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Preparing for the Gaze of God : Setting Others Free in Order to Be Set Free

An Exercise for Each Night in the month of Ramadan

It is related that on the first night of the month of Ramadan, Allah gazes upon all of humanity, His creation; and if Allah gazes upon someone, He will never distance that person from His Presence or allow them to become lost in this life.

And every day of Ramadan, God sets free a million souls. On the last night of Ramadan, Allah sets free as many souls as He set free in all of Ramadan.

Prepare for this experience of being set free by setting others free of your judgement and negative feelings.



We know from many Prophetic Teachings that there are two things God does not like to see in the heart of a human: resentment and lack of forgiveness towards others, and holding anyone other than God as a source of Power and Strength. resentment and lack of forgiveness towards others, and holding anyone other than God as a source of Power and Strength.

When we hold onto past hurts, we are in actual fact letting those things behave as a power over us.

We often feel without the strength needed to move past them.

Thus it is also affirming God as the Sole Source of Power and the strength that we need, to engage in forgiving and letting go.

The following is a prayer and an exercise of consciousness development to help us enter a state of setting others free and being set free on every night of Ramadan, as a way to prepare our hearts to receive and be nurtured by the gaze of God.

By Shaykh Hamdi Ben Aissa & Anse Shehnaz Karim



I liberate my heart from a feeling of holding my parents responsible for their mistakes. I release my parents from any guilt that they have failed me and wronged me. They did their best in the moments of their life, according to the level of their awareness and capacity in those moments.

I liberate my children from having to fulfil my image of what they should be, from all expectations I have of them, from the errors they have made and will make.

I free my partner from any obligation to complete me, I liberate my partner from the burden of my expectations and I release my partner from the things I have been holding against him or her. I liberate my heart of the negative feelings I have been holding onto for the many errors my partner has made and will make.



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I free everyone from the accusations I have been holding against them.

I let go, now in this moment, before You, my Lord.

I am completed by You, O my Lord.

I do not lack anything, for I have You, and with You is the Abundance. With You and by You is the fulfilment I need, and all the fulfilment of my needs.

I thank my grandparents and forefathers who have lived their lives and prayed for me so that I can exist today. I release them from past failures and unfulfilled desires, aware that they have also done their best with the level of consciousness they reached.

To all those in my life and in my past, I say:

I honour you and I pray for you.



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I commit to reach the highest level of consciousness in my life, starting with this Ramadan, that I might be a blessing for those with me in this life, and those who will come after me, for whom I am an ancestor.

I commit to be clear-hearted, and to dedicate my energy not to recording the mistakes of others, but to being true to my own spirit.

I intend to fulfill my life project, and I cut myself loose of the burdens that weigh me down and hold me back.

I embrace the Lightness of forgiveness and enter into the abode of Peace and Happiness.

I accept that my responsibility is to serve the Prophet, may the peace of God continue to nourish his being and our connection to him, by becoming a beautiful line in his Book.



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*I renounce any claim to being the provider, sustainer, deliverer;
only You have this role, ya Allah.*

I trust You to fulfil the needs I have and the needs of my loved ones.

I respect myself and my sacredness.

*I honour the sacredness in you, my loved ones and fellow human beings
to whom I say:*

*“May you be free. **May we set each other free.** May we see each other
beautiful this month, may we find joy as we witness each other grow
and glow.”*

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