

Other practices during Rajab

Nawaytul arba'in, nawaytul itikāf, nawaytul khalwah, nawaytul 'uzlah, nawaytur riyāḍah, nawaytus sulūk, nawaytus ṣiyām, lillāhi ta'ālā, fi hādhal bayt.

I intend the forty (days of seclusion). I intend seclusion in the mosque. I intend seclusion. I intend isolation. I intend discipline (of the ego). I intend to travel in Allah's Path. I intend to fast. All for the sake of Allah, in this house.

Perform the Naqshbandi Adab (see Part One, pp. 140-142)

1. during the last third part of the night,
 2. and/or between *Salātul-Asr* and *Ṣalātul-Maghrib*,
 3. and/or between *Ṣalātul-Maghrib* and *Ṣalātul-Ishā'*
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Recite *Suratul-An'am* (Sura 6 in the Holy *Quran*) each day, if possible

The Daily *Wird* (see Part Two, on pp. 143 or 146 or 148) including one *juz'* of the *Qur'an* and a daily section of the *Dalā-ilul Khayrāt*

Increase fasting, particular on Mondays and Thursdays, as well the 7th, middle and 27th of the month.

Other practices during Rajab

نَوَيْتُ الْأَرْبَعِينَ ، نَوَيْتُ الْإِعْتِكَافَ ، نَوَيْتُ الْخُلُوعَ ، نَوَيْتُ
الْعُزْلَةَ، نَوَيْتُ الرِّيَاضَةَ ، نَوَيْتُ السُّلُوكَ ، نَوَيْتُ الصِّيَامَ ، لِلَّهِ
تَعَالَى فِي هَذَا الْبَيْتِ.

أَدَبُ الطَّرِيقَةِ.

الْوَرْدُ الْيَوْمِيَّةُ.

الصِّيَامُ.
