

RAMADAN

IMMERSION



Imam Khalid Latif

Chapter 5: On Regular Devotions

- Regular devotions are known as awarad.
- Imam Al-Haddad tells us, “You must fill up your time with acts of worship so that no period of time elapses, whether by night or by day, without being used in some act of goodness. This is how the barakah within time is made manifest [...]”
 - What Imam Al-Haddad is introducing to us is the utilization of time, which is based on barakah, blessings.
 - Time is a relative concept in our worldly lives, as when we die and reach the afterlife, it will feel like moments and seconds.
 - The Prophet SAW tells us that the Hour will not commence until there is a shrinking of time.
 - This can mean a few things, but in our context the most relevant one is a lack of barakah in our time, i.e. the ability to do good.
- Bring firm intention to everything you do.
 - It is not just dua and dhikr that we must have an intention for, but an intention should be made for working and serving your family.
 - There are many duas for different things from the sunnah, like attending the washroom or eating.
 - The goal is to awaken the heart.
 - Actions are made conscious and alive through intention.
 - A person can have multiple intentions for one outward act of worship.

- Imam Al-Haddad is telling us, in essence, to fill our times with acts of goodness during the day and night.
 - Have a goal to love doing good within the sharia standards, not just simply doing good.
- Imam Al-Haddad continues, “You should allocate specific periods of time for your habitual activities such as eating, drinking and working for a livelihood.”
 - You can’t just read Qur’an all day and night.
 - Many of us have to work for a living.
 - As long as you bring intention to it, it becomes an act of goodness.
 - In modernity, a lot of time is spent chasing satisfaction in jobs, and work defines many people’s lives.
 - If you do not design your life, someone else will design it for you.
 - Make sure to take the time out for your loved ones, contemplation, and acts of worship, otherwise, you may face regret.
- Be present in your time.
 - There are three different ways to categorize the time spent in a day:
 - Khayr (good)
 - Laghu (bad, futile)
 - Shar (no point)
- It is important to pursue physical wellness.
 - If you do, you are taking care of what Allah has given you and putting khayr in your life. It does not become laghu.
 - By making a routine, it helps bring presence into your day.
 - Have time to learn deen, have time to work out, have time for self-care.
 - Be sure to remember God is the All-Merciful.

- Umar ibn Khattab RA would have to work, so he made a deal with a companion that one day he would go and learn from the Prophet SAW and he would work, and the next day they would alternate and Umar would learn from him SAW.
- How do we remedy heedlessness and maintain the presence within our days?
 - Imam Al-Junayd would say that heedlessness is the root of all evil.
 - If you have presence, you would not cheat, steal or backbite.
- Duh-Nun Al-Misri, a spiritual master within our tradition tells us five actions that may help us against heedlessness:
 - Endure in fasting
 - Waking up the heart via qiyaam
 - Making the night prayer longer (if #2 does not work)
 - Refrain from the prohibited
 - And finally, being gentle to the orphan
- If you want to incorporate a regular devotion, a wurd, into your day, make sure you pay attention to how you respond to the day you are given.