

# Salat at-Tasabeeh

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Salat-at-Tasabeeh is a kind of salah which the common Muslim does not know about, and it is considered as *nafl*. Salat at-Tasabeeh is not limited to the month of Ramadan or *Layla-tul-Qadr*<sup>1</sup> but is a prayer which may be offered at any time during the year. And you can do it once in a lifetime or you may not do it at all, because it is not a compulsory prayer. It is called Salat at-Tasabeeh because you repeat *Subhanallah*.<sup>2</sup>

You say *Subhānallah wal-hamdulillah wa la ilaha illallah wallāhu Akbar*<sup>3</sup> 15 times after *Fatihah* while standing, 15 times in *rukū'* after saying *Subhana Rabbiya-al-'Adheem* while you are bowing, 15 times when you raise your head from *rukū'* after saying *Sami 'Allahu liman hamidah Rabbana lakal hamd*, 15 times in each *sujood* after saying *Subhana Rabbiy-al-A'ā*. So, in general, it is 75 times when you say it in every *rak'ah*, and if you multiply that by four *rak'ah* then you have repeated it 300 times. Keeping track of the count is difficult – you need a calculator in your hand while praying! You know, when we are praying we... our minds wander away and we either forget or make mistakes in our prayer. Sometimes we calculate

money while praying, or think of some problem confronting us. And that is a very natural thing in a human being. There is an interesting story related to the Prophet, peace be upon him, and some companions who were sitting with him, discussing the specific difficulty of concentrating on prayers.

Every one of the companions of the Prophet admitted that this kind of forgetfulness in prayer afflicted him, except Ali ibn Abi Talib, *radia-Allahu 'an*.<sup>4</sup> He said that his mind was always focused on the prayer and that he never got distracted from his prayer. So the Prophet challenged him and said to him: "Ali, go and pray two *rak'ats*, and if you truly concentrate and do not think of anything except your prayer, then I'm going to give you my cloak." Ali ibn Abi Talib went and prayed two *rak'ats* and when he returned, the Prophet asked him: "Were you concentrating Ali?" He replied: "In fact, no. All the time I was thinking about which cloak you are going to give me – the red one or the black one."

It is a very natural thing for the human mind to wander when a person is praying. Therefore, when you are going to say these tasabeeh 75 times in each *rak'ah* and 300 times in the four *raka'ats*, I'm sure you are going to miss some or add some, and it's better to add than to undercount.

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<sup>1</sup> The night of the 27<sup>th</sup> of Ramadan

<sup>2</sup> Glory be to Allah

<sup>3</sup> Glory to God, Praise to God, There is no god but One God, God is the greatest

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<sup>4</sup> May God be pleased with him