

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

The Tasbih Prayer

صلاة التسبیح

"If you can pray it once a day, do so. If you cannot, then once every Friday. If you cannot do that, then once every month. If you cannot do that, then once every year. If you cannot do that, then at least once in your lifetime."

(The Messenger of Allah ﷺ to his uncle 'Abbas)

The Messenger of Allah ﷺ Said

to his uncle 'Abbas: O Abbas, My uncle! Shall I not give you a gift? Shall I not show you something by means of which Allah will forgive your sins, the first and the last of them, the past and recent, the unintentional and deliberate, the small and great, the secret and open?

The Messenger of Allah then taught him the *Tasbeeh* prayer, and said at the end:

"If you can pray it once a day, do so. If you cannot, then once every Friday. If you cannot do that, then once every month. If you cannot do that, then once every year. If you cannot do that, then at least once in your lifetime."

(Recorded in the Sunan of Abu Dawud)

The Prayer

The Tasbih:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

SubhanAllahi wal-hamdulillahi wa-la ilaha ila Allahu wa-Allahu Akbar

Transcendent be Allah, all praise belongs to Allah, and there is no
god but Allah, and Allah is Greatest

The Method

The tasbih is read 75 times in each cycle (raka), totalling 300 at the end of a 4 cycle prayer, as follows:

- After beginning the prayer by raising your hands and saying Allah-u-Akbar recite the thana ' (Subhanka-Allahuma wa bi-hamdika....) and recite the above tasbih 15 times
- Then recite the bismillah, Sura al-Fatiha and a Sura followed by the above tasbih 10 times.
- Then go into the bowing position (ruku) and instead of reciting the usual tasbih for it recite the above tasbih 10 times.
- After standing up from the bowing position recite the usual *Rabbana Lakal Hamd* and thereafter recite the above tasbih 10 times.
- Then go into prostration and instead of reciting the usual tasbih for it recite the above tasbih 10 times.
- Then sit up from the prostration and recite the tasbih 10 times between the two prostrations.
- Thereafter go into prostration again and instead of reciting the usual tasbih for it recite the above tasbih 10 times.

- Get up for the second cycle and start with the tasbih 15 times, then follow the same pattern.
- At the end of the second prostration for the second cycle you will remain seated for the *tashahud* (Attahayatu lillahi...). Complete as normal then rise for the third cycle and start with the tasbih 15 times and follow the above pattern again.

وما توفيق إلا بالله العلي العظيم

And there is no success except from Allah, the High and Great