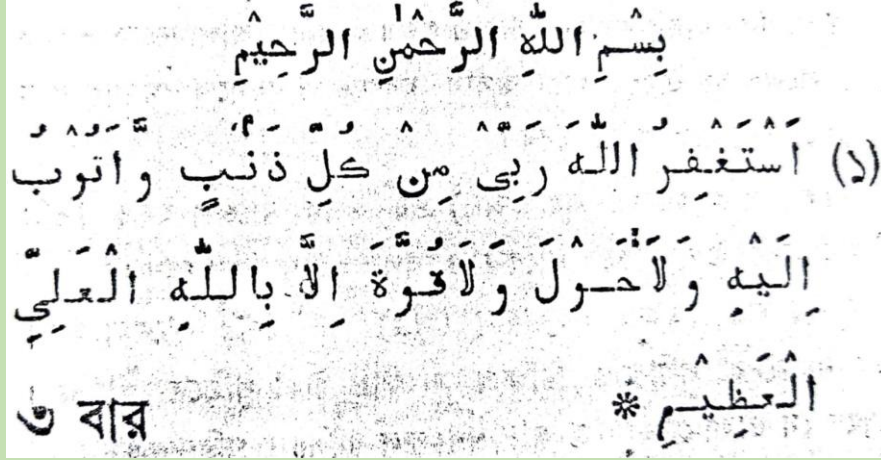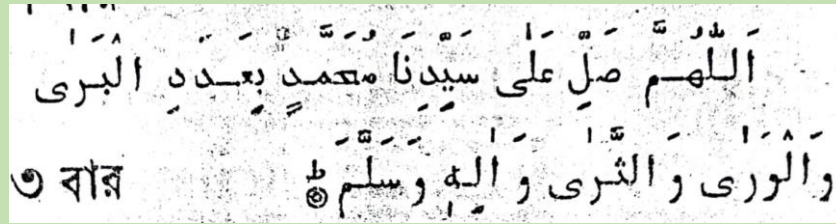Rules and procedures of 1200 (twelve hundred) times Dhikr (ذِكْر) according to **Chistia Tariqa:**

1: At first think that Allah is present in front of you and watching you!

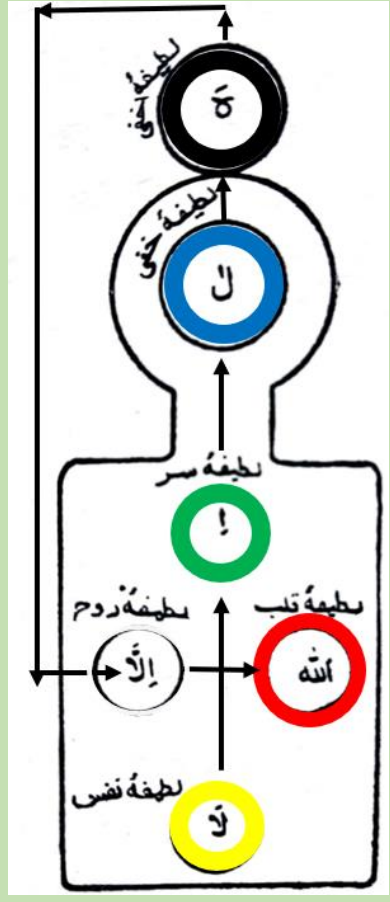2. Read Astaghfirullah three times

بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

(১) اَسْتَغْفِرُ اللهَ رَبِّیْ مِنْ کُلِّ ذَنْبٍ وَّاَتُوْبُ اِلَیْهِ وَلَاحَوْلَ وَلَاقُوَّةَ اِلَّا بِاللهِ الْعَلِیِّ الْعَظِیْمِ ۞

৩ বার

3. then read "durood" (درود a Persian word for invocation) sharif three times

اَللّٰهُمَّ صَلِّ عَلٰی سَیِّدِنَا مُحَمَّدٍ بِعَدَدِ الْبَرٰی وَالْوَرٰی وَالثَّرٰی وَاٰلِهٖ وَسَلِّمْ ط

৩ বার

4. Then read kalima tayyaba 3 times connecting 6 latifa

لَآ اِلٰهَ اِلَّا اللهُ مُحَمَّدٌ رَسُوْلُ اللهِ

(Note: use the following mapping for connecting 6 Latifa with لَآ اِلٰهَ اِلَّا اللهُ

)

5. then read Kalima Shahaadat: 3 times connecting 6 latifa

اشْهَدُ انْ لَّاۤ اِلٰهَ اِلَّا اللّٰهُ وَحْدَه لَا شَرِيْكَ لَه، وَ اَشْهَدُ اَنَّ مُحَمَّدَ اعَبْدُهوَرَسُولُه

(Note: use the mapping for connecting 6 Latifa while reading لَاۤ اِلٰهَ اِلَّا اللّٰهُ within the Kalima Shahaadat:)

6. Then read   لَاۤ اِلٰهَ اِلَّا اللّٰهُ   200 times concentrating on Latifa Qalb only

7. Again read kalma tayyaba 3 times connecting 6 latifa and read Kalima Shahaadat 3 times connecting 6 latifa

8. Then, read   اِلَّا اللّٰهُ 400 times concentrating on Latifa Qalb only

Again read kalma tayyaba three times connecting 6 latifa and read Kalima Shahaadat three times connecting six latifa

9. Then, read   اللّٰهُ اللّٰهُ 600 times concentrating on Latifa Qalb only

Thus 1200 times is completed.

10. Then silently read اللّٰهُ 100 times

11. Then read "durood" (درود) sharif three times and then, read astaghfirullah three times.

12. Then pray (مناجات- Munajat- Persian word- supplication)

اِلٰهِىْ اَنْتَ مَقْصُوْدِىْ وَرِضَاكَ مَطْلُوْبِىْ تَرَكْتُ الدُّنْيَا وَالْاٰخِرَةَ لَكَ اَتْمِمْ عَلَىَّ نِعْمَتَكَ وَارْزُقْنِىْ وَصُوْلَكَ التَّامَّ بِلُطْفِكَ العَامَّ وَارْحَمْنِىْ بِرَحْمَتِكَ يَا اَرْحَمَ الرَّحِمِيْنَ —

"O my Lord, You are my ultimate intention (Goal), I desire only for Your satisfaction;

I have left the world and the hereafter only for You, (therefore) Complete (Make perfect) Your blessings (sustenance) upon me; Give me provisions

Complete Your arrival gently with kindness

Have mercy upon me, O the Most Merciful among the merciful!