

The Healing Zikr

The Healing Zikr began in 2014. Over time, the form has been modified and has evolved, although the underlying concepts remain the same. The Healing Zikr is a complete form for preparing for and sending healing to ourselves and/or others. It can be done as a group practice or on one's own. Individual practices within the Healing Zikr can also be used to address specific needs.

When we practice spiritual healing, we are not using our energy, but allowing the Divine Healing to come through. The Healing Zikr allows us to heal ourselves and become more effective channels of love light and light so that we project divine healing energy to ourselves and others. We work with practices from the Healing Zikr to accomplish this in three stages:

Opening and clearing our centers/chakras

The Healing Zikr contains practices to activate, clear and charge up our centers/chakras: the love center (heart/chest), the vitality center (abdomen), the communication center (throat) and the wisdom center (eyes and ears). We do this with spiritual sound using sacred phrases (wazifas and zikrs) on centers/chakras to create sound vibration in our bodies. On bony parts of our body, we can enhance our awareness of the vibration by pressing our hands on those places such as the chest, throat and eyes. We can amplify this vibration on fleshy areas of our body by tapping. Our centers/chakras are connected to our blood vessels, organs, nerves and lymph. As we open, clear, and charge them, we not only become clearer and more potent channels for healing, but we revitalize our entire body.

Connecting our chakras, bringing in divine healing energy from below and above

A second stage in the Healing Zikr involves practices for connecting our centers and bringing in divine healing energies from below and above. We draw from below the vitality and life of the earth. From above, we draw in the light of the sun, moon and stars. As we draw in both these energies simultaneously into our hearts, they transmute into love.

Self-Healing or Healing Others

In the third stage of the healing zikr, we send healing energy to our hands to transmit healing to whatever part of our body needs healing. When the healing zikr is done in person with a group, participants face a partner and progress around the circle, sending healing energy to each other. The healing energy can also be sent to people, groups, and places.

Any of the practices contained in the healing zikr can be done individually. Ideally one learns the components so that the entire Healing Zikr can be done as a complete practice. When doing the practices on one's own, start with the Invocation and Healing Bismillah, positioning your hands over your heart.

Toward the One,

The perfection of love, harmony and beauty, the only being

United with all of the illuminated souls, who form the embodiment of the master-the spirit of guidance.

Bismillah, ash-shafee, al-kafee – 3 times

We begin in the name of Allah, the Healer and the Healing

As with any practice, the meditative silence after each practice is as important as the practice itself. During this time of taking at least several breaths or as many as feels right, you absorb and assimilate the healing from the practice. This builds the yin (the receptive principle in Chinese medicine) and balances the parasympathetic system.

For more information on the sequence of practices in the Healing Zikr and wazifa and movements used, see the section Deepening with the Healing Zikr and Other Prayers for handouts and audio and video recordings of prior Healing Zikrs. A Healing Zikr manual is also available in the same section for those who have interest in leading the Zikr.