

Initiating Salat, and beginning the first cycle (rakat)

State Intention: Quietly state the intention to pray (for example, “O Allah, I intend to offer the *farḍ* prayer seeking your good pleasure. ***Bismi-Llahi-r-Rahmani-r-Rahim***”)

Initiating the state of Salat: Face *qiblah*—outwardly this is the direction of the Holy Kaaba in Mecca, inwardly it is the awareness that one is facing only Allah. Raise the hands, palms open and facing forward (traditionally hands beside the head for men, or beside the shoulders for women). This gesture, signifying the openness of the entire being to the Divine Radiance and Magnificence, is accompanied by the words of transcendence:

Allahu Akbar

Unite the hands (just below the navel for men, and above the heart for women), right hand placed gently over the left. ***Audhu Billahi mina-shaytan ir-rajim***
I take refuge in Allah from all negativity

Chant Sura Fatiha, the opening chapter of Quran:

Bismi-Llahi-r-Rahmani-r-Rahim

In the Name of Allah, the Tenderly Compassionate, the Infinitely Merciful

Alhamdu li-Llahi Rabbi-I-‘alamin

Praise be to Allah, the Cherisher and Lover of the Worlds

Ar-Rahmani-r-Rahim

Most Compassionate, Most Merciful,

Maliki yawmi-d-din

Magnificently presiding over the return into the Radiance of Allah

Iyyaka na‘budu, wa iyyaka nasta‘in

O Lord, we worship only You and rely upon You alone.

Ihdina-s-sirata-l-mustaqima

Reveal Your Direct Path,

Sirata-l-ladhina an ‘amta ‘alayhim

the mystic way of those who have received and truly assimilated Your sublime Guidance,

Ghayril maghdubi ‘alayhim wa lad-daallin

those who never wander from the spiritual path and therefore never experience Your awesome Correction.

Amin

Continue with another short selection of Quran, such as al-Ikhlās:

Bismi-Llahi-r-Rahmani-r-Rahim

In the name of Allah, the Tenderly Compassionate, the Infinitely Merciful



Qul: huwa-Llahu Ahad Allahu-s-Samad

Affirm with your whole being, “He is Allah, the One and Only Reality, the All-Encompassing

Lam yalid wa lam yulad

Who does not originate from some other reality. Nor do multiple realities come forth separate from Him,

wa lam yakul-lahu kufuwan ahad

for apart from Him, there is absolutely nothing.”

Allahu Akbar



Ruku—bowing the whole torso from the hips repeat three times:

Subhana Rabbi-l-Azim

Glory to the Lord and Supreme Teacher Who is sheer magnificence



While rising up again to standing:

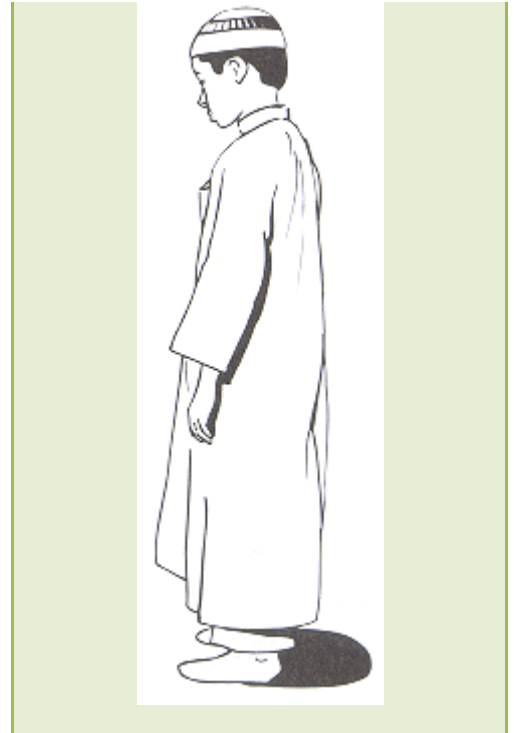
Samia-Llahu li-man hamida

Allah hears the one who praises Him

Reaching the upright position, follow with the cry of gratitude:

Rabbana laka-l-hamd

O My Lord, all praise flows to you!



With the words of transcendence, the knees bend, initiating movement down toward full prostration:

Allahu Akbar

As feet, knees and hands touch the earth, the body tilts forward, and the forehead rests in the space between hands. Another divinely revealed form of praise is whispered three times slowly:

Subhana Rabbi-I-'Ala

Glorious is Supreme Reality

One has now released any trace of separate individuality as the soul melts into its Original Source.

With the cry:

Allahu Akbar



raise the head and torso into a seated position momentarily.

Then return to prostration intoning:

Allahu Akbar



In prostration whisper again three times:

Subhana Rabbi-l-'Ala

Glorious is Supreme Reality

With the cry:

Allahu Akbar



one rises from prostration to the standing position.

Initiating the **second rakat**

In all prayers, the cycle is performed a second time, including recitation of Sura Fatiha, the Amin, and the other ayat(s) of Quran:

Bismi-Llahi-r-Rahmani-r-Rahim

In the Name of Allah, the Tenderly Compassionate, the Infinitely Merciful

Alhamdu li-Llahi Rabbi-l-'alamin

Praise be to Allah, the Cherisher and Lover of the Worlds

Ar-Rahmani-r-Rahim

Most Compassionate, Most Merciful,

Maliki yawmi-d-din

Magnificently presiding over the return into the Radiance of Allah

Iyyaka na'budu, wa iyyaka nasta'in

O Lord, we worship only You and rely upon You alone.

Ihdina-s-sirata-l-mustaqima

Reveal Your Direct Path,

Sirata-l-ladhina an 'amta 'alayhim

the mystic way of those who have received and truly assimilated Your sublime Guidance,

Ghayril maghdubi 'alayhim wa lad-daallin

those who never wander from the spiritual path and therefore never experience Your awesome Correction.



Amin

Bismi-Llahi-r-Rahmani-r-Rahim

In the name of Allah, the Tenderly Compassionate, the Infinitely Merciful

Qul: huwa-Llahu Ahad Allahu-s-Samad

Affirm with your whole being, "He is Allah, the One and Only Reality, the All-Encompassing

Lam yalid wa lam yulad

Who does not originate from some other reality. Nor do multiple realities come forth separate from Him,

wa lam yakul-lahu kufuwan ahad

for apart from Him, there is absolutely nothing."

Allahu Akbar

Ruku-bowing the whole torso from the hips:

Subhana Rabbi-l-Azim (three times)

Glory to the Lord and Supreme Teacher Who is sheer magnificence

While rising up again to standing:

Samia-Llahu li-man hamida

Allah hears the one who praises Him

In the upright position:

Rabbana laka-l-hamd

O My Lord, all praise flows to you!



With the words of transcendence, initiate movement down toward full prostration:

Allahu Akbar

In prostration, whisper:

Subhana Rabbi-l-'Ala (three times)

Glorious is Supreme Reality

The weight of the body now shifts back to kneel on the legs:

Allahu Akbar

Pause in the seated position. Move again toward full prostration intoning:

Allahu Akbar

In prostration whisper:

Subhana Rabbi-l-'Ala (three times)

Glorious is Supreme Reality

Intoning:

Allahu Akbar



rise out of prostration into seated position.

In the seated position, quietly recite this divine conversation which occurred in the Prophet[s] Ascension, and which recurs between the soul and Lord during every salat:

At-tahiyyatu li-Llahi wa salawatu wa-t-tayyibatu

(The Prophet cries:) O Allah, to You belong all my greetings, prayers, and pure deeds.

as-salamu alayka ayyuhan-Nabiyyu

(Allah Most High responds:) Peace be upon you, O beloved Prophet,

wa Rahmatu-Llahi wa Barakatu-Hu

and may My divine mercy and blessings flow always upon you.

As-salamu alayna wa ala ibadi-Llahi salihin

(The Prophet prays:) Peace be upon us and upon all the righteous servants of Allah-

ashadu an La ilaha ila-Llah

(The angels exclaim:) We bear witness that there is no reality apart from Allah,

7. *wa ashadu anna Muhammadin Abdu-Hu wa Rasulu-Hu*

and we bear witness that Muhammad is His pure servant and Messenger! Tashahhud, and say

Allahumma salli ala Sayedena Muhammad [s] Allahumma salli ala Sayedena Muhammad [s], wa ala 'Ali Sayedena Muhammad [s], kama sallayta ala 'Ibrahim, wa ala 'Ali 'Ibrahim. 'Innaka Hamidum Majid. Allahumma barik ala Sayedena Muhammad [s], wa ala 'Ali Sayedena Muhammad [s], kama barakta ala 'Ibrahim, wa ala 'Ali 'Ibrahim. 'Innaka Hamidum Majid.

Upon reciting this mystic dialogue, you have just completed two rakats or cycles of salat.

Completing a two-rakat prayer

When you are offering a two-rakat salat, at this point continue to kneel, quietly reciting these salawat and supplications:

Rabbana atina fi-dunya hasanatan

O Lord, grant us pure goodness and beauty in this life

wa fil akhirati hasanatan

and in the life beyond death.

wa qina adhab an-nar

and protect us all from the fire of purification

Rabbana ghfirli wa-li waliday wa-I Mu'minuna

O Lord, heal and forgive me, my parents, and all those faithful to Love



Yawm 'il yakum 'il hisab

On the Day of Ultimate Justice

Bi-Rahmatika Ya Arhama Rahimin

By your supremely tender Compassion, O most Compassionate of the Compassionate.

The Word of Peace is repeated twice, first to the right along the lines of prayer and then to the left:

As-Salamu 'alaykum wa Rahmatu-Llah,

As-Salamu 'alaykum wa Rahmatu-Llah

May the Sublime Peace and Compassionate blessings of Allah be with you.

Now the main body of the two-rakat prayer is complete. The heart naturally overflows with further supplications, praises and forms of remembrance. The patterns of our dervish tradition appear in a later section.

If Four Cycles then just repeat step one.

