

Posture 1

Instructions:



Bring hands, palms open, up to ears,
and place thumbs behind earlobes, and say

Allah-o-Akbar

Allah is the Greatest

اللَّهُ أَكْبَرُ

Posture 2

AL-QAYYAM



Recitation:

SUBHÁNA-KALLÁH-HUM-MA WA BI-HAMDIKA,
WATABÁRAKAS-MUKA WATA'ÁLÁ JADDUKA,
WA-LÁ ILÁHA GHAÍRUK

O Allah, Glorified, praise-worthy.
and blessed is Thy Name and exalted Thy Majesty.
and there is no deity worthy of worship except the

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ
وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ
وَلَا إِلَهَ غَيْرُكَ ۝

AL-QAYYAM



Recitation:

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJIM
I seek refuge in Allah for the rejected Satan

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

BISMILÁHIR RAHMÁNIR RAHÍM
In the Name of Allah, the Beneficent, the Merciful

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

After this recite the opening Surah, Al-Fátihah:

Recitation:

ALHAMDU LIL-LÁHI RAB-BIL 'ÁLAMÍN
Praise be to Allah, Lord of the worlds

AR-RAHMÁ-NIR RAHÍM
The Beneficent, the Merciful

MÁLIKI YAU-MID-DÍN
Master of the Day of Judgement

IYYÁ-KA N'ABUDU WA-IYYÁKA NASTA'ÍN
Thee alone we worship and to thee alone we turn fo

IHDI-NAS-SIRÁ-TAL MUSTAQÍM
Guide us in the straight path

SIRÁ TAL-LADHÍNA AN-'AMTA 'ALÁIHIM
The path of those whom You favored

GHAIR-IL MAGHDUBI 'ALÁIHIM
and who did not deserve Thy anger.

WALAD-DÁL-LIN (AMIN)
Or went astray.

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ۝
الرَّحْمَنِ الرَّحِيمِ ۝
مَلِكِ يَوْمِ الدِّينِ ۝
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ۝
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ۝
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ
وَلَا الضَّالِّينَ ۝



Recite this Surah or Any other Surah

QUL HOWALLAHU AHAD. ALLAAHUS-SAMAD

Say: He is God, The One and The Only. God, the Eternal, Absolute;

LAM YALID; WA LAM YOOLAD

He begetteth not, Nor is He begotten;

WA LAM YAKULLAHOO KUFUWAN AHAD

And there is none Like unto Him.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

لَمْ يَلِدْ ۖ وَلَمْ يُولَدْ ۝

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

Posture 3

RUKU

Instructions:

Bend down at waist, placing pair of hands with fingers spread over knees. Back is parallel to ground, such that if a glass of water were on the back, it would not spill. Eyes looking down, directly ahead.



As bending at the waist, recite

Allah is the Greatest

Then 3 Times

Glory to my Lord, the reatest



اللَّهُ أَكْبَرُ

سُبْحَانَ رَبِّيَ الْعَظِيمِ

SUBHAN A RABBIYAL AZEEM

Posture 4



QAYYAM

Instructions:

While rising from the bending position of Ruku', Recite

SAMI 'ALLÁHU LIMAN HAMIDAH

Allah has heard all who praise Him

RAB-BANÁ LAKAL HAMD

Our Lord: Praise be to Thee

*Then return to standing position, arms
at side and recite*

ALLÁH AKBAR

Allah is the greatest

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

رَبَّنَا لَكَ الْعَمْدُ

اللَّهُ أَكْبَرُ

Posture 5

SAJJDAH

Instructions:

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet



Recitation

Recite 3 Times

SUBHÁNA RÁB-BI-YAL A'ALÁ
Glory to my Lord, the most high

سُبْحَانَ رَبِّيَ الْأَعْلَى

Posture 8

QUOOD

Instructions:

If the required number of Rakats is but two,
the Salat would proceed to the next recitation



Recitation

AT-TAHI-YÁTU LIL-LÁHI WAS-SALAWÁTU WAT-TAY-YIBÁTU.

All prayers and worship through words, action and sanctity are for Allah only.

AS-SALÁMU 'ALAIKA AY-YUHAN-NABIY-YU.

Peace be on you, O Prophet.

WARAHMATUL-LÁHI WABARAKÁTUH.

And Mercy of Allah and His blessings.

AS-SALÁMU 'ALAINÁ WA'ALÁ 'IBÁDIL-LÁHIS-SÁLIHÍN.

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

ASH-HADU AL-LÁ ILÁHA IL-LAL-LAHÚ.

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

WA-ASH-HADU AN-NA MUHAMMADAN 'ABDUHU WARASÚLUH

I bear witness that Muhammad is His slave and messenger

التَّجِيَّاتُ لِلَّهِ وَالصَّلَاةُ وَالطَّيِّبَاتُ
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ
وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ۝



Instructions:

In the three raka'át(i.e. Maghrib) or four raka'át (Like Zuhr, 'Asr and 'Ishá) Saláh you stand up for the remaining raka'át after Tashahhud. On the other hand if it is two raka'át (Fajr) Saláh, keep sitting and after this recite Darud (blessing for the Prophet) in these words:

Posture 8
QUOOD
Recitation

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مُجِيدٌ ط
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ
وَعَلَى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مُجِيدٌ ط

AL-LÁHUM-MA SAL-LI 'ALÁ MUHAMMAD-IW WA 'ALÁ ÁLI MUHAMMADIN

O Alláh, exalt Muhammad and the followers of Muhammad

KAMA SAL-LAITA 'ALÁ IBRÁHÍMA WA'ALÁ ÁLI IBRÁHÍMA IN-NAKA HAMÍDUM-MAJEED

As thou did exalt Ibrahim and his followers

Thou art the praised, the Glorious

AL-LÁHUM-MA BÁRIK 'ALÁ MUHAMMAD-IW

O Alláh, bless Muhammad

WA 'ALÁ ÁLI MUHAMMADIN KAMÁBÁRAKTA 'ALÁ IBRÁHÍMA WA 'ALÁ ÁLI IBRÁHÍMA

and his followers

as Thou has blest Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED

Thou art the Praised, The Glorious



Posture 8

Recitation

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي بِكَ
رَبَّنَا وَتَقَبَّلْ دُعَاءَنَا رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ۝

- Lord! Make me one who establishes regular Prayer,
and also (raise such) among my offspring
- our Lord! and accept thou my Prayer
- Lord! cover (us) with Thy forgiveness - me, my parents and all believers,
on they Day that the Reckoning will be established

Posture 9

Instructions:

Now turn your face to the right saying

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط
AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH
Peace be on you and Allah's blessings.

Now turn your face to the left saying

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط
AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH
Peace be on you and Allah's blessings.

