



Isti'adha: Breaking Shackles of Shaitan

The Isti'adha



- Weapon for believer
- The two types of Satanic Attack in Salah: Instant v Escalation
- Importance of on-going protection outside Salah

Tips:

1. Do opposite
2. Don't let Satan enter!

The Bismillah



- The Slogan of the Quran
- The Necessary Existent
- Unable to pray properly without it
- Should be recited clearly (no hidden)
- Source of barakah (blessing)

Key themes in Al-Fateha

- Unconditional gratitude
- Lordship and servitude
- Mercy and compassion
- Ownership and submission
- Complete reliance and worship
- The single path
- Wilayah and bara'a



Some tips...

- Say Alhamdulillah Rab Al-Alameen
- Alternate Suras after Fateha
- Pause after each ayeh
- Say: Kathalika Allahu Rabbi after Ikhlas



الحمد لله رب العالمين



The Ruku: A definer

The Ruku



- First part of 2-steps to Humility
- Less distraction!
- Willing to be beheaded for God
- Synchronized glorification of Allah: The tasbeeh
- Means of Istighfar
- Angels in constant Ruku

Some Recommendations



- Open arms wide (Men)
- Hands on knees
- Spread fingers
- Spread legs a bit (men)
- Look at place of sajda or between legs
- Salawat and dikr



Sajda: The best state!

Sajda (Prostration)

- **Everything does Sujood**
- **Forehead tranquility with God**
- **Prolonging Sajda**
- **The Meaning of Two sajdas:**
The story of creation
- **The aspect of humility**
- **The Turba of Imam Hussain (a):**
Principles
- **Total annihilation of self**
- **Tasbeeh: The story of need**



Qunoot (Supplication)



- Humbly be obedient
- In Arabic
- Hand position: beggar
- The Quranic duas

Why units of Salah repeated?



- Life is a cycle
- The need for emphasis
- If we fail, we should not give up but keep going



The Tashahud

Tashahud

- **Being present and witness**
- **Understanding 4 testimonies:**
- **La Illah illa Allah**
- **There are no partners to Him**
- **Muhammad is his servant**
- **Muhammad is his Messenger**
- **The power of Salawat**
- **Inner dimensions of Tasleem**
- **Salaam: To submit and be peaceful**



The aftermath



- Recommended 3 x Allah Akbar
- The way of greeting angels: cheeks not shoulders
- To sit for a few mins, Munajat, Tasbeeh Fatima, dua

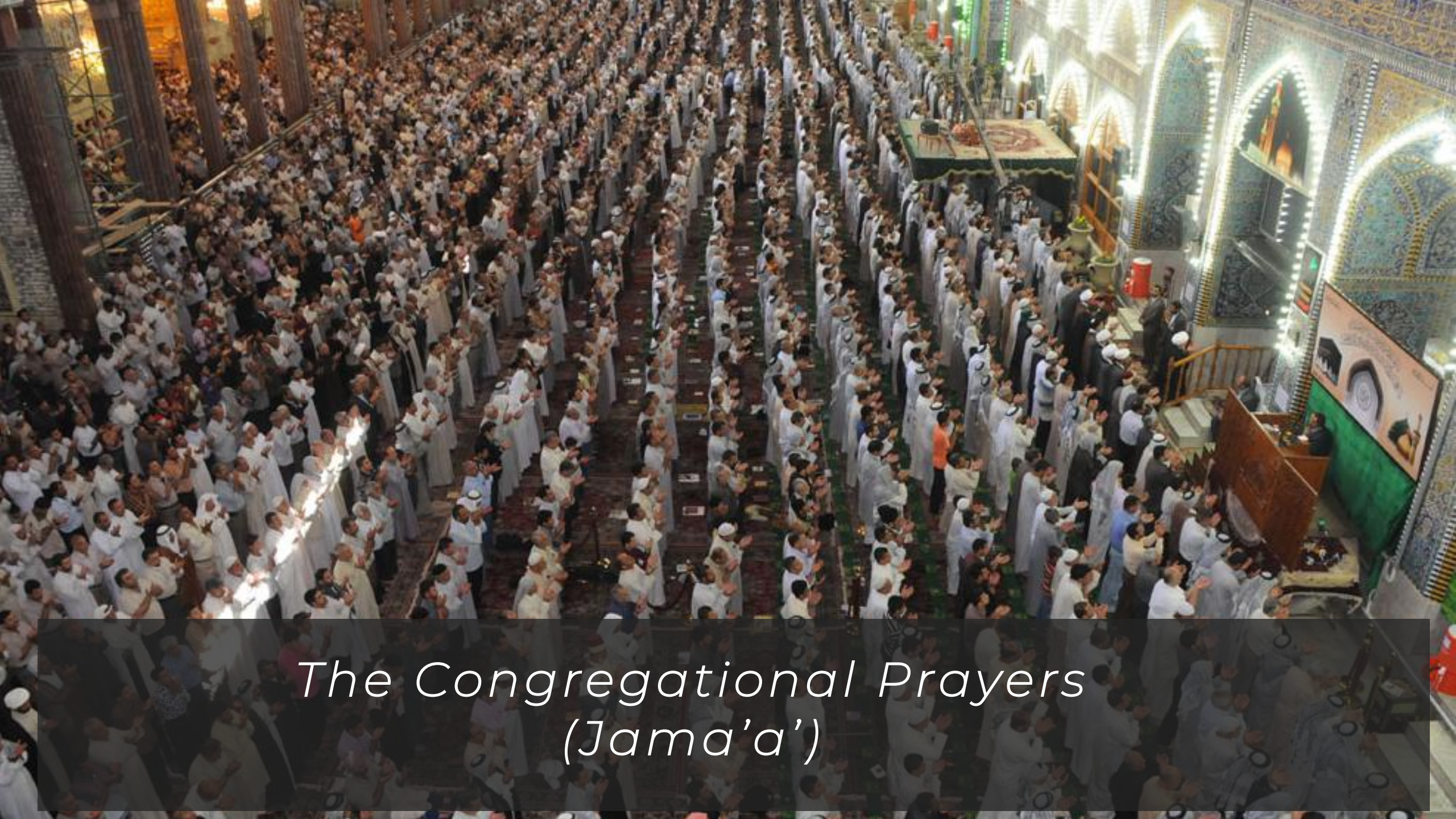
A silhouette of a person in a prayerful pose, with their head bowed and hands clasped in front of them. The background is a soft, warm glow, possibly from a light source behind the person. The overall mood is serene and contemplative.

*The Recommended Prayers
(Nafila)*

The Nafila

- **Means: Something extra**
- **Great in helping acceptance of Salah**
- **34 units daily**
- **Salat Al-Layl: Immense value and emphasis**
- **Can do 11,9,7,5,3 or 1**
- **Can do in bed or walking!**
- **Can do after isha**
- **Recite 18:110 before sleep**





*The Congregational Prayers
(Jama'a')*

Salat Al-Jama'a



- 25 times more reward
- Collective spirit
- Emphasised by Quran:
- وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ وَارْكَعُوا
مَعَ الرَّاٰكِعِينَ
- And maintain the prayer, and give the *zakāt*, and bow along with those who bow [in prayer] (2:43)
- At home with family

A FINAL
NOTE...





*THANK
YOU*

FOR YOUR ATTENTION