



For Islamic
brothers



Method to
become Pious

The Great Spiritual and Scholarly Luminary of 15th Islamic Century Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat, the Founder of Dawat-e-Islami, 'Allamah, Maulana, Abu Bilal Muhammad Ilyas Attar Qadiri Razavi رحمۃ اللہ علیہ has formulated a comprehensive collection of Shari'ah and Tareeqah in the form of questions, making it easy to perform good deeds and abstain from sins in this era of evils. This collection has been termed as:



72 Pious Deeds

The method of acting upon these 72 Pious Deeds is mentioned in the end.

Presented by: Markazi Majlis e Shura (Dawat-e-Islami)



72

Pious deeds

For Islamic Brothers

Shaykh-e-Tareeqat, Ameer-e-Ahl-e-Sunnat,
Founder of Dawat-e-Islami, 'Allamah Maulana

Abu Bilal Muhammad Ilyas Attar Qaadiri Razavi دَامَتْ بَرَكَاتُهُمُ الْعَالِيَهُ



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Translation Department of Dawat-e-Islami

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
 أَمَّا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط

56 daily pious deeds

First Level: 19 pious deeds

1. Today, have you made at least one **good intention** before performing some permissible deeds? (May we encourage someone else to do this too! ‘Pious deed’ will be regarded as performed if a good intention is made before three deeds.)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

2. Today, have you offered the **five daily Salahs** with Jama’at (congregation)? (May we never miss offering Salah in the first row with Takbeer-e-Oola [i.e. the primary Takbeer])

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

3.	Today, have you given invitation to offer Salah in your home, market, or wherever you were during the times of Salah before offering Salah yourself? (May we take someone with us to Masjid for all five Salahs)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
4.	Today, have you recited or listened to Surah Al-Mulk in the night?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
5.	Today, have you recited Ayat-ul-Kursi, Surah Al-Ikhlaas and Tasbih-e-Fatimah رَضِيَ اللهُ عَنْهَا at least once after offering the 5 Salahs?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

6.	Today, have you recited or listened to at least three verses of the Holy Quran with translation Kanz-ul-Iman and commentary on the Holy Quran, Khaza'in-ul-Irfan or Noor-ul-'Irfan; or have you read or listened to at least two pages of Siraat-ul-Jinaan?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
7.	Have you read some Awraad of the Shajarah today?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
8.	Have you recited Salat upon the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ at least 313 times today?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

9.	Have you saved your eyes from sins today (i.e. from impermissible gazing, watching films and dramas, watching obscene images or videos on a phone, looking at Non-Mahram women and cousins, etc.)?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
10.	Have you saved your ears from sins today? For example, have you saved your ears from listening to backbiting, music, evil and obscene conversation, musical mobile ringtones, etc.?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
11.	Whilst walking, or travelling in a car or a bus today, have you kept your gaze lowered and protected yourself from useless gazing? Moreover, have you saved yourself from looking															

here and there unnecessarily? (May we keep our gaze lowered when conversing with someone instead of continuously staring at his face without a need)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

12. Today, have you read or listened to a book of A'la Hadrat رَحْمَةُ اللهِ عَلَيْهِ, or a **book or booklet** of Maktaba-tul-Madinah, or the monthly magazine 'Faizan-e-Madinah' for at least 12 minutes?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

13. Today, have you **replied to Azaan and Iqamah**, leaving your conversation, phone call and all other activities? (If you are already eating and Azaan starts, then there is no harm in

	continuing eating. Similarly, there is no harm in getting ready for Salah or performing Wudu either)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
14.	Upon becoming angry with someone (at home or outside) today, have you cured your anger by staying quiet or have you spoken up?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
15.	Have you filled in the boxes of the ‘Pious deeds’ booklet today whilst reflecting upon your deeds?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
16.	Today, have you obeyed your Nigran in accordance with the principles issued by															

‘Markazi Majlis-e-Shura’? (Wherever Shari’ah allows, the obedience to Shura is obedience to me, and [without Shar’i permission] disobedience to Shura is disobedience to me. (Sag-e-Madinah **عَنْهُ**))

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

17. Today, have you spoken politely at home and outside with every young and elderly person? (Keep smiling where appropriate).

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

18. Have you taught or learn the Holy Quran in **Madrassa-tul-Madinah** (Baalighan) today? Those Zimmahdars of Dawat-e-Islami who have completed Nazarah Quran-e-Kareem with

Tajweed (Articulation), the day when they are unable to attend Madrasa-tul-Madinah (for Islamic brothers) due to organizational responsibility of Dawat-e-Islami, they should recite one or half or at least quarter part.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

19. Today, have you tried to sleep **within two hours of the Jama'at of Isha Salah?** (If there is no violation of anyone's right due to a delay caused by watching Madani Muzakarah live on TV and attending special Ijtima'at (congregations), etc. of Dawat-e-Islami or worshipping and studying after reaching home within time, this virtuous act has been acted upon.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

Second Level: 19 Pious deeds

20. Today, have you spent at least **2 hours** for the **Islamic activities** of Dawat-e-Islami in accordance with the schedule provided by your Nigran?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

21. Did you wake up Muslims today for Fajr Salah?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

22. Today, have you tried to refrain from peeping (unnecessarily) outside from the windows of your home or **peeping inside others' homes** through their doors, windows, etc.?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

23.	Has Home Dars been delivered at your home today or has home Dars been delivered at your home in your absence due to any reason?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
24.	Today, have you delivered or listened to at least one Islamic Dars (in a Masjid, shop, market area, etc, wherever it is convenient)?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
25.	Today, have you worn clothes as per Sunnah (which should not be the colour ladies usually wear e.g. bright colour or should not be the colour which is forbidden by Shari'ah)? ¹ (The virtuous deed of the															

¹ It is a Sunnah that the length of the Kurta be up to half of the shin; and the length of sleeves be up to the fingertips at the most,

	Islamic brother who wears the long Arabic gown above ankles will be considered correct)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
26.	Are you abiding by the Sunnah of keeping your hair according to the Sunnah?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
27.	Keeping a fistful beard is Wajib. Today, have you refrained from the sin of shaving off your															

with its width up to one hand-span. (*Rad-dul-Muhtar, vol. 9, p. 579*) White clothes are better than all clothes and the Holy Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has liked them as well. It is narrated by Sayyiduna Samurah رَضِيَ اللهُ عَنْهُ that the Beloved Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ has said: Wear white clothes for they are purer and better; and shroud your dead in them. (*Tirmizi, Kitab-ul-Adab, vol. 4, p. 370, Hadith 2819*)

beard or trimming it to less than a fistful length?															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
28.	Today, مَعَادَ اللَّهِ , in case of committing a sin, have you repented immediately? (May we have the privilege of reciting Istighfar, i.e. أَسْتَغْفِرُ اللَّهَ , at least 70 times every day)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
29.	Today, have you eaten according to Sunnah and recited the Du'as to be recited before and after eating?														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
30.	Today, while going to the office/work or returning home, in the bus, train etc. have you said salaam to Muslims? Similarly, while passing through														

streets, have you said salaam to the Muslims who were sitting or standing on the way?															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
31.	Have you somewhat acted upon the following Sunnahs today? (Miswak, entering and exiting in the house, sleeping, waking up, sitting while facing the Qiblah, etc.)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
32.	Today, have you offered the four Sunnahs which precede the Fard of Zuhr before the Fard? (Remember that the four Sunnahs of Zuhr which precede Fard are Sunnah-Muakkadah, and offering them before the four Fard of Zuhr is also Sunnah-Muakkadah.)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

33.	Today, have you offered Tahajjud Salah; or in case you have not slept at night, have you offered Salat-ul-Layl?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
34.	Today, have you offered the voluntary Salah of Awwabeen or Ishraq and Chasht ?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
35.	Today, have you offered the Sunnahs of ‘ Asr or ‘Isha Salah which precede Fard? (May we have the privilege offering Sunnahs of ‘Asr and ‘Isha which precede the Fard and the Nawafil after Zuhr, Maghrib and ‘Isha Salahs.)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
36.	Today, have you persuaded someone to carry out at least one Islamic activity out of the 12															

Islamic activities of Dawat-e-Islami through individual effort?															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
37.	Today, have you used anything (e.g. slippers, chador, mobile phone, charger, car, etc.) after borrowing it from others? (If you are in the habit of borrowing things from others, break it. (Keep the thing safely that is necessary after marking it.)														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
38.	Today, have you refrained from telling/listening to a lie , committing/listening to backbiting and committing/listening to tale telling ?														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

Third Level: 18 Pious deeds																
39.	Have you watched ‘Madani channel’ for some time today?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
40.	Do you have any personal friendship with anyone or a few people? (Personal friendships and groups become an obstacle to the progression of organisational activities).															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
41.	Today, have you delayed paying off a debt (despite being able to pay it off) to the creditor without his consent if you had owed a debt? Moreover, have you returned any such thing that															

you borrowed for temporary use after your need was fulfilled within its fixed time?															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
42.	Today, have you refrained from committing the sin of hypocrisy and pretentiousness by uttering such words of humility which your heart does not agree to? For example, to create one's own respect in the hearts of other people, saying things like: 'I am inferior', or 'I am lowly', but in fact, one does not consider himself inferior or lowly in his heart.														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
43.	Do you observe cleanliness , and are you mannerly? (Cleanliness here means keeping your body, clothes, house, place of work and things used there neat and clean. Mannerly means being punctual, not														

	banging doors unnecessarily at home or when sitting in your own or someone else's car, putting back something at its place at your home, educational institute, office or someone's house which you had permission to pick up, etc.)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
44.	Today, in case of becoming aware of a Muslim's shortcoming, have you refrained from exposing it to someone else (without a Shar'i reason)?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
45.	Have you conducted the Halqah for reading or listening to Tafseer today?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
46.	Today, have you recited بِسْمِ اللّٰهِ before every permissible and reverential task? (This pious															

	deed of the one who recites it at least three times will be regarded as performed).															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
47.	Have you delivered or listened to a Chowk Dars today?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
48.	Today, have you supplicated for the forgiveness of your parents and Peer-o-Murshid (i.e. spiritual guide), and made some Isal-e-Sawab ¹ for them? (Isal-e-Sawab can even be made after reciting Salat upon the Prophet صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ only once.)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

¹ Conveying of reward

49.	Today, have you tried to refrain from Israaf¹ in Masjid, home, office etc.?(e.g. using lights, fans and electricity without a need, running water excessively, etc.)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
50.	Have you abided by the traffic rules today? (e.g. wearing a helmet when riding a bike, not using mobile phone while driving, wearing a seat belt while driving, following the traffic signals, not driving in the opposite direction, etc. Front seat passenger must wear a seat belt.)															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total

¹ Wastage

- | | |
|-----|---|
| 51. | If, مَعَاذَ اللَّهِ , any Islamic brother committed a wrongdoing (especially a responsible Islamic brother) and he should have been reformed, have you tried to reform him in writing or through message (in a polite manner), or, مَعَاذَ اللَّهِ , have you committed the major sin of backbiting by revealing it to someone else without the permission of Shari'ah? In case you do not succeed (in reforming him), then there is no harm in telling about him to the one who is capable of reforming him. Moreover, if that wrong doing is harmful for Islam and Dawat-e-Islami, then there is no harm in resolving the issue as per the organisational procedure either. |
| 52. | Have you saved your tongue from sins today (i.e. accusing others, hurting people's feelings, swearing, etc.)? |

53.	Today, in order to inculcate the habit of saving your tongue from useless conversation (i.e. such conversation that has neither worldly nor religious benefit), have you conversed somewhat through gestures? (May we have the privilege of conversing at least four times daily in writing and at least three times through gestures)
54.	Today, have you made efforts to refrain from joking, taunting, hurting the feelings of others and laughing aloud (at home and outside)? (Remember, it is a major sin to hurt the feelings of a Muslim (without a Shar'i reason).)
55.	Have you worn a blessed 'Imamah (<i>Islamic turban</i>) today? (This pious deed of the one who wears it for at least one hour and twelve minutes will be regarded as performed).

56. Have you shown your parents respect and reverence today? (Listening to what they say if it is according to Shari'ah, kissing their hands, not raising your voice, etc. For more information, read the booklet 'Oceanic Dome'.)

Record of Practising Qufl-e-Madinah (Month _____ Year 20__)

Date	Communicating by writing	Communicating through gestures	Talking without staring at the person's face
	at least 12 times	at least 12 times	at least 12 times
1			
2			
3			
4			
5			
6			
7			

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8			
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10			
11			
12			
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26			
27			
28			
29			
30			
Total			

9 Weekly pious deeds

57.	This week, have you sent any Islamic sister of your household (e.g. sister, daughter, mother, wife etc.) to the Ijtima' (i.e. gathering) of Islamic sisters?	
58.	Have you watched or listened to the weekly Madani Muzakarah ? (Duration: At least 1	

	hr and 12 mins from the point when the question and answer session starts.)	
59.	Have you attended the weekly Sunnah-inspiring Ijtima' from beginning to end (i.e. from Maghrib till Ishraq and Chasht)?	
60.	Have you had the privilege of observing the Holiday I'tikaf this week?	
61.	Have you visited a sick or distressed person this week by going to his home or the hospital and enquired after his health or comforted him; or in the event of a relative's demise, have you paid condolences in accordance with the Sunnah? (Advise him to read Spiritual Cures and earn reward.)	

62.	In this week, have you kept a fast on Monday (or on any other day if you missed it on Monday)?	
63.	Have you read or listened to this week's weekly booklet ?	
64.	Have you participated in the ' area call to righteousness ' at least once this week?	
65.	Have you made efforts this week to search for at least one Islamic brother (who was once associated with the Madani environment, or would attend the weekly Ijtima but no longer attends it) and tried to make him join the Islamic environment again?	
4 Monthly Pious Deeds		
66.	Have you filled in last month's booklet of ' Pious deeds ' and submitted it to your Nigran and	

	responsible Islamic brother?	
67.	Have you travelled in at least a 3-day Madani Qafilah this month?	
68.	Have you given a monetary gift to a Sunni Islamic scholar (or Imam/Muazzin/caretaker of a Masjid) this month?	
69.	To adopt the habit of refraining from useless conversation, have you performed Qufl-e-Madinah for 25 hours (i.e. 1 day) after reading the booklet “Silent Prince” on the first Monday of this month or have you observed the Qufl-e-Madinah-Day for 72 hours (i.e. 3 days)?	

1 annual pious deed

70. Have you **travelled with a 30-Day Madani Qafilah** this year according to the timetable?

2 lifetime Pious Deeds

71. Have you completed the Lifetime Course? (Have you read or listened to Minhaj-ul-‘Aabideen, Jaa`a-ul-Haq, Bahar-e-Shari’at, Bayan (Speech) about apostasy from part 9, Bayan about trading from part 16, Bayan about rights of parents, (if you are married then), Bayan about Muharramaat and rights of spouse from part 7, Bayan about children’s upbringing, divorce, Hurmat-e-Musaharat, Zihaar and Talaq-e-Kinayah from part 8, books authored by A’la Hadrat ﷺ entitled Tamheed-ul-Iman and Hussam-ul-Haramayn, books published by

	<p>Maktaba-tul-Madinah entitled Kufriyah Kalimat kay baray mayn Suwal Jawab, Questions and Answers about Donations, Bunyadi ‘Aqaaid Aur Ma’mulaat-e-Ahl-e-Sunnat, ‘Aqeedah-e-Aakhirat, Das Aqeeday, Islam kay Bunyadi Aqeeday, Al Haq-ul-Mubeen, Basics of Islam (all three parts), Kitab-ul-‘Aqaaid, Guldastah Aqaaid-o-A’maal, 35 Kufriyah Ash’aar, 28 Phrases of Kufr (Unbelief), A’la Hadrat رَحْمَةُ اللَّهِ عَلَيْهِ say Suwal Jawab, ‘Ilm-ul-Quran, Laws Of Salah and all the chapters of Faizan-e-Sunnat? (May we read the chapter entitled ‘Blessings of Ramadan’ from Faizan-e-Sunnat every year in the month of Sha’ban)</p>
72.	<p>In your life, have you had the privilege of travelling with a Madani Qafilah for consecutive 12 months, and the privilege of</p>

completing different courses (12 Madani Activities Course, 7-day Islah-e-A'maal Course, 7-day Faizan-e-Namaz /Salah course)?

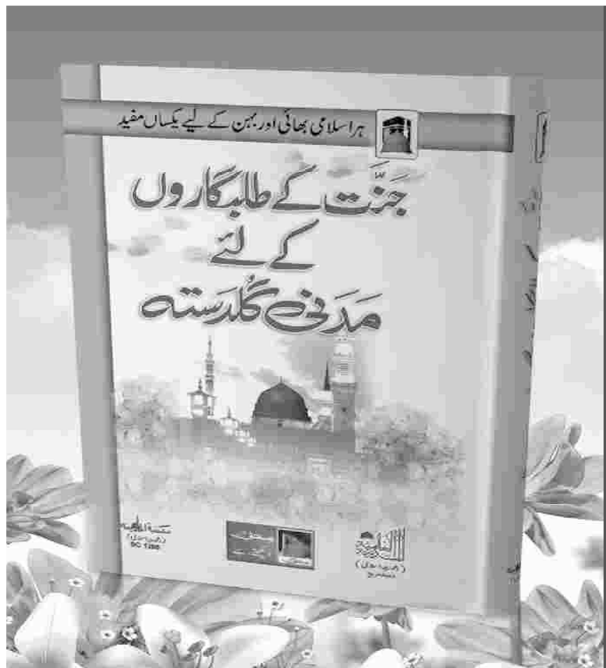
Beloved of 'Attar

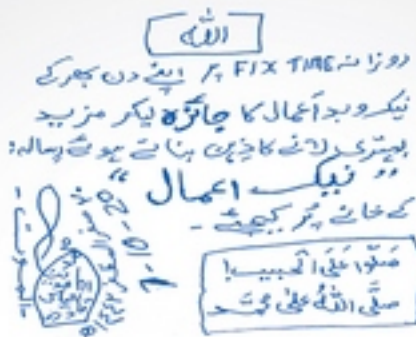
Ameer-e-Ahl-e-Sunnat **دَاعَتْ بَرَكَاتُهُمُ الْعَالِيَةِ** has stated: Whoever performs the following 4 activities regularly is my **'Beloved'**:

1. Communicates by means of writing at least 12 times daily
2. Communicates with gestures at least 12 times daily
3. Keeps his eyes lowered while talking to others at least 12 times
4. Acts upon at least 63 pious deeds every month

صَلَّى اللهُ عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ





31 check boxes corresponding to 31 days beneath every 'Pious Deed' have been given in this booklet. Use an 'Inverted Tick Mark' () to check off the box if you have had the privilege to act upon the Pious Deeds. Otherwise, mark the box with a circle 'O'. You will progress in pious deeds, feeling resentment towards sins.

It is mentioned in blessed Hadith: 'To meditate (on matters of Hereafter) for a moment is better than 60 years' worship.' (Al-Jami' -us-Sagheer-lil-Suyuti, p. 365, Hadith 5897)

Du'a of Altar: O Allah Almighty! Whoever acts upon the Pious Deeds to win Your Pleasure filling out the booklet daily and submits it to his Nigran of Zayli Mushawat every month, bestow him with steadfastness in pious deeds and make him Your chosen servant.

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