

Al Asaas The Foundation

To be read twice daily – in the morning and the afternoon

1. Bismillahi Ra <u>h</u> maan-ir Ra <u>h</u> eem	100 times
In the Name of Allah, the Compassionate, the Merciful	
2. Astaghfirullah al-'A <u>th</u> eem, Huwa-t-Tawaabu Ra <u>h</u> eem	100 times
I seek the forgiveness of Allah Almighty, He is the Oft-returning, the Merciful	
3. Laa Ilaha il Allah	100 times
There is no god but Allah	
4. Yaa Da'yem	300 times
Oh, Everlasting One!	
5. Allahumma <u>s</u> alli 'Ala Sayyidina Mu <u>h</u> ammadin wa aalihi wa sallam	100 times
Oh, Allah! Send salutations upon our Master Muhammad and his family and give them peace.	

By the Grace of Allah, this completes the Asaas.