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

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)

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 Iliha 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.
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**
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 Sajdaj 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 showm 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 I ba 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 tp the fact that there is no diety 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) Salah, 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 Ila Anta
Faghfirli Naghfratan 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.”
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*