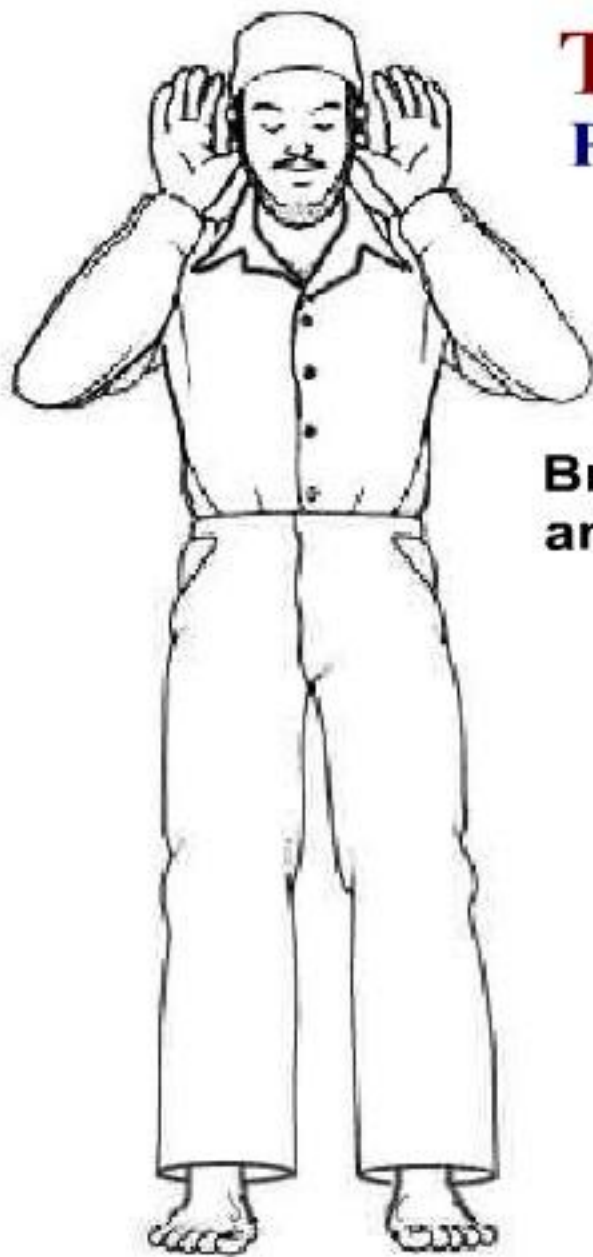




TAKBEERAT

Posture 1

Instructions:

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

اللَّهُ أَكْبَرُ

Allah-o-Akbar
Allah is the Greatest





AL-QAYYAM

Posture 2

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ
وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ
وَلَا إِلَهَ غَيْرُكَ

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 thee.**

AL-QAYYAM

Recitation:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJÍM

I seek refuge in Allah for the rejected Satan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILÁHIR RAHMÁNIR RAHÍM

In the Name of Allah, the Benef_



Recitation:

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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

YYÁ-KA N'ABUDU WA-IYYÁKA NASTA'ÍN
Thee alone we worship and to thee alone we turn for help

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

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

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

WALAD-DÁL-LIN (AMIN)
Or went astray.

Recite any other surah now

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ۝

الرَّحْمٰنِ الرَّحِيْمِ ۝

مَلِكِ يَوْمِ الدِّيْنِ ۝

اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ۝

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۝

صِرَاطَ الَّذِيْنَ اَنْعَمْتَ عَلَيْهِمْ

غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ

وَلَا الضَّالِّيْنَ ۝

Recitation:

Recite this Surah or Any other Surah



قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝
لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

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.



RUKU

Instructions:

Bend down at waist, placing palms 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.

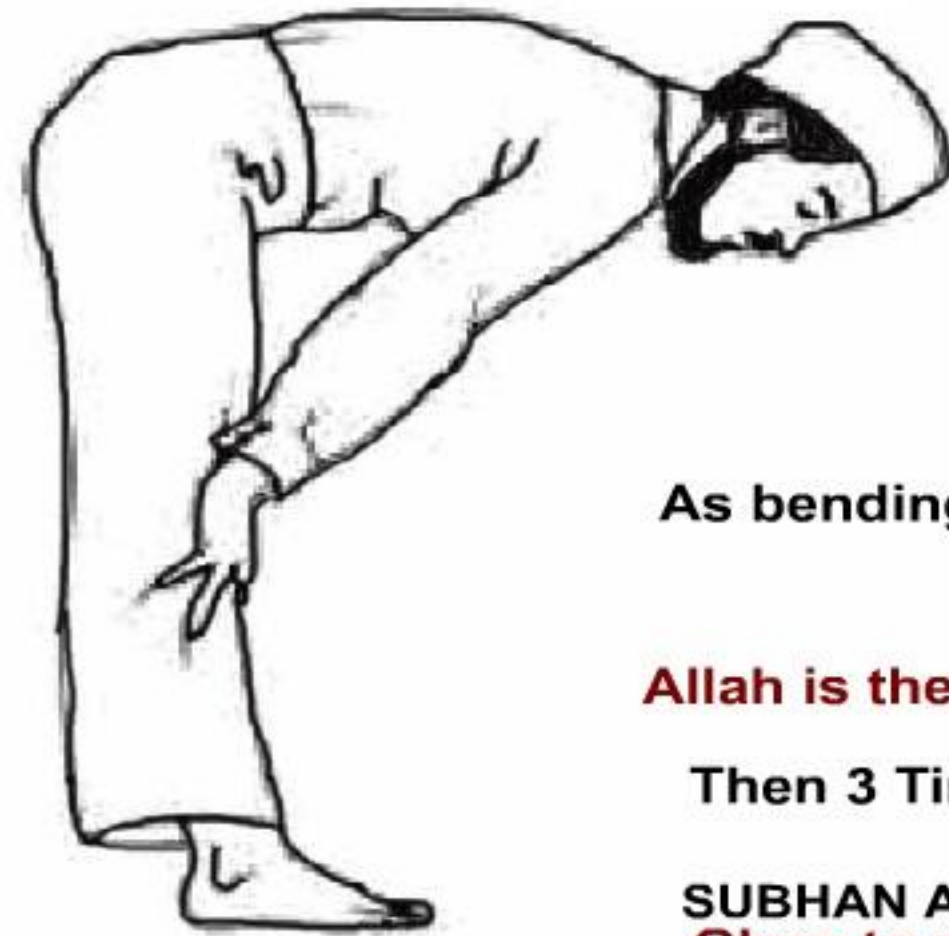
As bending at the waist, recite

Allah is the Greatest

Then 3 Times

SUBHAN A RABBIYAL AZEEM
Glory to my Lord, the reatest

اللَّهُ أَكْبَرُ
سُبْحَانَ رَبِّيَ الْعَظِيمِ





QAYYAM

Posture 4

Instructions:

While rising from the bending position of Ruku', recite

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

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

رَبَّنَا لَكَ الْحَمْدُ

Recitation

ALLÁH AKBAR
Allah is the greatest

اللَّهُ أَكْبَرُ



and move to next position

SAJJDAH

Posture 7



Instructions:

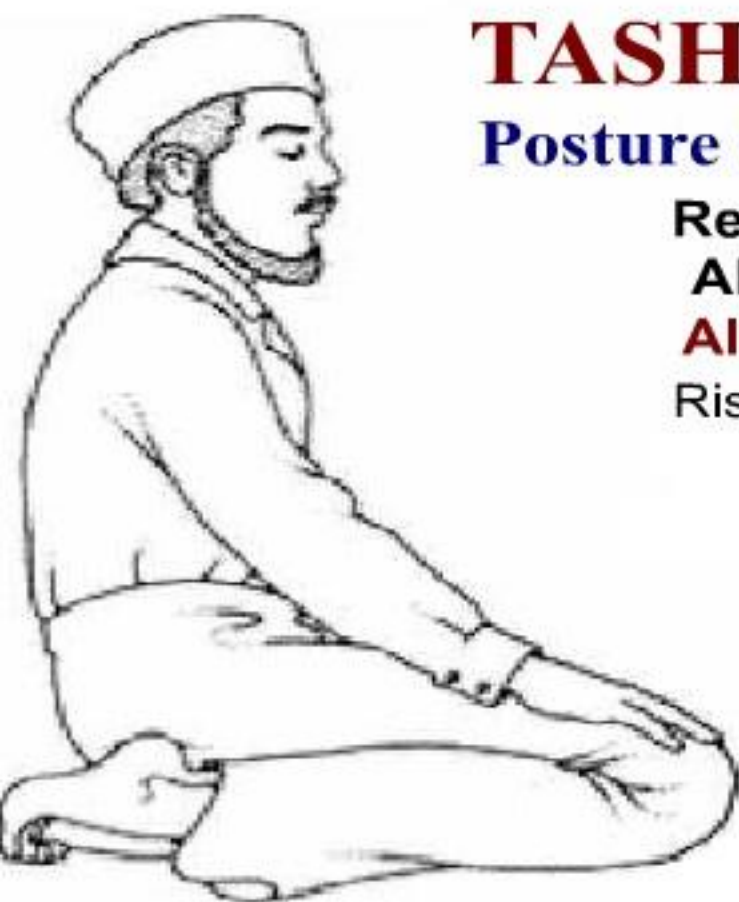
Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet

Recitation

Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

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



TASHAHHUD

Posture 6

Reciting
ALLÁH AKBAR
Allah is the greatest

Rise from the SAJJDAH position,

Dua for sitting between two prostrations:

"رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي".

Rabbighfir lee,

Rabbighfir lee.

Lord, forgive me. My Lord, forgive me.

ALLÁH AKBAR
Allah is the greatest

And then assume SAJJDAH position once more

اللَّهُ أَكْبَرُ

اللَّهُ أَكْبَرُ

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

سُبْحَانَ رَبِّيَ الْأَعْلَى

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

QUOOD

Posture 8

Instructions:

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

Recitation



التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ 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 ۝

QUOOD

Posture 8

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

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:



QUOOD

Posture 8

Recitation



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مَجِيدٌ ط

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

O Alláh, exalt Muhammad and the followers of Muhammad

KAMÁ SAL-LAITA 'ALÁ IBRÁHÍMA WA'ALÁ ÁLI IBRÁHÍMA

As thou did exalt Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED

Thou art the praised, the Glorious



QUOOD

Recitation



اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ
وَعَلَى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مَجِيدٌ ط

AL-LÁHUM-MA BÁRIK 'ALÁ MUHAMMAD-IW

O Alláh, bless Muhammad

WA 'ALÁ ÁLI MUHAMMADIN

and his followers

KAMÁBÁRAKTA 'ALÁ IBRÁHÍMA WA 'ALÁ ÁLI IBRÁHÍMA

as Thou has blest Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED

Thou art the Praised, The Glorious

QUOOD

Recitation



اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً

وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

"Allahumma Rabbana Atina fid-dunya hasanatan
wafil- Akhirati hasanatan waqina athaban nar."



"Oh Allah, our Lord, give us all the good of this
world, and the good of the life hereafter, and
save us from the punishment of the hell-fire."

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Posture 9



Instructions:

Now turn your face to the right saying

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH
Peace be on you and Allah's blessings.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط

Now turn your face to the left saying

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH
Peace be on you and Allah's blessings.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط

