

Sisters Salaah Guide

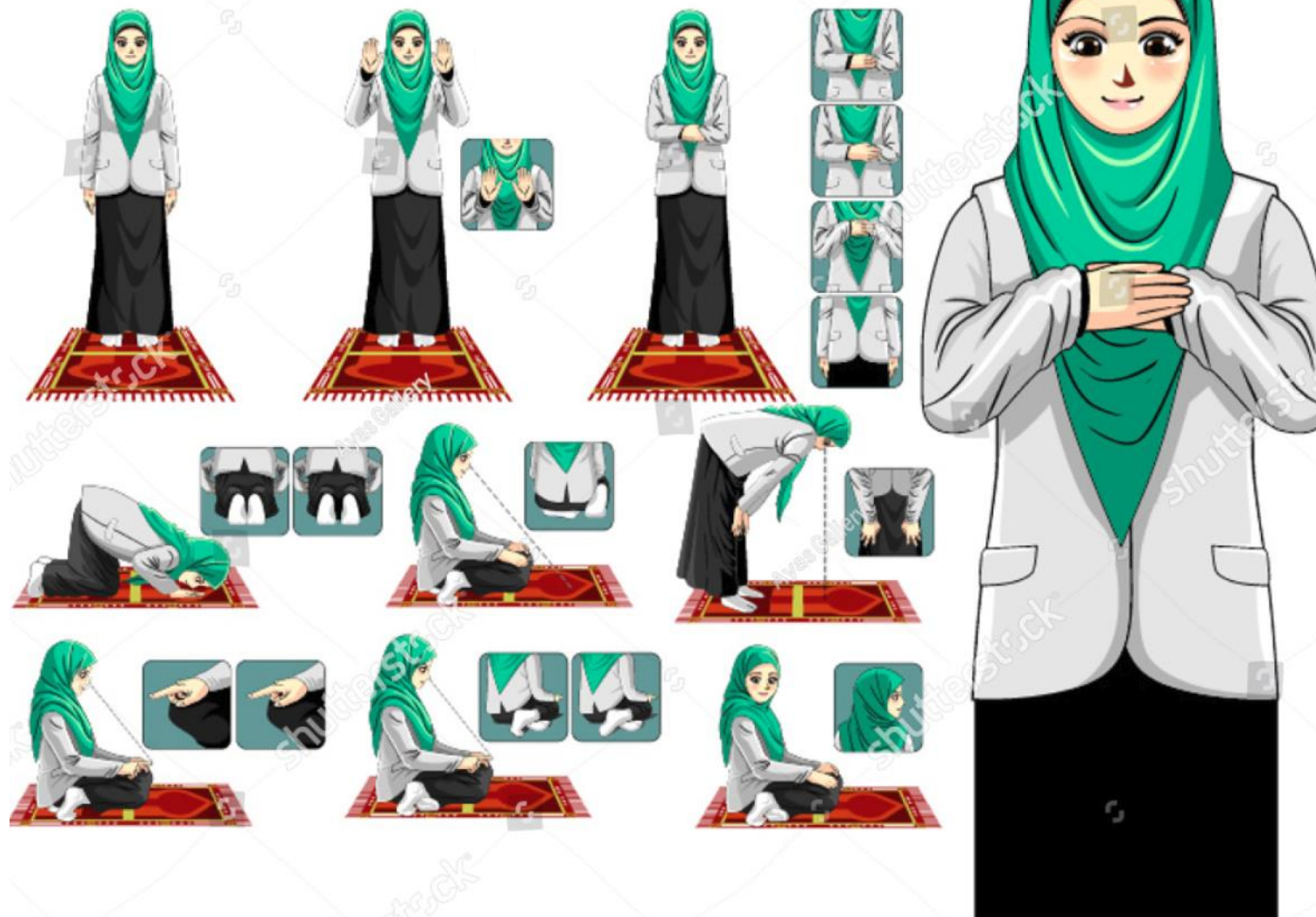


Fig 1



Stand Up for Namaz

Start From Here

Niyyah: Before beginning Salaah, perform Wadhu or Ghusl (Which ever is required). Your clothes and place of Salaah should also be clean. Make sure your Satr is covered. Women Satr in Salaah is to cover everything except Hands, Face and Feet. A person must face the Qiblah (direction of Prayer - Makkah). Make intention quietly or in the mind for which ever Salaah you wish to perform. During Salaah keep the eyes fixed on the spot where the head will be in Sajdah (prostration) unless otherwise mentioned. Ensure the feet point towards the direction of Qiblah. Men should keep their feet a minimum of four fingers width (Posture 1) and women keep their feet together.

Fig 2



TAKBEER-E-TAHREEMA

Instructions:

Whilst raising both hands (Fig 2) to the height of the shoulders for women. Ensure the fingers are together and the palms face towards the Qibla. Remember to keep the eyes focused on the place of Sajdah (Prostration).

اللَّهُ أَكْبَرُ

ALLAH-O-AKBAR

Translation:

Allah is the Greatest

- BOLD READ
- GUNNAH
- QALQLA
- MAKE IKHFA

Fig 3

QIYAAM



Woman should place three hands [Fig 3] over the chest with the right hand palm over the back of the left hand, keeping the fingers and thumb together. But make sure you do not make a ring round the wrist like men.

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ

Allah Glory be to you O Allah! and Praise be to you: Blessed is your name

وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ ط

and Exalted is your Majesty, and there is none worthy besides you.

QIYAAM

Whilst remaining standing recite Ta'awwuz and Tasmiyah Silently.

Recitation:

○ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

I seek refuge in Allah from the rejected Satan.

○ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most beneficent, most merciful
Then recite Surah-e-Fatihah now.

○ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ○ الرَّحْمَنِ الرَّحِيمِ ○

Praise to be Allah, Lord of the worlds. The Beneficent, the Merciful.

○ مَلِكِ يَوْمِ الدِّينِ ○ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ○

Master of the Day of judgement. Thee alone we worship and to Thee alone we turn for help.

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ○ صِرَاطَ الَّذِينَ أَنْعَمْتَ

Guide us to the Straight Path. The path of those whom you favoured,

عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ○ آمِينَ ○

Not of those who earned Your anger, nor of those who went astray.



QIYAAM



Then recite any Surah, or a minimum of three short Aayats or one long Aayah.

Note: A Surah is read following Surah Fatihah in all units of any Sunnah and Nafil Salaah. It is only required in the First Two units of ANY Fard Salaah, i.e. in the Third and Fourth units only Surah Fatihah is recited.

Note: The Surahs read after Surah Fatihah should be read in proper sequence as in the Qur'aan in assending order, with the next Surah smaller than the previous.

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

Say: He is Allah, the One! Allah, the eternally Besought of all !

لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

And there is none comparable unto Him. He begetteth not, Not is He begotten;

RUKU

Fig 4



Instructions:

Ruku (Bowing Down): Women should only bend over sufficiently so that the fingers can touch the knees with the fingers kept together. The knees should be bent and the back should not be straight like a man. Also ensuring the elbows touch the sides of the body. Women should focus their eyes towards the toes.

Say "Allah-o-Akbar"

اللَّهُ أَكْبَرُ

Allah is the Greatest

In Ruku recite three times:

سُبْحَانَ رَبِّيَ الْعَظِيمِ ط

Allah is the Greatest. Glory to my Lord,

Fig 5

QAUMAH

Instructions:

Qaumah is to stand up from Ruku and return to the Qiyaam position keeping your arms straight by your side [Fig 5].
Whilst standing up from Ruku recite **TASMEE**.
And when stood up recite **TAMHEED**.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ  رَبَّنَا لَكَ الْحَمْدُ ط

Allah hears all those who praise Him. Our Lord! All praise be to Thee.

Recitation: **اللَّهُ أَكْبَرُ**

Allah is the Greatest

And move to next position



SAJJDAH

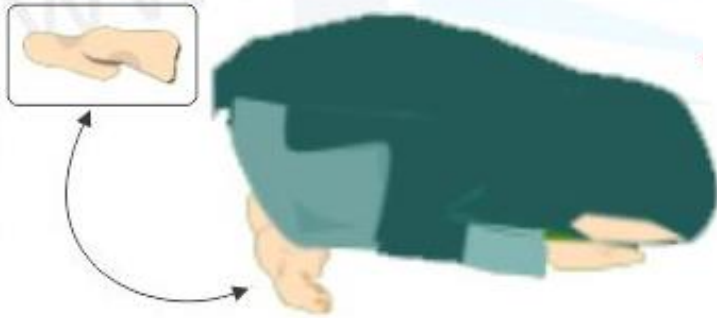
Instructions:

Sujood (prostration): Then go into prostration in order of; starting by lowering the knees to the ground (trying to keep the back straight but unlike men the women may bend their back going into Sajdah, then the palms of both hands, then nose and finally forehead. Focus the eyes towards the nose. Women must ensure that they keep all limbs close together and close to the ground, including the arms, elbows, bottom and feet. Both feet should point out to the right and point the toes towards the Qiblah.

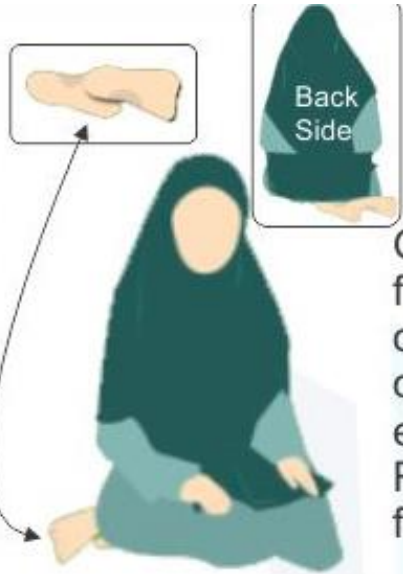
Fig 6

Recite 3 Times in "Sajdah" →

سُبْحَانَ رَبِّيَ الْأَعْلَى ط



Glory to my Lord, the Highest.



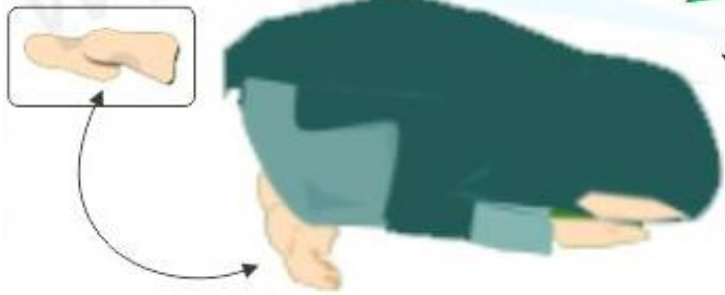
TASHAHHUD

Fig 7

Get up from the floor reciting the **TAKBEER** in order of forehead first, nose and then hands. Sit upright (Jalsa) and place the palms on the lower thigh but not on the knees. Women should sit resting on the floor with feet pointing out to the right. In Qa'dah set your eyes between the front of your hands in your lap. Rest for a moment, then say "**Allahu Akbar**" and prostrate again for a second time reciting "**TASBEEH**"

Say "Allah-o-Akbar" **اللَّهُ أَكْبَرُ**

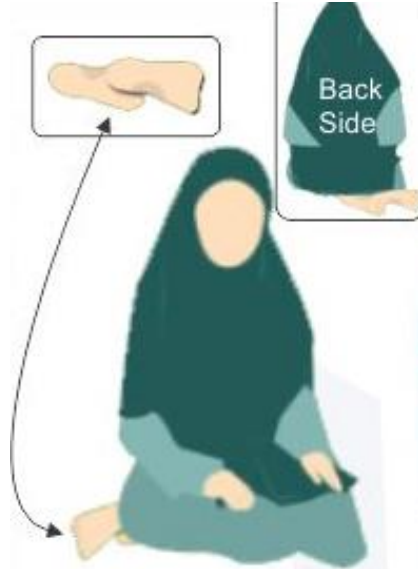
Recite 3 Times in "Sajdah"



Allah is the Greatest

سُبْحَانَ رَبِّيَ الْأَعْلَى ط

Glory to my Lord, the Highest.



QUOOD

Instructions:

Get up from second Sajdah and stand up back to the Qiyam position.

This completes one Rak'aah (unit) of prayer. The second Rak'aah is performed in the same way but do not recite Thanaa and Ta'awwuz, Start from Tasmiyah.

At-Tashahhud: In the second Rak'aah after the second prostration remain seated (Qa'dah), as the above illustrations and recite quietly.

اَلتَّحِيَّاتُ لِلّٰهِ وَالصَّلٰوَاتُ وَالطَّيِّبٰتُ السَّلَامُ عَلَيْكَ

All prayers and worship through words, actions and sanctity are due to Allah only. Peace be Upon you,


اَيُّهَا النَّبِيُّ وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهُ ط السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللّٰهِ الصّٰلِحِيْنَ

O Prophet (صلى الله عليه وسلم)

and the Mercy of Allah and His Blessings. Peace be on us and those who are righteous servants of Allah.

Instructions: Whilst reciting “At-Tashahhud” when the words “Ash-hadu al-laa ilaaha” are recited, use the right hand to form a circle with the middle finger and the thumb and raise the index finger high enough for it to face the Qiblah. Drop the finger back down again after reciting “al-laa ilaaha” (than Allah).

If you are performing three Rak’ahs (Maghrib) or four Rak’ahs (Zuhr, Asr, Isha), then stand up after Tashahhud.

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ ط 

I bear witness that Muhammad is His Servant and messenger.

وَرَسُولُهُ

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى

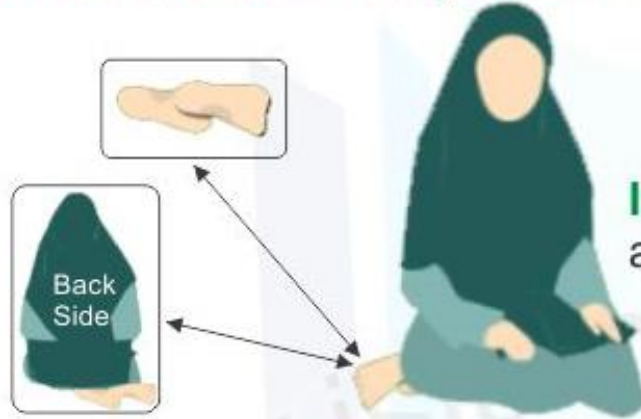
O Allah shower Thy Blessings on Muhammad (ﷺ) and the descendants of Muhammad (ﷺ) as Thou did shower Thy Blessings on Ibrahim (ﷺ)

إِلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ ○ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ

and the descendants of Ibrahim Thou art the Praiseworthy, the Glorious. O Allah, Glorify Muhammad (ﷺ) and the descendants

مُحَمَّدٍ كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَّجِيدٌ ۝

(سورة ابراہیم)
of Muhammad as Thou did Glorify Ibrahim and the descendants of Ibrahim Thou art the Praiseworthy, the Glorious



Instructions: Following the Durood, recite any of these or any other Sunnah Duaa's.

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۖ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ۝

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

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ۝

O Lord! cover (us) with Thy forgiveness - me, my parents and all believers on the Day that the Reckoning will be established.

Fig 8

SALAAM

Salaam: Now turn your face to look at your right shoulder whilst saying [Fig 6]. After Salaah, it is of great blessing to make Du'aa (Asking for your needs). To lift up your hands to make Du'aa is loved by Almighty Allah, and is also Sunnah.



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ ط

Peace be on you and Allah's Mercy.

Peace be on you and Allah's Mercy.



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THE END

