

STAND UP FOR NAMAZ:

START FROM HERE

Niyyah: Before beginning Salaah, perform Wadhu or Ghusl (Which ever is required). Your clothes and place of Salaah should also be clean. Make sure your Satr is covered. Men's garments should not hang below their ankles. A person must face the Qiblah (direction of Prayer - Makkah). Make intention quietly or in the mind for which ever Salaah you wish to perform. During Salaah keep the eyes fixed on the spot where the head will be in Sajdah (prostration) unless otherwise mentioned. Ensure the feet point towards the direction of Qiblah. Men should keep their feet a minimum of four fingers width **[Fig 1]** and women keep their feet together.



TAKBEER-E-TAHREEMA

INSTRUCTIONS:

Whilst raising both hands in line with the earlobes for men **[Fig 2]**, and to the height of the shoulders for women. Ensure the palms face towards the Qiblah Remember to keep the eyes focused on the place of Sajdah (Prostration).

TAKBEER:

اللَّهُ أَكْبَرُ

Allaahu Akbar

Translation:

Allah is the Greatest



QIYAAM

Qiyaam (standing posture) - place your right hand over your left hand, with the thumb and last finger of the right hand wrapped around the wrist of the left hand, and the middle 3 fingers of the right hand resting along the top of the left arm. Place below the navel for men [Fig 3] and over the chest for women, with the right hand palm over the back of the left hand, keeping fingers together.

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ ط

Subhaanaka Allaahumma wabi hamdika wa tabaarakasmuka
wa ta'aala jadduka wa laa ilaaha ghayruka.

Translation:

Glory be to you O Allah! and Praise be to you: Blessed is your name and Exalted is your Majesty, and there is none worthy besides you.



أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝ الرَّحْمَنُ الرَّحِيمُ ۝

Alhamdul lillaahi rabbil 'aalameen; Ar-rahmaanir-raheem

Praise to be Allah, Lord of the worlds. The Beneficent, the Merciful.

مَلِكِ يَوْمِ الدِّينِ ۝ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝

Maaliki yawmiddeen; Iyyaaka na'budu wa iyyaaka nasta'een

Master of the Day of judgement. Thee alone we worship
and to Thee alone we turn for help.

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝ صِرَاطَ الَّذِينَ أَنْعَمْتَ

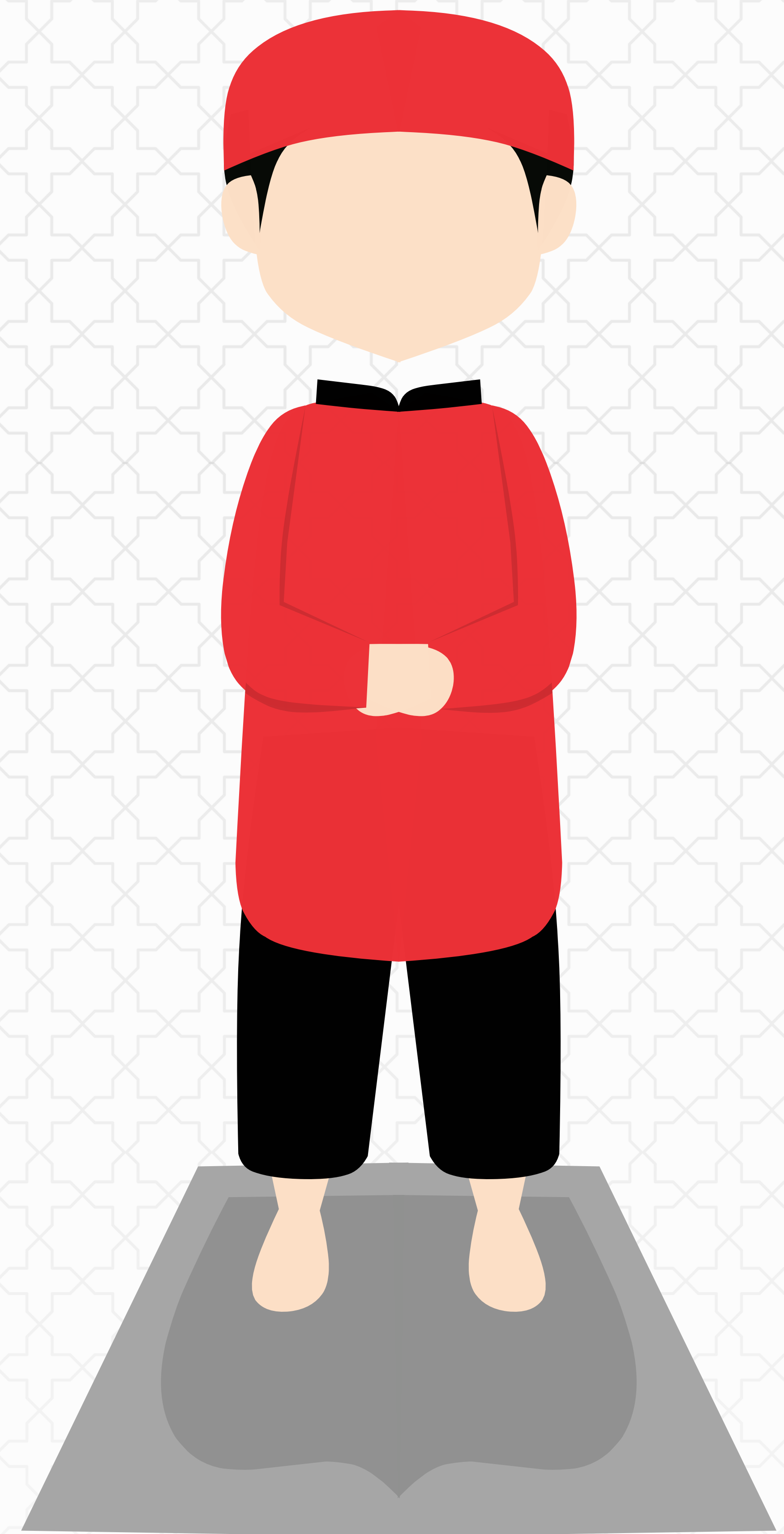
Ihdinas-siraatal mustaqeem; Siraatalladheena an'amta

Guide us to the Straight Path. The path of those whom
you favoured

عَلَيْهِمْ ۝ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ۝

alayhim; ghayril maghdubi 'alayhim; waladdaal-leen.

Not of those who earned Your anger, nor of those who
went astray.



QIYAAM

Then recite any Surah, or a minimum of three short Aayats or one long Aayah.

Note: A Surah is read following Surah Fatihah in all units of any Sunnah and Nafl Salaah. It is only required in the First Two units of ANY Fard Salaah, i.e. in the Third and Fourth units only Surah Fatihah is recited.

Note: The Surahs read after Surah Fatihah should be read in proper sequence as in the Qur'aan in assending order, with the next Surah smaller than the previous.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

Qul huwallaahu ahad, Allaahus-Samad

Translation:

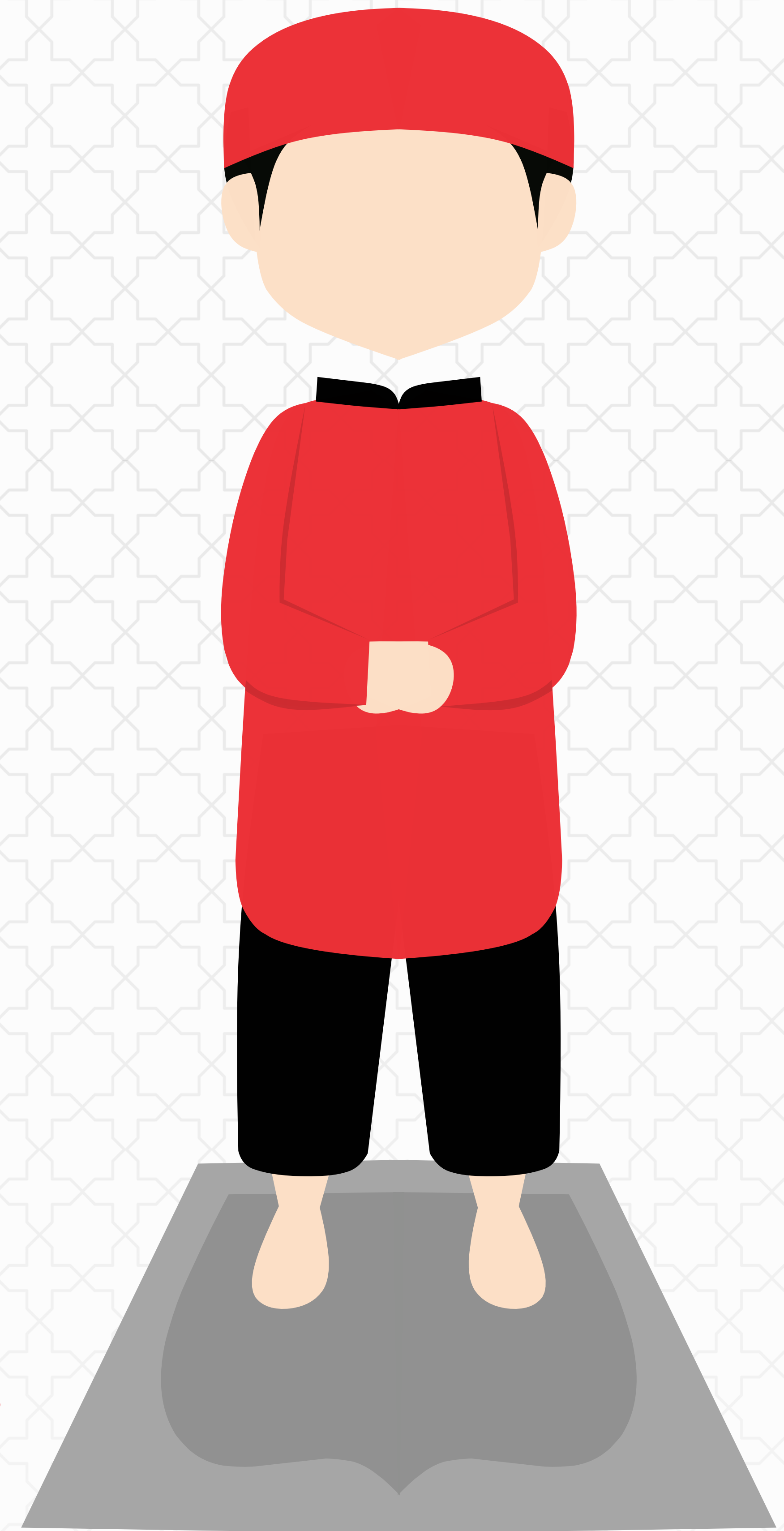
Say: He is Allah, the One! Allah, the eternally Besought of all!

لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

Lam yalid walam yoolad. Walam yakullahu kufuwan ahad.

Translation:

And there is none comparable unto Him. He begetteth not, Not is He begotten.



RUKU

Ruku (Bowing Down): Men should keep the back and arms straight and hold the knees with the fingers apart ensuring the arms do not touch the body [Fig 4]. Women should only bend over sufficiently so that the fingers can touch the knees with the fingers kept together. The knees should be bent and the back should not be straight like a man. Also ensuring the elbows touch the sides of the body. Women should focus their eyes towards the toes.

Say "Allah-o-Akbar

اللَّهُ أَكْبَرُ

Allaahu Akbar

Allah is the Greatest

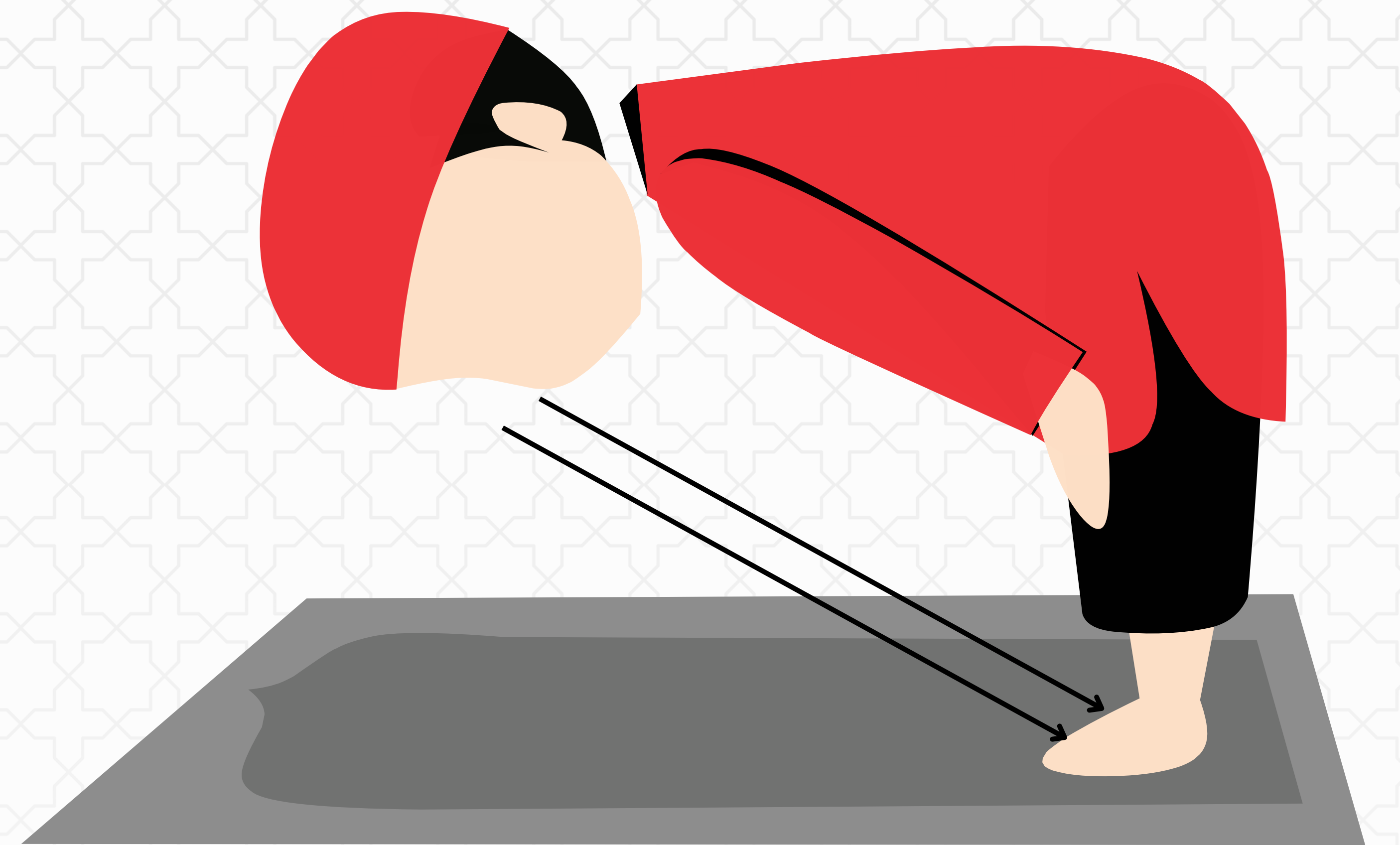
In Ruku recite three times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhaana Rabbi-yal Azeem

Translation:

Allah is the Greatest Glory to my Lord



QAUMAH

INSTRUCTIONS:

Qaumah is to stand up from Ruku and return to the Qiyaam position keeping your arms straight by your side [Fig 5]. Whilst standing up from Ruku recite **TASMEE** And when stood up recite **TAMHEED**.

Tamheed

رَبَّنَا وَلَكَ الْحَمْدُ

Rabbanaa lakal hamdu

Tasmee

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sami'a Allaahu liman hamidah

Allah hears all those who praise Him. Our Lord! All praise be to him

Recitation: اللَّهُ أَكْبَرُ

Allaahu Akbar

Allah is the Greatest



SAJJDAH

Sujood (prostration): Then go into prostration in order of; starting by lowering the knees to the ground (trying to keep the back straight), then the palms of both hands, then nose and finally forehead. Focus the eyes towards the nose. The arms should not touch the floor. Both your feet should be raised, resting on your toes. Women must ensure that they keep all limbs close together and close to the ground, including the arms, elbows, bottom and feet. Both feet should point out to the right and point the toes towards the Qiblah.

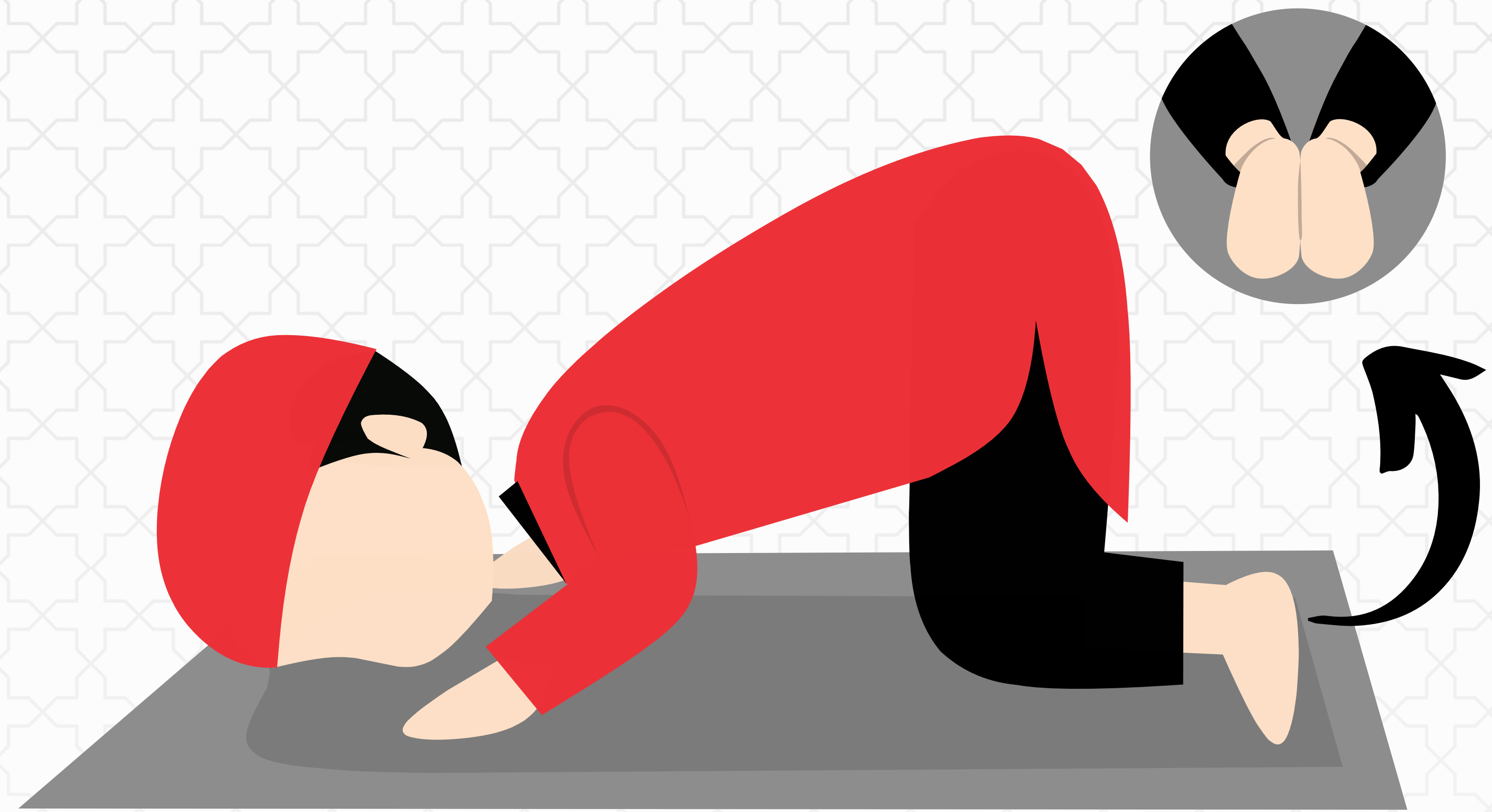
SAJJDAH:

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana Rabbiyal A'laa

Translation:

Glory to my Lord, the Highest



Get up from the floor reciting the **TAKBEER** in order of forehead first, nose and then hands. Sit upright (Jalsa) and place the palms on the lower thigh. You should sit on your left foot and have your right foot raised, resting on the toes. Women should sit resting on the floor with feet pointing out to the right. In Qa'dah set your eyes between the front of your hands in your lap. Rest for a moment, then say "**Allahu Akbar**" and prostrate again

اللَّهُ أَكْبَرُ
Allaahu Akbar

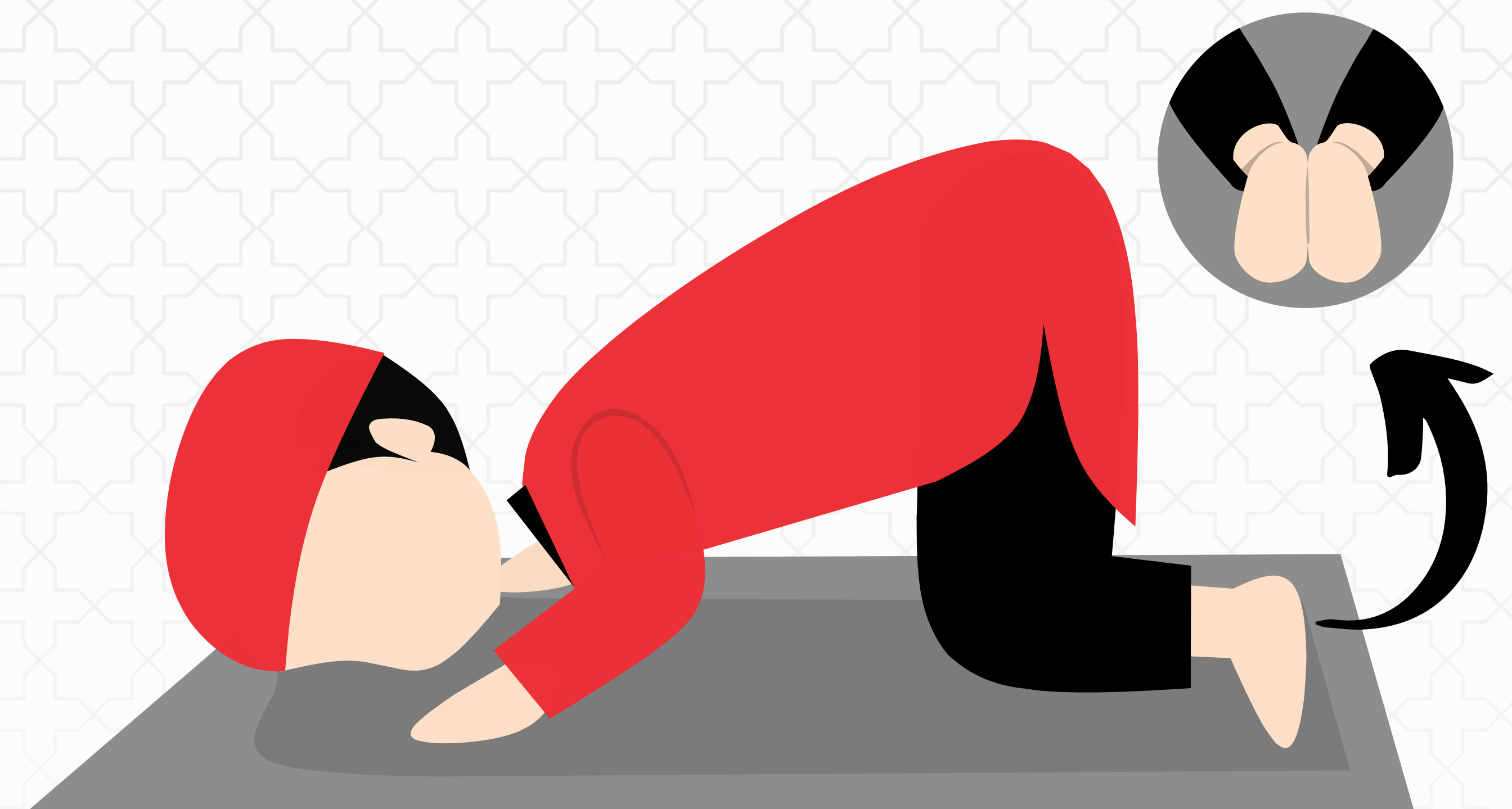
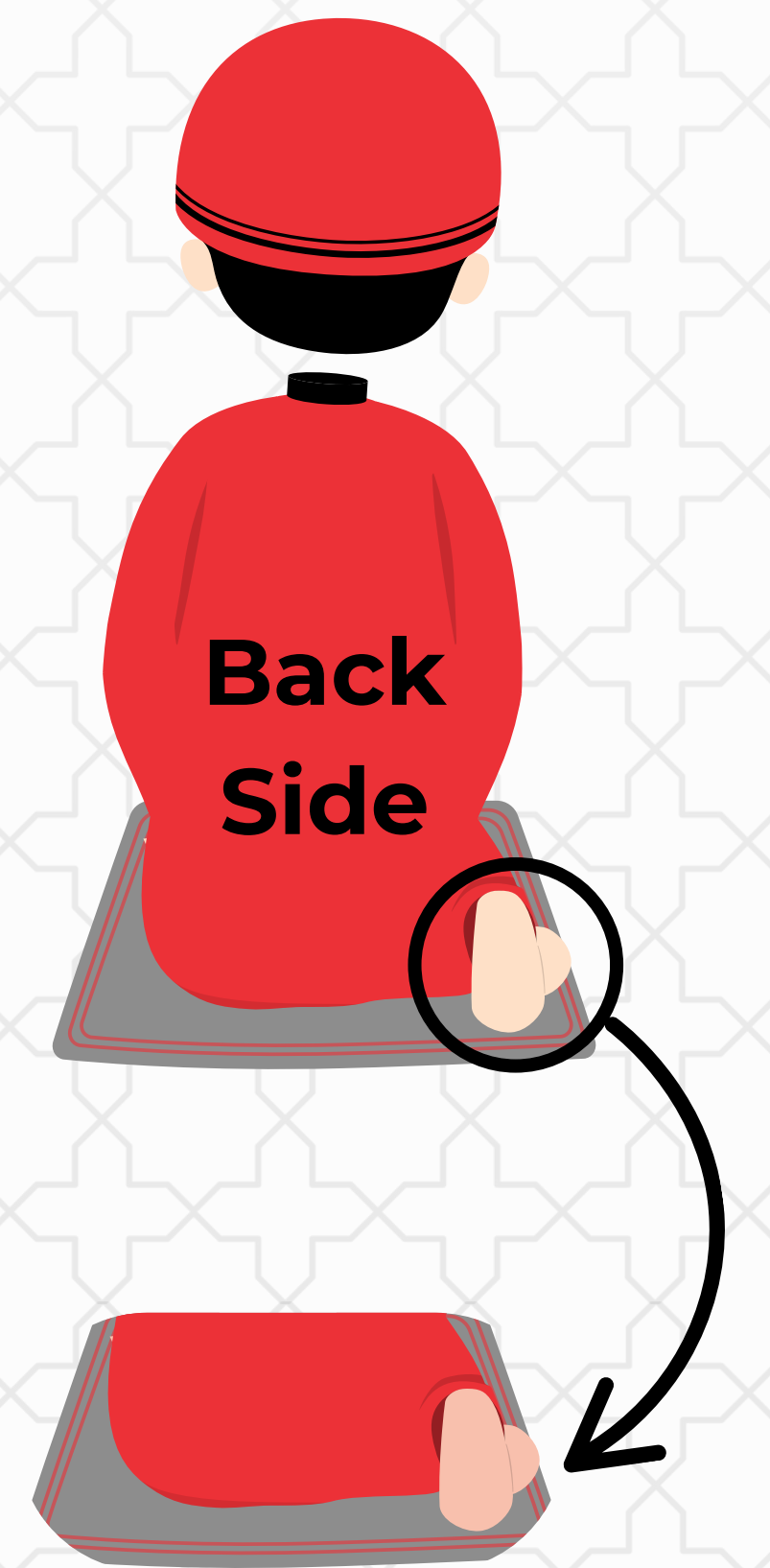
Recite 3 Times in "Sajdah":

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana Rabbiyal A'alaa

Translation:

Glory to my Lord, the Highest



QUOOD

INSTRUCTIONS:

Get up from second Sajdah and stand up back to the Qiyaam position. This completes one Rak'aah (unit) of prayer. The second Rak'aah is performed in the same way but do not recite Thanaa and Ta'awwuz, Start from Tasmiyah. At-Tashahhud: In the second Rak'aah after the second prostration remain seated (Qa'dah), as the above illustrations and recite quietly.

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ۝ السَّلَامُ عَلَيْكَ

Athahiyyaatu lillaahi was-salawaatu wattayyibatu. Assalamu 'alaika

Translation :

All prayers and worship through words, actions and sanctity are due to Allah only. Peace be Upon you.

أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ۝ السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ

ayyuhannabiyyu warahmatullaahi wabarka'tuhu. Assalamu 'alaina wa'alaa 'ibaadillaahis saa'liheen

Translation :

O Prophet (Saww) and the Mercy of Allah and His Blessings. Peace be on us and those who are righteous servants of Allah



INSTRUCTIONS:

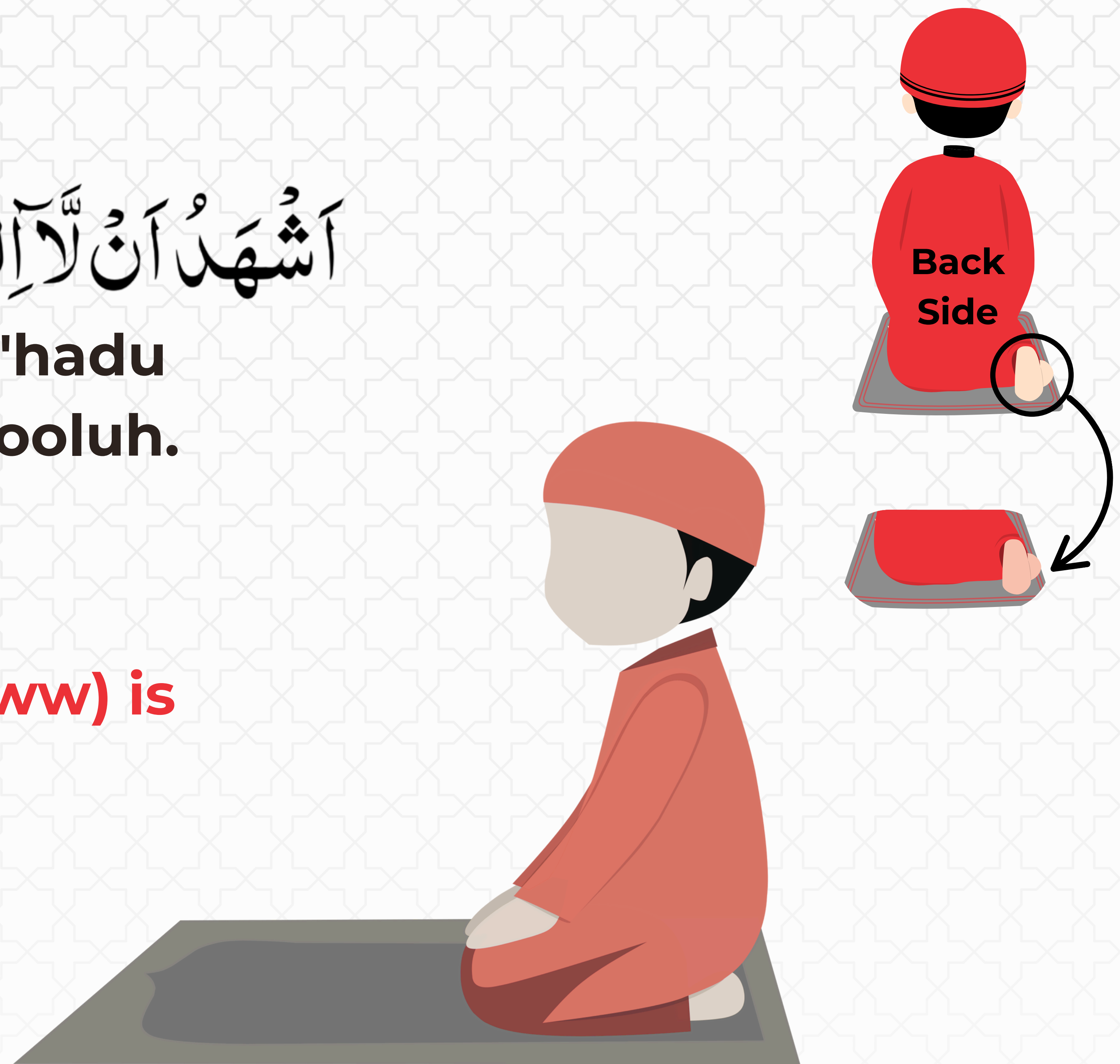
Whilst reciting "**At-Tashahhud**" when the words "Ash-hadu al-laa ilaaha" are recited, use the right hand to form a circle with the middle finger and the thumb and raise the index finger high enough for it to face the Qiblah. Drop the finger back down again after reciting "**al-laa ilaaha**" (than Allah).
If you are performing three Rak'aahs (Maghrib) or four Rak'aahs (Zuhr, Asr, Isha), then stand up after Tashahhud.

ط
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash'had'u alla ilaha illallahu wa ash'hadu
anna Muhammadan abd'uhu ea rasooluh.

Translation:

I bear witness that Muhammad (Saww) is
His Servant and messenger



Durood Shareef :

اَللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَىٰ اٰلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَىٰ اِبْرَاهِيْمَ وَعَلَىٰ

Allaahumma salle 'alaa Muhammadin wa'alaa' aale Muhammadin kama
sallaiyta 'alaa Ibraheema wa 'aAlaa

Translation :

O Allah shower Thy Blessings on Muhammad (Saww) and the descendants
of Muhammad (Saww) as Thou did shower Thy Blessings on Ibrahim

اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ۝ اَللّٰهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ اٰلِ مُحَمَّدٍ

Aale Ibraheema. Innaka Hameedum Majeed. Allaahumma baarik 'alaa
Muhammadin wa 'alaa aale Muhammadin

Translation :

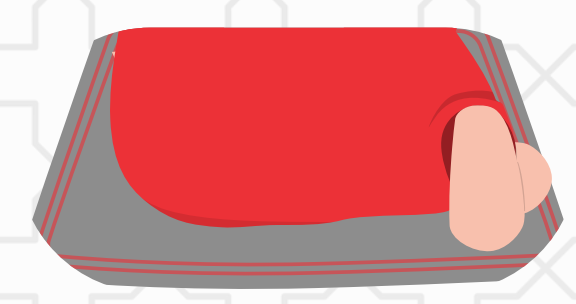
and the descendants of Ibrahim Thou art the Praiseworthy, the Glorious.O
Allah, Glorify Muhammad and the descendants

كَمَا بَارَكْتَ عَلَىٰ اِبْرَاهِيْمَ وَعَلَىٰ اٰلِ اِبْرَاهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ۝

kama baarakta 'ala Ibraheema wa 'alaa Aale Ibraheema. Innaka
Hameedum Majeed.

Translation :

of Muhammad as Thou did GlorifyIbrahim and the descendants of Ibrahim
Thou art the Praiseworthy, the Glorious



INSTRUCTIONS:

Following the Durood, recite any of these or any other Sunnah Duaa's.

DUA :

○ (اللَّهُمَّ) رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

(Allaahumma) Rabbij alni muqeemas salati wa min zurriyati, Rabbana wa taqabbal du'a

Translation:

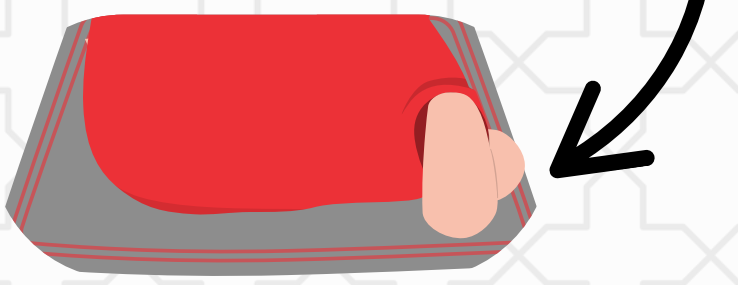
O Lord! Make me one who establishes regular Prayer and also (raise such) among my offspring. O our Lord! and accept thou my Prayer

○ رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbanagh fir lee waliwalidayya wa lil mumineena Yawma yaqoomul hisaab

Translation:

O Lord! cover (us) with Thy forgiveness me, my parents and all believers on the Day that the Reckoning will be established



SALAAM

INSTRUCTIONS:

Salaam: Now turn your face to look at your right shoulder whilst saying [Fig 6]. After Salaah, it is of great blessing to make Du'aa (Asking for your needs). To lift up your hands to make Du'aa is loved by Almighty Allah, and is also Sunnah.

اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

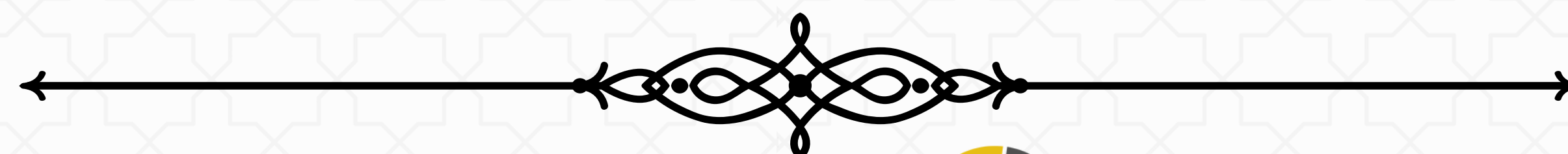
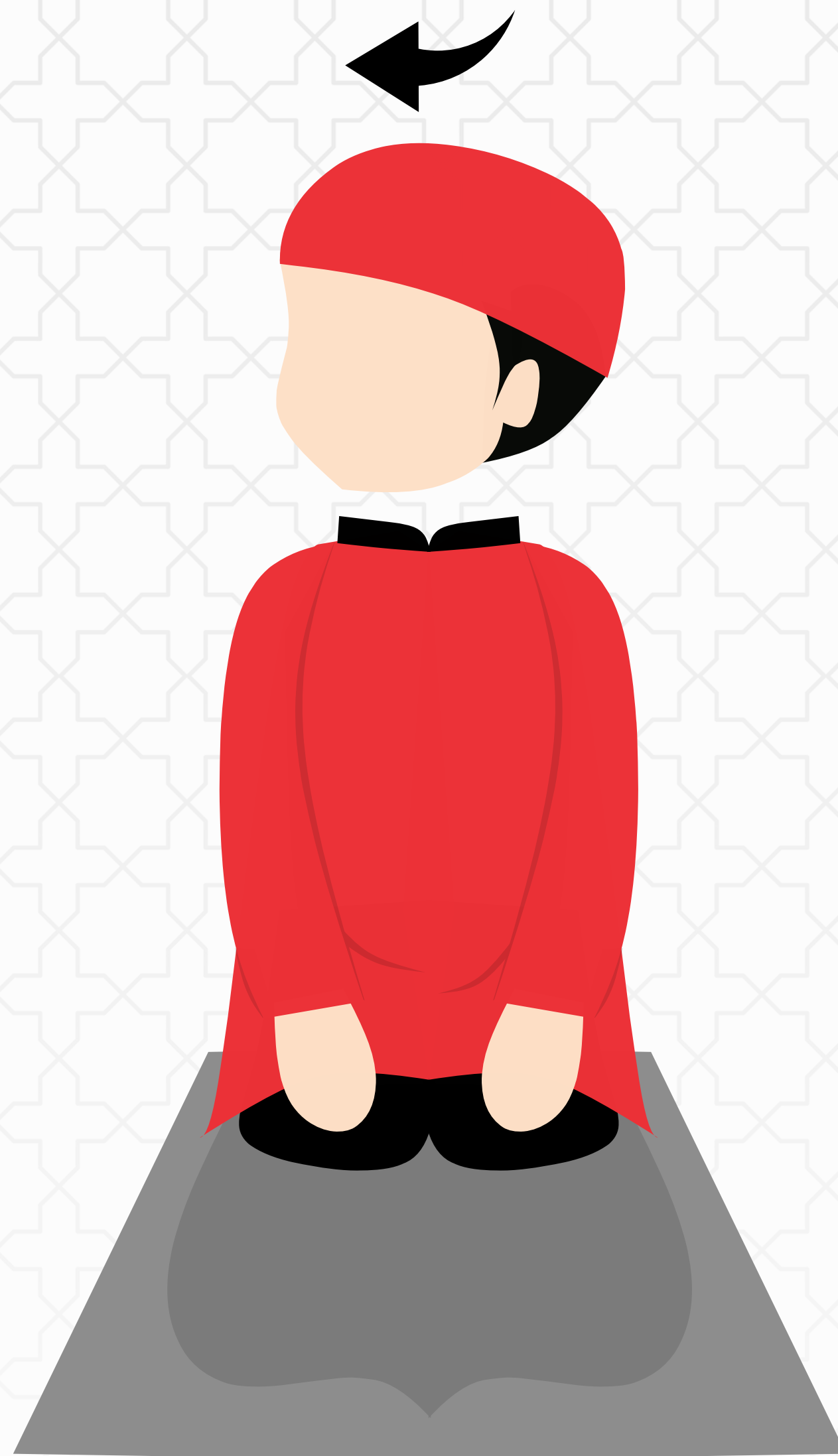
Assalamu 'alai'kum warah'matullaah

Peace be on you and Allah's Mercy

اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

Assalamu 'alai'kum warah'matullaah

Peace be on you and Allah's Mercy



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