

Assalaamualaikum,

Brothers and Sisters now you can Inshallah become Haafiz-e-Quran in spite of your job and daily office schedules, along with the following Plan and Techniques and with comparatively little efforts and a perfect and systematic approach. This method is a systematic approach with certain techniques and patience. It is not that you decide today to become a Haafiz-e-Quran and tomorrow you are. No, not like that. It requires devotion, efforts, practice, passion and aspiration to become a Haafiz-e-Quran. I have tried to make it simple by using modern methods and usage of modern accessories like internet, printouts, iPod, mobile phones, laptops and off course a systematic approach within a time frame target which will be set for you by yourself. You may just need to devote about full fledge 45 minutes per day for this task in two small steps of 20-25 mins and 25-30 mins. However along while your office work, travelling etc etc you may have to do some small exercises without disturbing your work. Also when you progress further 2 hours in a Week may be required from your 168 hours of week.

However remember that if you become Haafiz-e-Quran then Allah will give Crown to your parents in life hereafter (*aakhirat me aapke Waalidain ko Taaj pehnaayaa jaayegaa Allah taalaa ki taraf se*).

TAJWEED:

Before working upon this method I would recommend that you learn Tajweed (The correct way of quran recitation), however you can also learn Tajweed simultaneously or even after becoming Haafiz. Anytime you learn Tajweed but Tajweed is a must remember that.

Knowledge of basic tajweed (correct way of recitation) and normal fluency in recitation is a prerequisite to implement this method. Those who recite quran intermittently and or without tajweed are requested to learn these things before starting Hifz

Regarding learning Tajweed, or the below described HIFZ system you may visit the website www.understandquran.com. For further assistance contact me zafer3000@gmail.com

NB: You may also collect Tajweed material free of cost from us.

I have tried this method of becoming Haafiz-e-Quran and alhamdulillah it worked well for me (I did around 3 Juz) and within just around 2 months time I was able to memorise 1 Paara (Juz). However it was easy for me to memorise this so quickly because I had been listening this since long time. So listening is also important. Remember reading same page so many times and listening it so many times (as given in the method below) will help you so much. I have alhamdulillah memorised 1 complete Paara (Juz) within 2 months. I am not complete hafiz.

NB:

Off course there is no age limitation for HIFZ, but the best age as per my experience is below 23 years. People of higher age may take some extra time nothing to worry much about it.

If you die in between, then also Allah will resurrect you along with Huffaaz (*Agar isee haalat me inteqaal ho gayaa to niyyat ki barakat se haafiz logo ke saath uthaayaa jaayegaa*).

Some Terms:

Juz (Paara, 20 pages (single sided)): In South Asia, Juz is also called "Paara". The Qur'an was equally divided into thirty parts, perhaps based on the number of pages disregarding content or Surah. This was done for the convenience of reciting the whole Qur'an in thirty days or one month. Each Juz is also divided into four quarters or four "ruba". The Qur'an copies printed anywhere in the world have Juz and quarter markings as ruba' (first quarter), nuf (one-half) and al-thulatha (three-quarter). This gives 120 quarter-parts of the Qur'an giving the flexibility of reciting the whole Qur'an in equal parts in 30, 60 or 120 days. This type of partitioning of the Qur'an is used very much in South Asia whereas the Arab world does not make much use of it.

Hizb (10 pages (single sided)): According to this system each Juz is further divided into two Hizbs and each Hizb is further divided into four quarters. It means that a Juz has two Hizbs and eight Hizb-quarters or each Juz-quarter has two Hizb-quarters. The whole Qur'an is divided into 240 Hizb-quarters. This allows a person to recite the Qur'an in small groups of verses and complete the recitation in one-month to eight-month period. Partitioning of the Qur'an in Hizb is not found in the copies printed in South Asia.

PS:

In our system I have made an approximation i.e. we will call 10 single sided pages as a HIZB (This is approximately equal to a HIZB)

By the term page I mean always a single sided page.

THE HAAFIZI QUR'AAN (MUS'HAF):

A haafizi Quran (15 line and 20 pages per Paara/Juz) is generally used for memorisation. e.g. King Fahd Printing press has printed various such Qur'ans and they are easily available. Generally people those who return from Hajj pilgrimage, are given such copies free of cost and many you will find in Masjids as well. They are available in Indian formats as well, with no change in the format i.e. 15 line and 20 pages per Paara/Juz. You may use this copy when you are at home or in masjid. Try to take the Qur'an matching our pdf's in terms of starting Word of the page and ending word of the page. I have created 5 pdf files each containing 5 Juz(Paara). You may very easily find it in market because we have made pdfs from Indo pak copy of Mushaf.

Note : Page means Single side , as used in normal books or magazines.

How is our System Different than others?

There are so called many methods for memorising the holy Quran and so many people claim so many things. Some people have developed so called softwares for memorising the Quran. If you search in youtube or google you will find many things, many websites some asking money, some showing few videos, some showing few methods e.g. recite a verse 11 times and then read the next verse 11 times and then both of them 22 times etc etc and the story goes on.

Nothing to comment on all the methods, I would share few views which I have about memorisation. I myself have memorised only about 2-3 Juz till now by this method so inshallah I would be able to tell you some experiences.

Memorising the Quran requires efforts; there is no short cut to success.

I personally believe that no software can make you haafizul Quran; it can just help you little bit.

Memorising requires a systematic approach, consistent practice and regular revision.

It's easy to memorise the Quran but difficult to retain it...Ho to tackle it???I believe that software will not tell you how to retain it or many systems on internet may not guide you in this field.

Inshallah after reading through our system you will yourself feel the difference. May Allah make it a reward for me and for those who read it, for those who implement it and for those who support us in any way no matter it be their suggestions and or feedbacks. Well enough of talk.....Lets come to the point now.

PLAN to Become Haafiz-e-Qur'an

Here is the plan for you and if you act accordingly,

- 1) Some of you can become a good haafiz in 5-6 years inshallah
- 2) Some may take more than 6 years . It depends upon various factors

There are 5 folders A, B, C,D and E which I normally share with you on your request. Please send an email to me at zafer3000@gmail.com for obtaining access to our HIFZ SYSTEM Folder.

Folder A) This has a document called HIFZ guide

Folder B) This contains the pdf files

Folder C) This contains 120 mp3 Audio files (30 Paara (Juz) files or 60 HIZB files, each split into approx 2 parts)

Folder D) This contains few video clips on memory techniques and mind sciences

Folder E) This contains few extra things like Benefits of Quran , few Bayanat, along with some extra files which has a list of confusing verses
We will now discuss few points

1. PDF Printouts to Keep Always with you (Refer Sample Images on last 2 pages of this document)

As stated earlier that I have created 5 pdf files each containing 5 Juz(Paara) and you can find it in our HIFZ SYSTEM folder. You can take print outs for Half Paara (Half Juz) from this pdf and fold it 2 times leaving some margin (some blank space)on either side and header and footer. This can be touched without being in the state of ablution (bagair wuzu) (but u dont have to touch the written area). You can keep these pages in your pocket and refer to them for reciting or memorising or as a reference if u 4get something in between. Also mark on the places where a new Ruku' starts (Ruku is generally a place where a topic of discussion takes a change. You may write some comments here for your easy remembrance e.g. "this ruku is about Infaaq and Ruku following this is about RIBAA and then next page is about DAIN (qarz)" Also for similar lines or words you can mark them, encircle them or underline them. Please Find below a sample especially in 3rd Paara (1st half). I keep few pages in my diary and read or refer them in the train while travelling for office. It helps a lot and also it motivates you.

PS:

Refer to our small video clips pertaining to mind sciences and memory. These small methods help you a little bit to remember few special occasions e.g. Starting of a page or starting of a Ruku etc etc.

e.g. In Juz3 page 6 starts with topic of Ribaa and page 7 starts with topic of Qarz (dain)

2. Audio Files (Utilisation of Listening Skills)

Here I have created perfect 120 Files as per starting and ending verse on pdfs. For one month you have to listen only that specific half Paara (HIZB i.e. 2 audio files) on headphones repeatedly. This will ease your task. Do not use an Audio Quran with translation. You can listen on iPod, computer, laptop or your mobile while travelling in a train or a car.

- (A) You also repeat along with the Qaari and also try to predict the next Aayat (Sentence) the Qaari is going to recite.
- (B) Or simply plain listening with some concentration is also sufficient.
- (C) Better to listen the 1 Paara (Juz) which you have decided to memorise after one month from now onwards. Or listen to the current 1/4th Paara (Juz) or you can do a mix and match of both.

Believe me even if if you listen without concentration, it will create some remark at the back of your mind, however you should listen it with concentration. This is a very important skill which helped me a lot. When I used to do it, I was so passionate that I used to sleep with headphones listening to quran.

NOTE:

1. Before you start , just listen to half Paara(Hizb) everyday on headphones and do not memorise anything in this month, then from next month onwards, follow the following procedure

2. Every year you may feed your mobile memory card or iPod with 6 Paaraa (Juz) ideally

3. Audios are made from Arab Reciter (Qari). They recite as per Shatbiyyah method and people in Asia are familiar with Jazariyyah method. Both recitations are very much similar , however there are some minor differances. You should recite the way you follow. E.g. you will find in Shatbiyyah method some places the MADD will be skipped and IQLAB may be missed (The places where we read MEEM instead of Noon Gunna). Ignore them if you notice such small things.

3. Memorising Half Page (1 Single side of a page i.e. 1 Safha) per Day on Weekdays

TARGET:

Initial Audio to kick start:

4 weeks before starting the HIFZ, listen to 10 pages daily as many times as you can, continue till the End of week2. During first 2-3 weeks of listening, it is better to repeat few verses or few words along with the audio. Do not strain yourself in this as this is optional step. Next 2-3 weeks of listening try to recite with Audio may be 50% .Also try to recite the verse which Qari will recite after the current verse i.e. try to recall the forthcoming verse and recite. Do as much as you can. No need to worry or strain if you are not able to recall many verses.

Audio 1rd & 2nd Week:

Continue listening to the above stated HIZB

Memorisation 1rd & 2nd Week:

1st Week..... Quarter of a Paara
2nd Week.....One Hizb Half Paara)

Audio 3rd to 6th Week:

Start listening to next HIZB(10 pages) daily as many times as you can, continue till the End of week6. During first 2 weeks of listening, it is better to repeat few verses or few words along with the audio. Do not strain yourself in this as this is optional step. Next 2 weeks of listening try to recite with Audio may be 50% .Also try to recite the verse which Qari will recite after the current verse i.e. try to recall the forthcoming verse and recite. Do as much as you can. No need to worry or strain if you are not able to recall many verses.

Memorisation 3rd to 6th Week:

3rd Week.....Revision of memorised HIZB (Half Paara)
4th week..... Memorising the 3rd quarter of a Paara
5th Week.....Revision of 3/4th of memorised Paara
6th Week..... Memorisation of last quarter of a Paara

Audio 7th and 8th Week:

Start listening to next HIZB (10 pages) of next Paara

Memorisation 7th and 8th Week:

7th and 8th Week..... Revision of the full Paara

You have to memorise 5 pages (Half Paara or also called as **one HIZB**) per month which you can do in two weeks by memorising 1 safhaa (One sided page) per day (From Monday to Friday). Saturday Sunday you can revise whatever you memorised from Mon to Friday.

The more you progress further, you may take up new pages and accordingly leave the initial pages which you have mastered

NOTE:

You can also change this schedule as per following 2 more options . But I prefer the above stated schedule.

1st Week..... Quarter of a Paara
2nd Week.....One Hizb Half Paara)
3rd & 4th Week..... Revision of memorised HIZB (Half Paara)

5th week..... Memorising the 3rd quarter of a Paara
6th Week..... Memorising the 4th quarter of a Paara
7th and 8th Week..... Revision of the full Paara

Listening audios schedule remain same in this case too.

The key point is, do not proceed to the next HIZB (half Paara) unless you have memorised the previous Juz very well and you can recite it without a single mistake.

If you are not able to recite it well then take gap of 1 week and revise it well. If you still feel a need for more revision, then take another week's gap and revise it well. The gaps to be taken in terms of weeks and in this gap listen to Audios and revise the past memorised portion, especially try to practice in 2 rakaah of salah occasionally whenever you feel confident about a particular HIZB that you can do it. Recite 5 pages in each rakaah. Wherever you stop, finish the salah and complete the rest of the pages outside salah. The aim is to complete 10 pages in the salah and if something remains because you forget in salah then complete it outside of salah.

4. Reading, Reading and Reading

You have to read these 5 pages repeatedly or you can divide it into 5 pages per week so that within 2 weeks u can accomplish 5 pages (half Paara i.e. half Juz).

5. Revision cards or print outs

I keep one pdf page in front of my eye in my office cubicle held up with a pin along with other papers on the cubicle wall i.e. As we keep calendar, daily required formulae, project deadlines etc etc so that it is in front of my eye during office time. At least you may revise 10 times during 8 -10 hrs of office schedule whenever you get time. Easy to doRight?!!! I listen continuously about 2 - 3 Juz(Paara) daily along with my work i.e. while sitting idle in the office or while walking to the railway station or before sleeping.

HOW TO DO IT?**The 25-30 min morning memorisation from pdf prints or Haafizi Mus-haf:**

Only you may devote 25-30 mins while travelling in train to your office or after fajr salah in masjid to memorise a new page and revise nearly half Juz of a Juz just preceding to the Page you are doing including the page you are doing currently. In short you hae to memorise or read repeatedly only half juz. I do it this way, I first read the page I want to memorise, then I read from slight before i.e. say 3 pages before and finish till the page what I am doing. Then I again start from the say half Juz before and again finish till the end of half juz.

When you take a fresh page, read it many times, after few times red from 4th or 5th line since we normally remember the initial few lines well.

During the Day (After Fajr Salah till maghrib Salah):

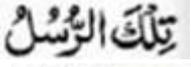
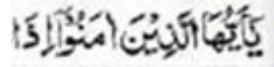
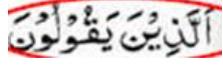
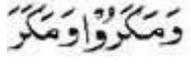
In other free times till maghrib salah, recite the same in your free time without looking into the Quran (Mus'haf) at all. This will not take any time because you will do it in your free time or while going to railway station, morning walk or while going to mosques etc.

The 25-30 min Evening Revision (from Haafizi Mus-haf or pdf prints):

This includes the revision of previously memorised Paaras (Juzs') You may revise the Qur'an from beginning Juz i.e. Juz 1 and revise 1-2 Juz daily in succeeding order. Do these revisions by looking into the Quran by closing your eyes and opening them only if you get stuck up at some place. Revise this place many times. This may take about 15-20 minutes totally devoted for this purpose from your schedules.

Note:

- 1) It is better that you ask some Haafiz to listen to your memorisation. This may not be necessary till you memorise 3-5 JUZ, but it becomes difficult to manage afterwards so you would require some extra time than mentioned above. In this time you should ask a Haafiz to listen to your memorisation.
- 2) Best is that you recite in 2 rakah NAFL Salah. In each rakah try to recite 2,5 pages and if you forget hen complete the remaining part after salah by looking the place where you forgot in Salah in Mus'haf. In this way in 2 rakah you will finish half Paara (one HIZB)
- 3) If on a particular day you have very less time for revision for e.g. only 10 mins and you cant recite in nafil salah due to less time available, then just glance it by looking into the Mus-haf from back page till first page . You can easily go 10 pages in 5-10 mins. But do not make it a regular habit to skip revisions.
- 4) You may use pdf prints for memorisation in the morning and use Haafizi Quran (Mus-haf) for revision during Evening
- 5) If some one wants to devote only one time then he or she may divide the time into 2 parts i.e. initial 20-25 mins for memorisation and rest 25-30 mins for revision.
- 6) If you feel confidant about one HIZB on a particular day then offer 2 Rakah Nafil Salah and try to recite that HIZB in that Salah.
- 7) Out of 10 pages in one HIZB, there will be few pages (may be one or two which will be very difficult for you .You must watch such pages and put 2 STAR MAKRS on top of them .These are your weak areas and it simply means that you need to revise these pages more as compared to other pages. There will be many pages which will be little difficult, so mark single STAR mark on top of such pages (Generally 70% pages will fall in this category). Few pages (may be one or two) will be very very simple for you. You will observe that you can recite them without any mistake. Do not mark any Star here. So now we have few pages with single stars and few pages with double stars and few with no stars. So whenever you revise you may revise the double starred pages more. And if time is less then you can skip the pages without stars. IF the time is still lesser, then you can only revise the double starred pages. In general when you revise the whole HIZB, and you feel that you have some time left say 5 mins. Then utilise this time for the double starred pages.
- 8) Remember that you must have fitted into your mind at least the initial work from which each quarter of a Juz begins. For Example

- 1st Quarter of Juz3 Begins with 
- 2nd quarter begins with 
- 3rd quarter begins with 
- 4th quarter begins with 

9) When you revise, stress more on later portions rather than focussing more on initial pages. Because initial pages gets revised so many times and later pages are weaker due to less repetitions.

(E.g.1)

If you are revising 3/4th of a Paara then concentrate more on 3rd quarter compared to 1st quarter because that we have already revised before.

(E.g.2)

If you are revising 1/2 Paara then concentrate more on ending 3, 4 pages because generally you will remember the initial pages better than last 3,4 pages.

i.e. You may revise like these read pages 9 and 10, then revise pages 6 to 10 then read pages 4 to 10 and then read pages 1 to 10. You may look into the book sometimes if get stuck up.

(E.g.3)

If you are revising 1/4 Paara then read ending 2 pages first and then read all 5 pages from 1 to 5

10) During revision gaps the morning time also will be utilised for revision and not for memorising the new lessons.

Remember:

When you don't remember few things and proceed further then your mind will pressurise itself that, "Ohhh ! I have gone so much ahead and still previous pages are weak" . Then your mind will try to remember the previous pages perfectly...So this way you have to Push yourself Psychologically.

If you fell you cannot do it, then no worries. You can Collect such mp3 files divided into 4 parts for each Juz (Paara) readymade for you free of cost from us.

Sample Procedure for Hifz for Juz3:

Remember the target as stated above

1st WeekQuarter of a Paara

2 nd Week.....	One Hizb Half Paara)
3 rd Week.....	Revision of memorised HIZB (Half Paara)
4 th week.....	Memorising the 3 rd quarter of a Paara
5 th Week.....	Revision of 3/4 th of memorised Paara
6 th Week.....	Memorisation of last quarter of a Paara
7 th and 8 th Week.....	Revision of the full Paara

1st week of a month: Memorising Initial 5 pages of Juz 3

NOTE: Do not start with Paara (Juz) 1 initially because it has some similar verses, so not recommended by me to start up with this Juz.

- Listen to the audio of Juz3 for a month(4 weeks) many times (**JUZ-3-HIZB1, Two Audios**)
- Start only after listening to Audio stated above.
- Read repeatedly only the initial 5 pages of Juz 3 few times but your focus for Monday will be only on the first page as stated below
- Concentrate more on 1 pg(single side) (Safha) per day (Mon – Fri). You may not remember everything, don't worry the next day concentrate on next page and also revise previously memorised pages few times (**Revision1**)
- Listen repeatedly and daily only these 5 pages.
- Keep pdfs of only these 5 pages, mark comments especially when a Ruku Starts and the page starts
- In addition to daily revisions (**revision1**) sat, sun revise the entire 5 pages again and again (**revision2**).
- If you feel you are still not perfect, then also leave it at this stage as we have 15 more days for **revision3**.

2nd week of a month: Memorising Next 5 pages of Juz 3

- Repeat the steps stated in 1st week for the next 5 pages and complete the next 5 pages
- Now you have to revise these 5+5 pages daily in the next 7 days (Revision 3 which will last for 7 days).
- So in this way we will be memorising half Juz (Paara) in one month.
- Take one or two more weeks if you feel there is a need for the same
- Either do not take extra time or take it in terms of weeks like 1 week 2 week etc
- Do not take in terms of days like 2 days extra, 1 day extra etc because we have day wise schedules.
- Proceed to the next Half only when we are thorough in first half.

3rd week of a month: Revision of Initial 10 pages (half Paara or a HIZB) e.g. Paara (Juz) 3

- This 1 weeks will be just for revising the half Juz (Paara) memorised by you in the initial 15 days of the month
- After the completion you may recite half Juz (Paara) in the morning and the previously memorised half Juz (Paara) you may recite in the evening.
- Start listening to the next half Juz (Paara) (pages 11-20). This listening will be continued till the end of week 6. **(JUZ-3-HIZB2, Two Audios)**

4th week of a month: memorising 3rd Quarter of a Paara e.g.Paara (Juz) 3

- This 1 weeks will be for memorising the 3rd quarter and from this week onwards you should listen to the next HIZB (quarter 3 and 4th of the paara in audio)

5th week of a month:Revision of Initial 3 quarters (3/4thPaara) e.g. Paara (Juz3)

- This 1 weeks will be just for revising the 3/4th of Juz (Paara) memorised by you in the initial 3 weeks of the month

6th week of a month: Memorising last quarter of a Paara e.g. Paara (Juz) 3

- This 1 weeks will be for memorising the 4rd quarter and from this week onwards you should listen to the next HIZB (quarter 3 and 4th of the paara in audio)

7th and 8th week of a month: Revision of memorised Paara e.g. Paara (Juz) 3

- These 2 weeks will be just for revising the complete Juz (Paara) memorised by you

Start listening to Audios for the next planned Juz you are going to start (I recommend Juz1 after juz3). **(JUZ-1-HIZB1, Two Audios)**. This listening of Audio will be continues till End of 2nd Week of The next Juz i.e. 4weeks)

6. Listening to Advanced Lessons:

If you get more time and or you are bored of listening to the same stuff or you have already covered the target of 1 month within 15 to 20 days then you can listen to the future lessons (Paara/Juz) whatever you like. However just listen and leave it. Don't try to memorise it at this stage. This is just to keep it at the back of your mind.

7. HIFZ Teacher:

Option A (Online Teacher):

It becomes difficult to progress further after completing 3-5 Juz. Here is where you need a Teacher who has experience of teaching Hifz. Inshallah we will provide assistance by Experienced teachers Free of cost. The teacher may ask 2 hours per week from you and this time will be fully utilised by the teacher to listen to whatever you have memorised.

The teacher can give you feedback on how to proceed further. The teacher may ask you to recite from anywhere whatever you have memorised.

Option B (Offline Teacher):

You may also catch some Haafiz in your area and recite in front of him/ her previously memorised lessons. IF you select this option then no need for option A.

8. Revision:

Remember the saying? **"Practice makes a man perfect"** .in order to become a Haafiz e Quran of good quality you should practice more and more. Following are few systematic methods which will not demand much time form you. You should make your day and night with listening and reciting Quran no matter wherever you are. Do not waste time in unnecessary gossips, unnecessary meetings with friends, unnecessary parties etc. Remember you have a target to achieve. Remember its importance. One friend says that when he goes to bed, he starts listening to The 5 pages Alhamdulillah and sleep listening to Quran. He also listen to Quran during his Gym workouts. To this extent if you practice then Inshallah you will become a Good hafiz.

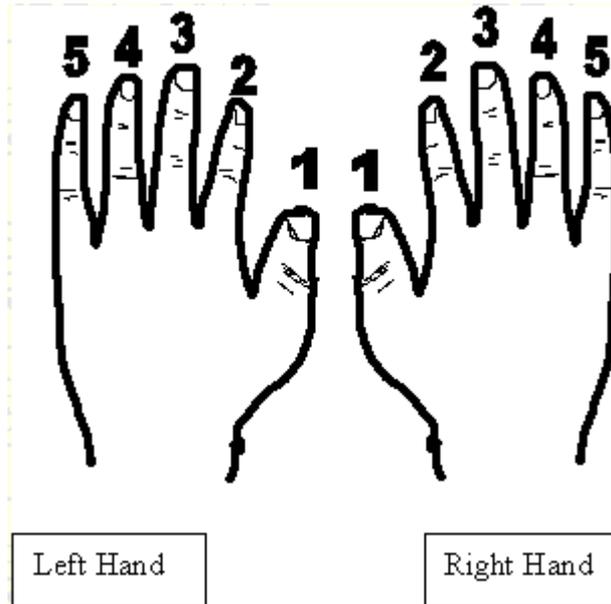
(A) In Salah (daily prayers):

Whatever you have memorised in the past, it is very important to remember that and the best way for that is, you have to recite that in the daily 5 times Prayers (Namaaz).

(B) During Free Time:

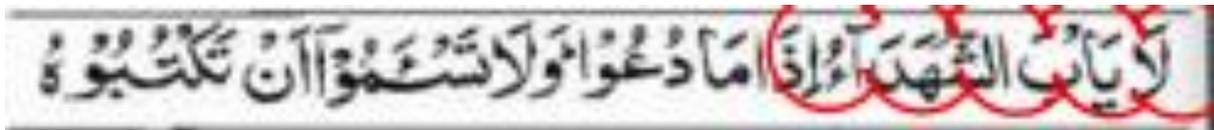
When you get free time for example while walking towards the railway station or during morning walk or during walking after the dinner or while going for Masjid, you can practice four to five pages depending upon the time you have.

There are 10 pages per Paara (Juz) and there are 10 fingers in our two hands. So just remember one finger representing one page. The backside of one finger represents the front side of a page and the backside of the same finger represents the backside of the same page. By this way you can remember how much you are practicing or from where you are reciting e.g. If you feel you should revise the 1st quarter of the Paara (juz) then you can keep a watch on your fingers or hold them or press them slightly so that you keep a track of your revision pages . This will also let you know how much you have revised. For example while walking towards the railway station you have revised 5 fingers it means you have completed half Paara (Juz).



PS:

If you forget at a specific word and don't remember the next word, this means that you are weak at this word. So repeat few words before and few words after . For example in the sentence shown below



مَا دَعُوا

وَلَا سَعَمُوا

If you stop at مَا دَعُوا and don't recall وَلَا سَعَمُوا in the below shown Aayat (Sentence). You practice by repeating the entire words shown below 100 times. Mark a vertical line or dot on such locations (Refer pdf sample image below) and give special attention to these places always, so that you remember them well nex time onwards. During the revisions, give extra care for such locations and recite them 50-100 times. In fact few minutes you may just devote for taking a look at only such locations where you had forgotten in the past and had put the dots or vertical lines.

(C) How much to Revise and How to Revise:

1) Revision Gaps:

This is very important section because you don't have to let yourself forget the past memorised lessons. You may revise half Paara (Juz) per day till you have completed 2 Paaras (Juz). It is difficult to keep in memory throughout the life. For that you need continuous practice ("Hafiz banna aasan hai usko baaki rakhnaa mushkil hai").

Take the following breaks for revision. This is a sample. You may take more or less time depending upon your capacity. The key point is , do not proceed to the next lesson, unless you have memorised the portions very well and you can recite it without a single mistake.

After completion of 3 rd Paara (Juz)	2 weeks break for revision of previous sessions
After completion of 6 th Paara (Juz)	3 weeks break for revision of previous sessions
After completion of 9 th Paara (Juz)	3 weeks break for revision of previous sessions
After completion of 12 th Paara (Juz)	4 weeks break for revision of previous sessions
After completion of 15 th Paara (Juz)	5 weeks break for revision of previous sessions
After completion of 18 th Paara (Juz)	6 weeks break for revision of previous sessions
After completion of 21 st Paara (Juz)	7 weeks break for revision of previous sessions
After completion of 24 th Paara (Juz)	8 weeks break for revision of previous sessions
After completion of 27 th Paara (Juz)	8 weeks break for revision of previous sessions
After completion of 30 th Paara (Juz)	10 weeks for revision of whole Quran

2) **Everyday Revisions:**

This becomes very important when you progress more and more. At least you should revise 1 Juz after you complete 10 Juz. You may revise from Ju1 to Juz10 and then again repeat the cycle. When you proceed for say Juz12, You may revise From Juz 2 to12 or 12 to 2 in reverse order with one Juz every day.

10. Levels Of Difficulties:

When we recite without looking into the Mus'haf (The Book), following are some levels of difficulties. So you may choose the tough practice, isn't it?

Self recitation closing the book	Easy
Reciting in front of others	Difficult
Reciting in Nafil Salah	More Difficult
Reciting while Imaamat (Leading the Salah)	Most difficult

Keep in Mind the following



If you are able to do STEP 4,5 or 6 without mistakes. I give you 100% instead of 70,85 or 95%

10. Some prerequisites:

Before every tilawat its better to make Istigfaar, Recite Kalima (Shahadah) and refresh your Faith (Imaan) and realise that this is the most true book , respect it, think that your heart will be purified with the help of this book and the recitation will increase your faith (Imaan).

Make Niyyah (Intension) of practicing this book in your lives, spreading its message to others. Make niyyah (Intension) that you are reciting this only for pleasing Allah and Think as if you are reciting and He is listening to your recitation.

Make dua that " Oh Allah! Help me to recite , the way you want me to recite. Oh Allah give me Ikhlaas" "Oh Allah please you become Raazee (Agreed) with me", "Oh Allah make me hafiz e Quarn"

11. From Where To Start

Start from the Paara (Juz) which is very easy/convenient for you or you have listened to it many times in the past or you think that you remember some part (may be weakly) from it already . This will make it and easy and successful start.

12. A General Estimate of the Time required for complete Hifz:

If u work this way then 1 Paara will take 2 months and 30 Paaras (Juz) will take 60 months i.e. 5 years. It also depends upon individuals memory and the practice, time devoted etc etc.

So keep in mind that one year you have to complete 6 Paaraas (Juz) ideally. You may fit 6 Paara Audio files into your Mobile for one year listening material.

13. Test Your Individual Timeframe and memorising skills:

I would recommend that try memorising one Juz (Paara) with this technique and observe the time taken to reach good fluency. Based on the result you can estimate how much time you will take to complete 30 Paaras (Juz) by just multiplying the number of days taken by 30.

No of days required for Hifz = 30 X No of days taken to memorise one Paara (Juz)

If you are a working professional or a businessman, I would recommend you not to complete one Paara (Juz) before 2 months even if you are capable of doing so. (so that you get more time for practicing).

Some people may be extra ordinary with good memory and may require lesser practice (especially the ones who have got Quran listening habits on audios). They can finish the Hifz in just 5 to 6 yrs with this Plan.

Some people may take longer time i.e. more than 5 years. No need to worry because
(A) If you die in these days, you will be considered Haafiz in the sight of Allah Taala and
(B) If you take 7 to 10 years also along with your job or profession or business then it is worth

PS:

The calculation is based on ideal situation in which you do not miss any session and you do not cheat yourself. This time frame may not be practical due to missing memorisation sessions or revisions. Also it becomes difficult after 3-5 Juz to manage it individually. So i have suggested to seek advise and support from a Hafiz in order to continue further.

14. Female Exceptional Days:

For females during their Ayyam (days prohibited for Prayers) they can just listen to the Qur'aan and they can see it visually the pdfs without touching at the portion where they Quranic verses are written (they can touch it and hold it from the blank or commented margins (Haashiya). No need to recite during these days. These days can be planned only for revisions , listening and watching the pdf.

15. Abstinenes (Parhez):

Try to safeguard yourself from Sins (Gunaah) especially safeguard your gaze. Protect your eyes from their wrong usage.

Avoid wasting time in gossiping and other useless time eating activities like spending 2 hrs in a cafeteria unnecessarily.

16. After Completion:

After completion of HIFZ, you should daily recite 1 Paara (Juz) in 5 times prayers. Or else you should daily complete 3 Paaras (Juz) of tilawat. At least one Paara tilawat is extremely important so that you don't forget the Quran.

NB:

If you are not able to do HIFZ due to some exceptional reasons like very weak memory etc, then please take suggestions from a scholar if you should do the Hifz or not. Because Some Scholars do not recommend Hifz to few specific people and there is nothing wrong in it. There are certain factors with few individuals for taking the decision of not doing Hifz. So Don't do it if you are in such a category.

A Request from Author's Side:

Remember me in your Duaas. It was all possible to write these lines only with the help of Allah SWT.

You can contact me (zafer3000@gmail.com) if you have any queries or suggestions or doubt in understanding any point mentioned in this document. We will try to answer them inshallah. You can also let us know about the progress, problems you face while executing this method. This will help in improving the document and also give us pleasure inshallah.

Regards

zafer
Mumbai (India)

Sample PDF Printouts to be taken and commented

