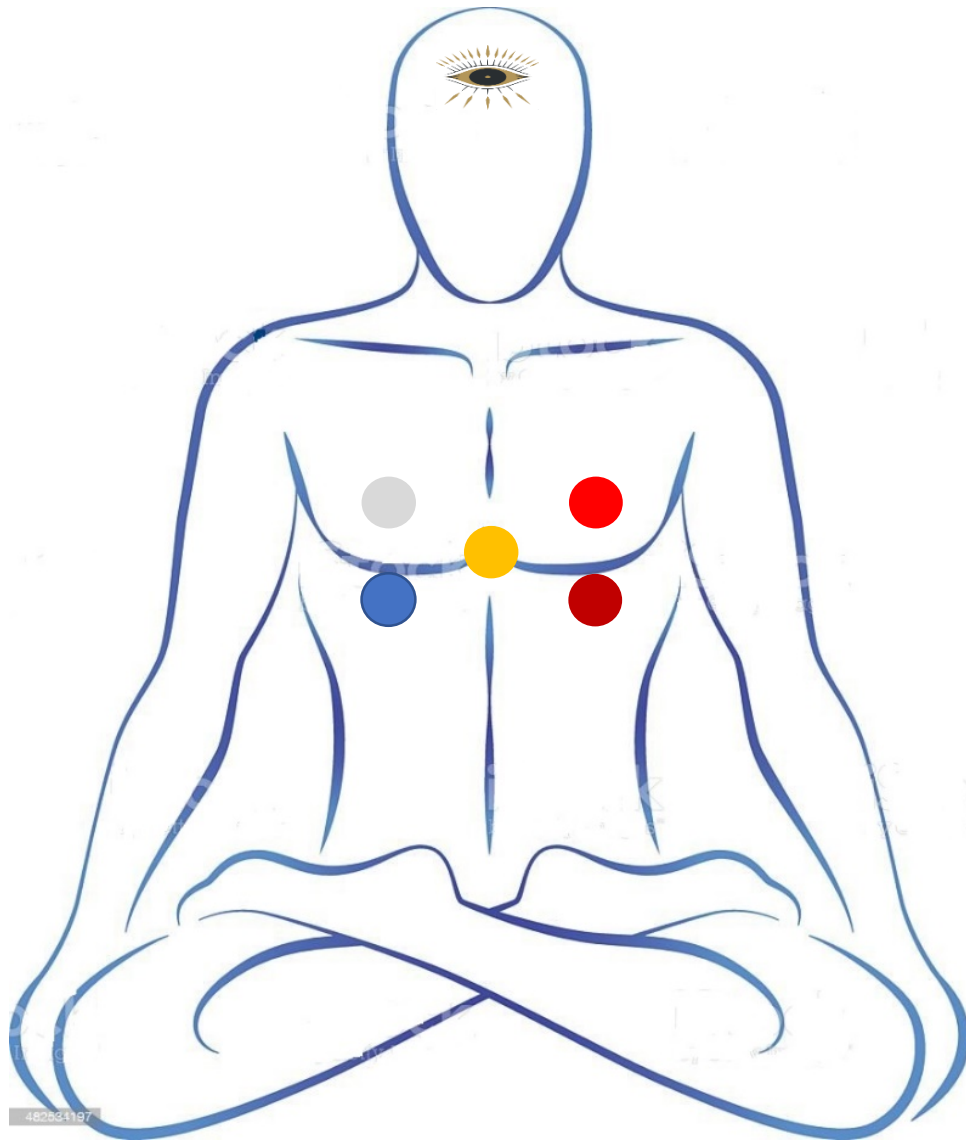


# Practice of *Dhikr khafi* according to the teachings of sh. Amanullah (Philippe De Vos)



Hadith: « The heart of the believer is the Throne of the All-Merciful » (*Qalb al-mu'min 'arch ur-Rahmân*).

Imam Ali (as) declared : « God created the Throne with four lights: the red one which reddens everything that is red, the green one which greenens everything that is green, the yellow one which yellows everything that is yellow and the white one which whitens everything that is white. This is the Science that God commanded the bearers (of the Throne) to carry and this light is derived from His Greatness. It is by His Light that God gives sight to the believing hearts (clairvoyance or *basîra*) ».

The practice of *dhikr khafi* consists in deeply invoking the name of Allah by placing one's consciousness successively in the 6 subtle centers called *lataïfs* (located on the image above). This practice allows the aspirant to condense the Divine Light (from the *dhikr*) in each of these centers. During the practice, the tongue must be stuck to the palate to make a closed energy circuit and allow the condensation of the divine energy, this point is very important because otherwise the energy is dispersed. This energy is called *Nour*, *Chi* or *Prana* according to the traditions.

The first 5 centers are located at the level of the chest and are directly linked to the 5 elements: earth, water, fire, air and ether. The two masculine elements, air and fire, are located at the top and the two feminine elements, earth and water, are located at the bottom. The objective is to try to purify each of these elements within us.

Moreover, these 5 subtle centers of the chest are also associated with specific prophets. The aspirant is therefore invited to connect to his prophets by seeking to develop the virtues and wisdoms associated with these masters of consciousness.

Finally, the last subtle center is located on the forehead between the two eyebrows and corresponds to the third eye called *Rabbi al-Murabbi* or *latifa an-nafs*. It is at this level that our Lord guides us and through which the Divine Essence holds us, in reference to the Qur'anic verse: "There is no being without Huwa (the Divine Essence) holding him by his toupee, indeed *Rabbi* (*latifa an-nafs*) is on the Axial Way". The objective here is to allow the darkness within us to be pierced in order to clarify our inner vision and establish a permanent connection with the Inner Lord or our "Divine Signature".

When invoking the Name of Allah in each subtle center, it is possible to set a particular intention or direction. Here is a non-exhaustive list for each center:

☉ **1<sup>st</sup>CENTER : ADAM → ELEMENT EARTH → LATIFA QALB**

● **Located below the left nipple**

The prophet Adam was the first created being. When Adam was descended, his feet touched the earth but his head touched the sky. It is this Adamic condition that we are invited to live: "heart in heaven, feet on earth".

**INNER EARTH →** Lord purify my relationship to materiality, to the body, to food

**SENS →** Olfactory

**EXTERNAL MANIFESTATION →** Solid

**ADAM →** Lord, allow me to develop my humility

→ Lord allow me to be an AbduAllah (Your servant on earth)

→ Lord, allow me to have a heart permanently oriented towards You

→ Lord, allow me to develop my need for you, my longing for you

## 2<sup>nd</sup> CENTER : NOAH → ELEMENT WATER → LATIFA ROUH

 Located below the right nipple

Nouh means in Arabic "the one who cries a lot". And in Syriac language, he was called "Itrahisis" which means "ultra sensitive". Noah was the prophet who shed torrents of tears at the state of his people who refused to listen to him and open themselves to Divine grace.

**INNER WATER** → Lord purify my memories, my conditionings, my emotions, my sexuality, my sensitivity

**SENS** → Taste

**EXTERNAL MANIFESTATION** → Liquid

**NOAH** → Lord, allow me to develop a balanced sensitivity that is turned towards others and not towards myself

→ Lord allow me to develop my balanced compassion for human beings

→ Lord protect me from a deviant sexuality that would not be consecrated

## 3<sup>rd</sup> CENTER : ABRAHAM AND MOSES → ELEMENT FIRE → LATIFA SIRR

Located above the left nipple

The prophet Ibrahim is the intimate friend of God (*Khalil Allah*), and was thrown into the fire which became "Peace and sweetness" for him on divine order, and the prophet Moses while looking for the fire in the mountain saw to God in the burning bush.

**INNER FIRE** → Lord purify my anger by transforming it into enthusiasm and transmute my low passions by the alchemical fire

**SENS** → Sight

**EXTERNAL MANIFESTATION** → Rarefied or radiant state

**ABRAHAM AND MOSES**

→ Lord, allow me to develop my inner flame and a determined will towards You

→ Lord, allow me to develop my love for you

→ Lord, allow me to develop a closeness with you

● 4th CENTER : JESUS (ISSA) → ELEMENT AIR → LATIFA KHAFI

Located above the right nipple

The Prophet Jesus represents the Word of Allah (*Kalimatu-Hu*) and the Spirit of Allah (*Rûh min-Hu*).

AIR INSIDE

→ Let my word not be in vain or chatter

→ Lord, allow me to purify my ideas, my concepts

SENS → Touché

EXTERNAL MANIFESTATION → Gaseous state

JESUS → Lord allow my spirit to grow

→ Lord teach me to communicate in the spirit and to have inspired knowledge

● 5th CENTER : MOHAMMAD → ELEMENT ETHER → LATIFA AKHFA

⊙ Located in the center of the pountrine

Prophet Mohammad represents the mirror of God on earth. He is the integral light and synthesis of the messages and wisdoms and therefore represents the synthesis of the 4 elements in the middle of the chest.

ETHER

→ Lord allow me to find my balance

SENS → Hearing, Sound

EXTERNAL MANIFESTATION → Vibratory state

MOHAMMAD

→ Lord, allow me to purify my intentions

→ Lord allow me to develop my determination

→ Lord allow me to connect with Sayidina Mohammad, the one who achieved the balance of light and total openness to your grace



**LATIFA AN-NAFS (THE 3<sup>rd</sup> EYE) → THE MASTER OF MASTERS**  
**Located in the middle of the Front**

The Inner *Rabb* is the place of inner divinity and the "Signature of Allah". This center allows us to connect with the higher states of being such as angels, archangels, prophets, saints and God. This place reflects our relationship with God. The more distant our relationship with God is, the more this center is under the darkness and vice versa.

The ice of darkness must melt by the sun of the Spirit and the Dhikr manifests itself.

→ Lord guide me, do not leave me in my darkness