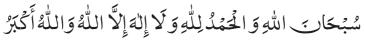
Şalāh-at-Tasbīh

The Prophet # taught this special form of salāh to his uncle 'Abbās #, saying that in return Allāh would forgive his sins - old and new, intentional and unintentional, minor and major, open and hidden. He # advised that it should be performed once every day if possible, otherwise once every year, and if even that is not possible then once in a lifetime. (Abū Dāwūd, Ibn Mājah)

How to perform this ṣalāh: Make intention to pray 4 rakaʿāt Ṣalāh-at-Tasbīḥ, recite Sūrah Al-Fātiḥah and another sūrah in every rakʿah and recite the following tasbīḥ according to the methods specified hereunder.



Subḥānallāhi wal-ḥamdulillāhi wa lā ilāha illallāhu wallāhu akbar

Method 1 (Recommended)

15 times in the first rak'ah - after having recited THANĀ (i.e. SUBḤĀNAKALLĀHUMMA WA BI ḤAMDIKA...) and before recitation of Sūrah Al-Fātiḥah (in following raka'āt)

- 10 times after second sūrah before going into rukū' (bowing position)
- 10 **times** in rukū' after having recited SUBHĀNA RABBIYAL 'AZĪM
- 10 times in qawmah (standing position) after having recited RABBANĀ LAKAL HAMD
- 10 **times** in first sajdah (prostration) after having recited SUBḤĀNA RABBIYAL AʿLĀ
- 10 **times** in jalsah (short sitting) between the two sajdahs
- 10 times in second sajdah after having recited SUBḤĀNA RABBIYAL AʿLĀ, then EITHER get up for next rakʿah OR continue with recitation of TASHAHHUD

Total: 75 tasbīḥāt recited per rak'ah x 4 raka'āt prayed = 300 tasbīḥāt

Method 2

- **15 times** after second sūrah before going into rukū' (bowing position)
- 10 **times** in rukū' after having recited SUBḤĀNA RABBIYAL 'AZĪM
- 10 times in qawmah (standing position) after having recited RABBANĀ LAKAL HAMD
- 10 times in first sajdah (prostration) after having recited SUBḤĀNA RABBIYAL AʻLĀ
- 10 **times** in jalsah (short sitting) between the two sajdahs
- 10 times in second sajdah after having recited SUBḤĀNA RABBIYAL AʻLĀ
- 10 times after completion of second sajdah tasbīḥ to be pronounced whilst sitting down, EITHER before getting up for the next rak'ah (if concluding first or third rak'ah) OR before recitation of TASHAHHUD (if concluding second or last rak'ah)

Total: 75 tasbīḥāt recited per rak'ah x 4 raka'āt prayed = 300 tasbīḥāt