



Nawroz – 20th March 2024

-Spring Equinox 03:06 hrs GMT,

Recite this **366 times** (or 52). Commence reciting approx. say 30 mins before time so as to be reciting at Tahweel time, & complete thereafter. The EXACT time is also conducive to seek ones needs

يَا مُقَلِّبَ الْقُلُوبِ وَالْأَبْصَارِ يَا مُدَبِّرَ اللَّيْلِ وَالنَّهَارِ
يَا مُحَوِّلَ الْحَوَالِ وَالْأَحْوَالِ حَوِّلْ حَالَنَا إِلَى أَحْسَنِ الْحَالِ

*Ya muqalliba alqulubi wal-absar, Ya mudabbira allayli walnnahar,
Ya muhawwila alhawli wal-ahwal, hawwil halana ila ahsani alhaal*

O One who changes the hearts & visions, O One who directs the night and the day,
O One who changes situation and circumstances, change our circumstance to the best of circumstances.

Aamal with intention of Rija : Perform Ghusl & Put on new or clean clothes, and apply perfume. Fast (on next day if tahweel time zone is after sunset) ;

Recite a 4(2X2) Rak-a't salaah, after the Z'uhr and A'sr prayers,-

- 1st Al Faatih'ah, +Al Qadr X10 times.
- 2nd Rak-a't, Al Faatih'ah,+Al Kaafiroon X 10 times.
- 3rd Al-Faatih'ah +Al IkhlaasX10 times.
- 4th Rak-a't, Al Faatih'ah, +Al Falaq 10 times, Al NaasX10

More at <https://www.duas.org/nawroz.htm>