

## **TASBEEH DURING MENSTRUATION**

سُبْحَانَكَ أَسْتَغْفِرُكَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ

***Pray the above tasbeeh 70 times at the time of every Salaah.***

### **5 great rewards for praying the tasbeeh**

- Reward of reading 1000 rakaats of Salaah
- 70 of her sins will be forgiven
- Status is raised in the eyes of Allah
- For every letter of tasbeeh, she gets a noor
- For every vein of the body, one Hajj and Umrah is written