

STEP 1

First Intention (it is a determination in the heart that you are performing a particular Salah; not to be uttered). Second Stand facing towards the Qibla (Direction of prayer a.k.a toward Al-Ka'bah (Sacred House of Allah)).

STEP 2 (Qiyaam)

First Raise your hands above your ears in alignment to the shoulders. Head and eyes directed toward the place of prostration and say:



Second Place your right hand on top of left along the wrist with three fingers facing out, thumb on top of hand and pinky at bottom. Place your hands on your chest.

STEP 2 (Qiyaam, Continued)

First: سبحانك اللهم و بحمدك، وتبارك اسمك،
و تعالیٰ جدك، ولا إله غيرك

"Subhanaka allahumma wa bi hamdika wa tabara kasmuka wa ta'ala jadduka wa la ilaha ghairuka."

"O Allah, how perfect You are and praise be to You. Blessed is Your name, and exalted is Your majesty. There is no god but You."

[Only recite this supplication, at the beginning of the first Rak'ah]

Second: أعوذُ باللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oodthu billahi minash-shaitanir-rajeem.

(I seek Refuge with Allah from Satan, the accursed.)

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillaahir-Rahmannir-Raheem.

In the name of Allah, the most Gracious, the most Merciful.

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

Al hamdu lil lahi rabbil 'alamin. Arrahmanir rahim. Maliki yawmiddin. Iyyaka na'budu wa iyyaka nasta'in. Ihdinas siratal mustaqim. Siratal ladhina an'amta'alahim, ghairil maghdubi'alahim wa lad dhallin. (Amin)

All the praises and thanks be to Allah, the Lord of the world.

The Most Beneficent, the Most Merciful.

The Only Owner of the Day of Qiyamaah

You (Alone) we worship, and You (Alone) we ask for help.

Guide us to the Straight Way

The Way of those on whom You have bestowed Your Grace, not (the way) of those who earned Your Anger (such as the Jews), nor of those who went astray (such as the Christians).

Say Aameen .

STEP 2 (Qiyaam, Continued)

Third:

Then, recite a surah or any part of the Quran.

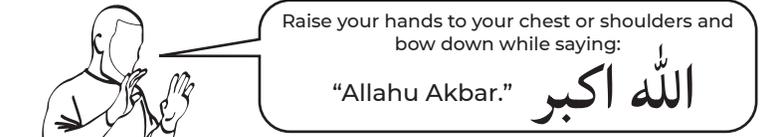
Bismillaahir-Rahmannir-Raheem. بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ (1) اللَّهُ الصَّمَدُ (2) لَمْ يَلِدْ وَلَمْ يُولَدْ (3) وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (4)

Qul hu wal lahu ahad, allahus samad, lam yalid wa lam yulad, wa lam ya kul lahu kufuwan ahad.

In the name of Allah, the most Gracious, the most Merciful. Say, He is Allah, the One. Allah is Eternal and Absolute. He begets not, nor was He begotten. And there is none co-equal unto Him.

STEP 3 (Ruku) Bowing Down (90 Degree Straight)



Raise your hands to your chest or shoulders and bow down while saying:

"Allahu Akbar." اللهُ اكبر

and while in bowing posture, put the hands on the knees and grab them with your elbows away from your sides, and your back straightened with the head leveled with your back



Now in the bowing (RUKU') position say:

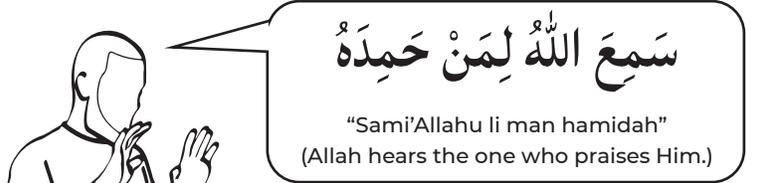
سُبْحَانَ رَبِّيَ الْعَظِيمِ

"Subhana Rabbiyal Adheem."

Far removed from every imperfection is my Rabb.

STEP 4 (Qiyaam after Ruku)

First: Rise from bowing, raising your hands to the levels of the shoulders, or earlobes, saying:



سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

"Sami'Allahu li man hamidah"
(Allah hears the one who praises Him.)

Second: Stand upright until one's very parts take their positions and say:

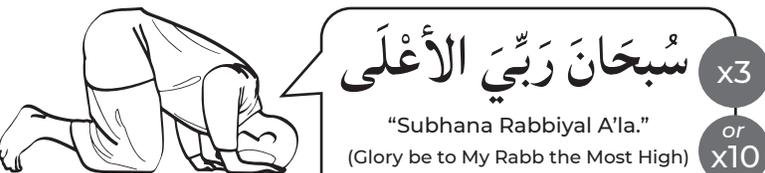
رَبَّنَا وَلَكَ الْحَمْدُ

"Rabbana walakal-hamd."

(O our Rabb (Lord)! All the praise is due to You.)

STEP 5 The Sujood (Prostration) & Julooos (Sitting):

Reach the ground with the hand's first and then the knees while saying ALLAAHU AKBAR (Allah is the Greater), and rest on your palm's and place your forehead, nose, knees, and feet on the floor with your belly away from your thighs. Toes should be erected and directed towards the Qibla. Your arms should be away from the ground, saying: Then recite:



سُبْحَانَ رَبِّيَ الْأَعْلَى

"Subhana Rabbiyal A'la."
(Glory be to My Rabb the Most High)

Your can read this 3 to 10 times..

STEP 6 (Sitting)

While rising from sujood say: Allahu Akbar.

Then Say:

رب اغفر لي

x3

"(O my Lord! Forgive me.)"



STEP 7 (Again, Sujood)

Say "Allahu Akbar" while going into Sujood. Then Recite

سُبْحَانَ رَبِّيَ الْأَعْلَى

x3

"Subhana Rabbiyal A'la."
(Glory be to My Rabb the Most High)
Your can read this 3 to 10 times...

or x10



Once done you have completed one full unit (Rak'ah). Say Allaahu Akbar and stand up for the second Rak'ah. Do it in the same manner as you did the first one, but without reciting the opening supplication.



Sitting Position



The left and right foot in iftarish

STEP 1 Sitting for Tashahhud (Testification of Faith):

First Tashahhud: Once you finish the second Rak'ah, follow the same way of sitting as above. Hold your right hand closed with its thumb and middle finger touching each other like in a circle while pointing the index finger straight in the direction of the Qibla and moving it slightly while in Tashahhud position or keeping it up the whole time facing toward the qibla:

Now recite Tashahhud silently

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ، السَّلَامُ
عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ، السَّلَامُ
عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ، أَشْهَدُ أَنْ لَا
إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

At-tahiyatu lillahi was-salawatu wat-tayyibat,
as-salamu 'alaika ayyuhan-Nabiyyu wa rahmatAllahi
wa baraktuhu. As-salamu 'alaina wa 'ala 'ibad
illahis-salihin, ashahdu an la illaha ill-Allah wa
ashhadu anna Muhammadan 'abduhu wa rasuluhu

"All compliments [Allah is free of all imperfection, His is the dominion, Magnificence, Endless existence belongs to Him], prayers, and pure words and deeds, are due to Allah. May Allah grant the Prophet safety from all defects and imperfections and keep his message safe from all evil; [may Allah grant him] mercy and honor. May safety and security be granted to us and to all the righteous slaves of Allah. I bear witness that none has the right to be worshipped except Allah, and I bear witness that Muhammad is His slave and Messenger..."



STEP 2 If this is Last Rakah:

Sit in this position

Repeat Tashahudd then
Recite this:



اللَّهُمَّ صَلِّ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ ، كَمَا
صَلَّيْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ ، إِنَّكَ
حَمِيدٌ مَّجِيدٌ ، اللَّهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ
آلِ مُحَمَّدٍ ، كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ
إِبْرَاهِيمَ ، إِنَّكَ حَمِيدٌ مَّجِيدٌ

Allaahumma salli 'ala Muhammad wa 'ala aali Muhammad kama sallaita 'ala Ibraaheem wa 'ala aali Ibraaheem innaka Hameedun Majeed, wabaarik 'ala Muhammad wa 'ala aali Muhaamad kama baarakta 'ala Ibraaheem wa 'ala aali Ibraaheem innaka Hameedun Majeed

(O Allah, honour and have mercy upon Muhammad and the family of Muhammad as You have honoured and had mercy upon Ibrahīm and the family of Ibrahīm: indeed, You are the Most Praiseworthy, the Most Glorious. O Allah, bless Muhammad and the family of Muhammad as You have blessed Ibrahīm and the family of Ibrahīm: indeed, You are the Most Praiseworthy, the Most Glorious (Bukhārī).

Then Recite this:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الْمَسِيحِ الدَّجَالِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا
وَفِتْنَةِ الْمَمَاتِ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْمَأْثَمِ وَالْمَعْرَمِ

Allaahumma Inni a'oodthu bika min adthabil qabr, wa a'oodthu bika min fitnatil-Maseeh ad-Dajjal, wa a'oodthu bika min fitnatil mahya wa fitnatil mamat. Allaahumma inni a'oodthu bika minal-ma'tham walmaghram..

O Allaah! I seek refuge with You from the Punishment of the grave and from the Fitnah (trail or affliction) of Ad-Dajjal [pseudo Messiah], and from the Fitnah of life and Fitnah of death. O Allaah! I seek refuge with You from the sins and from being in debt.

You may also ask Allaah to bestow upon you from the good things for this life and for the hereafter.

For Example:

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ
رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

Rabbijalni muqeemas salati wa min zurriyati Rabbana wa taqabbal du'a [41]
Rabbannah fir lee waliwalidayya wa lil mumineena Yawma yaqoomul hisaab

My Lord, make me an establisher of prayer, and [many] from my descendants. Our Lord, and accept my supplication. Our Lord, forgive me and my parents and the believers the Day the account is established.

Lastly:

Now turn your head to the right saying:



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

"Assalamu alaikum wa rahmatullah"
(peace and the mercy of Allah be on you)

and then to the left repeating the same words.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

"Assalamu alaikum wa rahmatullah"
(peace and the mercy of Allah be on you)



Prayer is Concluded