

# One Who Performs Salat Always Does What Is Good



To perform salat <sup>[1]</sup> is to realize one's inferiority before Allahu ta'ala, thinking of His greatness. A person who realizes this always does what is good. He can never do evil. The salat which is performed by a person who follows his nafs <sup>[2]</sup> is fruitless, even if it may be accepted. The heart of a person who intends that he is in the Audience of his Rabb five times each day gets filled with ikhlas <sup>[3]</sup>. Every action that one has been commanded to do in salat provides uses for one's heart and body. Performing salat in jama'at (congregation) in mosques attaches Muslims' hearts to one another. It provides love between them. Thus they realize that they are brethren. The elder become merciful towards the younger. And the younger become respectful towards the elder. The rich become helpers for the poor and the powerful for the weak. The healthy, not seeing the sick in the mosque, visit them in their homes. They race with one another for attaining the glad tidings in the hadith <sup>[4]</sup>, 'Allahu ta'ala is the helper of a person who runs to the aid of his brother in Islam'. "

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**[1] salat:** **i)** prayer; (with salam)= salawat; **ii)** ritual prayer of at least two rak'as; **"namaz"**, in Persian; salat janaza: funeral prayer.

**[2] nafs:** a force in man which wants him to harm himself religiously; an-nafs al-ammara. A negative force within man prompting him to do evil. (Nafs-i ammara). Nafs is ammara by creation, that is, it always wishes evil and harmful deeds to be done. It is reluctant to obey the Shari'at. The nafs of a man who obeys the Shari'at and makes progress in the way of tasawwuf becomes mutmainna. It wishes to obey the Shari'at.

**[3] ikhlas:** (quality, intention or state of) doing everything only for Allahu ta'ala's sake; sincerity.

**[4] hadith (sharif):** **i)** a saying of the Prophet ('alaihi 's-salam).; al-Hadith ash-sharif: all the hadiths as a whole; **ii)** 'ilm al-hadith; **iii)** Books of the hadith ash-sharif. **iv)** Al-hadith al-qudsi, as-sahih, al-hasan: kinds of hadiths (for which, see Endless Bliss, II).