

VOL. 3 ISSUE 2 • SEP 2026



PERCEPTION

PERCEIVING ALLAH WITH THE HEART'S EYE

Asma-ul Husna, The Beautiful Names (of Allah)

Bismillah Al Rahman Al Rahim

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

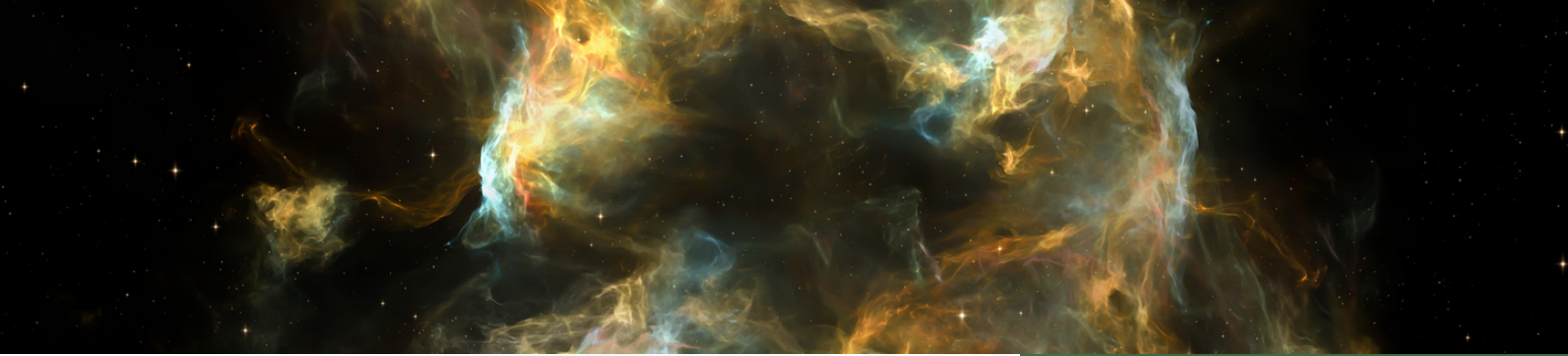
Allah's Names are our alphabet. We learn Allah through them and begin to understand how Allah manifests in creation and within us. The Most Beautiful Names are not simply a list to memorize. They are a language of relationship. When we do *zikr* [repeated remembrance with contemplation] with the Names, we are learning to communicate with Allah.

The question is not only how to connect with Allah, but how to stay connected. Our daily practices prepare us for this communication. When we say *Al Nasir*, The Helper, we are entering into the meaning and frequency of help, experiencing that quality in how we live and act. When we care for someone, *Al Muqit*, The Caring One, becomes a quality we embody. And when we do not know what to say, we say *Ya Allah*, O Allah, because Allah contains the essence of all the Names.

As this relationship develops, the way we see changes. We look at the sea and no longer see only the sea; we look at a forest and no longer see only trees. We begin to recognize the signs and manifestations of Allah's Names in creation, through His power, provision, mercy, creativity and beauty. The Most Beautiful Names become like glasses through which we recognize Allah everywhere. This is seeing with the heart's eye.

Every day our eyes gather thousands of images, yet somehow we still miss what is most important. The physical eyes can only see what is in front of them. But the heart has another kind of sight. The Quran refers to this inner faculty as the *fu'ad* [spiritual heart; perception center]. This is the place within us that truly perceives.

- Shaykh Nishaat Ahmed Siddiqi



But we also have to turn that heart's eye inward. How we perceive is how we receive. This is not about deciding what we want and trying to make the universe give it to us. Perception is deeper than that. It reflects how we are, how we live, and what we fill our lives with. So we have to ask: Which Names of Allah do we spend our time with? Which of these energies are we living and being? Because perceiving Allah is not only about what is outside us, but also what is within us.

This is why the Names have to move from repetition into action. Before beginning a project, we can contemplate the Names that relate to it: *Al Khaliq*, The Creator; *Al Bari*, The Shaper; *Al Musawwir*, The Detailer; *Al Qawi*, The Strong One; *Al Matin*, The Enduring One. We call upon Allah and allow that remembrance to enter our intention and action. Even ordinary work can become part of maintaining our connection.

Anything around us can become an opening. Look at something beautiful or precious and ask: Which Name of Allah do I recognize here? Why am I drawn to this? What does it awaken in my heart? Nature, movement, people, animals, the Quran, or someone we love can draw our hearts toward Allah.

This attraction, this pull toward Allah, is *cezbe*. Allah opens these points of connection around us, as though saying, "I am here. Are you here?" Our work is to recognize them.

So study the *Asma-ul Husna*, The Beautiful Names (of Allah), not only intellectually but through frequency, beauty, emotion, action and experience. The more we learn the Names of Allah, the more we know what to look for. We learn to perceive Allah's Names in creation, in our actions and within ourselves. This is how the Most Beautiful Names become a language of perception. They teach the heart's eye to see.

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

This article includes excerpts from spiritual discourses (Sohbets) delivered on: 2025: 21/6 2025: 19, 26/7 2025: 6/9 2026: 16/5 2026: 27/6

الْوَّاحِدُ

AL WAHID

The One and Only



Project Team

Fazlin Hopling
Nadia Liberty
Nasera Dolley
Raeesa Shaikh

Editorial Team

Dr Shamim Bodhanya
Shuaib Ghoor
Shaykh Nishaat Ahmed Siddiqi



@aqrtsufi



aqrtsufi.org

