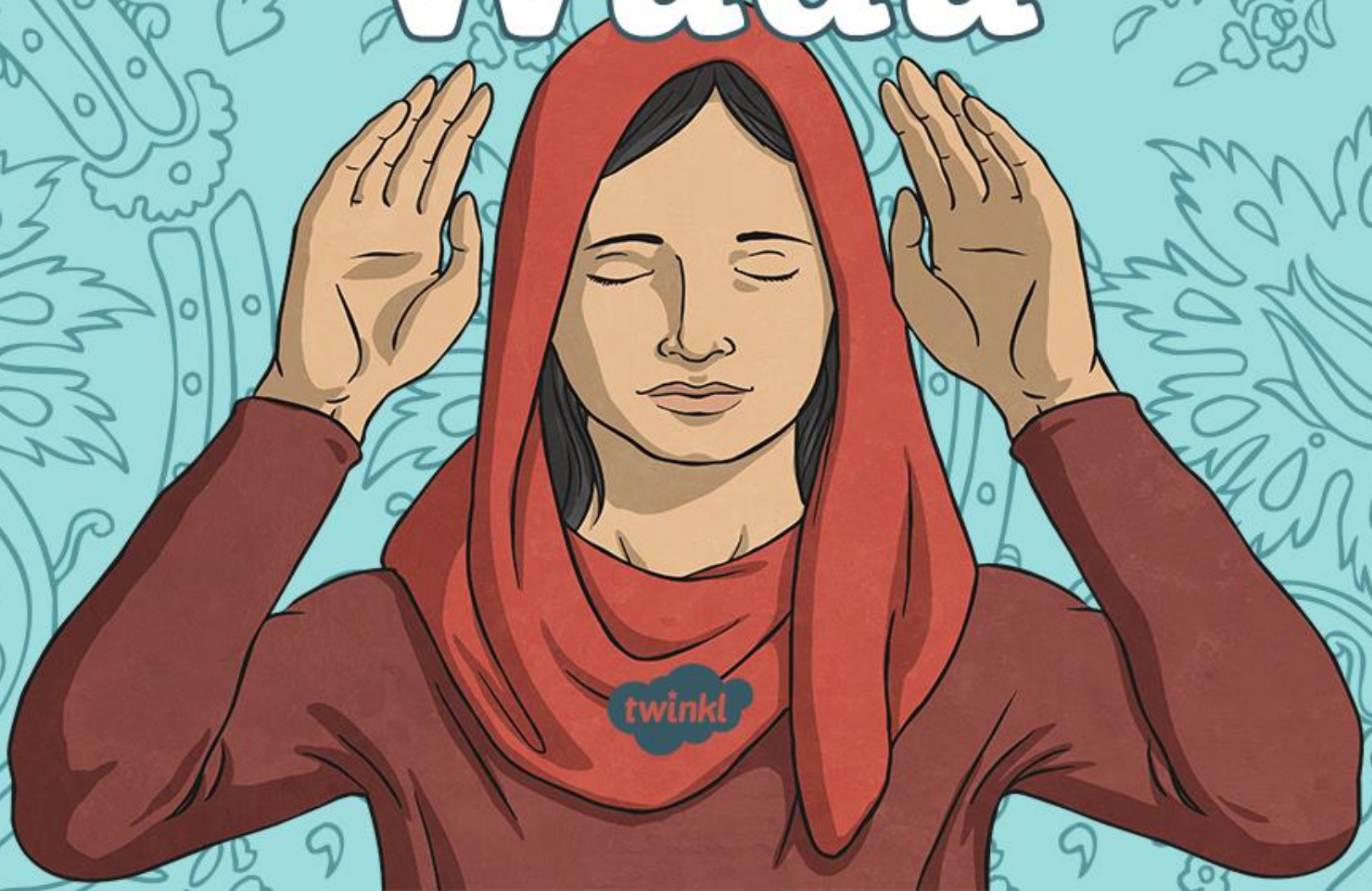


How to Perform Wudu



Make Niyyah (Prepare Yourself)



Make yourself very quiet and still. Think to yourself, 'In the name of Allah.'

Wash Your Hands



Use your left hand to wash your right hand. Repeat this process three times.

Take Water into Your Mouth



Use your right hand to cup water into your mouth before spitting it out. Repeat this process three times.

Breathe in Water



Breathe water in through your nose. Use your right hand to cup the water and breathe it in through your nose three times.

Wash Your Face



Use your hands to wash your face from
your forehead to your chin.

Wash Your Arms



Wash your arms from your wrists to your elbows. Repeat this process three times.

Clean Your Forehead



Use wet hands to gently wipe your forehead from your eyebrows to your hairline. Do this just once.

Wipe Your Ears



Wipe them inside and then out. Use your finger to clean all the little areas around your ears. Do this just once.

Wash Your Feet



Wash each foot separately three times. Clean your ankles and be sure the water cleans between your toes.

Recite the Shahada



Say the Shahada.



Repeat Wudu after every natural bodily function and after sleep.



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