

A DIGITAL COMPANION FOR DAILY DHIKR

يَا بَاسِطُ

YA BASITU

The Expander · The Extender of Provision

40-DAY WAZIFA PROTOCOL

An interactive guide with a daily habit tracker, Arabic pronunciation notes, and a simple step-by-step practice — made for calm, focused moments in your day.

GUIDE & HABIT TRACKER · FOR PERSONAL DEVOTIONAL USE

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SECTION ONE

THE MEANING OF AL-BASIT

الْبَاسِطُ

AL-BASIT · from the root b-s-t (بسط), “to spread, extend, unfold”

Al-Basit is counted among the ninety-nine Names of Allah (Asma’ul Husna). Classical commentators describe it as the Name of expansion — the One who spreads out provision, widens what feels constricted, and unfolds ease after difficulty.

Al-Basit is traditionally reflected upon alongside its companion Name, **Al-Qabid** (The Constrictor). Together they describe a single continuous act of divine wisdom: a rhythm of contraction and expansion that governs sustenance, circumstance, and the heart itself — a reminder that seasons of tightness are always followed by seasons of room to breathe.

OFTEN REFLECTED UPON FOR

Expansion of rizq (provision) · relief from constriction · an open, unburdened heart · patience while waiting for ease

This page offers a general reflection for personal use. For deeper study of the Divine Names, sit with a qualified teacher in your own tradition.

SECTION TWO

INTENTION & ADAB OF WAZIFA



A wazifa is a devotional practice of returning to a single Name or phrase with steady, unhurried attention. The outward repetition matters far less than the sincerity (ikhlas) behind it — adab, or good manner, is what turns repetition into remembrance.

- 1 **Begin in a state of purity.** Perform wudu where possible, and choose a clean, quiet space.
- 2 **Sit with presence.** Face the qiblah if you are able, lower your gaze, and let your shoulders soften.
- 3 **Renew your intention.** Recite for the sake of nearness to Allah, not for the count alone.
- 4 **Stay unhurried.** A smaller number said with presence outweighs a large number said in haste.
- 5 **Close with gratitude.** End with salawat upon the Prophet ﷺ and a quiet moment of thanks.

Practices and preferred counts vary between teachers and turuq (paths). Where you have a living teacher, their guidance takes precedence over any written guide.

SECTION THREE

HOW TO PRACTICE, STEP BY STEP



- 1 **Open with Istighfar.** Say Astaghfirullah quietly a few times to settle the heart before you begin.
- 2 **Recite the Name.** Repeat **يَا بَاسِطُ** — “Yaa Baasitu” — in a set that suits you: common choices are 21, 33, or 100 repetitions.
- 3 **Hold the meaning in mind.** As you repeat, gently bring to mind whatever feels constricted in your life, and picture it being given room.
- 4 **Breathe with the words.** Let each repetition sit with a slow exhale rather than being rushed through.
- 5 **Close and record.** Finish with salawat, then mark today’s box on your tracker.

BEST TIMES

After Fajr, in the stillness of the morning commute, or in the last third of the night — whenever you can give it unhurried attention.

SECTION FOUR

ARABIC SCRIPT & PRONUNCIATION



SCRIPT	TRANSLITERATION	SOUNDS LIKE	MEANING
يَا	Yaa	like “yah,” held gently	O / Oh — a vocative call
بَاسِطُ	Baasitu	BAA · si · tu	The Expander, the One who unfolds
يَا بَاسِطُ	Yaa Baasitu	yah · BAA · si · tu	O Expander — the full invocation

SYLLABLE BY SYLLABLE

YAA · BAA · SI · TU

The letter “s” in “si” is a soft seen (س) — light and unemphatic, not the heavier saad (ص).

SECTION FIVE

YOUR 40-DAY TRACKER

Forty days is a small, traditional unit of consistency. Complete your practice each day, then tick the matching box below. If you miss a day, simply continue — consistency over time matters more than an unbroken streak.

DAY 1 ☐	DAY 2 ☐	DAY 3 ☐	DAY 4 ☐	DAY 5 ☐
DAY 6 ☐	DAY 7 ☐	DAY 8 ☐	DAY 9 ☐	DAY 10 ☐
DAY 11 ☐	DAY 12 ☐	DAY 13 ☐	DAY 14 ☐	DAY 15 ☐
DAY 16 ☐	DAY 17 ☐	DAY 18 ☐	DAY 19 ☐	DAY 20 ☐
DAY 21 ☐	DAY 22 ☐	DAY 23 ☐	DAY 24 ☐	DAY 25 ☐
DAY 26 ☐	DAY 27 ☐	DAY 28 ☐	DAY 29 ☐	DAY 30 ☐
DAY 31 ☐	DAY 32 ☐	DAY 33 ☐	DAY 34 ☐	DAY 35 ☐
DAY 36 ☐	DAY 37 ☐	DAY 38 ☐	DAY 39 ☐	DAY 40 ☐

SECTION SIX

CLOSING REFLECTION

However your forty days unfold, let the practice itself be the goal — a small, steady return to remembrance. Room to breathe tends to arrive quietly, not all at once.

رَبِّ اشْرَحْ لِي صَدْرِي

“My Lord, expand for me my chest.”

A devotional aid for personal use — not a substitute for guidance from a qualified teacher.