

**External Fasts Versus Internal Fasts of Austerity
(PDF version of Ramadan Enlightenment Post No. 4)**



**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
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Bismillahir Rahmanir Rahim

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

:: Ramadan Mubarak in the Diamond Jubilee Year ::

"The whole year you must fast, just as ordinary Muslims (zahiriyan) fast for one month. The meaning of this fast is austerity. Control yourselves, keep yourselves away from bad qualities, evil and indecent actions, and devilish acts, so that the mirror of your hearts may be gradually polished."

— Imam NOOR Mowlana Shah
Mustansir bi'l-lah II (a.s.)
Pir Pandiyat-i Jawanmardi (pp.59-60)



Shukr Noor-e-Karim
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Ya Ali Madad and Ramadan Mubarak! The 24-hour clock the Muslim calendar starts sunset, therefore, Friday, May 18, 2018 is the fourth 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 post for this auspicious fourth 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-lah II;
2. Two verses from the beautiful ginan of Pir Shams (r.a.);
3. A dhikr tasbi of the Holy Prophet Muhammad (s.a.s.);
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 external fasts versus internal fasts of austerity:

"The whole year you must fast, just as ordinary Muslims (zahiriyan) fast for one month. The meaning of this fast is austerity. Control yourselves, keep yourselves away from bad qualities, evil and indecent actions and devilish acts, so that the mirror of your hearts may be gradually polished.

...—you must be patient, persevering in austerities, and keeping your inner self fasting as long as you live." (pp.59-60)

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 4](#) in mp3 format or

[sound track for the whole gnan](#) in mp3 format

Avar chinta muje kiski naahi

Chinta hay mere jivki

I have no concern for anyone else.

I am concerned only for my soul.

7

Jivke kaaran may sab kuchh chhodiya

May aavi sharan tamaariya

For the sake of my soul I have forsaken everything.

I have come to take refuge with You.

8

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

Part 3: Dhikr Section:

We believe that through of Noor of Mowlana Hazar Imam, the Noor of Imam, and through the Noor of Mowlana Murtaza Ali (a.s.), we will come close to He who is above all else.

Let us now recite the dhikr of Ya Ali, Tuhi Tu with humility, courage and conviction:

Bismillahir Rahmanir Rahim

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

[Click here](#) to play or [right click here](#) to save the mp3 track to your computer.

Ya Ali, Tuhi tu :: O Ali, Only You are You (01)

Ya Ali, Tuhi tu :: O Ali, Only You are You (02)

Ya Ali, Tuhi tu :: O Ali, Only You are You (03)

Ya Ali, Tuhi tu :: O Ali, Only You are You (04)

Ya Ali, Tuhi tu :: O Ali, Only You are You (05)

Ya Ali, Tuhi tu :: O Ali, Only You are You (06)

Ya Ali, Tuhi tu :: O Ali, Only You are You (07)

Ya Ali, Tuhi tu :: O Ali, Only You are You (08)

Ya Ali, Tuhi tu :: O Ali, Only You are You (09)

Ya Ali, Tuhi tu :: O Ali, Only You are You (10)

Ya Ali, Tuhi tu :: O Ali, Only You are You (11)

Ya Ali, Tuhi tu :: O Ali, Only You are You (12)

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 \(4\)](#)

[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)

SalmanSpiritual.com

Friday, May 18, 2018