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# QURRATU AINI

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## My Salah , My Joy

وانها لكبيرة الا على الخاشعين  
Most Certainly it is Difficult  
except upon the khaashieen

My Journey  
to  
Khushoo and Qunoot  
in my  
Salaah

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SALAH COURSE



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# QURRATU AINI MY Salah My Joy

## وقوموا لله قانتين" Stand in prayer to Allah in Qunoot

Mujaahid (ra) explained Qunoot as follows:  
Qunoot means to create a total stagnation of the body and a deep stillness. Lowering of the eyes and lowering the entire  
body in total awe of Allah





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قد افلح المؤمنون الذين هم في صلاتهم خاشعون"  
Most Successful are those believers who have  
khushoo in their salah

Ali (ra)has said:

الخشوع خشوع القلب و لايلتفت يمينا وشمالا

Total concentration is for the heart to be mindful without the body moving to the  
right or the left

# My Conversation with my Rabb

## Duaa Ul Tstiftaah

اني وجهت وجهي :  
I completely turn my attention towards Allah

**Ponder over all the little things that have taken your attention away from Allah . The many responsibilities that direct your complete focus and attention.**

To that being who is the Originator للذي فطر السماوات والأرض  
of the Heavens and Earth

**Write down the many reasons Why Allah is worthy of dropping everything in your life and directing your attention to Him.**



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ايها الناس ان احدكم اذا كان في الصلاة فانه  
مناج ربه وربّه فيما بينه وبين القبلة

Oh People when you perform  
Salah then most certainly you  
are calling out to your Rabb  
whilst his Rabb is between him  
and the Qiblah"





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ان المصلي يناجي ربه فلينظر احدكم الي ما  
يناجي ربه

**Most Certainly the person performing  
Salaah is calling out to his so Rabb, so he  
should check how he is calling out to his  
Lord'**



# BUILDING MY SALAH

## REPEAT THESE STATEMENTS TO HELP BUILD YOUR KHUSHOO

I am Speaking to Allah

Allah is facing me directly

Oh Allah You are greater

I WILL NEVER WORSHIP ANYONE BUT YOU  
WITHOUT A DOUBT MY SALAH IS FOR YOU ALLAH

MY SACRIFICE IS FOR YOU

MY LIFE IS FOR YOU

MY DEATH IS FOR YOU

IT IS ALL FOR YOU THE LORD OF THE  
WORLDS

OH ALLAH ALL GLORY IS TO

YOU

ALL PRAISE IS TO YOU

YOUR NAME IS FULL OF

BLESSINGS

THERE IS NO ONE LIKE

YOU

IF ALL THE WORDS OF SALAH  
WERE TAKEN AWAY WHAT WOULD  
YOU SAY TO ALLAH IN PLACE OF  
THOSE WORDS?



# How can I beautify my Sajdah?

Ponder the following words and write down your praise to Allah.

سبحان ربي الاعلى

Glory be to my Rabb the most High

سبوح قدوس رب الملائكة وروح

Every Single praise and sanctity is to the Rabb of the Angels and the soul

اللهم لك سجدت وبك امنت ولك اسلمت وانت ربي

Oh Allah to You I have prostrated , and in you i have brought faith and to You I submit And You are my Rabb

سجد وجهي للذي خلقه وشق سمعه وبصره

My countenance has prostrated to He who has created it and broght forth hearing and sight

فتبارك الله احسن الخالقين

So, blessed is Allah the best of Creators

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## MY Salah My Joy

Actions that remove the khushoo from your Salah:

- Movement
- Swaying even gently
- Moving your fingers in Salah
- The whispers of Shaitaan
- Moving the Stones [or things around us like our burqah or buttons etc]
- Not performing the suunah prior to the fardh
- Not understanding the words that we are saying in Arabic

