

How to perform Salaa-tut-Tasbeeh

For forgiveness of All Sins

Benefits of Salat-ul-Tasbih

Our Beloved Prophet Mohammed (Sallallaho Alihiwassallam) said to his uncle (father's brother) Sayyiduna Abbaas (may Allah be pleased with him) Oh uncle shall I not give you, Should I not grant you, Shall I not award you; Shall I not do mercy on you. When you do 10 things Allah will forgive your sins: of the future and of the past; new and old; those you have forgotten and those you did knowingly; big and small; hidden and revealed. Then he (Sallallaho Alihiwassallam) explained the taught the way to pray Salat-ul-Tasbih and then said if you can pray this Salah once a day, if you can not pray once a day then every Friday, and even if this is not possible then once a month and even if this is not possible then once a year and even if this is not possible then at least once in a lifetime. (Abu Dawood & Tirmidhi)

When to Pray the Salah-ul-Tasbih?

This Salah (namaz) is offered in four rakah at any part of the day or night besides Zawal (Dawn) and Sunrise and Sunset makrooh times, keeping in mind the forbidden times for performing Salah (namaaz). But is preferred before Zuhr (Fatawa Alamgeeri)

The following Tasbih (recitation) is to be read in Salah-ul-Tasbeeh:

" Subhaan Allahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar "

How to Pray the Salah-ul-Tasbih?

The Goal is to recite the above Tasbih 300 times in Four Rakahs in the following method.

1. In the first rakah, after reading Sana "*Subhaana Kallahumma...*", read the above tasbih 15 times.

Now recite Ta'awwuz "*Aoozubillah...*", Bismillah "*Bismillah...*", Then read Surah-al-Faatiha and a Surah or minimum of three small Ayahs then read the tasbih 10 times again.

2. Then go into the Rukuh saying the Takbeer (Allah Hoo Akbar), after reciting "*Subhaana Rabbiyal Azeem*" minimum of three times read the tasbih 10 times in Ruku.

3. Saying "*Samee Allahu Liman Hamidah Rabbana Lakal Hamdh*" get up from the Rukuh to the Qiyam (standing position). Now read the tasbih 10 times.

4. After reciting the tasbih in Qiyam now go into the Sajdah saying Takbeer (Allah Hoo Akbar) and after reciting "*Subhaana Rabbiyal A'la*" minimum of three times read the tasbih 10 times in Sajdah.

5. After the recitation of the tasbihs in the prostration now sit up into the Jalsa (sitting position) saying Takbeer (Allah Hoo Akbar). While sitting in Jalsa read tasbih 10 times.

6. After that now go into the Sajda again saying Takbeer (Allah Hoo Akbar) and after reciting

"Subhaana Rabbiyal A'la" minimum of three times read the tasbih 10 times in Sajdah again.

7. Get up to begin second rakah saying Takbeer (Allah Hoo Akbar). Repeat the second rakah in same fashion, but before reading Bismillah "Bismillah...", and Surah-tul-Faatiha, read the tasbih 15 times. Follow the rest as you did in first Rakat.

8. After second Sajdah of Second Rakah sit in Qa'dah-Oola (first sitting) read Attahiyat, Durood and Du'a then get up for 3rd rakah without saying Salam.

9. Begin the third Rakah, just like the first Rakah, with Sana "Subhaana Kallahumma...", read the above tasbih 15 times. Follow the rest as you did in first Rakat until you sit for Qa'dah Akihra (last sitting) after second Sajdah of fourth Rakah.

10. In Qa'dah Akihra recite Attahiyat, Durood Shareef and the Du'a and then finish the Salah with Salam.

Special notes for Salah-ul-Tasbih:

1) Do not count loudly, this will break your Salah

2) Do not count on fingers or by holding rosary beads (a Tasbih) in the hand. It is Makruh.

3) You may count by pressing the fingers as a reminder. For example if you are in Rukuh. You may press the little finger of your right hand first for the first count, then the finger next to it for second count, then the middle finger for third count, following this method until you reach the little finger of the left hand that will give you an exact count of ten. Use the same method in Qiyam, Sajdah and Jalsa.

4) If missed a count then make it up in the next posture. For example if forgot to recite Tasbih after Surah in Qiyam. Then you may recite Tasbih 20 times instead of 10 in Rukuh after "Subhaana Rabbiyal Azeem". Missed Tasbihs cannot be recited in Qiyam after the Rukuh and Jalsa between Sajdah. If you missed the Tasbih in Rukuh then recite 20 in the first Sajdah instead of the Qiyam after Rukuh. Similarly if missed the Tasbih in first Sajdah then do not make it up in Jalsa. Instead recite missed tasbih in the second Sajdah. If Tasbih has been missed in last Sajdah of second or fourth Rakah then you can recite the missed ones before Attahiyat in the Qa'dah.

5) If you miss a Wajib in Salah and have to do Sajdah-e-sahw. You don't have to recite Tasbih in Sajdah-e-sahw, since the 300 count has been established. But if you had missed Tasbih in any of the postures and remember it at this point, then you may recite the missed Tasbih in the Sajdah-e-sahw.

6) It is preferable to recite Surah-tul-Takathuur after Surah-tul-Faatiha in the first rakah', Surah Wal A'sr in the second rakah', Surah Kaferoon (qul ya aiyuhal Kafiroon) in the third and Surah Akhlas (Qul hu Allah-hu ahd) in the fourth rakah'. If one does not remember these Surahs, can read what is easy for them.

May Allah accept this Du'a (supplication) for the sake of the trustworthy PROPHET MOHAMMED (Allah's Grace & Peace be upon him)