

Exercises for the *Maqāmāt* of *Manāzil al-Sā'irīn*

- 1) *Yaqāza* (Awakening)
 - a. Count ten of your current blessings
 - b. Think about how you should show proper gratitude for them
 - c. Think about ten mistakes you currently commit
 - d. Think about three things you do habitually that may contribute to the ten mistakes you thought about above

- 2) *Tawba* (Repentance)
 - a. Think about three people who are the victims of your mistakes.
 - b. Resolve to rectify those mistakes by making amends or seeking their forgiveness
 - c. Consider how to avoid recurring mistakes by changing the situation that facilitates them
 - d. Contemplate the attributes of Allah that you are given insight to when you commit a mistake

- 3) *Muḥāsaba* (Self-Vigilance)
 - a. Define the meanings of obedience to Allah and defiance of Him as they relate to your responsibilities to Him
 - b. When tempted to judge others and their actions, consider the effort and time lost in doing so by not considering your own shortcomings

- 4) *Ināba* (Returning to Allah)
 - a. Contemplate returning to Allah by your state as you did by way of your words and acts in *tawba*
 - b. Attribute your good deeds to Allah and His mercy, and your bad ones to your own shortcomings
 - c. Recognise that salvation is not found in your deeds, but ultimately by Allah's mercy

- 5) *Tafakkur* (Contemplation)
 - a. Maintain a daily routine of contemplating the marvels of creation and their relationship to Allah's attributes
 - b. Contemplate the immeasurable extent of Allah's mercy in the blessings He has bestowed upon you
 - c. Recognise the shortcomings of your contemplation to arrive at a truer understanding

- 6) *Tadhakkur* (Remembrance)
 - a. Learn to listen to admonishment regardless of the state of the admonisher by listening for Allah
 - b. Arrive at a clearer remembrance by removing objection to Allah's decree
 - c. Commit to reading the Quran everyday, in whatever amount you can maintain

- 7) *ʿItṣām* (Steadfastness)
- a. Remove your hesitations by accepting Allah’s wisdom in His plan for you
 - b. Remain steadfast to the “rope” of Allah by resolving to fulfil all His commands and avoiding all His prohibitions
 - c. Remain steadfast to Allah by showing mercy to His creation and seeing Him as the Master and Author of all
- 8) *Firār* (Fleeing [to Allah])
- a. Flee from your ignorance by maintaining a daily routine of learning
 - b. Flee from your laziness by endeavouring to add a voluntary act of worship every six months that you resolve to maintain for life
 - c. Flee from a gloomy opinion of the world to a positive opinion of Allah and His plan
- 9) *Riyāḍa* (Spiritual Exercise)
- a. Maintain a routine of not taking a step except in the direction of Allah
 - b. Do not permit spiritual openings to lead to a breach of etiquette
 - c. Keep moving forward by not looking back to where you left
- 10) *Samāʿ* (Audition)
- a. Learn to listen to Allah’s promise and threat by reflecting on the pertinent verses of the Quran
 - b. Learn to listen to Allah’s message to you via His creation by engaging with them with mercy and empathy
 - c. Learn to listen to the message within your soul by cleansing it of its impurities of doubt and complacency