

# Tasbeehat e Thalatha

Recite these tasbeehat daily, once during the day and once before sleep.

(100 Times)

أَسْتَغْفِرُ اللَّهَ تَعَالَى رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

- Belief: Allah ﷻ is Most Forgiving and Merciful, sincere repentance is accepted.
- Intention: Seek Allah's ﷻ forgiveness, avoid future sins, make amends.
- Emotion: Regret on sins, deep desire for Allah's ﷻ mercy.

اللَّهُمَّ صَلِّ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِ سَيِّدِنَا  
مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ

(100 Times)

- Belief: Sending durood bring countless blessings, draw closer to Allah ﷻ
- Intention: Express appreciation for and follow Prophet's ﷺ teachings and Shariah in personal life, relationships, and societal issues.
- Emotion: Love and gratitude towards Prophet Muhammad ﷺ

(100 Times)

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Only Once, At the End

وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

- Belief: Allah ﷻ is exalted and submission to him leads to success in this life and hereafter.
- Intention: I affirm my faith in Allah ﷻ, perfect and free from all defects.
- Emotion: Submission and devotion to Allah ﷻ