

Tasbih (Glorification) of Allah swt From Fatima Zahra (A.S.)

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It is been attributed* to Ali A.S. that he said: "Once a Persian monarch gave the Prophet (pbuh&p) some slaves as a gift. I told Fatima to go to the messenger of Allah and ask him for a servant. When she did, the Prophet said: "Fatima, I will give you that which is better for you than a servant and the whole world with everything in it. After every Salaat say: *Allahu Akbar* 34 times, *AlhamduLillah* 33 times, and *Subhan Allah* 33 times; then conclude that with: "*La Ilaaha il-lal-laah.*" Surely this is better for you than that you wanted and (better than) the whole world and its belongings.

Abu Haroun, surely, we command our children to adhere to Tasbih e Fatima, the same way we command them to perform prayers. So perform the Tasbih, for whoever adheres to it shall never be miserable."

Fatima adhered to this Glorification of Allah after every Salaat. It is known as "Tasbih-e-Fatima**".

It is been attributed to Imam Jafar AS Sadiq A.S., that said: "Any one who after the Waajib Salaat before moving the feet (before getting up) recites the Tasbih of Fatima Zahra A.S. then all of his/her sins will be forgiven and one should start the Tasbih with *Allahu Akbar.*"

It been attributed to Imam Muhammad Al Baqir A.S. that has said: "One who recites the Tasbih in the manner performed by Fatima Az Zahra A.S. and after that asks for forgiveness from Allah swt, he/she will be forgiven (by Allah). This Tasbih on the tongue (Dikr) is 100 times, but in weight on the scale (of deeds) it is counted as one thousand (good deeds). It will keep away Satan from one's self (soul), and will earn good pleasure of the Beneficent (Allah) ***."

It is highly recommended to recite "Tasbih e Fatima" at night before going to sleep. There are anecdotal accounts that this formula may also help some people to fall asleep who suffer from Insomnia. At bedtime tucked under the blanket close your eyes and recite the Tasbih. Will not hurt to try!

*Book "D 'aaem Al-Islam"

** "*Fatima the Gracious*" by Abu Muhammad Ordoni (Jordanian) published by Anssarian publications.

*** Source: "*Al- Haqq Newsletter*" October 2002, Ontario, Canada.

Reward for Husbands ...

It has been reported in Anwaar ul Bihar* that Imam Ali A.S. said: " Once, the Messenger of Allah pbuh came to us while Fatima was sitting by the pot (cooking) and I was washing lentils; when the Prophet S.A. saw us he addressed me : "O Abu Al Hasan!" I replied "I am at your service, O Messenger of Allah!"

He then said: "Listen to me, for I say not save that which is the Word of the Lord. There is not a man who helps his wife in the house work, save that as if he worshipped with every hair on his body, and fasted during the days and kept up the night in prayers for a whole year, credited to him

* From the book' "*Fatima the Gracious*"

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