

## **TAKBEERAT**

### **Posture 1**

#### **Instructions:**

**Bring hands, palms open, up to ears,  
and place thumbs behind earlobes, and say**

**اللَّهُ أَكْبَرُ**

**Allah-o-Akbar**

**Allah is the Greatest**



## AL-QAYYAM

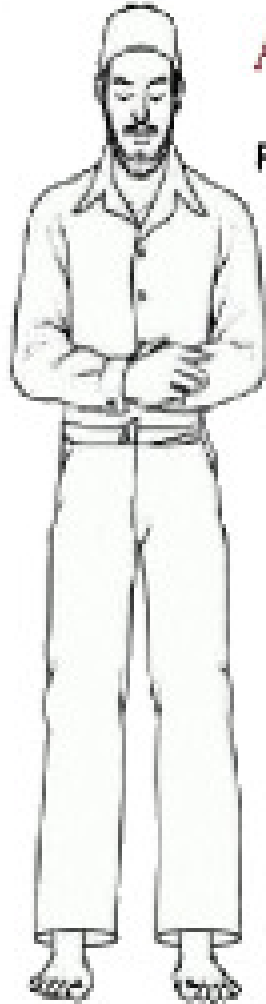
### Posture 2

Recitation:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ  
وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ  
وَلَا إِلَهَ غَيْرُكَ

SUBHÁNA-KALLÁH-HUM-MA WA BI-HAMDIKA,  
WATABÁRAKAS-MUKA WATA'ÁLÁ JADDUKA,  
WA-LÁ ILÁHA GHÁIRUK

O Allah, Glorified, praise-worthy,  
and blessed is Thy Name and exalted Thy Majesty,  
and there is no deity worthy of worship except thee.



## AL-QAYYAM

Recitation:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJÍM

I seek refuge in Allah for the rejected Satan

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILÁHIR RAHMÁNIR RAHÍM

In the Name of Allah, the Beneficent, the Merciful

After this recite the opening Surah, Al-Fátihah:

Recitation:

ALHAMDU LIL-LÁHI RAB-BIL 'ÁLAMÍN  
Praise be to Allah, Lord of the worlds

AR-RAHMÁ-NIR RAHÍM  
The Beneficent, the Merciful

MÁLIKÍ YAU-MID-DÍN  
Master of the Day of Judgement

IYYÁ-KA N'ABUDU WA-IYYÁKA NASTA'ÍN  
Thee alone we worship and to thee alone we turn for help

IHDI-NAS-SIRÁ-TAL MUSTAQÍM  
Guide us in the straight path

SIRÁ TAL-LADHÍNA AN-'AMTA 'ALÁHIM  
The path of those whom You favored

GHAIR-IL MAGHDUBÍ 'ALÁHIM  
and who did not deserve Thy anger.

WALAD-DÁL-LIN (AMIN)  
Or went astray.

Recite any other surah now

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿١﴾

الرَّحْمَنِ الرَّحِيمِ ﴿٢﴾

مَلِكِ يَوْمِ الدِّينِ ﴿٣﴾

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٤﴾

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٥﴾

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ﴿٦﴾

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ

وَالضَّالِّينَ ﴿٧﴾ آمين

Recitation:

Recite this Surah or Any other Surah

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝

لَمْ يَلِدْ ۝ وَلَمْ يُولَدْ ۝

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۝

QUL HOWALLAHU AHAD. ALLAAHIUS-SAMAD

Say: He is God, The One and The Only. God, the Eternal, Absolute;

LAM YALID; WA LAM YOOLAD

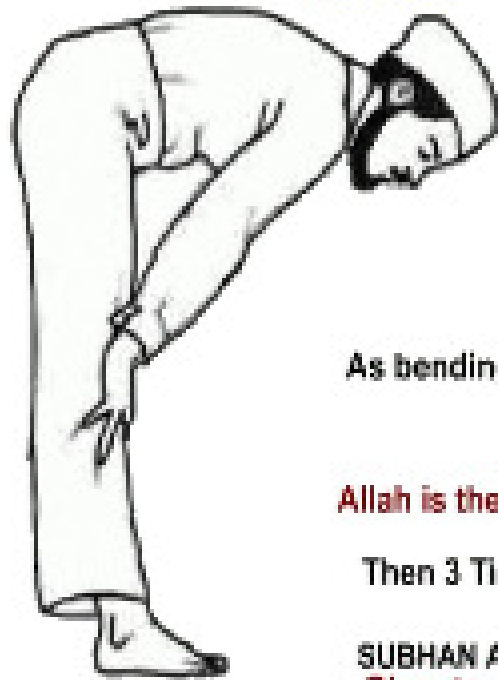
He begetteth not, Nor is He begotten;

WA LAM YAKULLAHOO KUFUWAN AHAD

And there is none Like unto Him.

## RUKU

### Posture 3



#### Instructions:

Bend down at waist, placing palms of hands with fingers spread over knees. Back is parallel to ground, such that if a glass of water were on the back, it would not spill. Eyes locking down, directly ahead.

As bending at the waist, recite

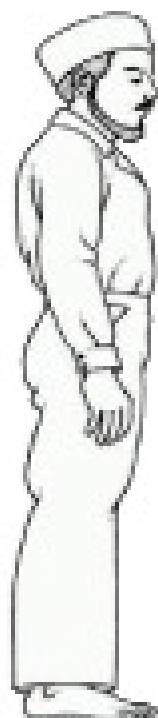
Allah is the Greatest

اللَّهُ أَكْبَرُ

Then 3 Times

سُبْحَانَ رَبِّيَ الْعَظِيمِ

SUBHAN A RABBIYAL AZEEM  
Glory to my Lord, the reatest



## QAYYAM

### Posture 4

#### Instructions:

While rising from the bending position of Ruku', recite

SAMI 'ALLÁHU LIMAN HAMIDAH سَمِعَ اللهُ لِمَنْ حَمِدَهُ  
Allah has heard all who praise Him

RAB-BANÁ LAKAL HAMD  
Our Lord: Praise be to Thee

رَبَّنَا لَكَ الْحَمْدُ

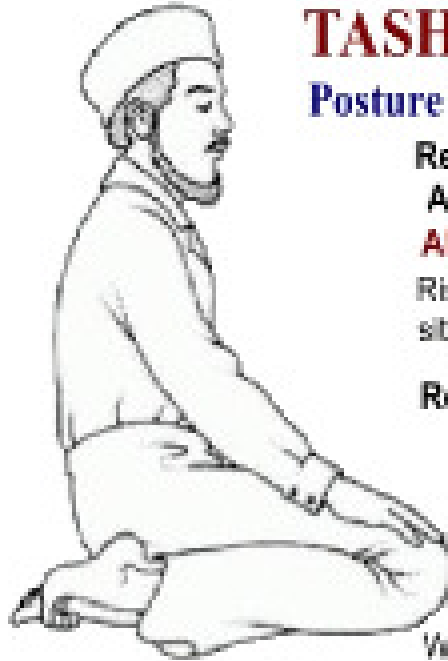
Then return to standing position, arms at side

#### Recitation

ALLÁH AKBAR  
Allah is the greatest

اللَّهُ أَكْبَرُ

and move to next position



## TASHAHHUD

### Posture 6

Reciting  
ALLÁH AKBAR

**Allah is the greatest**

Rise from the SAJDAH position, and assume the sitting posture shown to the left.

Recitation

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاهْدِنِي  
وَعَاقِبَتِي وَارْزُقْنِي وَاجْبُرْنِي وَارْزُقْنِي

ALLAAHUM MAGH-FIRLEE WARHAM-NEE WAHDI-NEE  
WA 'AFI-NEE WARFANEE WAJ-BUR-NEE WAR-ZUQ-NEE

Then recite

ALLÁH AKBAR

**Allah is the greatest**

*And then assume SAJDAH position once more*

اللَّهُ أَكْبَرُ

اللَّهُ أَكْبَرُ