



Salaah made easy

How to Pray with Understanding

By Maulana Ateiq-ur Rehman

Foreword

In the name of Allah, the Very Merciful the All-Merciful

This work by Mufti Mohammad Ateiq-ur Rehman a respected teacher who teaches at and is also the founder of An-Nur Academy is designed to assist in a simplified manner the procedure of praying. The prayer is the manner in which we communicate with our Lord, this simple work is designed to assist those from varying backgrounds.

We ask Allah that he accepts the humble efforts of Mufti Mohammad Ateiq-ur Rehman and may it be a means for him entering the highest rank of Paradise with no accountability alongside with his family.

Maulana Mahmood Riaz

Student Testimonial

As a revert, one of the biggest challenges for me was understanding not just how to pray, but why we do certain actions in Salah. This presentation has been incredibly helpful, breaking everything down in a simple and visual way that's easy to follow. The explanations of prayer times, intention, and the step by step guide to Salah have really improved my understanding and confidence. I would highly recommend it to reverts, beginners, or anyone looking to refresh their knowledge. JazakAllahu Khayran to everyone involved.

Aqeel Cassule

Introduction

بسم الله الرحمن الرحيم

الحمد لله رب العالمين، والصلاة والسلام على سيدنا محمد وعلى آله وصحبه أجمعين

All praise is for Allah ﷻ, who has blessed us with Salah, the pillar of Islam and the daily connection between a servant and his Lord.

There are many excellent and beneficial books available on the subject of Salah. The purpose of this humble effort is not to replace those works, but rather to provide a simple and practical guide to help learners understand and perform their prayer with confidence.

Having taught children, adults and new Muslims over many years, I felt there was a need for a resource that combines the Arabic, transliteration and translation in one place, making it easier for learners to follow, memorise and understand what they are reciting.

Every effort has been made to keep this guide clear, concise and easy to follow whilst maintaining accuracy and authenticity. Whilst this booklet can assist learners on their journey, Salah is best learnt under the guidance of a qualified teacher who can help correct recitation, posture and practice.

I ask Allah ﷻ to accept this humble effort, overlook its shortcomings and make it a means of benefit for all who learn, teach and practise it.

وما توفيقى إلا بالله

Only Allah ﷻ grants success.

Mohammad Ateiq-ur Rehman

The importance of Prayer mentioned in the Quran

إِنِّى أَنَا اللّٰهُ لَا إِلَهَ إِلَّا أَنَا فَاعْبُدْنِىْ ۚ وَأَقِمِ الصَّلَاةَ لِذِكْرِىْ

“Surely, I AM ALLAH. There is no god but Myself, so worship Me, and establish Salah for My remembrance.”

(Surah Ta-Ha 20:14)

وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ وَاصْطَبِرْ عَلَيْهَا

“Command your family to pray and remain steadfast upon it.”

(Surah Ta-Ha 20:132)

قَدْ أَفْلَحَ الْمُؤْمِنُونَ • الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ

“Successful indeed are the believers – those who are humble in their prayer.”

(Surah al-Mu'minun 23:1–2)

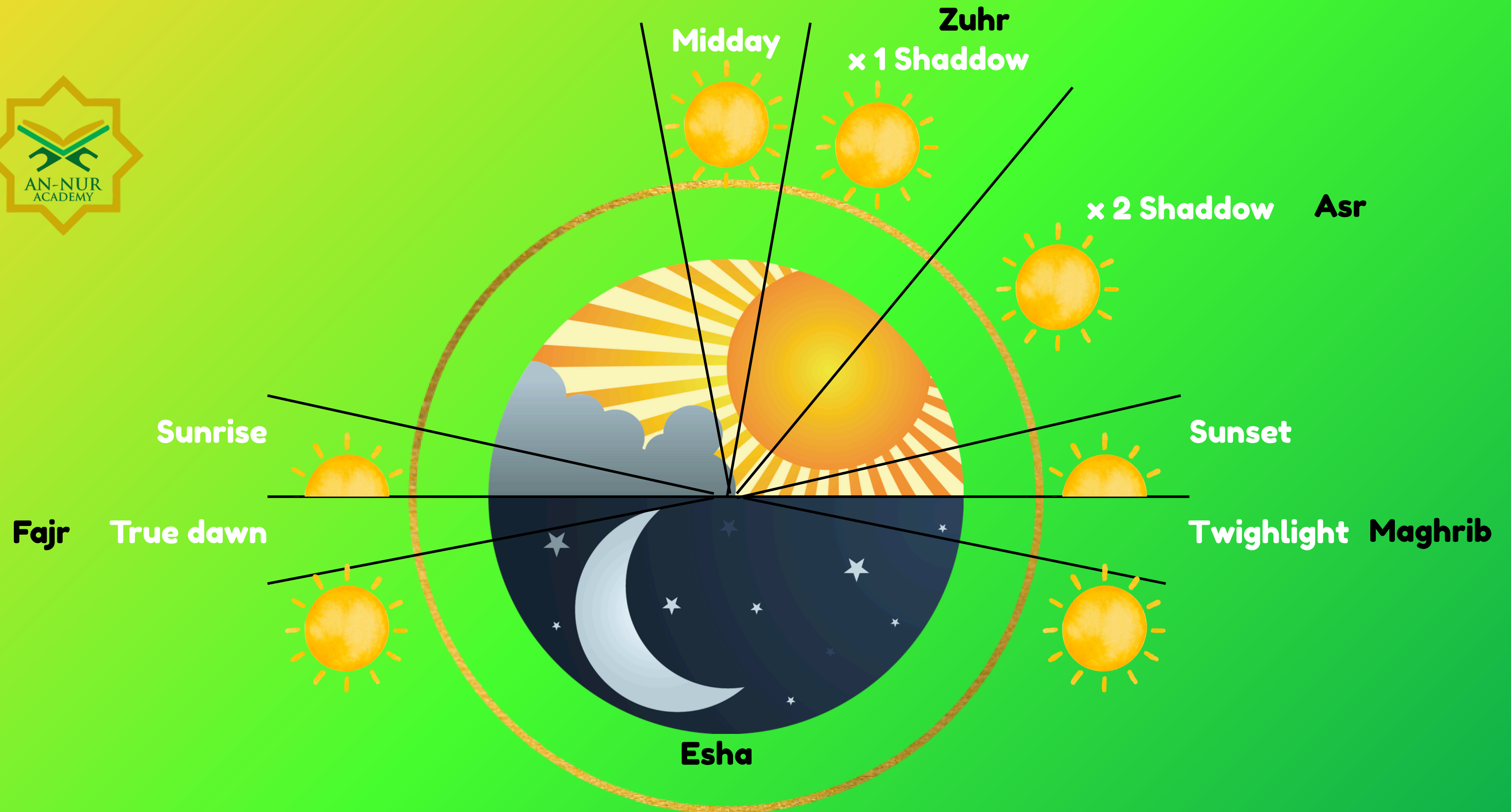
إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

“Indeed, prayer has been prescribed upon the believers at fixed times.”

(Surah an-Nisa 4:103)

The Five Daily Prayers & Their Times

Prayer	When It Begins	When It Ends
Fajr	True dawn (first light appears)	Sunrise
Dhuhr	After midday (sun passes its peak)	When Asr time begins
Asr	Shadow = 2x object length (Hanafi)	Sunset
Maghrib	Immediately after sunset	When twilight disappears
Isha	After twilight disappears	Before true dawn (Fajr)





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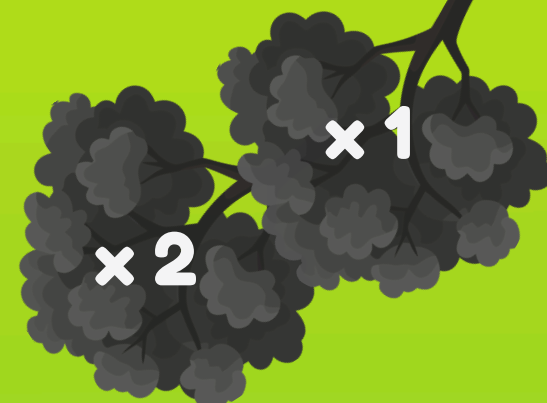
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Intention in the prayer

Niyyah

What is Niyyah/intention?

- Niyyah means making a plan in your heart
- know which prayer you are about to pray
- You do it for Allah سبحانه وتعالى

Before You Start Prayer

Just think:

- “I am going to pray (Fajr, Dhuhr, etc.) to please Allah سبحانه وتعالى”

Do I have to say it?

- No – you do not need to say anything out loud
- Allah سبحانه وتعالى knows what is in your heart

we pray strictly to please
Allah سبحانه وتعالى



Starting the Prayer

Takbeer al-Tahreemah

we recite

Arabic	Transliteration	Translation
اللَّهُ أَكْبَرُ	Allahu Akbar	Allah سبحانه وتعالى is the Greatest

When you say Allahu Akbar your prayer begins and you must focus on Allah سبحانه وتعالى

Why is it called Tahreemah?

Some things are no longer allowed:

No talking

No eating or drinking

No looking around

No unnecessary movements



- Stand up-right facing the Qibla
- Feet shoulder width apart
- Feet pointing forward
- Raise the hands up to the ears- with palms facing forward

The opening Supplication (Dua)

Thana

We begin the prayer by praising Allah سبحانه وتعالى

we recite



- Place the right hand over the left hand.
- Wrap the little finger and thumb of the right hand around the left wrist.
- Rest the remaining three fingers on top of the left forearm.
- Position the hands just below the navel.
- Keep the gaze fixed on the place of prostration on the floor.

Arabic	Transliteration	Translation
سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ	Subhanaka Allahumma wa bihamdika	Glory is to You O Allah سبحانه وتعالى and all praise is for You
وَتَبَارَكَ اسْمُكَ	Wa tabaraka ismuka	Blessed is Your Name
وَتَعَالَى جَدُّكَ	Wa ta'ala jadduka	High is Your greatness
وَلَا إِلَهَ غَيْرُكَ	Wa la ilaha ghayruk	There is no god except You

Surah al Fatiha (The Opening)

We ask Allah سبحانه وتعالى to guide us every time we pray

we recite



Arabic	Transliteration	Translation
بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ	Bismillahir Rahmanir Raheem	In the name of Allah سبحانه وتعالى, the Most Merciful, the Most Kind
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ	Alhamdu lillahi rabbil alameen	All praise is for Allah سبحانه وتعالى, Lord of all the worlds
الرَّحْمَنِ الرَّحِيمِ	Ar Rahmanir Raheem	The All Merciful, the Very Merciful
مَالِكِ يَوْمِ الدِّينِ	Maliki yawmid deen	Master of the Day of Judgement
إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ	Iyyaka na'budu wa iyyaka nasta'een	We worship only You and we ask only You for help
اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ	Ihdinas siratal mustaqeem	Guide us to the straight path
صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ	Siratal lazeena an'amta alayhim	The path of those You have blessed
غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ	Ghayril maghdoobi alayhim walad daalleen	Not the path of those who earned anger nor those who went astray

Recite a chapter (Surah)

Any Surah can be recited; three short verses or one long verse

we recite

Arabic	Transliteration	Translation
قُلْ هُوَ اللَّهُ أَحَدٌ	Qul huwa Allahu ahad	Say He is Allah سبحانه وتعالى, the One
اللَّهُ الصَّمَدُ	Allahu samad	Allah سبحانه وتعالى is the One everyone needs
لَمْ يَلِدْ وَلَمْ يُولَدْ	Lam yalid wa lam yoolad	He does not have children nor was He born
وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ	Wa lam yakun lahu kufuwan ahad	And there is nothing like Him

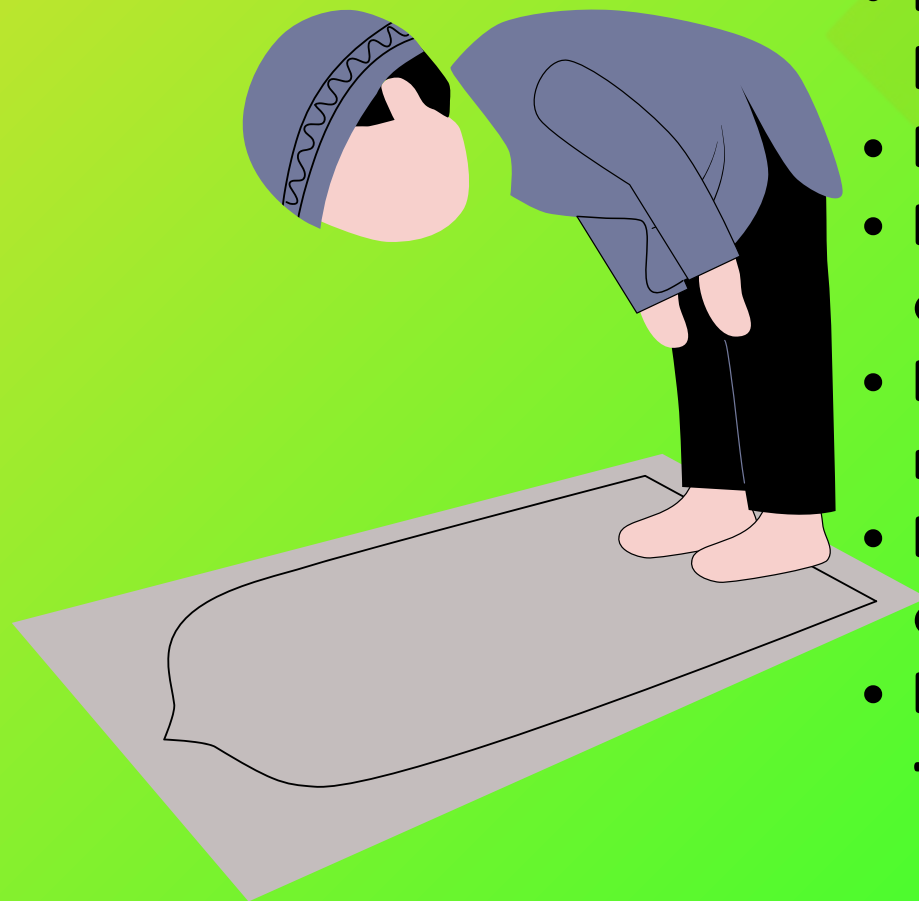
we should memorise as many Surahs as possible
to recite in our Salaah



Bowing (Ruku)

In Ruku we bow down and show respect to Allah سبحانه وتعالى

we recite



- Place both hands firmly on the knees.
- Keep the fingers spread naturally.
- Keep the back as straight and level as possible.
- Keep the head in line with the back, neither raised nor lowered.
- Keep the arms away from the sides of the body.
- Keep the gaze directed towards the feet.

Arabic	Transliteration	Translation
سُبْحَانَ رَبِّيَ الْعَظِيمِ	Subhana rabbiyal azeem	Glory is to my Lord Allah سبحانه وتعالى the Most Great
سُبْحَانَ رَبِّيَ الْعَظِيمِ	Subhana rabbiyal azeem	Glory is to my Lord Allah سبحانه وتعالى the Most Great
سُبْحَانَ رَبِّيَ الْعَظِيمِ	Subhana rabbiyal azeem	Glory is to my Lord Allah سبحانه وتعالى the Most Great

Rising up from the bowing (Qawma)

we recite

Arabic	Transliteration	Translation
سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ	Sami Allahu liman hamidah	Allah سبحانه وتعالى . hears the one who praises Him
رَبَّنَا لَكَ الْحَمْدُ	Rabbana lakal hamd	Our Lord, all praise is for You



- Stand completely upright before proceeding to Sujood.
- Allow every part of the body to return to its natural position.
- Keep the gaze directed towards the place of prostration.
- Pause briefly in this position before saying "Allahu Akbar" and going into Sujood.

Prostration (Sujood)

we recite

Sujood is the closest you are
to Allah سبحانه وتعالى

Arabic	Transliteration	Translation
سُبْحَانَ رَبِّيَ الْأَعْلَى	Subhana rabbiyal a'la	Glory is to my Lord Allah سبحانه the Most High وتعالى
سُبْحَانَ رَبِّيَ الْأَعْلَى	Subhana rabbiyal a'la	Glory is to my Lord Allah سبحانه the Most High وتعالى
سُبْحَانَ رَبِّيَ الْأَعْلَى	Subhana rabbiyal a'la	Glory is to my Lord Allah سبحانه the Most High وتعالى



After Qawmah, say "Allahu Akbar" and go down into Sujood.

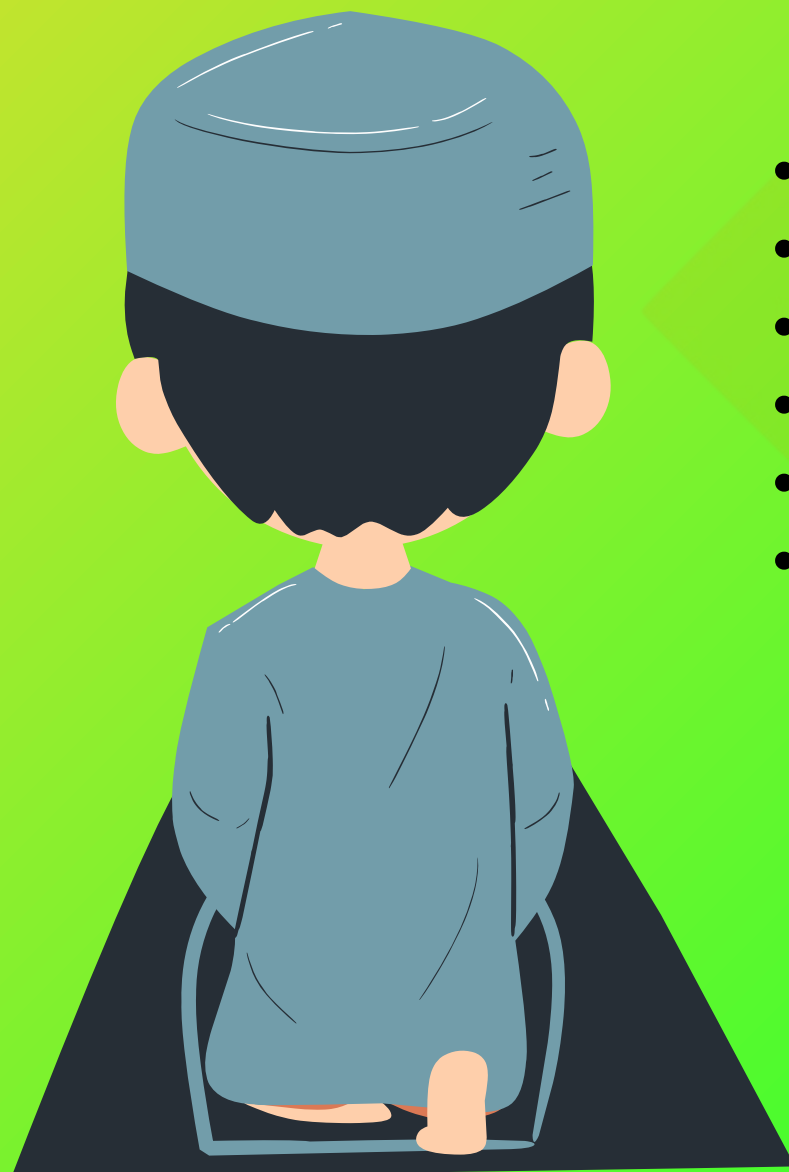
- Place the knees on the ground first, followed by the hands, then the nose and forehead.
- Ensure both palms are flat on the ground with the fingers facing the Qiblah.
- Keep the forehead and nose firmly on the ground.
- Keep the elbows raised off the ground.
- Keep the feet upright with the toes pointing towards the Qiblah.
- Keep the gaze directed towards the nose.

sitting between two prostrations (Jalsa)

After the first Sujood, say "Allahu Akbar" and sit upright.

- Sit on the left foot.
- Keep the right foot upright with the toes facing the Qiblah.
- Place both hands on the thighs with the fingers naturally together.
- Sit calmly and allow the body to become still.
- Keep the gaze directed towards the lap.
- Pause briefly in this position before saying "Allahu Akbar" and proceeding to the second Sujood.

This sitting position is known as Jalsah and should be performed with tranquillity and composure.



Standing for the next Rakaat

After completing the second Sujood, say "Allahu Akbar" and stand up for the next Rak'ah.



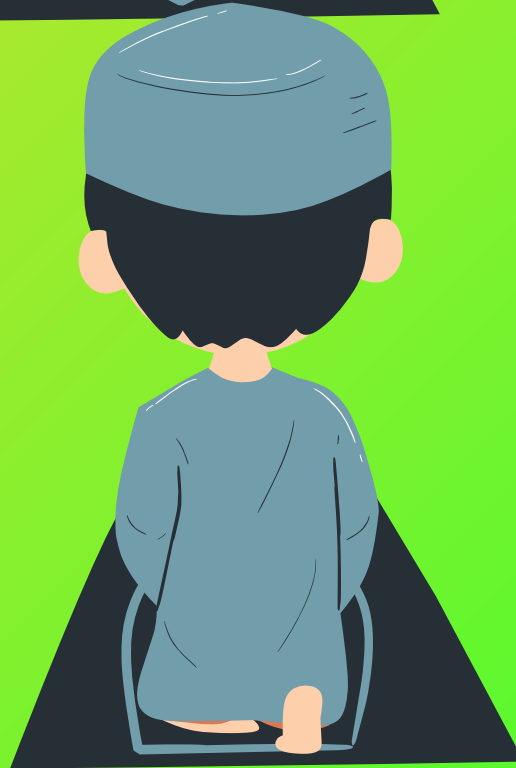
- Rise calmly and with control.
- Lift the forehead, then the nose, followed by the hands from the ground.
- Stand upright without unnecessary movements.
- Once standing, place the hands in the same manner as before:
- The right hand over the left.
- Just below the navel.
- Keep the gaze directed towards the place of prostration.

You are now ready to begin the next Rak'ah by reciting Surah al-Fatihah and an additional Surah.

Tashahhud

we recite

Arabic	Transliteration	Translation
التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ	At tahiyyatu lillahi was salawatu wat tayyibat	All greetings prayers and good things are for Allah سبحانه وتعالى
السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ	Assalamu alayka ayyuhan nabiyyu wa rahmatullahi wa barakatuh	Peace be upon you O Prophet and the mercy of Allah سبحانه وتعالى and His blessings
السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ	Assalamu alayna wa ala ibadillahis saliheen	Peace be upon us and upon the righteous servants of Allah سبحانه وتعالى
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ	Ashhadu an la ilaha illallah wa ashhadu anna Muhammadan abduhu wa rasuluh	I bear witness that there is no god except Allah سبحانه وتعالى and I bear witness that Muhammad is His servant and messenger



- Sit on the left foot.
- Keep the right foot upright with the toes facing the Qiblah.
- Place both hands on the thighs.
- Keep the fingers naturally together.
- Keep the gaze directed towards the lap.

Tashahhud

When reaching:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ

Ashhadu an la ilaha illallah

Raise the index finger of the right hand at "La ilaha" and lower it at "illallah".



Durood Ibrahim

we recite

Arabic	Transliteration	Translation
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ	Allahumma salli ala Muhammad wa ala aali Muhammad	O Allah سبحانه وتعالى send blessings upon Muhammad and the family of Muhammad
كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ	Kama sallayta ala Ibraheem wa ala aali Ibraheem	Just as You sent blessings upon Ibrahim and the family of Ibrahim
إِنَّكَ حَمِيدٌ مَجِيدٌ	Innaka hameedum majeed	Indeed You are Praiseworthy Most Glorious
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ	Allahumma barik ala Muhammad wa ala aali Muhammad	O Allah سبحانه وتعالى send blessings upon Muhammad and the family of Muhammad
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ	Kama barakta ala Ibraheem wa ala aali Ibraheem	Just as You sent blessings upon Ibrahim and the family of Ibrahim
إِنَّكَ حَمِيدٌ مَجِيدٌ	Innaka hameedum majeed	Indeed You are Praiseworthy Most Glorious



Recite a supplication (Dua)

we recite

Arabic	Transliteration	Translation
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً	Rabbana atina fid-dunya hasanah	Our Lord, grant us good in this world,
وَفِي الْآخِرَةِ حَسَنَةً	Wa fil-akhirati hasanah	And good in the Hereafter,
وَقِنَا عَذَابَ النَّارِ	Wa qina 'adhaban-nar	And protect us from the punishment of the Fire.



AN-NUR
ACADEMY

Ending the Prayer (Salaam).

first turn the head to the right and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalamu alaykum wa rahmatullah

Peace and mercy of Allah سبحانه وتعالى be upon you

Then turn the head to the left and say:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

Assalamu alaykum wa rahmatullah

Peace and mercy of Allah سبحانه وتعالى be upon you



- Turn the face until the cheek becomes visible to someone behind you.
- First turn to the right, then to the left.
- This marks the completion of the Salah.



Make a supplication (Dua)

we recite

Arabic	Transliteration	Translation
اللَّهُمَّ أَنْتَ السَّلَامُ	Allahumma antas-salam	O Allah سُبْحَانَهُ وَتَعَالَى, You are Peace
وَمِنْكَ السَّلَامُ	wa minkas-salam	and from You comes peace
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ	tabarakta ya dhal-jalali wal-ikram	Blessed are You, O Possessor of Majesty
اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ	Allahumma a'inni 'ala dhikrika	O Allah, help me to remember You
وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ	wa shukrika wa husni 'ibadatik	Thank You, and worship You in the best manner
رَبِّ اغْفِرْ لِي	Rabbighfir li	My Lord, forgive me.



Establish the Prayer

Salah is more than a series of words and actions; it is a daily conversation with Allah سبحانه وتعالى and a means of drawing closer to Him.

The purpose of this guide is to help learners build a strong foundation in Salah. Whilst every effort has been made to simplify the subject and make it accessible for learners of all ages, true improvement comes through regular practice, sincerity and learning under the guidance of qualified teachers.

We ask Allah سبحانه وتعالى to accept this humble effort, forgive its shortcomings, and make it a means of benefit for all who learn from it, teach it, share it, or support it. Please remember the author, reviewers, teachers, students and their families in your du'as.

May Allah سبحانه وتعالى make us from those who establish Salah, guard it carefully, and find peace, guidance and success through it.

Ameen.

Learn. Pray. Reflect.

For further support, classes, resources or enquiries, please feel free to contact us:

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