

SALATUT TASBEEH

Salatut Tasbeeh is a special Salah that carries great rewards and blessings.

Hazrat Abdullah ibn Abbas (رضي الله عنه) reports that Nabi (ﷺ) said to Hazrat Abbas (رضي الله عنه):

“O Abbas! O my uncle! Should I present to you a gift? Should I bestow something to you? Should I inform you of something greatly beneficial? Should I show you such an act which, if you render it, Allah will forgive all your sins - old and new, those committed in error and those committed deliberately, sins committed publicly or privately? The act is to perform four Rakaats (Salatut Tasbeeh) ... (After Nabi (ﷺ) taught him the way of performing this Salah, he said):

If possible, perform this Salah daily; if you are unable, then perform it once a week. If you are unable, then perform it once a month; if you are unable, then perform it once a year and if you are unable to do even this, then perform it at least once in a lifetime.” (Abu Dawood)

The Tasbeeh to be recited in Salatut Tasbeeh:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

“Subhan allahi wal hamdulillahi wa la ilaha illal laahu wallahu akbar”

The words لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ may also be added at the end of the above Tasbeeh.
“La Hawla wala Quwwata Illa billahil Aliyyil Azeem”

Method FIRST RAKAAH

- After Thanah - 15 Times
- After the Surah and before Ruku - 10 Times
- In Ruku after the Tasbeeh - 10 Times
- In Qowmah (standing position after Ruku) - 10 Times
- In (first) Sajda after the Tasbeeh - 10 Times
- In Jalsa (sitting position between the two Sajdas) - 10 Times
- In (second) Sajda after the Tasbeeh - 10 Times

The second, third and fourth Rakaats will be read in the same manner.

Note:

1. In every Rakat, the Tasbeeh will be recited 75 times totaling 300 times in the entire Salah.
2. There is also another method of Salatut Tasbeeh which is correct and acceptable.

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