



Salah: Step-By-Step Guide

BY: Shaykaah Shafalia Younis

Illustration By: AbdulAfeez Olalekan Alawonde

- 4 unit prayer
- 3 unit prayer
- 2 unit prayer
- 1 unit prayer

Introduction

this step-by-step salah guide was created for new Muslims in the West, that come from English speaking countries and need to know how to perform salah while learning Arabic language.

Learning Salah in Arabic can be challenging and a lengthy process, so therefore this guide is a simple straight forward guide for one, who needs to establish salah straight after their conversion, by reading the Arabic text in English transliteration.

Many transliterations are difficult for English people to read, as they do not successfully translate the Arabic accurately, as an native English speaker, who also knows Arabic has meant I was able to use that knowledge to create a new transliteration easy to understand, for English speakers. this Salah guide has successfully translated the Arabic into English for those hoping to learn salah and has been tested, in which a new Muslim sister managed to learn her salah within weeks of using this guide. this inspired me to develop the step-to-step guide & make it available for others to share and use for free.

the guide is split into 4, 3, 2 and 1 rakahs (units), so the new Muslim can have this guide in front of them, while praying and flip the pages one-by-one and follow it without having to go back and forth.

The guide has been based on Dr Salih Al-Fawzan's book called 'A summary of Islamic Jurisprudence'

Number of Prayers in a Day

Salah (prayer)	Fajr (Dawn)	Zhur (Noon)	Asar (afternoon)	Magrib (Sunset)	Isha (Night)
Sunnah (optional)	2	4	0	0	0
Farad (obligatory)	2	4	4	3	4
Sunnah (optional)	0	2	0	2	2
Witr (odd)	0	0	0	0	1
Total	4	10	4	5	7

Offer prayers highlighted in blue

Offering the 2 optional units for dawn (fajr) prayer was never missed by the prophet and it is highly recommended to offer these along with the odd (witr) prayer.

Four Unit (rakah) Prayer

First Unit

Begin prayer



1) Raising hands to ear/shoulder level (shoulder level recommended) for takbir and saying “**Allah Akbar**” (Allah is the greatest)

الله أكبر

2) Hold left hand/wrist/arm with right and place on chest/just below and read opening dua, surah **Fataiah**. (See next page)



Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
lad-da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيسَاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal-’a-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Second Unit (Rakha)

Manner of prayer



1) Stand up straight after second prostration saying **“Allah Akbar”** along with raising hands (Allah is the greatest)

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2) Hold left hand/wrist/arm with right and place on chest/just below and read opening surah Fatiah

Surah Fathiah

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
lad-da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal’a-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a-alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Manner of prayer

9) In this second unit point the index finger by making a ring with the thumb and middle finger. Keep pointing from the beginning of Tashahhud till the end (moving finger recommended) and read.



**At-ta-he-ya-to-lil-la-he-wass-la-wa-
to-wa-ta-ay-yee-ba-to-aslaam-a-lay-
ka-ey-you-han-na-be-you-wa-rah-
ma-tul-la-he-wa-ba-ra-ka-to-who-
aslaam-a-lay-na-wa-a-la-ee-ba-dil-la-
his-sa-lee-heen-ash-ha-do-ana-la-e-
la-ha-il-lal-la-ha-wa-ash-ha-do-ana-
mohammad-dan-ab-do-who-wa-ra-
sue-lou-who**



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

Third Unit (Rakha)

Manner of prayer



1) Stand up straight while raising hands (after second unit only); saying **“Allah Akbar”** (Allah is the greatest)

الله أكبر



2) Hold left hand/wrist/arm with right and place on chest/just below and read opening surah Fataiah

Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
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الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal- A-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Fourth Unit (Rakha)

Manner of prayer



1) Stand up straight after forth prostration saying **“Allah Akbar”**
(Allah is the greatest)

الله أكبر



2) Hold left hand/wrist/arm with right and place on chest/just below and read opening surah Fataiah

Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal’a-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying the dua; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Manner of prayer

9) In this fourth unit point the index finger by making a ring with the thumb and middle finger. Keep pointing from the beginning of Tashahhud till the end (moving finger recommended) and read.



At-ta-he-ya-to-lil-la-he-wass-la-wa-
to-wa-ta-ay-yee-ba-to-aslaam-a-lay-
ka-ey-you-han-na-be-you-wa-rah-
ma-tul-la-he-wa-ba-ra-ka-to-who-
aslaamu-a-lay-na-wa-a-la-ee-ba-dil-
la-his-sa-lee-heen-ash-ha-do-ana-la-
e-la-ha-il-lal-la-who-wa-ash-ha-do-
ana-mohammad-dan-ab-do-who-wa-
ra-sue-lou-who



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

Manner of prayer



10) After the tashahhud keep the finger up and read the dua to send blessing on the prophet Muhammed (pbuh) and Ibrahim (pbuh).

(Don't forget the correct sitting position!)

Allah-hum-ma-sal-lee-ala-Mohammad-din-
wa-ala-a-lee-Mohammad-din-ka-ma-sal-
lay-ta-ala-Ibrahim-ma-wa-ala-a-lee-
Ibrahim-ma-in-na-ka-ha-me-dun-ma-jee'd-
Allah-hum-ma-ba-rik-ta-ala-Muhaham-din-
wa-ala-a-lee-Muhmmad-din-ka-ma-ba-rik-
ta-a-la-Ibrahim-ma-wa-ala-a-lee-Ibrahim-
ma-in-na-ka-ha-me-dun-ma-jee'd

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ
بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ، وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ "

Manner of prayer



After sending blessings on the prophet Muhammed (pbuh) and Ibrahin (pbuh) read the supplication below.

(Don't forget the correct sitting position!)

Allah-who-ma-in-ni-a-oo-zoo-bi-ka-min-a-
za-bi-ja-han-am-wa-a-oo-zoo-bi-ka-min-a-
za-bil-kab-ba-ri-wa-a-oo-zoo-bi-ka-min-fit-
nah-thil-du-ja-al-wa-a-oo-zoo-bi-ka-min-
fit-nah-thil-mah-ya-wal-ma-ma-thi

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَأَعُوذُ بِكَ مِنْ
عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدَّجَالِ وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

Manner of prayer

11) After the supplication finish the prayer with 'taslim' (slaam) by turning the head towards the right then the left. Start saying taslim while turning head to the side.



**Aslaam-a-lay-kum-wa-rah-ma-tul-la-he
-wa-ba-ra-ka-tu-who**

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

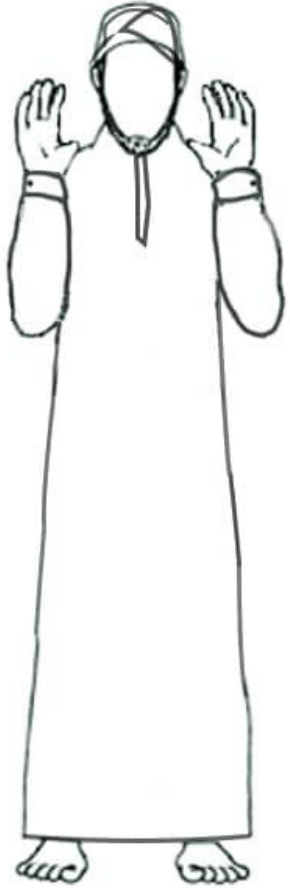
*"Peace and mercy of Allah
be upon you"*

End of Four Unit Prayer

Three Unit Prayer

First Unit (Rakha)

Begin prayer



1) Raising hands to ear/shoulder level (shoulder level recommended) for takbir and saying “**Allah Akbar**” (Allah is the greatest)

الله أكبر

2) Hold left hand/wrist/arm with right and place on chest/just below and read opening dua, surah **Fatiha**. (See next page)



Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
lad-da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal-’a-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Second Unit (Rakha)

Manner of prayer



1) Stand up straight after second prostration saying “**Allah Akbar**” along with raising hands (Allah is the greatest)

الله أكبر



2) Hold left hand/wrist/arm with right and place on chest/just below and read opening surah Fathiah

Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
lad-da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

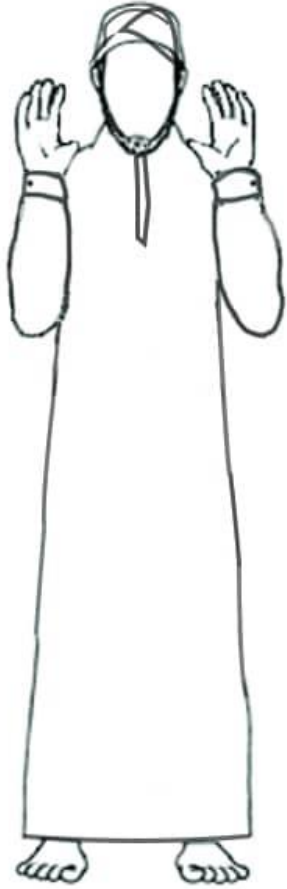
“Sub-han-na Rab-be-yal’a-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a-alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Manner of prayer

9) In this second unit point the index finger by making a ring with the thumb and middle finger. Keep pointing from the beginning of Tashahhud till the end (moving finger recommended) and read.



At-ta-he-ya-to-lil-la-he-wass-la-wa-
to-wa-ta-ay-yee-ba-to-aslaam-a-lay-
ka-ey-you-han-na-be-you-wa-rah-
ma-tul-la-he-wa-ba-ra-ka-to-who-
aslaam-a-lay-na-wa-a-la-ee-ba-dil-la-
his-sa-lee-heen-ash-ha-do-ana-la-e-
la-ha-il-lal-la-ha-wa-ash-ha-do-ana-
mohammad-dan-ab-do-who-wa-ra-
sue-lou-who



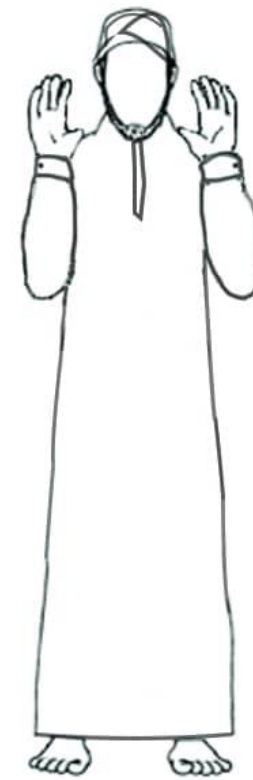
التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلَامُ عَلَيْكَ
أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ السَّلَامُ عَلَيْنَا وَعَلَى
عِبَادِ اللَّهِ الصَّالِحِينَ أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ
أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Third Unit (Rakha)

Manner of prayer

1) Stand up straight without raising hands (only, after second unit); saying **“Allah Akbar”** (Allah is the greatest)

الله أكبر



2) Hold left hand/wrist/arm with right and place on chest/just below and read opening surah Fathiah

Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
lad-da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal’a-zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: forehead, nose, hands, knees & feet); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Manner of prayer

9) In this Third unit point the index finger by making a ring with the thumb and middle finger. Keep pointing from the beginning of Tashahhud till the end (moving finger recommended) and read.



At-ta-he-ya-to-lil-la-he-wass-la-wa-
to-wa-ta-ay-yee-ba-to-aslaam-a-lay-
ka-ey-you-han-na-be-you-wa-rah-
ma-tul-la-he-wa-ba-ra-ka-to-who-
aslaamu-a-lay-na-wa-a-la-ee-ba-dil-
la-his-sa-lee-heen-ash-ha-do-ana-la-
e-la-ha-il-lal-la-who-wa-ash-ha-do-
ana-mohammad-dan-ab-do-who-wa-
ra-sue-lou-who



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

Manner of prayer



10) After the tashahhud keep the finger up and read the dua to send blessing on the prophet Muhammed (pbuh) and Ibrahim (pbuh).

(Don't forget the correct sitting position!)

Allah-hum-ma-sal-lee-ala-Mohammad-din-
wa-ala-a-lee-Mohammad-din-ka-ma-sal-
lay-ta-ala-Ibrahim-ma-wa-ala-a-lee-
Ibrahim-ma-in-na-ka-ha-me-dun-ma-jee'd-
Allah-hum-ma-ba-rik-ta-ala-Muhaham-din-
wa-ala-a-lee-Muhmmad-din-ka-ma-ba-rik-
ta-a-la-Ibrahim-ma-wa-ala-a-lee-Ibrahim-
ma-in-na-ka-ha-me-dun-ma-jee'd

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ
بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ، وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ "

Manner of prayer



After sending blessings on the prophet Muhammed (pbuh) and Ibrahin (pbuh) read the supplication below.

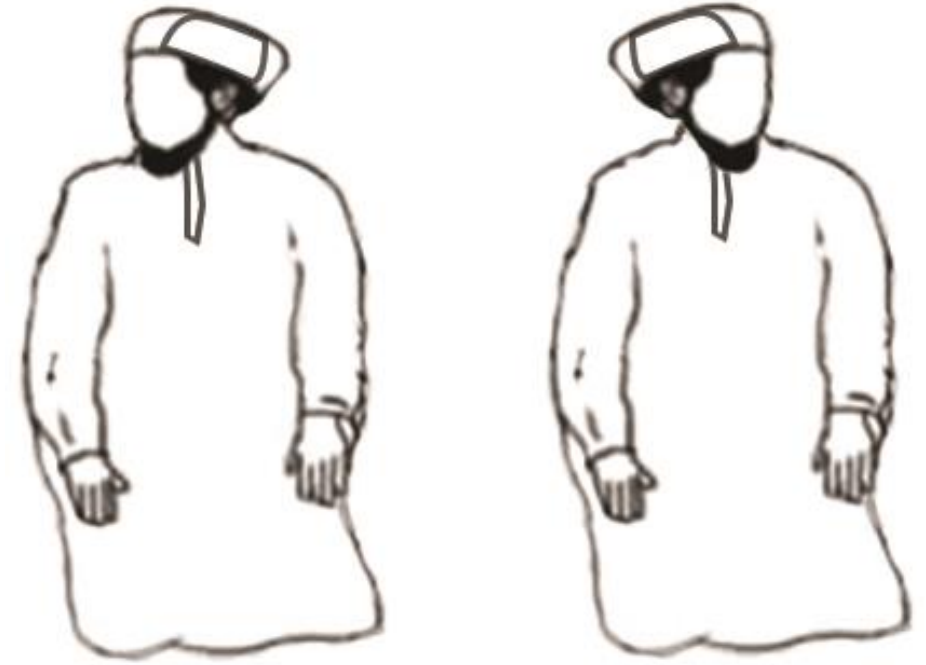
(Don't forget the correct sitting position!)

Allah-who-ma-in-ni-a-oo-zoo-bi-ka-min-a-
za-bi-ja-han-am-wa-a-oo-zoo-bi-ka-min-a-
za-bil-kab-ba-ri-wa-a-oo-zoo-bi-ka-min-fit-
nah-thil-du-ja-al-wa-a-oo-zoo-bi-ka-min-
fit-nah-thil-mah-ya-wal-ma-ma-thi

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَأَعُوذُ بِكَ مِنْ
عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدَّجَالِ وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

Manner of prayer

11) After the supplication finish the prayer with 'taslim' (slaam) by turning the head towards the right then the left. Start saying taslim while turning head to the side.



**Aslaam-a-lay-kum-wa-rah-ma-tul-la-he
-wa-ba-ra-ka-tu-who**

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

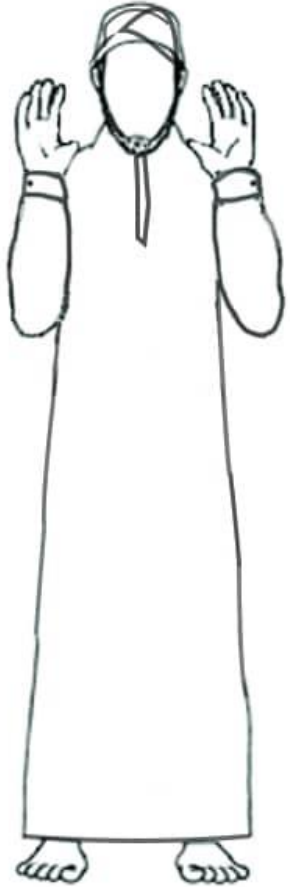
*"Peace and mercy of Allah
be upon you"*

End of Three Unit Prayer

Two Unit Prayer

First Unit (Rakha)

Begin prayer



1) Raising hands to ear/shoulder level (shoulder level recommended) for takbir and saying “**Allah Akbar**” (Allah is the greatest)

الله أكبر

2) Hold left hand/wrist/arm with right and place on chest/just below and read opening dua, surah **Fathiah**. (See next page)



Surah Fathiah

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

Ih-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-a-lay-him-wa-lad-
da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-ya’l’a- zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

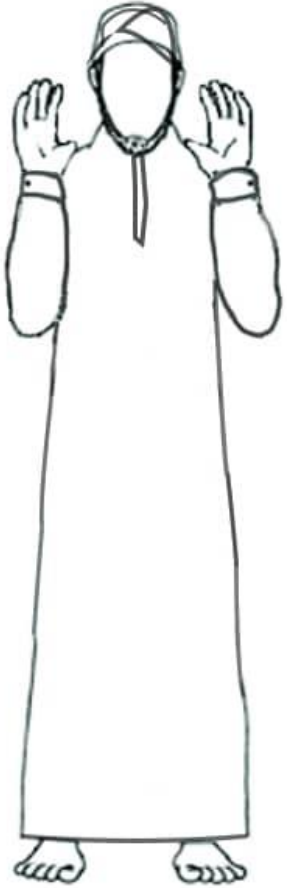
(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Second Unit (Rakha)

Manner of prayer



1) Stand up straight after second prostration saying **“Allah Akbar”** & raising hands (Allah is the greatest)

الله أكبر

2) Hold left hand/wrist/arm with right and place on chest/just below and read opening surah Fathiah



Surah Fathiah

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

Ih-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-a-lay-him-wa-lad-
da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands shoulder level;
saying “Allah Akbar” after reading
surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers
spread out. Keep head and back
straight. Saying

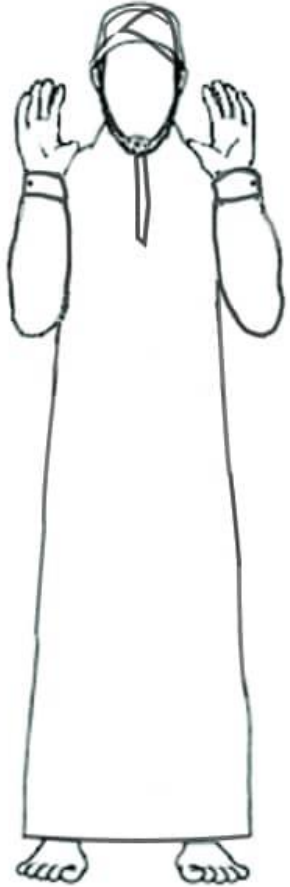
“Sub-han-na Rab-be-yal’a -zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: forehead, **nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Manner of prayer

9) In this second unit point the index finger by making a ring with the thumb and middle finger. Keep pointing from the beginning of Tashahhud till the end (moving finger recommended) and read.



At-ta-he-ya-to-lil-la-he-wass-la-wa-
to-wa-ta-ay-yee-ba-to-aslaam-a-lay-
ka-ey-you-han-na-be-you-wa-rah-
ma-tul-la-he-wa-ba-ra-ka-to-who-
aslaam-a-lay-na-wa-a-la-ee-ba-dil-la-
his-sa-lee-heen-ash-ha-do-ana-la-e-
la-ha-il-lal-la-ha-wa-ash-ha-do-ana-
mohammad-dan-ab-do-who-wa-ra-
sue-lou-who



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

Manner of prayer



10) After the tashahhud keep the finger up and read the dua to send blessing on the prophet Muhammed (pbuh) and Ibrahim (pbuh).

(Don't forget the correct sitting position!)

Allah-hum-ma-sal-lee-ala-Mohammad-din-
wa-ala-a-lee-Mohammad-din-ka-ma-sal-
lay-ta-ala-Ibrahim-ma-wa-ala-a-lee-
Ibrahim-ma-in-na-ka-ha-me-dun-ma-jee'd-
Allah-hum-ma-ba-rik-ta-ala-Muhaham-din-
wa-ala-a-lee-Muhmmad-din-ka-ma-ba-rik-
ta-a-la-Ibrahim-ma-wa-ala-a-lee-Ibrahim-
ma-in-na-ka-ha-me-dun-ma-jee'd

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ
بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ، وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ "

Manner of prayer



After sending blessings on the prophet Muhammed (pbuh) and Ibrahin (pbuh) read the supplication below.

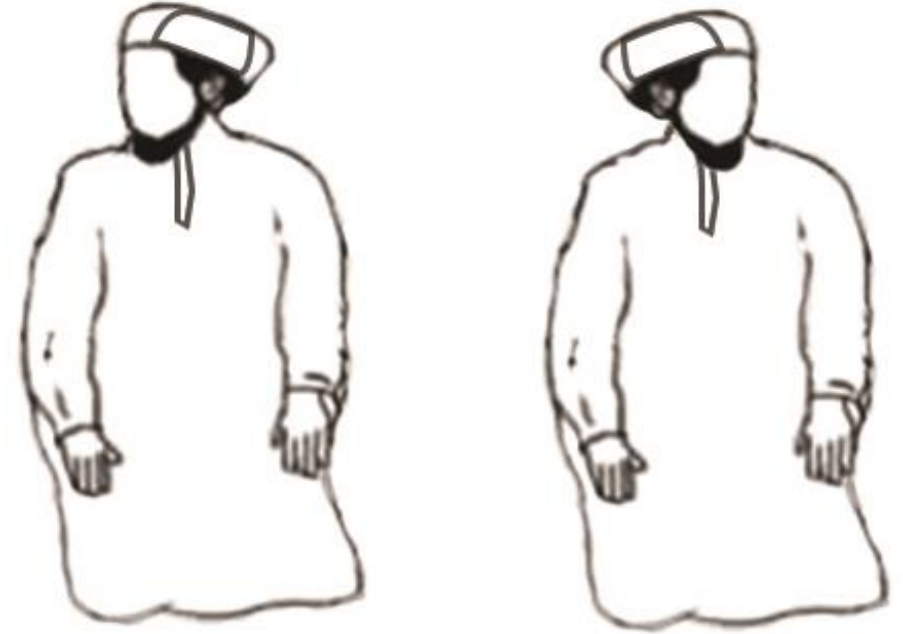
(Don't forget the correct sitting position!)

Allah-who-ma-in-ni-a-oo-zoo-bi-ka-min-a-
za-bi-ja-han-am-wa-a-oo-zoo-bi-ka-min-a-
za-bil-kab-ba-ri-wa-a-oo-zoo-bi-ka-min-fit-
nah-thil-du-ja-al-wa-a-oo-zoo-bi-ka-min-
fit-nah-thil-mah-ya-wal-ma-ma-thi

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَأَعُوذُ بِكَ مِنْ
عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدَّجَالِ وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

Manner of prayer

11) After the supplication finish the prayer with 'taslim' (slaam) by turning the head towards the right then the left. Start saying taslim while turning head to the side.



**Aslaam-a-lay-kum-wa-rah-ma-tul-la-he
-wa-ba-ra-ka-tu-who**

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*"Peace and mercy of Allah
be upon you"*

End of Two Unit Prayer

One Unit Prayer (Witr)

Begin prayer



1) Raising hands to ear/shoulder level (shoulder level recommended) for takbir and saying “**Allah Akbar**” (Allah is the greatest)

الله أكبر

2) Hold left hand/wrist/arm with right and place on chest/just below and read opening dua, surah **Fathiah**. (See next page)



Surah Fathiha

Transliteration

Bis-mill-la-he-rah-ma-nira-he-m ①

Al-ham-dho-lil-la-he-rab-bil-aa-la-mean ②

Ar-ra'h-ma-nir-ra-heem ③

Ma-lee-key-yo-mid-deen ④

Ee-ya-ka-nah-boo-do-wa-ee-ya-ka-nas-
ta-ee-n ⑤

I'h-dee-nas-ra-ta-al-muss-tha-keem ⑥

See-ra-ta-al-la-zee-na-an-am-ta-a-lay-
him-gaay-ril-mag-do-be-a-lay-him-wa-
lad-da-lean ⑦

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ② الرَّحْمَنِ
الرَّحِيمِ ③ مَلِكِ يَوْمِ الدِّينِ ④
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
أَهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥ صِرَاطَ
الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ
الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ⑦

Surah Iklaas

Transliteration

Kul-who-wal-la-aa-had-Allah-
who-s-sa-mad-lamb-ya-lee-d-
wa-lab-you-ladh-wa-lamb-ya-
kul-la-who-koo-foo-one-a-had

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

Manner of prayer

3) Raising hands saying “Allah Akbar” after reading surah Fathiah & an additional surah.



4) Bowing, holding knees with fingers spread out. Keep head and back straight. Saying

“Sub-han-na Rab-be-yal-’a -zee-m”

(Glory be to my Lord)

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Three/more times

Manner of prayer



5) While coming up from bowing saying; begin raising hands till upright and hands become level with shoulders.

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

Sam-me-Allah-who-lee-man-ha-me-dah

“Allah listens to those who praise him;”

6) Stand straight and tie your hands on/below chest and say.

رَبَّنَا لَكَ الْحَمْدُ

Rab-ba-na-la-kal-ham-d

“Our Lord to you be (all) praise”



Manner of prayer

7) Say “Allah Akbar” without raising your hands and go straight into prostration (Sajuod) (Prostrate on 7 limbs: **forehead, nose, hands, knees & feet**); erect feet as shown in image on toes and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times



8) Sit up keep left foot on side & sit on it, keep right foot erect with toes pointing towards qibla; say “Allah Akbar”. then go into sajoud (prostration) again and say;

“Sub-han-a Rab-be-yal’a alaa”

(“Glory be to my Lord the most high”)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Three times

Manner of prayer

9) In this unit point the index finger by making a ring with the thumb and middle finger. Keep pointing from the beginning of Tashahhud (moving finger recommended) till the end and read.



At-ta-he-ya-to-lil-la-he-wass-la-wa-
to-wa-ta-ay-yee-ba-to-aslaam-a-lay-
ka-ey-you-han-na-be-you-wa-rah-
ma-tul-la-he-wa-ba-ra-ka-to-who-
aslaam-a-lay-na-wa-a-la-ee-ba-dil-la-
his-sa-lee-heen-ash-ha-do-ana-la-e-
la-ha-il-lal-la-ha-wa-ash-ha-do-ana-
mohammad-dan-ab-do-who-wa-ra-
sue-lou-who

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

Manner of prayer



10) After the tashahhud keep the finger up and read the dua to send blessing on the prophet Muhammed (pbuh) and Ibrahim (pbuh).

(Don't forget the correct sitting position!)

Allah-hum-ma-sal-lee-ala-Mohammad-din-
wa-ala-a-lee-Mohammad-din-ka-ma-sal-
lay-ta-ala-Ibrahim-ma-wa-ala-a-lee-
Ibrahim-ma-in-na-ka-ha-me-dun-ma-jee'd-
Allah-hum-ma-ba-rik-ta-ala-Muhaham-din-
wa-ala-a-lee-Muhmmad-din-ka-ma-ba-rik-
ta-a-la-Ibrahim-ma-wa-ala-a-lee-Ibrahim-
ma-in-na-ka-ha-me-dun-ma-jee'd

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ
عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ
بَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ، وَعَلَى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ "

Manner of prayer



After sending blessings on the prophet Muhammed (pbuh) and Ibrahin (pbuh) read the supplication below.

(Don't forget the correct sitting position!)

Allah-who-ma-in-ni-a-oo-zoo-bi-ka-min-a-
za-bi-ja-han-am-wa-a-oo-zoo-bi-ka-min-a-
za-bil-kab-ba-ri-wa-a-oo-zoo-bi-ka-min-fit-
nah-thil-du-ja-al-wa-a-oo-zoo-bi-ka-min-
fit-nah-thil-mah-ya-wal-ma-ma-thi

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ وَأَعُوذُ بِكَ مِنْ
عَذَابِ الْقَبْرِ وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدَّجَالِ وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ

Manner of prayer

11) After the supplication finish the prayer with 'taslim' (slaam) by turning the head towards the right then the left. Start saying taslim while turning head to the side.



**Aslaam-a-lay-kum-wa-rah-ma-tul-la-he
-wa-ba-ra-ka-tu-who**

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*"Peace and mercy of Allah
be upon you"*

End of One Unit Prayer

Postures in Prayer

Checklist For Takbir & Qiyam

- Raising hands to ears/shoulders.



- Keeping fingers together when making takbir



- Holding left hand/wrist/forearm with the right hand.



Checklist For Ruku

• Holding knees with fingers spread out.	✓	✗
• Keeping back straight & level.	✓	✗
• Keeping head level with back.	✓	✗
• Not dropping head down.	✓	✗
• Not raising head up.	✓	✗

Checklist For Sajood

• Pointing toes towards qibla	✓	✗
• Forehead	✓	✗
• Nose	✓	✗
• Hands (both)	✓	✗
• Knees (both)	✓	✗
• Toes	✓	✗
• Keep elbows & arms away sides	✓	✗

Checklist For Sitting position

- Left foot on side.



- Sitting on left foot/leg



- Keeping right foot erect



Checklist For Tashahhud

• Making a ring with thumb and middle finger of right hand.	✓	✗
• Resting left hand above knee without holding the knee.	✓	✗
• Moving finger (optional).	✓	✗
• Keep finger up until Tashahhud is finished.	✓	✗

Checklist For Taslim

• Facing qibla.	✓	✗
• Begin taslim while facing qibla	✓	✗
• Turn face to right while saying the taslim.	✓	✗
• Repeat the taslim while turning to left.	✓	✗

• Facing qibla.	✓	✗	<u>Checklist For</u> <u>Sajdah As –</u> <u>Sahw (mistakes</u> <u>in Prayer)</u> <u>Sajdah as Sahw</u> <u>requires</u> <u>additional in-</u> <u>depth study</u>
• Begin saying takbir	✓	✗	
• Go down to prostrate	✓	✗	
• Sit up from prostration	✓	✗	
• Say takbir & go back into Sajood	✓	✗	
• Come up from prostration	✓	✗	
• Say the taslim while turning to right & left.	✓	✗	

Additional Surahs

Adding following small surahs after Fathiha

Once comfortable with performing the salah, one should now add other small surahs after Fathiha in the first two units only and never in the Third/fourth.

إِنَّا أَعْطَيْنَكَ الْكَوْثَرَ
فَصَلِّ لِرَبِّكَ وَأَنْحَرْ
إِنَّ شَانِئَكَ هُوَ الْأَبْتَرُ

108:1

108:2

108:3

قُلْ هُوَ اللَّهُ أَحَدٌ

112:1

اللَّهُ الصَّمَدُ

112:2

لَمْ يَلِدْ وَلَمْ يُولَدْ

112:3

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

112:4

Adding small surahs after Fathiha

Once comfortable with performing the salah, one should now add other small surahs after Fathiha in the first two units only and never in the Third/fourth.

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ	<u>113:1</u>
مِنْ شَرِّ مَا خَلَقَ	<u>113:2</u>
وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ	<u>113:3</u>
وَمِنْ شَرِّ النَّفَّاثِ فِي الْعُقَدِ	<u>113:4</u>
وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ	<u>113:5</u>

قُلْ أَعُوذُ بِرَبِّ النَّاسِ	<u>114:1</u>
مَلِكِ النَّاسِ	<u>114:2</u>
إِلَهِ النَّاسِ	<u>114:3</u>
مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ	<u>114:4</u>
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ	<u>114:5</u>
مِنَ الْجِنَّةِ وَالنَّاسِ	<u>114:6</u>