

## Regular A'amal -SHA'-BAN The Holy Prophet said: "Shaa'-ban is my month". [PDF](#)

- 1) **FASTING** :
- 2) Give **Alms/Charity** in HIS name
- 3) Recite **70 times each day** :

I seek forgiveness of Allah, and, repentant, beseech Him.

أَسْتَغْفِرُ اللَّهَ وَأَسْأَلُهُ التَّوْبَةَ

ASTAGFIRULLAAHA WA AS-ALUHUT TAWBAH

I seek forgiveness of Allah who is "There is no God save He", the Beneficent, the Merciful; the Ever living, the Eternal, and I turn repentant to Him

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الرَّحْمَنُ الرَّحِيمُ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ

ASTAGHFIRULLAAHALLAD'EE LAA ILAAHA ILLA HUWAR RAHMANO RAH'EEMUL H'AYYUL QAYYOOMU WA ATOOBU ILAYHI

According to narrations, the best supplications and invocations that are recited in Sha`ban are the prayers of seeking forgiveness of Almighty Allah (i.e. istighfar). Hence, to seek Almighty Allah's forgiveness seventy times a day in Sha`ban is equal to seeking His forgiveness seventy Thousand times a day in the other months

- 4) Recite the following **1000 times**, whenever the count reaches 1000, at any time within the month, the a'mal is complete:

There is no god save Allah. We do not worship save "He" alone, making religion pure for Him (only), however much the disbelievers be averse.

لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْمُشْرِكُونَ

LAA ILAAHA ILLALLAAHU WA LAA NAA'-BUDU ILLAA IYYAAHU MUKHLIS'EENA LAHUD DEEN WA LAW KARIHAL MUSHRIKON

- 5) **On every Thursday** Fasting is recommended & Recite **2 Rak-a't Salat**. In every Rak-a't, after the recitation of Soorah Al Faatih'ah, recite **Soorah Al Ikhlās 100 times**. After the Salaam recite Salawaat 100 times **اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ**. In this respect, a Hadith reads that the heavens decorate themselves each Thursday in Sha`ban and the angels pray Almighty Allah, saying, "O our God: (please do) forgive him who observe fasting on this day and respond to his prayers."

- 6) Recite the [Special Salawaat](#) taught by Imam Ali bin Husayn Al Zaynul Aabideen (A.S.)

- 7) Recite [Munajat e Shabaniyah](#) with presence of heart.

- 8) Holy Prophet Muhammad al Mustafā (S.A.W.W) said "If a person recites **4 units (Rak'ats) Namaz in the month of Sha'ban, such that in each unit (Rak'at) after Surah-al-Hamd recites 50 times Surah-at-Tawheed**, then during death his spirit will be removed with ease, and his grave will become spacious, and on the day of Qiyamat when he comes out of his grave, his face will be shining bright like a full moon and 'Kalmae Shahadat' will be on his lips." [Reference: Manazelul Akherah, Chapter 1, page no. 37, Tradition by Sayyed ibne Tawoos ]