

How to perform Salaah (Prayer)

Salaah in Islam is a unique institution. It brings man closer to Allah by harmonising his mental attitude with physical posture. In Salaah, a Muslim submits himself completely to his creator.

When you are sure that you have fulfilled all the necessary conditions for Salaah, you are ready to offer Salaat. A detailed account of how to say Salaah is given below.

Method of Salaah

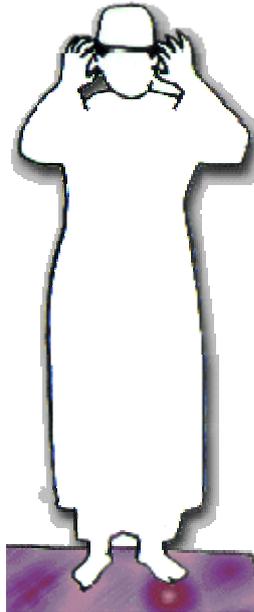


Fig. 1

Say to yourself that you intend to offer this Salaah (Fajr, Zuhr, Asr, Maghrib or Isha) Fardh or Sunnah. Then raise your hands to your ears (as in fig. 1) Saying:

Allahu Akbar

(Allah is the greatest)



Fig. 2

Now Placing you right hand on the left, just below, above or on the navel

Recite the following:-

Subhanaka Allahum-Ma Wa Bi Hamdika

O Allah, Glorified, praise worthy.

Watabaraka Kamuka Wata'ala Jaddoka

And blessed is Thy name and exalted Thy Majesty

Wa La Ilaha Ghayroka

And there is no deity worthy of worship except Thee.

A'U Zu Bil La Hi Minashaitanir Rajim

I seek refuge in Allah from the rejected Satan

Bismi Lah'ir Rahman Ir Rahim

In the Name of Allah, the Beneficent,
the Merciful.

After this recite the opening Surah,
Al-Fatiha:

Nb:- For Corresponding Arabic Text
Refer to Holy Quran

Alhamdo Lil Lahi Rab Bil A'lamin

Praise be for Allah, Lord of the Worlds

Ar Rahman Ir Rahim

The Beneficent, the Merciful

Maliki Yaumiddin

Master of the Day of Judgement.

***Iyya Ka Na Bu Do WA Iyya Ka
Nas Taeen***

Thee alone we worship and to Thee
alone we turn for help.

IhDi Nas SiRaTal Mus Ta Qeema

Guide us in the straight path.

Sira Tal La Zina An Amta Alaihim

the path of those whom you favoured

Ghairil Magh Du Bi Alaihim

And who did not deserve Thy anger

WA Lad Dall Lin (Amin)

Or went astray.

Now recite the following or any other
passage from the Holy Qura'n:

For Recitation **Surah Ikhlaas**

Download Real Player Plugin at

<http://www.real.com>

In the Name of Allah, the Beneficent,
the Merciful.

Qul Ho Wal Laho Ahad

Say: Allah is one and the only God.

Allah Hus Sa Mad

Allah, upon whom all depend.

Lam Yalid Wa Lam Yu Lad

He Begets not, nor is he Begotten,

***WA Lam Yak'ul La Hu Kufu Wan
Ahad***

and there is nothing which can be
compared to him.

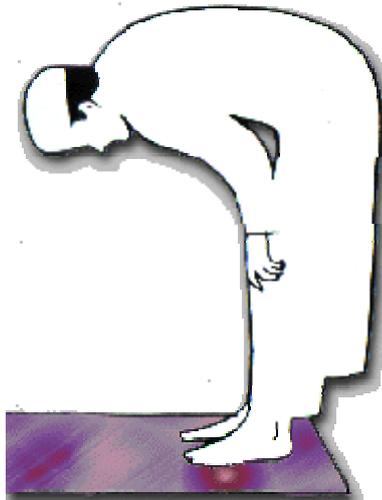


Fig. 3

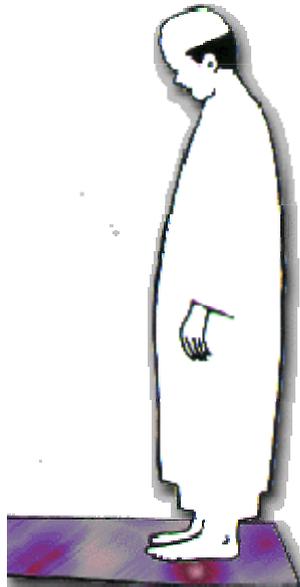


Fig. 4



Fig. 5

Now Bow down saying:

Allahu Akbar

Allah is the greatest.

Place your hands on your knees and in this inclined position (Ruku as shown in fig. 3) recite these words thrice:

Subha Narab Bi Yal Azim

Glory to my Lord the Great.

Then come to the standing position (fig 4.) Saying:

Sami Allahu Li Man Hami Dah

Allah has heard all who praise Him.

Rab Ba Na Lakal Hamd

Our Lord: Praise be to Thee.

Now Saying "***Allahu Akbar***"

Prostrate on the ground with your forehead, the knees, the nose & palms of both hands touching the ground. In this position(Sajdah - as in fig. 5 repeat these words three times at least:

Subhana Rab Bi Yal A'Ala

Glory to my Lord, the most high.

Subhana Rab Bi Yal A'Ala

Glory to my Lord, the most high.

Sit upright with knees still on the ground after a moments rest perform the second Sajdah saying:

Allahu Akbar

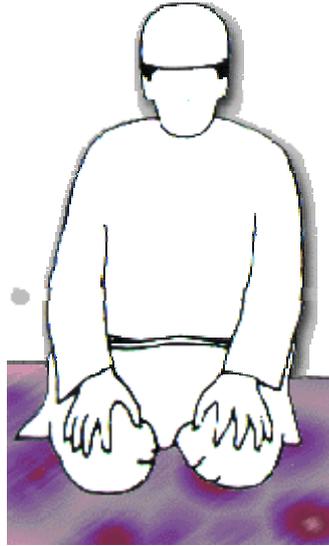


Fig. 6

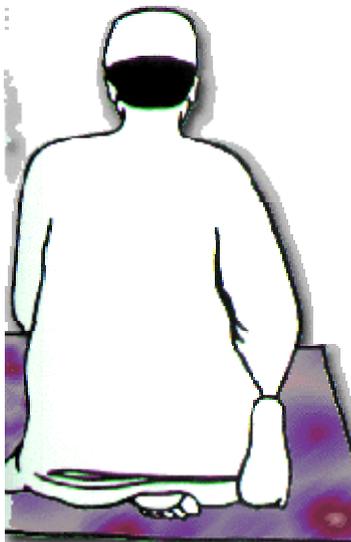


Fig. 7

Allah is the greatest.

In the second sajdah as before recite the following word thrice:

Subhana Rab Bi Yal A'Ala

Glory to my Lord, the most high.

This completes on rakah of Salah. The second rakah is said in the same way except that after the second Sajdah you sit back, with the left foot bent towards right, which should be placed vertical to the mat. The palms should be lifted from the mat & placed on the knees.

In this position (Q'adah-as shown in fig. 6 & 7) silently say these words (Tashahhud):

At Ta Ya To Lil Lahi Wa Sala Wato Wa Tay Yi Bato

All prayers & Worship through words, action & sanctity are for Allah only.

As Sa La Mo Alaika Ay Yo Han Na Biy Yo

Peace be on you, O Prophet.

Wa Rah Ma Tul La Hi Wa Bara Ka To Hu

and mercy of Allah and His blessings.

As Salmu Alaina Wa Ala Iba Dil Lahis Saliheen

Peace be on us & on those who are righteous servants of Allah.

Ash Had Du Al La Ilaha Il La Laho

I bear witness to the fact that there is no deity but Allah.

Wa Ash Ha Du An Na Muhammadan Ab Du Hu

And I bear witness that Muhammad is his slave & messenger.

In a three rakah(i.e. Maghrib) or Four rakah(like Zuhr, Asr & Isha) Salah you stand up for the remaining rakah after Tashahhud. On the other hand if it is a two rakah(Fajr) Salaah, keep sitting and after this recite Darood (blessing for the Prophet) in these words.

***Allah Hum Sal Li Ala Muhammad
Din WA Al'a Aali Muhammadin***

*O Allah, Exalt Muhammad & the
Followers of Muhammad.*

***Ka Maa Sal lay Ta Ala Ibraheema
WA Ala Aali Ibraheema***

*As Thou did exalt Ibrahim & His
Followers*

Inna Ka Hameedum Majeed

Thou Art the Praised, the Glorious.

***Allah Hum Ma Baa Rik Ala
Muhammadin***

O Allah, Bless Muhammad

WA Ala Aali Muhammadin

And His Followers

***Ka Maa Ba Rak Ta Ala Ibraheema
WA Ala Aali Ibraheema***

*As Thou has Blest Ibrahim & His
Followers*

Inna Ka Hameedum Majeed

Thou Art the Praised, the Glorious

Then Silently Say:-

***Allahumma Inni Zalamtu Nafsi
Zulman Kathiran Wa La
Yaghfirud Dhunuba Illa Anta
Faghfirli Naghfiratan Min ' Indika
Wa Arhamni Innaka Antal
Ghafurur Rahim.***

This means: "O Aallah, I have been very unjust to myself and none grants pardons against sins but You, therefore, forgive me with Your Forgiveness and have mercy on me. Surely you are the Forgiver, the Merciful.



Fig. 8

Now turn your face to the right (as shown in fig.8) saying:-

***Asslamo Alaikum Wa
Rahmatullah***

Peace be on you & Allah's Blessing

Now turn your face to the left (as shown in fig.9) saying:-

***Asslamo Alaikum WA
Rahmatullah***

Peace be

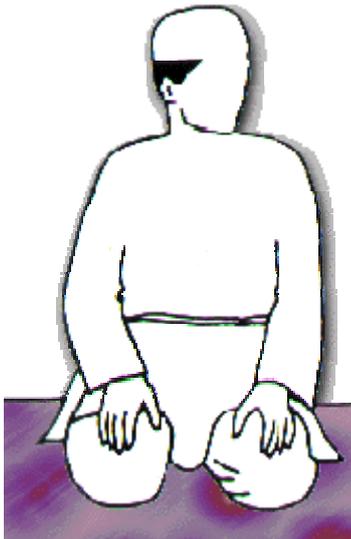


Fig. 9