

Meditation: The Root of All Worship

Arsafm Quadrat E Khoda, Ph.D
Assistant Professor
Dept. of Islamic Studies
Fareast International University, Dhaka

Abstract: Moraqaba is an Arabic word. It is the Sufi word for meditation. It implies that with meditation, a person watches over or takes care of his spiritual heart (soul), and acquires knowledge about it, its surroundings, and its Creator. This form of meditation is common amongst most Sufi orders and is a core concept for many tariqas (spiritual orders).

Key words: Moraqaba, tariqa, qalb, nafs, halat, nirvana, dhikr, moksha, morshed atman, simran, namjapo

INTRODUCTION

The (inner) meaning of Moraqaba - is to preserve the heart from everything other than Allah. The word Moraqaba comes from Ragibun, which in Arabic means the Watchful, Careful, Observer, Vigilant and Wakeful. Ar-Raqib is one of the Beautiful Names of Allah, which means the One Who is Ever Watchful.

Now, verily, it is we who have created man, and we know what his innermost self whispers within him: for we are closer to him than his jugular-vein. And so, whenever the two demands of his nature come face to face, contending from the right and from the left, not even a word can he utter but there is a watcher with him, ever present. (The Quran 50:16-18)

Moraqaba is the Sufi word for meditation. Literally it means to watch over, to take care of, or to keep an eye.

Sometimes Muraqaba begins with a seed of the verse of the Qur'an, which is the Divine Voice speaking to the heart of man. According to certain Sufi School to begin Moraqaba or meditation one has to pronounce vocally the Kalam (the holy words) upon which meditation is to be done. By humbling one's self, one sits down by facing the Qibla, the direction of Holy Mecca and sits in the posture of salat (with two knees together). At this point, by clearing the inner heart from the worldly thoughts, one concentrate on the reality of meditation (haqiqat e moraqa) which is as if one is seeing/watching God and if that is not the level of the seeker, then as if, the seeker is being watched by God.

Moraqaba is the Sufi Meditation with the Spiritual Master like Awlia or Sufi-Saints. Meditation is the observation of the unseen through the purity of certitude. It is treated as a very important worship in each and every religion in the world.

According to the theological principles meditation is essential for a pious man to strengthen his will force and spiritual development as well as removing the darkness of the qalb (heart). It reveals from the history, all the prophets and rasuls had practiced meditation. Even our Prophet Hazrat Muhammad (Sm), being the greatest prophet of the world, had been engaged himself in meditation for fifteen years at the Hera cave before his nabuwat (prophethood). And got revelation from Almighty Allah during his meditation. To emphasis on meditation Prophet Muhammad (Sm) said, "One hour meditation is far better than worship of sixty years. Hazrat Rasul (Sm) had been taught meditation to his companions. It was main worship for the new Muslim at the first era of Islam. In that age of darkness, by attaining close association with Hazrat Rasul (Sm) barbarous Arabs turned into enlightened people. In this regard Hazrat Rasul (Sm) said about his sahaba-e-keram, "Ashabikannujum". It means -- My Companions are line stars. So all the Muslims of that period compulsorily practiced in meditation. It has been stated in the Hadith Caliph Hazrat Abu Bakr Siddique (Ra) said. "I like three deeds and remembering the face of Prophet (Sm) i.e., moraqa is the best one".

All the great men such as Moses, Isa, Abraham, Lord Sri Ram Krishna, Lord Goutam Buddha had enlightened their qalbs and to guide mankind towards right path as Allah wishes. Almighty Allah sent those great men for the salvation of mankind. By practicing moraqa, all nabi-rasuls and awlia-e-keram got revelation and communication with Allah. So, through the qalbs, all the great men attained perfection and nearness to Allah.

Allah stays in the human qalb. Through the ages the Great men had attained the Identity of God in their qalbs. For this reason, a spiritual devotee has to awaken his inner eyes through the spiritual meditation.

When seeker receive training on moraqaba from a spiritual guide, with sincerity and practice various condition (hal) and light rays (anwar) are manifested in the inner heart. At that point the seeker is given further teachings and initiation into higher level of Moraqaba-e-Tawhid (Meditation of deep Oneness). This moraqaba can be of various kind:

In this regard, Poet Kazi Nazrul Islam writes

This heart is the masjid (mosque), the temple, the chin.
 This is where Jesus and Moses found the truth.
 In this battlefield the young flute player sang the dime Geeta
 In this pasture the shepherds became prophets.
 In this meditation chamber Shakya Muni heard the call of the suffering humanity and decried his throne.
 In this voice the Darling of Arabia heard his call,
 From here he sang the Quran's message of equality.
 What I've heard, my friend, is not a lie:
 There's no Ka'aba greater than this heart!

Lord does not live in the mosque, the temple or the church rather He stays in human qalbs.

In fact meditation is the most effective measure for the purification of soul. The unstable and unrest condition of the mind can be removed through meditation because the heart of the great man bears the light of 'Noor-e- Muhammadi', when anybody reminds the face of a great man, the light transfused into his (qalb) heart and remove the darkness of it. As a result his faith in Allah and Prophet Muhammad (Sm) is become stronger. In addition to this, meditation exposes the inner sensations of the man. Therefore, man can find the identity of Allah and Rasul (Sm). Not only that meditation convert a man into a Wali-Allah by purification of his soul. It is only the way to be a real representative of Allah.

Impurities and evil forces remain in the heart of man. None worship of a man is not be rectified until or unless the heart is purified. Meditation is only the way of purification of heart. So without practice in meditation any prayer, fasting, charity and pilgrimage will not correct. It is true that incorrect worships could not bring benefit for anybody. Hence, there are innumerable worshippers in our society, but they can't enjoy the benefit of their worships.

Emphasising the practice of meditation, it has been stated in the Hadith, one night Hazrat Ayesha Siddiqi (Ra) had lost her needle while she was stretching a cloth. At that time Prophet (Sm) entered her room. The whole room was enlightened due to focus of Noor from his face. Hazrat Ayesha Siddiqi (Ra) had found her lost needle and told the event to Prophet (Sm). Then Prophet (Sm) said, "It is deep grief, deep grief, deep grief from them those who do not meditate me i.e., do not remind me." This Hadith strongly recommend us to practice in meditation. It reveals from the history, awlia-e-keram had practiced in meditation as well as they directed their disciples to practice in meditation. Thus all of them had been benefited by practicing meditation. Hazrat Rasul (Sm) said: There is a piece of flesh inside the human body; when that piece of flesh becomes holy then his whole body becomes holy. When that piece of flesh becomes unholy then his whole body becomes unholy. This (flesh) is called the qalb. So, purifying the soul is the mostly mandatory duty for every human being.

Regarding Moraqaba, the great reformer Sufi Samrat Hazrat Dewanbagi said: The combined status of the body and the soul that comes on behalf of Allah, is called the human life. When a child is born, then the Satan touches the body of the child. That time the light of Allah is disappeared from that child, the light that he would see while his existence in the womb of the mother. When he loses it he cries out. Then it is seen when the child is in sleep once he laughs and again he cries. When the light comes to him then he laughs, again when the light disappears from him, then he cries.

Actually in the womb of the mother at the halat (state) of moraqaba the baby sees the light of God. But when he is born on the earth, he gradually loses that light. By the provocation of nafs he engulfed with sins day by day. For that reason, one should be communicated and close contact with the great men for getting the light of Allah in his qalb. It is the system to enlighten the qalb of a man.

Every religion highlights muraqaba for purifying soul as follows:

Islam

The great Prophet (Sm) spent sustained fifteen years in contemplation and meditation. It was during one such period that Rasul (Sm) began to receive the revelations of the Qur'an.

Prophet (Sm) said regarding muraqaba, One hour meditation is far better than supplementary worship of sixty years. Hazrat Rasul (Sm) had been taught meditation to his companions. Later they attained enlightenment.

Buddhism

Buddhist meditation refers to the meditative practices associated with the religion and philosophy of Buddhism. Buddhists pursue meditation as part of the path toward Enlightenment and Nirvana.

Christianity

A strong believer in Christian meditation, Saint Padre Pio stated: "Through the study of books one seeks God; by meditation one finds him". Christian Meditation is a term for form of prayer in which a structured attempt is made to get in touch with and deliberately reflect upon the revelations of God. The word meditation comes from the Latin word *meditari* which means to concentrate.

Hinduism

Yoga is generally done to prepare one for meditation, and meditation is done to realize union of one's self, one's atman (soul), with the omnipresent and non-dual Brahman. This experience is referred to as moksha by Hindus, and is similar to the concept of Nirvana in Buddhism. "Bhagavad Gita, regarded as 'practical Upanishad,' teaches that the path of meditation is one of the four spiritual disciplines (yogas) that ultimately lead to salvation. Benefits of meditation in Hindu include "concentration, alertness, self-discipline and mental peace."

Sikhism

In Sikhism, the practices of simran and Nam Japo encourage quiet meditation. This is focusing one's attention on the attributes of God. Sikhs believe that there are 10 'gates' to the body; 'gates' is another word for 'chakras' or energy centres. The top most energy level is called the tenth gate or DasamDuaar. When one reaches this stage through continuous practice meditation becomes a habit that continues whilst walking, talking, eating, awake and even sleeping. There is a distinct taste or flavour when a meditator reaches this lofty stage of meditation, as one experiences absolute peace and tranquility.

Procedure of Muraqaba

Watching the remembrance (Dhikr of Allah) in the qalb all times and keeping concentration in state of mind are the first and foremost duty of a spiritual devotee. So, you will activate Dhikr of Allah in your qalb round the clock. Simultaneously, you will try to recall your memory that your Morshed is always remains with you and he is also observing your activities.

The goal of the first level of Muraqaba is to imagine yourself in the presence of the Shayekh (Spiritual guide) and to build ruhani (spiritual) relationship with him on a spiritual level. Spiritual development mainly depends on the kindness of Morshed. If a disciple maintains good relation with his Morshed, he becomes enrich belonging to the treasure of spirit. So, you will remain alert at all times about the honour of your Morshed. You will follow the teachings and guidelines of your Morshed with full of love. Because loveless worships cannot bring any benefit for the worshipper.

Subsequently, view that the Fayeze (holy blessing) is falling at your qalb through your Morshed from the origin of Allah via Prophet (Sm). As a result, your qalb is being purified and the Dhikr of Allah activates rapidly.

CONCLUSION

We can stand at a point that meditation is essential for all of us. If we take the companion of a Wali-Allah and practice in meditation, our all worships will be corrected. As a result, our character will be good and fine enough.

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Biography



Dr. Arsafm Quadrat E Khoda is an Assistant Professor, Dept. of Islamic Studies, Fareast International University, Dhaka, Bangladesh. He is engaged in research activities throughout his academic career more than 10 years and has published many research papers, participating international conferences.

