

THE PROCEDURE OF RECITING THE TASBEEH IN A 4 RAKAATS SALAAT-UT-TASBEEH

Salaat-ut-Tasbeeh is performed as a 4 Rakaat Salaah (Nafl) with the addition of reciting the following Tasbeeh in each Rakaat:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

“Subhaanallaahi Walhamdulillaahi Wa Laailaaha Illallaahu Wallaahu Akbar”
“Glory be to Allaah. Praise be to Allaah. There is none worthy of worship except Allaah. Allaah is Most Great.”

The sequence of reciting the Tasbeeh in each Rakaat is as follows:

	Qiyaam (Standing Posture)	15 x	Surah Faatiha	Surah	10 x
	Ruku (Bowing Posture)		Tasbeeh of Ruku		10 x
	Qowmah (Standing After Ruku)		Tasbeeh of Qowmah		10 x
	1st Sajdah (Prostrating Posture)		Tasbeeh of Sajdah		10 x
	Jalsah (Sitting Between Prostration)		Tasbeeh of Jalsah		10 x
	2nd Sajdah (Prostrating Posture)		Tasbeeh of Sajdah		10 x
Total In Each Rakaat		75	Total In 4 Rakaats		300