

### The Importance and Method of Performing the Istikhaarah salaah

Q: Salaah-710: How is the Istikhaarah salaah performed? Is it from the Ahadeeth? For how many days must it be performed? Is the inclination of the heart sufficient or must one see something in a dream?

Answer: Performing the Istikhaarah salaah when one intends doing something is proven in the Ahadeeth. In fact, the Ahadeeth encourage it. Behisti Zewar states that the Istikhaarah salaah is really seeking counsel from Allaah. Rasool SAW. has encouraged it and failing to do so reflects on one's ill fortune. If one performs Istikhaarah salaah before proposing for marriage, getting married or undertaking a journey, then one will Inshaa Allaah never regret one's decision.

Hadhrat Jaabir RADI. reports that Rasulullaah SAW. taught them to perform the Istikhaarah salaah for all matters just as he taught them a Surah of the Qur'aan. He told them that if they intended doing anything, they should perform two Rakaahs salaah other than the Fardh salaah and then recite the du'aa: (VOL.2 PG. 535)

TRANSLATION: O Allaah I seek good from You by virtue of Your knowledge and seek the strength from You by virtue of Your power and I implore your tremendous grace because You have the strength while I do not and you have the knowledge while I do not. Verily You are the Knower of all things. O Allaah! If You know that this matter is best for my Deen, my life (in this world) and will yield the best results, then decree it for and make it easy for me. You then bless me in it. However, if You know that this matter is not good for my Deen, my life (in this world) and will not yield good results, then avert it from me and take me away from it. You then decree for me what is best wherever it may be and make me happy with it.

If one knows no better after the first night and is not content with any decision, continue the practice for seven nights and one will Inshaa Allaah come to know of the good or evil in it. It is not necessary to see a dream. The most important factor is the inclination of one's heart. There are, of course, times when a dream will guide one along.

If it is too difficult to perform the salaah for some reason, one may suffice by making the du'aa, When the salaah is performed. it is best to recite Surah Kaafiroon in the first Rakaah and salaah Ikhlaas in the second. Some scholars recommend that one recites the following verses in the first Rakaah:

Du'aa Fatawa Rahimiyyah (vol.2 pg. 536)

Thereafter, recite the following verse in the second Rakaah:

Du'aa Fatawa Rahimiyyah (vol.2 pg. 536)

And Allaah knows best what is most correct.

Fatawa Rahimiyyah vol.2

