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# AQIM AL SALAT

CONNECTING TO THE DIVINE

## Adab

*Bismillah Al Rahman Al Rahim*

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

**Adab** [etiquette; manners] is recognizing Allah in everything that exists and treating all of creation with respect and humility. What pleases Allah is being good to others. How we act in the world and how we relate to people and situations has a direct effect on our spiritual being. A person with *adab* reflects before acting, knowing that although Allah has given us free will, we do not act by our power. We are simply carrying out Allah's will, using the qualities and energy He has placed in us. *Adab* means doing the right thing at the right time, in the best way possible, in the way Allah is pleased with. All believers are encouraged to follow the example of Prophet Muhammad (pbuh), who embodied the perfect model of good character and the most excellent *adab* in every situation.

For the *murid* [student], *adab* is key to spiritual growth, aligning inner intentions with outward actions. True *adab* begins within—with thoughts of peace and positivity—and is expressed through respectful speech and behavior. The tongue holds great power. We must be mindful not to offend or break another's heart, even that of an animal. It's not only what we say, but how we say it that matters.

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



Fine-tune how you apply Allah’s rules and regulations in a way that is pleasing to Him. Saying “Give me some tea!” might not break a rule, but it’s not good *adab*. Saying, “Could you please give me some tea?” expresses respect. Yet *adab* is not only in how we speak—it reveals itself most deeply in how we respond, especially when faced with another’s mistake. When someone makes a mistake, we may feel the urge to correct them harshly, but as Sufis we pause and pray for the person, we say: *Ya Alim, Ya Hakim, Ya Hasib, Ya Haqq, Ya Rashid* [Knowledge, Wisdom, Calculation, Just, Maturity]. When we let the *nafs* [lower self] lead, we lose *adab*.

One of the teachings of Allah and His Prophet (pbuh) is: Do not get angry. In anger, you place yourself in charge; this is *shirk* [attributing partners to Allah]. Surrender to Allah as He is the One in control. *Adab* means steadying yourself in Allah’s presence – not objecting, not judging. Observe. If you don’t understand, ask Allah for this understanding. Speak gently. Don’t elevate yourself over others or lower yourself. Keep your emotions in check. Don’t act quickly or react based on what others do.

Remember that all power belongs to Allah, and none to us. You are not acting on your own; you are representing Allah on this earth. Step aside and let Allah be seen. Adorn yourself with patience, kindness, tolerance, understanding, and generosity, and Allah will lower His love upon you. This is the lived reality of *Aqim al Salat* – when the heart is aligned with Allah and His presence is expressed in every word and action. Our *adab* is the root of this connection – the foundation of our personal *Aqim al Salat*.

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

This article includes excerpts from *sobbets* (spiritual discourses)  
given on 2014/12/20 and 2015/05/02.

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Al Nafi

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Project Team

Nadia Liberty  
Nasera Dolley  
Raesa Shaikh

Editorial Team

Dr Shamim Bodhanya  
Shuaib Ghoor  
Shaykh Nishaat Ahmed Siddiqi



@aqrtsufi



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