



Nawroz – Monday 20th March 2023

-Spring Equinox 21:24 hrs GMT,

Tuesday 21 March for countries in time zones after 23:59 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 21st 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>