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AQIM AL SALAT

CONNECTING TO THE DIVINE

Contemplation

Bismillah Al Rahman Al Rahim

In the Name of Allah, The One Who Acts with
Mercy, The Source of Mercy

Tafakkur, or deep spiritual **contemplation**, is a practice in which the *murid* (student) poses a question in their mind, makes *rabita* (a purposeful and heartfelt spiritual connection) to their heart—to their Shaykh (teacher), to Allah—and waits for the answer to reveal itself. Along the way, they use deductive reasoning to help the mind work in conjunction with the heart. The mind asks the question, the heart answers, and the mind acts as an interpreter, bringing the solution to the forefront of consciousness with clarity.

Through this process, contemplation becomes a path to *Haqq al Yaqin* (sure knowledge) as the answer does not come from external sources like people or books—it comes directly from Allah, according to one's level of understanding. Contemplation is not about being right or wrong. It is a matter of how you pursue your thinking. Your goal must be to find the truth.

Prayer (*salat/namaz*) is often seen only as a ritual performed at set times, but in truth, it extends far beyond the physical act of bowing and prostrating.

In Sufism, *Aqim al Salat* (to establish a system of connection and devotion to Allah) is both a spiritual and practical way of living—an ongoing awareness of Allah in every moment.

The Qur'anic command *Aqim al Salat* is not just about performing a duty; it is about bringing presence, love, and intention into everything you do.

-Shaykh Nishaat Ahmed Siddiqi

Let's engage in an exercise to understand the process of contemplation. Begin by asking yourself: What does it mean to be truly alive? What is life? Science defines life in biological terms, but is that the full picture? If someone is not aware of their existence, are they truly alive? In Arabic, consciousness is linked to one of Allah's names: *Al Khabir* (The All-Aware One). This awareness itself is a divine gift.

Now, consider this: how am I alive? Do I exist by my own power? The answer is no—I did not exist 80 years ago, yet here I am now. How does Allah will me to be alive? He is *Al Hayy* (The Alive One, The Living One), so all life comes from Him. If all life comes from Him, then am I separate from Allah? Do you see how this reflection leads to unity? I began with *Al Hayy* and where do I return? Back to Allah. Is Allah alive? Yes, because if He weren't alive, neither would I be.

While this is one method of contemplation, there are many others, each offering a unique path to connecting with the Divine. Contemplation is an ongoing journey that continuously unfolds with deeper insights. It must be simple, logical, and rooted in reason, beginning with Allah and returning to Him. This is the true path of ***tafakkur*** (contemplation)—a journey that leads us closer to understanding and connecting with the Divine.

-MURSHIDA SHAYKHA MÜZEYYEN VARGONEN ANSARI
& MURSHID SHAYKH TANER VARGONEN ANSARI

This article includes excerpts from *sobbets* (spiritual discourses)
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الْخَبِيرُ

Al Khabir

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