

A top-down view of a person wearing a white short-sleeved shirt, white pants, and a white cap with a small hole on top. They are sitting on a highly patterned, colorful rug with floral and geometric designs. The person's hands are positioned over their feet, and they appear to be in the middle of performing wudu (ablution). The background is the intricate pattern of the rug, which features various colors including red, blue, green, and gold on a light background. The overall scene is set against a dark green background that frames the image.

How to Perform Taharah

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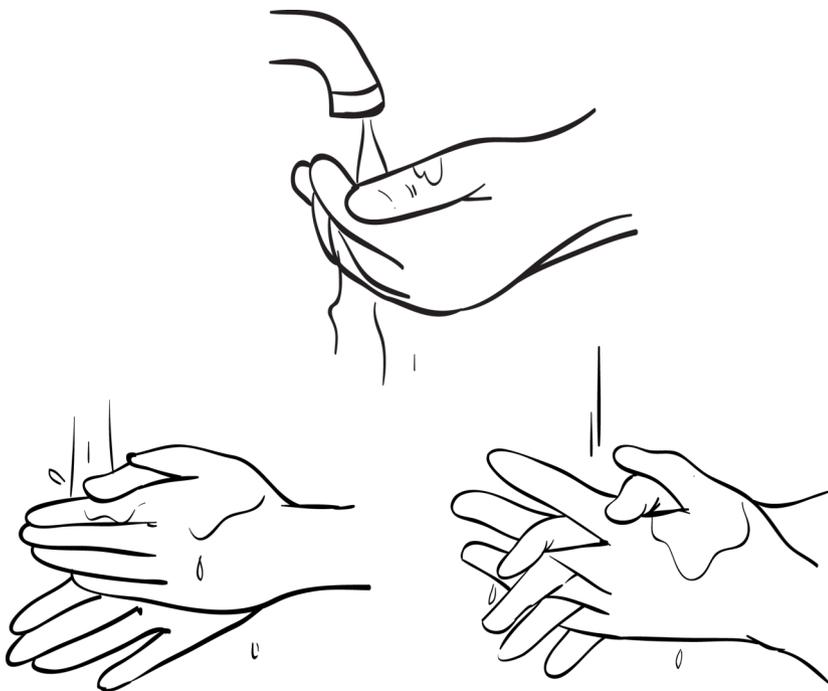
1-GHUSL (RITUAL BATHING):

- Wash your entire body, including the roots of your hair (scalp), with pure water after forming the intention to purify yourself by sincerely focusing your mind on it, and saying at the start, “*Bismillah* (in the Name of Allah).”
- **Situations that necessitate *Ghusl*:**
 - (1) After sexual intercourse.
 - (2) Emission of *Maniy* (semen or vaginal fluid) with lust, whether awake or in a wet dream.
 - (3) After cessation of menstrual or postpartum bleeding.

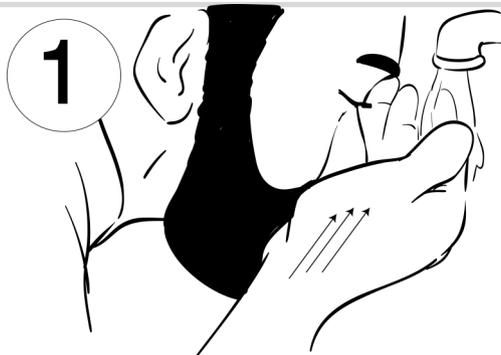
2-WUDU’ (ABLUTION):

1. Make intention. Intend in your heart to perform ablution, and start it by saying, “*Bismillah* (in the Name of Allah).”

2. Wash your hands three times. Wash your both hands up to the wrists, starting with the right hand. Ensure that the water runs between your fingers.



3. Rinse your mouth three times. Take a handful of water (in your right palm) and rinse your mouth, swirling the water around inside, and then spit the water out each time.



4. Inhale water into your nose three times. Take a handful of water (in your right palm) and sniff some water into your nose and then expel it. (If necessary, use the left hand to help blow it out).



5. Wash your face three times. Wash your whole face by cupping your hands together, filling them with water, and taking it to your face. Ensure that every part of your face, from the top of the forehead to the tip of the chin and from ear to ear, gets washed.

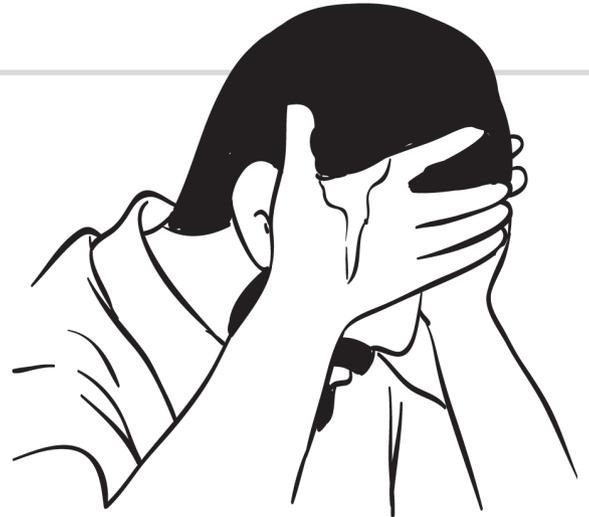


Bearded men have to wash their beard as well because it is considered part of the face. If it is a thin beard through which the skin is visible, the hair to the skin underneath should be washed. If it is thick and covers the skin, only the outer surface should be washed, and it is a recommended act of **Sunnah** to run wet fingers through it.



6. Wash your arms three times. Wash your right arm all the way from the fingertips up to (and including) the elbow. Repeat with the left arm.

7. Wipe over your head once. Then, having wet your hands with new water, wipe them over your head, front to back. Ensure not to use the water left over from washing your arms.



8. Clean both ears, inside and out, once. With your hands still wet with the same water, simultaneously wipe the inside of both ears with your index fingers and the back of your ears with your thumbs.

9. Wash both feet three times. Wash your right foot from the toes up to (and including) the ankles. Ensure that the water goes between the toes. Repeat with the left foot.

