

# ALI 300: Knowing God through the Whispered Prayers: Session Two

## Agenda

- ❖ Natural need for Dhikr
- ❖ Continuous Dhikr versus Intermittent Dhikr
- ❖ Close connection with Allah
- ❖ Inspirations to do Dhikr
- ❖ Readings#2 Aim of Dhikr
- ❖ Dhikr at all times and places

# Natural need for Dhikr

- ❖ The need for **tranquility**. There is a hunger in the soul, a place that cannot be filled except through remembrance of Allah. It calms the spirit, and brings spiritual pleasure and happiness. Without it the human being keeps searching unsuccessfully for satisfaction in life. *In Dhikr lies life for the hearts.* Imam Ali (a).
- ❖ The need for **perfection**. Human beings love perfection. Remembrance of Allah inspires perfection of the self. *Whoever fills his heart with continuous Dhikr his actions become beautiful in public and in private.* Imam Ali (a).
- ❖ The need for **strength**. Remembrance of Allah gives inner strength to the human being. *Dhikr of Allah is the medicine for the weaknesses of the heart.* Imam Ali (a)

their chests have expanded . . .  
their drinking is sweet . . .  
their secret thoughts are delicious . . .  
their souls are serene . . .  
their spirits have reached certitude . . .  
their eyes have been gladdened . . .

My God, how agreeable for hearts  
are the thoughts inspiring Thy remembrance  
how sweet travelling to Thee  
through imagination  
upon the roads of the unseen worlds  
how pleasant the taste of Thy love  
how delightful the drink of Thy nearness!

# Continuous Dhikr vs Intermittent Dhikr

Remembrance is of different types:

- 1) The heart sometimes remembers something involuntarily. When excessively attached to something or excessively disliking something, the heart cannot forget and continuously remembers. This remembrance may produce pleasure or displeasure but is completely involuntary.
- 2) Sometimes the heart has to be forced to remember something. Due to lack of intensified emotion in connection to it, deliberate effort is required to remember.

When a person is intensely attached to Allah, remembrance comes involuntarily. The goal is to increase emotional attachment. Continuous Dhikr will automatically follow.

Every hour that passes for the son of Adam  
in which he does not remember Allah  
will be a cause of grief for him  
on the Day of Judgment.

**Holy Prophet (s)**

*Mizanul Hikmah*, Muhammad Ray Shahri

# Close Connection with Allah

أنس<sup>ه</sup> with Allah is to have a close, intimate connection with Him.

**Barriers** to this are the attachments and love that is not connected to Allah. Worldly attachments, pleasures, worries, frustrations, encounters with people . . . all weaken the connection with Allah.

Connection with Allah can become just a **habit**. When a behavior is repeated without thought and emotion it becomes a routine that has no أنس<sup>ه</sup> in it.

Certainly, Allah, the Glorified, the Sublime, has made His remembrance the light for hearts which hear with its help despite deafness, see with its help despite blindness and become submissive with its help despite unruliness . . .

There are some people devoted to the remembrance (of Allah) who have adopted it in place of worldly matters so that commerce or trade does not turn them away from it. They pass their life in it.

**Nahjul Balagha, Khutba no. 221**

# Inspirations to do Dhikr

The connection with Allah is not one sided. When a believer loves Allah and keeps connection, Allah also loves him.

When such a person forgets and is distracted Allah inspires him to remember Him.

For those whose connection is close the reminder is just an *Ishara*, a sign that is understood.

For those who are further away other means of reminding are used; pain, grief . . .



# Dua of the Holy Prophet (s) for increasing Dhikr

اللَّهُمَّ افْتَحْ مَسَامِعَ قَلْبِي لِذِكْرِكَ

O Allah, open the ears of my heart  
for Your Dhikr

*Mizanul Hikmah, Muhammad Ray Shahri*