



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 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 '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.

Recite any other surah now

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 ۝

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

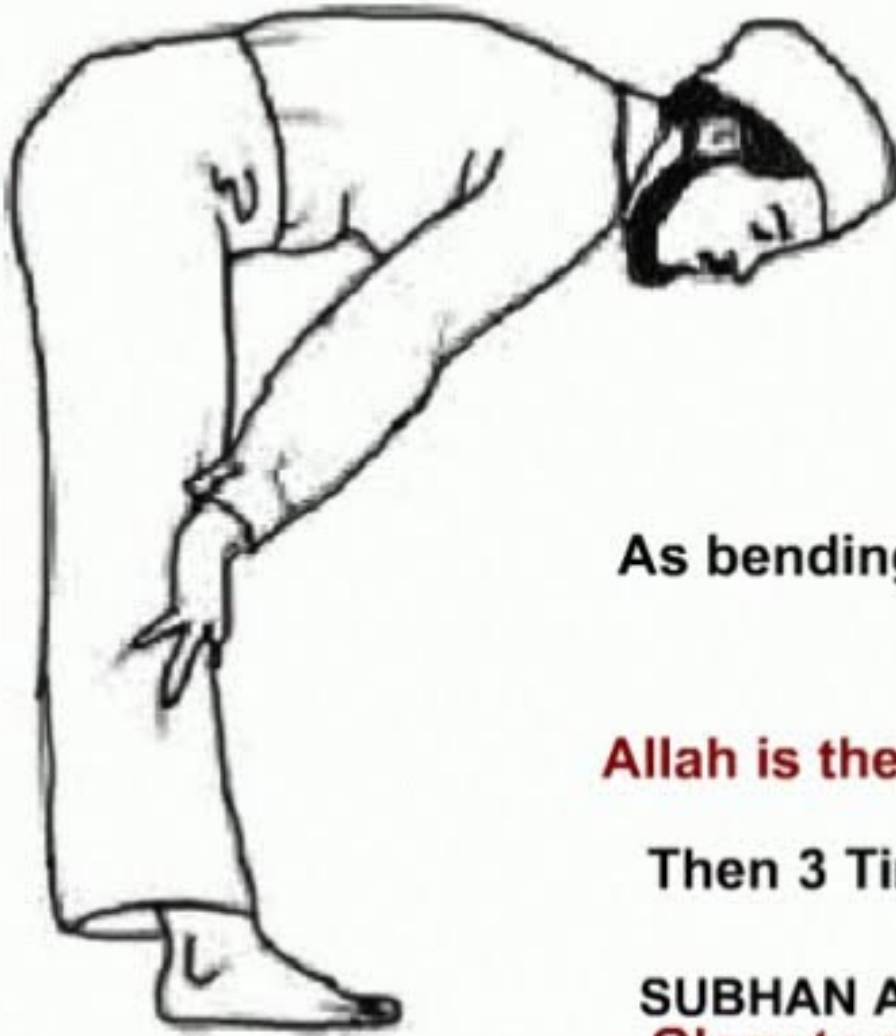
He begetteth not, Nor is He begotten;

WA LAM YAKULLAHOO KUFUWAN AHAD

And there is none Like unto Him.

RUKU

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

اللَّهُ أَكْبَرُ
سُبْحَانَ رَبِّيَ الْعَظِيمِ



QAYYAM

Posture 4

Instructions:

While rising from the bending position of Ruku', recite

SAMI 'ALLÁHU LIMAN HAMIDAH **سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ**
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 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

سُبْحَانَ رَبِّيَ الْأَعْلَى

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

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

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

Posture 8

Recitation



اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ
وَعَلَى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ خَمِيدٌ مُجِيدٌ 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

Posture 8

Recitation



رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي
رَبَّنَا وَتَقَبَّلْ دُعَاءَنَا ۝ رَبَّنَا اغْفِرْ لِي وَلِوَالِدِي
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

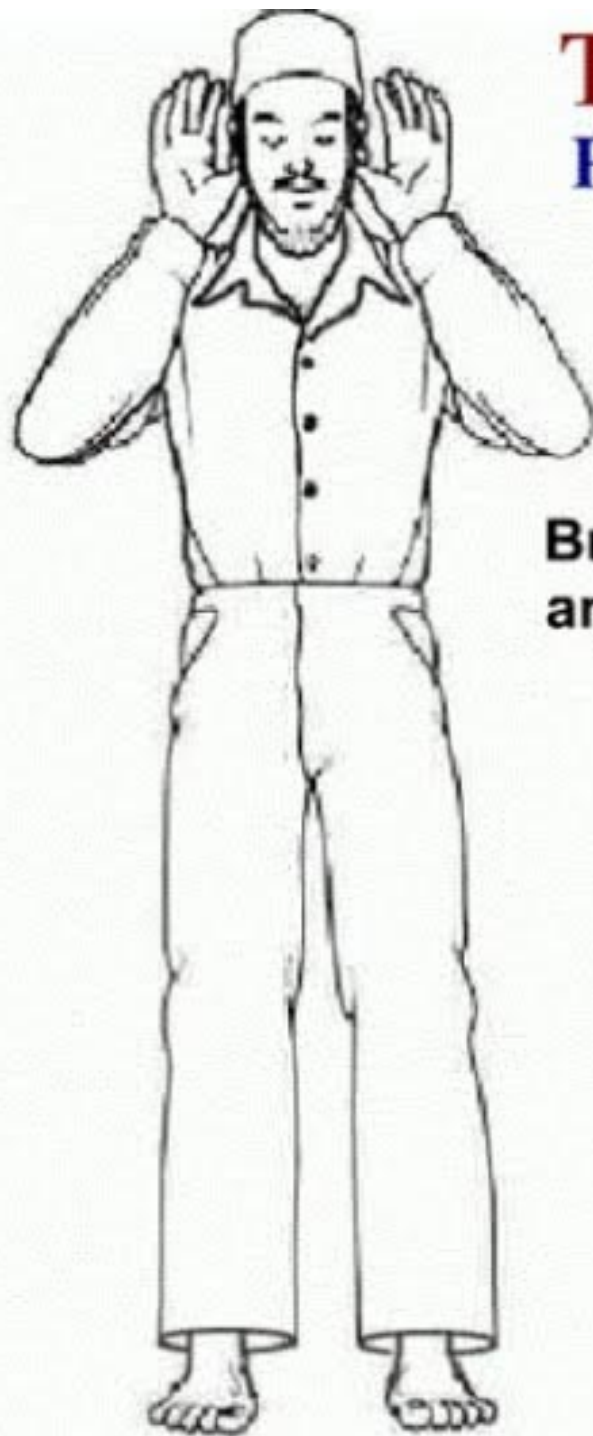
Peace be on you and Allah's blessings.

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.



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 ط

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.**