MORNING MUSHARATA (STIPULATION) COMPANION

Binding the Self (Nafs) at Dawn to Uproot Hidden Shirk • Based on Imam Al-Ghazali's Ihya' 'Ulum al-Din (Book 38) & Mishkat al-Anwar

WEEK OF: _____ **CORE WEEKLY INTENTION (NIYY_____**

Doctrinal Primer — Borrowed Existence & The Merchant Contract: In *Mishkat al-Anwar*, Imam Al-Ghazali teaches that God alone (*Al-Haqq*) possesses self-subsisting existence, while the human self has only borrowed, contingent existence like moonlight reflecting the sun. In *Ihya'* (Book 38), he compares the Intellect (*'Aql*) to a capital investor and the Ego (*Nafs*) to a managing partner: each morning, you must stipulate strict terms (*Musharata*) so your ego does not claim autonomous ownership over your deeds, limbs, or life.

DAWN STIPULATION CHECKPOINT (5-MINUTE MORNING COVENANT)	M	T	W	T	F	S	S
STAGE I: ACKNOWLEDGING BORROWED EXISTENCE & SPIRITUAL POVERTY (FAQR) • 1 MINUTE							
1. Surrender Claim to Independent Existence Affirm upon waking that every breath, thought, and heartbeat is sustained solely by God The Almighty's continuous command.	☐	☐	☑	☑	☐	☐	☐
2. Relinquish Ownership of Today's Outcomes Hand over control of success, praise, and results before stepping into daily responsibilities.	☐	☐	☐	☐	☐	☐	☐
STAGE II: STIPULATING BOUNDARIES FOR THE LIMBS & HIDDEN SINCERITY • 2 MINUTES							
3. Guard the Tongue from Self-Display Stipulate zero boasting, subtle name-dropping, or fishing for compliments during conversations today.	☐	☐	☐	☐	☐	☐	☐
4. Protect Eyes, Ears & Heart from Envy (Hasad) Forbid the ego from comparing your status with others or resenting blessings bestowed upon peers.	☐	☐	☐	☐	☐	☐	☐
5. Plan One Secret Act of Devotion ('Amal al-Sirr) Commit to performing one act of charity, prayer, or kindness today that no human will ever discover.	☐	☐	☐	☐	☐	☐	☐
6. Pre-Refuse Credit for Good Deeds Remind the self that any virtue performed today is God The Almighty's gift acting through you, not personal merit.	☐	☐	☐	☐	☐	☐	☐
STAGE III: SANCTIFYING ROUTINE HABITS (NIYYAH) • 1 MINUTE							
7. Elevate Work, Eating & Rest into Worship Set a conscious intention to nourish and rest the body strictly as a trust to serve God The Almighty and creation.	☐	☐	☐	☑	☐	☐	☐
8. Guard Time from Mindless Autopilot Forbid idle scrolling, aimless speech, and impulsive reactivity that strengthen animalistic heedlessness.	☐	☐	☐	☐	☐	☐	☐
STAGE IV: BINDING THE EGO TO VIGILANCE (MURAQABA) & TONIGHT'S AUDIT • 1 MINUTE							
9. Activate Real-Time Muraqaba (Divine Watchfulness) Pause before major actions and ask: "Does God The Almighty see autonomous pride here, or pure servitude?"	☐	☐	☐	☐	☐	☐	☐
10. Sign Tonight's Audit & Penalty Clause Warn the ego that every motive will face tonight's Muhasaba ledger and any breach incurs a pre-set penalty.	☐	☐	☐	☐	☐	☐	☐

Al-Ghazali's Dawn Address to the Nafs: *"O my soul, you have only this single day; if you waste it in pride or heedlessness, you squander capital that can never be bought back. Guard your seven limbs as a trust, seek no witness other than God, and remember you will stand before tonight's ledger."*

MY SPECIFIC WEEKLY BOUNDARY (MUSHARATA)	PRE-AGREED CORRECTIVE PENALTY (MU'AQABA)

Prophetic Morning Supplication Against Hidden Shirk: *"O Allah, I seek refuge in You from associating anything with You knowingly, & I seek Your forgiveness for what I do unknowingly."* (Musnad Ahmad)

EVENING MUHASABA (SELF-AUDIT) LEDGER

Auditing the Day's Motives to Catch Spiritual Pride & Egoic Independence • Ihya' 'Ulum al-Din (Book 38)

WEEK OF: _____ **EVENING AUDIT FOCUS:** _____

Doctrinal Primer — Why Good Deeds Require Strictest Auditing: Al-Ghazali warns that sins are obvious, whereas good deeds often conceal spiritual poison. When the ego stops chasing crude worldly pleasures, it mutates into spiritual vanity—claiming ownership over prayer, knowledge, or charity. Auditing your motives each night exposes where the self acted as an independent idol (*shirk khafi*) rather than a humble instrument of Divine grace.

NIGHTLY SELF-AUDIT CHECKPOINT (5-MINUTE EVENING LEDGER)	M	T	W	T	F	S	S
STAGE I: AUDITING OBLIGATIONS & OUTWARD SLIPS • 1 MINUTE							
1. Fulfill Core Religious & Ethical Duties Check whether all obligatory prayers, trusts, and family/work responsibilities were performed on time with "**presence**."	☑	☑	☐	☐	☐	☐	☐
2. Trace Any Slip Back to Egoic Autonomy Identify any anger, gossip, or impatience today and pinpoint the exact moment the ego decided it knew better than God The Almighty.	☐	☐	☐	☐	☐	☐	☐
STAGE II: AL-GHAZALI'S FOUR DIAGNOSTIC TESTS OF GOOD DEEDS • 2 MINUTES							
3. The Audience Test (Riya' / Ostentation) Ask: "Would I have performed today's good deeds with the exact same energy if no human could ever know?"	☐	☐	☐	☐	☐	☐	☐
4. The Credit Test (Ego Ownership) Ask: "Did I feel a subtle sting of annoyance when someone else was praised or credited for my effort or idea?"	☐	☐	☐	☐	☐	☐	☐
5. The Comparison Test (Spiritual Superiority / Kibr) Ask: "Did my worship, charity, or knowledge make me quietly look down on others as less devout or aware?"	☐	☐	☐	☐	☐	☐	☐
6. The Attribution Test (Hidden Shirk) Ask: "Did I view today's success as 'my achievement' rather than borrowed existence enabled solely by God The Almighty?"	☐	☐	☐	☐	☐	☐	☐
STAGE III: AUDITING NEUTRAL HABITS & WASTED CAPITAL • 1 MINUTE							
7. Review Mindless Consumption & Idle Hours Inspect time spent eating, scrolling, or resting to see whether conscious intention was maintained or lost to impulse.	☐	☐	☐	☐	☐	☐	☐
STAGE IV: IMMEDIATE ANTIDOTES & CORRECTIVE DISCIPLINE • 1 MINUTE							
8. Inwardly Deflect Praise Received Today Recall every compliment received and affirm: "They praised God's beautiful veil over my flaws, not my true self."	☐	☐	☐	☐	☐	☐	☐
9. Verify Completion of Today's Secret Deed Confirm that at least one act of devotion or generosity remained completely hidden from public view.	☐	☐	☐	☐	☐	☐	☐
10. Enforce Corrective Penalty (Mu'aqaba) If Needed If pride or a breached stipulation was caught, assign a concrete penalty (extra charity, fasting, or humble service).	☐	☐	☐	☐	☐	☐	☐

Al-Ghazali's Nightly Reprimand (Mu'ataba): *"O deceitful partner, you claim credit for deeds whose strength came from God The Al Mighty alone, and you seek applause from creatures who cannot grant you a single breath. Repent before sleep overtakes you, return all praise to its True Owner, and renew your poverty before Him."*

WEEKLY PATTERN REVIEW (MU'ATABA NOTES)	CORRECTIVE DISCIPLINE LOG (MU'AQABA)

Prophetic Evening Supplication: "***O Allah, make my inner reality better than my outward appearance, and make my outward actions righteous.***" (Sunan al-Tirmidhi)