

Physical Aspects of Salah: A Comprehensive Guide to the Islamic Prayer



Physical Aspects of Salah by Javed Ahmad

★★★★☆ 4.6 out of 5

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Salah is one of the most important pillars of Islam. It is a physical, mental, and spiritual act of worship that connects Muslims with Allah. Salah is performed five times a day, at specific times during the day and night. The physical aspects of Salah involve a series of movements and postures that are performed in a specific order. These movements and postures are designed to help Muslims focus their minds and hearts on Allah and to express their submission to Him.

Steps of Salah

The steps of Salah can be divided into two parts: the standing part and the sitting part. The standing part consists of the following steps:

1. Takbiratul Ihram: Raise both hands up to the ears and say "Allahu Akbar."
2. Qiyam: Stand with your feet shoulder-width apart and your hands at your sides.
3. Qira'ah: Recite the opening chapter of the Quran, Surah

al-Fatihah. 4. Ruku': Bow down from the waist, placing your hands on your knees. 5. Sujud: Prostrate on the ground, placing your forehead, nose, and hands on the ground. 6. Julus: Sit back on your heels. 7. Tashahhud: Recite the Tashahhud, which is a declaration of faith and a prayer for peace. 8. Salamu Alaykum: Turn your head to the right and say "As-salamu alaykum wa rahmatullah." 9. Turn your head to the left and say "As-salamu alaykum wa rahmatullah."

The sitting part of Salah consists of the following steps:

1. Tashahhud: Recite the Tashahhud, which is a declaration of faith and a prayer for peace. 2. Salawat: Recite the Salawat, which is a prayer for peace and blessings upon the Prophet Muhammad. 3. Dua': Make a dua, which is a personal prayer or supplication. 4. Salamu Alaykum: Turn your head to the right and say "As-salamu alaykum wa rahmatullah." 5. Turn your head to the left and say "As-salamu alaykum wa rahmatullah."

Positions of Salah

The positions of Salah are as follows:

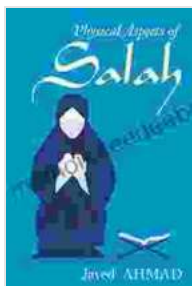
* Standing: The standing position is the starting position for Salah. Muslims stand with their feet shoulder-width apart and their hands at their sides. * Bowing: The bowing position is performed by bending forward from the waist and placing your hands on your knees. * Prostration: The prostration position is performed by lying down on the ground with your forehead, nose, and hands touching the ground. * Sitting: The sitting position is performed by sitting back on your heels.

Movements of Salah

The movements of Salah are as follows:

* Takbir: The takbir is a raising of the hands up to the ears while saying "Allahu Akbar." The takbir is performed at the beginning of Salah and at the beginning of each new part of Salah. * Ruku': The ruku' is a bowing from the waist. The ruku' is performed after reciting the opening chapter of the Quran, Surah al-Fatihah. * Sujud: The sujud is a prostration on the ground. The sujud is performed after the ruku'. * Julus: The julus is a sitting back on your heels. The julus is performed after the sujud. * Tashahhud: The tashahhud is a declaration of faith and a prayer for peace. The tashahhud is performed sitting down. * Salamu Alaykum: The salamu alaykum is a greeting of peace. The salamu alaykum is performed at the end of Salah.

The physical aspects of Salah are a way for Muslims to express their submission to Allah and to connect with Him. The movements and postures of Salah are designed to help Muslims focus their minds and hearts on Allah and to help them achieve a state of peace and tranquility.



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