



Question: Where to look at while in a state of Tashah-hud (At-Tahiy-yaat)?

What is mentioned in the Sunnah is that the one sitting for Tashah-hud should be looking at his index finger. This is the way of the Sunnah. This is the view of الشافعية (ash-Shaafi'iyyah) and الحنابلة (al-Hanabilah). Among the scholars who adapted this view includes Ibn al-Qayyim, Ash-Shaukāny, Ibn Baaz, Ibn Uthaymeen and Al-Albany.

There is very clear evidence on this matter:

Al-Imām an-Nasāee narrated from Abdillāh bin 'Umar رضي الله عنه in Hadeeth no.1160 (This Hadeeth mentions how the Prophet ﷺ sat down during prayer) :

"His ﷺ right hand rested on his right thigh. And he kept the finger next to his thumb (straight) towards the Qiblah and kept on pointing and kept looking at it.....".

This Hadeeth was authenticated by Al-Imām al-Albany رحمه الله.
And in the same topic, Al-Imām abu Dawud in Hadeeth no.990 narrated from the noble companion Abdullah bin Zubair رضي الله عنه. In this narration, "When Allāh's Messenger ﷺ sat for At-Tahiy-yaat, he placed his right hand on his right leg (thigh) and he placed his left hand on his left leg (thigh). And he remained pointing with his index finger. And his eyes did not avert from looking at the finger that is pointing".

The points of benefit from this Hadeeth include:

- 1- The person sitting for Tashah-hud should place his right palm on his right thigh.
- 2- All the fingers of the right hand should all be folded except the index finger which should point to the direction of the Qiblah.
- 3- Scholars have said that “pointing with his finger” mentioned in the Hadeeth also means moving it (slightly).
- 4- The Hadeeth states that the eyes of the person should be fixed on the index finger which is kept pointing towards the Qiblah.

In this topic, the Muhadh-dhith of recent times, Al-Imām al-Albany رحمه الله said:
"Authentic Sunnah states that the one standing for prayer should look at where he places his forehead when in Sajdah (prostration). And while sitting for Tashah-hud he should look at his index finger that is pointing towards the Qiblah. And also he should move that finger as described in authentic Sunnah. So, he should look at that finger (in Tashah-hud)".

And from the major scholars of recent times, Imām ibn Baaz رحمه الله said:

"The Sunnah way for the person praying when standing for Qiyam (standing) is to look down at the place of Sajdah (prostration). The same while in Rukoo' (bowing). And when he's sitting down he should look at the finger that is pointing. This is reported from the Prophet ﷺ in the Sunnah".