

**The Parts of the Fast of the Inner Self  
(PDF version of Ramadan Enlightenment Post No. 5)**



**The lit candle represents the Light of  
Imamat. Let us expand our spiritual  
hearts to carry this Holy Light.  
Ameen**

**Researched and Compiled by:  
Noorallah Juma, Ph.D.**

**SalmanSpiritual.com  
May 19, 2018**

(This page is intentionally left blank)

## The Parts of the Fast of the Inner Self (PDF version of Ramadan Enlightenment Post No. 5)

**Bismillahir Rahmanir Rahim**

In the name of Allah, the Most Beneficent, the Most Merciful.

**:: Ramadan Mubarak in the Diamond Jubilee Year ::**

"Your eyes, tongue, hands and everything should be pious and nothing should remain but piety. A person possessing these qualities is an angel."

— Imam NOOR Mowlana Sultan Muhammad Shah (a. s.)  
Zanzibar 16-9-1899  
Precious Pearls No. 35



**Shukr Noor-e-Karim**  
© SalmanSpiritual.com

Ya Ali Madad and Ramadan Mubarak! The 24-hour clock the Muslim calendar starts sunset, therefore, Saturday, May 19, 2018 is the fifth night of the Holy Ramadan for Ismailis in Canada. The background, overview, schedule, niyat and noble wishes of the 2018 Holy Ramadan Project is presented in the [index page](#) of this directory.

This project has daily posts because we have to keep our souls charged after the mulaqats with Noor Mowlana Hazar Imam. The states of our spiritual hearts have changed so Holy Ramadan is the right time to assimilate deep spiritual knowledge and accelerate our upward journey. We all look forward to Imam Day 2018 while members of our global jamat are also preparing for the upcoming Darbars in Paris, London and Lisbon.

This post for this auspicious fifth night of Holy Ramadan has four parts:

1. A gem of knowledge from Pir Pandiyat-i Jawanmardi, or "Advices of Manliness" of Imam NOOR Mowlana Shah Mustansir bi'l-laah II;
2. A verse from the beautiful ginnan of Pir Hasan Kabirdin (r.a.);
3. A dhikr of ism-i azam, the door to luminosity;
4. Angelic salwat which is the anchor tasbi for the project

## Part 1: Teaching of Imam NOOR Mowlana Shah Mustansir bi'l-laah II (a.s.)

In Pir Pandiyat-i Jawanmardi, Imam NOOR Mowlana Shah Mustansir bi'l-laah II (a.s.) teaches us about the parts of the fast of the inner self:

"Here we specify the parts of the fast of the inner self: the fast of the head means to treat one's own head with the same humility as the feet of other people, casting out from one's head the lust of superiority, greatness and pride, because greatness and superiority are only suitable to the all-great substance of the Truth (Haqq), who is eternal, the King of the Authority.

The fasting of the eye means that one must keep away coveting looks from the women who are not lawful to one. The fasting of the ear means that one should abstain from listening to slander. The fasting of the tongue means that one should keep one's tongue from uttering abuse or slander. The fasting of the heart means to keep the heart free from doubt. The fasting of the foot is to hold one's foot back from a wrong step. The fasting of the hand is to keep all one's limbs away from treachery so that they may not do evil. This especially applies to one's tongue which must be kept from uttering lies. And there is no greater lie than the denial of (the existence of) the Imam, saying that he has disappeared. God has cursed liars, who talk about such a disappearance (of the Imam), and make the ignorant people follow them in order to enjoy their short-lived respect." (p.60)

## Part 2: Teaching of Pir Shams (r.a.)

In the following verses of gnan 'Ek shabad suno mere bhai', Pir Shams teaches us that the soul should be given great attention and priority so that it reaches its origin.

Download Shafiq Rawji's:  
[sound track for Verse 1](#) in mp3 format or  
[sound track for the whole gnan](#) in mp3 format

Eji                   Aash puni ham Shah **dar** aaya  
Raiyan bini more Shah jagaaya  
Shah jagaaya Shahka naamaj **lina**  
  
Bi saa(n)iya **het** paaye rang laago  
Bi saa(n)iya Pir paaye rang laago  
Bi Saheb **tose-thi** man baand**ho**  
Moro **dil** baand**ho** ji

O Brother:       My hopes and wishes were accomplished when I attained the gate (or recognition) of the Imam. The Imam awakened me from the night (darkness of ignorance) which is now over. Since the time when the Imam awakened me, I have been taking His name only (wholeheartedly).

Oh Lord, through love, I have attained the colors (good values).  
Oh Lord, through the (guidance of the) Pir, I have the colors.  
Oh Imam, with you, my mind is bound and my heart is firm.

1

If you have the time, please follow [this link](#) to see the text, the literal translation of the other verses, and audio of this ginan. These verses of supplication soften, heal and purify the soul, and prepare it for enlightenment.

### **Part 3: Dhikr Section:**

The ism-i azam is the door to luminosity, therefore it is a treasure that should be constantly remembered. Here is a humble dhikr to emphasize this point. Let us pray to NOOR Mowlana Hazar to empower us to practice the luminous prayer at a luminous time with a luminous word, i.e., perform bandagi with ism-i azam, the Supreme Name of God, with a greater effort, strength and enthusiasm.

#### **Bismillahir Rahmanir Rahim**

In the name of Allah, the Most Beneficent, the Most Merciful.

[Click here](#) to play or to save the Ism-i Azam mp3 track to your computer.

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (07)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (14)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (21)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (28)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (35)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (42)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (49)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (56)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (63)

Ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam, ism-i azam (70)

#### **Al-hamdu lillahi rabbil 'alamin.**

Praise be to Allah, the Lord of the worlds!

#### **Part 4: Angelic Salwat**

Let us now start presenting a nazrana of at least **101 salwats** or **continuous salwat for 3 to 5 minutes** to our beloved NOOR Mowlana Shah Karim Al-Hussaini Hazar Imam for the fulfillment of our noble wishes. May our beloved Mowla continually keep us on the Right Path. Ameen.

#### **Bismillahir Rahmanir Rahim**

In the name of Allah, the Most Beneficent, the Most Merciful.

#### **Listen to Real audio streams online:**

[[33 times](#) | [66 times](#) | [99 times](#) | [198 times](#) | [990 times](#)]

or download [33 salwat sound track](#) in mp3 format

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(1\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(2\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(3\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(4\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(5\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(6\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

[Allâhumâ salli alâ Muhammadin wa âle Muhammad \(7\)](#)

(O Allah! Bestow Peace on and through Muhammad and his Descendants)

#### **Al-hamdu lillahi rabbil 'alamin.**

Praise be to Allah, the Lord of the worlds!

May NOOR Mowlana Shah Karim Al-Hussaini Hazar Imam (a.s.) grant peace, prosperity, happiness, barakat, higher spiritual enlightenment, spiritual & luminous tayid (help) and empowerment to you, your family, your Jamat and the worldwide Jamat! Ameen.

Rakh Mowla je Noor te Yaqeen (Certainly, we trust in Mowla's Light only)

#### **Haizinda — Qayampaya**

**(Our Present Imam is Living and His NOOR is Eternal)**

Your spiritual brother in religion,

Noorallah Juma ([noor-allah@salmanspiritual.com](mailto:noor-allah@salmanspiritual.com))

[SalmanSpiritual.com](http://SalmanSpiritual.com)

Saturday, May 19, 2018