

## Posture 1



## Instructions:



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

Allah-o-Akbar

**Allah is the Greatest**

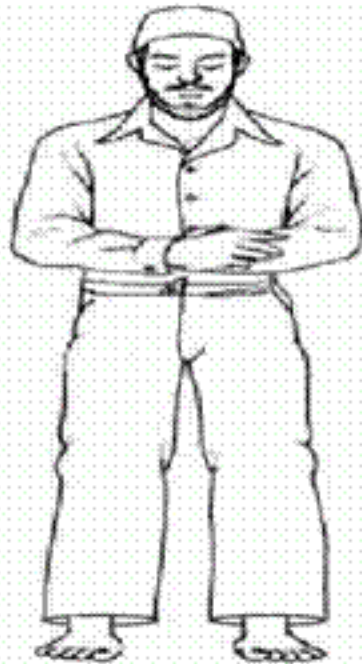
اللَّهُ أَكْبَرُ

## 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**

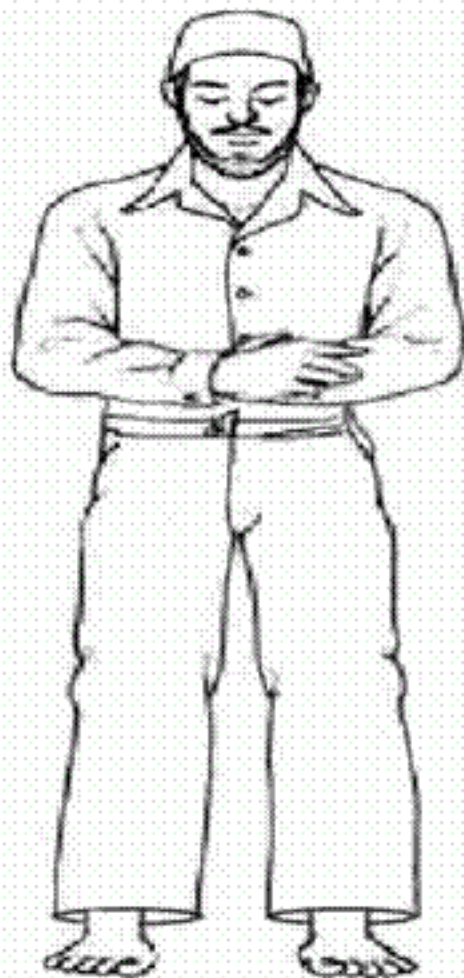
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

**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 ۝

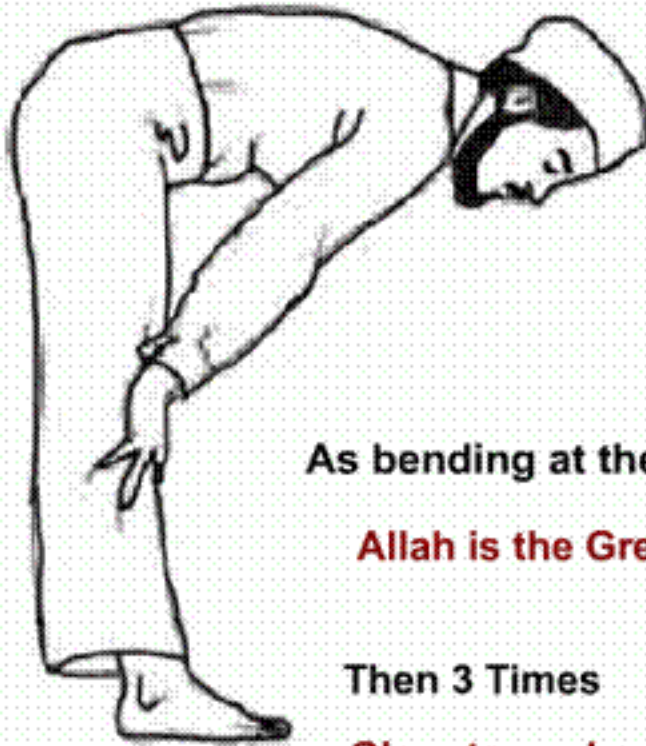
لَمْ يَلِدْ ۖ وَلَمْ يُولَدْ ۝

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

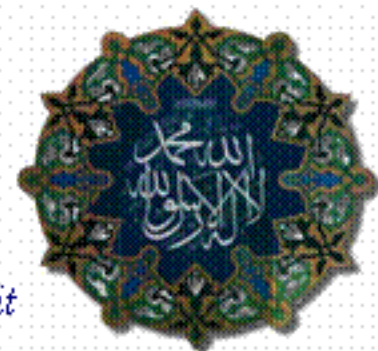
**Glory to my Lord, the reatest**

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 الْحَمْدُ

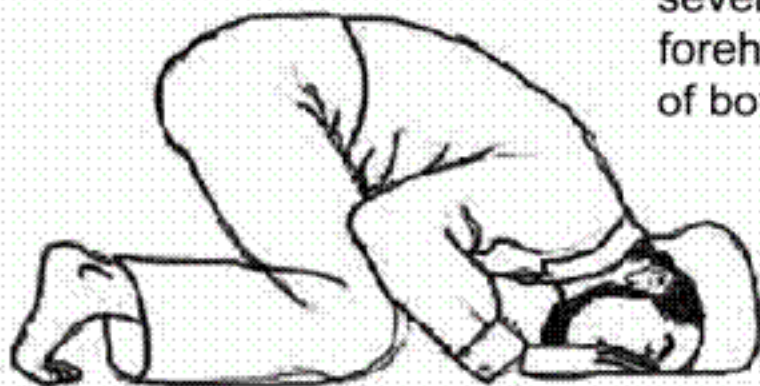
اللَّهُ أَكْبَرُ

## 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

KAMÁ 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  
رَبَّنَا وَقَبَلِ دُعَاءُنَا رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ  
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ۝



O Lord! Make me one who establishes regular Prayer,  
and also (raise such) among my offspring  
O our Lord! and accept thou my Prayer  
O 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.