

LETTER FOUR
CONCERNING SPIRITUAL CONNECTION

With His Glorious Name ﷺ
Allah, Allah, Allah

Dear *Hadrat Maulānā* Abdul Wāhid:

Assalāmu ʿalaykum wa rahmatullāhi wa barakātuhu.

Your letter arrived and I enjoyed reading it. This *faqīr* is well and continues to wish for you the best in the kingdom of Allah ﷻ.

The growth of a spiritual connection with your Lord, together with regular remembrance [*dhikr*], is a great blessing. Unfortunately, nowadays attaining such a state is rare. What can we say about the common people when even the hearts of the steadfast are becoming empty? *Dhikr* of Allah ﷻ begets love of Allah ﷻ, and both the love and the fear of Allah ﷻ are garments for the body.

The true seeker derives pleasure from *wuqūf al-qalbi*¹⁶ when busy in his daily activities, and he derives pleasure from reflection [*muraqabah*] during his free time.

¹⁶ *Wuqūf al-qalbi* is an exercise wherein a *salik* continually watches over his heart to ensure that it is always focused on Allah ﷻ.

The heart searches agonizingly for those free days and nights.

To sit lost in thoughts of the Beloved.

Such enthusiasm and regularity result in attaining the station of extinction [*fanā'*] and the station of subsistence [*baqā'*]¹⁷.

Concentrate more on your *dhikr* and *murāqabah*, while continuing to dedicate time to your studies. Allah ﷻ testifies: “Therefore, when you are free (from your immediate task) still labor hard.” (94:7) You may begin *murāqabah* on the fourth lesson, *Latīf Khafī*. It is located directly opposite of the *Latīf Sirr*.¹⁸ Read the explanation of this lesson in the *Shajarah Tayyibah*.¹⁹

Was-salām ma'al-ikrām,

Faqīr Zulfīqār Ahmad Naqshbandī Mujaddidī

¹⁷ The station of extinction [*fanā'*] and the station of subsistence [*baqā'*] are states attained during the spiritual journey of a *sālik*.

¹⁸ *Latīf Khafī* and *Latīf Sirr* are both names of lessons of the Naqshbandī Mujaddadī *tariqah*.

¹⁹ The *Shajarah Tayyibah* is a text compiled by *Shaykh* Zulfīqār Ahmad that describes the lessons of the Naqshbandī Mujaddadī *tariqah*.