



UNITED KINGDOM
VISIT

My Didar Journey

Reflection Journal

This journal belongs to

.....





*From gratitude
to kindness*



Notice it
Feel it
Share it



A place to pause



This journal is an invitation to pause and turn inward.

There is no right way to use it. You set the pace.

You could spend a few quiet moments with it each day noticing moments of growth, gratitude and learning.

You could return to it when you need grounding and even explore a new section when you feel ready.

This journal is about presence, not perfection.
All of this is part of your journey.

Some reflections may feel clear, while others may raise new questions.

From time to time, you may wish to pause and ask yourself: What is changing? What is deepening? What is asking for my attention? Through each reflection, you prepare for Didar while deepening your connection with your heart and your Imam.

May this Didar deepen your gratitude, strengthen your kindness and draw you closer to our Imam and to one another.

Ameen



*This journal has
four sections*

Heart

Creating space & grounding

Head

Looking inward with honesty

Hands

Living values outwardly

Horizon

Understanding &
continuing my journey



Heart Creating space & grounding



Ahead of your first physical Didar with Mawlana Shah Rahim al Hussaini, take a moment to open your heart.

Pause, breathe and create space to feel grounded.

Notice your intentions, your feelings and your connection to the Imam.

Use these quiet moments to nurture presence, awareness and kindness in your everyday life.

O Allah

Ya Allah

*A phrase or prayer
I wish to carry in
my heart*





“

How we behave towards others is an expression of faith. Our values of ethical conduct, honesty, integrity, fair treatment of others, generosity, and kindness should inform all your interactions.

These values underpin how you live your lives. They are not separate from you.

Mawlana Shah Rahim
Nairobi, Kenya, 27 August 2025

Reflections



How do I feel about the news of the upcoming Didar?



What does Mawlana Hazar Imam mean to me?



How am I preparing my heart for Didar?



How do I want to feel after the Didar?

A prayer

Write a short prayer for you,
your family or your Jamat



A message

Write a short message for
Mawlana Hazar Imam



This is your space to express
feelings and make notes



Head

Looking inward with honesty



Turn your attention inward and explore your thoughts and intentions with honesty.

Notice what matters to you and what guides your actions.

Reflecting in this way helps you understand your choices, learn from your experiences and strengthen your spiritual awareness.

This allows your mind to grow with clarity and purpose.

*All thanks are due to
Allah and all praise
is due to Allah*

*Shukran
li'l-lah
wa-l-hamdu
li'l-lah*





“

I've learned that people will forget what
you said, people will forget what you
did, but people will never forget how
you made them feel.

Maya Angelou



Reflections



Am I becoming the person I intend to be?



Which qualities do I want to practise & grow as I prepare for Didar?



How will I treasure & remember the Didar?



How do I want to conduct myself during Didar?

Take a moment here to reflect

*Today, I am
grateful for...*



Hands

Living values outwardly



Kindness is a way of being

Kindness begins with presence: noticing others, listening to their needs and making them feel valued.

Reflect on how kindness feels, in giving and receiving, and how one kind act can ripple beyond the moment.

Use the next pages to create your own pledges - to yourself and to others. This is another way of expressing your faith and love for the Imam in your everyday life.

*O the most Beneficent,
O the most Merciful*

*Ya Rahman,
Ya Rahim*





“

And show kindness - to parents, kinsfolk,
orphans, those in need, neighbours who
are close, neighbours who are strangers,
the companion by your side, and the
traveller (you meet)

Qur'an 4:36

Kindness pledges to myself



Kindness pledges to others



Small actions done daily, can become a routine

Set yourself a movement challenge for the next few weeks

Take an hour away from screens. Read a few pages of a book. A small pause can make a big difference

Say something kind and encouraging to yourself

Small acts of kindness can mean a lot

Smile or say 'Ya Ali Madad' to someone new in Jamatkhana or on Didar day

Support your local community by donating clothes to a charity shop or items to a food bank

Share a compliment with a friend, a family member or even a stranger



*I choose
kindness,
even when
it's difficult*



Horizon

Understanding & continuing my journey



After Didar, take time to pause and reflect on your experience.

Use this section to explore thoughts and express gratitude. Write freely, no perfection needed.

Let your reflections guide you toward a more aware and purposeful connection with the Imam.

*O Ali have mercy upon
us, O Lord bestow your
grace upon us*

*Ya Ali Tu
Rahem Kar,
Ya Mawla
Tu Fazal Kar*





“

Yesterday I was clever, so I wanted
to change the world.

Today I am wise, so I am changing
myself.

Rumi



Reflections after Didar



*What touched me most about the
Didar experience?*



*Which messages from the Farman
resonated with me most?*



*How did I feel when Mawlana Hazar
Imam was in the Didar hall?*



*What commitments do I want to make
& how would I maintain them?*

This is your space to express
feelings and make notes



Light, guidance & hope

Below is the motif graciously approved by Hazar Imam for his visits to the worldwide Jamat. The motif has two layers



First layer

Nur (light) repeated five times in a calligraphic style



Second layer

The floral Fatimid pattern designed in a circle to represent the concept of one united Jamat



Together this gives us the motif



Colour the motif in a way that expresses how you feel

Light upon light

*Nur-un-
Ala-Nur*





“

...the light that lights the eye is also the light
of the heart... but the light that lights the
heart is the light of God.

Rumi

Meaningful words

Here are some words you may have come across.



Adab - respectful and appropriate conduct when in the presence of the Imam-of-the-Time.

Batin - the inward, esoteric or spiritual dimension of faith and understanding.

Bay'ah - the pledge or oath of allegiance made by a *murid* to the Imam-of-the-Time.

Dhikr - repeatedly invoking the names of Allah as a form of prayer.

Didar - the Persian word meaning 'seeing' or 'vision' of the Imam-of-the-Time. Physical Didar refers to occasions when the Imam-of-the-Time visits the Jamat to give guidance and perform religious ceremonies.

Huzur - in the presence of the Imam-of-the-Time.

Ibadat - acts of worship and service that nurture spiritual growth.

Ilm - knowledge; in Ismaili Tariqah, divinely inspired knowledge given by the Imam-of-the-Time.

Imamat - the institution of guidance and leadership in Islam, particularly in Shia Islam; in Ismaili Tariqah it is led by the Imam-of-the-Time.

Intezar - a state of eager anticipation and spiritual preparation of a *murid* while awaiting the Didar of the Imam-of-the-Time.

Jamat - community bound by a common allegiance (*bay'ah*) given to the Imam-of-the-Time.

Mulaqat - a meeting or encounter with the Imam-of-the-Time.

Murid - a follower of the Imam-of-the-Time.

Nazrana - an unconditional offering to the Imam-of-the-Time.

Niyyah - sincere intention that gives meaning and purpose to actions.

Nur - light, in Ismaili Tariqah, divine light of the Imam-of-the-Time, as a source of spiritual guidance and life.

Salawat - a special prayer of blessings on Prophet Muhammad (may peace be upon him) and his family.

Shukrana - an expression of deep gratitude and thankfulness to Allah for blessings.

Tasbih - remembrance of Allah through prescribed phrases.

Walaya - love, devotion and spiritual attachment to the Imam-of-the-Time.

Wilaya - the spiritual authority and guardianship vested in the Imam-of-the-Time.

Zahir - the outward, exoteric or apparent dimension of faith and its practices.

*May you continue to
grow on your journey...*



Keep searching
Look for the light within you
And let it shine

Ameen









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Produced by the UK Jamati Institutions