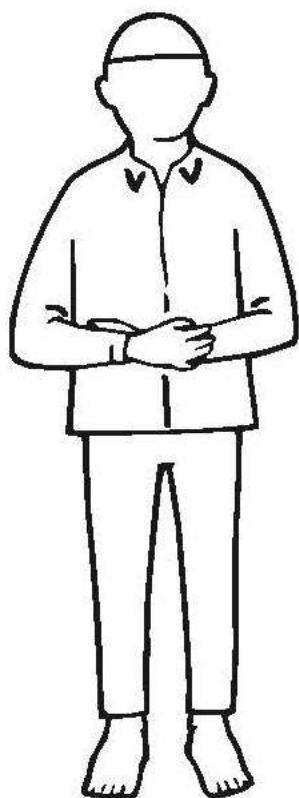


2 F Qiyaam



After Takbeer-e-Tahreema place your left hand on the navel, then hold the wrist of the left arm with the thumb & little finger of the right hand. Keep the remaining three fingers of the right hand straight on the left arm. Keep looking at the place of Sajdah. Now recite the Sana, then Surah Fateha

Sana

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ
وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Subhána-kalláh-hum-ma wa bi-hamdika,
watabáarakas-muka wata'álá jadduka, wa-láa iláha
ghairuk.

*O Allah, Glorified, praise-worthy. and blessed is Thy
Name and exalted Thy Majesty. and there is no deity
worthy of worship except You.*