

This is how I Pray Salaa (Namaz)

I say my niyya. For example, if I am praying Maghrib salaa, I say: "I am praying 3 rakaats for Salatul Maghrib –

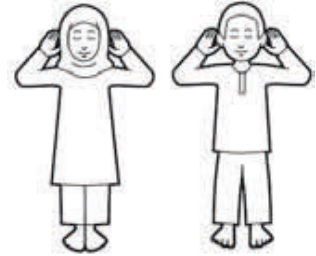
Qurbatan ilallah – قُرْبَةً إِلَى اللَّهِ

(To obey Allah and to get closer to Him).

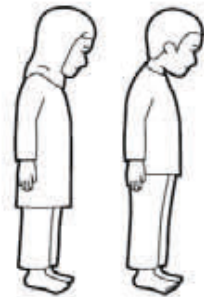
I raise my hands up to my ears for takbeeratul ihram, and I say

takbeer: "Allahu Akber اللهُ أَكْبَرُ

(Allah is Greater than anything and anyone).



Now I stand still for qiyam and looking at the ground (mohr, turbat). I recite **Suratul Fatiha** and **one other sura** from the Qur'an.

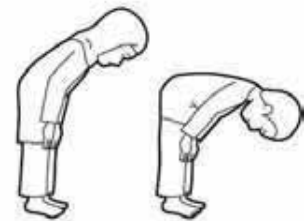


I then say "Allahu Akber" and then go to ruku and looking between my feet, I recite:

"Subhana rabbiyal 'adheemi wa bihamdih

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَبِحَمْدِهِ

(Glory be to my Rabb, the Great and praise be to Him).



I stand up from ruku for qiyam and I recite:

"Samia'llahu liman hamida

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

(Allah hears he/she who praises Him).



I then say “Allahu Akber” and then go to sijda making sure that the seven parts of my body touch the ground – My forehead, two palms, two knees, and the two tips of my toes. In sijda, I recite:

“Subhana rabbiyal ‘alaa wa bihamdi

سُبْحَانَ رَبِّيَ الْأَعْلَىٰ وَبِحَمْدِهِ

(Glory be to my Rabb, the most High and praise be to Him).



I sit up from sijda for juloos with my legs tucked under me and looking at my lap, I say:

“Astaghfirullah rabbiy wa atubu ilayh

أَسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ

(I see forgiveness from Allah, my Rabb, and I turn repentant to Him)



I go back to sijda once more and I recite:

“Subhana rabbiyal ‘alaa wa bihamdi

سُبْحَانَ رَبِّيَ الْأَعْلَىٰ وَبِحَمْدِهِ

(Glory be to my Rabb, the most High and praise be to Him).



I sit up from sijda for juloos and recite:

“Allahu Akber - اللَّهُ أَكْبَرُ

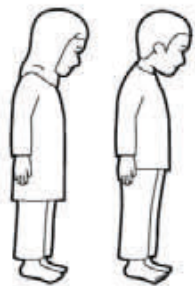
(Allah is Greater than anything and anyone)

Now I stand up for qiyam of the second rakaat. Whilst in the process of standing up, I recite: “Bihawlillahi wa quwwatihi aqumu wa aq’ud

بِحَوْلِ اللَّهِ وَقُوَّتِهِ أَقُومُ وَأَقْعُدُ

(With the power and strength of Allah, I stand and sit).

I stand for qiyam and recite Suratul Fatiha and Suratul Ikhlas.



I raise my hands for qunoot and recite:

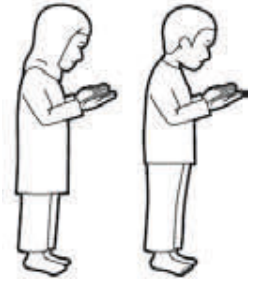
“Rabbanaa aatinaa fid dunya hasanataw wa fil aakhirati hasanataw waqinaa adhaaban naar. Allahumma salli ‘alaa Muhammadiw wa aali Muhammad

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

(Our Rabb. Grant us good in this world and good in the hereafter, and save us from the punishment of the fire).

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

(O Allah! Send blessings on Muhammad and his ahlulbayt).



I then do ruku and the two sajadaat (sijda's) just like the first raka'at.

When I sit for juloos after the second sijda, I say Takbeer “Allahu Akber” and then recite Tashahhud:

“Ash hadu anl laa ilaaha illallahu wahdahu laa sharika lah, wa ash hadu anna Muhammadan ‘abdahu wa rasuluh, Allahumma salli ‘alaa Muhammadiw wa aali Muhammad



أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

وَ أَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

(I bear witness that there is no god except Allah, the only One and there is no partner for Him, and I bear witness that Muhammad is His slave and His messenger. O Allah! Send blessings on Muhammad and his ahlulbayt).

After the tashahhud, I stand up for qiyam for the third raka't. In the process of standing, I recite:

“Bihawillahi wa quwwatihi aqumu wa aq'ud - بِحَوْلِ اللَّهِ وَ قُوَّتِهِ أَقُومُ وَ أَقْعُدُ - (With the power and strength of Allah, I stand and sit).

In qiyam of the third raka't, I recite tasbihaat e arba'a three times: “Subhaanallahi walhamdu lillahi wa laa ilaaha illallahu wallahu akber -

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ



(Glory be to Allah, and all praise is for Allah, and there is no god except Allah, and Allah is greater than everything and everyone).

I finish my third and final raka't of Salatul Maghrib with ruku, qiyam, the two sajadaat; and in the last juloos, I say Takbeer – "Allahu Akber" and then I recite Tashahhud and Salaam: "Ash hadu anil laa ilaaha illallahu wahdahu laa sharika lah, wa ash hadu anna Muhammadan 'abdahu wa rasuluh, Allahumma salli 'alaa Muhammadiw wa aali Muhammad –

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ

وَ أَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

(I bear witness that there is no god except Allah, the only One and there is no partner for Him, and I bear witness that Muhammad is His slave and His messenger. O Allah! Send blessings on Muhammad and his ahlulbayt).

"Assalamu 'alayka ayyuhan nabiyyu wa rahmatullahi wa barakatuh; Assalamu 'alaynaa wa 'alaa ibadullahis saaliheen; Assalamu 'alaykum wa rahmatullahi wa barakatuh –

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

السَّلَامُ عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

(Salaams be upon you, O Prophet and the mercy of Allah and His blessings; Salaams be upon us and upon all the righteous servants of Allah; Salaams be upon you all and the mercy of Allah and His blessings).

