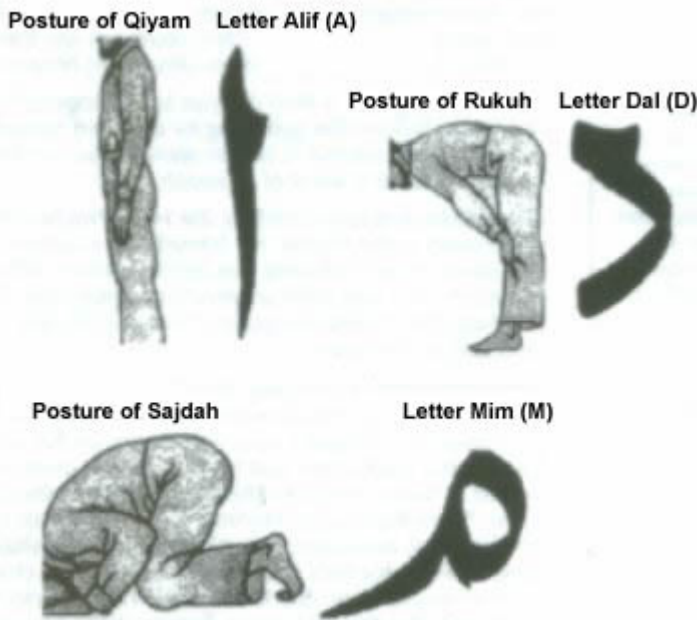


THE BENEFITS OF SUJOOD

For thanking the Creator, for preventing a crisis, for healing sickness and diseases, for eliminating a problem, a Muslim prostrates, makes Sujood, to Allah (swt). A Muslim thanks Allah (swt) daily and regularly. A Muslim's methods of thanks and appreciations could be the minimum, saying verbally: "Subhana Rabbil ah'lah (Praise be to Allah)," (swt) or the maximum, i.e. of prostrating to Allah. During prostration, a person glorifies Allah, exalts Him, praises Him, and surrenders to Him.

Prostration is to Allah (swt) alone. No prostration is to be performed in front of any king, royal highness, president, or any other leader. Those individuals should also make sujood to Allah alone, and they should not allow anyone to bow to them or to prostrate to them. There are many medical benefits of prostration. As Muslims, one must pray five times a day. During the process of prayer, a Muslim must first stand erect; then bow forward; then prostrate on the floor where the whole body is bent; and then sit down on the floor to recite Tashahud, Salat- Ibrahim, and other Du'as. All of these movements help the Muslims to have the least amount of arthritic problems on their bodies.

SALAT POSTURES CORRESPONDING TO THE WORD ADAM



Another interesting feature of the salat (prayer) is that the course of assuming three main positions (qiyam, rukuh, and sajdah) one makes the physical shapes of the Arabic Alif, Dal, and Mim. These spell the word Adam, the name of the first created human and the first prophet (a.s.).

People are exposed daily to many different problems. They may also be exposed to many electrostatic charges from the atmosphere. These charges affect the central nervous systems (CNS) supersaturating it. One has to rid themselves of these extra charges, otherwise, they will have headaches, neck aches, muscle spasms, etc.

The best way to get rid of these extra electrostatic charges is by dissipating them and discharging them from the body. In as much as an electrical appliance is in need of grounding (or "earthing") by the use of an electric cord, a human being has to "earth" him/herself to the ground as well. By putting, his/her forehead on the ground, because the thinking capacity of

the brain is in the forelobe and not the topmost portion of the brain, one dissipates the extra electrostatic charges from the brain and the central nervous system to the ground. Therefore, one will receive piece of mind and soul.

By doing prayer five times a day, with each prayer having several prostrations in it, a person will undoubtedly feel more peace, happiness, and relaxation. This type of approach does not cost money and does not have any side effects. It is very natural.

This is the best method for allowing a person to continue to live in peace, harmony, obedience, and happiness for the rest of his/her life.

Above all, a Muslim who performs prostration on the floor as a sign of obedience will attain tremendous rewards and blessings from our Creator, Allah Almighty.

THE ORIGIN OF ARABIC NUMERALS

one angle 	two angles 	three angles
four angles 	five angles 	six angles
seven angles 	eight angles 	nine angles
	no angle 	
(siffr, which gave the French word "chiffre")		

This chart shows the origin of Arabic numerals, which were defined according to the number of angles.