

# Salatut Tasbeeh

## What is Salatut Tasbeeh?

Salatut Tasbeeh is an optional Prayer prescribed by Rasulullah (sallallahu alayhi wa salam). Rasulullah (sallallahu alayhi wasallam) highly recommended its observance and once mentioned to his beloved uncle Sayyiduna Abbas (R.A.), one who performs four Rakaats of Salatut Tasbeeh will have all his sins forgiven. (*Abu Dawud & Tirmizi*)

## When to perform Salatut Tasbeeh

Rasulullah (sallallahu alayhi wa sallam) advised, if possible, it be read every day, or every Jum'uah (Friday), or once a month, or once a year or at least once in a lifetime. It can be performed any time of the day or night except during the makrooh (improper) times.

## The method of Salatut Tasbeeh

Salatut Tasbeeh consists of four Rakaats. The Tasbeeh hereunder should be read seventy-five times in each Rakaat making a total of 300 Tasbeehs in 4 Rakaats. The Tasbeeh is :

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

"Subhanallahi walhamdu lillaahi walaa ilaha illallahu wallahu akbar."

1. Commence the Salaah normally. After Thana (*Subhanakal laahumma*) in the first Rakaat and before Surah Fatiha in subsequent Rakaats recite the above Tasbeeh 15 times.
2. After reciting Surah Fatiha and a Sura recite the Tasbeeh 10 times before going into ruku.
3. After reciting the usual Tasbeeh of Ruku recite the Tasbeeh 10 times.
4. After completing Ruku and reciting Rabbana lakal hamd read the Tasbeeh 10 times. Thereafter proceed into Sajda (prostration).
5. Recite the usual Tasbeeh in Sajda and thereafter the Tasbeeh 10 times.
6. Upon coming up from Sajda read the Tasbeeh 10 times.
7. Recite the usual Tasbeeh in second Sajda and thereafter the Tasbeeh 10 times. Thereafter recite the Tasbeehs in the subsequent Rakaats in the same manner as the first Rakaat.

There will be 75 Tasbeehs in each Rakaat. The total for 4 Rakaats will be 300 Tasbeehs.

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