

THE 90-SECOND SPIRITUAL RESET

Your Blueprint for a Distraction-Free Prayer Routine

The Problem: You fold your prayer mat, but your heart is still racing. Modern time-poverty and digital overwhelm push us to rush our Salah and immediately reach for our phones. We pray, but we don't feel peace.

The Solution: Do not jump straight back into the chaos of the Dunya. Stop for exactly 90 seconds. Implement this authentic Sunnah sequence to download divine tranquility into your nervous system before you face the world.

The 4-Step Habit Loop

STEP 1 THE RESET (IMMEDIATE)

Before you move, wipe the slate clean. Compensate for any wandering thoughts or lack of focus during your prayer by immediately seeking forgiveness.

أَسْتَغْفِرُ اللَّهَ

Astagfirullah (Say 3 Times)

"I seek the forgiveness of Allah."

STEP 2 THE ANCHOR (THE SHIELD OF PEACE)

Directly after seeking forgiveness, recite the master dua for inner peace. By calling upon *As-Salam* (The Source of Peace), you command your stressed mind to find rest in God's perfection.

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا
الْجَلَالِ وَالْإِكْرَامِ

Allahumma antas-salam wa minkas-salam, tabarakta ya dhal-jalali wal-ikram.

"O Allah, You are As-Salam (The Source of Peace), and from You is all peace. Blessed are You, O Possessor of Majesty and Honor."

STEP 3 THE PERSPECTIVE SHIFT

Count these on your fingers. This repetitive dhikr recalibrates your worldview, reminding you that Allah is bigger than your deadlines, inbox, or daily anxiety.

- **Subhanallah** (Glory be to Allah) — 33 Times
- **Alhamdulillah** (Praise be to Allah) — 33 Times
- **Allahu Akbar** (Allah is the Greatest) — 33 Times

Close it with the Tahlil (La ilaha illallah...) once to reach 100.

STEP 4 THE ULTIMATE PROTECTION

Before you stand up from your mat, seal your spiritual state by reciting the greatest verse in the Quran. The Prophet (PBUH) promised that nothing stands between the one who recites this after Salah and Paradise except death.

Recite: Ayat al-Kursi (Surah Al-Baqarah 2:255)

Mastering the Full Routine

True spiritual focus begins before the prayer mat. To build an unbreakable routine:

1. Purify your intent with the **Dua after Wudu**.
2. Respond to the call with the **Dua after Adhan**.
3. Finish your Salah with this 90-Second Reset.
4. Step into your workday with absolute trust using the **Dua for Rizq**.