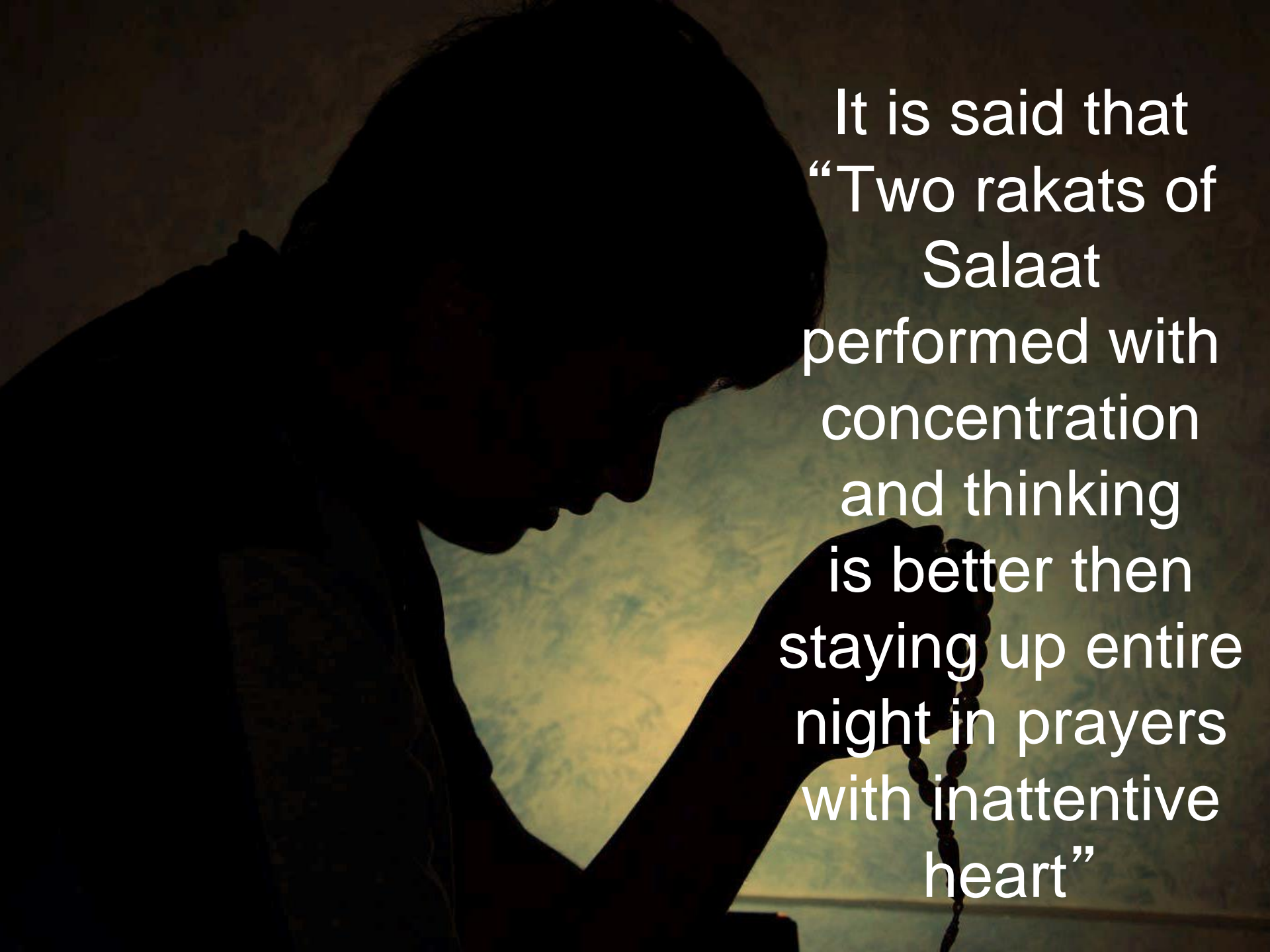
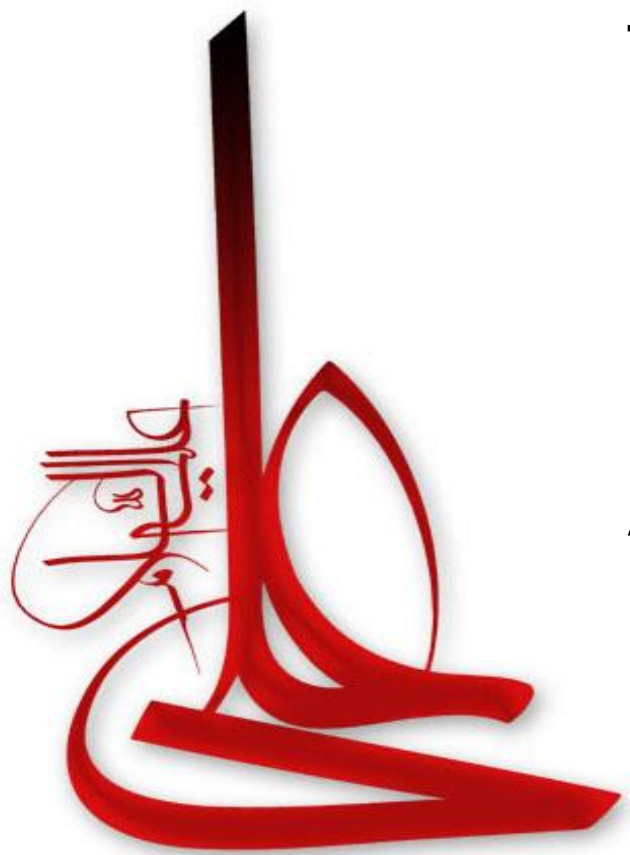


CONCENTRATION IN SALAAT



A silhouette of a person in profile, facing right, holding a string of prayer beads (tasbeeh) in their right hand. The person is set against a background of a sunset or sunrise, with a warm, golden glow. The overall mood is contemplative and spiritual.

It is said that
“Two rakats of
Salaat
performed with
concentration
and thinking
is better then
staying up entire
night in prayers
with inattentive
heart”



When Imam Ali (as) stood for prayers, the world ceased to exist for him, his entire being was totally immersed in contact with Allah (swt). An arrow was removed from Imam Ali's (as) leg while he was in prayers without him feeling any pain.

Can we develop that amount of concentration?



Shaytan distracts us in salaah with all sorts of unnecessary thoughts



STRATEGIES FOR DEVELOPING CONCENTRATION IN SALAAT





Do proper wudhu



If possible, go to mosque and pray



Have presence of mind and heart



Focus on the surahs and zikr during salaah



Eat in moderation



Pray in a pleasing environment



Recite different Surahs in salaah



Use washroom before starting salaah