TAKBEERAT
Posture 1

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

أَلْلَهُ أَكْبَرُ
Allah-o-Akbar
Allah is the Greatest
AL-QAYYAM
Posture 2

Recitation:

سبحانك الله و بحمدك
وتبارك اسمك و تعالى جلتك
ولا إله إلاك

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:

أَغْوَدْ بِاللهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJÍM
I seek refuge in Allah for the rejected Satan

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ
In the Name of Allah, the Beneficent, the Merciful

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 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
Recitation:

Recite this Surah or Any other Surah

قُلْ هُوَ الَّلَّهُ أَحَدٌ ُّ اللَّهُ الصَّمَدٌ َلَمْ يُولِدْهُ لَمْ يُولِدْهُ َلَمْ يَكُنْ لَهُ كُفَا 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**

Posture 3

**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
QAYYAM
Posture 4
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

Recitation

ALLÁH AKBAR
Allah is the greatest

and move to next position
Sajjdah
Posture 5

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
**TASHAHHUD**

**Posture 6**

Reciting **ALLÁH AKBAR**

Allah is the greatest

Rise from the SAJJDAH position, and assume the sitting posture shown to the left.

Recitation

Allahum magh-firlee warham-nee wahdi-nee

Wafa'nee warfa'nee waj-bur-nee war-zuq-nee

Then recite

**ALLÁH AKBAR**

Allah is the greatest

And then assume SAJJDAH position once more
**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

**Subhána Ráb-Bi-Yal A'Alá**  
Glory to my Lord, the most high
Posture 8

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

Recitation

الْجِنَّاتِ للهِ وَالْصَّلَواتِ وَالْطَّيِنَاتِ
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ
وَرَحْمَةُ اللهِ وَبِرَكَاتِهِ
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادَاللَّهِ الصَّلِّيْنَ
أَشْهَدَ أَنَّ لَا إِلَهَ إِلَّا اللهُ
وَأَشْهَدَ أَنَّ مُحَمَّدَ عَبْدُهُ وَرَسُولُهُمَّ
Recitation

AT-TAHİ-YĀTU LİL-LĀHI WAS-SALAWĀTU WAT-TAY-YIBĀTU.
All prayers and worship through words, action and sanctity are for Allah only.

AS-SALĀMU 'ALAIKAAY-YUHAN-NABIY-YU.
Peace be on you, O Prophet.

WARAHMATUL-LĀHI WABARAKĀTUH.
And Mercy of Allah and His blessings.

AS-SALĀMU 'ALAINĀ WA'ALĀ 'IBĀDIL-LĀHIS-SĀLIHĪN.
Peace be on us and on those who are righteous servants of Allah.

ASH-HADU AL-LĀ ILĀHA IL-LAL-LAHŪ.
I bear witness to the fact that these 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:
Recitation

اللهُمَّ صَلِّ عَلِيَ مُحَمَّدٍ وَعَلِيَ الْمُحَمَّدٍ
كَمَا صَلَّيْتَ عَلِيَ إِبْرَاهِيمَ وَعَلِيَ الْإِبْرَاهِيمَ
أَنْتُ خَمِيدٌ مُحْمِيدٌ

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
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
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

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

Now turn your face to the left saying

AS-SALÁMU 'ALA IKUM WA-RAHMATUL-LÁH
Peace be on you and Allah's blessings.
DUA-E QUNOOT

اللهُمَّ إنَّكَ مُستَعِينُكَ وَنَتَّهَيْنَكَ وَنَنْصُرُونَكَ بِهِلَكَ وَنَنْصُرُ نَكْلَةً عَلَيْكَ وَنَنْصُرُ الْخَيْرَ وَنَنْصُرُ نَشَاءَرَةً وَلَا نَكْفُرَكَ وَنَخَلَعُكَ وَنَتَرُكُكَ مَنْ يَفْتَجَّكَ الدِّينَ وَأَنتَ أَبْيَاكَ نَعْبَدُ وَأَلَّا نُصْلِي وَأَلَّا نَسْجَدُ وَأَلَّا نَسْجَدُ وَأَلَّا نَسْجَدُ إِنَّ عَدَّ أَبْكَ بِالْكَفَّارِ فَلَحْقِهِ