

### The Masnoon Method of Performing Sajdah

Q: Salaah-572: Many people place their forearms and elbows on the ground when in Sajdah. Will this make the salaah Makrooh?

Answer: The Masnoon method for a male to perform Sajdah is with the forearms apart from the sides. However, when performing salaah in Jamaa'ah, this must not be done because it will inconvenience the Musallis alongside one. The elbows should however never be on the ground. The belly should also be apart from the thighs and the hands should be placed in line with the ears (and not the chest). This means that the hands should be between the hands with the thumbs in line with the ears. The other fingers should be held together so that they all point to the Qibla. The toes should also be placed on the ground so that they face the Qibla. It is Makrooh Tahreemi for a man to place his elbows on the ground while on Sajdah. And Allaah knows best what is most correct.

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