

# *An Easy Formula For Islaah*

*(Moral and Spiritual Rectification)*

From amongst the advices of Hakeem – ul – Ummah Maulana Ashraf Ali Thanawi (Rahimahullah Alayhi)

*Say: "O ibaadi (My slaves) who have transgressed against themselves  
Despair not of the Mercy of Allah: verily, Allah forgives all sins Truly, He is Oft – Forgiving  
Most Merciful." (Surah Az-Zumar 39:53)*

Pray two *rakaahs* of *Nafil Salaah* with the intention of *Taubah* (seeking forgiveness from *Allah Ta'ala*) and thereafter beseech Allah the Most Forgiving as follows:

*"O Allah! verily I am an unfaithful slave of yours... however with my feeble strength I try to make the intention of becoming more obedient, but what power does my weak intention have. But, O Allah! If You intend, anything and everything is possible! I long for my Islaah to be made but my resolve is weak and it is only You who can rectify me and make my Tarbiyah, everything is within your complete control Yaa Rabb (O My Lord)!"*

*"O Allah! verily this wretched slave of yours has a heavy burden of sins and now with the utmost humility I bow my head in shame .... Yaa Allah! only You can help me, my heart is weak and I do not have the strength to save myself from your disobedience .... so O Allah! fortify me (and cover me with your Rahmah – Mercy)! I have no provision in stock for my success, only You, O Allah, can arrange for my provision from your Infinite Bounty!"*

*"O Allah! with one wave of Your Boundless Mercy wash away all the sins I may ever have committed until this moment ... but the weak creature that I am, how can I say that I will never commit a sin again?! Surely I will fall into the trap again and just as surely I will turn back to You Yaa Kareem (O Generous One)! For after all O Allah are You not the Waliyy (Friend) of the Mumineen (Believers)?"*

In this way, with utmost humility, acknowledge your unfaithfulness and beseech Allah to forgive you totally, and to rectify, reform and purify you. Make this a daily practice, for it will take no more than ten minutes of all your time. There is no bitter medicine to swallow, just partake of this sweet tonic in all sincerity and in a few days you will notice a change which you would never have thought possible! Allah the *Qawiyy* (Strong) will strengthen your heart and make provision from His Unseen Infinite Bounty for your *Islaah*, and you will start feeling the sweetness of *Taqarrub Ilallah* (Closeness to Allah) and *Ta – alluq Ma – Allah* ("Connection" with Allah) .....

*As for those who endeavour towards Us, We will surely, guide them to our paths (which lead to everlasting success).. (Surah – Ankabut 29:69)*