

Salatul Tasbih

For forgiveness of All Sins

Benefits of Salat-Ul-Tasbih

Our Beloved Prophet Mohammed (Salla lahou Alayhi wa sallam) said to his uncle (father's brother) Sayyiduna Abbass (may Allah be pleased with him): Oh uncle shall I not give you Shall 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 (Salla lahou Alayhi wa sallam) explained the way to pray Salatul Tasbih and then said: if you can, pray this salah once a day, if you can not, pray once 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 & Tirmizi)

How to perform Salatul Tasbeeh?

This salaah is offered in four rakaats at a time and can be read in any part of the day or night besides sunrise and sunset (makrooh times: forbidden times for performing Salat tasbih or any naafila).

The Tasbeeh to be read in Salaat-Ul-Tasbeeh:

" Sub-haana lahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar "

Method:

Goal is to recite 300 times tasbeehs (" Sub-haana lahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar ") in Four Rakaah with the following method.

First Rakaah:

-Say Takbirat al ihram(Allahou Akbar), then:

-Say(Sub-haana lahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar): **15 times**.

-Recite sourat Al Fatiha followed by a Surah (ex: Al Asr or other) followed by **10 tasbeehs** before ruku:

-Make ruku saying Allahu Akbar and (Subhaana Rabbiyal Azeem" 3 times) then say **10 tasbeehs** while in Ruku position.

-Raise your body from ruku saying "Sami Allahu Liman Hamidah" then say **10 tasbeehs** while standing.

-Make Sajdah by saying Allahou Akbar and (Subhaana Rabbiyal A:laa 3times) then say **10 tasbeehs** while in Sajdah.

-Make jalsa (sitting position) saying Takbeer Allah Akbar and allahouma ighfirlee war-hamnee, then say **10 tasbeehs** while sitting.

- Make second Sajdah by saying Allahou Akbar and (Subhaana Rabbiyal A:laa 3 times) then say **10 tasbeehs** while in Sajdah.

Total for first rakaa: **75 tassaabeehs**

Second Rakaa:

-Stand up from sajdah and Say Allahou Akbar then: (Sub-haana lahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar): **15 times**.

-Recite sourat Al Fatiha followed by a Surah (ex: Al Kawsar or any other surah) followed by **10 tasbeehs** before ruku:

-Make ruku saying Allahu Akbar and (Subhaana Rabbiyal Azeem" 3 times) then say **10 tasbeehs** while in Ruku position.

-Raise your body from ruku saying "Sami Allahu Liman Hamidah" then say **10 tasbeehs** while standing.

-Make Sajdah by saying Allahou Akbar and (Subhaana Rabbiyal A:laa 3times) then say **10 tasbeehs** while in Sajdah.

-Make jalsat (sitting position) saying Takbeer Allah Akbar and allahouma ighfirlee war-hamnee, then say **10 tasbeehs** while sitting.

- Make second Sajdah by saying Allahou Akbar and (Subhaana Rabbiyal A:laa 3 times) then say **10 tasbeehs** while in Sajdah.

-Make second jalsat (sitting position) saying Takbeer Allah Akbar then say the tashahoud and get up going to 3rd rakaa.

Total for second rakaa: **75 tassaabeehs**

Third Rakaa:

- Stand up from Tashahoud (2nd rakaa) and Say Allahu Akbar then: (Sub-haana lahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar): **15 times**.
- Recite sourat Al Fatiha followed by a Surah (ex: Al Kafiroune or any other surah) followed by **10 tasbeehs** before ruku:
- Make ruku saying Allahu Akbar and (Subhaana Rabbiyal Azeem" 3 times) then say **10 tasbeehs** while in Ruku position.
- Raise your body from ruku saying "Sami Allahu Liman Hamidah" then say **10 tasbeehs** while standing.
- Make Sajdah by saying Allahu Akbar and (Subhaana Rabbiyal A:laa 3times) then say **10 tasbeehs** while in Sajdah.
- Make jalsat (sitting position) saying Takbeer Allah Akbar and allahouma ighfirlee war-hamnee, then say **10 tasbeehs** while sitting.
- Make second Sajdah by saying Allahu Akbar and (Subhaana Rabbiyal A:laa 3 times) then say **10 tasbeehs** while in Sajdah. get up going to 4th rakaa.

Total for third rakaa: **75 tassaabeehs**

Fourth Rakaa:

- Stand up from sajdah (3rd rakaa) and Say Allahu Akbar then: (Sub-haana lahi Wal Hamdulillahi Wa Laa ilaha illal Laahu Wallahu Akbar): **15 times**.
- Recite sourat Al Fatiha followed by a Surah (ex: Al Ikhlaas) or any other surah) followed by **10 tasbeehs** before ruku:
- Make ruku saying Allahu Akbar and (Subhaana Rabbiyal Azeem" 3 times) then say **10 tasbeehs** while in Ruku position.
- Raise your body from ruku saying "Sami Allahu Liman Hamidah" then say **10 tasbeehs** while standing.
- Make Sajdah by saying Allahu Akbar and (Subhaana Rabbiyal A:laa 3times) then say **10 tasbeehs** while in Sajdah.
- Make jalsat (sitting position) saying Takbeer Allah Akbar and allahouma ighfirlee war-hamnee, then say **10 tasbeehs** while sitting.
- Make second Sajdah by saying Allahu Akbar and (Subhaana Rabbiyal A:laa 3 times) then say **10 tasbeehs** while in Sajdah.
- Make second jalsat (sitting position) saying Takbeer Allah Akbar then say the 2nd and final tashahoud and say Assalaamu Alaikum.

Total for fourth rakaa: **75 tassaabeehs**

Grand Total for four rakaas: **300 Tassaabeehs**

Special notes for Salat-Ul-Tasbih:

- 1) Do not count loudly. It will break Salah
- 2) You can count with your beads. It's easier.
- 3) If missed a count then make it up in the next posture. For example if forgot to recite Tasbih after Surah in Qayam. Then you may recite Tasbith 20 times instead of 10 in Rukuh after "Subhaana Rabbiyal Azeem". Missed Tasbih cannot be recited in Qayam after ruku and Jalsa between Sajdah. If you missed the Tasbih in Ruku then recite 20 in the first Sajdah instead of the Qayam 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 Qaidah.

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