

UNDERSTANDING THE SALAAT

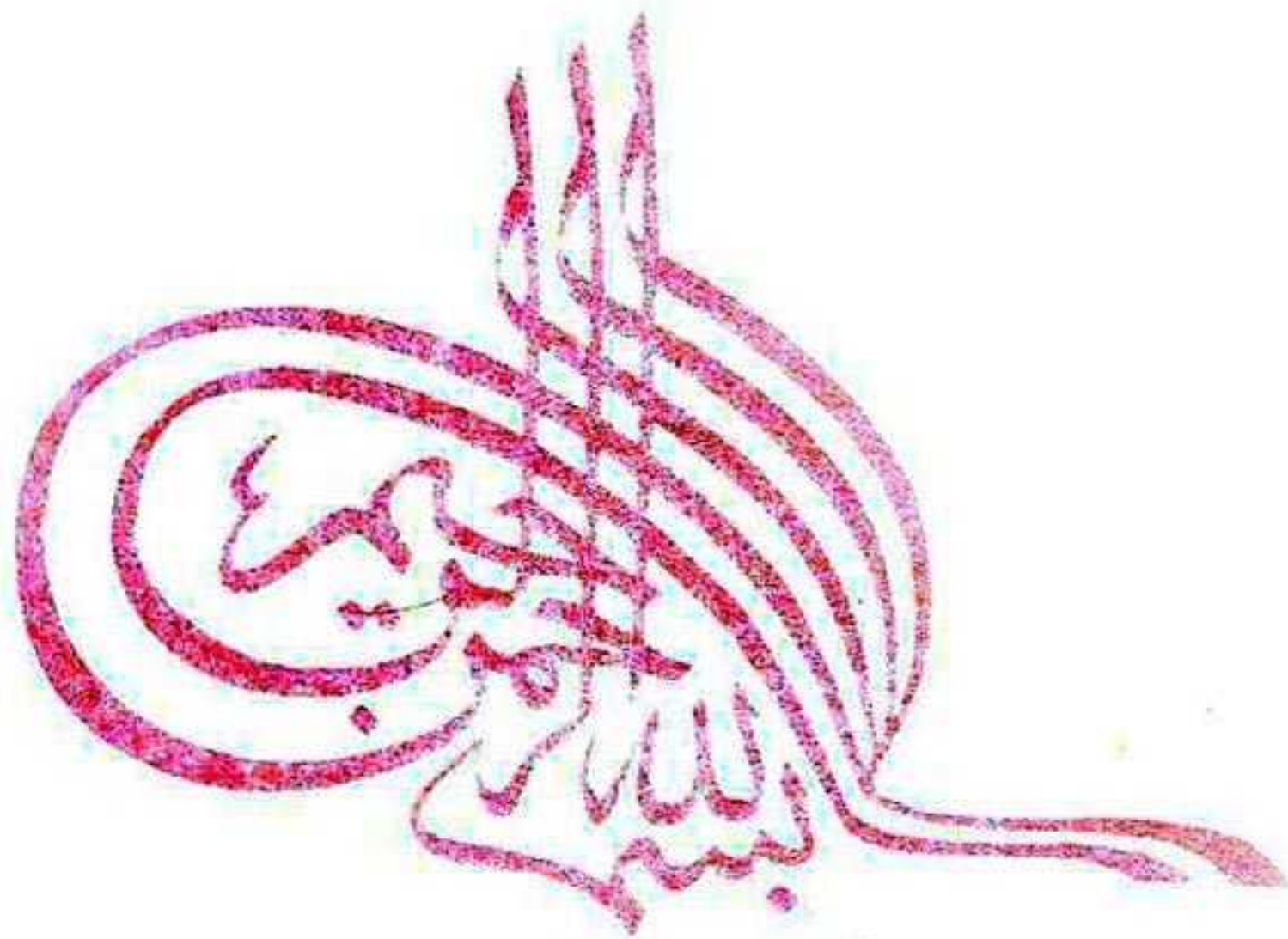
**First Step Towards Concentrating
in Salaat**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ .
أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ (الرعد ٢٨)

“Those who believe and whose hearts find peace (tranquility) in the remembrance of Allah. Verily in the remembrance of Allah do heart find peace. (Al-Raad,28)

How to Increase Concentration in Daily Prayers?

It is a question frequently asked by most Muslim brothers and sisters regarding the method of gaining concentration in Salat. It is a fact that the non Arab and non Arabic speaking Muslims have difficulties in knowing the language. Thus while we

offer our prayers our tongue is running but our brain is not following the meanings of the words of the prayers we habitually use. This booklet attempts to bring to our attention the point that there are only **135 Arabic words** in a unit of prayer and only **42** sentences some of which are repetitions. It is not a difficult task for us to know these words if we give importance to our daily prayers. We can memorize them and while we offer our prayer we can concentrate while remembering Allah. Hopefully this booklet will help our brothers and sisters in gaining the help needed to be a practical Muslim.

"ALLAHU AKBAR" is repeated **15** times in a Two Rak'at prayer and in four Rak'at prayer it is repeated **25** times. Thus there are many other words and sentences we repeat in the prayers the purpose of which is to take our conscious towards the Creator, our Lord, Provider of sustenance

our Allah. And not offering the daily prayers means forgetting ourselves.

وَلَا تَكُونُوا كَالَّذِينَ نَسُوا اللَّهَ فَأَنسَاهُمْ أَنفُسَهُمْ أُولَٰئِكَ هُمُ
الْفَاسِقُونَ (الحشر ١٩)

"Do not be like those who have forgotten Allah: so he lets forget their own souls, such people are transgressor." (Al-Hashar, 19)

There are many who have forgotten themselves they are lost and they do not have anything to offer to the world. A muslim is the one who constantly remembers his Lord and begs to be a proper human being who can share with others, who can contribute to the world with his knowledge, his wealth or with his abilities. Prayers are not only a reminder of the Lord but it also awakens the conscious and helps us to be sensitive towards others needs.

With prayer we can eliminate crimes from the society; the one who offers the prayer remembers his Lord by saying: "**Master of the day of Judgment**". This makes him careful of his duties towards the Lord and towards other fellow human beings. Such a person awakens his Conscious; he is sensitive about others and never commits crimes against humanity.

If you are serious in increasing concentration in prayer you must do the following before prayers.

1. You must know what you are reading in the prayer; thus memorize the Arabic words.
2. Before the prayers, know what the conditions of wudu and prayer are.
3. Ask yourself, and your conscious to be present at the prayer; ask why I am offering the prayer?

To whom am I offering it?
If I approach an officer how careful am I in my words and behavior and if I am going to my Lord, the Supreme Being, how careful should I be of my appearance, my method of offering prayer, my tune and my wordings.

4. Once you start the prayer try to focus on the meaning.
5. If anyone wants to increase the concentration and wants to go one step further he should try to read the related books.

(Read the second booklet in this series. Insha Allah it will be published very soon).

(Syed Muhammed Zaki Baqri)

14	يصلون	YUSALLUNA	Saying blessings
15	على	ALLA	on
16	النبي	AL-NABI	The Prophet
17	يا	YAA	O
18	ايها	AYYUHA	you
19	الذين	ALLADHINA	who
20	آمنوا	AAMANU	Believe
21	صلوا	SALLAU	Call for blessings
22	عليه	ALAYHI	on him
23	سلموا	SALLIMU	salutation (peace)
24	تسليما	TASLEEMAA	(Becoming) Salutation

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

ALLAHUMMA SALLAY 'ALAA
MUHAMMADIN AALI MUHAMMAD
Allah bless Mohammed(s) and his offspring

25	اللهم	ALLAHUMMA	O, Allah
26	صل	SALLAY	Bless
27	على	ALAA	Upon
28	محمد	MUHAMMAD	Mohammed(s)
29	آل	AALEY	Descendants

اللَّهُ أَكْبَرُ

ALLAHU AKBAR
Allah is greatest

30	أكبر	AKBAR	Greatest
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أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

ASH HADU AN LA ILAHA ALLAH

I bear witness that there is no god but Allah

31 أَشْهَدُ **ASH-HAUDU** I bear witness

32 أَنْ **ANN** that

33 لَا **LAA** No

34 إِلَهَ **ILAAHA** god

35 إِلَّا **ILLA** But

أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ

ASH-HADU ANNA MUHAMMADAR
RASOOLULLHA

I bear witness that Muhammed(s) is the Messenger
of Allah

36 مُحَمَّدٌ **MOHAMMADS** Praised one
(s)

37 الرُّسُولُ **AL-RASOOL** The Messenger

أَشْهَدُ أَنَّ عَلِيًّا وَلِيُّ اللَّهِ

ASH-HADU ANNA ALIYAN WALIYULLAH
I bear witness that Ali is the deputy of Allah

38 عَلِيٌّ **ALIYUN** Ali (a) (high)

39 وَلِيٌّ **WALIUY** Deputy

حَيَّ عَلَى الصَّلَاةِ

HIYYA ALAS SALAT
Rush towards the prayer

40 حَيٌّ **HIYYA** Come
(towards)

41 الصَّلَاةُ **ASSALAT** Prayer

حَتَّى عَلَى الْفَلَاحِ

HIYYA ALAL FALAAH
Rush towards prosperity

42 الفلاح **ALFALAAH** Prosperity

حَتَّى عَلَى خَيْرِ الْعَمَلِ

HIYYA ALA KHIRIL AMAL
Rush towards the good deeds

43 خير **KHAYR** Best

44 العمل **AL'AMAL** Deed (action)

قَدْ قَامَتِ الصَّلَاةُ

QAD QAAMAMATIS SALAT
Indeed prayer has been established

45 اقامة **IQAMAH** Declaration
of prayers
establishment

46 قد **QAD** Indeed

سورة الفاتحة

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. الرَّحْمَنِ. الرَّحِيمِ

مَلِكِ يَوْمِ الدِّينِ. إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ. صِرَاطَ الَّذِينَ أَنْعَمْتَ

عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILLAH HIR RAHMA NIRRAHIM
In the name of Allah the Beneficent, the Merciful

14

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

AL-HAMDU LILLAHI RABBIL
'AALAMEEN

All praise is due to Allah the Lord of the worlds.

48 الحمد **ALHAMDU** All praise

49 رب **RABB** Guardian

50 العالمين **AL ALAMEEN** Worlds

15

الرَّحْمَنُ الرَّحِيمُ

AL-RAHMA NIRRAHIM
The Beneficent, the Merciful

16

مَلِكُ يَوْمِ الدِّينِ

MAALIKE YUMID DEEN
Master of the Day of Judgement

51 مال **MAALIKE** Master

52 يوم **YAUM** Day

إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ

IYYAKA NA'BUDU WA IYYAKA
NASTA'EEN

We only worship you and we seek help
only form You

53 إياك **IYYAKA** To you

54 نعبد **NA'BUDU** We worship

55 نستعين **NASTAEEN** We seek

إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ

IHDINA SIRATAL MUSTAQEEM
Guide us towards the right path

56 اهدنا **IHDINA** Guide us

57 الصراط **AL-SSIRAT** The path

17

18

58 **المستقيم AL-MUSTAQEEM** Strait

19

صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

SIRATAL LADHINA AN'AMTA ALAYHIM
GHARIL MAGHDUBI 'ALAIHIM WALAD
DAALLEEN

Path of those upon whom You bestowed favours,
not the path of those upon whom wrath fallen nor
those who have gone astray

- 59 **انعمت AN'AMTA** You bestowed
60 **عليهم 'ALAHIM** Upon them
61 **غير GHAIR** Not of those
62 **المغضوب AL-MAGHDUBI** Wrathful ones

63 **الضالين AL-DAALEEN** Who have gone astray

20

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILLAH HIR RAHMA NIRRAHIM
In the name of Allah the Beneficent, the Merciful

وَالْعَصْرِ. إِنَّ الْإِنْسَانَ لِفِي خُسْرٍ

21

WALASRI ANNAL INSAANA LAFI KHUSR
By the time, indeed human being is in loss

- 64 **والعصر WAL ASR** I Swear by the time
65 **الانسان AL-INSAAAN** Human being
66 **لفي LAFI** Indeed in
67 **خسر KHUSR** In loss

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ وَتَوَاصَوْا بِالْحَقِّ
وَتَوَاصَوْا بِالصَّبْرِ

ILLAL LADHINA AAMANU WA AMELUS
SAALIHAI WA TAWASAU BIL HAQQI WA
TAWASAU BIS SABR

Not those believe and do good deeds; enjoin
each in truth and enjoin each other in
perseverance

68	عملوا	AMELU	They did
69	الصالحات	AS-SALI HAATI	Good Deeds
70	تواصوا	TABASAU	Enjoin
71	بالحق	BIL-HAQQI	In truth
72	بالصبر	BIS-SABRI	With perse- verance

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILLAH HIR RAHMA NIRRAHIM
In the name of Allah the Beneficent, the Merciful

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ

INNAA ANZALNAHU FI LAILATIL QADR
Indeed we revealed it on the Grand Night

73	انا	INNA	Indeed we
74	انزلناه	ANZALNAHU	We revealed it
75	فى	FI	In
76	ليه	LAILATIL	Night
77	قدر	QADR	Grand

وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ

WA MAA ADRAAKA MA LAILATUL QADR
And what you perceive what Grand Night is?

78	ما	MAA	What (how)
79	ادرآك	ADRAAKA	You perceive

لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ

LAILATUL QADRI KHAIRUM MIN
ALFI SHAHR

Grand Night is better than One Thousand months

80	الف	ALFI	Thousand
81	شهر	SHAHR	Months

تَنْزَلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِمْ مِنْ كُلِّ أَمْرٍ

TANAZZALUL MALAAIKATU WAR ROOH
FIHA BI IDHNI RABBIHIM MIN KULLI AMRIN

On (the Grand Night) angels and spirit descend
with all command (of Allah)

82	تنزل	TANAZZAL	Descend
83	روح	RUHU	Spirit (soul)
84	فيها	FEEHA	In her
85	باذن	BI-IDHNI	With all permission
86	ربهم	RABBIHIM	Their Lord
87	كل	KULLI	Total (all)
88	امر	AMR	Command

سَلَامٌ هِيَ حَتَّى مَطْلَعِ الْفَجْرِ

SALAAMUN HIYA HATTA MATLA'IL FAJR
Peace! (is on such a day) they remain (on earth)
till the daybreak

89	سلام	SALAAMUN	Peace
90	هي	HIYA	This Night
91	حتى	HATTA	Till
92	مطلع	MATL'A	Daybreak
93	الفجر	AL-FAJR	The daybreak

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

BISMILLAH HIR RAHMA NIRRAHIM
In the name of Allah the Beneficent, the Merciful

قُلْ هُوَ اللَّهُ أَحَدٌ. اللَّهُ الصَّمَدُ

QUL HUWALLAHU AHAD ALLAHUS SAMAD
Say: Allah is Unique. Allah is free from needs.

94	قل	QUL	Say
95	هو	HUWA	He
96	احد	AHAD	One
97	الصمد	AS-SAMAD	Sourc (independent)

لَمْ يَلِدْ وَلَمْ يُولَدْ

LAM YALID WA LAM YULAD
He is not begotten nor beget

98	لم يلد	LAM YALID	He begets not (He is not a father)
99	ولم يولد	WA LAM YULAD	He is not begotten (He is not a son)

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

WA LAM YAKUN LAHU KAFUAN AHAD

And non like Him

- 100 لم يكن **LAM YAKUN** Never will be
 101 له **LAHU** For Him
 102 كفوا **KAFUAN** Equal
 103 احد **AHAD** One (non)

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَبِحَمْدِهِ

SUBHANA RABBIYAL A'DHEEM WA BIHAMDIHI

Glory be to my Lord, Grand and with His praise

- 104 سبحان **SUBHANA** Glory be to (Allah)
 105 ربي **RABBI** My Lord

- 106 العظيم **ADHEEMI** The great
 107 بحمده **WA BIHAMDIHI** His praise

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ

SAM'I ALLAHU LIMAN HAMIDAHU

Allah hears the one who praises Him

- 108 سمع **SAMI'A** He hears
 109 لمن **LIMAN** For one
 110 حمده **HAMIDAHU** His praise

سُبْحَانَ رَبِّيَ الْأَعْلَى وَبِحَمْدِهِ

SUBHANA RABBIYAL A'LLA WA BIHAMDIHI

Glory be to my Lord, Exalted and with His tribute

- 111 اعلى **ALAA** The High

أَسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ

ASTAGHFIRULLAHA RABBI WA ATUBU ILAYHI
I seek forgiveness from my Lord and return back to Him

- 112 **استغفر** **ASTAGHFIRU** I seek
reperntance
- 113 **اتوب** **ATUBU** I shall return
- 114 **إليه** **ILAYHI** Towards Him

بِحَوْلِ اللَّهِ وَقُوَّتِهِ أَقُومُ وَأَقْعُدُ

BIHAWLILLAH WA QUWATEHI AQUM
WA AQ'UD
With the help and power of Allah I stand and sit

- 115 **بحول** **BIHAWLI** In His control
- 116 **قوته** **QUWWATEYHI** With His Power
- 117 **اقوم** **AQOMU** I stand
- 118 **اقعد** **AQ'UD** I sit

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ رَبِّي أَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا

RABBANAGHFIRL LANA WALI WALIDAYYA
WA LIL MO'MINEENA YAUMA YAQOMAL
HISAAB RABBIRHAMHUMA KAMA
RABBAYANI SGHIRA

O, our Lord forgive me, my parents and the believers
on the Day of Reckoning, my Lord forgive both of
them (my parents) as they have taken care of me
(and forgave me while I was a child)

- 119 **ربنا** **RABBANA** Our Lord
- 120 **اعفرلي** **IGHFIRLI** Forgive me
- 121 **لوالدي** **WALAYDAIYA** My parents
- 122 **للمؤمنين** **LIL MOMENEENA** For the believers
- 123 **يوم** **YAUMA** The day
- 124 **يقوم** **YAQUMU** Will Stand
- 125 **الحساب** **AL-HISAAB** The Reckoning
(accounts)

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ
أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

ASH-HAHADU AN LA ILAHA ILLALLAHA
WAHDAHU LA SHARIKA LAHU WA
ASH-HADU ANNA MOHAMMADAN
ABDUHU WA RASULOHU ALLAHUMMA
SALLAY 'ALA MOHAMMADIN
WA AALI MOHAMMAD

I bear witness that there is no god but Allah and
Mohammed is His servant and His messenger.
O' Allah bless Mohammed and His progeny.

- 126 **WAHDAHU** وحده The one
- 127 **SHAREEKA** شريك Partner
- 128 **'ABDUHU** عبده His servaint
- 129 **RASOOLUHU** رسوله His messenger

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

ASSALAMU ALAIKA AYUHANNABIYU
WA RAHMATULLAHI WA BARAKATUHU
Salutations to you O. Prophet and blessings of
Allah upon you

- 130 **AL-SALAAMU** السلام Salutations
- 131 **'ALAIKA** عليك Upon you
- 132 **BARAKATUHU** بركاته Blessings

السَّلَامُ عَلَيْنَا وَ عَلَى عِبَادِ اللَّهِ الصَّالِحِينَ

ASSALAMU 'ALAINA WA ALA
'ABADILLAHIS SALEYHEEN
Salutation upon us and upon the pious
servants of Allah

- 133 **'ALAINA** علينا Upon us

134 عباد 'IBADI

Servants

135 الصالحين AL-SAALIHEEN The virtuous

42

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ.

ASSALAMU 'ALAIKUM WA
RAHMATULLAHI WA BARARKATUH

Salutations to you all and blessings and
mercy of Allah