



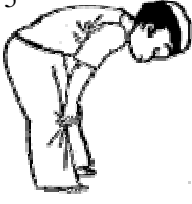







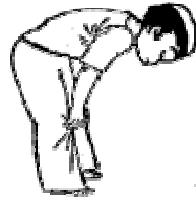









# Shia Namaz

| Instructions   | Recitation and Meaning  |
|--|---|
| <p>1</p>  <p>Niyyat (Intention) - Beginning of Prayer</p>   | <p>I OFFER FAJR PRAYERS, 2 RAKATS, WAJIB QURBATAN ILAL LAH,<br/>I offer Fajr prayers, 2 Rakats, seeking nearness to God, in obedience to Him</p> <p>Purti hoon mein do rakat namaz-e fajr, wajib qurbatan illallah</p>  |
| <p>2</p>  <p>Takbirat-ul-Ihram (The First Takbir - Allah hu Akbar)<br/>Lift both hands up to the ears and say</p>  | <p>ALLAH HU AKBAR<br/>Allah is Great</p>  |
| <p>3</p>  <p>First Rakaat - Qira-at (Recitation)<br/>It is Wajib (essential) to recite Surah al Hamd, followed by any other <i>complete</i> Surah in the first two rakaats.<br/>First Surah (Surah al Hamd)</p> | <p>BISMIL LAH HIR RAHMAN NIR RAHIM.<br/>In the Name of Allah, the most Compassionate, the Merciful<br/>AL HAMDU LIL LAHI RAB BIL AALAMEEN. AR RAHMAN NIR RAHIM<br/>All praises belong to Allah the Cherisher, the Sustainer, Developer and Perfector of the worlds, the most Compassionate, the Merciful<br/>MALIKI YAUWMID DIN. IYYA KA NA'BUDU WA IYYA KA NASTA'EEN.<br/>Master of the Day of Judgement. Thee only do we Worship, and Thee alone do we ask for help<br/>EHDENAS SIRAATAL MUSTAQEEM, SIRAT ALLAZEENA AN AMTA ALAYHIM<br/>Keep us along the straight path, the path of those whom Thou has blessed<br/>GHAIRIL MAGHZOOBI ALAIHIM WAL LAZ ZUAL LEEN.<br/>Not of those whom Thou art angry, nor of those who go astray.</p> |
| <p>4</p>  <p>Second Surah (Surah al Kausar)<br/>Or Surah Qadr</p>   | <p>BISMIL LAH HIR RAHMAN NIR RAHIM<br/>In the Name of Allah, the most Compassionate, the Merciful<br/>INNA A'TAINAKAL KAUSAR. FASALLI LI RAB BIKA WAN HAR<br/>To thee have We granted the Fount (of abundance). Therefore, pray to your Lord and make Sacrifices.<br/>INNA SHANI AKA HU WAL ABTAR<br/>Surely your enemy is the one cut off (from good).<br/><b>SAY ALLAH HU AKBAR</b><br/>Allah is Great</p>  |

|   |  |
|---|--|
| <p>5</p>  <p>Rukuh (bend half-way down and keep both hands on your legs just above your knees)</p>   | <p>SUBHAN ALLAH (3 times)<br/>         Glory to Allah<br/>         SUBHANA RABBIYAL AZEEME WABIHAMDEHI<br/>         Free from All Defects is my Lord, and with His praise I bow</p>                      |
| <p>6</p>  <p>Straighten up, saying</p>   | <p>SAMEALLAH HOLEMAN HAMEDAH<br/>         God listens to one who praises Him<br/>         ALLAH HU AKBAR<br/>         Allah is Great</p>   |
| <p>7</p> <p>Sajdah (Go down to sajdah so that the forehead touches the place of sajdah directly - make sure that the material covering the head is not in the way.)</p>  | <p>SUBHAN ALLAH (3 times)<br/>         Glory to God<br/>         SUBHANA RAB BIYAL A'LAA WA BI HAMDEHI<br/>         Free from all defects is my All-Highest Lord, and with His praise I adore Him</p>    |
| <p>8</p>  <p>Sit up and say</p>  | <p>AS TAGHFIRULLAH RABBI WA ATUBU ILAIH<br/>         I ask Allah, my Lord, to cover up my sins and unto him I turn repentant</p>   |
| <p>9</p> <p>Second Sajdah</p>    | <p>SUBHAN ALLAH (3 times)<br/>         Glory to Allah<br/>         SUBHANA RAB BI AL A'LAA WA BI HAMDEHI<br/>         Free from All defects is my All Highest Lord, and with His praise I adore Him.</p> |
| <p>10</p> <p>Stand up saying</p>  | <p>BI HAUL LILLAHI WA QUWATTEHI AQOOMO WA AQ'UD.<br/>         Due to the Vigour given by Allah, and because of the vitality from Him I rise and stand</p>  |

|  |   |
|--|---|
| <p>11</p>  <p>Second Rakaat<br/>First Surah (Surah al Hamd)</p>   | <p>BISMIL LAH HIR RAHMAN NIR RAHIM.<br/>In the Name of Allah, the most Compassionate, the Merciful<br/>AL HAMDU LIL LAHI RAB BIL AALAMEEN. AR RAHMAN<br/>NIR RAHIM<br/>All praises belong to Allah the Cherisher, the Sustainer, Developer<br/>and Perfector of the worlds, the most Compassionate, the Merciful<br/>MALIKI YAUWMID DIN. IYYA KA NA'BUDU WA IYYA KA<br/>NASTA'EEN.<br/>Master of the Day of Judgement. Thee only do we Worship, and<br/>Thee alone do we ask for help<br/>EHDENAS SIRAATAL MUSTAQEEM, SIRAT ALLAZEENA<br/>AN AMTA ALAYHIM<br/>Keep us along the straight path, the path of those whom Thou has<br/>blessed<br/>GHAIRIL MAGHZOOBI ALAIHIM WAL LAZ ZUAL LEEN.<br/>Not of those whom Thou art angry, nor of those who go astray.</p> |
| <p>12</p>  <p>Second Surah (Surah Tawheed)</p>   | <p>BIS MIL LAH HIR RAHMAN NIR RAHIM<br/>In the Name of Allah, the most Compassionate, the Merciful<br/>QUL HUWALLAH HU AHAD, ALLAH HUS SAMAD, LAM YA<br/>LID,<br/>Say He is God, the One, the Unique. God the Changeless, the<br/>Independent. He begets not,<br/>WA LAM YU LAD, WA LAM YA KUNLAHU KUFUWAN<br/>AHAD.<br/>Nor is He Begotten. And there is no one equal to Him.</p>  |
| <p>13</p>  <p>Qunoot (after Second Surah in<br/>2nd Rakat - While still<br/>standing)<br/>Raise your hands and bring<br/>them together in front of your<br/>face, with the palms of your<br/>hands raised up, inclined<br/>towards you. Say</p> | <p>RABBANA AATINA FIDDOONYA HASANATAWN<br/>O our Lord! Bestow upon us good in this world<br/>WA FIL AAKHERA-TI HASANATAWN WA QINA AZABAN<br/>NAR<br/>And good in the Hereafter, and protect us from the torment of the<br/>Fire.<br/>ALLAH HU AKBAR<br/>Allah is Great<br/><b>OR</b><br/>ALLAH-HUMAGFIR LANAH,<br/>O Our Lord, Forgive us<br/>WAR HAMNA, WA-AFENA, WA FO ANNA,<br/>And be merciful unto us. And give us tranquillity, and pass over our<br/>sins<br/>FID-DUNIYA WAL-AAKHIRA<br/>In this world and the hereafter<br/>INNAKA ALAAH KULLE SHAYYIN QADEER<br/>Verily Thou hast power upon everything</p>  |
| <p>14</p>  <p>Rukuh</p>   | <p>SUBHAN ALLAH (3 times)<br/>Glory to Allah<br/>SUBHANA RABBIYAL AZEEME WABIHAMDEHI<br/>Free from All defects is my All Highest Lord, and with His praise I<br/>bow</p>  |

|  |  |
|--|--|
| <p>15</p>  <p>Straighten up, saying</p>   | <p>SAMI ALLAH HU LIMAN HAMIDAH<br/> God listens to one who praises Him<br/> ALLAH HU AKBAR<br/> Allah is Great</p>   |
| <p>16</p>  <p>Sajdah</p>  | <p>SUBHAN ALLAH (3 times)<br/> Glory to God<br/> SUBHANA RABBIYAL AA'LAA WA BEHAMDEHI<br/> Free from all defects is my All-Highest Lord, and with His praise I adore Him</p>   |
| <p>17</p>  <p>Sit up and say</p>   | <p>AS TAGH FIR UL LAHA RABBI WA ATOOBU ILAIH<br/> I ask Allah, my Lord, to cover up my sins and unto him I turn repentant</p>  |
| <p>18</p>  <p>Second Sajdah</p>   | <p>SUBHAN ALLAH (3 times)<br/> Glory to Allah<br/> SUBHANA RABBIYAL AA'LAA WA BEHAMDEHI<br/> Free from All defects is my All Highest Lord, and with His praise I adore Him.</p>  |
| <p>19</p>  <p>Sit up and say</p>  | <p>ALLAH HU AKBAR<br/> God is Great</p>  |
| <p>20</p>  <p>Tashahud<br/> Then say the Tashahud and then the salaam (while still sitting)</p> | <p>ASH HADU ALLAH ILAHA ILLALLAH<br/> I bear witness that there is no God except Allah<br/> WAHDAHU LA SHARIKA LAHU<br/> He is One, without any partner<br/> WA ASH HADU AN NA MUHAMMADAN ABDUHU WA RASOOLUH<br/> And I bear witness that Muhammad is His slave and Messenger<br/> ALLA HUMMA SAL LE ALA MUHAMMADIN WA ALE MUHAMMAD.<br/> O our God, bless Muhammad and the Progeny of Muhammad.</p> |

|  |   |
|--|---|
| <p>21</p>  <p style="text-align: center;">Salaam</p> <p>NOTE: we do not turn our heads or lift our second finger. Remain still and recite salaam.</p> | <p>ASSALAM MU ALAIKA AYYUHAN NABIYYU WA RAHMAT UL LAHI WA BARAKATUH<br/>Peace be unto thee, O Apostle and the mercy of God and His bounties</p> <p>ASSALAM MU ALAINA WA ALA IBAD DIL LAHIS SUALIHEEN<br/>Peace be unto us and unto the virtuous servants of God</p> <p>ASSALAM MU ALAIKUM WA RAHMATUL LAHI WABARAKATUH.<br/>Peace be unto ye all, and the mercy of God and his bounties.</p> <p>ALLAH HU AKBAR(Three times)<br/>God is Great.</p> <p>LA ILAHA IL LAL LAH<br/>There is no God but Allah</p> <p>ALLA HUMMA SALLI ALA MUHAMMADIN WA ALI MUHAMMAD<br/>O our God, bless Muhammad, and the Progeny of Muhammad.</p> |
|--|---|

**Note:**

1. When reading namaz remain still at all times
2. DO NOT recite anything whilst moving EXCEPT when rising from Sajdah (See instruction 10)
3. At Rukhu (Inst 5 & 14) – Keep eyes looking down – in between feet

**Difference between men & women:**

Women must keep her hands closed on her thighs-above the knees). Men must keep hands open (clutching) ON knees. Women should keep arms close to body & men should keep elbows away from body. Women should bend in arch fashion, men must bend in a 90% angle.

4. Sajdah (Inst 7, 9, 16 & 18) – 7 parts must rest on the ground: Forehead, two palms, two knees, toes of both feet.

**Difference between men & women:**

When stooping down for Sajdah men should lower hands first, women should lower legs first. Women must keep arms close, men should keep arms away from body. On sitting up, women should have feet together closed, sitting on hams.

5. Read note in Inst 21 about Salaam

After each Salaat, read Tasbih:

**Niyat: Purti hoon/Parta hoon main tasbi janabe fatima tu-zahra wajib qurbatan illalallah**

ALLAH HU AKBAR (34 times)  
ALHAMDU LIL LAH (33 times)  
SUBHAN ALLAH (33 times)

God is Great  
All praise be for God  
Glory to God

**Du'a (supplications):** Ask God for forgiveness and fulfilment of your needs and righteous desires.