



101 Ways to Concentrate in Prayer

Dr Ali Al-Hilli

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Prayer can teach you how to eliminate pride, live a life of inner courage and take you many steps closer to Allah (swt). It can transport you to a higher plane, and make you become aware of a place deep inside you that is absolutely silent and still. However, all this can only be achieved with the presence of the heart and mind during prayer. Discover 101 ways to achieve the most out of your prayer. Pick and choose the strategies you want to apply, from learning the philosophy behind the movements in ruku' and sujood, to breathing and meditation techniques. 101 Ways to Concentrate in Prayer reveals the secrets and skills to take the first step in the journey towards the Almighty (swt).

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