

# Salah WITH Heart

an interactive workshop  
by Umm Aymun

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

PRESENTED BY BRAVE LEARNERS

## Overview of Day 2

Excerpts from the Salah of the Pious

Meaning & importance of Khushu

Practical tips for attaining Khushu

Inspiration from the community

# Recap of Day 1

## Recap

Importance and different perspectives of Salah

Evaluation of your Salah

What does each element of Salah signify?

Soulful Salah (by Umm Muaz)

# Quick Quiz

<https://forms.gle/GB3XwiVun6wHjHZC8>

# Excerpts from the Salah of the Pious



إِنَّ عَذَابَ رَبِّكَ لَوَاقِعٌ

(طور)

Surely, the torment of your Lord shall occur.

وَإِذَا أُلْقُوا مِنْهَا مَكَانًا ضَيِّقًا مُقَرَّنِينَ دَعَوْا  
هُنَالِكَ ثُبُورًا

And when they are thrown into a narrow place  
therein bound in chains, they will cry out  
thereupon for destruction.



وَتَوَلَّى عَنْهُمْ وَقَالَ يَا أَسْفَىٰ عَلَىٰ يُوسُفَ وَإِیْضًا  
عَيْنَاهُ مِنَ الْحُزَنِ فَهُوَ كَظِيمٌ

(Yusuf)

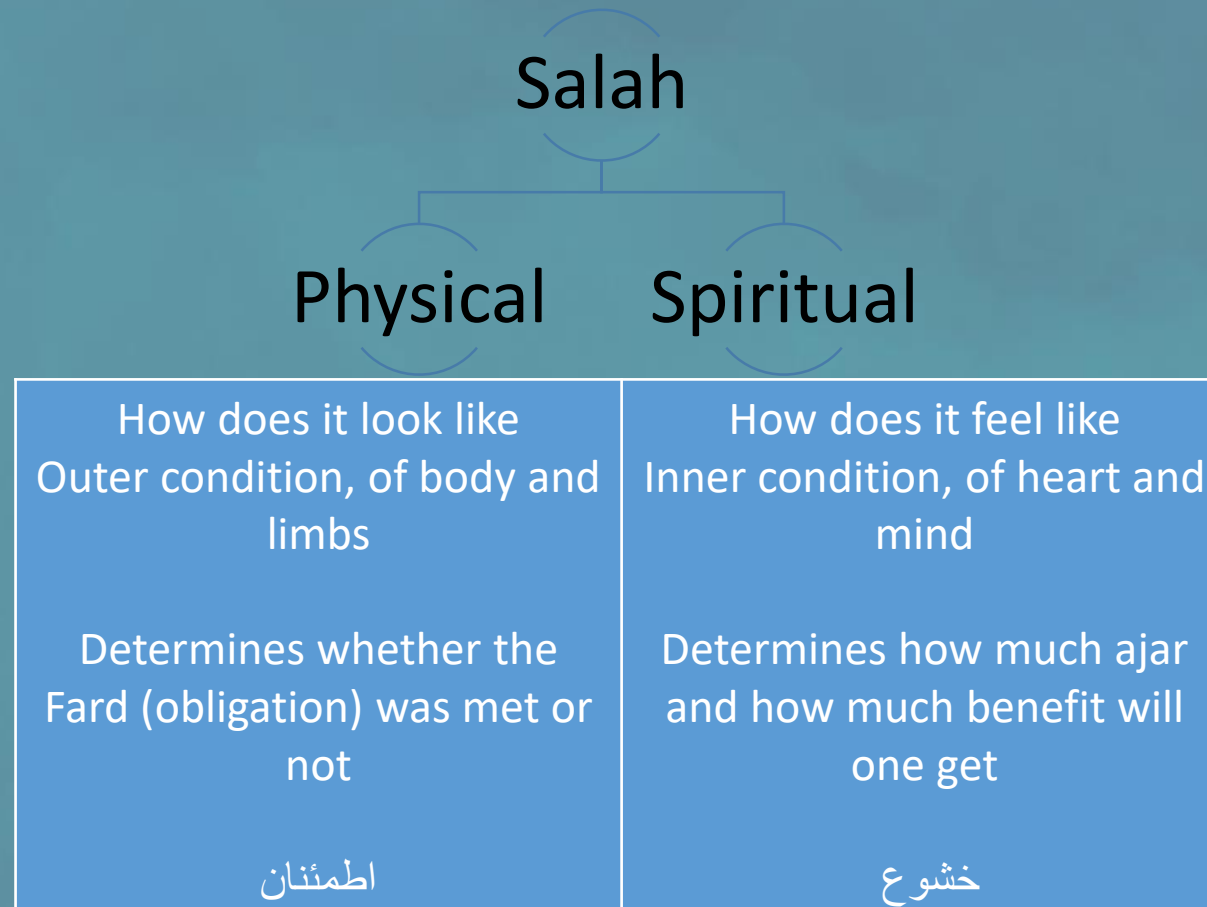
And he turned away from them, and said: "How great is my grief for Joseph!" And his eyes became white with sorrow, and he fell into silent melancholy.

## Meaning of خشوع

- خشيه : fear, to be afraid – خ ش ی
- خشوع : to bow down, to be humbled, to revere: خ ش ع
- خضوع : to bend, to submit: خ ض ع
- خشوع : To pray Salah with sukoon and اطمئنان, with the heart being present in front of Allah, filled with humility and reverence. The place of خشوع is the heart.

# Dimensions of Salah

Two dimensions of any thing: Inner and Outer, body and soul



# اطمئنان and خشوع support each other



- The position of heart is that of a king; all other limbs obey the heart. If the heart is attentive towards Allah; the effect will automatically be seen on the limbs.
- To keep the heart present requires constant effort during the Salah, and throughout your life. Shaytaan and your nafs both act in opposition to the presence of heart.

## اِطْمِنَان

- It is a RUKN of Salah. Salah is not valid without it<sup>1</sup>.
- Daleel: The famous incident of a Sahabi who was returned three times by the Prophet SAW and asked to pray again, because he was praying quickly.

ارْجِعْ فَصَلِّ فَإِنَّكَ لَمْ تَصَلِّ

“Go back and pray, for surely, you did not pray” [Bukhari]



## اطْمِئْنَان

يَا مَعْشَرَ الْمُسْلِمِينَ إِنَّهُ لَا صَلَاةَ لِمَنْ لَا يَقِيمُ صَلَاتَهُ فِي الرُّكُوعِ وَالسُّجُودِ

O believers, there is no prayer for he who does not straighten his back [fully] in ruku' and sujud. [Ibn Majah]

- Another daleel (evidence) for the wujoob of اطمِئْنَان

## اطمئنان

Three examples of someone who rushes in Salah, according to Ahadith:

- A crow who pecks
- A robber who does the worst kind of robbery
- A very hungry person who only eats one or two dates

## اطمئنان

### Conclusion:

- Never pray in haste; without completing your ruku and sujud
- Are we busier than the Prophet SAW? (who had the heavy burden of Risalah, spent his time in dawah, tarbiyah of Sahabah, with his family, even did chores, besides being busy in governance and jihad)
- If need be, for mothers with small kids especially, shorten the Qiraah part (this is from Sunnah)

# صَلُّوا كَمَا رَأَيْتُمُونِي أُصَلِّي

“Offer your prayers in the way you saw me offering my prayers” [Bukhari]

## Method/Sunnah

How, what and when

Positions, Speed

## Feeling

State of heart

Quality of Salah

خشوع

## Food for Thought

How much do you know Rasulullah SAW?

Would he ever have prayed one single Salah in which his heart was not connected with Allah? In which his mind was busy thinking about his family, his children, his income, his provisions?

How important do you then think خشوع is?

## خشوع

1. Understand the importance of خشوع
  - Example of a Salah devoid of خشوع is that of presenting a dead slave in the King's court
2. Strive continuously for it!
  - This is not something that can be achieved overnight.
  - It is not a stand-alone application
  - Overall state of imaan and amal salih in your life will affect it
  - Weak imaan and sinful life will deter خشوع
  - Shaytaan is its biggest enemy....



## خُشُوع

قَدْ أَفْلَحَ الْمُؤْمِنُونَ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ

Successful indeed are the believers; Those who humble themselves in prayer. (Surah Muminoon 1-2)

- The first sign of a successful person
- The first step towards success
- Shaitan's first tactic: "Khushu' is not necessary, only Salah is"

## خشوع

فَوَيْلٌ لِلْمُصَلِّينَ - الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ - الَّذِينَ هُمْ يُرَاءُونَ

So woe unto those who pray, yet are unmindful of their prayers; those who [only] show off. (Al-Ma'un 4-6)

Shaytaan wants us to stay in the state of غفلة

Tricks: miss Salah, very late Salah, tired, incomplete wudu or satr

Mind is full of worries or ideas, or mentally busy in chores, business, resolving conflicts, playing games.

Or RIYAA: apparently you are calm but your heart is not focused -> Sign of nifaaq

Results: 1. Your Salah is compromised without helping you in any of the problems you were trying to solve during Salah.

2. Your Salah becomes an act of Nifaaq

Double trouble!

## خشوع

إِنَّ الْمُنَافِقِينَ يُخَادِعُونَ اللَّهَ وَهُوَ خَادِعُهُمْ وَإِذَا قَامُوا إِلَى الصَّلَاةِ قَامُوا كُسَالَى يُرَآؤُونَ  
النَّاسَ وَلَا يَذْكُرُونَ اللَّهَ إِلَّا قَلِيلًا.

Indeed, the hypocrites [think to] deceive Allah, but He is deceiving them.  
And when they stand for prayer, they stand lazily, showing [themselves to]  
the people and not remembering Allah except a little.

Do you want to pray the Salah of a Munafiq?

If not, then you will have to work hard on خشوع

## Fruits of خشوع

إِنَّ الصَّلَاةَ تَنْهَى عَنِ الْفَحْشَاءِ وَالْمُنْكَرِ

- Indeed, prayer prohibits immorality and wrongdoing (29:45)

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ

- And seek help through patience and prayer, and indeed, it is difficult except for those who have khushu' [2:45]

وَجُعِلَتْ قُرَّةُ عَيْنِي فِي الصَّلَاةِ

- My comfort has been provided in prayer [Nasaai]

## Fruits of خُشُوع

Forgiveness of sins

مَا مِنْ أَمْرٍ مُسْلِمٌ تَحْضُرُهُ صَلَاةٌ مَكْتُوبَةٌ فَيُحْسِنُ وُضُوءَهَا وَخُشُوعَهَا وَرُكُوعَهَا إِلَّا كَانَتْ كَفَّارَةً لِمَا قَبْلَهَا مِنَ الذُّنُوبِ مَا لَمْ يَأْتِ كَبِيرَةً وَذَلِكَ الدَّهْرَ كُلَّهُ

When the time for a prescribed Salah is due and a Muslim performs • its Wudu' and its acts of bowing and prostration properly, this Salah will be an expiation for his past sins, so long as he does not commit major sins, and this applies for ever. [Muslim]

## Fruits of خُشُوع

The reward of Salah will be written according to the Khushu' in it

إِنَّ الْعَبْدَ لَيَصِلِي الصَّلَاةَ مَا يُكْتَبُ لَهُ مِنْهَا إِلَّا عَشْرُهَا، تُسْعُهَا، ثَمَنُهَا، سُبْعُهَا، سُدُسُهَا، خَمْسُهَا،  
رَبْعُهَا، ثَلَاثُهَا نِصْفُهَا

Surely, the slave would pray Salah but only a tenth [of its reward] would be written for him, or a ninth, or an eighth, or a seventh, or a sixth, or a fifth, or a fourth, or a third, or half [of it would be written for him].

[Abu Dawud]



## Dua's

اَللّٰهُمَّ اِنِّىْ اَعُوْذُبِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ

- O Allah, I seek refuge in you from knowledge that does not benefit and a heart that does not fear You [Ibn Majah]

اللهم اِنِّىْ اَعُوْذُ بِكَ مِنْ خَشُوْعِ الْبِقَاقِ.

O Allah, I seek refuge in you from deceitful Khushu

# Practical Tips

## Du'a

1. Pray for Khushu'
2. Improve your Imaan
  - Study Aqeedah in detail
  - Study Al Asma-ul-Husnaa
3. Improve your lifestyle.
  - Give up sins: lying, backbiting, haram earning, interest, too much interest in Dunya
  - Adopt good deeds: Obedience of parents, husband. Give others their rights, give more sadaqah

## Action Plan

### Academic Preparation:

- ☐ Understand the meanings of Salah
- ☐ Understand the message of actions and words
- ☐ Memorize different adhkaar/tasbeehaat
- ☐ Make effort in memorizing Quran
- ☐ Learn about the benefits of Khushu' – read books
- ☐ Ponder upon the Salah of the pious predecessors (Salaf)

## Ruku' and Sajdah Tasbeeh

سُبُّوحٌ قُدُّوسٌ رَبُّ الْمَلَائِكَةِ وَالرُّوحِ

Glory (to You), Most Holy (are You), Lord of the  
angels and Jibreel.

## Ruku' dua/tasbeeh

اللَّهُمَّ لَكَ رَكَعْتُ، وَبِكَ آمَنْتُ، وَلَكَ أَسْلَمْتُ، خَشَعَ لَكَ سَمْعِي، وَبَصَرِي، وَمُخِّي، وَعَظْمِي،  
وَعَصْبِي

O Allah! to You I bow (in Salah) and in You I believe and unto You I have submitted. Before You my hearing is humbled, as is my sight, my bones, and my nerves.

سُبْحَانَ ذِي الْجَبَرُوتِ، وَالْمَلَكُوتِ، وَالْكِبْرِيَاءِ، وَالْعَظَمَةِ

- Glory is to You, Master of Power, of Dominion, of Majesty and Greatness.



## Sajdah Dua's

سبحانك اللهم و بحمدك، اللهم اغفر لي

I honor Allah from all that (evil) which is ascribed to you O Allah, Our Lord!  
And all the praises and thanks are for You, O Allah! Forgive me.

اللَّهُمَّ لَكَ سَجَدْتُ وَبِكَ آمَنْتُ وَلَكَ أَسْلَمْتُ سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ وَصَوَّرَهُ  
وَشَقَّ سَمْعَهُ وَبَصَرَهُ تَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

O Allah, before You I prostrate myself and in You I believe. To You I have submitted. My face is prostrated before the One Who created it, fashioned it and gave it hearing and sight. Blessed is Allah, the Best of creators.

## Action Plan

### Physical Preparation

- ☐ Replying to the Adhan
- ☐ Proper wudhu and dua' afterwards
- ☐ Miswaak
- ☐ Ensuring cleanliness of clothes
- ☐ Taking care of Satr (use a long length scarf to properly cover wrists etc) – This will help you to focus more on the meanings then worrying about satr
- ☐ Trying to pray in the earliest time – This will help you pray for longer time
- ☐ Choosing a good place (less noise, sutrah)
- ☐ Take a deep breath
- ☐ Dua before..... اِنِّى وَجَّهْتُ وَجْهِيَ لِلَّذِى فَطَرَ السَّمٰوٰتِ وَ الْاَرْضَ حَنِیْفًا وَّ مَا اَنَا مِنَ الْمُشْرِکِیْنَ

## Action Plan

### Mental preparation

- ☐ Remembering the necessity of Itminaan
- ☐ Remembering the importance of Khushu'
- ☐ Keep in mind that it might be your last Salah
- ☐ Keep in mind that this Salah will be presented before Allah on the day of judgement

# Do's and Don'ts

## Things to do during Salah

- **Remember that Allah is watching you**

الإِحْسَانِ: أَنْ تَعْبُدَ اللَّهَ كَأَنَّكَ تَرَاهُ، فَإِنْ لَمْ تَكُنْ تَرَاهُ فَإِنَّهُ يَرَاكَ

[Ihsan] is that you should worship Allah as though you could see Him, for though you cannot see Him yet He sees you. [Muslim]

Allah is seeing your face, your mind, your heart

See Allah through His Words

As a first step, you can visualize the Kaa'bah فليعبدوا رب هذا البيت

- **Remember that Allah is responding to you**

You are talking to Him, be mindful of how you are doing it!

Memorize the answers of each ayah of Surah Fatihah.

## Reply of Al Fatihah

- Abu Huraira reported: The Prophet, peace and blessings be upon him, said, "Allah Almighty said: I have divided prayer between myself and my servant into two halves, and my servant shall have what he has asked for. When the servant says 'all praise is due to Allah the Lord of the worlds,' Allah says: My servant has praised me. When he says 'the Gracious, the Merciful,' Allah says: My servant has exalted me. When he says 'the Master of the Day of Judgment,' Allah says: My servant has glorified me and my servant has submitted to me. When he says 'you alone we worship, you alone we ask for help,' Allah says: This is between me and my servant, and my servant will have what he has asked for. When he says 'guide us to the straight path, the path of those whom you have favored, not those who went astray,' Allah says: This is for my servant, and my servant will have what he has asked for."



## Reply of Al Fatihah

حَمْدَنِي عَبْدِي My servant has praised me	الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
أَثْنَى عَلَيَّ عَبْدِي My servant has exalted me	الرَّحْمَنِ الرَّحِيمِ
مَجَّدَنِي عَبْدِي فَوَّضَ إِلَيَّ عَبْدِي My servant has glorified me, my servant has submitted to me.	مَالِكِ يَوْمِ الدِّينِ
هَذَا بَيْنِي وَبَيْنَ عَبْدِي وَلِعَبْدِي مَا سَأَلَ This is between me and my servant, and my servant will have what he has asked for	إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ
هَذَا لِعَبْدِي وَلِعَبْدِي مَا سَأَلَ This is for my servant, and my servant will have what he has asked for.	اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ



## Things to do during Salah

- **Keep your eyes firmly focused on the place of Sajdah**

Sunnah is to bow the head and keep one's gaze on the place of Sajdah  
Also permissible to close eyes temporarily if something is distracting<sup>2</sup>

- **Hadith when slave stands up to pray Allah listens to him until he becomes inattentive....**

- **Changing the surahs and duas that you recite**

Recite beautifully and slowly, with Tarteel – you are reciting to Allah  
Be calm, not rushed

## Things to do in Salah

- Find Dua's based on the portion of Quran you recited ★

Ask these duas in Sajdah

This connects your qiyaam and sujood beautifully

- Remember death during Salah

Especially upon the mentions of heaven, hell and the day of resurrection

اللَّهُمَّ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ  
اللَّهُمَّ ارْزُقْنِي شَهَادَةً فِي سَبِيلِكَ

## Things to do in Sajdah

- Some short Duas

رب اغفر و ارحم و أنت خير الراحمين  
يا حي يا قيوم برحمتك استغيث  
اللهم أجري من النار  
اللهم اهديني و سددني

Remember: your priorities in dua reflect your priorities in life

## Things to do in Salah

- **If you get distracted:**

“Seek refuge from Shaitan, and spit lightly three times on the left” [Muslim]

Remember that this sajdah/ruku/qiyam will be presented before Allah

Remind yourself: “I don’t want to be the worst thief”

- **Try to increase the time of each rak’ah (years vs minutes formula)**
- **Do Sajdah Tilawah**
- **Use perfume**
- **Decide Surahs to recite before praying**
- **Remember Allah’s favours and your sins**

## Things to NOT do

- Starting Salah while holding back the need to use the restroom
- Praying when food is ready and you are hungry
- Praying if you are very sleepy, lest you don't know what you are saying
- Yawning (Shaitan enters and laughs)
- Rocking back & forth / side to side – STAY STILL!
- Playing with clothes/itching
- Looking here and there

## Things to NOT do

- Eating too much before Salah
- Having morsels/taste of food in your mouth
- Leaving something urgent in the middle to pray while your mind is still revolving around it
- Praying with phone/television nearby
- Praying with imagery on clothes/nearby
- Praying on a fancy prayer mat

## Salah Tracking

You may use the documents Salah Action Plan and Salah Weekly Tracker to remind yourself of the things to do and to mark the timing and quality of your Salah



Inspiration  
Striving to improve Salah:  
a 23-year-journey  
by Fatima Ali

Our guest speaker is an Australian revert, settled in Pakistan. Fatimah/Danielle converted to Islam in 1998, after travelling throughout the world looking for her spiritual path. Married to a Pakistani, she has lived in Australia and Pakistan on and off for the last 23 years and is settled in Pakistan permanently for the past 13 years. She continues to strive on her spiritual path!

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