

Salah WITH Heart

an interactive workshop
by Umm Aymun

PRESENTED BY BRAVE LEARNERS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Overview of Day 1

Importance and different perspectives of Salah

Evaluation of your Salah

What does each element of Salah signify?

Inspiration from our community

Ramadan Preparation

- Salah: a continuous action
- Improvement in all aspects of life
- More conscious Salah , more conscious Saum

Let's fix our Intentions

- Why Improve my Salah?
- To strengthen my imān
- To improve my practice of Deen, my lifestyle through Salah
- To get Allah's qurb
- To fulfil the sunnah of praying beautifully
- To find strength and sakeenah in Salah
- Learn and teach to others

Dua'

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

اللَّهُمَّ انْفَعْنَا بِمَا عَلَّمْتَنَا , وَعَلِّمْنَا مَا يَنْفَعُنَا , وَزِدْنَا عِلْمًا

Importance of Salah

Hadith

رَأْسُ الْأَمْرِ الْإِسْلَامُ، وَعَمُودُهُ الصَّلَاةُ، وَذُرْوَةُ سَنَامِهِ الْجِهَادُ

رَوَاهُ التِّرْمِذِيُّ [رقم: 2616]

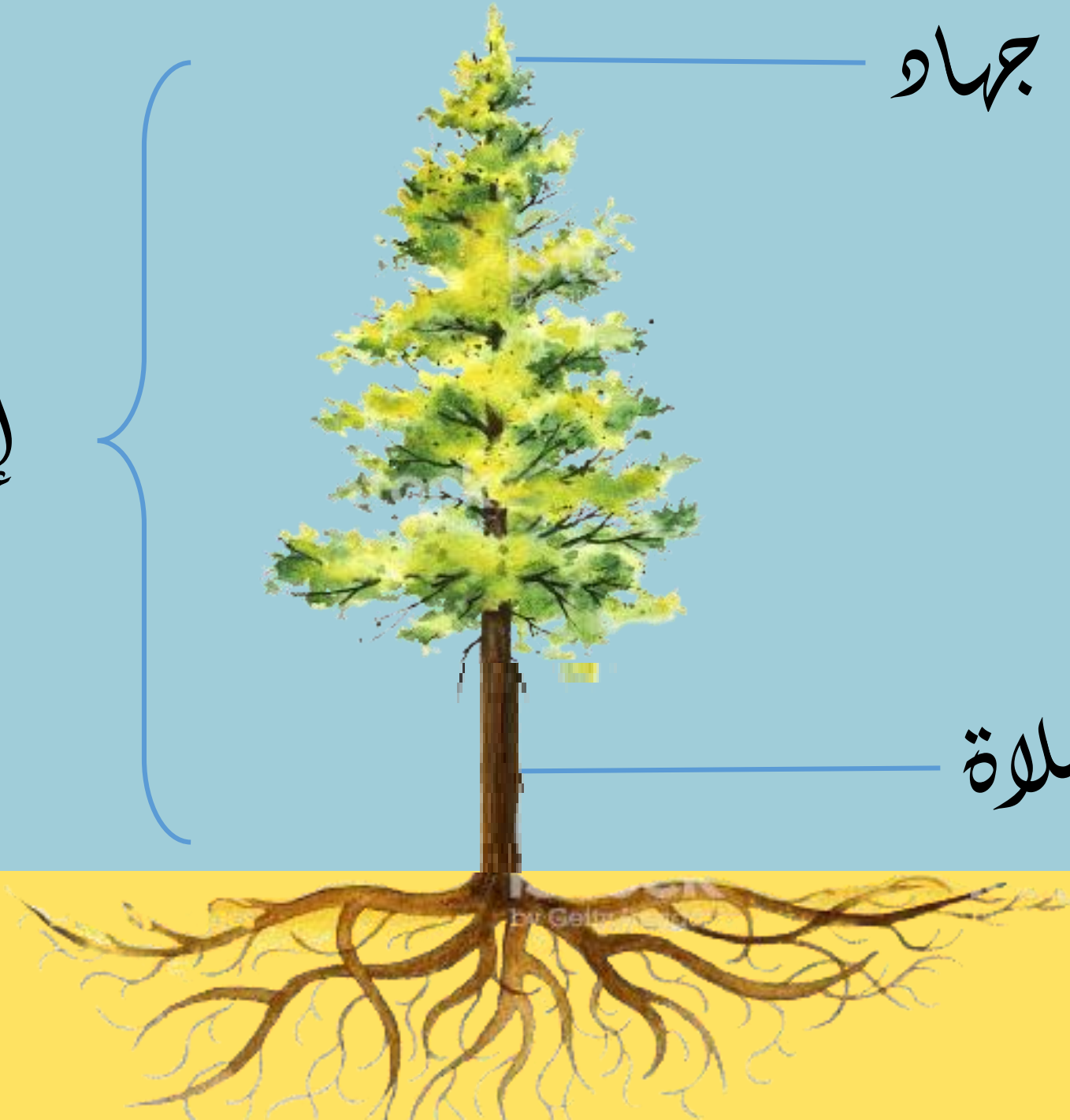
The head of the matter is Islam, its pillar is the Salah and its highest peak is Jihad in Allah's cause.

جهاز

إسلام

صلوة

إيمان



إِنَّ بَيْنَ الرَّجُلِ وَبَيْنَ الشِّرْكِ وَالْكُفْرِ تَرَكَ الصَّلَاةِ

Between a man and disbelief (kufr) and shirk is forsaking Salah

(صحيح مسلم)



Ayah

حَافِظُوا عَلَى الصَّلَوَاتِ وَالصَّلَاةِ الْوُسْطَى وَقُومُوا لِلَّهِ قَانِتِينَ

Guard strictly the (five) prayers, especially the middle Salah and stand before Allah submissively (Al-Baqarah:238)

- We guard it because it is a treasure, a valuable thing
- Enemies are after it

Hadith

“Whoever guards (the Salah) strictly will have light, evidence (of his faith) and deliverance on the Day of Resurrection. And whoever does not guard it strictly will have neither light, nor evidence (of his faith) nor deliverance; and he will be gathered on the day of resurrection with Pharoah, Haman, Qaroon and Ubayy bin Khalaf.”

[Musnad Ahmed: 6576, V:2/169]

- Do I want these things?
- Whom do I want to be gathered with?

Ayaat

What caused you to enter Hell?

They will say: we were not of those who used to pray...

(Al-Muddathhir)

On the Day when the Shin will be exposed, and they will be called upon to prostrate themselves, they will not be able to.

(Al-Qalam)

مَا سَلَكَكُمْ فِي سَقَرٍ
قَالُوا لَمْ نَكُ مِنَ الْمُصَلِّينَ

يَوْمَ يُكْشَفُ عَنْ سَاقٍ
وَيُذْعَوْنَ إِلَى السُّجُودِ فَلَا
يَسْتَطِيعُونَ

Hadith

إِنَّ أَوَّلَ مَا يُحَاسَبُ بِهِ الْعَبْدُ يَوْمَ الْقِيَامَةِ مِنْ عَمَلِهِ صَلَاتُهُ فَإِنْ صَلُحَتْ فَقَدْ أَفْلَحَ وَأَنْجَحَ وَإِنْ فَسَدَتْ فَقَدْ خَابَ وَخَسِرَ

The first deed for which a man will be called to account for on the Day of Resurrection will be his Salah. If it is found to be good, he will be safe and successful; but if it is defective, he will be unfortunate and a loser.

[Tirmidhi 413]

- Vital signs check up of the health of your Islam
- Overall condition
- The level of Taqwa
- Effects of Salah propagate to other areas of life
- Complete training program

Salah is a Reminder

- When you decide to obey Allah and be a dutiful slave, what stops you?
- غفلة (Neglect) and شهوات (Lust)
- So you need a reminder (alarm)
- Of Allah's presence, your position, your promise
- Salah is that reminder
- It refreshes all those lessons you need for complete obedience

Complete training program

Attention training:

Remember Allah in every possible state -
standing, sitting, bowing, lying, moving

Spiritual training:

Refreshes your belief in Allah,
in Rasoolullah (SAW), and in Aakhirah

Physical training:

Discipline of tongue, eyes, ears, limbs, heart and mind – all of them stay
away from sinning in Salah



Fruit of a focused Salah

- Learning to focus and prioritise thoughts
- Nothing is more important than my dialogue with Allah
- You learn to keep away distractions: mindful, quality work
- Start giving attention to details
- Stronger mind
- Ability to make decisions improve
- All these qualities combined make you the best possible human character
- That's why Salah is linked with success in both worlds!

Two-way process

- Salah ↔ Dealings
- Not possible to have beautiful Salah if your dealings are ugly
- Examples
- Salah is not a stand-alone application or a ritual; it's a character building program
- Concept of remaining in Salah between the Salah

Note down

At least two points that struck you
about the importance of Salah

Evaluate your Salah

Evaluation

Anonymous

Not a scientific study

Rough idea

Link: <https://formfaca.de/sm/dMQOGkojH>

Note your current score

Quick Question

Write down the names of some people that come to your mind when you hear the word

Impressive

MEANING AND MESSAGE OF SALAH

Quick Question

In JUST one or two words, describe in the chat: what is

**SALAH/
NAMAZ**

Perception beyond “obligation”

Salah is a PRIVILEGE

A direct appointment with the KING of kings

Salah is a GIFT

Bestowed in Mairaj and passed down by the Prophet

Salah is GRATITUDE

For the innumerable favours that we enjoy

Perception beyond “obligation”

Salah is a PRESCRIPTION

Of all the ills of heart and mind (and of limbs)

Salah is a FORTRESS (4 walls and 1 roof)

To guard your sanity, faith, blessings and good deeds

Salah is a REMINDER

Which brings the Master and the slave face to face

Perception beyond “obligation”

Salah is LOVE
The last words and
وصية of the beloved!

الصلاة! وما ملكت أيمانكم!
الصلاة! وما ملكت أيمانكم!

Review

Would you like to add to your list of words describing Salah?

MESSAGE OF EACH ELEMENT

الله أكبر

- The most repeated kalimah in Islamic lifestyle:
 - ✓ birth, azaan, iqamah, salah, eid, jihad, sacrifice, janazah
- KEYWORD – start, end, transitions
- Essence of Salah is to accept and internalise that Allah is the Greatest

الله أكبر

Reminder from Azaan:

- Allah is greater than whatever you're doing; His call should take preference
- He is greater than all false gods; His commands/laws should take preference

Reminder from Takbir Tahrimah:

- Allah is greater than whatever you're thinking; His dialogue should take preference. You're talking to the Most Majestic, Mighty and Powerful being of the universe.

الله أكبر

Allah is GREATER than:

MY EGO

MY OPINIONS

MY EXPECTATIONS

MY KNOWLEDGE

MY POWER

ANYONE'S POWER

MY PLANS

MY ENEMIES' PLANS

MY SORROWS, PAINS

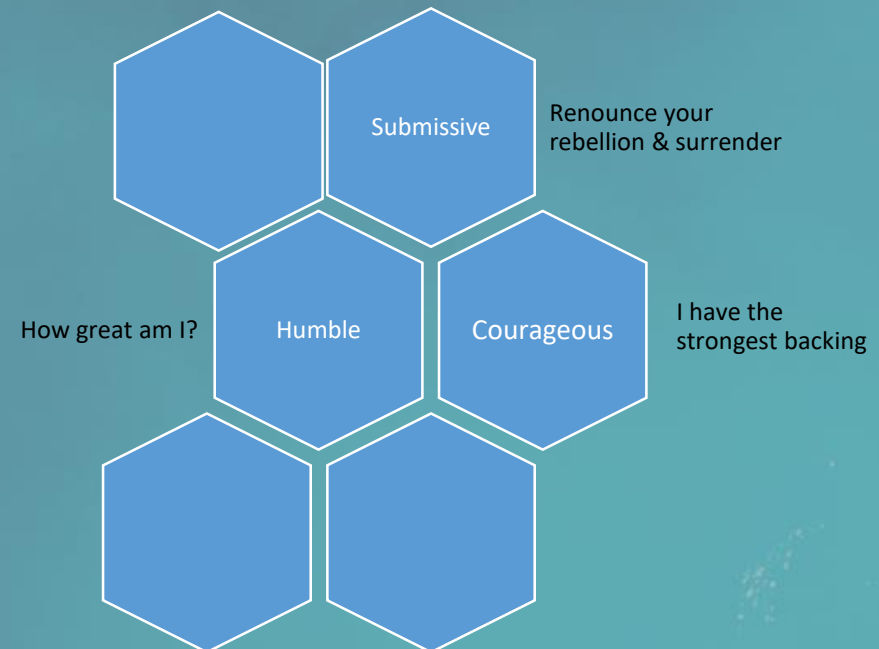
MY PRAISE

الله أكبر

What character traits will be developed as a result of this awe?

The personality of a Muslim – submissive to Allah, humble and courageous

- SUBMISSION
- HUMILITY (تواضع)
- COURAGE



الله أكبر

Defines mission of life:

To accept Allah as the Greatest: in all walks of life

Power in the land of Allah belongs only to Allah; a Muslim must proclaim it and get it accepted

Each Salah gives a chance to evaluate my behaviour. Whom did I consider “greater” in between the Salahs?

ثناء

Start a befitting conversation

Repetitive praise

You are glorified O Allah and praised!

Your Name is Blessed

and Your Honour is Highest

And there is no god except You!

سبحانك اللهم و بحمدك

و تبارك إسمك

وتعالى جددك

و لا إله غيرك

سبحان الله

Again a keyword of Salah

Allah is free of all defects and shortcomings

O Allah, You are **Perfect!**

Perfectly able to listen to me and help me

Perfect from making any mistake

All Your **Decisions** are perfectly wise

All Your **Orders** are perfect

سبحان الله

Effects on character:

Confidence in facing the trials

Confidence to listen and obey

Confidence in purpose and mission of life



و بحمدك / الحمد لله

All praise and thanks are for Allah alone
So no praise for my self?

An axe against pride, ego and arrogance

Feelings of shukr, gratitude for Allah's favours
Feelings of Love for Him

و بحمدك / الحمد لله

The effects:

GRATITUDE

LOVE

RESPONSIBILITY



تبارك إسمك وتعالى جدي

Allah's Name is the source of all blessings

No other source is needed

His Honour is the Impressive thing

No other show of power or authority is impressive

لا إله غيرك

The crux of Islam

إله : the one who is obeyed unconditionally

إياك نعبد

أشهد أن لا إله إلا الله

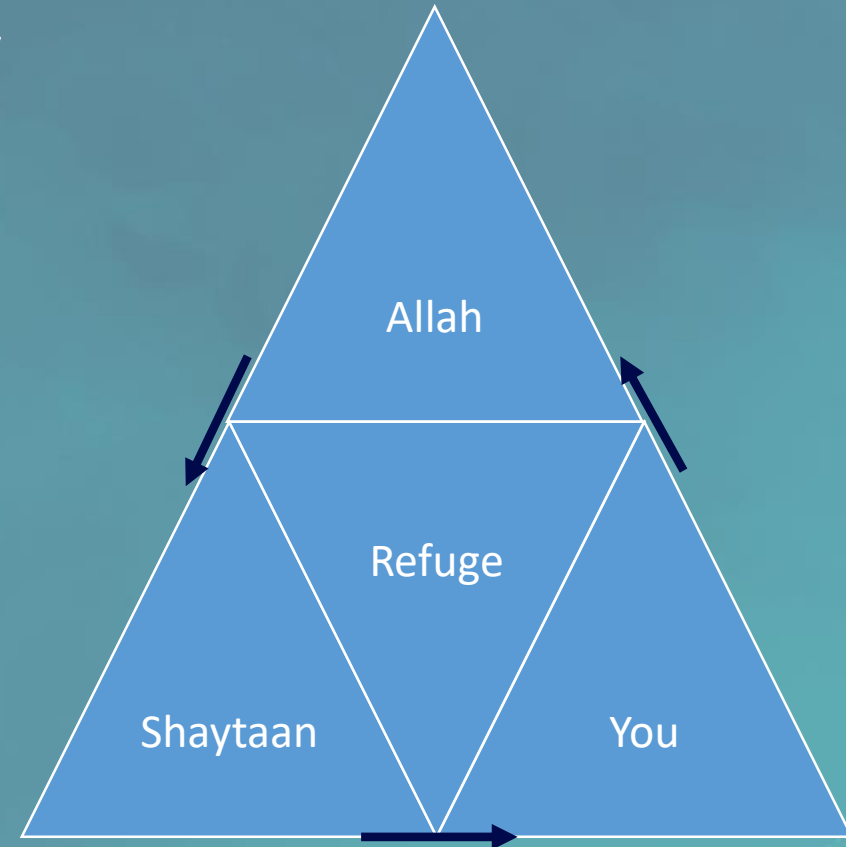
تعوذ

Take refuge of Allah from your enemy

Concentrate!

Example of dog and its shepherd;

If the dog barks at you you don't engage in a fight with the dog, you turn to the shepherd so that he will leash him and save you the trouble.



بسم الله الرحمن الرحيم

Only Allah can give me tawfeeq to pray this Salah properly and give me benefit from it

Infinitely Merciful

Always Merciful

Assurance that you can talk to Him despite His Might and Majesty

الفاتحة

Summary of the Quran

Central Idea of the Salah

نور : It makes clear the objective of life and also the method of achieving this objective

Allah responds to every AYAH

Read slowly, stop at every ayah

الفاتحة

Reason

الحمد لله رب
العالمين

الرحمن الرحيم

مالك يوم الدين

Purpose

إياك نعبد

إياك نستعين

Method

اهدنا الصراط
المستقيم

صراط الذين
أنعمت عليهم

غير المغضوب
عليهم ولا الضالين

اهدنا الصراط المستقيم

Biggest need: Guidance

Guidance towards correct beliefs and correct actions

O Allah open our eyes, remove our doubts, show us the correct options, give us the drive to choose them, keep us steadfast, make it easy for us, make us die on the truth

This path is not an easy path (الصراط of aakhirah is similar)

BEG SINCERELY

EVALUATE (really want it? ready for it?)

صراط الذين أنعمت عليهم

The need for role models

It is doable!

أنبياء صديقين شهداء صالحين

Best examples of this Ummah: Sahabah (RA)

Study their lives

غير المغضوب عليهم ولا الضالين

Warning: The negative models

المغضوب عليهم: They recognise the truth but don't follow it e.g. Jews

الضالين: They don't recognise the truth and act in ignorance e.g. Christians

Evaluate your role models (refer to the list you made)

Whose company are my children keeping (through literature, media etc)? Who are they in awe of? Whom do they recognise as civilised and successful nations?

Your children are أمانة of this ummah; make them غدار not أنصار

غير المغضوب عليهم ولا الضالين

Guidance is not sought with a pre-set mindset

Open mind-set and begging sincerely will bring Allah's guidance

You cannot deceive Allah!

Evaluate in every Salah:

O Allah show me my mistakes and correct them

اللهم أرنا الحق حقا وارزقنا اتباعه و أرنا الباطل باطلا و أرزقنا إجتنابه

قراءة القرآن

This is the answer to the dua of guidance

Read with understanding, and see what messages are there for you

See Allah through His Words

قيام

The posture of the one who is feeling guilty and wants forgiveness
Focused and humble

Message:

Same attitude in life

ركوع

Bend your back

Bend your ego and your lifestyle to fit Allah's Deen, instead of trying to bend Allah's Deen to fit your lifestyle

Give up your desires – willingly and logically

سبحان ربي العظيم : My Rabb is Perfect, His Deen is Perfect, His decisions are Perfect

O Allah bend my heart, fill it with HUMILITY and your عظمة

Study the Attribute العظيم : Ring in a desert hadith

قومة

Allah is listening – reassurance and encouragement : سمع الله لمن حمده

Makes you do more shukr and hamd:

ربنا و لك الحمد حمدا كثيرا طيبا مباركا فيه

Maqaam of shukr. Keep the messages of الحمد لله in mind, and consider the amount of blessings that you enjoy

Feelings: deep thankfulness and dua for correct use of blessings

سجدة

Pinnacle of Salah, Fruit of Salah – nearness to the King

Signifies TOTAL SUBMISSION

The position of face and the posture of body: every limb emphasizing its submission individually. Heart should also prostrate.

State of helplessness and total obedience

أعلى: سبحان ربي الأعلى: Glory be to My Lord, the Highest; His Deen is أعلى and His decisions are as أعلى

Message: My أخلاق and my goals in life should be أعلى too.

سجدة

You are closest to Allah

Maqaam of dua and iftighfar: think about your sins and your needs

Make lots of dua (hadith)

Dua for Jannah, guidance, istiqamah, ease

Time to stop posing strong - break down and tell Him your problems

This is your best chance to connect and beseech

A ركعة starts with قراءة and ends with سجدة, just like the first revelation started with إقرأ بسم ربك الذي خلق and ended with واسجد واقترب

جلسة

Sit up saying Allahu Akbar ; Allah is Greater than my praise and ibadah

قُلْ لَوْ كَانَ الْبَحْرُ مِذَادًا لِّكَلِمَتِ رَبِّي لَنَفِدَ الْبَحْرُ قَبْلَ أَنْ تَنْفَدَ
كَلِمَتُ رَبِّي وَلَوْ جِئْنَا بِمِثْلِهِ مَدَدًا ﴿١٠٩﴾

Kneel down apologizing and beseeching for the good of this dunya and the Hereafter

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي، وَاهْدِنِي وَاجْبُرْنِي، وَعَافِنِي وَارْزُقْنِي، وَارْفَعْني

O Allah forgive me, have mercy on me, guide me, support me,
protect me, provide for me and elevate me.

Surah Luqman (Luqman)

وَلَوْ أَنَّ مَا فِي الْأَرْضِ مِنْ شَجَرَةٍ أَقْلَامٌ وَالْبَحْرُ يَمُدُّهُ
مِنْ بَعْدِهِ سَبْعَةُ أَبْحُرٍ مَا نَفِدَتْ كَلِمَاتُ اللَّهِ إِنَّ اللَّهَ
عَزِيزٌ حَكِيمٌ

[31:27] And were every tree that is in the earth (made into) pens and the sea (to supply it with ink), with seven more seas to increase it, the words of Allah would not come to an end; surely Allah is Mighty, Wise.

قُلْ لَوْ كَانَ الْبَحْرُ مِدَادًا لِكَلِمَاتِ
رَبِّي لَنَفِدَ الْبَحْرُ قَبْلَ أَنْ تَنْفَدَ
كَلِمَاتُ رَبِّي وَلَوْ جِئْنَا بِمِثْلِهِ
مَدَدًا

Say (O Muhammad SAW to mankind). "If the sea were ink for (writing) the Words of my Lord, surely, the sea would be exhausted before the Words of my Lord would be finished, even if we brought (another sea) like it for its aid."

The second Sajdah

Second chance

One is **not** enough – virtue and honour of sajdah

Repeat the same actions after completion of one rakah

Repetition intensifies servitude , increases attention of the heart

Example: When you are hungry, one morsel of food is not enough

التحيات

Kneeling down in the court of the King

People praise the kings either by way words التحيات or actions الصلوات or gifts الطيبات

التحيات: All verbal ibadaat (zikr, dua, tasbeeh, takbir, dawah, truth etc)

الصلوات: All physical ibadaat (salah, sawm, tawaf, umrah, hajj, jihad etc)

الطيبات: All monetary ibadaat (zakah, infaaq, sadaqah, loan etc)

are for Allah Only

Signifies: إخلاص - no showing off, no expectation of return from anyone

Pray for إخلاص

التحيات

Summary:

قُلْ إِنَّ صَلَاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ

Say: indeed, my Salah and my sacrifice and my life and my death is for Allah, the Lord of the worlds.

Manners of dua

السلام عليك أيها النبي ورحمة الله و بركاته

Status of the Prophet (SAW) is right after Allah and before anyone else

السلام علينا

Safety for yourself and your family from all evils

على عباد الله الصالحين: Connection with Ummah, concern for all Salih slaves (especially those facing oppression and trials because of their Deen). No boundaries.

This dua reaches every pious slave in the heavens and the earth (hadith)

أشهد أن لا إله إلا الله

Seal of the Salah - the final word

شهادة : Testimony or witnessing is a great act of responsibility

شهادة Implies complete knowledge and certainty about the matter

Ready to face consequences

إله : The one who is obeyed unconditionally

رب: The one who creates and nourishes and gives everything

أشهد أن لا إله إلا الله

إلا الله

YES

To Allah

Allah has the unquestionable right to rule, command, law-making
He is to be obeyed 24/7; at all times
at all places, that is in all
walks of life whether personal or
collective

لا إله

NO

To all false gods طاغوت

No person, ruler, king, leader,
chief, boss, system is to be
obeyed unconditionally.
(Their obedience is conditional
to if it is not clashing with the
Orders/Laws of Allah)

أشهد أن لا إله إلا الله

لَا إِكْرَاهَ فِي الدِّينِ ۚ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ
فَمَنْ يَكْفُرْ بِالطَّاغُوتِ
وَيُؤْمِرْ بِاللَّهِ
فَقَدْ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْقِصَامَ لَهَا
وَاللَّهُ سَمِيعٌ عَلِيمٌ

أشهد أن محمدا عبده ورسوله

Muhammad (SAW) was a proud عبد slave of Allah

محمد رسول الله : I believe in whatever he informed, and I will follow his orders and adopt his characteristics and implement his Sunnahs.

I am very lucky to be from his Ummah.

I am his ummati – his mission of life is supposed to be my mission of life

Message: Learn about his life and his habits. Follow them with reverence. Support his mission.

صلوات على النبي

Your servitude is incomplete without following Muhammad (SAW) and loving him

Now Salah will be incomplete without sending صلوات on him

Remember his favours and sufferings

Only Allah can reward him for his efforts, so we make dua

Make a commitment to follow his beautiful manners, his mercy and forgiveness, his courage, his valour, and dedication to his mission

Make dua for him, his family and all his followers (آل)

صلوات على النبي

Again time for evaluation: Is this durood only a lip-service or do I actually love my Prophet (SAW), and wish to follow his manners and mission?

Am I loyal to him?

Biggest manifestation of loyalty: عقيدة الولاء و البراء (rules of loyalty and disunion) – aid the supporters of Muhammad (SAW) and give up any association of heart, ideas or material support to his opponents

Remember Ibrahim(AS) – the supreme example of loyalty and disunion!

Observe how gradually Salah guides you to the peak of Islam

تسليم

Meet the dunya again and greet it with السلام عليكم ورحمة الله

Greet كراما كاتبين ; beware of their presence. They are recording everything. They have recorded this Salah as it is

Be a source of peace for people around you; they should be safe from the evil of your tongue and hands

The Salah has the power to transform you in that desirable character who is the source of true peace for the whole world!

After Tasleem

الله أكبر : Allah is greater than whatever praise and glorification I managed in Salah

أستغفر الله : O Allah forgive the shortcomings of my Salah

اللهم أنت السلام و منك السلام تباركت يا ذا الجلال والإكرام : Ask for PEACE

اللهم أعني على ذكرك و شكرك و حسن عبادتك : O Allah help me to remember You, to give You thanks and to perform Your worship in the best manner

You need the above till next Salah!

After Tasleem

Don't rush out of the court
Read masnoon azkaar
Ayat ul Kursi – guarantee of Jannah
Duas

الحمد لله

End of Day 1

May Allah give us tawfeeq to bring our ilm into amal

Reference Material

- Inner Dimensions of the Prayer (Imām ibn Qayyim al-Jawziyyah)
- Why do we pray? (Dr. Suhaib Hasan)
- Prayer according to the Sunnah (Darussalam)
- Namaz ki haqeeqat (Maulana Muhammad Manzoor Noumani)
- Namaz say kirdar saazi kaise? (Yasmin Hameed)
- Khasaan e khuda ki namaz (Abu Muhammad Imām-Uddin)
- Namaz mein khushū' (Muhammad Salih Al Munjad)
- Kanz ul-ābideen fi dhikhr alladhina mātu sājideen (Abu Muhammad Mauhib ur-Rahim)