any way, they will never be able to do so except if He has already decreed it on you; the ink has dried, and the tablets have been removed."

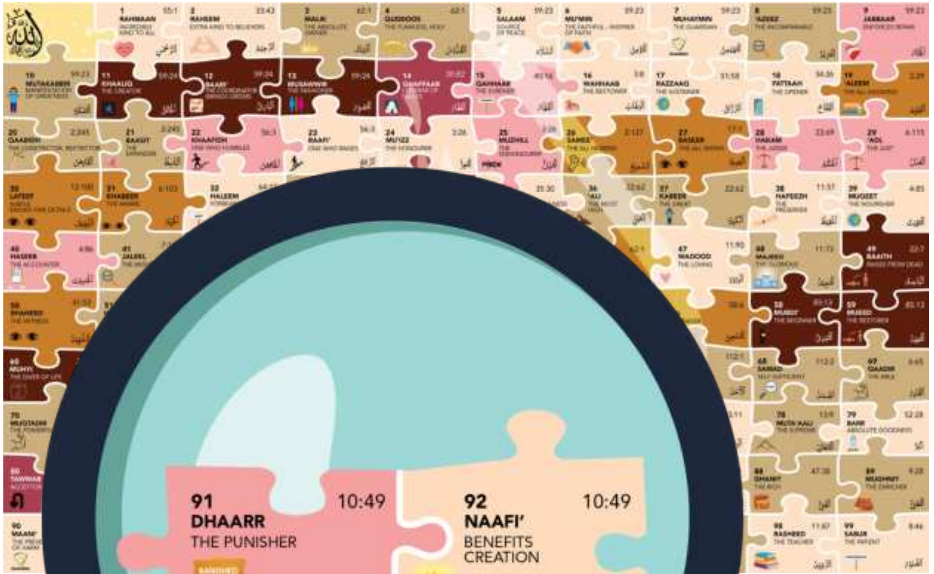


## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA NAAFI' to relieve sadness and for success in every good action.



# AL DHAAR & AL NAAFI'



*"You will understand something by looking at its opposite"*  
Prophet (pbuh)



## AL DHAAR & AL NAAFI'

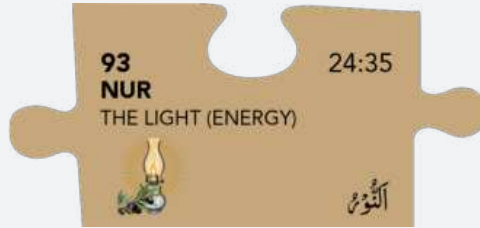
*"Say, 'I have no control over any benefit for myself nor any harm except what Allah may wish....'" 10:49*

Al Dhaarr and al-Naafi' is the One from Whom everything good or distressful ensues to ensure that the human being reaches his full potential.

All is attributed to Allah and is affected either through the angels, humankind, inanimate objects, or by other means.



The sting reminds us Al Dhaar and the honey of Al Naafi'.



### MEANING

THE LIGHT (ENERGY) - IT IS HIS LIGHT THROUGH WHICH EVERYTHING IS VISIBLE AND THAT WHICH GUIDES THE HEART AND SOUL FROM DARKNESS TO LIGHT.

ج  
اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ

"Allah is the Light of the heavens and the earth." 24:35

Every knowledge, discovery and invention is a light energy from Allah.



“Allah has illuminated the heavens with the light of the stars, the sun and the moon.  
And He has illuminated the heart of the believer with faith and submission.”  
Imam Sadiq (pbuh)



## REFLECTION

اللَّهُ نُورُ السَّمَاوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ كَمِشْكَاتٍ فِيهَا مِصْبَاحٌ الْمِصْبَاحُ  
فِي رُجَاةٍ الزُّجَاةِ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ زَيْتُونَةٍ  
لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ نَارٌ نُورٌ عَلَى نُورٍ

“Allah is the Light of the heavens and the earth. The parable of His Light is a niche wherein is a lamp—the lamp is in a glass, the glass as it were a glittering star—lit from a blessed olive tree, neither eastern nor western, whose oil almost lights up, though fire should not touch it. Light upon light...” 24:35

The Qur’an describes a glass lamp in the niche of a wall. In the glass is oil from an olive tree that shines like a star even before the oil is lit. Once it’s lit - there is light upon light. The niche is the heart of the human being with faith and submission, and the lamp is the light of Allah that shines in our hearts.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA NUR to remove sorrow and illuminate the heart. Also recite it if you are lost to find the right direction.



### MEANING

THE GUIDE - HE WHO GUIDES TO ONE'S FULL POTENTIAL.

وَكَفَىٰ بِرَبِّكَ هَادِيًا وَنَصِيرًا

"...and your Master is a sufficient Helper and Guide." 25:31

Human beings are guided through revelation-words that come from Allah through his angels to His messengers. The words are recorded into books, the final revelation being the Qur'an.



## إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

"Guide us on the straight path" 1:6  
A straight line is the shortest distance between two points, 10 times a day at least we ask Al Haadi for guidance to the most direct route towards the knowledge of acquiring our perfection (full potential).  
"Whoever wishes to be guided, will be guided."



## REFLECTION

## قَالَ رَبُّنَا الَّذِي أَعْطَى كُلَّ شَيْءٍ حَلْقَهُ ثُمَّ هَدَىٰ

He said, 'Our Master is He who created everything and then guided it.' 20:50  
"He guides the infant who comes straight out of its mother's womb to its sustenance in the breast of its mother.  
He guides the young birds to fly in the air.  
He guides the bee to produce honey in hexagonal shapes of the hive..."  
Hadith Mufazzal as taught by Imam Sadiq (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite Yaa Haadi to make the right choices and to assist in remembering things.



### MEANING

THE ORIGINATOR - THE ONE WHO CREATED THE UNIVERSE AND EVERYTHING IN IT WITHOUT AN EXAMPLE. HIS CREATION IS ORIGINAL.

بَدِيعُ السَّمَاوَاتِ وَالْأَرْضِ وَإِذَا قَضَىٰ أَمْرًا فَإِنَّمَا يَقُولُ لَهُ كُنْ فَيَكُونُ

"The Originator of the heavens and the earth. When He decides on a matter, He just says to it, 'Be!' and it is." 2:117

Al Badee' makes manifest the miracle through which the creation comes into existence.



There are approximately 8 billion people on earth, and each has an original fingerprint. No two people share the same fingerprints, not even identical twins.



## REFLECTION

We live on a circular planet which has land, sea, mountains and trees. It floats in an orbit in space with a sun that creates day and night and a moon that creates the waves in the sea. Since the Universe and everything in it cannot come from nothing, it is rational to assume that it has an Originator.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BADEE' to be able to resolve difficulties and increase understanding.

## AL BAAQI



## MEANING

THE EVERLASTING - HE WHO IS ETERNAL, CONSTANT AND UNCHANGING. HE WILL REMAIN FOREVER AND IS UNAFFECTED BY TIME.

كُلُّ مَنْ عَلَيْهَا فَانٍ

"Everyone will perish" 55:26

وَيَبْقَى وَجْهُ رَبِّكَ ذُو الْجَلَالِ وَالْإِكْرَامِ

"but Everlasting is the essence of The Owner of Majesty and Generosity"  
55:27

Human beings in their physicality are time and time passes. Only Allah is Everlasting and Eternal.



Time is a creation of Allah. The Past, Present and Future are temporal expressions for Creation. To become immortal, the human being needs to learn, reflect and embody Divine attributes (Asmaaul Husnaa)



## REFLECTION

المَالُ وَالْبَنُونَ زِينَةُ الْحَيَاةِ الدُّنْيَا وَالْبَاقِيَاتُ الصَّالِحَاتُ خَيْرٌ عِنْدَ رَبِّكَ  
ثَوَابًا وَخَيْرٌ أَمَلًا

*"Wealth and children are an adornment of the life of the world, but everlasting deeds are better with your Master in reward and better in hope."* 18:46  
Long after a good deed is done, its energy remains. The Quran refers to these deeds as Baaqiyaatus Saalihaat

*"Six things are everlasting.*

1. A child that seeks forgiveness for his parents
2. A Quran that he leaves behind and others recite it after him
3. A well that he digs and people benefit from it
4. A tree that he planted
5. Water that he caused to flow, and people use it
6. A good conduct (legacy) that he initiated and people follow it"

Imam Sadiq (pbuh)



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA BAAQI to be granted constancy and to overcome fear.

## AL WAARITH



## MEANING

THE INHERITOR - THE ONE TO WHOM ALL POSSESSIONS WILL BE RETURNED. ALL COMES FROM HIM AND ALL WILL RETURN TO HIM = SOULS WHEN WE DIE AND EARTH WHEN IT ENDS.

وَإِنَّا لِلَّهِ نُحْيِي وَنُؤْمِتُ وَنَحْنُ الْوَارِثُونَ

"Indeed, it is We who give life and bring death and We are the inheritors."  
15:23

Al Waarith reminds us of where we come from and of what we will take with us as inheritors



## LEAVING A LEGACY

Leaving the world, a better place that the way you found it.

It is that which is inextricably linked with your mere mention. In essence it is how you wish to be remembered. Imagine your funeral, no matter what your age. Your family and friends have gathered to honour your life. But what do you leave behind? Beyond the contents of your last will and testament, what part of you remains on earth even after you've passed away? A legacy is that which you create to benefit future generations, something you may not even see in your lifetime.

If we reframe our actions by thinking of the future impact we can create, it can inspire us to do great things.



## REFLECTION

*Steve Jobs: "Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything - all external expectations, all pride, all fear of embarrassment or failure - these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart." "Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice."*

## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA WAARITH to make the right choices in life.



## AL RASHEED



## MEANING

THE TEACHER - HE WHO SHOWS THE RIGHT WAY STEP BY STEP TOWARDS ONE'S PERSONAL BEST (FULL POTENTIAL) THROUGH THE QUR'AN, HIS MESSENGERS AND THE AHLULBAYT.

إِنَّكَ لَأَنْتَ الْحَلِيمُ الرَّشِيدُ

"You are indeed a Gentle and Righteous Teacher." 11:87  
(Said to Prophet Shuayb pbuh)

Al Rasheed - "The Prophet's character was that of the Qur'an"

Pure hearted people are a reflection of Al Rasheed for they teach us to being God conscious.



لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ

*"There is certainly a good role model for you in the messenger of Allah."* 33:21  
The Prophet (pbuh) was the ideal teacher sent by Allah for He lived by example. Three things defined Him as the Prophet of Al Rasheed.  
TTC - Truthfulness, Trustworthiness and Compassion. He was the living Qur'an.



## REFLECTION

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا

*"Indeed, We have guided him to the way, he may be grateful or ungrateful."* 76:3  
Al Rasheed does not enforce what He teaches through His Messengers and His Book. Human beings have been given free will to choose the path of Divine success or failure. It begins with listening, understanding, reflecting and applying Divine Guidance.



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA RASHEED to complete tasks and to increase inner strength.



## AL SABUR



## MEANING

THE PATIENT - HE WHO IS NEVER IN A HURRY IN HIS ACTIONS BUT WAITS FOR THE PROPER TIME. WHEN WE DO WRONG, HE ALLOWS TIME FOR US TO REPENT AND CHANGE COURSE TO COME BACK TO HIM. HIS PATIENCE IS BEYOND OUR ABILITY TO IMAGINE.

وَأَصْبِرُوا إِنَّ اللَّهَ مَعَ الصَّابِرِينَ

"And be patient; indeed Allah is with the patient." 8:46

"Haste is an attribute of madness" Imam Ali (pbuh)

PERSEVERANCE



Sabr besides patience is the commitment to persevere and hang on. To maintain a consistency in ease and difficulty. It can take a lifetime to learn patience and that is probably why it is the last of the 99 names.



## REFLECTION

The meaning of Islam is submission. To forego one's wants, desires and will in favour of Allah's will. This requires patience and drawing energy from Al Sabur. Patience is born on compassion. The softer the heart, the greater the patience.

The patience of Sayyida Zaynab (pbuh) is a testament to her reflecting the name Al Sabur.

When asked what her thoughts were on the day of "Ashura when her whole family was massacred, she said:

ما رأيت الا جميلا

"I saw nothing but beauty."



## BENEFITS OF ZHIKR (REMEMBRANCE)

Recite YAA SABUR for ease in difficulty and pain.

## INTRODUCTION TO MNEMONICS

### وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ بِهَا

*"Allah's are the best of names, so call on Him thereby." 7:180*

The 99 names of Allah (Asmaul Husna) can be memorised in sequence using the Link system.

The Link system of memory is designed to enable one to remember any number of things in sequence.

The process is divided into three stages:

1. Encoding the elements of information into visual images as image information is far easier to memorise than textual information.
2. The memorisation process itself.
3. Remembering the sequence of information.

Mnemonics (pronounced ne-monik) is a memory aid in the form of a word, phrase or story. It is derived from a Greek word 'mnemonikon' – an art of memorisation.

For example, most of us are able to remember the colours of the rainbow by using a mnemonic such as 'Richard of York gave battle in vain'.

Here the initial letters of the seven words give us the colours: red, orange, yellow, green, blue, indigo and violet.

This example demonstrates two elements of memorisation: imagination and association.

Thus, you create a sentence (imagination) using words starting with the initial letters of the colours (association). Aristotle wrote, as the first sentence of one of his books, "In order to think we must speculate with images."

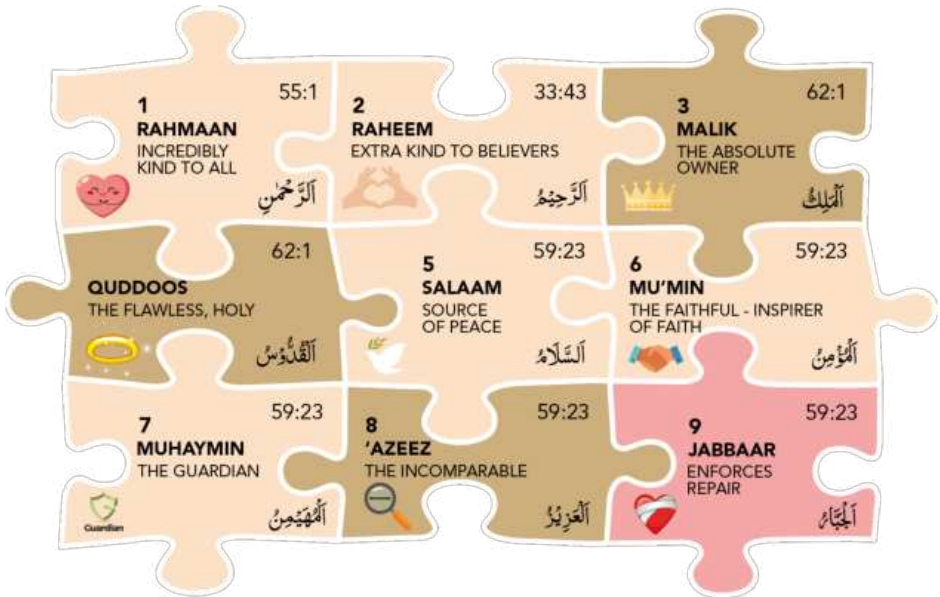
The 99 names have been divided into 11 sections to allow easy memorisation.

The first step is to create focus points or 'pegs' for each section on which we can 'hang' the story mnemonics.

On the following pages you will find the focus points and the corresponding story mnemonics.

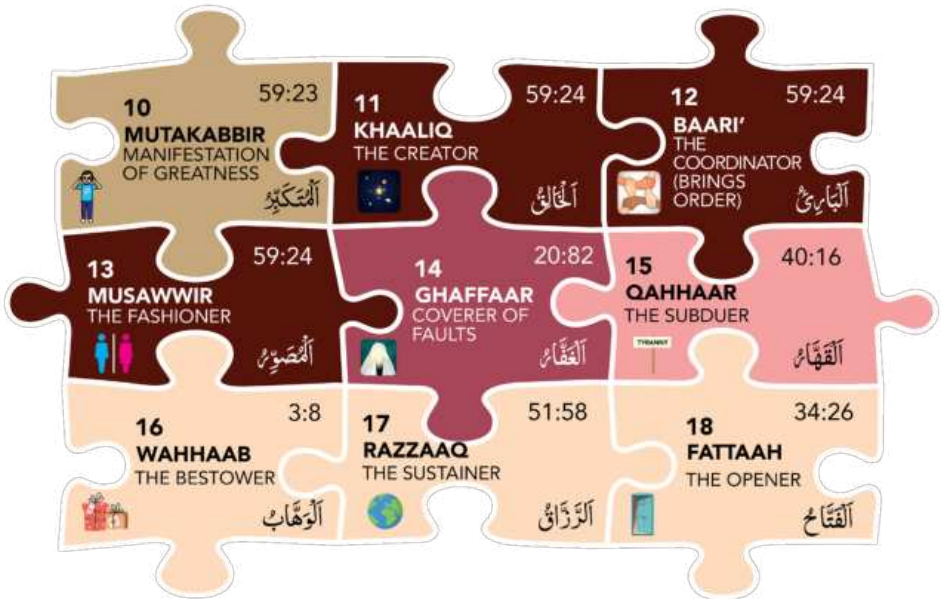


## - KING -



The **Kind & Merciful King** sends **Holy Salaams** on the **Mu'min** who **Guards** against being **Incomparable** and **Forceful**.

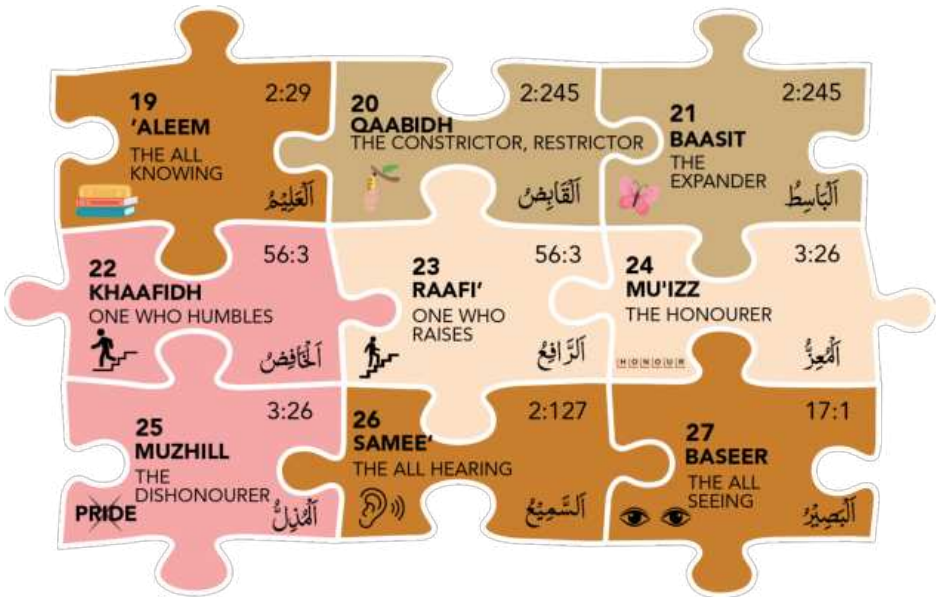
## - CREATOR -



The **Greatest Creator, Organiser and Fashioner Forgives** and **Strengthens** His creation as a **Gift** by providing **Sustenance** and **Opening Doors**.

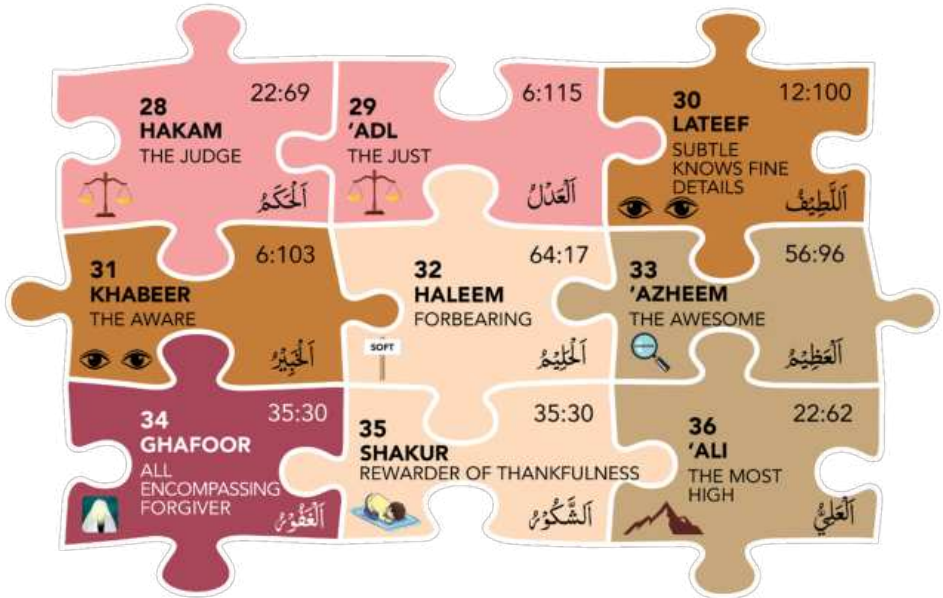


## - DOCTOR -



A doctor's **Knowledge** is based on the heart **Constricting** and **Expanding**, checking **Low** and **High** blood pressure, **Honouring** good diets and **Dishonouring** junk food by **Hearing** and **Seeing his** patient.

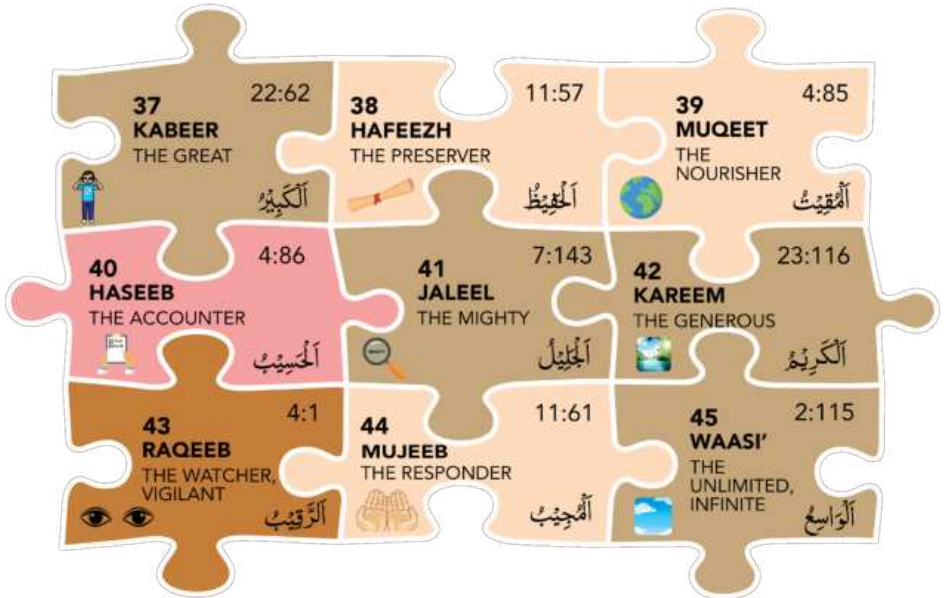
## - JUDGE -



The best of **Judges** is **Just**, **Subtle**, and **Aware**. He is **Soft** and **Awesome** because he is **Forgiving** and **Grateful** to the **Most High**.

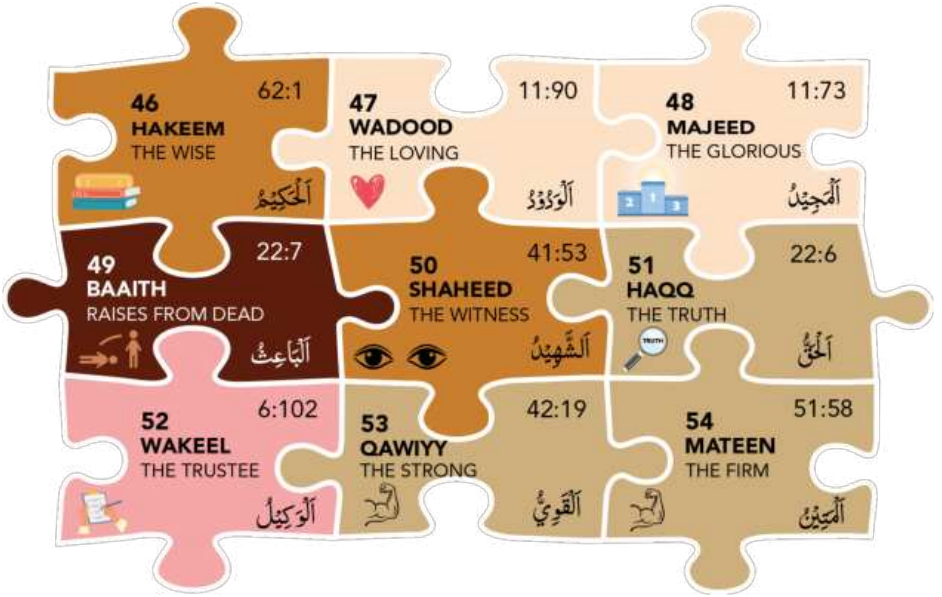


## - TEACHER -



The **Greatest** teacher is the one who **Preserves** knowledge and **Nourishes** her students encouraging them to be **Accountable**, **Awesome** and **Generous**. She is **Watchful** over them always **Answering their Needs** with her **Vast** knowledge.

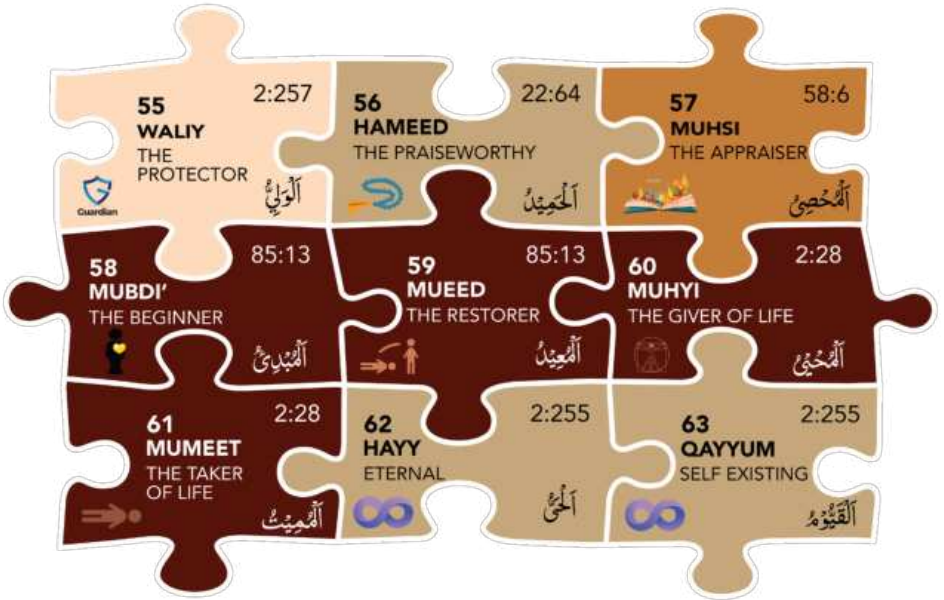
## - SCHOLAR -



The **Wise** scholar is one who is **Loving** and tells **Glorious** stories which **Resurrects** the joy of learning and **Witnessing** the **Truth** of Nature allowing his students to be **Trustees** of God who are **Strong** and **Firm** in their faith.



## - LAWYER -



A lawyer is a **Protector** who **Praises** the clients who **Analyse and Keep Records**. He looks at the **Origin** of cases and **Restores** the Truth keeping in mind that the **Giver of Life** and **Taker of Life** is Allah the **Ever Living The Self Existing**.

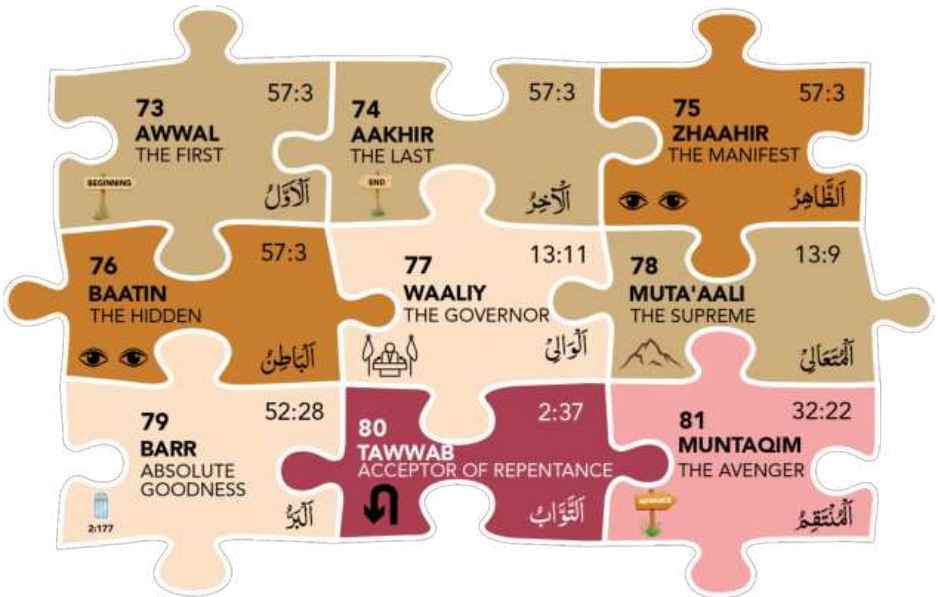
## - ANGEL -



You can **Find** the angels in the most **Noble** places but they like to hang out in **the One** and **Only one** place where **All needs are satisfied**. They are **Able** and **Powerful** and have been given the ability to **Promote** or **Delay** duas as directed by Allah.

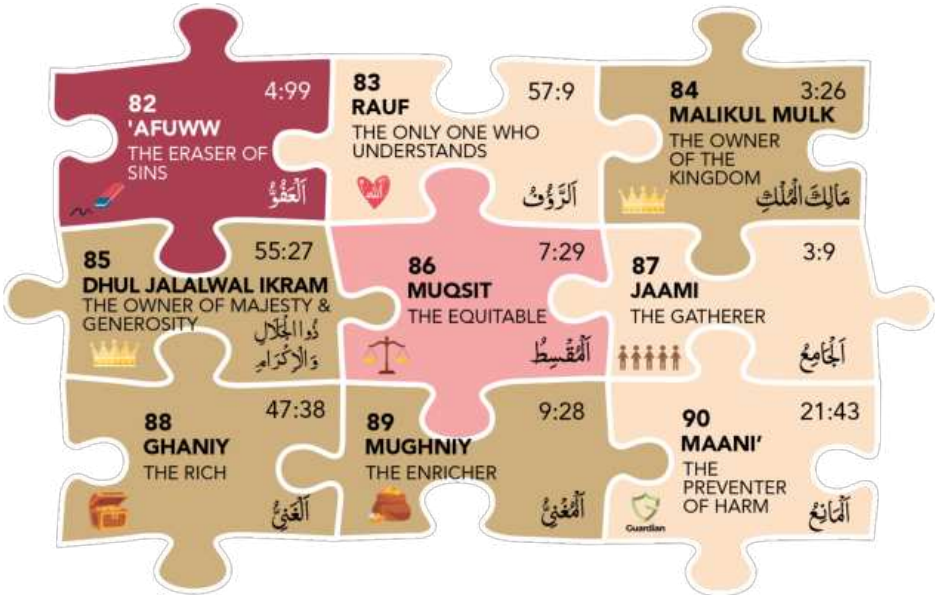


## - GUARD -



The guard is always there First and the Last to leave. His lateness is **Apparent** even if he tries to **Hide** it. He **Protects** the premises and has a **High position**. **Good Intentions** are not enough for He has to act to **Turn Back** those who want to **Avenge**.

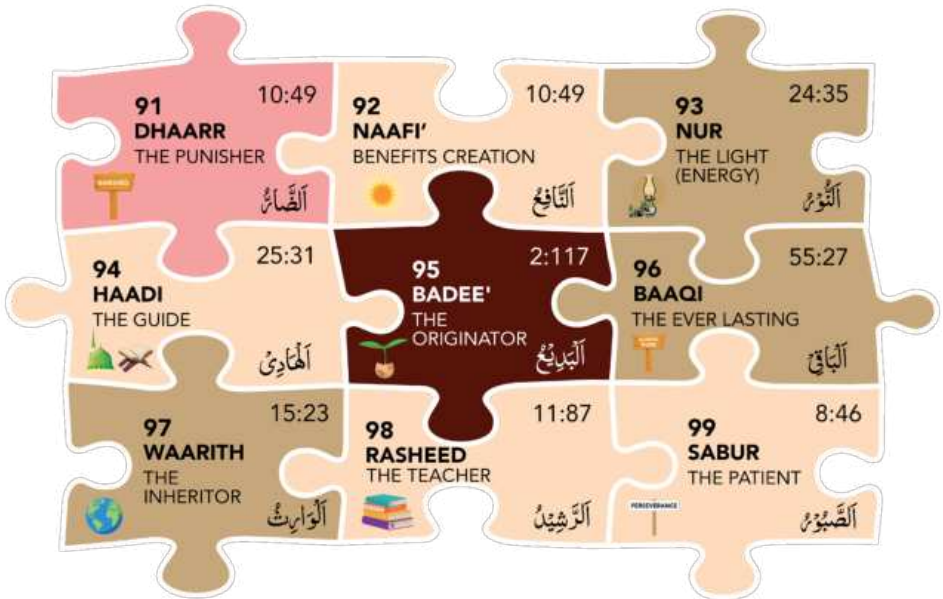
## - TREASURER -



A treasurer can only enrich others by being **Forgiving** and **Extremely Compassionate** like his Rabb - **the Owner of All** and the **One Who Possesses Majesty and Generosity**. He has to be **Equitable** when people **Gather** to see his **Wealth** and **Benefit from it** ensuring that **no one gets Hurt**.



## - GUIDE -



A guide **Punishes** those who mislead others for he only wishes to **Benefit others**, With a **Glowing** lamp, the **Guide Originated** the journey to Jannatul **Baqee**. He saw the graves of the **Inheritors** of the **Rightly guided** Prophet but had to do **Sabr** at not being allowed in.

## A99 MEMORISATION SHEET

1	21	41	61	81
2	22	42	62	82
3	23	43	63	83
4	24	44	64	84
5	25	45	65	85
6	26	46	66	86
7	27	47	67	87
8	28	48	68	88
9	29	49	69	89
10	30	50	70	90
11	31	51	71	91
12	32	52	72	92
13	33	53	73	93
14	34	54	74	94
15	35	55	75	95
16	36	56	76	96
17	37	57	77	97
18	38	58	78	98
19	39	59	79	99
20	40	60	80	



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8	28	48	68	88
9	29	49	69	89
10	30	50	70	90
11	31	51	71	91
12	32	52	72	92
13	33	53	73	93
14	34	54	74	94
15	35	55	75	95
16	36	56	76	96
17	37	57	77	97
18	38	58	78	98
19	39	59	79	99
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11	31	51	71	91
12	32	52	72	92
13	33	53	73	93
14	34	54	74	94
15	35	55	75	95
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11	31	51	71	91
12	32	52	72	92
13	33	53	73	93
14	34	54	74	94
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16	36	56	76	96
17	37	57	77	97
18	38	58	78	98
19	39	59	79	99
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# SALAA

## TAKBEERATUL IHRAM



- 10 MUTAKABBIR \*
- 37 KABEER

## QU'OOD



- 14 GHAFAR
- 34 GHAFUOR
- 80 TAWWAB

## QIYAAM



- 63 QAYYUM  
(RABB)
- 1 RAHMAAN
- 2 RAHEEM
- 3 MALIK
- 94 HAADI
- 67 AHAD
- 68 SAMAD

## STANDING UP FROM QU'OOD



- 53 QAWIYY

## QUNOOT



- RABB

## RUKOO



- 33 AZHEEM
- 56 HAMEED

## TASHAHHUD



- 50 SHAHEED

## QIYAM AFTER RUKOO



- 26 SAMEE'
- 56 HAMEED

## SALAAM



- 5 SALAAM

## SUJOOD



- 36 'ALI ❤️
- 56 HAMEED

\* Allah is greater than everything and everyone. Object left unspecified, God is greater than whatever you're coming with.



## ASMAUL HUSNA BENEFITS – ALPHABETICAL ORDER

NAME			BENEFITS
74	Aakhir	الْآخِرُ	Recite YAA AAKHIR frequently to see reality and gain protection from enemies.
29	'Adl	الْعَدْلُ	Recite YAA 'ADL frequently for others to recognise the truth in you.
82	'Afuww	الْعَفْوُ	Recite YAA 'AFUWW frequently for forgiveness of sins and to control the ego.
67	Ahad	الْأَحَدُ	Recite YAA AHAD frequently to manifest (reveal) hidden things (recommended to recite it 1000x in solitude)
19	'Aleem	الْعَلِيمُ	Recite YAA 'ALEEM frequently to increase perception and enlightenment of the heart.
36	'Ali	الْعَلِيُّ	Recite YAA 'ALI frequently to achieve success in all your endeavours.
73	Awwal	الْأَوَّلُ	Recite YAA AWWAL frequently to see the truth and find solutions to overwhelming problems.



NAME			BENEFITS
8	'Azeez	الْعَزِيزُ	Recite YAA 'AZEEZ especially after Fair salaa to gain honour and independence from creation and the ability to help others.
33	'Azheem	الْعَظِيمُ	Recite YAA AZHEEM frequently for success, honour and protection.
49	Baa'ith	الْبَائِثُ	Recite YAA BAAITH frequently to awaken the heart to Divine Guidance.
96	Baaqi	الْبَاقِي	Recite YAA BAAQI to be granted constancy and to overcome fear.
12	Baari'	الْبَارِئُ	Recite YAA BAARI' frequently to make hard work easy.
21	Baasit	الْبَاسِطُ	Recite YAA BAASIT to attain peace of heart and be independent of others.
76	Baatin	الْبَاطِنُ	Recite YAA BAATIN frequently to see the truth in things.
95	Badee'	الْبَدِيعُ	Recite YAA BADEE' to be able to resolve difficulties and increase understanding.
79	Barr	الْبَرُّ	Recite YAA BARR frequently to regain health and strength after sickness. Also recite it for safety on travels.



NAME			BENEFITS
27	Baseer	الْبَصِيرُ	Recite YAA BASEER to enlighten the heart and soul and to gain esteem.
91	Dhaarr	الضَّارُّ	Recite YAA DHAARR to dispel the storms in oneslife.
85	Dhul Jalaal wal Ikraam	دُوَا الْجَلَالِ وَالْإِكْرَامِ	Recite YAA DHUL JALAAL WAS IKRAAM every day and whenever you are begging for something from Allah.
18	Fattaah	الْفَتَّاحُ	Recite YAA FATTAAH frequently for success in every task and to open the heart to the truth.
14	Ghaffaar	الْغَفَّارُ	Recite YAA GHAFFAAR frequently for forgiveness of sins and increase in sustenance.
34	Ghafoor	الْغَفُورُ	Recite YAA GHAFUOR frequently to gain relief from ailments, despair and despondency.
88	Ghaniy	الْغَنِيُّ	Recite Yaa GHANIY to be independent and to be provided sustenance from the most unexpected places.
94	Haadi	الْهَادِي	Recite Yaa HAADI to make the right choices and to assist in remembering things.

NAME			BENEFITS
38	Hafeezh	الْحَفِيزُ	Recite YAA HAFEEZH frequently to be protected from calamities and hostility.
28	Hakam	الْحَكَمُ	Recite YAA HAKAM to know the hidden meaning of things.
46	Hakeem	الْحَكِيمُ	Recite YAA HAKEEM frequently to overcome difficulties.
32	Haleem	الْحَلِيمُ	Recite YAA HALEEM to put anger into perspective and subside it. Recite it to restore affection
56	Hameed	الْحَمِيدُ	Recite YAA HAMEED frequently in times of difficulty and need to feel the Divine force within.
51	Haqq	الْحَقُّ	Recite YAA HAQQ frequently to receive unexpected help and support. Also recite to find that which is lost.
40	Haseeb	الْحَسِيبُ	Recite YAA HASEEB for safety from problems and difficulties and from the cruelty or jealousy of other human beings.
62	Hayy	الْحَيُّ	Recite YAA HAYY frequently for forgiveness, abundance, and a long life. Recite YAA HAYYUL QAYYUM together to make the impossible possible.



NAME			BENEFITS
87	Jaami'	الْجَامِعُ	Recite YAA JAAMI if you have lost something or someone.
9	Jabbaar	الْجَبَّارُ	Recite YAA JABBAAR after Fair Salaa to be safe from hardship and to enforce repair of a broken heart. Some of the great scholars would supplicate "YAA JAABIRUL KASEER" when they were faced with overwhelming difficulty, meaning "Oh You who mends everything that is broken."
41	Jaleel	الْجَلِيلُ	Recite YAA JALEEL to manifest the reality of things and to remove fear, worries and weakness from the heart.
37	Kabeer	الْكَبِيرُ	Recite YAA KABEER frequently to be cured of ailments and to gain self esteem.
42	Kareem	الْكَرِيمُ	Recite YAA KAREEM to be valued and be freed from debts.
22	Khaafidh	الْخَافِضُ	Recite YAA KHAAFIDH for protection of harm from others.
11	Khaaliq	الْخَالِقُ	Recite YAA KHAALIQ frequently to be rightly guided.
31	Khabeer	الْخَبِيرُ	Recite YAA KHABEER for freedom from bad habits.



NAME			BENEFITS
30	Lateef	اللطيف	Recite YAA LATEEF frequently for healing from illnesses, relief from difficulties and pain in the body or soul. Reciting it in cycles of 129 repetitions is highly recommended.
65	Maajid	الماجد	Recite YAA MAAJID frequently to enlighten the heart and to be understood by others.
84	Maalik al Mulk	مالك الملك	Recite YAA MAALIKUL MULK frequently to gain respect and increase in sustenance.
90	Maani'	المانع	Recite YAA MAANI' to help relieve pain and fear, for safety from danger and to install love in a family.
48	Majeed	المجيد	Recite YAA MAJEED frequently to witness His Glory and to increase spiritual capacity.
3	Malik	المالك	Recite YAA MALIK after Fajr prayer to gain respect.
54	Mateen	المتين	Recite YAA MATEEN frequently to gain strength in difficult times. Recite it with YAA QAWIYY to assist the physical body to gain strength.



NAME			BENEFITS
72	Muakhir	الْمُؤَخِّرِ	Recite YAA MUAKHIR frequently to gain strength to avert that which is negative and to get an insight into one's weaknesses.
58	Mubdi'	الْمُبْدِي'	Recite YAA MUBDI' frequently to make the right decision when you are unsure.
89	Mughniy	الْمُغْنِي	Recite YAA MUGHNIY to cure sickness, to be selfsufficient and to eliminate nervous tension.
7	Muhaymin	الْمُهَيِّمِ	Recite YAA MUHAYMIN for all illuminated and pure heart.
57	Muhsi	الْمُحْصِي	Recite YAA MUHSI frequently to remember things and to encourage acquisition of knowledge.
60	Muhyi	الْمُحْيِي	Recite YAA MUHYI frequently to remove burdens and for relief from chronic illness.
59	Mu'eed	الْمُعِيدُ	Recite YAA MU'EED frequently to find something that is lost and to get someone who is lost home safely.
24	Mu'izz	الْمُعِزُّ	Recite YAA MU'IZZ for inner strength.

NAME			BENEFITS
44	Mujeeb	الْمُجِيبُ	Recite YAA MUJEEB frequently before asking for your needs.
6	Mu'min	الْمُؤْمِنُ	Recite YAA MU'MIN for safety from anguish and freedom from being egoistic.
61	Mumeet	الْمُمِيتُ	Recite YAA MUMEET frequently to control negative influences within and those from outside.
81	Muntaqim	الْمُنْتَقِمُ	Recite YAA MUNTAQIM frequently when inflicted by suffering from a tyrannical person.
71	Muqaddim	الْمُقَدِّمُ	Recite YAA MUQADDIM frequently to be able to successful in prioritising that which takes one to ones personal best.
39	Muqeet	الْمُقِيتُ	Recite YAA MUQEET frequently for safety on a journey. For Divine assistance in combating ill manners in a child, recite AL MUQEET 7x on water and give it to the child to drink.
86	Muqsit	الْمُقْسِطُ	Recite YAA MUQSIT for protection and to calm oneself and others when angry and depressed.



NAME		BENEFITS	
70	Muqtadir	أَلْمُقْتَدِرُ	Recite YAA MUQTADIR frequently to become aware of the truth and act authentically.
13	Musawwir	أَلْمُصَوِّرُ	Recite YAA MUSAWWIR frequently to make hard work easy.
78	Muta'aali	أَلْمُتَعَالَى	Recite YAA MUTA'AALI frequently to gain strength to rise progressively and to be effective in meetings.
10	Mutakabbir	أَلْمُتَكَبِّرُ	Recite YAA MUTAKABBIR before every task to achieve success. Parents should recite YAA MUTAKABBIR for righteous children.
25	Muzhill	أَلْمُذِلُّ	Recite YAA MUZHILL to avert tyranny and fear none but Allah.
92	Naafi'	أَلنَّافِعُ	Recite YAA NAAFI' to relieve sadness and for success in every good action.
93	Nur	أَلنُّورُ	Recite YAA NUR to remove sorrow and illuminate the heart. Also recite it if you are lost to find the right direction.
20	Qaabidh	أَلْقَابِضُ	Recite YAA QAABIDH frequently for protection from tyranny and hunger.



NAME			BENEFITS
69	Qaadir	الْقَادِرُ	Recite YAA QAADIR frequently for fulfilment of desires and freedom from difficulties.
15	Qahhaar	الْقَهَّارُ	Recite YAA QAHHAAR frequently to subdue to monster within and attain peace. Recite to overcome enemies.
53	Qawiyy	الْقَوِيُّ	Recite YAA QAWIYY frequently to have the strength to carry burdens, overcome anger and negative influences.
63	Qayyum	الْقَيُّومُ	Recite YAA QAYYUM frequently for assistance in memory retention and to overcome laziness. Recite YAA HAYYUL QAYYUM together to make the impossible possible.
4	Quddoos	الْقُدُّوسُ	Recite YAA QUDDOOS every day for relief from agitation and to expand the heart.
23	Raafi'	الرَّافِعُ	Recite YAA RAAFI' to gain closeness to Allah and to reach one's personal best.
2	Raheem	الرَّحِيمُ	Recite YAA RAHEEM 100x after Fajr salaa to be safe and to find compassion from creation.



NAME			BENEFITS
1	Rahmaan	الرَّحْمَنُ	Recite YAA RAHMAAN 110x after every salaa to lighten (free) a heavy heart ❤️
43	Raqeeb	الرَّقِيبُ	Recite YAA RAQEEB for Divine protection.
98	Rasheed	الرَّشِيدُ	Recite YAA RASHEED to complete tasks and to increase inner strength.
83	Ra'uf	الرَّؤُفُ	Recite YAA RA'UF frequently to fill the heart with compassion and have access to the means to help those in need.
17	Razzaaq	الرَّزَّاقُ	Recite YAA RAZZAAQ repeatedly for ease in increasing sustenance and to relieve anxiety.
99	Sabur	الصَّبُورُ	Recite YAA SABUR for ease in difficulty and pain.
5	Salaam	السَّلَامُ	Recite YAA SALAAM 100x for someone with an illness to heal and to be safe from all types of troubles.
68	Samad	الصَّمَدُ	Recite YAA SAMAD frequently for fulfilment of needs and to become independent.

NAME			BENEFITS
26	Samee'	السَّمِيعُ	Recite YAA SAMEE' to be 'heard' by others and for the fulfilment of wishes.
50	Shaheed	الشَّهِيدُ	Recite YAA SHAHEED frequently to dispel bad habits, and open the heart to light and understanding.
35	Shakoor	الشَّكُورُ	Recite YAA SHAKUR frequently to lighten a heavy heart and to relieve suffering.
80	Tawwab	التَّوَّابُ	Recite YAA TAWWAAB frequently for repentance to be accepted. (The sign of accepted repentance is that one does not return to the sin again and its recollection leaves one's memory)
66	Waahid	الْوَّاحِدُ	Recite YAA WAAHID frequently to free oneself from fear and delusions.
64	Waajid	الْوَّاجِدُ	Recite YAA WAAJID frequently to strengthen the heart, find what you wish to find and keep it.
77	Waaliy	الْوَالِي	Recite YAA WAALIY frequently when going through difficult times and are faced with problems that weigh upon you.



NAME			BENEFITS
97	Waarith	الْوَارِثُ	Recite YAA WAARITH to make the right choices in life.
45	Waasi'	الْوَاسِعُ	Recite YAA WAASI' frequently to overcome being overwhelmed by responsibilities and to open doors to opportunities
47	Wadood	الْوَدُودُ	Recite YAA WADOOD frequently to resolve differences.
16	Wahhaab	الْوَهَّابُ	Recite YAA WAHHAAB frequently to open doors that seem closed and to receive that which one wants desperately.
52	Wakeel	الْوَكِيلُ	Recite YAA WAKEEL frequently to be under Divine protection and receive Guidance to reach ones full potential.
55	Waliyy	الْوَالِيُّ	Recite YAA WALIYY frequently to get closer to Divinity and to remove material and spiritual barriers.
75	Zhaahir	الظَّاهِرُ	Recite YAA ZHAAHIR frequently to see things which were hidden and solutions to problems.

## ASMAUL HUSNA BENEFITS – ACCORDING TO NEED

NEED	NAME	
Anger- Subside	Yaa Maani'	الْمَانِعُ
	Yaa Hakeem	الْحَكِيمُ
	Yaa Muqsit	الْمُقْسِطُ
Avert tyranny	Yaa Muzhill	الْمُذِلُّ
Awareness	Yaa Muqtadir	الْمُقْتَدِرُ
	Yaa Rahmaan	الرَّحْمَنُ
Blessings	Yaa Barr	الْبَرُّ
	Yaa Ra'uf	الرَّؤُوفُ
Calamities protection	Yaa Hafeezh	الْحَفِيزُ
	Yaa Muqsit	الْمُقْسِطُ
	Yaa Dhaarr	الضَّارُّ
Choices – make the right ones	Yaa Waarith	الْوَارِثُ
Compelled to do something against your wishes	Yaa Jabbaar	الْجَبَّارُ



NEED	NAME	
Composure, maintain	Yaa Shakoor	الشَّكُورُ
Control negative influences	Yaa Mumeet	الْمُؤْمِتُ
Decision, to make the right one when you are unsure	Yaa Mubdi'	الْمُبْدِي'
Despair, relief from	Yaa Qahhaar	الْقَهَّارُ
Difficulties eased	Yaa Mateen	الْمَتِينُ
	Yaa Rasheed	الرَّشِيدُ
	Yaa Badee'	الْبَدِيعُ
	Yaa Muta'aali	الْمُتَعَالِي
	Yaa Hakeem	الْحَكِيمُ
	Yaa Qadir	الْقَادِرُ
	Yaa Baaqi	الْبَاقِي

NEED	NAME	
Difficulties eased	Yaa Waarith	الْوَارِثُ
	Yaa Afuwwu	الْعَفْوُ
	Yaa Hameed	الْحَمِيدُ
	Yaa Sabur	الصَّبُورُ
	Yaa Barr	الْبَرُّ
	Yaa Waliyy	الْوَالِيُّ
Dignity	Yaa Mu'izz	الْمُعِزُّ
Direction	Yaa Nur	النُّورُ
Dispel bad habits	Yaa Shaheed	الشَّهِيدُ
	Yaa Khabeer	الْحَبِيبُ
Divine protection	Yaa Raqeeb	الرَّقِيبُ
	Yaa Wakeel	الْوَكِيلُ
Effective in meetings	Yaa Muta'aali	الْمُتَعَالِي



NEED	NAME	
Enemy's harm free from	Yaa Khaafidh Yaa Qaadir Yaa Qawiyy Yaa Mumeet Yaa Qahhaar Yaa Muntaqim	الْخَافِضُ الْقَادِرُ الْقَوِيُّ الْمُمِيتُ الْقَهَّارُ الْمُنتَقِمُ
Enlightenment	Yaa Maajid	الْمَاجِدُ
Esteem among people	Yaa Dhul Jalaali wal Ikraam Yaa Baseer Yaa Kareem Yaa Kabeer Yaa Maalikul Mulk	ذُو الْجَلَالِ وَالْإِكْرَامِ الْبَصِيرُ الْكَرِيمُ الْكَبِيرُ مَالِكُ الْمُلْكِ
Faith	Yaa Mujeeb Yaa 'Ali	الْمُجِيبُ الْعَلِيُّ

NEED	NAME	
Family safety	Yaa Maani'	الْمَانِعُ
	Yaa Raqeeb	الرَّقِيبُ
Fear and delusions, free of	Yaa Waahid	الْوَاحِدُ
Fear none but God	Yaa Mu'izz	الْمُعِزُّ
	Yaa Baa'ith	الْبَاعِثُ
	Yaa Baaqi	الْبَاقِي
Forgiveness of sins	Yaa Ghaffaar	الْغَفَّارُ
	Yaa Hayy	الْحَيُّ
	Yaa Afuwwu	الْعَفُورُ
Freed from debt	Yaa Kareem	الْكَرِيمُ
Friendliness of others increased	Yaa Raheem	الرَّحِيمُ
	Yaa Qayyum	الْقَيُّومُ



NEED	NAME	
Fulfilment of desires and freedom from difficulties	Yaa Mutakabbir Yaa Samee' Yaa Wahhab Yaa Mujeeb Yaa Samad Yaa Dhul Jalaal wal Ikraam	الْمُتَكَبِّرُ السَّمِيعُ الْوَهَّابُ الْمُجِيبُ الصَّمَدُ ذُو الْجَلَالِ وَالْإِكْرَامِ
Gain respect	Yaa Azeez Yaa Maalikul Mulk Yaa Majeed Yaa Raafi' Yaa Kabeer Yaa Jaleel	الْعَزِيزُ مَالِكُ الْمُلْكِ الْمَجِيدُ الرَّافِعُ الْكَبِيرُ الْجَلِيلُ
Hard work easy	Yaa Baari' Yaa Musawwir	الْبَارِئُ الْمُصَوِّرُ
Hardship	Yaa Jabbaar	الْجَبَّارُ

NEED	NAME	
Harm, avoid	Yaa Naafi'	النَّافِعُ
	Yaa Haleem	الْحَلِيمُ
	Yaa Haseeb	الْحَسِيبُ
Healing	Yaa Lateef	اللَّطِيفُ
	Yaa Salaam	السَّلَامُ
	Yaa Barr	الْبَرُّ
	Yaa Hayy	الْحَيُّ
Heart expand	Yaa Quddoos	الْقُدُّوسُ
	Yaa Fattaah	الْفَتَّاحُ
Heart heavy	Yaa Shakoor	الشَّكُورُ
	Yaa Rahman	الرَّحْمَنُ



NEED	NAME	
Heart, enlighten	Yaa Majeed Yaa Waaliy Yaa Baa'ith Yaa 'Aleem Yaa Zhaahir Yaa Nur Yaa Shakoor	الْمَجِيدُ الْوَالِيُ الْبَاعِثُ الْعَلِيمُ الظَّاهِرُ النُّورُ الشَّكُورُ
Heart, Broken	Yaa Jabbaar	الْجَبَّارُ
Heavy burden, remove	Yaa Muhyi	الْمُحْيِيُ
Hidden meaning, attain	Yaa Samad Yaa Hakam Yaa 'Aleem Yaa Zhaahir Yaa Ahad	الصَّمَدُ الْحَكَمُ الْعَلِيمُ الظَّاهِرُ الْاَحَدُ

## ASMAUL HUSNA BENEFITS – THE HUMAN BODY

NEED	NAME	
Artery	Yaa Jabbaar	الْجَبَّارُ
Backbone	Yaa Jabbaar	الْجَبَّارُ
Bladder	Yaa Haadi	الْهَادِي
Blood Pressure	Yaa Khaafidh	الْخَافِضُ
Bone	Yaa Naafi'	النَّافِعُ
Cancer	Yaa Jaleel	الْجَلِيلُ
Colon	Yaa Ra'uf	الرَّؤُوفُ
Cure Illness	Yaa Kabeer Yaa Mughniy	الْكَبِيرُ الْمُغْنِي
Ear	Yaa Samee'	السَّمِيعُ



NEED	NAME	
Eye	Yaa Nur	النُّور
	Yaa Baseer	الْبَصِيرُ
	Yaa Wahhaab	الْوَهَّابُ
Eye Arteries	Yaa Muta'aali	الْمُتَعَالَى
Eye Nerves	Yaa Zhaahir	الظَّاهِرُ
Fever	Yaa Ghafoor	الْغَفُورُ
Hair	Yaa Badee'	الْبَدِيعُ
Headache	Yaa Ghafoor	الْغَفُورُ
Heart	Yaa Nur	النُّور
	Yaa Wahhaab	الْوَهَّابُ
Intestines	Yaa Razzaaq	الرَّزَّاقُ
Kidney	Yaa Razzaaq	الرَّزَّاقُ

NEED	NAME	
Knee	Yaa Baari'	الْبَّارِئُ
	Yaa Hayy	الْحَيُّ
Liver	Yaa Ra'uf	الرَّؤُوفُ
Lung	Yaa Naafi'	النَّافِعُ
Migraine	Yaa Razzaaq	الرَّزَّاقُ
Muscles	Yaa Ghaniy	الْغَنِيُّ
Nose	Yaa Qawiyy	الْقَوِيُّ
Nerves	Yaa Lateef	اللَّطِيفُ
	Yaa Ghaniy	الْغَنِيُّ
	Yaa Raheem	الرَّحِيمُ
Pancreas	Yaa Mughniy	الْمُغْنِيُّ
Prostrate	Yaa Baari'	الْبَّارِئُ
Rheumatism	Yaa Rasheed	الرَّشِيدُ



NEED	NAME	
Stomach	Yaa Muhaymin	أَلْمُهَيِّمِْنُ
Thigh	Yaa Raafi'	الرَّافِعُ
Thyroid	Yaa Jabbaar	الْجَبَّارُ
Thymus	Yaa Qawiyy	الْقَوِيُّ
Womb	Yaa Khaaliq	الْخَالِقُ

## ASMAUL HUSNA BENEFITS – ACCORDING TO NEED

NEED	NAME	
Independence	Yaa Baasit Yaa Ghaniy	الْبَاسِطُ الْغَنِيُّ
Inner strength	Yaa Mu'izz	الْمُعِزُّ
Jealousy - fear of harm from	Yaa Muzhill Yaa Haseeb	الْمُذِلُّ الْحَسِيبُ
Khidr, meet	Yaa Razzaaq	الرَّزَّاقُ
Loneliness	Yaa Lateef	الْلَطِيفُ
Losing something	Yaa Mubdi'	الْمُبْدِيُّ
Lost, to find	Yaa Mu'eed Yaa Mubdi' Yaa Jaami' Yaa Haqq	الْمُعِيدُ الْمُبْدِيُّ الْجَامِعُ الْحَقُّ



NEED	NAME	
Love	Yaa Hameed	الْحَمِيدُ
Memory, developing	Yaa Wadood	الْوَدُودُ
Open doors that are closed	Yaa Rahmaan	الرَّحْمَنُ
Oppressor, safety	Yaa Haadi	الْهَادِي
Overwhelmed by responsibilities	Yaa Muhsi	الْمُحْسِي
Passions, control	Yaa Wahhaab	الْوَهَّابُ
Peace	Yaa Waasi'	الْوَاسِعُ
	Yaa Samad	الصَّمَدُ
	Yaa Muzhill	الْمُذِلُّ
	Yaa Qahhaar	الْقَهَّارُ



NEED	NAME	
Property, safety of	Yaa Raqeeb Yaa Waliyy	الرَّقِيبُ الْوَلِيُّ
Protection	Yaa Hafeezh Yaa Khaafidh Yaa Qahhaar	الْحَفِيزُ الْخَافِذُ الْقَهَّارُ
Purpose, attain	Yaa Muqsit	الْمُقْسِطُ
Rebellious child	Yaa Shaheed	الشَّهِيدُ
Relief	Yaa Quddoos Yaa Ghafoor Yaa Musawwir Yaa Razzaaq Yaa Maani' Yaa Muhyi Yaa Jaleel	الْقُدُّوسُ الْغَفُورُ الْمُصَوِّرُ الرَّزَّاقُ الْمَانِعُ الْمُحْيِي الْجَلِيلُ
Repentance accepted	Yaa Tawwab	التَّوَّابُ



NEED	NAME	
Resolve differences	Yaa Wadood	الْوَدُودُ
Righteous children	Yaa Mutakkabir	الْمُتَكَبِّرُ
Safety	Yaa Raheem Yaa Salaam Yaa Jabbaar Yaa Maani' Yaa Raqeeb Yaa Muntaqim	الرَّحِيمُ السَّلَامُ الْجَبَّارُ الْمَانِعُ الرَّقِيبُ الْمُنتَقِمُ
Self-sufficient, become	Yaa Mughniy	الْمُغْنِي
Sorrows	Yaa 'Afuwwu	الْعَفْوُ
Spiritual knowledge	Yaa Haadi	الْهَادِي
Strength	Yaa Muakhir Yaa Qawiyy Yaa Mateen Yaa Waajid	الْمُؤَخِّرُ الْقَوِيُّ الْمَتِينُ الْوَّاجِدُ



NEED	NAME	
Subdue the monster within	Yaa Qahhaar	الْقَهَّارُ
Success	Yaa Fattaah Yaa Azheem Yaa Muqqadim Yaa 'Ali Yaa Mutakabbir	الْفَتَّاحُ الْعَظِيمُ الْمُقَدِّمُ الْعَلِيُّ الْمُتَكَبِّرُ
Sustenance	Yaa Razzaq Yaa Waasi' Yaa Ghaffaar Yaa Wahhaab Yaa Lateef	الرَّزَّاقُ الْوَاسِعُ الْغَفَّارُ الْوَهَّابُ اللَّطِيفُ
To make the impossible possible	Yaa Hayyul Qayyum	الْحَيُّ الْقَيُّومُ
Travel safety	Yaa Mu'eed Yaa Barr	الْمُعِيدُ الْبَرُّ
Troubles, rescued from	Yaa 'Afuwwu	الْعَفْوُ



NEED	NAME	
Truth, see in things	Yaa Baatin Yaa 'Adl Yaa 'Ali Yaa Muqtadir Yaa Aakhir	الْبَاطِنُ الْعَدْلُ الْعَلِيُّ الْمُقْتَدِرُ الْآخِرُ
Work, hard, become easy	Yaa Musawwir Yaa Waarith	الْمُصَوِّرُ الْوَارِثُ
Wronged by another, freed from being	Yaa Qahhaar Yaa Haseeb	الْقَهَّارُ الْحَسِيبُ



