

## Doha (forenoon) prayer

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The third type of Nawafel messenger of Allah (May the blessings and peace of Allah be upon him) kept doing is two prostrations at Doha (forenoon). Its time begins twenty minutes after sunrise until twenty minutes before noon, it is minimum two prostrations and there is no maximum number for it.

The beloved (May the blessings and peace of Allah be upon him) justified the secret of keeping to doing it, he (May the blessings and peace of Allah be upon him) said from what Allah taught him: "Every morning man should pay a charity for every phalange in his body." (They are three hundred and sixty phalanges). Glory to Allah, this number only mentioned at modern time in anatomy, they are the phalanges in the back, the hands and all the body.

When I get up in the morning and find these phalanges work, who makes them lenient and lubricates them to work properly? Allah, if Allah the King of kings doesn't lubricate them, where can I find the oil for them? Can I find this oil at any pharmacy?

That who has coarseness, who can lubricate these phalanges for him? And that who has stiffening, who can cure this stiffening for him? No one can.

So I advise my brothers by this piece of advice recommended by the association of American doctors, they said: "Keeping to prayers as Muslims do protects man from any defect in the vertebrae of the spine." When I hear that someone suffers from vertebral slide, I know that he doesn't keep to prayers at their due times, any believer keeps to the duties of Allah and the Nawafel of the messenger of Allah, how he suffers from vertebral slide or stiffening?

He won't suffer such illnesses because he keeps to divine fortifications. If he left these fortifications, he opened the door of these illnesses and these symptoms, the noble prophet said this:

"Every morning man should pay a charity for every phalange in his body, (They are three hundred and sixty phalanges) every time you say Glory to Allah (Sobhan Allah) it is a charity, every time you praise Allah (Alhamdulillah) it is a charity, every time you say there is no God but Allah (La Ilaha Illa Allah) it is a charity, every time you say Allah is the Great (Allah Akbar) it is a charity, every time you order favor it is a charity and every time you warn of abominable it is a charity, (people got confused how to do three hundred and sixty charities but the prophet explained that it is easy, he said:) two prostrations in the forenoon can suffice all this."

This means that if you perform two forenoon prostrations, then you thank Allah for the work of all the phalanges in your body and praised Him. Allah says:

14-7: "The more you thank Me, the more I give you,"

As Allah says, what if I do ablution after having breakfast and prayed two forenoon prostrations, and I also go to work with the weapon of ablution which is the weapon of every believer, the messenger of Allah (May the blessings and peace of Allah be upon him) said that ablution is the weapon of a believer and he also said:

"Only a believer can keep his ablution."

If I am too busy, I can do ablution and after getting to work I can take any opportunity

and pray the two prostrations and this can bless the place where I work from dangers, sins, bad people and hypocrites.

Righteous people always keep to continuity, we can't keep to continuity, someone who doesn't keep to medical treatment and only continue two or three days and then leave it, the same thing happens with the treatments of Koran and prophetic cures.

But the acts of worship of righteous people are permanent so they don't distinguish between Ramadan and other months as Allah says:

24-37: "People who are not distracted by business or trade from commemorating GOD;"

Is this only in Ramadan or all over the year? Permanently and these are optional prayers.