



Bismillahi r-Raḥmāni r-Raḥīm  
wa ṣ-ṣalātu wa s-salāmu ‘alā Rasūlillah

## Recommended Practices for the 15th of Sha‘bān (Niṣf Sha‘bān)

1. *Adab at-Tarīqa*<sup>1</sup>
2. Reading of *Sūra Yasīn* three times; first with the intention of long life in Islam and faith (*imān*), second with the intention to ward off affliction from one’s self and from the nation of Muḥammad – *ṣallaLlāhu ‘alayhi wa sallam* – and the third time with the intention of receiving one’s sustenance without reliance on mankind. After every reading one recites:

*Allāhumma yā Dhā l-Manni lā yamannu ‘alayhi aḥad, yā Dhā l-Jalāli wa l-Ikrām, yā Dhā ṭ-ṭūli wa l-in‘ām. Lā ilāha illa Anta. Ṣahara l-lāji‘īn wa Jāru l-mustajirīn wa Amānu l-khā‘ifīn. Allāhumma in kunta katabtanī ‘indaka fī ummi l-Kitābi shaqīyan aw maḥrūman aw matrūdan aw muqattaran ‘alayya fī r-rizqi famḥu-Llāhumma bi-fadlika shaqāwatī wa ḥirmāni wa ṭardi wa iqtāra rizqī wa thabitanī ‘indaka fī ummi l-kitābi sa‘īdan marzūqan muwafaqqun li l-khayrāti fa-innaka qulta wa qawluku l-ḥaqq fī kitābika l-munzal ‘alā lisāni nabīyyika l-mursal: {yamḥu-Llāhu mā yashā’u wa yuthbitu wa ‘indahū ummu l-kitāb}. Ilāhī bi t-tajallī l-ā‘azami fī lalayti n-niṣfi min shahri sha‘bāni l-mu‘azami l-mukarrami llatī {yufraqu fihā kullu amrin ḥakīmīn wa yubram} an takshifa ‘annā mina l-balā’i mā na‘lamu wa mā lā na‘lamu wa mā Anta bihi ā‘alamu, innaka Anta al-A‘azzu l-Akram. Wa ṣallaLlāhu ‘alā sayyidinā Muḥammadīn wa ‘alā ālihi wa ṣāḥbihi wa sallam.*<sup>2</sup>

O Allah, Tireless Owner of Bounty. O Owner of Sublimity, Honor, Power, and Blessings. There is no God except You, the Support of refugees and Neighbor of those who seek nearness, Guardian of the fearful. O Allah, if you have written in Your Book that I be abject, deprived, banished, and tight-fisted, then erase, O Allah, through Your bounty, my misery, deprivation, banishment, and stinginess and establish me with You as happy, provided with blessings, for surely You have said — and Your Word is True — in Your Revealed Book on the tongue of Your Messenger, {Allah blots out or confirms what He pleases, and with Him is the Mother of Books}. (13:39) My God, by the Great Manifestation of the Night of the middle of the Noble Month of Sha‘bān {in which every affair of wisdom is made distinct and authorized}(44:4), remove from us calamities — those we know and those we do not know, and Thou knowest best — for surely You are the Most Mighty, the Most Generous. May Allah bless our liege-lord Muḥammad and his Family and his Companions and grant them peace.

<sup>1</sup> See *Naqshbandi Guidebook* (p.103-105) at <http://www.sufi.it/wazifa.pdf> or <http://www.naqshbandi.de/wazifa.pdf>

<sup>2</sup> A version of the Arabic text is at: [http://www.islamicacademy.org/html/Dua/Dua\\_e\\_Nisf\\_Shaban.htm](http://www.islamicacademy.org/html/Dua/Dua_e_Nisf_Shaban.htm)

One then invokes Allah with the Grand Supplication transmitted from Sulṭānu l-Awliyā<sup>3</sup>; if it is easy, after each recitation, if not, one time after the three recitations.

3. *Khatmu l-Khwajagān*

4. *Ṣalātu t-Tasābiḥ*<sup>4</sup>

5. *Ṣalātu sh-Shukr*

6. *Ṣalātu l-Khayr*:

After ‘*Ishā* strive to complete 100 *rak‘as*. Recite in every *rak‘a* after the *Fātiḥa* ten times *Sūrat al-Ikhlāṣ*. (According to another version: In the first *rak‘a* after the *Fātiḥa* recite *Sūrat al-Ikhlāṣ* twice and in the second *rak‘a* once.)

7. Fast its day (15th of *Sha‘bān*)

8. Make a sacrifice to Allāh as a ransom for yourself and your family and distribute it to the needy.

**Please remember in this context Mawlānā Shaykh Nāzim’s following advise:**

A spiritual exercise must be like clothing for the *murīd*. It is a most natural and easy thing to wear suitable and well-fitting clothes – especially such a cloak of honour! But if the exercise exceeds the capacity of the *murīd* it becomes like an excess burden of ill-fitting clothes that the *murīd* can’t wear. So, if the exercise does not fit him he must carry it around like a heavy bulky package and he will always be looking for a place where he can conveniently dump it or get rid of it.<sup>5</sup>

*Wa l-ḥamdu li-Llāhi Rabbi l-‘ālamīn.*

<sup>3</sup> For Arabic text see <http://www.naqshbandi.de/rajabdua,arab,k.pdf>

<sup>4</sup> See *Naqshbandi Guidebook* (p.103-105) at <http://www.sufi.it/wazifa.pdf> or <http://www.naqshbandi.de/wazifa.pdf>

<sup>5</sup> Quoted from *Naqshbandi Guidebook*, originally found at <http://www.sufi.it/wazifa.pdf> – may Allah the Most Generous reward its authors, editors and publishers!