



Narrated Malik: We came to the Prophet and stayed with him for twenty days and nights. We were all young and of about the same age. The Prophet was very kind and merciful. When he realized our longing for our families, he asked about our homes and the people there and we told him. Then he asked us to go back to our families and stay with them and teach them (the religion) and to order them to do good things. He also mentioned some other things which I have (remembered or) forgotten. **The Prophet then added, "Pray as you have seen me praying and when it is the time for the prayer one of you should pronounce the Adhan and the oldest of you should lead the prayer.** (Bukhari, Book [#11](#), Hadith [#604](#))

Narrated Wa'il ibn Hujr: I said that I should look at the **prayer** of the Apostle of Allah (peace\_be\_upon\_him) how he prays. **The Apostle of Allah (peace\_be\_upon\_him) stood up and faced the qiblah (i.e. the direction of Ka'bah) and uttered the takbir (Allah is most great); then he raised his hands till he brought them in front of his ears; then he caught hold of his left hand with his right hand (i.e. folded his hands). When he was about to bow, he raised them (his hands) in a like manner. Then he sat, stretched out his left foot (to sit on it), placed his left hand on his left thigh, and kept away the tip of his right elbow from his right thigh, joined two fingers, formed a ring, to do so. And the narrator Bishr made a ring with the thumb and the middle finger.** (Sunan Abu Dawud, Book [#3](#), Hadith [#0957](#))

Narrated 'Umar bin Al-Khattab: I heard Allah's Apostle saying, "The **reward of deeds depends upon the intentions and every person will get the reward according to what he has intended.** So whoever emigrated for worldly benefits or for a woman to marry, his emigration was for what he emigrated for." (Bukhari, Book [#1](#), Hadith [#1](#))



Narrated Salim bin 'Abdullah: My father said, "Allah's Apostle used to **raise both his hands up to the level of his shoulders when opening the prayer;** and on saying the Takbir for bowing. And on raising his head from bowing he used to do the same and then say "Sami a-l-lahu Liman hamida, Rabbana walaka-l-hamd." And he did not do that (i.e. raising his hands) in prostrations. (Bukhari, Book [#12](#), Hadith [#702](#)), (Book [#12](#), Hadith [#703](#))



Narrated Tawus: **The Apostle of Allah (peace\_be\_upon\_him)** used to place his **right hand** on his **left hand**, then he folded them strictly on his chest in **prayer**. (Sunan Abu Dawud, Book [#3](#), Hadith [#0758](#))



Narrated 'Aisha: I asked Allah's Apostle about looking **hither and thither** in prayer. He replied, "It is a way of stealing by which Satan takes away (a portion) from the prayer of a person." (Bukhari, Book [#12](#), Hadith [#718](#))

Narrated Anas bin Malik: The Prophet said, "What is **wrong** with those people who look towards the sky during the **prayer**?" His talk grew stern while delivering this speech and he said, "They should stop (looking towards the sky during the **prayer**); otherwise their eye-sight would be taken away." (Bukhari, Book [#12](#), Hadith [#717](#))



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Narrated Muhammad bin 'Amr bin 'Ata': I was sitting with some of the companions of Allah's Apostle and we were discussing about the way of praying of the Prophet. Abu Humaid As-Saidi said, "I remember the **prayer** of Allah's Apostle better than any one of you. I saw him raising both his **hands** up to the level of the shoulders on saying the Takbir; and **on bowing he placed his hands on both knees and bent his back straight**, then he stood up straight from bowing till all the vertebrate took their normal positions. In prostrations, he placed both his **hands** on the ground with the forearms away from the ground and away from his body, and his toes were facing the Qibla. On sitting In the second Rak'a he sat on his **left** foot and propped up the **right** one; and in the last Rak'a he pushed his **left** foot forward and kept the other foot propped up and sat over the buttocks " (Bukhari, Book [#12](#), Hadith [#791](#))



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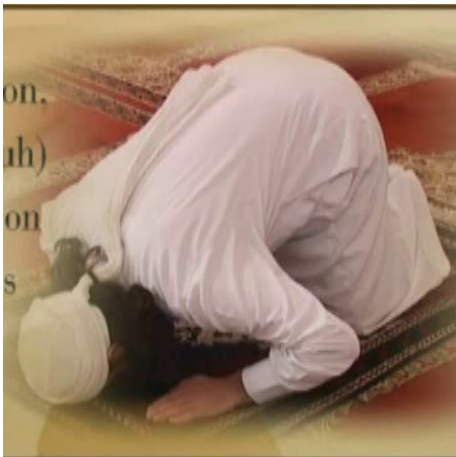
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Narrated Abdullah ibn Umar: **The Prophet (peace be upon him) said: both hands prostrate as the face prostrates. When one of you puts his face (on the ground) he should put his hands too (on the ground).** And when he raises it, he should raise them too. (Abu Dawud, Book [#3](#), Hadith [#0891](#))



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Narrated Ibn 'Abbas: **The Prophet was ordered (by Allah) to prostrate on seven parts and not to tuck up the clothes or hair (while praying). Those parts are: the forehead (along with the tip of nose), both hands, both knees, and (toes of) both feet.** (Bukhari, Book [#12](#), Hadith [#773](#)); (Book [#12](#), Hadith [#776](#))

Narrated Al-Bara' ibn Azib: Al-Bara' described to us (the nature of prostration). **He placed his hands (palms), reclined on his knees, and raised his hips;** he said: This is how the Apostle of Allah (peace\_be\_upon\_him) used to prostrate himself. (Abu Dawud, Book [#3](#), Hadith [#0895](#))



Narrated Aiyub: Abu Qilaba said, "Malik bin Huwairith used to demonstrate to us the **prayer** of the Prophet at times other than that of the compulsory **prayers**. So (once) he stood up for **prayer** and performed a **perfect** Qiyam (standing and reciting from the Holy Qur'an) and then bowed and performed bowing **perfectly**; then he raised his head and stood straight for a while." Abu Qilaba added, "Malik bin Huwairith in that demonstration prayed like this Sheikh of ours, Abu Yazid." Abu, Yazid **used to sit (for a while) on raising his head from the second prostration before getting up.** (Bukhari, Book [#12](#), Hadith [#767](#))



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Narrated Wa'il ibn Hujr: **I saw that the Prophet (peace\_be\_upon\_him) placed his knees (on the ground) before placing his hands when he prostrated himself. And when he stood up, he raised his hands before his knees.** (Sunan Abu Dawud, Book [#3](#), Hadith [#0837](#))



Narrated Abu Hurayrah: **The Prophet (peace\_be\_upon\_him) said: (Does) one of you kneel down in his prayer as a camel kneels down (i.e. put his knees before his hands).** (Sunan Abu Dawud, Book [#3](#), Hadith [#0840](#))

[**Note: Above two hadiths contradicts each other. Chances are our Prophet (s) followed both ways at his discretion. Personally, I have adopted the second method as I find it convenient to put pressure on both my hands instead of the knees.**]



Narrated Salim bin 'Abdullah: My father said, "Allah's Apostle used to **raise** both his **hands** up to the level of his **shoulders** when opening the prayer; and on saying the Takbir for bowing. **And on raising his head from bowing** he used to do the same and then say "Sami a-l-lahu Liman hamida, Rabbana walaka-l-hamd." And he did not do that (i.e. raising his **hands**) in prostrations. (Bukhari, Book [#12](#), Hadith [#702](#))

Narrated Mutarrif bin 'Abdullah: 'Imran bin Husain and I offered the prayer behind Ali bin Abi Talib. When 'Ali prostrated, he said the Takbir, when he raised his head, he said the Takbir and **when he got up for the third Rak'a he said the Takbir.** On completion of the prayer Imran took my hand and said, "This (i.e. 'Ali) made me remember the prayer of Muhammad" Or he said, "He led us in a prayer like that of Muhammad." (Bukhari, Book [#12](#),

Hadith [#753](#))





Narrated Sahl bin Sa'd: **The people were ordered to place the right hand on the left forearm in the prayer.** Abu Hazim said, "I knew that the order was from the Prophet ." (Bukhari, Book [#12](#), Hadith [#707](#))

Narrated Tawus: **The Apostle of Allah (peace\_be\_upon\_him) used to place his right hand on his left hand, then he folded them strictly on his chest in prayer.** (Sunan Abu Dawud, Book [#3](#), Hadith [#0758](#))



Yahya related to me from Malik from Ibn Shihab from Urwa ibn az-Zubayr from Abd ar-Rahman ibn Abd al-Qari that he heard Umar ibn al-Khattab say, while he was teaching people the **Tashahhud** from the mimbar, "Say, Greetings belong to Allah. Pure actions belong to Allah. Good words and prayers belong to Allah. Peace on you, Prophet, and the mercy of Allah and His blessings. Peace be upon us and on the slaves of Allah who are salihun. I testify that there is no god except Allah. And I testify that Muhammad is His slave and His messenger." **'At-tahiyatu lillah, az-zakiyatu lillah, at-tayibatu wa's-salawatu lillah. As-salamu alayka ayyuha'nnabiyyu wa rahmatu'llahi wa barakatuhu. As-salamu alayna wa ala ibadi'llahi s-salihin. Ash-hadu an la ilaha illa 'llah wa ash-hadu anna Muhammadan abduhu wa rasuluh.'** (Malik Muatta, Book [#3](#), Hadith [#3.14.56](#)); (Book [#3](#), Hadith [#3.14.57](#)); (Book [#3](#), Hadith [#3.14.58](#)); (Book [#3](#), Hadith [#3.14.59](#))



'Abdullah b. Zubair narrated on the authority of his father that when **the Messenger of Allah (may peace be upon him)** sat for supplication, i. e. **Tashahhud** (blessing and supplication), he placed his right hand on his right thigh and his left hand on his left thigh, and pointed with his forefinger, and placed his thumb on his (middle) finger, and covered his knee with the palm of his left hand. (Muslim, Book [#004](#), Hadith [#1202](#))



Ibn 'Umar reported that when the Messenger of Allah (may peace be upon him) sat for **Tashahhud** he placed his left hand on his left knee. and his right hand on his right knee, and **he raised his right finger**, which is next to the thumb, making supplication in this way, and he stretched his left hand on his left knee. Another version on the authority of Ibn Umar says: When the Messenger of Allah (may peace be upon him) sat for **Tashahhud**, he placed his left hand on his left knee and placed his right hand on his right knee, and he formed a ring like (fifty-three) and pointed with his finger of attestation. (Muslim, Book [#004](#), Hadith

[#1203](#)); (Book [#004](#), Hadith [#1204](#));

Narrated Abdullah ibn az-Zubayr: **The Prophet (peace\_be\_upon\_him) used to point with his finger (at the end of the Tashahhud) and he would not move it.** (Abu Dawud, Book [#3](#), Hadith [#0984](#))



Abu Huraira reported: The Messenger of Allah (may peace be upon him) said: **When any one of you completes the last Tashahhud. he should seek refuge with Allah from four (trials); i. e. from the torment of Hell, from the torment of grave, from the trial of life and death. -and from the mischief of Masih at-Dajjal (Antichrist).** This hadith has been narrated by al-Auza'i with the same chain of transmitters but with these words:" When any one of you completes the **Tashahhud**" and he

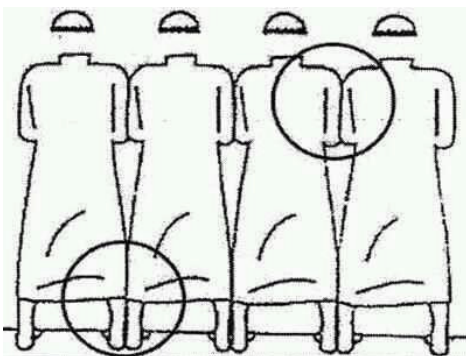
made no mention of the words" the last". (Muslim, Book #004, Hadith #1219)



'Amir b. Sa'd reported: **I saw the Messenger of Allah (may peace be open him) pronouncing taslim on his right and on his left till I saw the whiteness of his cheek.** (Muslim, Book #004, Hadith #1208)



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Narrated Anas bin Malik: **The Prophet said, "straighten your rows for I see you from behind my back."** Anas added, "Everyone of us used to put his shoulder with the shoulder of his companion and his **foot** with the **foot** of his companion." (Bukhari, Book #11, Hadith #692)

Narrated Anas bin Malik: The Prophet said, "Straighten your rows as the **straightening of rows is essential for a perfect and correct prayer.**"

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Narrated Abu Huraira: The Prophet said, "**The Imam is (appointed) to be followed. So do not differ from him, bow when he bows, and say, "Rabbana-lakal hamd" if he says "Sami'a-l-lahu Liman hamida"; and if he prostrates, prostrate (after him), and if he prays sitting, pray sitting all together, and straighten the rows for the prayer, as the straightening of the rows is amongst those things which make your prayer a correct and perfect one.** (See Hadith No. 657). (Bukhari, Book [#11](#), Hadith [#689](#))

Narrated Abu Wail: Hudhaifa said, "I saw a person not performing his bowing and prostrations **perfectly**. When he completed the **prayer, I told him that he had not prayed.**" I think that Hudhaifa added (i.e. said to the man), "**Had you died, you would have died on a tradition other than that of the Prophet Muhammad.**" (Bukhari, Book [#12](#), Hadith [#772](#))

**Acknowledgement:** Pictures added in this documents are mostly taken by screen shots from the video "Pray as you have seen me pray" available at YouTube at [www.youtube.com/watch?v=jNoiLHwH5Fg](http://www.youtube.com/watch?v=jNoiLHwH5Fg) and the related ahadiths are taken from Search Truth site at <http://www.searchtruth.com/>