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# AQIM AL WUDDAH

TO ESTABLISH A CONNECTION OF LOVE

## Awareness

*Bismillah Al Rahman Al Rahim*

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

“So do *zikhra* [repeated remembrance] of Me, and I will do *zikhra* of you.”  
*Al Baqara* [The Cow]: 152

Every day we are living with Allah. Are we aware?

Our purpose is to be awake and always be aware of Allah’s signs around us. We can be around, but not really present. We can do prayers, actions, and *zikhra* automatically. To stay on the path of love takes connection and perseverance. We cannot do this on automatic.

What Allah wants is for us to be present and live in the now. We are coming back to awareness, enjoying every moment with Allah, being with Allah. Did Allah take a step to you? Yes. He created you. He gave you consciousness from His consciousness. He made you like Him, seeing and hearing and thinking and able to do. So, what are we doing? To take that one step towards Him. Allah the Most High said in a *hadith qudsi* [a saying of Prophet Muhammad (pbuh) in which he quotes Allah’s speech directly], “If you take a step to Me, I’ll walk to you. If you walk to Me, I’ll run to you.”

As human beings we should strive to not lose focus. We are going to stay busy with Allah. It is to be consciously aware of everything we are doing. It is *zikhra*. My connection keeps me awake.

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



Consciousness is awareness. Consciousness increases with training. And this training goes through *tawakkul* [putting trust in Allah], *ittiqā* [watching for Allah's good pleasure with one's deeds] and connection. And daily practices. Day in, day out, not automatically, but with consciousness.

We need to pay special attention to awareness of Allah and awareness of our being. When we make *zikr* of Allah, we ourselves become more aware of Allah. Allah says openly, "Do *zikr* of Me." Every day, whatever we are exposed to becomes what we are aware of. Whatever we do every single day is who we are. We are either with Allah, with our *nafs* [self], or with other people. This awareness, this self-awareness – that invokes *Al Khabir* [The All-Aware One] – makes us realize, "Oh, I'm with my *nafs*." Then the only place is to go up, being with Allah. Don't let your relationship with Allah become stagnant. It is about a living connection to Allah. It is about being in the here and now in connection with Allah.

It is through this living connection and awareness that contemplation begins to deepen within us. One moment of contemplation is better than a thousand years of prayer. Allah wants us to read and heed, contemplate, be mindful. This awareness of Allah's presence in our life will bring us the most love. Why are we trying to see everything coming from Allah? Because we want to connect to the Source.

When we are aware and mindful of our connection, we are actually in constant *zikr*. The whole world does nothing but *zikr*. The purification of our *nafs* depends on awareness and remaining in connection with Allah through consciousness and love. Slowly, it becomes a natural state to stay connected. This is *Aqim al Wuddah*, to remain awake in our connectedness with Allah.

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

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