

**How to obtain**  
**Khushu** (inward devotion)  
**And**  
**Khudhu** (outward devotion)  
**in our salah**

The most important thing after taking shahadah (declaring oneness of Allah) is Salah for a believer. Why? Because once we have accepted that Allah is our Rabb [Rabb means, owner, in charge, caretaker, maintainer (keeping everything alive and making sure everything exists) and giver of gifts to all His creation], salah is the only way to establish a real and direct connection with Allah. Salah is the only Ibadah (form of worship), where our whole body and mind is dedicated to Allah during this time. During Salah, our tongue, forehead, finger, hands, back, toe, nose and entire body and mind is supposed to be engrossed in devotion to Allah. When we fast, our body goes hungry and thirsty and we suppress our desires, but our mind can wonder around. In Zakah our body and mind can wonder around while we pay our obligatory charity. Similarly during Hajj, our body and mind is not dedicated towards Allah 100% of the time. Even while reading Quran and doing zikr of Allah, our tongue is moving but mind may not be dedicated (although best zikr is with both mind and tongue).

Real connection to Allah through salah even for few seconds and minutes gives enjoyment that cannot be matched by anything in this entire world. There is no greater satisfaction a person can get by connecting to His creator. Remember in salah we are having a conversation with Allah. When we say (praising and glorifying Allah) and ask (In surah Fatiha) something to Allah, we get direct response from Him, SubhanAllah , no other form of worship has that direct conversation and connection several times a day. That is why it is important that we should pause for few moments every time we recite each Ayah of surah Fatiha, because Allah response back to each Ayah as explained in Hadith Qudsi about surah Fatiha.

There are three categories of Zikr (remembrance of Allah). Lowest form is when our tongue is moving with mind is not there, higher form is when our mind is connected to Allah's remembrance but tongue is not moving, but the highest form of Zikr is when both tongue and mind are busy in Zikr of Allah. Salah is the only Zikr which forces every limb of the

body and mind to be conscious of Allah. It is the mercy of Allah that He has given us the strongest possible connection between Him and us through our salah. It is a guaranteed fact that power of connection with Allah for few minutes in salah will give you tranquility of heart and peace of mind that no form of worship, or any worldly happiness ( like wealth, children, spouses, houses, cars ,health etc) can even remotely match it. Because you are talking and having connection directly with Allah who is the ultimate source of every other happiness and if He is happy, one does not need any other happiness in life. Prophet S.A.W used to enjoy every moment of salah and calls salah as coolness of his eyes. Our beloved prophet used to call Hazrat Billal R.A and tells him “o Billal relieve us by calling the Azan and cut us off from this dunya (worldly affairs)[ Muslim]. When someone is fully devoted to Allah in Salah, Allah will give noor (light), barakah ( blessing), Rehman (mercy), generosity, fadal (bounty) beyond his or her imagination. When we come to salah, we are supposed to leave all (100%) of our worldly problems outside of mind and come with the intention that Allah is greater than everything and anything, including all my problems in life and I am here to devote my full mind and heart in remembering Him and He will Himself take care of my entire problems, because nothing is greater than Him. Even when we do not have any problems, than just come for salah to thank Allah and for His love.

As there are three levels of Zikr mentioned above, there are also three levels of conversation. Lowest level is when you really do not want to have a conversation with somebody, and then you will just have a very short, yes or no type of conversation. Second level is when you have something common or same interest with the person and you have some love and respect for that person. In this case you will have attentive conversation with him and you would like to prolong a little bit the conversation. The highest level of conversation is when you are absolutely in love with someone and admire him and have the most respect for him or her. The conversation with that person will be

absolutely different, you will never want to end conversation, you will not care about time or who else is around or watching you, you will be completely engrossed with the admiration of that person. This is the conversation level we must try to achieve, when we are in salah with Allah.

The secret of feeling relax from the greatest calamity, the whole humanity will face, is in our Salah's complete devotion towards Allah. How? Because out of the three greatest fear a believer has is

- 1) Fear of death
- 2) Fear of grave
- 3) Meeting Allah face to face and give accountability of all our deeds.

Meeting Allah is the most fearful moment of all the three is that everyone will have to give accountability. If our salah is full of inward and outward devotion to Allah several times a day, then in fact it is a rehearsal in this life of what actually will happen in hereafter life. When we stand up in salah several times a day in front of Allah thinking He is listening and watching every moment and have full uninterrupted connection with Him, then obviously we will refrain from the things He has forbidden and will follow His commandments outside the salah, because we will have back in our minds that again after sometime I have to stand in front of Him again and will have a direct connection with Him, then we will not commit any sins. Tough we will still be fearful of meeting of our Rabb in afterlife but also at the same time we would be looking forward to that meeting. We will be both fearful as well as happy and relax that I will meet my Rabb on the Day of Judgment. Allah Himself says in Quran about true believers "Who are certain in their mind that they are going to meet their Rabb and that they are going to return to Him {for final judgment}. Baqara, Ayah 46. So if we have true salah than we will have loving fear of Allah.

What is secret of devotion? Allah himself has given to us in Quran, "Seek Allah's help through steadfastness /patience and salah; it is

indeed burden except for those who are humbly submissive and inwardly devoted to Allah” Baqara, Ayah 45.

Salah consists of both khudu and khushu.

**khudu** means outward devotion that is through our physical appearance and calmness of our body. We should show humbleness, modesty and humility with our body, namely our limbs which has to be in certain position during different action in salah (like, standing, in ruku’, sujud, sitting in tashahhud etc). We should perform all these acts with no rush and keeping in mind that we are physically standing in front of our Raab.

**Khushu** means inwardly devotion. The meaning and actualization of khushu lies in the presence of our hearts while we are reporting for daily duty towards Allah. Khushu also refers to the submissiveness, gentleness, humility, yearning, and quietude (out of love as well as fear) within the heart due to consciousness of Allah’s greatness and Grandeur. It is also the awareness of one’s own weakness, absence of haughtiness, arrogance and superiority from the heart. When heart is full of khushu, the limbs also become subservient in humility to Allah. We may believe that when our minds are distracted, the concentration and humility is salah decreases. However, the truth is that it is actually the heart that causes khushu to increase or decrease. The Prophet (S.A.W) said: *“ of surely there is a morsel of flesh in the body, if it is sound, the whole body will be sound, but if it is corrupt, the whole body will be corrupt. It is the heart.” [Muslim].*

### **Importance of Salah in the eyes of Allah and His Prophet:**

- Allah has mentioned Salah about 700 times in the holy Quran.
- Salah was prescribed to every Prophet and his followers since the beginning of human race (though it’s timing, frequency and method may have be different for each prophet, but its essence

was same , that is acceptance of oneness of Allah, connection with Him and only He alone is to be worshipped)

- Who believe in the unseen, establish prayer, and spend out of what we have provided for them [Q 2/3].
- Establish salah from the decline of the sun till the darkness of the night (Zuhr, Asr, Maghrib and Isha) and read the Quran in Fajr: for the reading the Quran at Fajr is witnessed (by the Angeles). [Q 17/78].
- Recite from this Book (the Quran) which has been revealed to you and establish salah, surely salah keeps one away from shameful and evil deed; and surely the remembrance of Allah is the greatest, indeed , Allah knows what you do. [Q29/45].
- You who believe! When the call for salah is made on Friday, hasten/rush to the remembrance of Allah and cease your business. That is better if you but knew it. [Q62/9].
- You who believe! Let neither your riches nor your children divert you from remembrance of Allah (salah). Those who will do so, it is they who shall be real losers. [Q63/9=10].
- Surely, salah are made obligatory for the believers at their prescribed times [Q4/103].
- The Prophet (S.A.W) said that the first Question on the Day of Judgment will be asked about salah, if it is ok, rest of the things will be easier. If not, accountability will start tougher and tougher.

## **Tips to improve Khusu and Khudu in Salah:**

- 1) The more you focus on Allah outside your salah, the easier it will be to focus on Him inside your salah. Try to fill your mind and heart with Allah as much as you can throughout your day. Talk to Him and make Dua to Him constantly. This will build your personal relationship with Him. Then, going

to salah will be like coming home to an old friend. In contrary, if our mind and heart is occupied with worldly things (like watched a movie, have fun with friends, pre occupied with financials, arguments with family members, watching sports etc), naturally our mind and heart will follow those things during salah and we will be far away in getting khusu in salah.

- 2) Try your best to cut, past, present and future of your worldly life when you enter prayer place. Just focus on Allah at that moment.
- 3) Few minutes before Salah, do some Zikr of Allah , best Zikr is to renew your faith and Prophet (S.A.W) told us to renew our faith by frequently reciting “La ilaha ill-Allah” (There is no god, but Allah)”.
- 4) Best way to start improving khusu in salah is to offer Tahajjud prayer. This time of night, it is total darkness, no distraction; no body watching you, you and only Allah is there one on one. Try to cry in front of Allah with His fear as well His love for what He gave uncountable bounties to you. We all know Allah comes down on lower heavens in the last hours of night and ask who is there of my servant to ask forgiveness, I will grant it. Subhan Allah, do not miss this golden opportunities to not only get forgiveness but also establish direct connection with Allah. This connection at night will help in connection to Allah in other obligatory prayers.
- 5) Just like our faith fluctuates, our khusu in salah goes high and low, whenever you feel that your khusu is not up to its mark, immediately do something about it. If it is because of some worldly distraction, try to get rid of this distraction by whatever means you deem fit. Read Quran more, read some helpful articles and read some Duas from the Quran and sunnah for this purpose.

- 6) Before starting prayer, make sure you do not have any urge for nature's call; you are not hungry or thirsty. No physically distracting things are present near your praying area, like pictures, TV is on, cell phone close to you etc. Now a day's the single biggest distracter from our salah is our cell phones, do not even keep close to you, when praying, forget just putting on silence.
- 7) Try to read different surah in different prayers and longer ones. In Ruku' and sujood instead of reciting 3 times Tasbeeh, read 5, 7, 9 or 11 times (of course do this in your sunnah and nafil prayers as with jamaah, it may be difficult).
- 8) Every person has different level of fear about death, grave, day of resurrection, accountability to Allah, time for Meezan (scale for good and bad deeds) and passing over the bridge of sirat. Think in your back of mind the thing you fear most and concentrate on your salah that this salah will save you from this agony and pain.
- 9) When you stand up for prayer, think seriously, that this is the only last chance Allah has given you to stand in front of Him and angel of death is right behind you to take your soul right after you finish this salah (It may very well happen to any of us that any prayer through the day may be our last prayer in this world). While standing in front of Allah, you are connecting directly to Him last time to ask for His forgiveness, mercy and show your sincere thank and love to Him for what He has bestowed on you. After that no more chance of talking to Allah in this world and when you meet Him on the Day of Judgment, this last meeting with sincerity, humility and devotion may save your day in your final meeting in the hereafter.
- 10) Increase in Islamic knowledge; learn about Allah, tawheed, His names and attributes, and various aspects and sciences of the sunnah. Why? Because Allah says:



“It is only the learned amongst His servants who truly fear Allah” [Q35/28].

- 11) Pray on time and plan your life around salah timings and not the other way around. Prioritize pleasing Allah over pleasing people. We can't say, “But I have work, I have to meet so-and-so etc” because before all of that came about, we already knew about our salah timing; so that's not a valid excuse. But in situations that are out of our control, pray Qada ASAP.
- 12) Always seek refuge in Allah from satan and start in the name of Allah before beginning of the salah.
- 13) It is natural that our mind will drift and wonder while in salah. If it happens, do not dwell on thoughts, but remind yourself to come back to the present moment as you are standing in front of Allah and your connection with Him is lost.
- 14) Always try to remind yourself that in salah you are in the highest state of faith, which is Ehsan (which means that pray as though you see Him; and if you cannot do that, then be aware that He is definitely seeing you).
- 15) Fully understand the meaning of “Allah-o-Akbar”, it does not mean Allah is greatest, but it means He is greater than anything and everything. The logic behind saying Allah-o-Akbar before every action in salah is that it reminds us again and again that Allah is greater than all the things you have in mind which is causing you worries, distress, love, happiness etc.
- 16) Be relax and attentive by maintaining a good pace between salah actions, giving a minimum of 5 seconds or more per action.
- 17) Understanding the meaning what you recite in salah may be the single most factor which can help you in concentration during salah.

Must learn the meaning of Surah Fatiha and other small surahs you frequently recite. Also understand the meaning of :

- a) Opening supplication
- b) Surah Fatiha
- c) Remembrance in Ruku'
- d) Standing up from Ruku'
- e) Remembrance in the sujud
- f) Tashahhud
- g) Salutation on the Prophet(pbuh)
- h) Taslim

**Below is given the meaning of items a through h mentioned above:**

**a) Opening supplication of prayer:**

Purity (from imperfection belongs) to you, my Allah. And the praise (also belongs to you), blessed is your name. Your majesty (glory and might) is exalted; there is no deity but you.

**b) Surah Fatiha:**

All praise and thanks are due to Allah, the Rabb of all nations. Extremely loving and caring right now and loving and caring in the future (Rahman is merciful to believers and non believers in this world and Raheem merciful especially to the believers in this world and the hereafter, (Rahman alludes to abundance of mercy and Raheem indicates constancy in mercy). He is the King and owner of the Day of Judgment. It is only to you we willingly give ourselves totally and absolutely to slavery and worship now and in the future in the matters we are struggling

with. Guide us to the straight and upward path. The straight path of those, who you already made this path easy and showered them with your favors. Not the people who received anger and rage and also the ones who are lost.

**Note: Reader is encouraged to read my research paper on “In depth explanation of Surah Fatiha” on this same website.”**

**c) Remembrance in Ruku’**

How perfect my Raab is, The supreme.

**d) Standing up from Ruku’**

May Allah answer he who praises Him. O our Raab, for you is all praise.

**e) Remembrance in the sujud.**

How perfect is my Raab, The Most High.

**f) Tashahhud.**

All compliments, prayers, and pure words are due to Allah, peace be upon you, O prophet, and also the mercy of Allah and His blessings. Peace be on us, and on the righteous slaves of Allah. I bear witness that none has the right to be worshipped except Allah. And I bear witness that Muhammad is His slave and messenger.

**g) Salutations on the prophet (pbuh).**

O Allah, send prayers upon Muhammad and the followers of Muhammad, just as sent prayers upon Ibrahim and upon the followers of Ibrahim. Verily, you are full of praise and majesty. O Allah, send blessing upon Mohammad and upon the family of Muhammad, just as You sent blessing upon Ibrahim and upon the family of Ibrahim. Verily You are full of praise and majesty.

#### **h) Taslim:**

Peace and Allah's mercy be on you.

**Readers are also encouraged to recite some duas before Taslim and after Taslim and understand their meanings.**

Here are some Pre-Requisites for Khusu:

- Change of life style:
  - Leaving Sins and Haram
  - Increase in practice of Sunnah
  - Decrease in vain and unnecessary indulgences
  - Increase in Recitation and study of the Quran
- Preparing for salah:
  - Free yourself up
  - Perform salah at the preferred time (no delaying)
  - Wadu properly
  - Preferably pray with congregation in masjid.
  - Relax, free your mind and ask Allah's help for khusu in your salah
- While performing salah
  - Keep eyes fixed at prescribed places
  - Observe the postures of salah properly
  - Focus on meaning of what is recited in salah.

After reading this article and understanding what it says, it is really up to us to take a moment and step outside of our self, honestly analyze the quality of our salah, level of our Iman and the impact of these on our life as a whole. We'll all agree that correct knowledge is absolutely lovely, but it will be of no use to anyone at all until we actually decide to implement what we know now. It is only then that knowledge becomes lovelier and in turn beautifies us from inside and out.

Do not lose hope or give up if these tips do not work at first or do not provide an immediate solution. Remember that the seed of Khusu will grow only after a gentle rain of **consistent reminders** seep into the heart by Allah's will.

May Allah give me ability first to practice what I wrote here and to all others who read this article. Ameen.

Jazakallah.