



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**ALLAHUMMA SALLE ALA  
MUHAMMED WA AALE MUHAMMED**

# SEEK ALLAH' S (SWT) HELP

Say "O my Lord!  
expand me my breast;

"Ease my task for me;

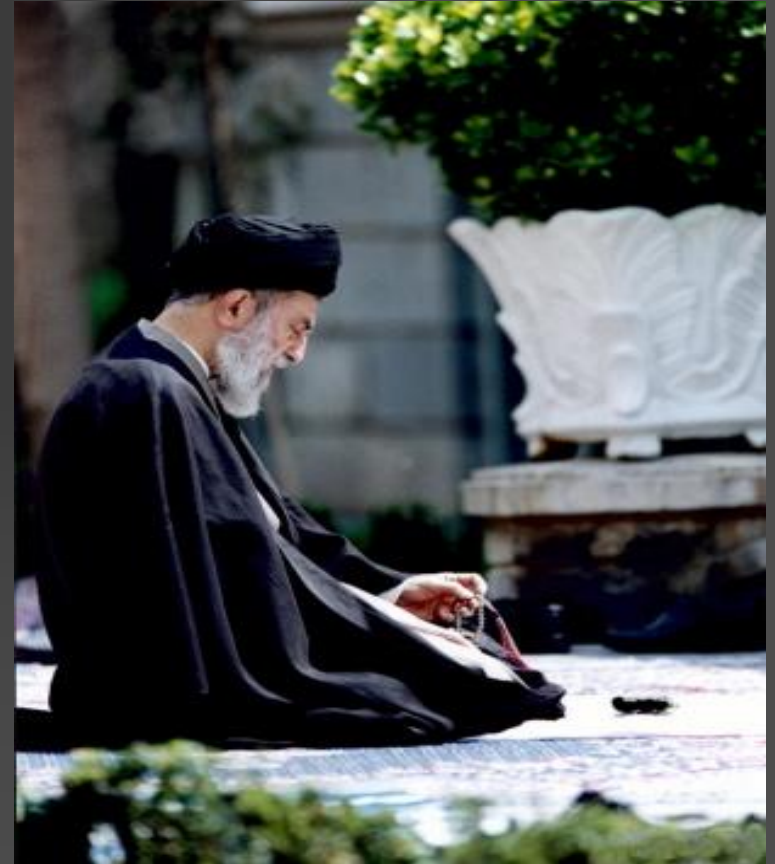
"And remove the  
impediment from my  
speech,

"So they may  
understand what I say:  
(20:25-29 )

- قَالَ رَبِّ اشْرَحْ لِي صَدْرِي
- وَيَسِّرْ لِي أَمْرِي
- وَاحْلُلْ عُقْدَةً مِّن لِّسَانِي
- يَفْقَهُوا قَوْلِي

Qala Rabbi Ishrah Lee Sadree  
Wayassir Lee Amree  
Waohlul Aauqdatan Min Lisanee  
Yafqahoo Qawlee

# *SALAT - A Journey To A Different WORLD*



# KNOW THE VALUE OF SALAAT

- Imam Ali (‘a) says,

■ لَوْ يَعْلَمُ الْمُصَلِّي مَا يَغْشَاهُ مِنْ جَلَالِ اللَّهِ، مَا سَرَّهُ أَنْ يَرْفَعَ رَأْسَهُ مِنْ سُجُودِهِ.

- “Had the one who prays known how the Majesty of Allah encompasses him, he would never have liked to raise his head from prostration.” (Khisal, vol. 2, p. 632)

# **SALAAT IS MEETING WITH ALLAH (swt)**

## **SALAAT IS TALKING TO ALLAH**

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**Do you look away when you are talking to someone**

**Do you talk to someone else when someone is talking to you**

**Are you thinking of something else when someone is talking to you...**

**WHY THEN WITH ALLAH (swt)**

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# SILENCE

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- Success in salaah is in
    - Talking only to Allah (swt)
    - Allowing Allah (swt) to talk to you – 1 on 1
    - Observing silence, reciting only what is required and focussing your energies and attention on the salaah
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# **SALAAT IS MEETING WITH ALLAH (swt)**

## **SALAAT IS TALKING TO ALLAH**

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**Do you fidget, flex your muscles, scratch your head, pick your nose....**  
**when talking to someone...**

**WHY THEN WITH ALLAH (swt)**

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# STILLNESS

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- Success in salaah is in
    - Being as still as possible so that you can focus on talking only to Allah (swt)
    - Try the stillness exercise...
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# NOW PRACTICE SILENCE and STILLNESS

And benefit from the  
mercy of salaah

# WHAT CAN I GET BY PRAYING

■ اذْكُرُونِي أَذْكَرْكُمْ.

- *“You remember Me, I will remember you.”* (Quran, 2:52)

- Imam Baqir (‘a) says,

■ ذِكْرُ اللَّهِ لِأَهْلِ الصَّلَاةِ أَكْبَرُ مِنْ ذِكْرِهِمْ إِيَّاهُ.

- *“Allah’s remembrance of those who worship Him is **GREATER** than their remembrance of Him.”*  
(Tafsir, al Qummi, vol. 2, p. 150)