

We don't have to look at a certain spot during rukoo`

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Question: "Where does the one praying look during *rukoo`* (bowing)?"

Shaykh al-Albaanee (رَحْمَةُ اللَّهِ)¹ answers:

"He is not obliged to look at a certain spot like he should when he is standing and when he is sitting for the tashahhud. So when he is standing, he looks at the place of his prostration; and when he is sitting during the tashahhud, he looks at his (right index) finger. But during *rukoo`*, there isn't a specific spot toward which we were commanded to look, so the matter is unrestricted."

¹ (رَحْمَةُ اللَّهِ) (rahimahullaah) May Allaah have mercy on him

For more works of Shaykh al-Albaanee please go to albaanee.com

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