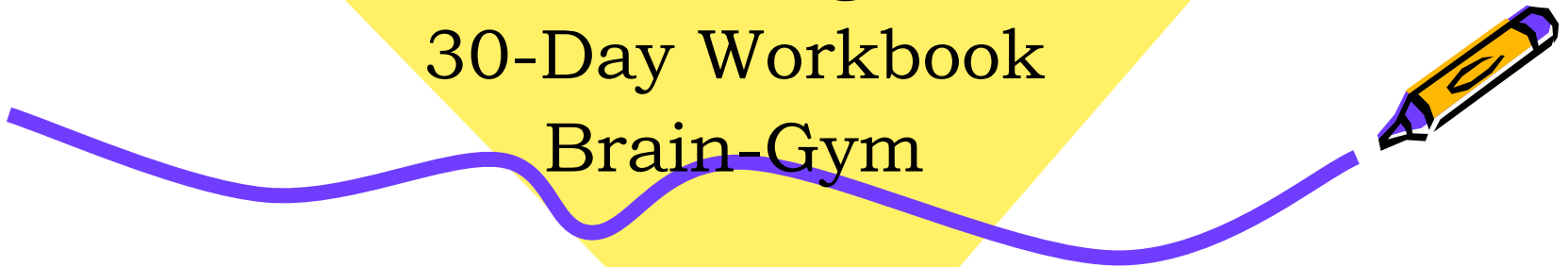




# CONCENTRATION IN PRAYER

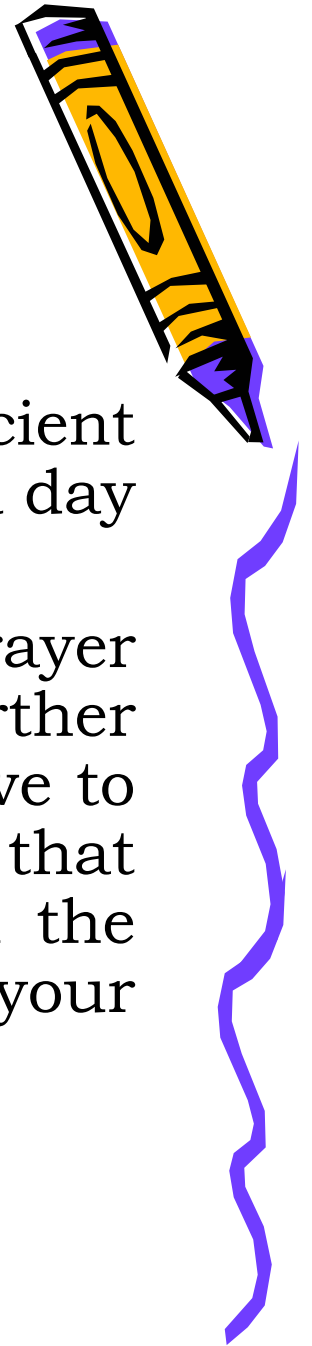
## Certificate Course FOUR

25 Strategies  
30-Day Workbook  
Brain-Gym



# 30-Day Workbook

- The ability to focus attention with sufficient intensity to accomplish the goal five times a day is a skill that needs to be developed.
- The 25 strategies for concentrating in Prayer discussed in the Prayer booklet can be further divided into three categories: those that have to be well analyzed and understood; those that have to be applied before the Prayer, and the remainder applied after you complete your Prayer.

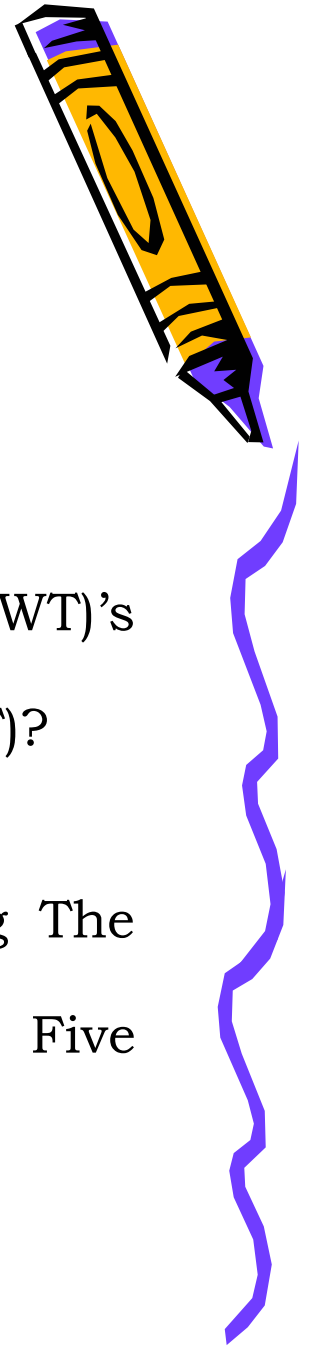
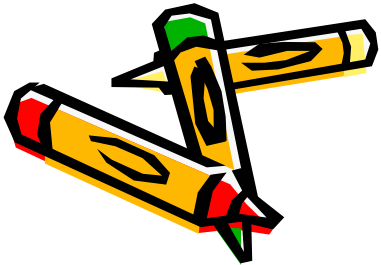


# 30-Day Workbook

## CATEGORY ONE

### KNOWLEDGE AND AWARENESS

- 1 Have I understood and convinced myself of Allah (SWT)'s presence?
- 2 Am I aware that I am standing in front of Allah (SWT)?
- 3 Do I understand what I recite?
- 4 Am I making the correct pronunciations in Arabic?
- 5 Am I aware and practicing the Rules for Reciting The Qur'an?
- 6 Have I understood the main reasons behind the Five Daily Prayer?

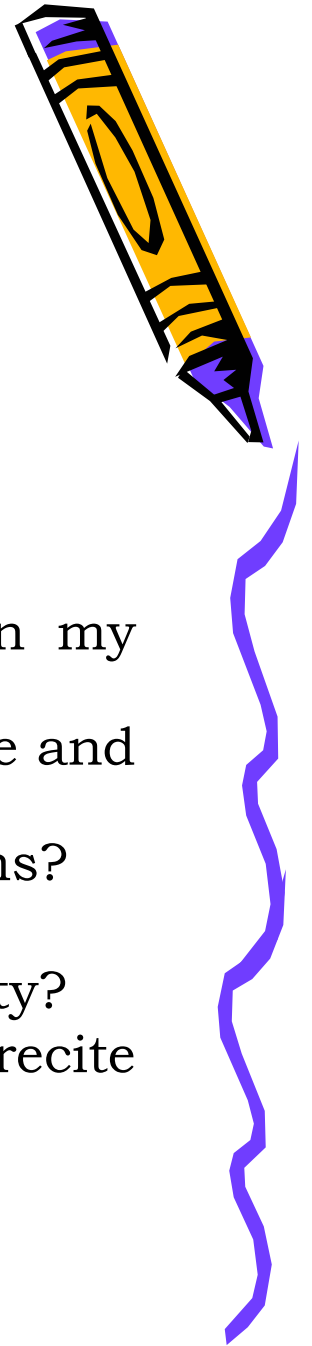


# 30-Day Workbook

## CATEGORY ONE

### KNOWLEDGE AND AWARENESS

- 7 Do I have the motivation and energy to sustain my attention?
- 8 Am I confident enough that Allah (SWT) is with me and that He is assisting me in my Prayer?
- 9 Have I refrained myself from heedless conversations?
- 10 Do I remember death often?
- 11 Do I fast often enough to increase my mental clarity?
- 12 Have I convinced myself that each Prayer I recite maybe my last Prayer?



# 30-Day Workbook

## CATEGORY ONE KNOWLEDGE AND AWARENESS

*If you have answered YES to 6 of the 12 questions above, you may proceed with the workout.*

*However, even one negative answer means that you have to go back and invest more time and reflection in that particular aspect. Otherwise, the workout will not be very effective.*



# 30-Day Workbook

## CATEGORY TWO

### SETTING THE SCENE FOR PRAYER

- 1 Am I satisfied with the environment, the surroundings?
- 2 Am I wearing pure, clean, preferably white clothes?
- 3 Am I clean, pure and scented?
- 4 Am I confident enough in alternating recitations?
- 5 Am I in a relaxed and alert state of mind?
- 6 Have I been moderate in my food intake?
- 7 Am I grief-stricken and submissive?

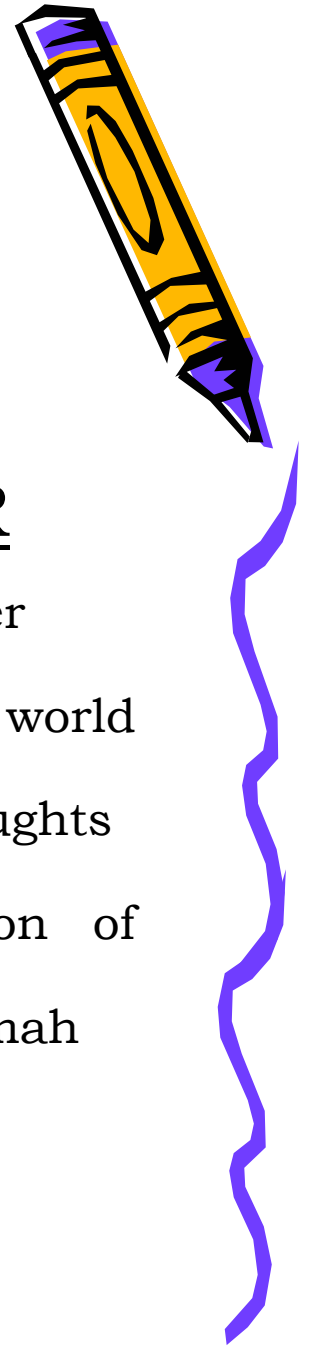


# 30-Day Workbook

## CATEGORY TWO

### SETTING THE SCENE FOR PRAYER

- 8 Have I satisfied my hunger and thirst, as well as other needs?
- 9 Have I separated myself from the disapproved world and all its attractions?
- 10 Am I confident enough in arresting distracting thoughts in Prayer?
- 11 Have I connected my Ablution to the recitation of Adhan?
- 12 Have I connected my recitation of Adhan and Iqamah to the Takbeer in Prayer?



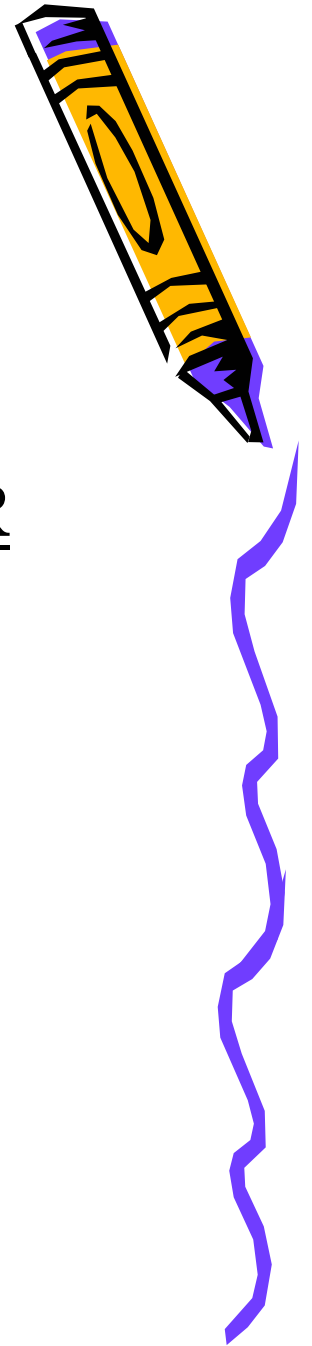
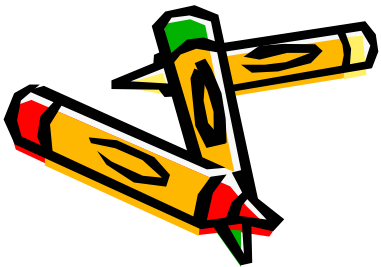
# 30-Day Workbook

## CATEGORY TWO

### SETTING THE SCENE FOR PRAYER

*If you have answered YES to 6 of the 12 questions above, you may proceed with the workout.*

*However, even one negative answer means that you have to go back and invest more time and reflection in that particular aspect. Otherwise, the workout will not be very effective.*



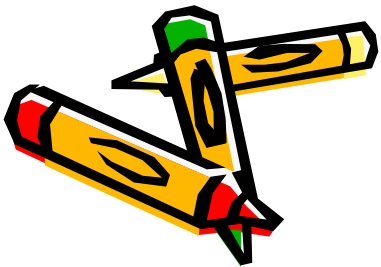
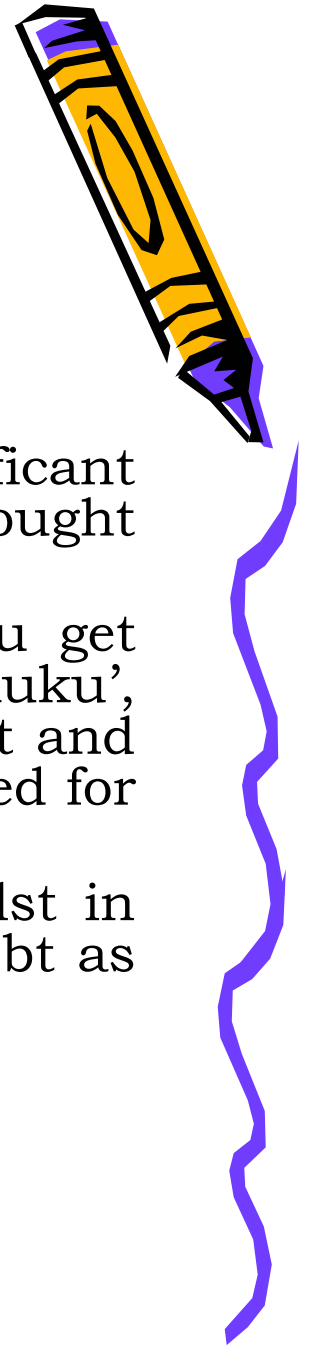
# 30-Day Workbook

- FOUR units of Prayer.
- Trigger Mechanism and Debts.
- Answering a complete YES to 6 out of the 12 items (in both categories) is also a requirement for the 30 days.
- First Trigger Mechanism is the Takbeer.
- al-Sadiq (AS) on Takbiratul-Ihram.



# 30-Day Workbook

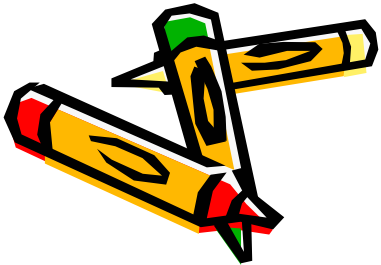
- 5 **SUBHANALLAH**, each time you have a significant distraction and you entertain the distracting thought for a few seconds.
- For example, while reciting Surah Al-Hamd, you get significantly distracted twice, then on your next Ruku', you will pay your debt of 10 **SUBHANALLAH** first and then continue with the recitation normally assigned for Ruku'.
- If the distracting thought happens to occur whilst in Tashahhud or Salaam, then you will pay your debt as soon as you complete your Prayer.



# 30-Day Workbook

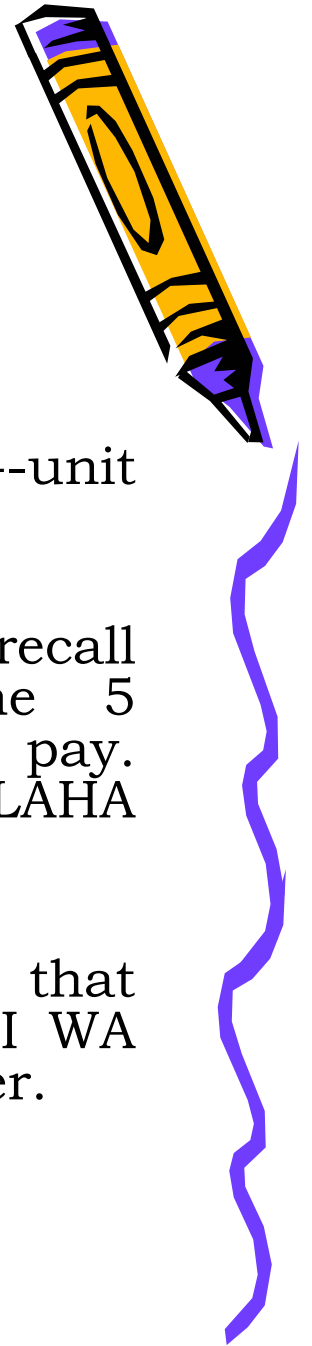


- The above debt and **SUBHANALLAH** forms part of your prayer and you should have that intention before and during your practice prayer.
- The debt should be paid ONLY in the state of bending (Ruku') or prostration (Sajdah), the additions will otherwise make you Prayer NULL and VOID, even though your practice Prayer is lapsed and not a compulsory Prayer.



# 30-Day Workbook

- You will generalize this activity throughout your 4-unit Prayer.
- After you complete your act of worship, you will recall how many times you had to repeat the 5 SUBHANALLAH and how many debts you had to pay. Now you promise to recite 5 ASTAGHFIRULLAHA RABBI WA ATUBU ILAYH for every debt.
- If you had paid 10 debts during your Prayer that means you recite 50 ASTAGHFIRULLAHA RABBI WA ATUBU ILAYH as soon as you complete your Prayer.



# 30-Day Workbook



## CAUTION

**The above exercise is ONLY a workout to increase your concentration and plays no role in your daily obligatory Prayer.**

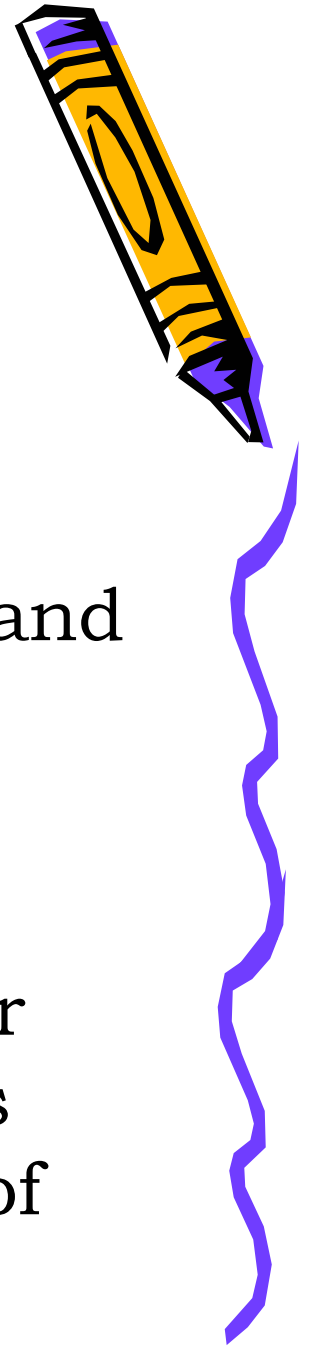
**Also, this workout is to be practiced passively during the Prayer and only active after your Prayer - meaning that if you concentrate too much on the debt, then you might distract yourself from the major objective.**



# 30-Day Workbook

## CATEGORY THREE SELF-ASSESSMENT

- Concentration – your ability to focus and attend to Prayer.
- Energy – strength or vigor; interest to perform Prayer.
- Motivation – an intervening process or an internal state that impels or drives you to Prayer - an energizer of behavior.



# 30-Day Workbook

## CATEGORY THREE SELF-ASSESSMENT

- Rate your level of **CONCENTRATION** during the Prayer.
- Rate your level of **ENERGY** during the Prayer.
- Rate your level of **MOTIVATION** during the Prayer.

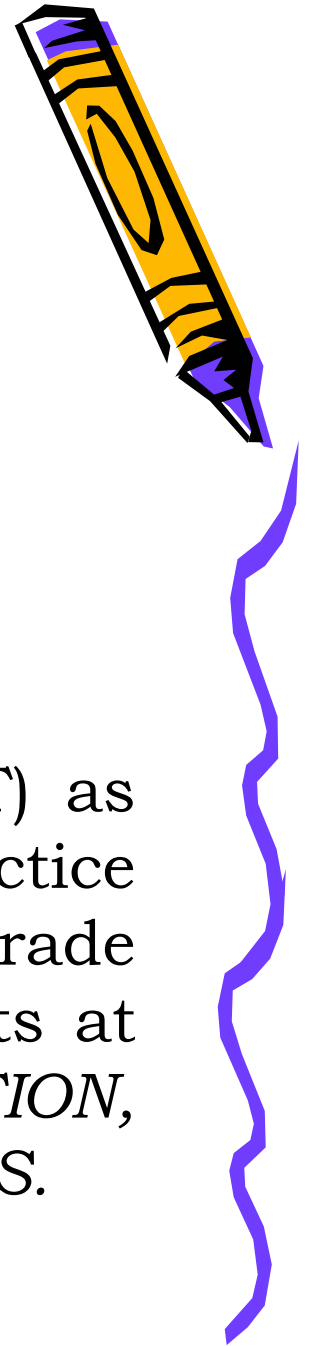


# 30-Day Workbook

## CATEGORY THREE SELF-ASSESSMENT

- Thoughts that significantly affected you.
- Frequency of these thoughts.
- Did you pay all your debts to Allah (SWT) as you promised (during and after your practice Prayer)? (FIGURE FOUR). You may now grade your charts accordingly. You have 4 Charts at the end of this WORKOUT - *CONCENTRATION, ENERGY, MOTIVATION* and *DEBTS*.

(FIGURE FIVE).

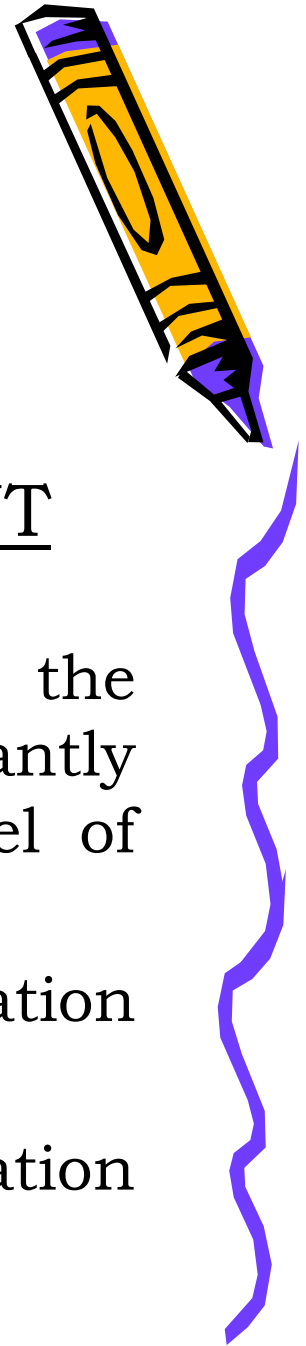


# 30-Day Workbook

## CATEGORY FOUR

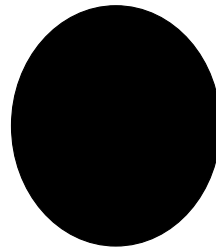
### EXERCISES AND MENTAL WORKOUT BEFORE RESTING TO SLEEP

- First 3-5 minutes contemplating on the distracting thoughts that significantly distracted you from achieving a high level of concentration in your Prayer.
- Next 3-5 minutes contemplating on the creation of Allah (SWT).
- Last 3-5 minutes doing a meditation exercise.



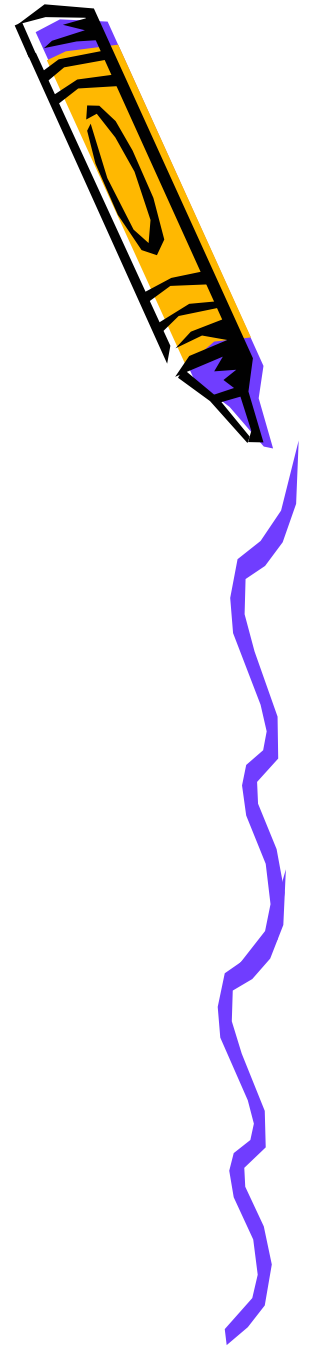
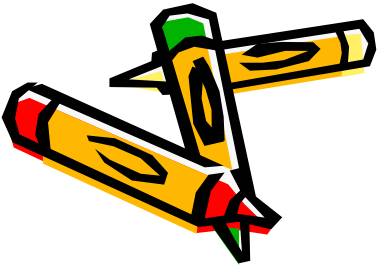
# FIGURE ONE

FIGURE ONE



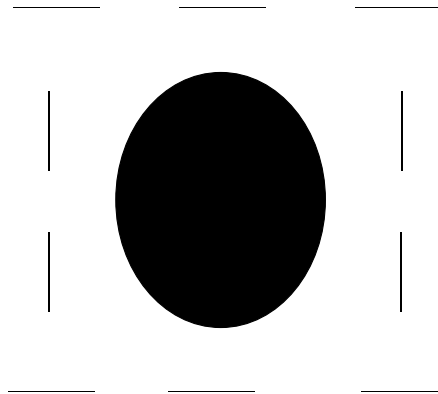
- No interference -
- Interferes a little -
- Interferes moderately -
- Interferes a great deal -

Make as many copies you would like

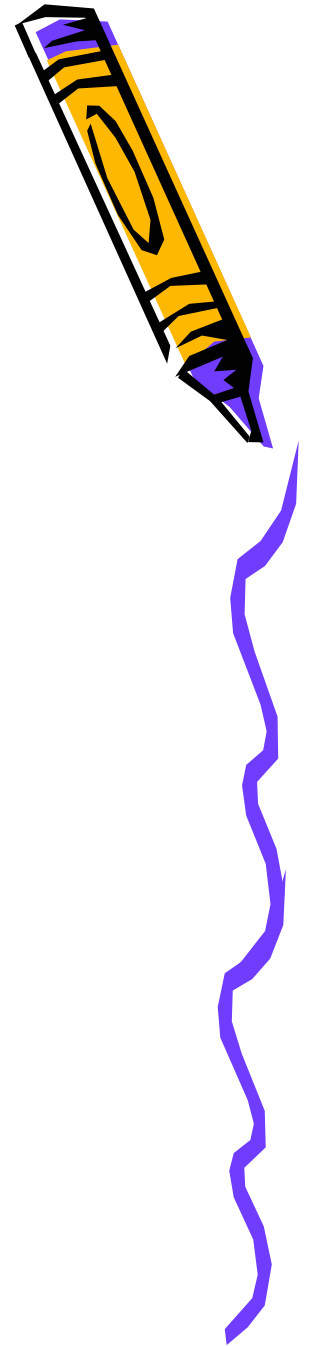


# FIGURE TWO

FIGURE TWO



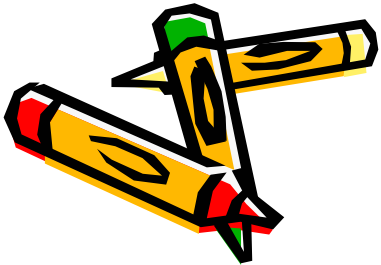
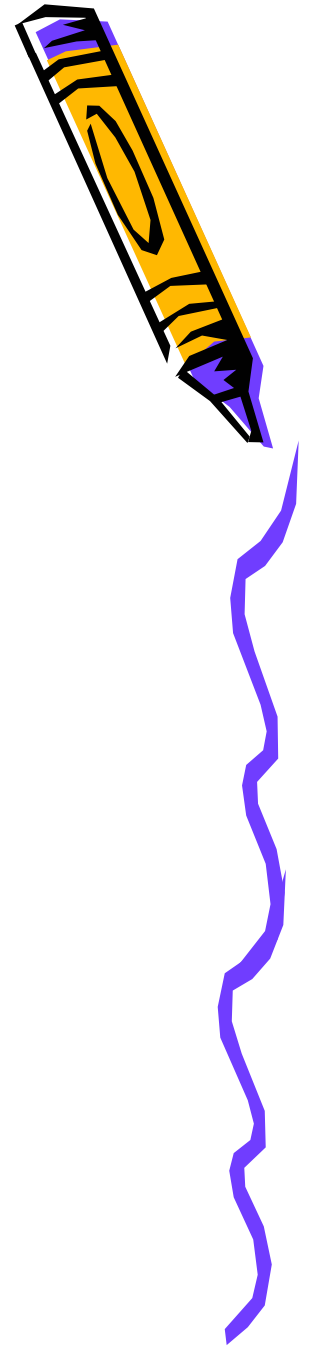
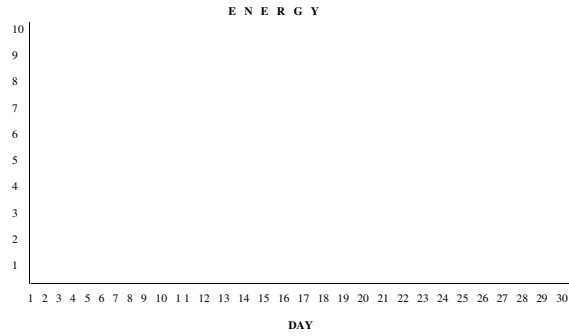
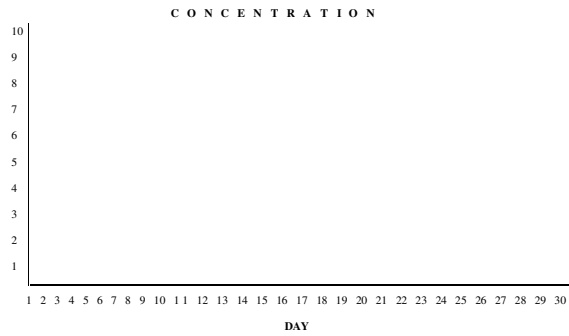
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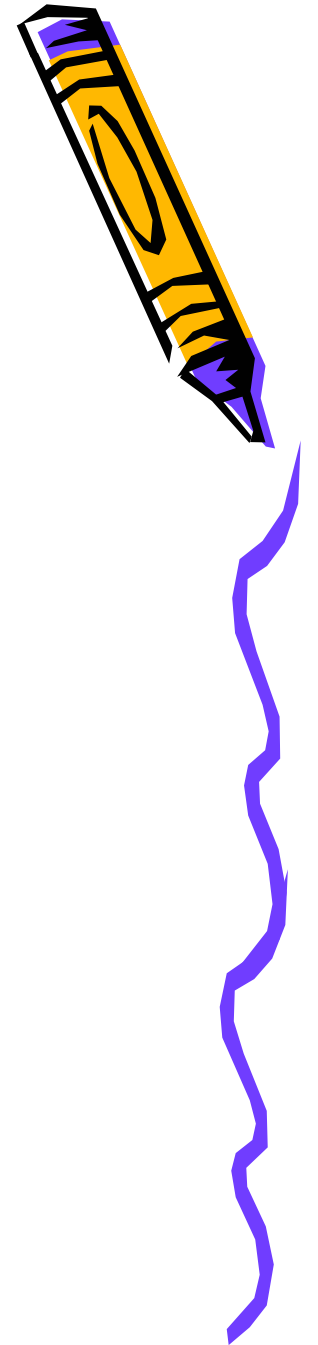
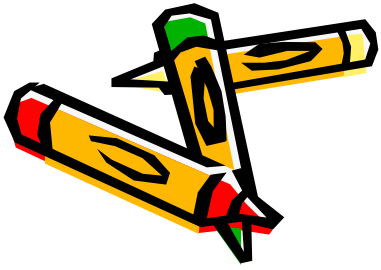
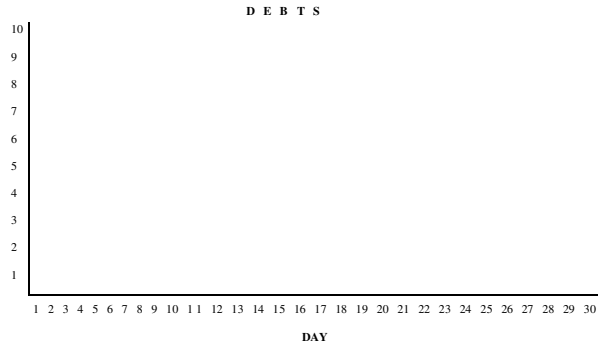
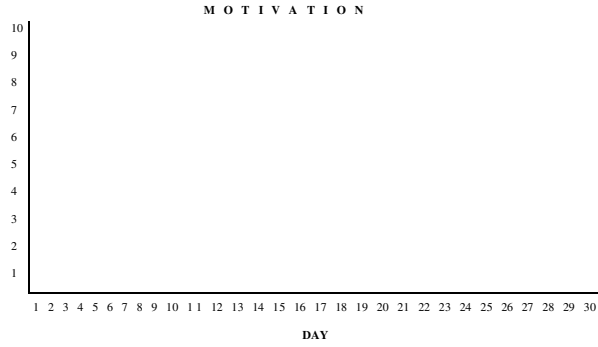
# FIGURE THREE



FIGURE THREE



# FIGURE THREE



# FIGURE FOUR

- Rate your level of **ENERGY** during the Prayer.
- Rate your level of **MOTIVATION** during the Prayer.
- Write down all the distracting thoughts that significantly affected you and how many times they recurred:
  - 1)
  - 2)
  - 3)
- How many times were you significantly deviated in your Prayer?
- Did you pay all your debts to Allah as you promised (during and after your Practice Prayer)?
  - Make 30 copies of this page.

