

ETIQUETTES OF SALAAH (MALES AND FEMALES)

The gaze should be fixed on the place of Sajdah during Qiyaam, on the feet during Ruku, on the nose during Sajdah , on the lap during Qa'dah and on the shoulders during Salaam. When one has an urge to yawn during Salaah, he should stifle it as much as possible. When one has an urge to cough during Salaah one should try as much as possible to suppress it.

(Extracted from A'ina-e-Namaz written by Mufti Sa'eed Ahmad Saheb, (رحمة الله عليه) the Mufti-e-A'zam (grand Mufti) of Mazaahirul-uloom.

1. After every Fardh Salaah recite one of the following Duas. After Salaam it is sunnah to recite

أَسْتَغْفِرُ اللَّهَ
thrice. Thereafter recite;

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ
يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

(Hisne Haseen , FathulQadeer- Vol. 1, pg.439)

Trans: O Allah, You are the possessor of peace, peace can only be attained from You. You are full of blessings, O The powerful, The Most Kind.

Note: With regard to the words:

إِلَيْكَ يَرْجِعُ السَّلَامُ فَحِينًا رَبَّنَا بِالسَّلَامِ
وَأَدْخَلْنَا دَارَكَ دَارَ السَّلَامِ فَلَا أَصْلَ لَهُ

Mulla Ali Qari (رحمة الله عليه) writes in Mirqaat [Vol. 2, pg.358] that there is no substantiation for these words in the ahaadith, they are merely an addition by some story-tellers.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

2. (Hisne Haseen)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْجُبْنِ وَأَعُوذُ بِكَ
مِنْ أَنْ أُرْدَأَ إِلَى أَرْدَلِ الْعُمَرِ وَأَعُوذُ بِكَ مِنْ
فِتْنَةِ الدُّنْيَا وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ

3. Trans: O Allah, I seek your protection from cowardice, from becoming senile, from the trials of this world and from the punishment of the grave.