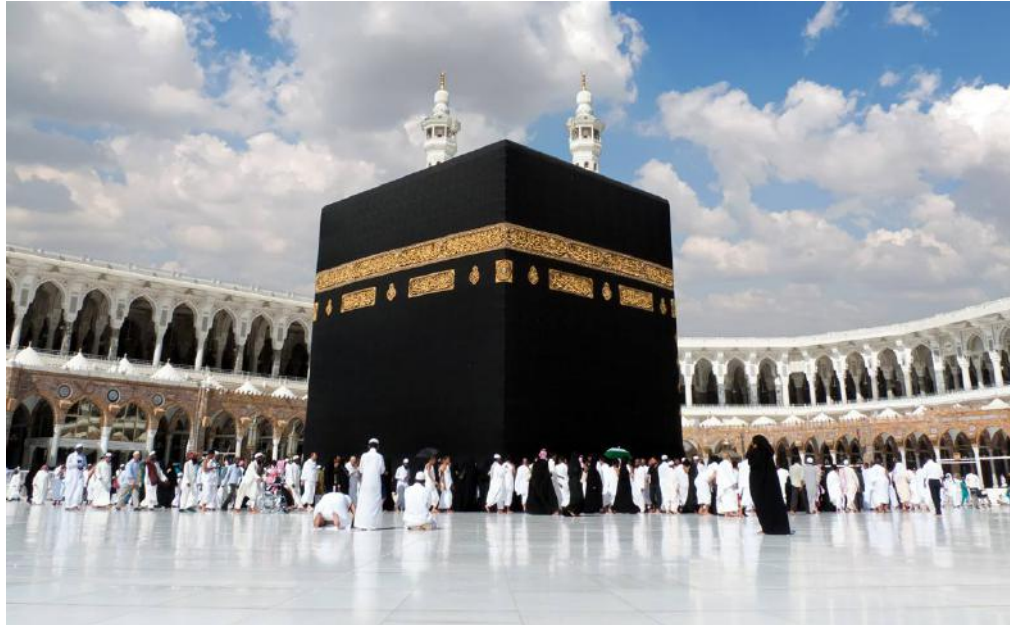


The Direction



بَيْتٍ وُضِعَ لِلنَّاسِ لَلَّذِي بِبَكَّةَ مُبَارَكًا وَهُدًى لِّلْعَالَمِينَ
إِنَّ أَوَّلَ

Indeed the first house to be set up for mankind is the one at Bakkah, blessed and a guidance for all nations. (3:96)

- Structured
- Unity
- Focus
- Common Direction

وَلِللَّهِ الْمَشْرِقُ وَالْمَغْرِبُ ۗ فَأَيْنَمَا تُوَلُّوا فَثَمَّ وَجْهُ اللَّهِ
To Allah belong the east and the west: so whichever way you turn, there is the face of Allah! (2:115)



- Wilayah in Salah
- The Sanctuary of Allah

The Adhan and Iqama

The background of the slide features a warm, golden sunset sky. In the foreground, there are dark silhouettes. On the left, a person is shown in profile, shouting or calling out with both hands raised to their face. In the center and right, the silhouettes of mosque architecture are visible, including a tall minaret with a crescent moon on top and several domes.

- Important introduction
- Clearing the mind
- Allowed to break salah!
- Main message of Tawhid
- Some tips

The Mental Preparation

1 *The All-encompasser*

2 *Concept of Khushu*

قَدْ أَفْلَحَ الْمُؤْمِنُونَ
الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ

Certainly, the faithful have attained salvation
those who are humble in their prayers, (23:1-2)



Khushu



‘The voices will be muted before the All-beneficent, and *you* will hear nothing but a murmur.’ (20:108)

“One who desires to know if his prayer has been accepted or not, should observe if it has kept him away from indecency and evil, or not; the measure in which it has kept him away (is the measure of his prayer that) has been accepted.”

Imam Sadiq (a)
al-Ṭabrisī, Majma‘ al-Bayān, vol. 8. p.29

Calming the Mind

- Mind like a troubled bird!
- Steering the imagination
- ‘The Working Mind’:

‘Our results suggest that the sorts of planning that people do quite often in daily life – when they’re on the bus, when they’re cycling to work, when they’re in the shower – are probably supported by working memory... Their brains are trying to allocate resources to the most pressing Problems’

The bottom line is that working memory is a resource and it’s all about how you use it. If your priority is to keep attention on task, you can use working memory to do that, too.’

D. Levinson, J. Smallwood, R. Davidson.
The Persistence of Thought: Evidence for a Role of Working Memory in the Maintenance of Task-Unrelated Thinking, *Psychol Sci.* vol. 23, p. 375–380. 2012.



Some tips



- 1- *The Greatness of Allah*
- 2- *Knowing ourselves*
- 3- *Less sins and more self-control*
- 4- *Humility*
- 5- *Self-accountability*
- 6- *Reduce attachment to Things*
- 7- *Day of Qiyama*



The Niyya (intention)

- The key place in Islam
 - Must reflect in our lives
 - The hidden polytheism
- Some signs of Ikhlas:
1. Not seek recognition
 2. Look at deed, not title
 3. No remorse after dunya
 4. Imam Ali's words!




Imam Sadiq (a) recommends this:

When you face the qibla, forget the world and all worldly affairs and [forget] people and their condition and see the greatness of God through your internal reality.

Remember the day when you stand before Him, when every soul will examine what it has sent in advance and they will be returned to God, their real Master. So stand up [for prayer] while you are in the state of fearing and hope.

When you say, "God is Most Great," belittle whatever is between high heavens and the earth, except for His Majesty. Indeed, when a servant says takbirat al-ihram while his heart is far away from the reality of the takbir, God will tell him, "O liar! Are you deceiving Me? By My dignity and glory, I will deprive you of tasting the sweetness of My remembrance and I will not let you get close to Me and I will deprive you of the happiness of conversing with Me." Know that He is not in need of your service. He does not need your worship or prayer; rather He invited you [to say prayers] by His grace in order to have mercy on you and keep you far from His punishment and open the gate of His blessings to you and guide you toward the path of His pleasure and open for you the gate of His forgiveness.

 *'If God had created many times more of what He has created now, it would be equal to Him whether all of them denied Him or testified to His unity. Therefore, He commanded the creatures to worship Him in order to manifest His generosity and power. Thus, try to feel modest and weak [before Him] and go under the protection of God's sovereignty in order for you to gain lots of benefits from His Lordship while you ask His help and seek His assistance.'*

(Bihar Al-Anwar, 81:230-1)

Dua before Takbeer

وجهت وجهي للذي فطر السماوات والأرض حنيفا وما أنا من المشركين إن
صلاتي ونسكي ومحياي ومماتي لله رب العالمين لا شريك له وبذلك أمرت وأنا
أول المسلمين

Indeed I have turned my face towards Him who originated the heavens and the earth, as a hanif and a Muslim, and I am not one of the polytheists. Indeed my prayer and my worship, my life and my death are for the sake of God, the Lord of all the worlds. He has no partner, and this [creed] I have been commanded [to follow] and I am the first of those who submit [to God].

The Takbeer



- **The Wrong Translation**
- **From Takbeer to Takbeer!**
- **وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا**
لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

And take recourse in patience and prayer,
and it is indeed hard except for the humble.
(2:45)

- **Expel all thoughts**
- **Part of 5 Arkan salah (only dibr)**
- **Must not lie at outset of prayer!**

