

Jalsa (Sitting between the two sujood)

We do our 1st Sajdah/prostration and then we sit for short time that's called Jalsa.

This is sitting properly after the 1st Sajdah/prostration, now we will see how holy prophet pbuh used to sit for his Jalsa.

Let's revise, every Rak'at has two sujood, when we do our 1st Sajdah/prostration then normally we are very quick for the 2nd Sajdah/prostration. But masnun action is that we should sit with ease after 1st Sajdah/prostration and then 2nd Sajdah/prostration should be observed.

There are different sitting positions for Jalsa,

Narration from Abu Humaid As-Saidi :

" Then he held his upper arms away from his midsection, and opened his toes on his feet (facing the Qiblah), then he bend his left foot and sat on it then straightened up until all of his bones completely returned to their placed, then he went down to prostrate. Then he said: (Allahu Akbar) "Allah is Most Great," then he bent his foot and sat and straightened up until all of his bones completely returned to their places. Then he got up. Jami` at-Tirmidhi 304

Narrated Muhammad bin `Amr bin `Ata': In prostrations, he placed both his hands on the ground with the forearms away from the ground and away from his body, and his toes were facing the Qibla. On sitting In the second rak`a he sat on his left foot and propped up the right one; Sahih al-Bukhari 828

It was narrated from Al-Qasim who narrated from 'Abdullah-he is Ibn Abdullah bin 'Umar- that: His father (Ibn 'Umar) said: "One of the Sunnah's of the prayer is to hold the right foot upright and point its toes toward the Qiblah, and to sit on the left foot." Sunan an-Nasa'i 1158

Tawus reported: We asked Ibn Abbas about sitting on one's buttocks (in prayer). (ala alqad mein) He said: It is Sunnah. Sahih Muslim 536

Sadly many people are not aware of Jalsa, Jalsa in Salah is obligatory, relaxation and sitting at ease is also compulsory.

Holy prophet pbuh's Jalsa was as long as was his Sajdah/prostration. Both had same length.

Now think, how long is our Jalsa?

Holy prophet Pbuh's Jalsa was equivalent to his Sajdah.
Jalsa should be same length of time as sujood. Sit at ease, take your time, recite Dua and then go for 2nd sajdah.

Narrated Al-Bara': The time taken by the Prophet (ﷺ) in prostrations, bowing, and the sitting interval between the two prostrations was about the same.
Sahih al-Bukhari 820

Sometimes holy prophet Pbuh's Jalsa was for long time and sometimes it was same length as his sajdah. Sometimes his Jalsa was for very long time that people thought he had forgotten.

Thabit reported it on the authority of Anas:
While leading you in prayer I do not shorten anything in the prayer. I pray as I saw the Messenger of Allah (ﷺ) leading us. He (Thabit) said: Anas used to do that which I do not see you doing; when he lifted his head from bowing he stood up (so long) that one would say: He has forgotten (to bow down in prostration). And when he lifted his head from prostration, he stayed in that position, till someone would say: He has forgotten (to bow down in prostration for the second sajdah).
Sahih Muslim 472 & 473

Holy prophet pbuh used to have his right foot upright and left foot used to be bent. Sometimes he used to sit on his heels too.

Masnun Duas for Jalsa are;

Holy prophet pbuh used to recite some supplications during his Jalsa.

عَنِ ابْنِ عَبَّاسٍ، أَنَّ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَانَ يَقُولُ بَيْنَ السَّجْدَتَيْنِ "اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي".

Narrated Abdullah ibn Abbas: The Prophet (ﷺ) used to say between the two prostrations: "O Allah, forgive me, have mercy on me, guide me, heal me, and provide for me." Sunan Abi Dawud 850

This is beautiful Dua, we ask for five things in one supplication. We seek all this for our benefit. "O Allah, forgive me, have mercy on me, guide me, heal me, and provide for me."

"رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي"

Narrated Hudhayfah: then he raised his head after prostration, and sat as long as he prostrated, and said while sitting: "O my Lord forgive me." Sunan Abi Dawud 874

So these are supplications for our Jalsa. We should beautify our salah with these masnun Duas.

Our real ilam/knowledge is which we put into practise, so when we learn anything then we should start following that right away. Without Amal, it's useless. We should do our Jalsa as holy prophet pbuh used to do and recite these short Duas. These Supplications are short and easy once you have read it a few times, then you will have learnt it by heart.

Remember you are asking for five things in one Dua.

Allah is very kind, if we recite this Dua daily with dedication in all of our Salah's, then surely Allah swt will grant us all these five things with his mercy.

Duas done in Salah are never rejected and they open doors of Allah's mercy for us.

"اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي."

"O Allah, forgive me, have mercy on me, guide me, heal me, and provide for me."

So sit in relaxed position after one sajdah and do this Dua and then go for 2nd sajdah.