

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

How Sajdah Enhances a Muslim's Productivity?

By Muqet Mujtaba Ali

The Arabic word 'Sajdah', which is translated as 'prostration' comes from the root *sa-ja-da* which means 'to throw oneself down'. When you prostrate before Allah, you literally throw yourself down.

Throwing oneself down is an amazing act of worship in Islam.

By throwing oneself down, a human being, in fact, elevates his/her status!

Speaking about the significance and excellence of Sajdah, Prophet Muhammad (Peace be upon him) said:

"There is no one among my ummah whom I will not recognise on the Day of Resurrection."

They said: "How will you recognise them, O Messenger of Allah, among the multitude of created beings?"

He said: "Do you not see that were one of you to enter an enclosure in which there was a jet black steed and a horse with a white forehead and legs, would you not recognise the latter from the former?"

They said: "Of course." He then said:

"Thus, my ummah on that day will surely have white faces (meaning, bright faces) because of prostrations, and white arms and feet because of ablution" (Ahmed, Tirmidhi)

Sajdah is performed on three occasions:

- 1) During Salah: No salah is complete without performing two sajdahs in each prayer unit (rak'ah)
- 2) During the recitation of specific verses in the Qur'an (Sajdah Tilaawah)
- 3) The Sajdah of thanks-giving (Sajdah Shukr)

Sajdah enhances a Muslim's productivity by leaps and bounds. Let's see how it is.

1. Sajdah brings oneself closer to Allah, the Lord of everything created:

“Prostrate yourself and become nigh (to your Lord)” (Surah al Alaq: 19)

“The nearest a slave can be to his Lord is when he is prostrating, so invoke (supplicate) Allah much in it” (Muslim, Abu Dawud, an-Nasa’i and others, Sahih al-Jami, 1175)

What more a man needs other than coming closer to his very Creator! What an intense feeling of *being in hotline* with Allah, the Lord of the worlds!

2. Sajdah liberates man from arrogance and despotism:

“Only those believe in Our verses who, when they are reminded by them, fall down in prostration and exalt [Allah] with praise of their Lord, and they are not arrogant”. (Surah al Sajdah: 15)

Sajdah is a sign of a worshipper’s humility. It relieves a *sajid* (one who prostrates) from the pitfalls of arrogance and despotism.

3. Sajdah heralds glad tidings from the Lord of the Worlds:

“(Such believers are) the repentant, the worshippers, the praisers [of Allah], the travelers (for His cause), those who bow and prostrate [in prayer], those who enjoin what is right and forbid what is wrong, and those who observe the limits [set by] Allah. And give good tidings to the believers.” (Surah Al Taubah: 112)

4. Sajdah frees man from worries, stress and grief:

“We certainly know that their statements sorely grieve you. When (you feel so) glorify your Lord with His praise and prostrate yourself before Him” (Surah al Hizr: 97-98)

Scientifically, it is proved that the earth discharges positive electromagnetic waves which are harmful to human body. When man keeps his forehead on the ground (not on the carpet), the earth discharges the positive electromagnetic waves thus freeing man from stress arising due to a hectic lifestyle.

5. Sajdah causes man to live in harmony with the universe:

“Have you not seen that all those who are in the heavens and all those who are in the earth prostrate themselves before Allah; and so do the sun and the moon, and the stars and the mountains, and the trees, and the beasts, and so do many human beings...” (Surah al Hajj: 18)

In other words, we can say that the one who refuses to throw himself down to Allah actually causes pollution to his self and society, causing imbalance in the environment.

6. Sajdah cultivates gratefulness, a character so important in the life of a Muslim:

Whenever a Muslim is blessed with any new blessing, he is commanded to perform the sajdah shukr – the prostration of thanksgiving. By being grateful, you acknowledge the greatness of the Creator! (See fatwa: [here](#))

7. Sajdah motivates man to obey and fulfill the command of Allah:

“Prostrate yourself and become nigh (to your Lord)” (Surah al Alaq: 19)

When one performs Sajdah, he in reality carries out the command of his Lord!

8. Sajdah causes agony to the greatest enemy of man, the Satan:

“It is narrated on the authority of Abu Huraira that the Messenger of Allah said: When, the son of Adam recites the Ayat of *Sajdah* (prostration) and then falls down in prostration, the Satan goes into seclusion and weeps and says: Woe unto me, the son of Adam was commanded to prostrate, and he prostrated and Paradise is his and I was commanded to prostrate, but I refused and Hell is my lot.” (Sahih Muslim)

9. Sajdah develops righteousness and Allah-consciousness:

“And those who spend [part of] the night to their Lord prostrating and standing [in prayer]” (Surah al Furqan: 64)

“Their sides forsake their beds, and they call upon their Lord in fear and hope...” (Surah al Sajdah: 16)

It speaks of a *sajid's* Allah-consciousness and true righteousness when he prostrates and stands in prayers during the night when everyone is asleep!

10. Sajdah rejuvenates one's body and mind, giving a Muslim the advantage of medical fitness:

“Sajdah is a unique position as this is the only position in which brain (or head) becomes lower than the heart and hence for the first time the blood gushes towards the brain with full force whereas in all other positions (even when lying) brain is above the heart when it has to work against gravity to send blood to the brain.

In the position of Sajdah due to the increased blood supply the brain receive more nourishment and it has good effect upon memory, vision, hearing, concentration, psyche and all other cognitive abilities. People who offer their prayers regularly have more will power and can cope with the difficulties of life in a much better manner. They have less incidences of headaches, psychological problems and other defects of cognitive function.” (Refer Article by Dr. Muhammad Karim Beebani [here](#))

11. Sajdah internalises and concretises the belief in the power and greatness of Allah:

“Eventually the magicians were impelled to fall down prostrate and said: “We believe in the Lord of Musa and Haroon.” (Surah Taha: 70)

The first thing the magicians in the story of Prophet Musa (peace be upon him) did, after recognising the sign in the great Prophet's miracle, was to throw themselves down in prostration. And when the Pharaoh threatened them of severe punishment, they neither gave in to his threats nor gave up their Imaan (belief).

By default, Sajdah is loaded and programmed with great power!

12. Sajdah gives testimony and bears witness that a Muslim's forelock is truthful:

Giving scientific explanation to verses 15 and 16 of Surah al Alaq: “No Indeed; surely, if he gives not over, We shall seize him by the forelock, a lying, sinful forelock, Dr. Sharif Kaf al Ghazal, writes excellently thus:

“The miracle side in the above Quranic verse and the Honourable Hadith of the Prophet is that they refer very accurately to the frontal

lobe, lying deep at man's forelock, as being the centre of decision to control man's actions of truthfulness, lying, right, wrong, balance or perversion. This has been revealed by modern scientific studies in the second half of the 20th century.

(Another fact is that) The brain is surrounded with three membranes, among which is the cerebral spinal fluid (CSF), which has the function of protection, feeding and cooling.

It has been found that the brain inside the skull weighs 50 gm, although the real weight is 1700 gm. The physical principle states that the volume of the object immersed in fluid is equal to the volume of displaced fluid. Therefore, it is of the Almighty Creator's decree that we do not feel the brain weight, as it floats in the CSF, which originates from a special area in the brain called "the corogy plexus", and rotates inside and comes out of another area such as the domestic water net. This cycle occurs five times a day. As Moslems (sic) do before prayer times, the brain get ablution 5 times a day ...!

We prostrate on the frontal lobe which has the centre of decision making. When prostrating and worshipping Allah, the Moslem's forelock is certified as truthful and right" ([read in detail here](#))

13. Sajdah safeguards man from falling down in glory:

"Then We commanded the angels, "Bow yourselves to Adam. "All bowed but Iblees refused to do so; he became proud and joined the defiers" (Surah al Baqarah: 34)

Iblees refused to bow to Adam, not to Allah. But still, this refusal to heed to the command 'bow yourself' brought him the perpetual misery. He lost all his glory and had a great fall!

14. Sajdah protects man from the pitfall of a million 'other prostrations':

Muhammad Iqbal, the great poet of the East, said in his famous couplet:

"One prostration, which you feel so heavy, saves man from a thousand prostrations!"

The one who refuses to prostrate to the One and Only Almighty Allah, in fact, shamelessly prostrates before a multitude: men, stones, animals, fire, wealth etc. History and contemporary reality is witness to this fact!

To conclude, I would say that if one wants to be *effective* and *efficient* in all walks of life, one must throw oneself down. **The more you throw yourself down in prostration, the more productive you become in your life! Remember, through Sajdah, you lift your status, lift yourself!**

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