

The Salat Prayer Ritual



1. Niyyat

Stand with respect and attention.

Put the world behind you.

Bring your hands to your ears.

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2. Qiyam

Place your right hand over your left and look at the ground in front of you.
Say the opening supplication.

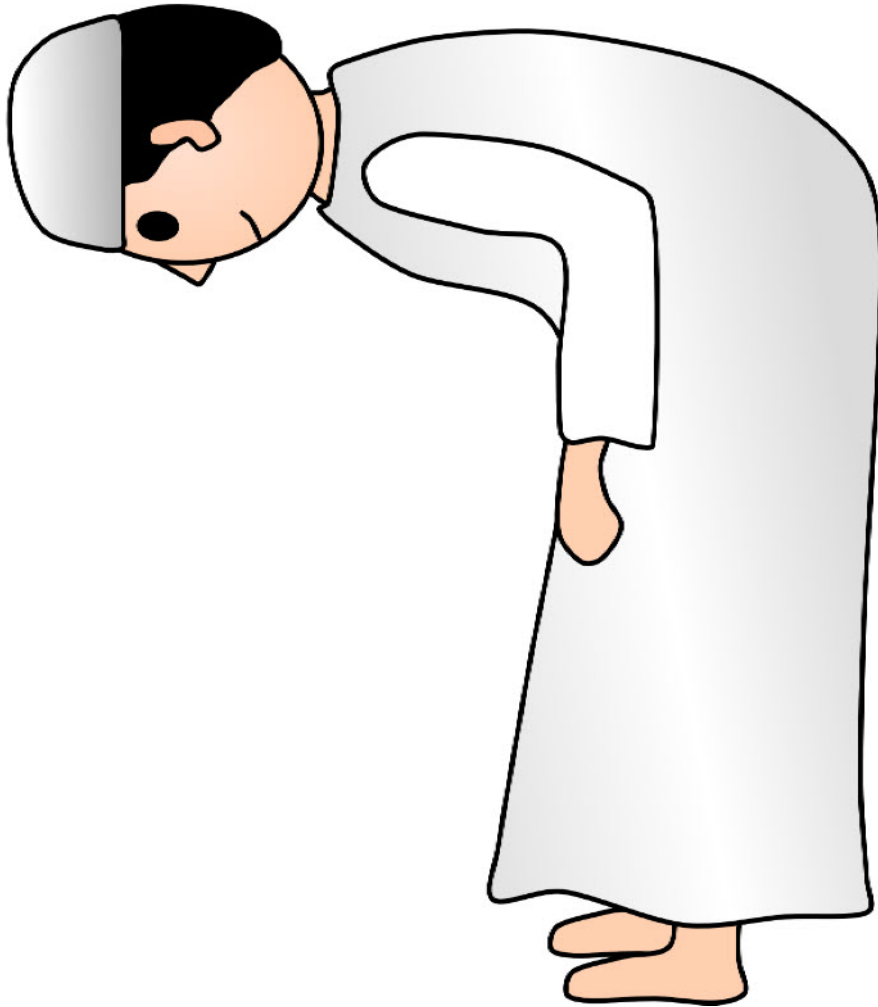
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3. Fatiha

Say the Fatiha from the Qur'an.

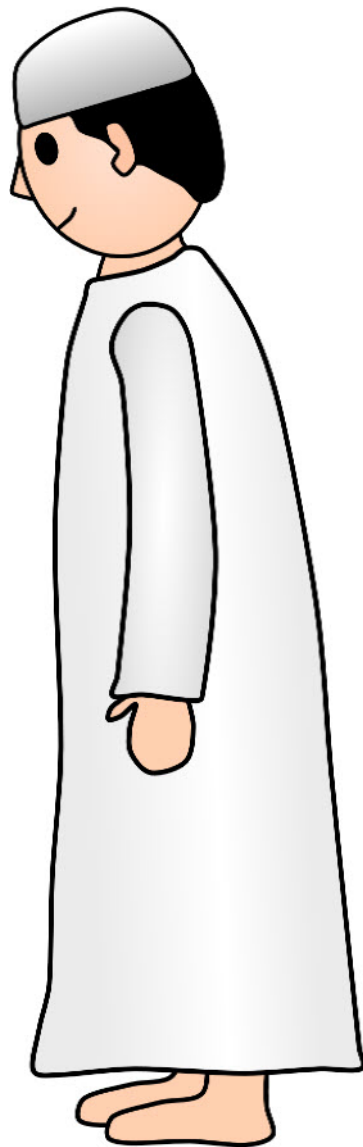
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4. Ruk'u

Drop your hands to your sides and bend to the ground with hands on your knees. Look at your feet. Say the prayer words.

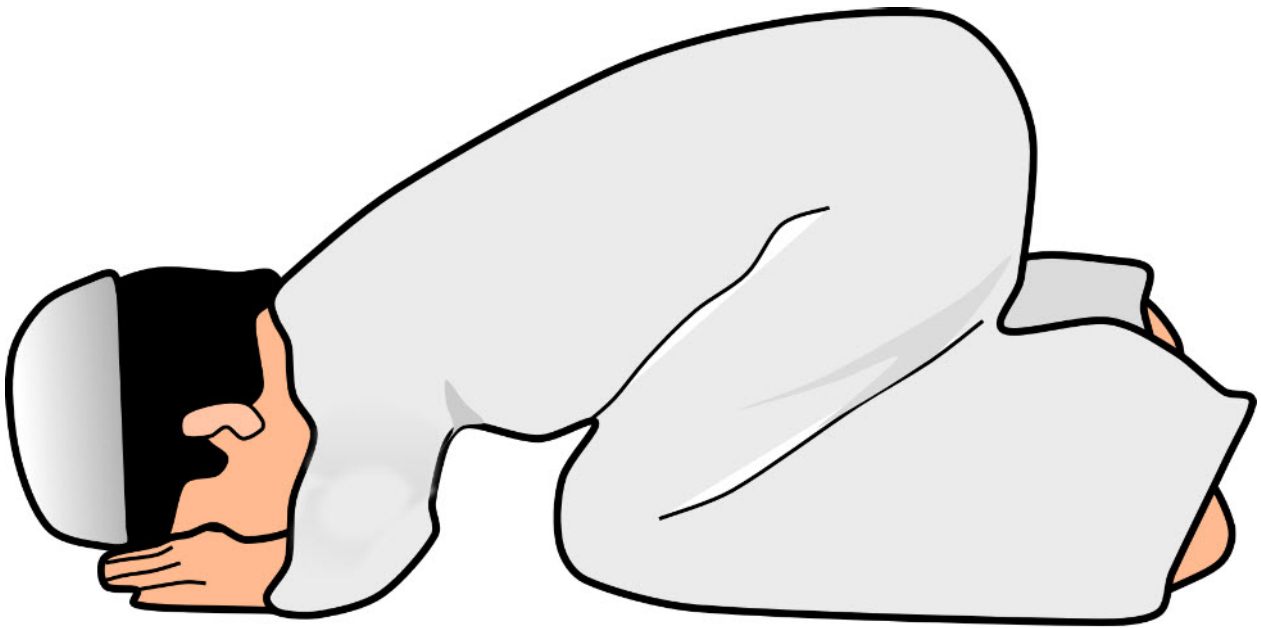
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5. Qauma

Stand with your arms at your side.
Say the prayer words.

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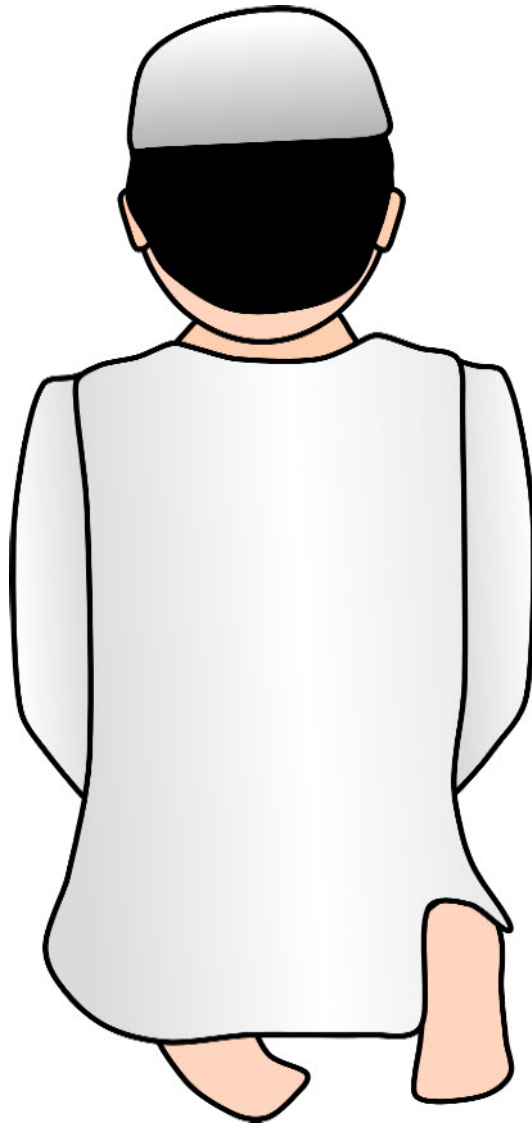


6. Sujud

Kneel with face and hands
to the ground.

Say the prayer words.

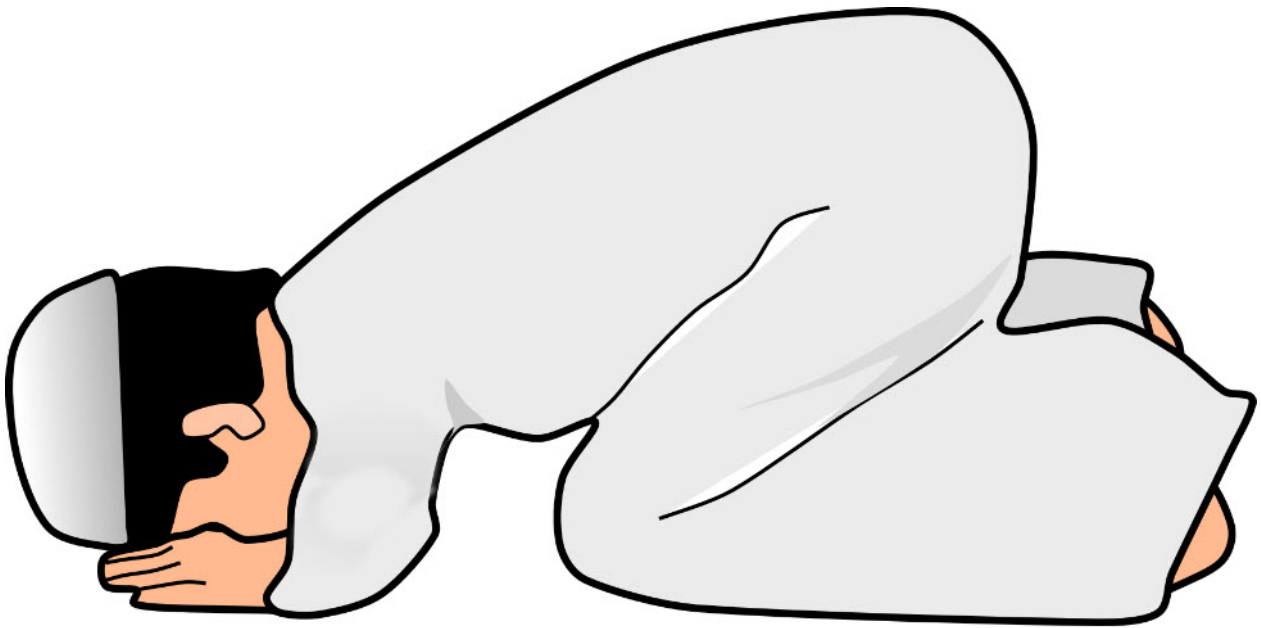
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7. Qu'ud

Kneel up and look at your lap.
Say the prayer words.

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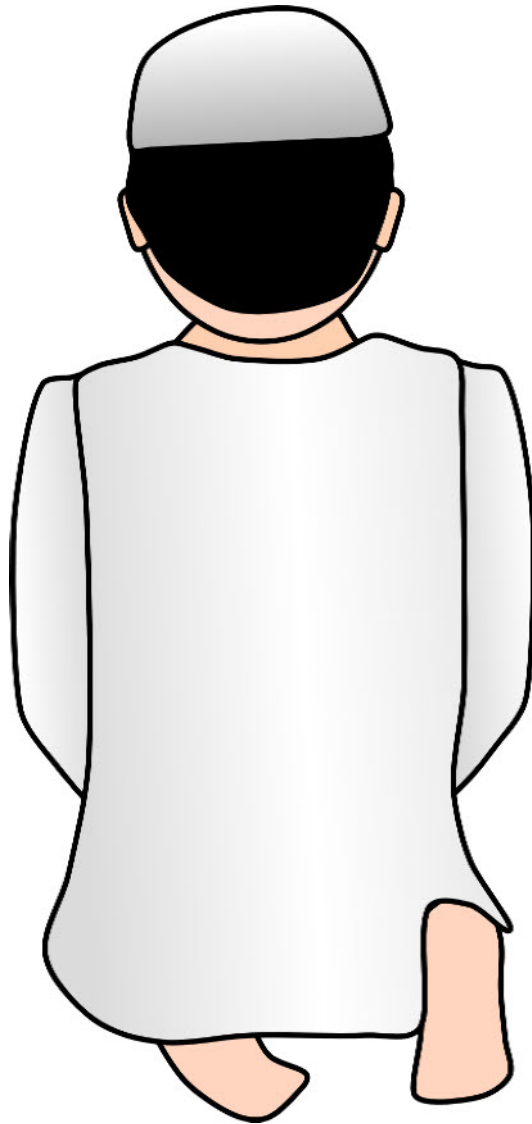


8. Sujud

Kneel again, with face and hands
to the ground.

Say the prayer words.

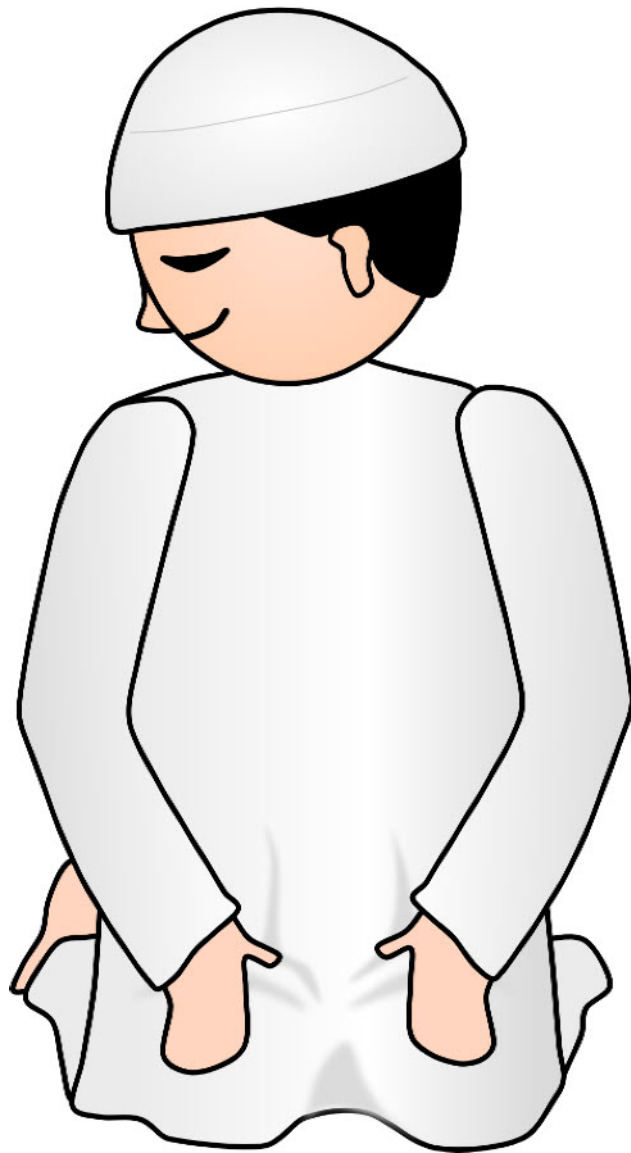
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9. Qu'ud

Kneel up and look at your lap.
Pause.

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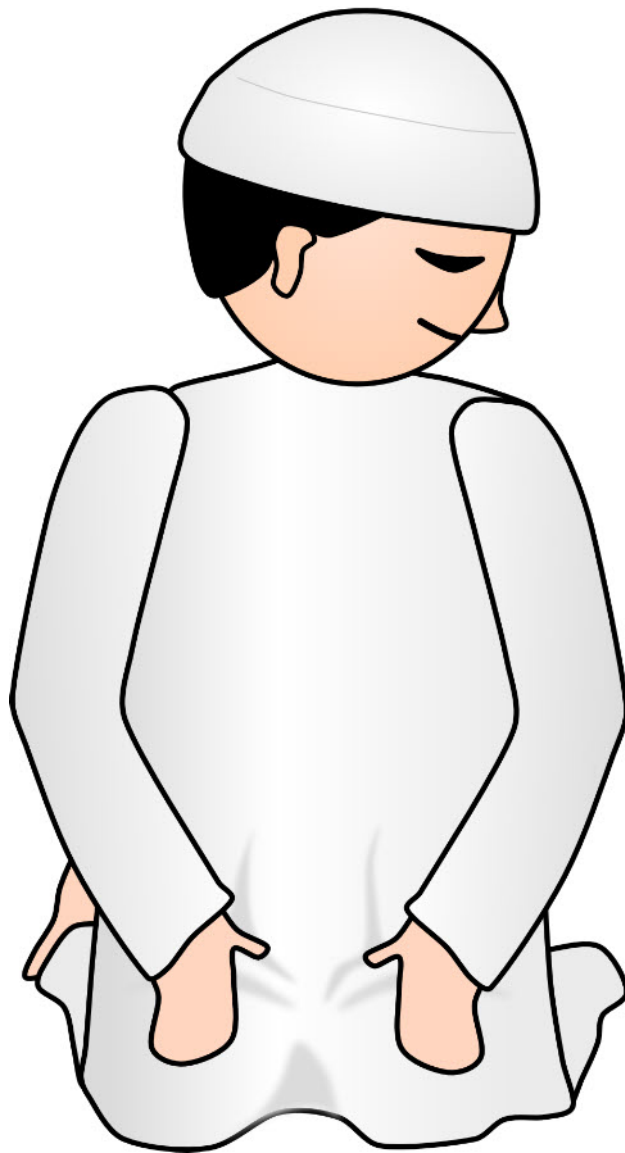


10. Complete

Say the Salawat.

Then look over your right shoulder to the angel recording your good deeds.

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Then look over your left shoulder to the angel recording your bad deeds.

Say your personal prayers.