

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

My Journey
to
Khushoo and Qunoot
in my
Salaah

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"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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		MY GREATEST	JOYS IN M	IY SALAH				
	Reflect on your Salah for a ∨eek and see if you are meeting the goals that you set out for yourself :							
					e if you are meet	ing the goals tha	t you set out for	yourself :
	WHAT IS MY NEED THAT I AM PUTTING TO ALLAH IN MY SALAH ? WRITE DOWN AS MANY AS YOU WISH	М	Т	W	T	ring the goals that	t you set out for	yourself :
	IN MY SALAH ? WRITE DOWN AS MANY AS YOU	M	T					
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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

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Duaa Ul Tstiftaah

وجهي:	اني وجهت و		
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.



ايها الناس ان احدكم اذا كان في الصلاة فانه مناج ربه وربه 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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My Salah is a complete statement of Tauheed

<u>U</u>	
state the greatness of Allah, then we praise Allah. W	elaration of the oneness of Allah. We open our salah with tauheed then we begin Suratul fatiha which begins with praise and glorification of Allah. Allah then raising from each posture is a complete statement of His total Greatness.
Every Takbeer between postures is a declaration that in every moment of life, with every kind of situation, Allah Ta'ala is always greater. Greater than my needs. Greater than thoughts.	
	AHU AKBAR' BRINGS WITH IT THE SPACE BETWEEN THIS EARTH TO THE SKIES.
	Ponder over the words of praise that fill your Salah write down what you are saying to Allah Ta'ala within each word.



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'

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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?





The value of my Sajdah

Abu Zar (ra) says: I heard Rasulullah (S)san: "Whoever performs a Sajdah to Allah, —Allah will raise him through that Sajdah one stage [in jannah] and He Will write for him because of it a haswanah, and remove from him a sin "

Rasulullah (s) said:
"Most certainly when the slave
of Allah stands up for Salah ,all
his sin is brought and placed
upon his shoulders then
whenever he makes ruku or
sujood it falls off from him"
(Hula)

How can I better my Sajdah?

ان اقرب ما يكون العبد الى الله تعالى وهو ساجد فاكثروا الدعاء Most certainly the closest a servant is to Allah is whilst he is in Sajdah -So increase in Duaa

Whenever any happy
news came to Nabi (s)
He would rush to
make sajdah to Allah.
Write down in your
own words what you
are saying to Allah in
your Sajdah?

How can I beautify my Sajdah?

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







Actions that remove the khushoo from your Salah:

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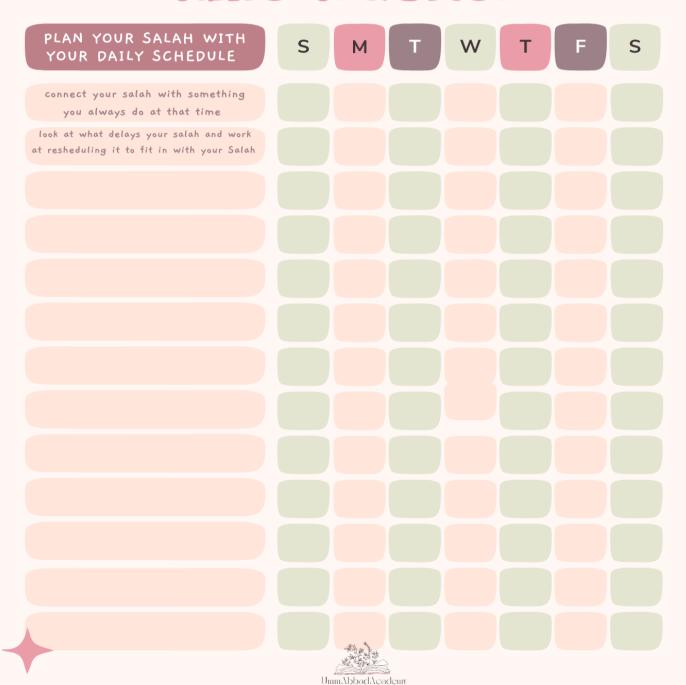
- Swaying even gently
- Moving your fingers in Salah
- The whispers of Shaitaan
- Moving the Stones [or things around us like our burgah or buttons etc]
- Not performing the suunah prior to the fardh
- Not understanding the words that we are saying in Arabic

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"Most Certainly Salaah has been prescribed upon the believers at a fixed time"

THE MOST VIRTUOUS OF ACTIONS
IS SALAAH UPON ITS PRESCRIBED
TIMES

my pray salah on time tracker



اکادمیة ام عباد