

وَأَقِيمُوا الصَّلَاةَ

And establish salah

(Surah Al Baqarah 2:43)

PART 1



INTRODUCTION

يَأَيُّهَا الَّذِينَ آمَنُوا إِذَا قُمْتُمْ إِلَى الصَّلَاةِ فَاغْسِلُواْ
 وُجُوهَكُمْ وَأَيْدِيَكُمْ إِلَى الْمَرَافِقِ وَامْسَحُواْ بُرُءَوْسِكُمْ
 وَأَرْجُلَكُمْ إِلَى الْكَعْبَيْنِ وَإِنْ كُنْتُمْ جُنُبًا فَأَطْهَرُواْ وَإِنْ
 كُنْتُمْ مَرْضَى أَوْ عَلَى سَفَرٍ أَوْ جَاءَ أَحَدٌ مِنْكُمْ مِنَ الْغَابِطِ أَوْ لَمْسْتُمْ
 النِّسَاءَ فَلَمْ تَجِدُواْ مَاءَ فَتَيَمَّمُواْ صَعِيدًا أَطِيبًا فَامْسَحُواْ
 بُوْجُوهِكُمْ وَأَيْدِيَكُمْ مِنْهُ مَا يُرِيدُ اللَّهُ لِيَجْعَلَ
 عَلَيْكُمْ مِنْ حَرَجٍ وَلَكِنْ يُرِيدُ لِيُطَهِّرَكُمْ وَلِيُتِمَّ نِعْمَتَهُ
 عَلَيْكُمْ لَعَلَّكُمْ تَشْكُرُونَ



O you who believe! When you intend to offer As-Salat (the prayer), wash your faces and your hands (forearms) up to the elbows, rub (by passing wet hands over) your heads, and (wash) your feet up to ankles. If you are in a state of Janaba (i.e. had a sexual discharge), purify yourself (bathe your whole body). But if you are ill or on a journey or any of you comes from answering the call of nature, or you have been in contact with women (i.e. sexual intercourse) and you find no water, then perform Tayammum with clean earth and rub therewith your faces and hands. Allah does not want to place you in difficulty, but He wants to purify you, and to complete His Favour on you that you may be thankful. (Surah Al Maeda 5:6-9)

Surah Al Maeda is about the covenants and rules. Islam is based on pillars. The first pillar is the shahadatain and the other important pillar is to establish your prayer. If you establish your prayer then you will establish your religion.

When you stand up to pray it is as if you are saying- 'I want to start a new page with Allah. I need to get purification'. This ayah is about purification. How can you stand in

front of Allah without purity? Before you pray you need to purify yourself. When you becomes Muslim you purify your heart from Kufr and shirk and before prayer you purify yourself as well.

Allah tells us in this ayah- don't think wudhu or ghusl is difficult. Sometimes people underestimate purification but it is important to purify yourself before you stand in front of Him. If there is no water or you cannot use water, you can use sand. Allah made it easy for us. Allah wants to purify us and complete His favor on us. This is all a favor of Allah on us in order that we may be grateful.

What does purity mean in Islam? Different religions have different meanings for purity. We need to be grateful to Allah that He made it so easy for us. Arab peninsula did not have a lot of water yet Allah emphasizes purity. Islam is a religion of purity.

There are two parts of purity.

1. Wudhu: cleaning specific places as taught by our Prophet (ﷺ).
2. Ghusl: this is a purity bath.

Both of these are for purity for us to be pure when we come to the prayer.

WUDHU

Wudhu is obligatory and it is a worship. The steps of wudhu are:

1. Intention for wudhu: this is in the heart. You do not say the intention.
2. Say Bismillah: if you are in the bathroom, then you say it quietly.
3. Wash your hands: three times, including between the fingers.
4. Wash your mouth and nose at the same time, three times, from one palm of water. Gargle your mouth and sniff your nose sniffing it out with the left hand.
5. Wash the face three times covering the top of your forehead to your chin and from the edge of the ear to the other ear. Your neck is not part of your face
6. Wash your hands three times from the tip of your nails to your elbows. You need to rub it with your other hand and not just pour water on your hand from under

the tap. Remember that all these places of wudhu will glow with light on the Day of Judgement.

7. Wipe your hair from the top of your head to the end and you can wipe and bring your hand back to the top of your head. Clean your ears by placing the index finger inside the earlobe and wiping over the back of your ear with your thumb.
8. Wash your feet three times with water till your ankle. Don't just pour water on your feet. You need to wash between the toes.

Doing each three times is best but you can also do once or twice each. It is best to use little water as possible. Remember that when you make perfect wudhu, the sins will be expiated from all parts of the body- from the hands, feet, face.

WHAT NULLIFIES THE WUDHU?

1. Answering the call of nature.
2. Passing wind.
3. Touching the private parts without a barrier. Cleaning private parts for small children does not nullify the wudhu.
4. Touching with desire. Normal touching does not nullify the wudhu.
5. Fainting.
6. Deep sleep.

WHEN IS GHUSL (PURITY BATH) REQUIRED?

1. After menses.
2. After relation.
3. When a non Muslim becomes a Muslim.
4. Wet dreams.

Wudhu is included in Ghusl so you do not need to make wudhu again.

HOW TO MAKE GHUSL?

1. Intention for ghusl: this is in the heart. You do not say the intention.
2. Say Bismillah: if you are in the bathroom, then you say it quietly.
3. Wash your private parts.
4. Make full wudhu.
5. Pour water on your head three times.
6. Was on the right side three times and then on the left side three times, while rubbing everywhere.
7. You can delay washing the feet till the end or you can wash it in the wudhu.

QUICK GHUSL.

1. Intention for ghusl: this is in the heart. You do not utter the intention.
2. Pour water from up to down till you are completely soaking wet.
3. Wash your mouth and nose.

You do not need to make wudhu later. Both kinds of ghusl are valid. It is careful not to make waswas. Allah made it easy for us. If you did not nullify your wudhu, it is allowed to continue with the same wudhu for the next prayer. Although it is better to renew your wudhu for every obligatory prayer.

PLACES OF SALAH

The place of prayer should be extra clean including the body and the clothes. Remove nail polish, and also remove any heavy make up.

THE SALAH

The prayer of people are of two types. There are those who pray for the sake of Allah. As if their prayer is a gift to the King of the King. This person knows the Angels are witnessing his prayer. Some prayers are immediately raised up. They are not praying to tick it off their to do list. They pray as if they are giving a gift to their

Master. They try their best to beautify their prayer as much as they can. You can really beautify the prayer inside and outside.

Others pray as a burden only wanting to finish it. They don't understand that the prayer is a joy. Their prayer is not going above their heads. If you do any good deed sincerely for the sake of Allah, it will be raised up. Those doing for any other reason- as if wanting to only finish.

There may be those who don't do many voluntary deeds but they have a strong connection with Allah and they pray well so they will have a good end.

HOW TO PERFORM THE SALAH?

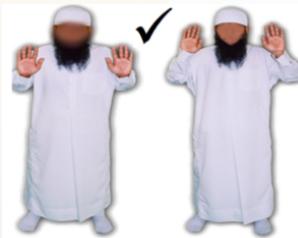
For detailed explanation of the prayer, please visit the website to download the booklet- Coolness of the eyes- <http://alhudasisters.com/publications>

1. Intention.

This is in the heart. You do not need to utter it or think about it for a long time- it should be even for a less than a second. This is so that we don't do worship as a habit or randomly.

2. Allahu Akbar (Takbeerat Al Ihram)

This takes you from normal life- to a state of ihram. This means whatever you do outside the prayer- talking, laughing, eating, all of this is haraam inside the prayer. You need to start your prayer with Allahu Akbar even if you are joining a congregational prayer. The feet need to be parallel to the shoulders. Then you say Allahu Akbar. Your palms are facing the qibla, either in line with your ears or with your shoulder. Your posture should be straight. Your eyes should be looking at the place of prostration. When you say Allahu Akbar, you are in front of Allah- there are changes but you don't see it. As if you reach somewhere else even though you are in the same place. Allah is in front of your face. As if you are



saying- 'I am coming to Allah Al Qayoom. Allah is taking care of me to make me stand in front of Him.' The standing reminds one of standing in front of Allah on the Day of Judgement. Place your hands on your chest with the right hand over the left hand.

3. Opening supplications:

Some of the opening supplications are:

اللَّهُمَّ بَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَيْ كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ ، اللَّهُمَّ نَقِّنِي مِنْ خَطَايَايَيْ كَمَا يُنْقِنُ التَّوْبُ الْأَبْيَضُ مِنَ الدَّنَسِ ، اللَّهُمَّ اغْسِلْنِي مِنْ خَطَايَايَيْ بِالثَّلْجِ وَالْمَاءِ وَالْبَرْدِ

Transliteration: "allaahumma baa'id baynee wa bayna khaṭaayaa-ya kamaa baa'adta baynal-mashriqi wal-maghrib, allaahumma naqqinee min khaṭaayaa-ya kamaa yunaqqath-thawbul-abyaḍu minad-danas, allaahummagh-silnee min khaṭaayaa-ya bith-thalji wal-maa'i wal-barad"

O Allah, distance me from my sins just as You have distanced The East from The West, O Allah, purify me of my sins as a white robe is purified of filth, O Allah, cleanse me of my sins with snow, water, and hail. [al-Bukhārī: 744, Muslim: 598]

The first matter we are asking Allah is to purify us from our sins. Make me far from my sins as you make the east far from the west. Why are we asking forgiveness at the beginning of my prayer? Because I want to concentrate in my salah. Even before my dialogue with Allah, I ask Allah to forgive my sins in a beautiful way.

Another supplication is-

”سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ“

"subḥānāk-allāahumma wa biḥamdiķ, wa tabaa-rakas-muk, wa ta'aalāa jadduk, wa laa ilaaha ghayruk"

How far from imperfections You are, O Allaah, and I praise You. Blessed be Your name and exalted be Your Majesty, and there is none worthy of worship except You. [Abū Dawood: 775, an-Nasā'ī: 900, Ibn Mājah: 804, at-Tirmidhī: 242]

It is good to upgrade your salah with these supplications. Women can use the time of their menses to memorize new supplications to upgrade the prayer.

4. Seek refuge with Allah from the shaithan.

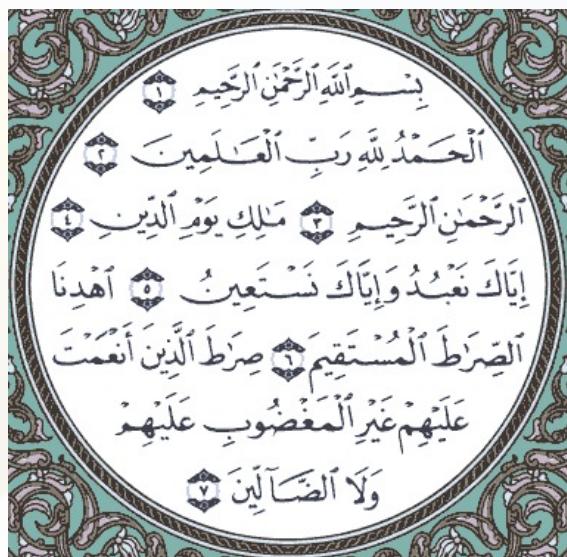
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

"I seek refuge in Allah from Satan the outcast."

Why do you start your salah mentioning the shaithan? Allah commanded him with one sujood and he refused and this son of Adam is praying so he cries when we pray. He wants to distract you and makes you remember everything when you are in salah. We just have to go to Allah and He will protect you from the shaithan.

5. Surah Al Fatihah.

Say bismillah and recite Surah Al Fatihah. You are in a meeting with Allah. Every rakah has this surah and without it the prayer is not valid.



"In the name of Allah - the Entirely Merciful, the Especially Merciful. [All] praise is [due] to Allah, Lord of the worlds - the Entirely Merciful, the Especially Merciful, Sovereign of the Day of Recompense. It is You we worship and You we ask for help. Guide us to the straight path - the path of those upon whom You have bestowed favor, not of those who have evoked [Your] anger or of those who are astray."

You begin by praising and thanking Allah as He made me pray and stand in front of Him. He is my nurturer. You are the Owner of the Day of Judgement. Allah doesn't need our praise. He is الحميد المجيد. He taught you how to praise Him, He makes you say it and then He appreciates it. When you say- إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِنُ- You (Alone) we worship, and you (Alone) we ask for help (for each and everything)- Allah says 'This is between Me and My slave and whatever My slave wants I will give Him what He asks'-

a guarantee from Allah. Notice that we say 'we' and not 'I'- there is no selfishness in Islam. Everything is about unity. You ask Allah for guidance. Perhaps I missed it, or am ignorant about it, or not acting upon it or not feeling it- O Allah guide me to the straight path. We all need guidance to be elevated even if you are Muslim. We need guidance till we die. You are saying- Make me better and make do more deeds. When you ask Allah to be among the **أَنْعَمْتَ عَلَيْهِمْ** - **those on whom You have bestowed Your Grace**- you are saying 'I want to follow my role models who You blessed with Your favors upon them'. You are asking the way and practical example through the role models. The best role models are the messengers. I don't want the path of those You are angry on the those who are misguided. Allah is angry with those who have knowledge but do not act upon it and the misguided ones are those who act without knowledge. When you finish reciting Surah Al Fatihah- you say ameen and this is a beauty of the salah. It means 'O Allah respond'. This is a glad tiding, a stamp and seal of the salah- as if it says the dua is answered. With guidance you get everything.

6. Recite a portion of the Qur'an

If you don't know any other surah, then Surah Al Fatihah is sufficient. But you need to make an effort to memorize more surahs to recite after Surah Al Fatihah.

There are four positions in the prayer and the best is when you are standing. You meet a King standing- **الْقِيَومُ**. After reciting the Qur'an you say- Allahu Akbar. This is transition from one to another pillar. It reminds you Allah is greater than what I thought about. It is a reminder for ikhlaas. Allah is greater than anything great that is occupying you.

Salah is a remedy, pure, cure, a light- even big problems- when you go to prayer with khushu- Allah will take care of your matters for you.

7. Ruku'

You say Allahu Akbar, lift you hands with your palms facing the qibla, raise it till your shoulders or ears and then place your



palms on your knees. Your back should be straight. Your face should be looking at the place of sujood. Your feet should be straight. Your elbows will be slightly bent. If you are unable to do it this way, then do as much as you can. Train yourself to perfect your salah.

The position of ruku' is important. You are magnifying Allah when you make ruku. You can say these supplications in your ruku':

سُبْحَانَ رَبِّيَ الْعَظِيمِ
Subhaana rabbiyal-'adheem

How far from imperfections my Lord is, The Supreme

سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ ، اللَّهُمَّ اغْفِرْ لِي
subhaanak-allaaahumma rabbanaa wa bihamdik, allaaahumm-aaghfir lee.

How far from imperfections You are O Allah, our Lord and I praise You.

O Allah, forgive me.

سُبُّوحٌ قُدُّوسٌ ، رَبُّ الْمَلَائِكَةِ وَالرُّوحِ
subboohun quddoos, rabbul-malaai'ikati war-rooh.

Perfect and Holy (He is), Lord of the angels and the Rooh (i.e. Jibreel).

The Prophet (ﷺ) used to make his standing, ruku and sujood all approximately the same time. Every position should be with feelings because every action of the prayer is a worship.

8. Raising after the ruku

This is the place of praises. Instead of saying Allahu Akbar, you raise your hands up to your ears or shoulders and say:

سَمِعَ اللَّهُ لِمَنْ حَمَدَهُ

Transliteration: "Sami'-Allaahu liman hamidah"

"Allah listens to him who praises Him." [al-Bukhari: 689, Abu Dawood: 863]

After that don't raise your hands to make dua. Don't be hasty in the prayer. Do not run and come to prayer. When you are running you cannot pray well. You need to take your time because you are in front of Allah. You need to have that tranquility.

You can say many different supplications including the following-

رَبَّنَا وَلَكَ الْحَمْدُ

Transliteration: "Rabbana wa lakal ḥamdu"

Our Lord, to You belongs all praise. [al-Bukhārī: 689]

رَبَّنَا لَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ

"rabbanaa lakal-ḥamdu ḥamdu katheer-an ṫayyib-an mubaarak-an feeh"

Our Lord, to You belongs all praise, an abundant beautiful blessed praise.[al-Bukhārī: 799]

799]

The Prophet (ﷺ) used to also make this position longer. Some simply raise from ruku' and directly go to sujood. The correct way is to rise, say the supplications and then go to sujood.

9. Go to sujood

You can either you place your hands down first or you place your knees down first. Place your face on the ground. Your nose and forehead must touch the ground. Your palms should also be on the ground and they should be straight and parallel to your ears or shoulder. Your elbows should be away from your body. Your feet should be together and your toes should also be on the floor facing the qiblah. Raise your stomach away from your legs. Men and women pray in the same way.



In your sujood, you are in the closest position to Allah and you say-

سُبْحَانَ رَبِّ الْأَعْلَى
subhaana rabbiyal-a'laa

How far from imperfections my Lord is, The Most High.

[Muslim: 772, Abū Dāwood: 871]

Don't place your elbows on the floor and make sujood like the dog. Lift your elbows off the floor and away from your body. The more sujood you do, the more Allah will elevate you.

10. Sitting between the two sujoods

This sitting is the place of asking forgives and of making dua. You say-

رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي

Transliteration: rabbigh-fir lee, rabbigh-fir lee

Translation: My Lord forgive me, My Lord forgive me. [Abū Dāwood: 874]

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاجْبُرْنِي وَاهْدِنِي وَارْزُقْنِي

Transliteration: allaahumm-agh-fir lee, warhamnee, wajburnee, wahdinee, warzuqnee.

Translation: O Allah, forgive me, have mercy upon me, give me strength, guide me, give and grant me sustenance. [Abū Dāwood: 850]

Sit on your left feet, with your right feet as shown in the image. Raised with toes flat on the ground and facing the qiblah. You sit in the same way for the tashahud in the second rakah.



11. Then you make another sujood.

12. Then you raise for the next rakah.

You lift yourself up by clenching your fist, as shown in the image. This is how you complete one rakah. It comprises of standing + ruku + standing + sujood + sitting + sujood. Next is according to which rakah he is performing. Perform all of the positions with tranquility.



13. The final tashahud.

As you finish the prayer, you are going towards peace. You make dua for all the righteous people in the world. This is so beautiful when everyone is making dua for each other.

When you sit for tashahud, you place your hands on your knees. Lift your index finger straight and make your thumb and three fingers as a circle. As you say your tashahud, you move your finger up and down. This finger hits shaithan harder than an iron rod. Keep moving your finger for the dua after. We do it to follow the Prophet (ﷺ).



When we advice others about the prayer we need to be really sure of what we are saying. If you don't know then you need to ask the people of knowledge. Don't forbid people about matters that you do not have clear knowledge about.

The place of prayer needs to be simple with no distractions. It is better to keep your eyes open unless there is too much distraction in which case you may close your eyes while praying. The sunnah is to keep your eyes open.

For the last rakah- sit as in image. The best dua is in the salah- in sujood and before salaam. Make dua when you are in the meeting with Allah. Memorize it and make an effort so that you always make your prayer better. The best dua are what the Prophet (ﷺ) taught us.



14. Salaam

To end your prayer, you make salaam- look straight to your right and then to the left, You end your salah with salam. After my meeting I will be a peaceful person living in this life.



إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ وَلَذِكْرُ اللَّهِ أَكْبَرُ

Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater.

(Surah Al Ankabut 29:45)