

## *In the name of God* *Most Gracious Most Merciful*

Today, God willing, I am going to present to you something very unique and share with you a heart strengthening phenomenon that I've had the privilege of learning for a few years now.

I don't know about you, but a lot of times when I perform my contact prayers, my mind starts wandering. I mean it goes into 50,000,000 different directions no matter how hard I concentrate. I find myself doing grocery shopping, cooking dinner, planning things and before I know it, many thoughts have found their way in and taken over my concentration and focus during this short period of praying time. You know it's been said that we have approximately 60,000 separate, often disconnected, thoughts during the day. Our mind is like a pond that is full of whitecaps from a choppy breeze floating around in all different directions with a lot of movement and discord on the surface. Similarly, the thoughts in our mind act like these white caps, they are uncontrollable and all over the place. However, beneath the surface is relatively quiet, there is relative stillness and tranquility. That's where one needs to be; a place between our thoughts, swimming below the surface, a quiet spot when making conscious contact with the Almighty God through our Contact Prayers.

Sometimes when I am through with my Contact Prayer (Salat), I realize that I had only been on the surface floating with the whitecaps rather than being underneath and focused on God and my Contact Prayer.

**[29:45]** You shall recite what is revealed to you of the scripture, and observe the Contact Prayer (*Salat*), for the Contact Prayer prohibits evil and vice. **But the remembrance of God (*through Salat*) is the most important objective.** God knows everything you do.

So every now and then when I get lost in my thoughts and lose my focus during the Salat, I remind myself of a parrot who only repeated some words without understanding. Afterward, I repent and repeat my Contact Prayer trying to do a better job of concentrating and focusing on God and His words.

So what happens to our Prayer when we lose our concentration and don't remain focused? Do we still get credit for it? I believe by the Grace of God and His Mercy, Ensha-allah, we'll benefit from the spiritual growth that comes with every Contact Prayer.

We all know about Sura Al-fateha" The Key", and all the miracles that are connected with it. The mathematical design and composition of every letter and every word, how they are balanced, their positions, how they sound and also the different positions that we go to during our Salat, when combined together, they cause a phenomenon in the universe and we establish contact with the Almighty God.

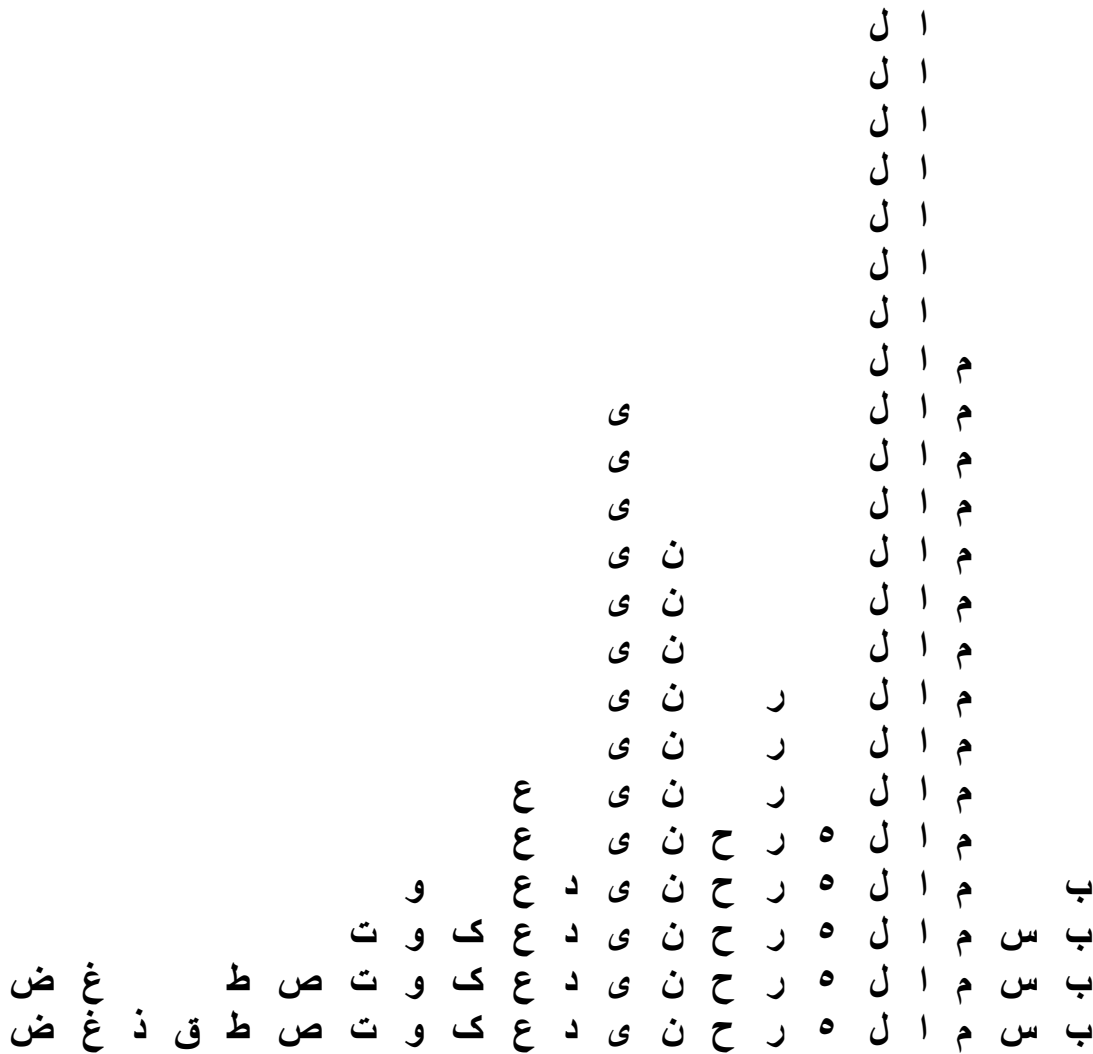
There are 21 letters that make up the core of Sura Al-fateha. If we write down these letters in the order they appear in the Sura (skipping the ones that are repeated), we will have as follows:

ب س م ا ل ه ر ح ن ي د ع ك و ت ص ط ق ذ غ ض

Let's call this the base, where the combinations of all these letters make up Sura Al-fateha. Now let's count and find out the number of times each letter is repeated. There are:

4ب , 3س , 15م , 22ا , 22ل , 5ه ..... and so on

When these letters are placed upon the base, we will have the following outcome:



The composed figure is the word “Allah” in Arabic. *God be glorified*

So this means every time we recite the Sura Al-Fateha, we are actually composing the word ALLAH in the universe.

Now let’s go back to our base and replace each letter with its Gematrical value, we will have the following:

4ب , 3س , 15م , 22ا , 22ل , 5ه .....  
42 , 360 , 1540, 221, 2230, 55 .....

Numbers in RED represent the number of times each letter is repeated and the numbers in black are their Gematrical values.

*The following 68 digit number is a multiple of 19 which is a confirmation of this phenomenon and yet another reason why it should be recited in Arabic.*

4 2 3 60 15 40 22 1 22 30 5 5 8 200 5 8 11 50 14 10 4 4 6 70 3 20 4 6 3 400 2 90 2 9 1 100 1 700 2 1000 2 800 =  
**19 X 2229481790638016083263463763232128773852875473836995315878958421200.0000**  
**SOBHAN-ALLAH**

Now let’s focus on our moves and positions during the Contact Prayer (Salat). God willing, I will present this to you using the models below, representing each of the positions in the Salat:

We start our Prayer in standing position. Let’s say  
this figure on the right represents the standing position.



Our next position where we bow down can be  
represented by this figure.



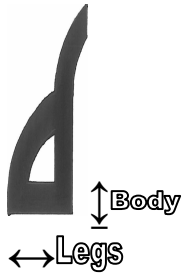
Then we stand back up



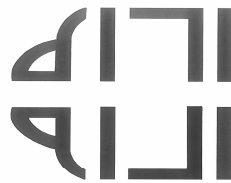
Then from the standing position we go to prostration position.



**Note:** Although this is a continuous motion, you can't just place your forehead on the ground from standing position in one swing. The body automatically tends to lean forward while slightly bending part of the way to a position that enables us to prostrate. See illustration below (top half). Then we sit up and prostrate once more in the seated position. Picture below (bottom half), illustrates the positions of the body and the legs in the seated position.



Again, below we have each of the positions in Salat (top line). These figures can be represented by an Arabic letter (bottom line)



Once the figures are connected they construct the word “Allah” in Arabic as shown below:



So with every unit of the Contact prayer, our motions are composing the name “Allah” in the universe.

The gematrical values of these letters before we connect them from right to left are 1, 30, 1 & 5

$$13015 = 19 \times 685$$

We have now yet another confirmation for this phenomenon! *God be glorified*

In conclusion, I'd like to say that by no means do I mean that it is not necessary to concentrate during the Contact Prayers. Please remember that remembrance of God during the Salat is the most important objective. But if sometimes we get to be one of the whitecaps in the pond, we should know that the stillness is already there during the Salat, it has always been there and will always be

there. It comes from within and it's in your hearts. And, now we know that stillness is within the words of the Salat as we utter them, they arrange themselves into commemorating God's name. And, now we know that stillness is within the motions of the Salat, as we bow and prostrate our body in its own unique way commemorates God's name.

**[17:44]** *Glorifying Him are the seven universes, the earth, and everyone in them. **There is nothing that does not glorify Him, but you do not understand their glorification. He is Clement, Forgiver.***

Salaam alaikum and God bless!

Faramak B.

# Al-Fatehah Base

## All the Letters That Make up Sura Al-Fatehah

There are 21 letters that make up the core of Sura Al-fateha. If we write down these letters in the order they appear in the Sura (skipping the ones that are repeated), we will have as follows:

ب س م ا ل ه ر ح ن ي د ع ك و ت ص ط ق ذ غ ض

# Al-Fatehah

*All the Lettes in Sura Al-Fatehah and the Number of Occurrences for Each Letter*

ب	س	م	ا	ل	ه	ر	ح	ن	ى	د	ع	ك	و	ت	ص	ط	ق	ذ	غ	ض
4	3	15	22	22	5	8	5	11	14	4	6	3	4	3	2	2	1	1	2	2



# Al-Fatehah

All the Lettes in Sura Al-Fatehah and the Number of Occurrences for Each Letter

ض	غ	ذ	ق	ط	ص	ت	و	ك	ع	د	ي	ن	ح	ر	ه	ل	ا	م	س	ب
2	2	1	1	2	2	3	4	3	6	4	14	11	5	8	5	22	22	15	3	4

4	3	15	22	22	5	8	5	11	14	4	6	3	4	3	2	2	1	1	2	2																							
4	3	60	15	40	22	1	22	30	5	5	8	200	5	8	200	5	8	11	50	14	10	4	4	6	70	3	20	4	6	3	400	2	90	2	9	1	100	1	700	2	1000	2	800

**Note:** Numbers in red are the number of times each letter is repeated in each column  
Numbers in black represent the gematrical values of each letter in the columns

**The resulting 68 digit number is a multiple of 19**

4 2 3 60 15 40 22 1 22 30 5 5 8 200 5 8 11 50 14 10 4 4 6 70 3 20 4 6 3 400 2 90 2 9 1 100 1 700 2 1000 2 800 = 19 x  
2229481790638016083263463763232128773852875473836995315878958421200.0000