

VOL. 2 ISSUE 2 • FEB 2026



AQIM AL WUDDAH

TO ESTABLISH A CONNECTION OF LOVE

Rabita

Purposeful and Heartfelt

Spiritual Connection

Bismillah Al Rahman Al Rahim

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

Rabita [purposeful spiritual connection; heartfelt connection] is a linking of hearts in the way of love. Before beginning your practice, make your intention, bring your heart into awareness of the connection between you, your *shaykh* [spiritual teacher], the Prophet Muhammad (pbuh), and ultimately to Allah.

In Sufism, this connection is never between separate beings, but always within the Unity of Allah. The *shaykh* is not an end, but a means, a mirror that reflects the light of the Prophet (pbuh) into the seeker's heart. Through this living connection, the heart learns to recognize the Source behind all reflections, and *rabita* becomes a way of seeing Allah in every moment.

Love is not merely a feeling. It is something we build, nurture, and uphold. It is a bridge that needs presence and consistency. In a world that often measures success by wealth, position, or self-interest, *Aqim al Wuddah* [to establish a connection of love] invites us to pause, and to reconnect with the inner thread that joins all hearts to, and in,
Al Wadud
[The Loving One;
The Source of Love].

- Shaykh Nishaat Ahmed Siddiqi



You may quietly say, “I make *rabita* with my *shaykh*,” or, “My *shaykh* is doing this.” Then, close your eyes for a moment and focus on your heart. There is no need to see anything specific, simply feel the connection, the presence.

Over time, this feeling becomes natural. You will begin to sense that your heart settles more easily in the remembrance of Allah. *Rabita* is not imagination, it is a spiritual tuning of the heart, aligning your frequency with that of your *shaykh*, who is connected through a chain of light back to the Prophet (pbuh).

When done with sincerity and *adab* [etiquette], *rabita* opens the door for *Haqq al Yaqin* [truth received directly from Allah] to flow into the heart. Even remembering your *shaykh* with love and gratitude during the day is a subtle form of *rabita*. In truth, *rabita* is the refinement of the heart, a gentle form of purification, until only the Light of Allah remains.

In our path, we have been blessed to learn *rabita* through the living example of Shaykha Muzeyyen and Shaykh Taner Ansari, who embody the beauty of connection through love, subtly introducing us to living *Aqim al Wuddah*. Their presence reminds us that *rabita* is not only a practice, but a way of being in a continual remembering that love is the bridge between hearts, and that all true connections lead us back to Allah.

- SHAYKH NISHAAT AHMED SIDDIQI

النُّور

AL NUR

The Light; The Energy



Project Team

Nadia Liberty
Nasera Dolley
Raeesa Shaikh

Editorial Team

Dr Shamim Bodhanya
Shuaib Ghoor
Shaykh Nishaat Ahmed Siddiqi



@aqrtsufi



aqrtsufi.org

