

Booklet meditative invocations - *Dhikr* (meditations, back to God)¹

*0 – Breathing from the earth to the sky,
channel the energies of the Universe;
stimulate the “seven keys” (or Chakras: Alam or Latifa in Arabic)*

1 - Surat Al-Fatiha (Chapter of the Qur'an « The Opening »)

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| 1.1 | In the Name of Allah, the Most Beneficent, the Most Merciful | Bismi Allāhi Ar-Raḥmāni Ar-Raḥīm |
| 1.2 | All the praises and thanks be to Allah, the Lord of the 'Alamin (mankind, jinns and all that exists). | Al-Ḥamdu Lillāhi Rabbi Al-'Ālamīn |
| 1.3 | The Most Beneficent, the Most Merciful. | Ar-Raḥmāni Ar-Raḥīm |
| 1.4 | The Only Owner (and the Only Ruling Judge) of the Day of Recompense (i.e. the Day of Resurrection) | Māliki Yawmi Ad-Dīn |
| 1.5 | You (Alone) we worship, and You (Alone) we ask for help (for each and everything). | 'Īyāka Na`budu Wa 'Īyāka Nasta`in |
| 1.6 | Guide us to the Straight Way | Ihdinā Aṣ-Ṣirāṭa Al-Mustaqīm |
| 1.7 | The Way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger (such as the Jews), nor of those who went astray (such as the Christians). | Ṣirāṭa Al-Ladhīna 'An`amta `Alayhim Ghayri Al-Maghdūbi `Alayhim Wa Lā Ad-Ḍāllīn |

2 - Surat al-Ikhlās (Chapter of the Qur'an « The pure monotheism »)

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| 112.1 | Say (O Muhammad): "He is Allah, (the) One | Qul Huwa Allāhu 'Aḥad |
| 112.2 | "Allah-us-Samad (The Self-Sufficient Master, Whom all creatures need, He neither eats nor drinks). | Allāhu Aṣ-Ṣamad |
| 112.3 | "He begets not, nor was He begotten; | Lam Yalid Wa Lam Yūlad |
| 112.4 | "And there is none co-equal or comparable unto Him." | Walam Yakun Lahu Kufūan 'Aḥad |

¹ Audio files are available online here: <https://www.calem.eu/english2/publications.html#dhikr>

3 – La illaha ill Allah
Muhammadoun rasoulou Allah
'Aalayhi salatou Allah

(There is no God but Allah, Muhammad is his Prophet; upon him Blessings and Peace).

4 – Ya Latifou, ya Hafidh
Ya Moughitou, ya Allah
(O Merciful, O Beneficent; O Helper, O Allah)

5 – Hasbouna Allah
wa ni'ma al wakil
Ni'ma al mawla
wa ni'ma al nasir
(Our defender is Allah, what a wonderful support; what a wonderful master, what a wonderful defender)

6 – Allahou la ilaha illa houwa al Hayou al Kayoum
(Allah there is no god but He/She, the Living One who takes care)

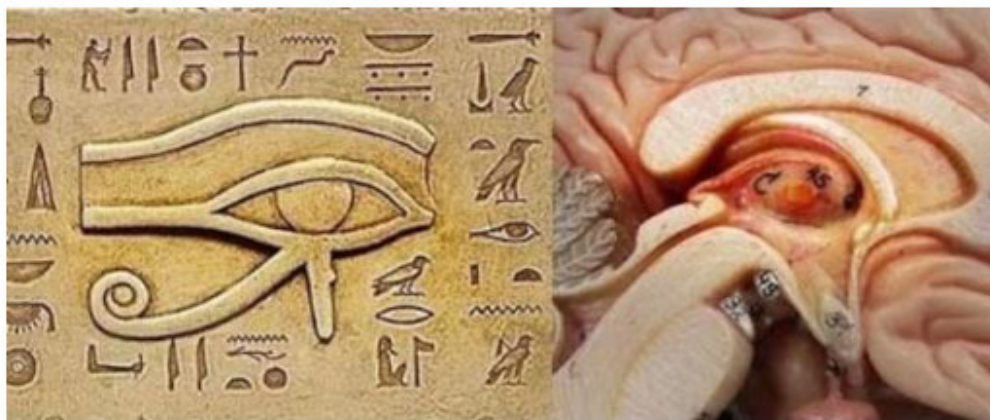
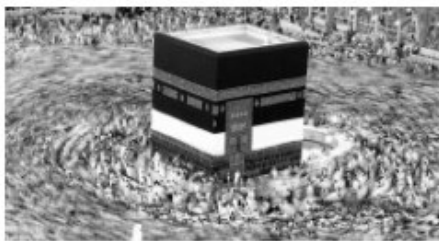
7 – Allahouma salli 'ala sayyidina Muhammadine
wa 'ala alihi wa sahbihi wa salim
(O Allah grant your Blessing to our Prophet Muhamad, as well as his family, his companions and grant your Peace)

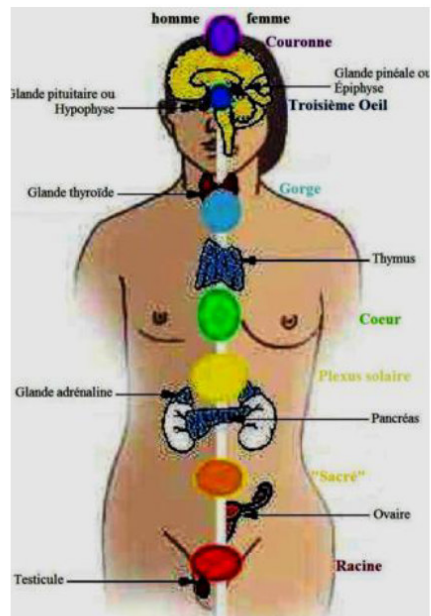
8 – Allah Allah Allah
Allah ya Muhammad
Allah Allah Allah
La illaha ill Allah
(Ô Allah, Ô Muhamad ; Ô Allah, there is no other god)

9 – Allahou, Allahou, Allahou
Allahou, Allahou, Allahou

10 – labbaykallahoumma labbayk
labbayka la charika lak labbayk
innalhamda, wa ni'mata, wa lmoulkoulak !
la charika lak
(Here I am O Allah, I answer your call. You have no partner; here I am. Praise and grace belong to you as well as royalty. You have no partner.)

Annexes – « The Opening of the Qur'an » *Al-Fatiha* and the « seven keys » (verses)

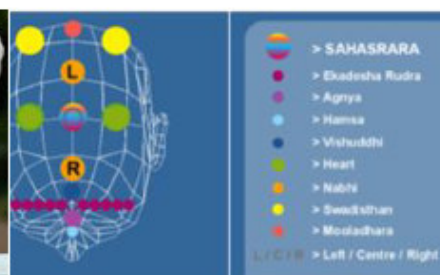
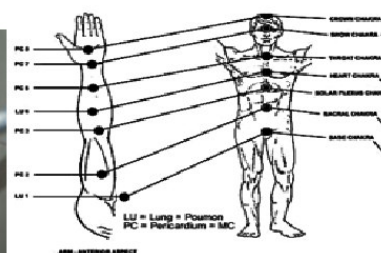




1. la glande surrénale reliée au centre énergétique du coccyx
2. la glande gonade (ovaire/testicule) est reliée au centre énergétique du pubis
3. la glande : pancréas ou adrénaline est reliée au centre énergétique du plexus solaire
4. la glande : thymus, reliée au centre énergétique du cœur
5. la glande thyroïde reliée au centre énergétique de la gorge
6. la glande pituitaire reliée au centre énergétique du front
7. la glande pinéale reliée au centre énergétique de la fontanelle



jusqu'aux coudes





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