

A Meeting with *The Most Merciful*

@ILMATLAS



الْقِيَامُ

"ESTABLISH PRAYER FOR MY REMEMBRANCE."

20:14



Why I Created This Guide

This is for the Muslim who prays... but still feels disconnected.

Who says the words, makes the movements, but the heart stays silent.

Many of us fall into this.

We stand in prayer, saying all the right things... but feeling nothing.

And deep down, we know there has to be more.

That's why this guide was created, to help us understand what we're really saying and doing in salah.

So we can finally feel it. So we can finally mean it.

This is for the one who's done playing Islam on autopilot.

Who's ready to stop praying out of habit and start praying with the heart.

It's time to wake up our prayer.

How many times have you stood in salah, preformed the prayer... but felt no connection?

You went through the motions.

You recited the words.

But your heart was quiet.

That's why I created this guide.

We're going to walk through the meanings of the words and the purpose behind each movement, so you can start praying **with presence**, not just performance.

Even if your Arabic isn't strong.

Even if you've been praying for years.

Even if you're just now trying to reconnect.

One movement at a time.

One word at a time.

When to use it? If you:

- Want to reconnect to Allah.
- Want your prayer to mean something again.
- You want to develop khushuu' in salah.

The key to presence in salah is understanding what you say.

Don't feel overwhelmed. Even if you reconnect with just one word today, that's a win.

Every step you take towards Allah — He comes closer to you.

"Take a step towards Me, and I will come to you at speed." (Hadith Qudsi)

Bismillah..

	Arabic	English
Takbeer	Allahu Akbar	Allah is Greater (than everything).
Istiftah	Subhaanaka Allahumma wa bi hamdik, wa tabaarakasmuk, wa ta'aalaa jadduk, wa la ilaha ghayruk	Glory is to You, O Allah, and praise. Blessed is Your Name, Exalted is Your Majesty, and there is no god besides You.
A'udhu Billāh..	A'udhu Billaahi minash- shaytanir-rajīm	I seek refuge in Allah from the accursed Shaytan.
Fatihah	Al-hamdu lillaahi Rabbil-'aalameen Ar-Rahmaani-r-Raheem Maaliki Yawmid-Deen Iyyaaka na'budu wa iyyaaka nasta'een Ihdinas-Siraatal-Mustaqeem Siraatal-ladhina an'amta 'alayhim, ghayril-maghduubi 'alayhim walad-daalleen	In the Name of Allah, the Most Merciful, the Most Compassionate. All praise is for Allah—Lord of the worlds. The Most Merciful, the Most Compassionate. Master of the Day of Judgement. You alone we worship, and You alone we ask for help. Guide us on the Straight Path— The path of those You have blessed, not of those who earned Your anger, or went astray.
Kawthar		Indeed, We have granted you al- Kawthar (abundance). So pray to your Lord and sacrifice [to Him alone]. Indeed, your enemy is the one cut off.

Ikhlaas	Qul huwa Allahu 'Ahad Allahus-Samad Lam yalid wa lam yuulad Wa lam yakun lahu kufuwan 'Ahad	Say, "He is Allah, the One." Allah, the Eternal Refuge. He neither begets nor is born, And there is none comparable to Him.
In Rukuu	Subhaana Rabbiyal-'Azeem	Glory is to my Lord, the Most Great.
From Rukuu	Sami'a-Allahu liman hamidah	Allah hears the one who praises Him.
Standing	Rabbana laka al-hamd	Our Lord, to You is all praise.
In Sadjah	Subhaana Rabbiyal-A'laa	Glory is to my Lord, the Most High.
Sitting	Rabbi'ghfir lee, Rabbi'ghfir lee	My Lord, forgive me. My Lord, forgive me.

Tahiyyaat	At-tahiyyaatu lillaahi was-salawaatu wat-tayyibaat. As-salaamu ‘alayka ayyuhaa-n-nabiyyu wa rahmatullaahi wa barakaatuh. As-salaamu ‘alaynaa wa ‘alaa ‘ibaadillaahis-saaliheen. Ash-hadu alla ilaha illallah, wa ash-hadu anna Muhammadan ‘abduhu wa rasuluh.	All greetings, prayers, and pure words are for Allah. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and all the righteous servants of Allah. I bear witness that there is no god but Allah, and I bear witness that Muhammad is His servant and messenger.
Salawaat	Allaahumma salli ‘alaa Muhammad wa ‘alaa aali Muhammad, kamaa sallayta ‘alaa Ibraheem, wa ‘alaa aali Ibraheem, innaka hamidun majeed. Allaahumma baarik ‘alaa Muhammad, wa ‘alaa aali Muhammad, kamaa baarakta ‘alaa Ibraheem, wa ‘alaa aali Ibraheem, innaka hamidun majeed	O Allah, send prayers upon Muhammad and the family of Muhammad, as You sent prayers upon Ibrāhīm and the family of Ibrāhīm. Indeed, You are Praiseworthy and Glorious. O Allah, bless Muhammad and the family of Muhammad, as You blessed Ibrāhīm and the family of Ibrāhīm. Indeed, You are Praiseworthy and Glorious.
Rabbana Du’aas	Rabbana aatinaa fi ad-dunyaa hasanah wa fi al-aakhirati hasanah wa qinaa ‘adhaaba an-naar Rabbana’ghfir lee wa li-waalidayya wa lil-mu’mineen yawma yaquumu al-hisaab	Our Lord, give us goodness in this world and goodness in the Hereafter, and protect us from the punishment of the Fire. Our Lord, forgive me, my parents, and the believers on the Day the account is established.
Salaam	As-salaamu ‘alaykum wa rahmatullāh	Peace and the mercy of Allah be upon you.

What to say after salah

The Prophet ﷺ would remain seated after the prayer and recite these adhkaar before leaving.

(Bukhari, Muslim, Abu Dawood)

1. Astaghfirullah (3x)

Meaning: I seek forgiveness from Allāh.

(Sahih Muslim 591)

2. Allaahumma anta as-Salaam, wa minka as-Salaam. Tabaarakta yaa Dhaa al-Jalaali wa al-Ikraam

Meaning:

O Allah, You are peace and from You is all peace.

Blessed are You, O Possessor of Majesty and Honor.

(Sahih Muslim 591)

3. Ayatul Kursi

(Surah Al-Baqarah 2:255)

4. Tasbeeh

– 33x SubhanAllah

– 33x Alhamdulillah

– 33x Allahu Akbar

– 1x: La ilaha illAllah, wahdahu laa shareeka lah, lahul-mulku wa lahul-hamdu, wa huwa 'alaa kulli shay'in qadeer.

There is no god but Allah, alone, without partner. His is the dominion, His is the praise, and He has power over all things.

Whoever does this after every obligatory prayer will have their sins forgiven, even if they are as much as the foam of the sea.

(Sahih muslim 597a)

5. Personal du'a

Here you are free to do any dua but the prophet ﷺ would also add this dua after salah:

Allaahumma a'innnee 'alaa dhikrika wa shukrika wa husni 'ibaadatik.

O Allah, help me to remember You, to be grateful to You, and to worship You in the best manner.

How to *Actually* Focus in Salah

Let's be real.

We pray, but how often are we really there?

The body moves... but the heart is somewhere else.

These 3 reminders aren't just hadith.

They're wake-up calls.

They'll shake you and bring your heart back where it belongs.

So next time you stand before Allah, you feel it.

1. Visualize the Reality of Prayer

When you stand to pray, imagine that:

- Allah is in front of you,
- Jahannam is on your left,
- Jannah is on your right,
- The Angel of Death is behind you,
- And your grave is beneath you."

(Attributed to 'Ali ibn Abi Talib (RA) and used by many scholars to teach khushuu')

Btw remembering this hadith in prayer makes my heart vibrate, subhanAllah.

2. Pray as if Allah Sees You

A man asked, "O Messenger of Allah ﷺ, what is Ihsaan?"

The Prophet ﷺ replied:

"Ihsaan is to worship Allah as if you see Him.

And if you do not see Him, then (know) that He sees you."

(Sahih al-Bukhari 4777)

It's where your heart, mind, and limbs align.

Where your salah becomes more than a ritual, it becomes a moment with your Lord.

This mindset alone can transform how you pray.

3. What Allah Says When You Recite Al-Fatihah

The Prophet ﷺ said:

"Allah has said:

'I have divided the prayer between Myself and My servant into two halves...'

– When the servant says: Al-hamdu lillaahi rabbil-‘aalameen,

Allah says: 'My servant has praised Me.'

– When he says: Ar-Rahmaani'r-Raheem,

Allah says: 'My servant has exalted Me.'

– When he says: Maaliki yawmi'd-deen,

Allah says: 'My servant has glorified Me.'

– When he says: Iyyaaka na'budu wa iyyaaka nasta'een,

Allah says: 'This is between Me and My servant, and My servant shall have what he asked for.'

– When he says: Ihdinaas-siraata-l-mustaqeem, siraata-lladheena an'amta 'alayhim, gayri-l-magduubi 'alayhim wa la-d-daalleen

Allah says: 'This is for My servant, and My servant shall have what he asked for.'"

(Sahih muslim 395)

It's not just a recitation.

It's a dialogue between you and your Rabb.

He hears you. He responds to every verse.

So next time, don't rush it.

Because the One you're speaking to is listening.

Your Journey Starts Now

Don't overwhelm yourself by trying to change everything at once.

Pick one thing from this guide to focus on.

Maybe it's understanding one dhikr. Or pausing longer in sujood.

Build slowly. Intentionally.

And remember that Allah doesn't need your perfect salah.

He wants your present heart.

Keep showing up. Even broken. Even distracted.

Because every sincere step is seen by Allāh.

Your Journey Should Not End Here

Salah is the heart of your connection with Allah, and this guide was just the beginning.

If this helped you, there's so much more waiting for you: reminders, reflections, and tools to keep your heart alive.

By joining my newsletter, you'll take the next step closer to Allah, learning how to strengthen your prayer, purify your heart, and live with purpose.

Let this be the reason you're drawing closer to Allāh.

[Join the Newsletter](#)

[Learn the 99 Names Of Allaah](#)

The 99 Names are your key to focus in salah and closeness to your Rabb.