

## Getting Ready to Pray Salat

You want to be in wudu and to have made ghusl if necessary.

Each prayer has a set time based on the position of the sun. You can refer to a table of times for prayer for the area you live in or use an app to tell you when the time for each prayer begins and ends. An example of an app is Athan by Islamic Finder. It's preferable to offer the prayer as close to the beginning of the window of time as possible. If you miss offering the prayer in the given window, you can still offer it as a make-up prayer.

Wear clean non-see through clothing without holes or rips. Clean means free of urine, feces, blood, pus, vomit, wine, or discharge from the private parts. For men you want to at least cover between your navel and your knees, and it's preferable to also wear a shirt that is long enough to cover your backside when you prostrate. For women you want to cover your head and your body. You take off your shoes when praying.

Find a clean place to pray. Again, clean means free of urine, feces, blood, pus, vomit, wine, or discharge from the private parts, so you also don't want to pray in an area where these things are likely to be found, like a bathroom, trash dump or a bar. If you are outside, find a clean area that is not in the middle of a path or walkway.

Set down a clean prayer rug or piece of cloth pointing towards the qibla, which is the direction facing the Kaaba in Mecca. You can look on a map to find the direction or use the qibla finder that is found on many prayer apps on your phone. Check that the compass is calibrated correctly.

It is a sunnah (an example set by Prophet Muhammad) to make the call to prayer (athan) followed by the call to commence the prayer (iqama) even when praying alone. If you are praying alone in a location where the athan has already been made, then you don't raise your voice when you are making it. However, if you are praying in a location where the athan has not yet been made, then it's sunnah to make it loud enough for others to hear.

## Athan - Call to prayer

Allāahu akbar, allāahu akbar (2x)  
God is Most Great, God is Most Great

Ash'hadu an lā ilāha il-allāh (2x)  
I witness there is no god but Allah

Ash'hadu anna Muhammadan rasulallāh (2x)  
I witness that Muhammad is the Messenger of Allah

Hayya 'ala salāh (2x)  
Come to prayer

Hayya 'alal falāh (2x)  
Come to prosperity

Note: For the morning prayer (al-fajr) after the two repetitions of "hayya 'alal falāh" add the following line:

Assalatu khairum-minan-naum (2x)  
Prayer is better for you than sleep

Allāahu akbar, allāahu akbar  
God is Most great, God is Most Great

Lā ilāha il-allāh  
There is no god but Allah

*It's a good time to make supplication (du'a) to Allah between the Athan and the Iqamah, then you can pray any superogatory (sunnah) prayers*

## Iqamah - Second call to prayer (done immediately before the prayer)

Allāhu akbar allāhu akbar  
Ashadu an lā ilāha il-allāh  
Ashadu anna Muhammadan rasulallāh  
Hayya 'ala salah  
Hayya 'al al-falah  
Qad qama tis salāh (stand for prayer)  
Qad qama tis salāh (stand for prayer)  
Allāahu akbar allāahu akbar  
Lā ilahā il-allāh

\*In the name of Allah, the Merciful and Compassionate,

Please note that these videos are intended to be a brief introduction to the beginning student to help them get started in the basics of the prayer (salat). They are in no way meant to be a comprehensive guide, rather simply a starting place. As you begin your journey to establish the salat, you will surely learn more than what is presented here. We are not scholars and do not claim to be an authority on the information presented. Rather we are sharing what we know in an effort to help you get started. We have drawn upon years of practical experience, as well as conversations with and observation of our guide, Shaykh Sidi Muhammad Sa'id al-Jamal ar-Rifa'i ash-Shadhuli. In addition, we have consulted the following references: "Reliance of the Traveller: A Classic Manual of Islamic Sacred Law" (based on the Shafi'i school), "An Introduction to the Practices of the Shadhuli Way," from the Shadhiliyya Sufi Communities Promise Packet, "Getting Started – Finding Your Way Along the Path: A Beginner's Guide to Shadhuliyyah Sufism," as well as review of numerous hadith (traditions containing the sayings of Prophet Muhammad peace and blessings upon him). If you have already been practicing, you may do things differently than what we show. Please know that we are not trying to say that this is the only correct way, as Islam is a wide path and there are many acceptable ways to practice. So, if you see something different than what you do, please view it as an invitation to begin to ask questions and learn more. If you do have further questions about the material presented, please consult your University of Sufism or Institute of Spiritual Healing teacher, or your Shaykh or local Imam. Any errors in the information presented are purely our own, and we ask for Allah's forgiveness for them, as well as for your patience and kindness with us. May Allah send blessings and peace upon Prophet Muhammad and all the prophets, may Allah make establishing the salat easy for us all, may Allah accept it from us all, and may Allah cause us all to be a source of goodness and help for each other as we walk the path, Ameen. With peace, Ahmed & Mahabbah