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"The spiritual clinic (10)
"Khushoo in Prayer" (2)

"Insha Allah A guaranteed way to have khushoo in Prayer"

27 April 2009

Today, insha Allah we will continue to learn about "The way to Khushoo (sincerity) in Prayer."

And to remind you that: last week we learned:

- 1) The five most precious meetings in our lives (we Muslims) are the 5 daily meetings with our Lord in prayer. As these are the meetings with the Only Power, Only Will and Only Mercy in life i.e. Allah the Almighty. All other meetings are with human beings i.e. dust which can't benefit or cause harm.
- 2) These meetings are very special as during which the spirit will be connected with Allah to Praise Him, thank Him and to live the real worship to Him. A feeling which provides the spirit with the peace, tranquillity, support and spiritual strength.
- 3) These prayers are also the source of remembrance

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of Allah, getting closer to Him, answering of our
Duaa, wiping out of our sins, prevention of any evil
deed, the company of the angels and they are the
way to Paradise as Prophet Mohamed claimed that
Prayer is the first act that the slave, will be
questioned about on the Day of Judgement.

Also, we agreed that: Prayers are the most pre-
cious meetings in our lives, and we also clarified

that Prayer is the ⁹ mercy from Allah as it
fulfills all the 3 ways to Allah's mercy i.e

- a) recitation of the Quran with reflection and sincerity
- b) obedience of the rules of Allah.
- c) obedience of the rules of Prophet Mohamed (S.A.W)

5) We learned that the secret of the blessings
of Prayer is the ¹⁴ "Khushu" which is the

presence of the heart and mind in Prayer, which

will be reflected on every part of the body.

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We also believe that the most important factor for

having khushoo in prayer is: The Belief in the

Unity of Allah and living this belief in the

worldly life. As this belief will lead to "Love"

of Allah and "Love of the meeting with him"

i.e Love of Prayer.

also (2) This belief will lead to ~~abedence~~

of Allah and avoiding sins, both are factors that

help to have khushoo in prayer.

The more is your belief and Practice of it as

a way of life → the more your heart and mind

will have the link with Allah during the

Prayer i.e the more you have khushoo

in your prayer.

(3)

Insha Allah today, today we will learn ^{in details} about
a number of matters which will perfect our Khushoo,
some of them are before the prayers and others
are within the prayer itself :-

Matters (pre request) for Khushoo in prayer :-

1. Remembrance of death :-

Prophet Mohamed (S.A.W) said: "Remember death
within your prayer because when a man remembers
death in his prayer, I will strive to beautify his prayer,
and always pray the prayer of a man who does not think
that he will perform another prayer after it"

The one who remembers death before prayer and doing it,
will be humble, submissive, having the feelings of
fear from the Day of Judgment and the Hell Fire, also

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he will try to feel the hope for the Paradise, this means that he will be on a state of concentration and reflection on every word and action hoping that Allah will accept his prayer, which is the first deed to be evaluated on the Day of Judgment.

Prophet Mohamed (S.A.W) said: "Pray a farewell prayer as if you see Him and though you do not see Him, He certainly sees you."

Prophet Mohamed (S.A.W) used to be heard praying and in his chest was a burping sound, due to his weeping, like that of a cooking kettle.

The second reason for Khushoo is:

2- Abandoning sins and disobedience :-

We must believe that disobedience is a barrier

which stands in front of Khushoo in the prayer as it makes the heart linked to shaitan, and not to Allah.

(5) The third reason for Khushoo in Prayer:
3. Not being excessively occupied with the affairs

of the world :-

This is because it will certainly be at the expense of the Hereafter, e.g. if you work which is done in the morning will suffice you, there is nothing which necessitates work in evening. Try not to have the worldly enjoyments as your goal, as this will lead you to have your mind always busy with them i.e. the ways to have worldly enjoyments and the time to enjoy them.

Accordingly, there will be no time or mind for the reflection on the rights of your Lord e.g. Khushoo in

prayer or even any obedience to His Rules.

The fourth reason for Khushoo,
4. Recitation of the Quran with reflection and concentration.

It is the Quran the book of guidance to the unity

(6) of Allah, the reality of the worldly life, the Day of Judgment, Paradise and Hell fire. It is the source of the softening of the hearts, Love of Allah, Fear and obedience to Allah in all acts, having the Prayer as their priority.

At the end, we must remember that too much

Laughing is fatal to the heart and its Khushoo:

Prophet Mohamed (S.A.W) said: Indeed too much

Laughing kills the heart."

(important),

all these matters are prequest to khushoo in

prayer", i.e they must be the rules of the believer,

who is looking for his prayer to be his ^a mercy

from Allah, having all the blessings in this life and

a way to Paradise

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How we can live the "Prayer" in khushoo:-

1. The Aadaan:-

When you hear the call of aadhaan then:-

1. Tell to your self: At the time to forget and dislink
(All Praise to Allah) ↑

with all the burdens of the worldly life completely and

to have the link with the Lord and His Mercy. It is

the time, when I will have a period of calmness and

tranquility and hope, away from the worry, upset

and corruption of the worldly life. Now InshaAllah, I

will call on Allah during prostration for all my hopes

and worries and I will receive the dose of mercy

which I am looking for as I am in great need of. to

cure my spirit from the feeling of sadness and depression.

2. The purification:-

During washing for prayer, have the intention that

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you are obeying Allah and praying for His sake.

Remember to purify your heart with repentance, firm

resolution not to return to sins and avoiding injustice

to others. This purification of inner self precedes the

purification of the external form.

3-The standing:

Making the body and heart stand ~~erect~~, upright in

front of Allah, Brings to mind along with this, the standing

in front of Allah on the Day of judgment for questioning,

and try to feel and sense the Might of Allah Subhanahu

Watala. Prepare your self to stand in front of Him (in

prayer) in such a way that it will lead you to safety

on the Day of judgment i.e with Khushoo, calmness

and sincerity.

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4 Facing the Qiblah

This is turning your face away from all directions, to the direction of the House of Allah. Also your heart must be turned away from all other things, but only towards Allah. Thus there occurs in one of the opening supplications of the prayer: "I have turned my face towards the One Who created the heavens and the earth, sincerely".

5 The intentions :-

Fill your intentions with sincerity to Allah, Train yourself to recall this sincere intention along with every speech and action so that your deeds will be accepted.

All Praise to Allah, The Almighty

O Allah, Our Lord, make our prayers to be accepted.

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Khushoo during the acts of prayer

1- The Takbeer

The Takbeer is the statement (rule) which the Prayer starts with. It is "Allahu Akbar" i.e "Allah is the Greatest"

This is a declaration that I am starting the meeting with The Lord of the heaven and the earth, The Greatest. This means that: all the worldly life is behind my back and out of my mind as this is the meeting with the Greatest, the Controller of all the affairs.

This belief will make my heart and mind fully occupied with every word and act during prayer, and it will also fill my heart with spiritual power that so long I am obeying the greatest, I will not fear any

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person, power, problem or hardship as all are

under the control of the Creator.

Muslims say (Allahu Akbar) 94 times in their obligatory Prayer in
every day and night

2- The opening supplication:

"O Allah makes my sins distant from me as you have

made the east and the west distant from each other"

Supplication of the Prophet (saw) when he was in a difficult situation

• Seeking refuge with Allah from the Shaytann, the

Rejected, the Accursed, who is always trying to cut

you off from your Master, is recommended before recitation of Quran

3- Recitation of Surat AL Fatihah.

• The Basmalah, The first verse of Surat AL Fatihah as agreed by most of the scholars. Also it is the first verse of the Quran. When you pronounce this, intend to receive blessings

by the name of Allah, as all the deeds and sayings in Jinn must start by His name.

There are some scholars who believe to recite ^{all} loudly and some others believe to recite in ^{secretly} (low voice) and to raise the voice when saying "All Praise to Allah" ^(Allahu Akbar)

12 Surat AL-Fatihah is the greatest surah of the Quran,

It is also called Umm-AL-Kitab (Mother of the book), because it contains the meanings of the entire Quran.

Muslim recite it 17 times/day during the obligatory prayers as it is a must for the prayer to be accepted as

Prophet Mohamed (S.A.W) said: "Whoever performs any prayer in which he did not read Umm-AL-Quran (AL-Fatihah) then his prayer is incomplete.

This is because Surat-AL-Fatihah is a ^{dialogue} prayer and ^{dialogue} between Allah and His servant, as Prophet Mohamed

(S.A.W) said: "Allah the exalted said: I have divided

the prayer (AL-Fatihah) into two halves between Me and My servant. A half of it is for Me and a

half for My servant, and My servant shall

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shall acquire what he asked for!!

→

when my servant says: All praise and thanks be to Allah, The

Lord of existence

الحمد لله رب العالمين (٣)

Allah says " My servant has praised Me."

→ when the servant says " The Most Gracious, The Most Merciful

الرحمن الرحيم (٤) exalted (ex tolled)

Allah says " My servant has glorified Me."

→ when the servant says " Master of the Day of Judgement"

مولى يوم الدين (٥)

Allah says " My servant has glorified Me"

→ when the servant says " You (alone) we worship, and You

الك نعبد واليك نستعين (٥)

(alone) we ask for help.

Allah says " This is between Me and My servant

and My servant shall acquire what he sought"

→ when the servant says: Guide us to the straight Path, the way of those whom

(the way) of those who earned Your anger nor those who went astray

→ Allah says: This is for My servant and My servant shall acquire what he asked for.

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This is the secret of surat AL Fatihah, that it is the living dialogue with Allah, which makes the heart and mind in a state of full sincere concentration and reflection, i.e. we must ^{pause} at every verse to feel that we are talking to Allah and listening to Him.

4/ Recitation of verses of the Quran:-

Do not be heedless of His commands, prohibitions, promises and threats. You must try to reflect during recitation of the Quran.

5/ The Rukoo

It is the position of the body and the ^{also} of the

heart and mind that reflects your modesty and

humility! ^{to Allah} You are bowing in respect to Your Lord

saying to Him: "O Allah, to You belongs all praise!"

15.

The Sujud :-

Prostration : is the highest form of submission and yielding oneself (to Allah). Place and fix the noblest of your face, and your limbs upon the earth in a position of full humbling to Allah. Also you feel the greatness of Allah in your heart and say while you are at that lowest position :
"Glorified is my Lord the highest".

∴ The Sujud is the confirmation of all your modesty and humility to Allah, and it is the position, where you are closest to Allah and so it is recommendable for the worshipper to exceed more and more in supplications and ask for more from his lord, because the Prophet (S.A.W) said :

16. [~] As for bowing "Ruku", you should glorify your Lord during performing it, as for prostration, you should do your best to supplicate and ask for more from Him, because your supplication during prostration are more likely to be accepted."

The worshipper should ask his Lord for prosperity both in this worldly life and in the Hereafter.

AL-Tashahood:

means

"Greetings, prayers and the good things of life belong to Allah, Peace, mercy and blessing of Allah be on you,

O Prophet. May peace be upon us and on the devout slaves of Allah. I testify that: there is no God but

Allah and I testify that: Mohamed is His slave and messenger

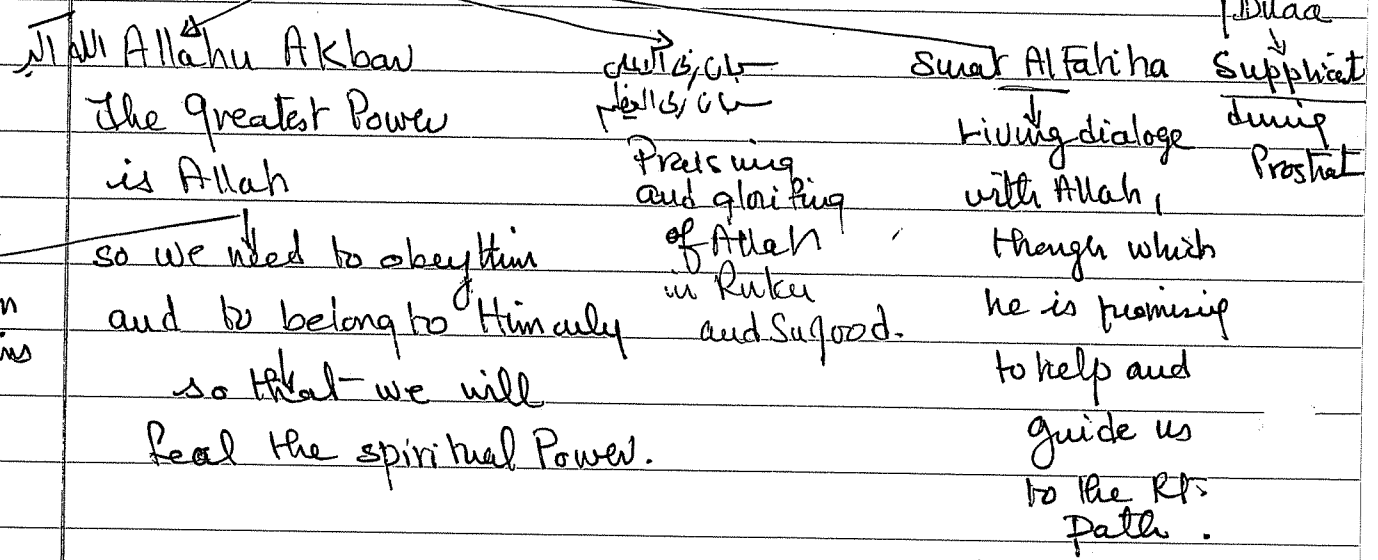
17. O Allah, bless Mohamed and his family as you blessed Ibrahim and his family. You are the Most Praised, The Most glorious. O Allah bestow your grace on Mohamed and his family as you bestowed it on Ibrahim and his family. You are the Most Praised, The Most glorious.

To summarize the Prayer:-

- Allahu Akbar → declaration of the greatness of Allah
- Surat Al-Fatiha → a Prayer, dialogue with Allah, with promise of guidance.
- Rukoo → positions of humility - modesty.
- Sujoor: = supplication to Allah.

which necessitates His obedience

Basic actions of Prayer = A act of worshipping Allah as it contains glorifying and praising Allah which is a link E Allah which is a link E Allah which is a link E Allah



you need to fear him and avoid sins

(it is a Prayer IV.6-7)

∴ It is the Prayer : the time which I dislink

with all the troubles in life and replace this troubles with the link with Allah the Most Merciful

i.e it is the time of stopping the headache,

worry and upset and replacing these feeling

with the feeling of tranquility, Peace,

spiritual power, trust, hope and relaxation.

It is the Prayer which provides my spirit with

the : (1) Trust that so long I am obedient to

Allah (The Greatest) - , I will not fear any

person, power or calamity.

(2) Hope that the greatest will help me and guide me to R+ Path. ^{help} ₂₁

(3) Reassurance that my supp. will be answer

Because of the above, Our prophet said 'Give us its Comfort'¹¹