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ABOUT THE — AUTHOR



NAQSHBANDIYA TUL ALIYA, THE MOST DISTINGUISHED SUFI PATH TO DIVINE REALITIES. MAWLANA SHAYKH NURJAN IS OUR BELOVED SHAYKH, TEACHER AND GUIDE, SAINT OF THE HIGHEST CALIBER, A LIGHT FOR LOST SOULS, AND A GUIDE OF THE BEWILDERED. HE IS A LIGHT OF SAFETY AND HOPE FOR SUCH A HOPELESS TIME. A TRUE SYMBOL OF THE GREATNESS OF THE MUHAMMADAN REALITY. REVIVER OF THE SOUL, SUPPORTER OF THE TRUTH.

SHAYKH NURJAN MIRAHMADI (Q) HAS DEVOTED HIS LIFE
TO SPREAD THE TRUE SUFI TEACHINGS OF LOVE,
ACCEPTANCE, RESPECT, AND PEACE THROUGHOUT THE
WORLD AND OPPOSES EXTREMISM IN ALL FORMS. AN
EXPERT IN SUFI SPIRITUALITY, HE HAS STUDIED WITH
SOME OF THE WORLD'S LEADING SUFI SCHOLARS OF
OUR TIME. SHAYKH NURJAN MIRAHMADI (Q) HAS
FOUNDED NUMEROUS EDUCATIONAL AND CHARITABLE
ORGANIZATIONS. HE HAS TRAVELLED EXTENSIVELY
THROUGHOUT THE WORLD LEARNING AND TEACHING
SUFI MEDITATION AND HEALING, UNDERSTANDING
CHANNELING OF DIVINE ENERGY, DISCIPLINE OF THE
SELF, AND THE PROCESS OF SELF REALIZATION.









HOW TO PRAY SALAH?









Initiating salah, and beginning the first cycle (raka'ah)

Quietly state the intention to pray in your heart.

For example...

"O Allah, I intend to offer the fard prayer seeking your good pleasure.

Bismi-Llahi-r-Rahmani-r-Rahim"













Face the qiblah

To initiate the state of salah, face the qiblah.

Outwardly, this is the direction of the Holy Kaaba in Mecca.

But, inwardly, it is the awareness that one is facing only Allah











Step 2 continued

Raise your hands, palms open and facing forward, touching your earlobes with your thumbs (traditionally it is hands beside the shoulders for women). This gesture, signifies the openness of the entire being to the Divine Radiance and Magnificence, and is accompanied by the words of transcendence:

Allahu Akbar

Chant Surah Fatiha, the opening chapter of Holy Quran

A'uzu Billahi Minashaytan Nir Rajeem

I seek refuge in Allah from the accursed Satan

Bismi-Llahi-r-Rahmani-r-Rahim

In the Name of Allah, the Tenderly

Compassionate, the Infinitely Merciful

Alhamdu li-Llahi Rabbi-l-'alamin

Praise be to Allah, the Cherisher and Lover

of the Worlds

Ar-Rahmani-r-Rahim

Most Compassionate, Most Merciful, *Maliki yawmi-d-din*

Magnificently presiding over the return into the Radiance of Allah

Iyyaka na'budu, wa iyyaka nasta'in

O Lord, we worship only You and rely upon You alone.

Ihdina-s-sirata-l-mustaqima
Reveal Your Direct Path.

Sirata-l-ladhina an 'amta 'alayhim

the mystic way of those who have received and truly assimilated Your Sublime Guidance,

Ghayril maghdubi 'alayhim wa lad-daallin those who never wander from the spiritual path and therefore never experience

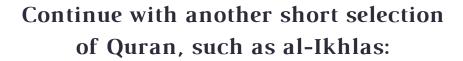
Your Awesome Correction.

Amin





Step 3 continued



Bismi-Llahi-r-Rahmani-r-Rahim
In the Name of Allah, the Tenderly
Compassionate, the Infinitely Merciful

Qul: huwa-Llahu Ahad Allahu-s-Samad
Affirm with your whole being,
"He is Allah, the One and Only
Reality, the All-Encompassing

Lam yalid wa lam yulad

Who does not originate from some other reality. Nor do multiple realities come forth separate from Him,

wa lam yakul-lahu kufuwan ahad for apart from Him, there is absolutely nothing









Ruku

Now we get into Ruku– bow down your whole torso from the hips and hold the knees with your hands. Repeat three times:

Subhana Rabbi-l-Azim 3x

Glory to the Lord and Supreme Teacher Who is sheer magnificence.











Stand in between the ruku and sujood

While rising up again to standing:

Samia-Llahu li-man hamida

Allah hears the one who praises Him.

Reaching the upright position, follow with the cry of gratitude:

Rabbana laka-l-hamd

O My Lord, all praise flows to you!







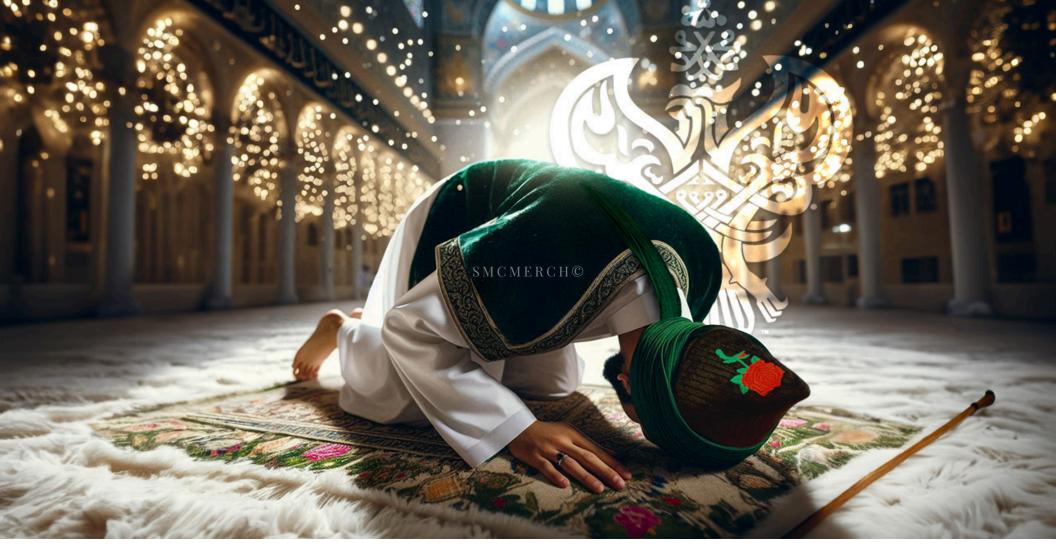


With the words of transcendence, the knees bent on your prayer rug, initiate your movement down toward full prostration:

Allahu Akbar

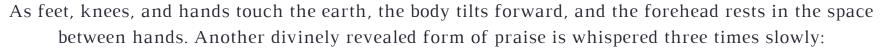








Sujood

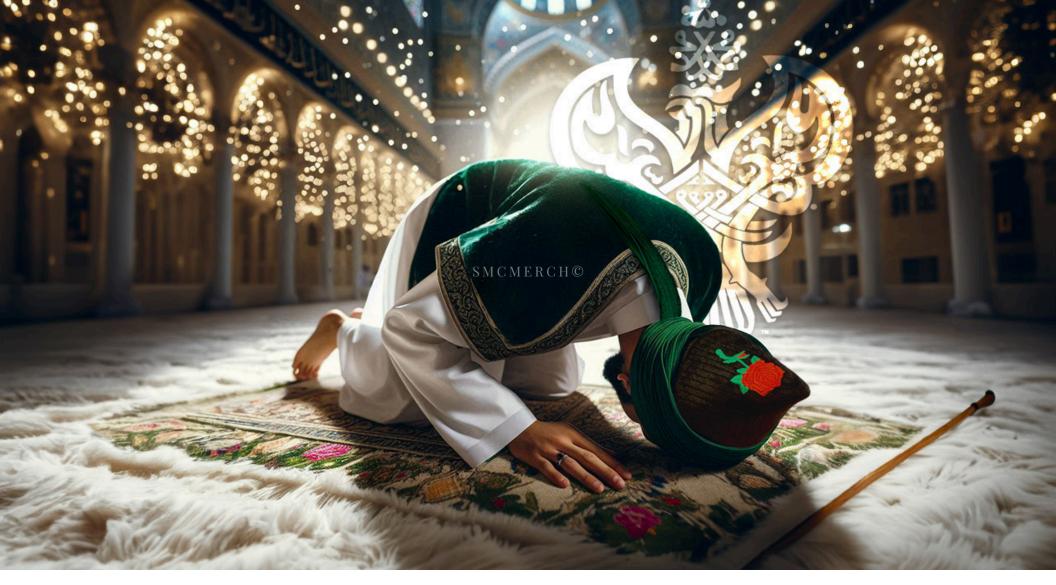


Subhana Rabbi-l-'Ala 3x

Glorious is Supreme Reality









Step 7 continued



One has now released any trace of separate individuality as the soul melts into its Original Source. With the cry:

Allahu Akbar











Now, raise the head and torso into a seated position momentarily, like in the image.









Then return back to prostration intoning: *Allahu Akbar*









<u>Step 10</u>

Sujood

In prostration whisper again three times:

Subhana Rabbi-l-'Ala 3x

Glorious is Supreme Reality

With the cry:

Allahu Akbar







<u>Step 11</u>

Initiating the second raka'ah

Now, one rises from prostration to the standing position. In all prayers, the cycle is performed a second time, including recitation of Surah Fatiha, the Amin, and the other Surah (s) of Holy Quran:







Step 11 continued

Chant Surah Fatiha, the opening chapter of Holy Quran

A'uzu Billahi Minashaytan Nir Rajeem

I seek refuge in Allah from the accursed Satan

Bismi-Llahi-r-Rahmani-r-Rahim

In the Name of Allah, the Tenderly

Compassionate, the Infinitely Merciful

Alhamdu li-Llahi Rabbi-l-'alamin

Praise be to Allah, the Cherisher and Lover

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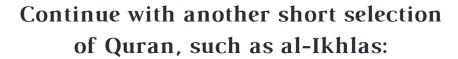
Your Awesome Correction.

Amin





Step 11 continued



Bismi-Llahi-r-Rahmani-r-Rahim
In the Name of Allah, the Tenderly
Compassionate, the Infinitely Merciful

Qul: huwa-Llahu Ahad Allahu-s-Samad
Affirm with your whole being,
"He is Allah, the One and Only
Reality, the All-Encompassing

Lam yalid wa lam yulad

Who does not originate from some other reality. Nor do multiple realities come forth separate from Him,

wa lam yakul-lahu kufuwan ahad
for apart from Him, there is absolutely nothing









<u>Step 12</u>

Ruku

Again, in ruku - bowing the whole torso from the hips, holding your knees with your hands: Repeat three times:

Subhana Rabbi-l-Azim 3x

Glory to the Lord and Supreme Teacher Who is sheer magnificence.













Stand in between the ruku and sujood

While rising up again to standing:

Samia-Llahu li-man hamida

Allah hears the one who praises Him.

In the upright position:

Rabbana laka-l-hamd

O My Lord, all praise flows to you!











Sujood

With the words of transcendence, initiate movement down toward full prostration:

Allahu Akbar

In prostration, whisper:

Subhana Rabbi-l-'Ala 3x

Glorious is Supreme Reality

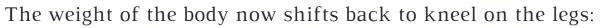












Allahu Akbar

Pause in the seated position.









Step 16 Sujood

Move again toward full prostration intoning:

Allahu Akbar

In prostration, whisper:

Subhana Rabbi-l-'Ala 3x

Glorious is Supreme Reality Intoning:

Allahu Akbar

Rise out of prostration into seated position.





At-tahiyyatu and Tashahhud

In the seated position, quietly recite this divine conversation which occurred in the Prophet's Ascension, and which recurs between the soul and Lord during every salah:

At-tahiyyatu li-Llahi wa salawatu wa-t-tayyibatu (The Prophet ﷺ cries:) O Allah, to You belong all my

greetings, prayers, and pure deeds.

as-salamu alayka ayyuhan-Nabiyyu

(Allah Most High responds:) Peace be upon you,
O beloved Prophet ,

wa Rahmatu-Llahi wa Barakatu-Hu

and may My divine mercy and blessings flow always upon you.

As-salamu alayna wa ala ibadi-Llahi salihin

(The Prophet prays:) Peace be upon us and upon all the righteous servants of Allah

ashadu an La ilaha ila-Llah

(The angels exclaim:) We bear witness that there is no reality apart from Allah,

wa ashadu anna Muhammadin Abdu-Hu wa Rasulu-Hu

and we bear witness that Muhammad sis His pure servant and Messenger!





Step 17 continued

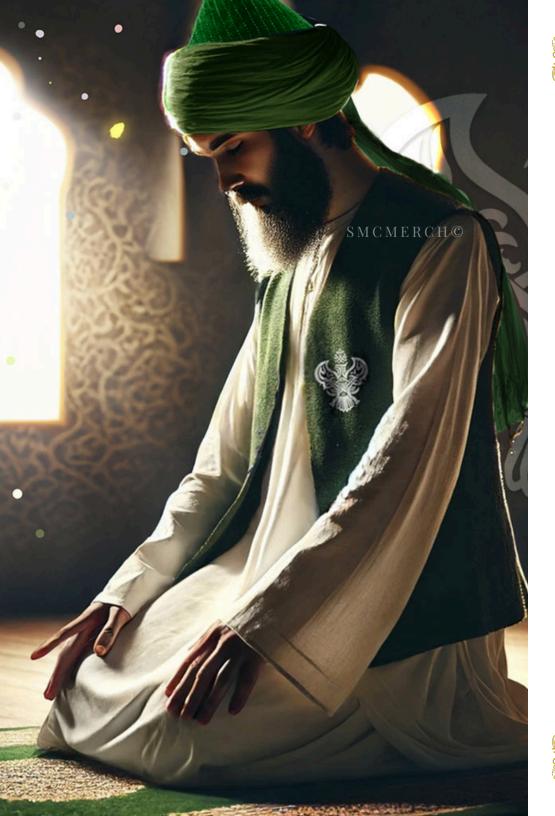
And say:

Allahumma salli ala Sayedena Muhammad ﷺ Allahumma salli ala Sayedena Muhammad ﷺ, wa ala 'Ali Sayedena Muhammad ﷺ, kama sallayta ala 'Ibrahim, wa ala 'Ali 'Ibrahim.

'Innaka Hamidum Majid. Allahumma barik ala Sayedena Muhammad ﷺ, wa ala 'Ali Sayedena Muhammad ﷺ, kama barakta ala 'Ibrahim, wa ala 'Ali 'Ibrahim. 'Innaka Hamidum Majid.







Step 17 continued

Upon reciting this mystic dialogue, you have just completed two rakats or cycles of salah.

Completing a two-rakat prayer
When you are offering a two-rakat salat,
at this point continue to kneel, quietly
reciting these salawat and supplications:

Rabbana atina fi-dunya hasanatan

O Lord, grant us pure goodness and beauty in this life

wa fil akhirati hasanatan and in the life beyond death.

wa qina adhab an-nar

and protect us all from the fire of purification

Rabbana ghfirli wa-li walidaya wa-l Mu'minuna

O Lord, heal and forgive me, my parents, and all those faithful to Love

Yawm 'il yakum 'il hisab

On the Day of Ultimate Justice

Bi-Rahmatika Ya Arhama Rahimin

By your supremely tender Compassion, O most Compassionate of the Compassionate.

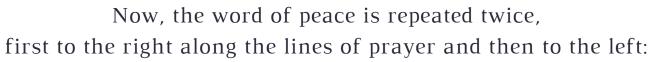








<u>Step 18</u>



As-Salamu 'alaykum wa Rahmatu-Llah

May the Sublime Peace and Compassionate blessings of Allah be with you.











Step 18 continued



As-Salamu 'alaykum wa Rahmatu-Llah

May the Sublime Peace and Compassionate blessings of Allah be with you.







<u>Step 19</u>

Now the main body of the two-raka'ah prayer is complete.

The heart naturally overflows with further supplications, praises and forms of remembrance.

If Four Cycles then just repeat step one.





