



ŞALĀH-AT-TASBĪH

Al-huda
Academy

BY

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The Prophet ﷺ taught this special form of ṣalāh to his uncle ‘Abbas رضي الله عنه saying that in return Allāh سبحانه و تعالی would forgive his sins - old and new, intentional and unintentional, minor and major, open and hidden. He ﷺ 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 ŞALĀH?

Make intention to pray **4 raka’āt Şalāh-at-Tasbīh**, recite **Sūrah Al-Fātiḥah** and another sūrah in every rak’ah and recite the following tasbīh according to the methods specified hereunder.

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Method - 01

01

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)

02

10 times after second sūrah - before going into rukū ‘(bowing position)

03

10 times in rukū ‘ - after having recited **SUBḤĀNA RABBIYAL ‘AẒĪM**

04

10 times in qawmah (standing position) after having recited **RABBANĀ LAKAL ḤAMD**

05

10 times in first sajdah (prostration) - after having recited **SUBḤĀNA RABBIYAL A ‘LĀ**

06

10 times in jalsah (short sitting) - between the two sajdahs

07

10 times in second sajdah - after having recited **SUBḤĀNA RABBIYAL A ‘LĀ**, then EITHER get up for next rak ‘ah OR continue with recitation of **TASHAHHUD**

Total: 75 tasbihat recited per rakh’at x 4 raka’at prayed = 300 tasbihat

Method - 02

01

15 times after second sūrah - before going into rukū ‘(bowing position)

02

10 times in rukū ‘ - after having recited **SUBḤĀNA RABBIYAL ‘AẒĪM**

03

10 times in qawmah (standing position) - after having recited **RABBANĀ LAKAL ḤAMD**

04

10 times in first sajdah (prostration) - after having recited **SUBḤĀNA RABBIYAL A ‘LĀ**

05

10 times in jalsah (short sitting) - between the two sajdahs

06

10 times in second sajdah - after having recited **SUBḤĀNA RABBIYAL A ‘LĀ**

07

10 times after completion of second sajdah tasbīh 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 tasbihat recited per rak’at x 4 raka’at prayed = 300 tasbihat

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