



## Before We Start

A body builder exercises his muscles to grow stronger. A runner works to increase his speed. A swimmer practices to gain endurance. All of these people struggle to increase their strength, agility and speed. They prepare for competition, as they strive for the prize.

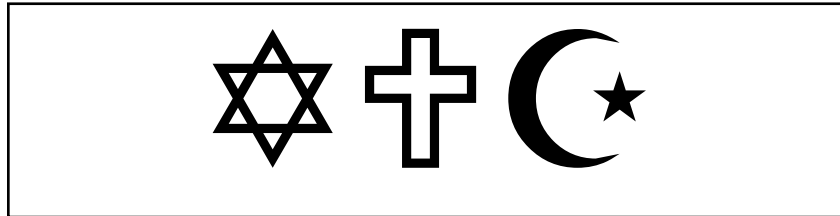
If you are preparing for a race, and someone comes to you with a proven training method that will increase your chances of winning a hundred fold, wouldn't you be interested?

Well, in the real competition, the struggle to grow our souls stronger and larger, God has given us the most incredible training method—the Contact Prayers (or *Salat* in Arabic).

In this age of mass media, anyone who watches the evening news on television has heard the call to prayer (*azaan* in Arabic) and seen Muslims bowing and prostrating. For many Westerners, the prayer appears to be very foreign and exotic. However, it comes to us from Abraham. Since Judaism, Christianity and Islam all stem from the line of Abraham,

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it is not surprising that the motions of the Contact Prayers are extremely similar to those practiced by many Jews, and by Christians of the Eastern Orthodox Church. The physical motions of a Catholic priest saying mass also originated from the same source.



For Muslims the Contact Prayers are more than just a ritualized form of worship. They are the means of making direct contact with our Creator. They are one of the most potent ways of purifying the soul, and causing it to grow. They are a gift from God.

Since these prayers are so important to our spiritual growth, we want to be certain to do them correctly, as they were originally given to Abraham. That was thousands of years ago. How do we know that men have not changed them in all of those years?

Well, we do know that they have been changed in some ways. Traditional sectarian Muslims pray for the families of Muhammad and Abraham while they

are in the sitting position. We know that Abraham could not have done this, since he lived thousands of years before Muhammad. As far as his own family, we know that Abraham eventually ended up disowning his father as the following verse tells us:

*The only reason Abraham asked forgiveness for his father was that he had promised him to do so. But as soon as he realized that he was an enemy of God, he disowned him.*

*Abraham was extremely kind, clement.*

*(Quran: The Final Testament 9:114, translated by Dr. Rashad Khalifa, 1992)*

Also, it is not very likely at all that Muhammad would have prayed for his entire family, thus including his uncle Abee Lahab who was the leader of the opposition to the early Muslims.

In fact, how do we know that any of the teachings of Islam come to us intact?

Fortunately we do know that the Quran is intact. God has allowed the discovery of an intricate numerical encoding in the Quran which guarantees that it has been preserved. This code acts like a tamper-proof seal. God blessed mankind with its discovery just in time. In recent years there has been an unfortunate

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tendency among some publishers to change some of the forms of words in Quran printings. There are some modern versions of the Quran where the publishers decided to use the more modern forms of the Arabic words, rather than the spellings as they were originally revealed to the Prophet Muhammad. In fact, there is enough difference between colloquial Arabic and that used in the Quran that the Quran's language is known as Quranic Arabic. Versions of the Quran using modern Arabic rather than Quranic Arabic do not fit the mathematical encoding, because their words have been altered. Thus the code points out that alteration.

This mathematical encoding is based on the number nineteen. We will give you a very brief explanation of that code here, but details are in the Appendix in the back of this book.

You may ask, why are we talking about this Quranic code in a book on the Contact Prayers? As you will see, this same code also guards the Contact Prayers, assuring us that we are doing the right number of prayers, the right number of units in each prayer, the right number of movements in each unit, etc.

So let us briefly examine this code as it is in the Quran. As we progress through the book, you will see the code in the Contact Prayers.

In brief, all of the major parameters of the Quran are in one way or another divisible by the number 19. For instance, the total number of chapters (or *suras* in Arabic) is 114 or **19** times 6. The total number of verses is 6346 or **19** times 334.

The first verse in the Quran, known as the *Basmalah*, is “In the name of God, Most Gracious, Most Merciful.” That phrase in Arabic is **19** letters. The *Basmalah* occurs in the Quran 114 times, or **19** times 6.

The first revelation of Quran consists of **19** Arabic words. Those 19 words are made up of 76 letters, or **19** times 4.

The last revelation of Quran consists of **19** Arabic words.

The number of times the name of God (*Allah*) is mentioned in the Quran is 2698 or **19** times 142. If you sum the verse numbers for those 2698 occurrences, you get 118123 or **19** times 6217.

Every word in the first verse, the *Basmalah*, occurs in the Quran in multiples of **19**.

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If you add up the 30 different numbers mentioned in Quran you get 162146 or **19** times 8534.

The list goes on and on. Some of the findings are very simple. Some are very complex and require the knowledge of advanced mathematics to fully appreciate. Thus, God has given us a reassurance for all people, no matter what our level of mathematical ability, that the Quran is from Him, and that it has been preserved by Him.

There is one more thing we should look at before we go on. Before numerals were invented, the Arabs used the letters of their alphabet to stand for the numbers, like the Romans did with Roman numerals. The first letter of the Arabic alphabet, A (or *Alef* in Arabic), stood for the number 1. The second letter, B (or *Beh* in Arabic), stood for the number 2, and so on through the alphabet. These numeric values are known as the **gematrical values** of the Arabic letters. These gematrical values play an important role in the numerical encoding of the Quran, and of the Contact Prayer.

There have been many publications written on the code of nineteen. But this brief introduction gives you a hint of its comprehensiveness and its value as a guard over the Quran and Quranic parameters.

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Having established that there is a numerical code in the Quran, let us go on now and take a closer look at the main subject of our book, the Contact Prayers, and the way they are also encoded with the number nineteen.

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