Understanding Salaat

The different actions of Salaat show levels of submission. Each act is symbolic of a certain level of submission and remembrance of Allah. It reminds us to do the same in life too. Every action in life is a continuation of what we experience in Salaat.

Give meaning to your salaat. Understand what each action symbolizes:

1) Takbir: The takbir symbolizes that God is greater than what we describe and nothing matters other than Allah. He is above everything else and no-one else has any power or might.

2) Qiyam: Standing straight before God. It signifies attention, focus, ready for action.

3) Ruku: Bowing down before God. It shows humbleness and respect.

4) Sajdah: The closest position to Allah you can possibly be. It gets rid of all pride

The first Sajdah symbolises that you were made of dirt, then you get up to show that God gave life to you from that dirt, then you go back down in sajdah to symbolise how you will go back to that dirt when you die.

Imam Ali says that the Sajdah was the most humbling act of humans towards their God. In Sajdah, a man puts him most precious part of his body which is the head that holds the brain, on mud as a sign of submission to Allah.

5) Qunut: Holding your hands to ask from God. When in front of Allah we are mere beggars when asking him to accept our prayers and grant our duas.

6) Tashahud and Salaam: Witnessing in One God, and sending peace on the Holy Prophet (s) and his family.

Short Dhikr to enhance Salaat

The following are small sentences taken from Duas recited to enhance the Salaat

1) After Iqamah

يَا مُحْسِنُ قَدْ اَتَاكَ الْمُسِيءُ   O Doer of Good, the evil doer has come to you

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2) After Sura al-Ikhlas

كَذَالِكَ اللّٰهُ رَبُّنَا   Such is Allah, our Lord

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3) After Salawat in Tashahud

وَ تَقَبَّلْ شَفَاعَتَهُ فِي اُمَّتِهِ وَ ارْفَعْ دَرَجَتَهُ

And accept his intercession for his people and raise his status

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4) In the last sajdah after dhikr of Sajdah

يَا لَطِيْفُ اِرْحَمْ عَبْدَكَ الضَّعِيْفَ   O Gracious, have mercy on your weak servant