

A PRACTICAL GUIDE TO HEALING THROUGH SALAH

PERFORM 5 DAILY FARD PRAYERS

find your path



STRUGGLING WITH SINS OR BAD HABITS?

Add the 12 Sunnah raka'āt:

- 2 before Fajr
- 4 before + 2 after Dhuhr
- 2 after Maghrib
- 2 after 'Isha

QUR'AN 29:45



FEELING ANXIOUS, OVERWHELMED, OR HEAVY-HEARTED?

Improve khushū':

- Arrive 10 min. early and sit in remembrance
- After salah, say SubhānAllāh (33x), Alḥamdulillāh (33x), Allāhu Akbar (34x)

QUR'AN 13:28



FEELING ALONE, UNLOVED, OR DISTANT FROM ALLAH?

Lengthen your sujood and recite this du'a:

"O Allah, I ask You for Your love, the love of those who love You, and the love of deeds that bring me closer to Your love."

SAHIH MUSLIM 482



NEEDING HELP OR RELIEF IN HARDSHIP?

- Pray Tahajjud in the last third of the night and make du'ā.
- Bonus: Pray 'Isha and Fajr in congregation to earn reward for praying all night.

SAHIH BUKHARI 1145



FEELING LAZY, DULL, OR LACKING MOTIVATION?

Begin your morning by reciting adhkar, make fresh wudhu, and pray two rak'ahs of Sunnah (esp. Fajr).

SAHIH BUKHARI 1142

EVERY STRUGGLE FINDS ITS REMEDY IN PRAYER

PERFECT YOUR PRAYER → PERFECT YOUR LIFE