

Essentials of Prayer

• Place of prayer, body, and clothes should be clean • Clothes are loose and modest. Traditionally men and women cover their heads during prayer • Face the direction of Mecca • While praying generally focus your gaze on the ground where forehead touches the ground • Stand in reverence, and put the world behind you

Ablution (Luminous Purification)

Before the prayers, using clean water in your hands, wash over the following areas three times: Tops of the hands [right hand first] • Face (also rinse mouth and nostrils) • Forearms [right arm first] • Top of the head, back of the head, and neck • Feet [right foot first] to the ankles

Al-Fatihah

Bismillah ir-Rahman ir-Rahim

Alhamdu lillahhi rabbil-'alamin

Ar-Rahman ir-Rahim

Maliki yaum id-din

Iyyaka na'abudu wa iyyaka nasta'in

Ihdina as-sirat al-mustaqim

Sirat al-hadithina an'amta 'alainam

Ghair il-maghdubi 'alainam

wa lad-dalilin

At-Tauhid

Bismillah ir-Rahman ir-Rahim

Qul huwa

Allahu ahad

Allahu us-Samad

Lam yalid wa lam yulad

wa lam yakun lahu kufu'an ahad

Opening the Heart

We begin in the Name of God,
Everlasting Mercy, Infinite Compassion.

Praise be to God, Loving Lord of all the worlds.

Everlasting Mercy, Infinite Compassion.

Eternal Strength of every living being,
Whose Majestic Power embraces us
on the day of the great return.

Only You do we adore,
and to You alone do we cry for help.

Guide us, O God, on the path of Perfect Harmony,
the path of those whom You have blessed
with the gifts of Peace, Joy, Serenity, and Delight,
the path of those who are not brought down by anger,
the path of those who are not lost along the way.
Amin. So be it.

Perfect One

We begin in the Greatest Name of God,
Tremendous Love, Overwhelming Tenderness

Say that the secret of secrets is this:

God is One, The One and Only One.

God is the Infinite Presence and Eternal Refuge
in Whom all things finally return.

God has no beginning, and never was begun,
and beside Him, there is no one of all.

Arabic Transliteration

English

To Begin:



"Allahu Akbar"

God is most Great

1



Al-Fatihah
Al-Tauhid

Opening the Heart
Perfect One

2



"Subhana-llah
Subhana-llah
Subhana-llah"

Glory be to God
Glory be to God
Glory be to God

3



"Sami' Allahu
liman hamidah"

God listens to those
who praise Him

4



"Subhana-llah
Subhana-llah
Subhana-llah"

Glory be to God
Glory be to God
Glory be to God

5



"Allahu Akbar"

God is most Great

6



"Subhana-llah
Subhana-llah
Subhana-llah"

Glory be to God
Glory be to God
Glory be to God

7



"Allahu Akbar"

God is most Great

To End:

"Ashhadu
al-ha ilaha ila-llah
Wa ashhadu
anna Muhammad
ar-rasulu-llah"

I affirm that
there is no God but God
And I affirm that
Muhammad is
the Messenger of God

"As-salamu alaikum
wa rahmatu-llah"

Peace and Blessings
of God be upon you

"As-salamu alaikum
wa rahmatu-llah"

Peace and Blessings
of God be upon you

Do the prayer sequence:

at **Dawn** [2 times]; **Noon** [4 times]; **Afternoon** [4 times]; **Sunset** [3 times]; **Evening** [4 times]