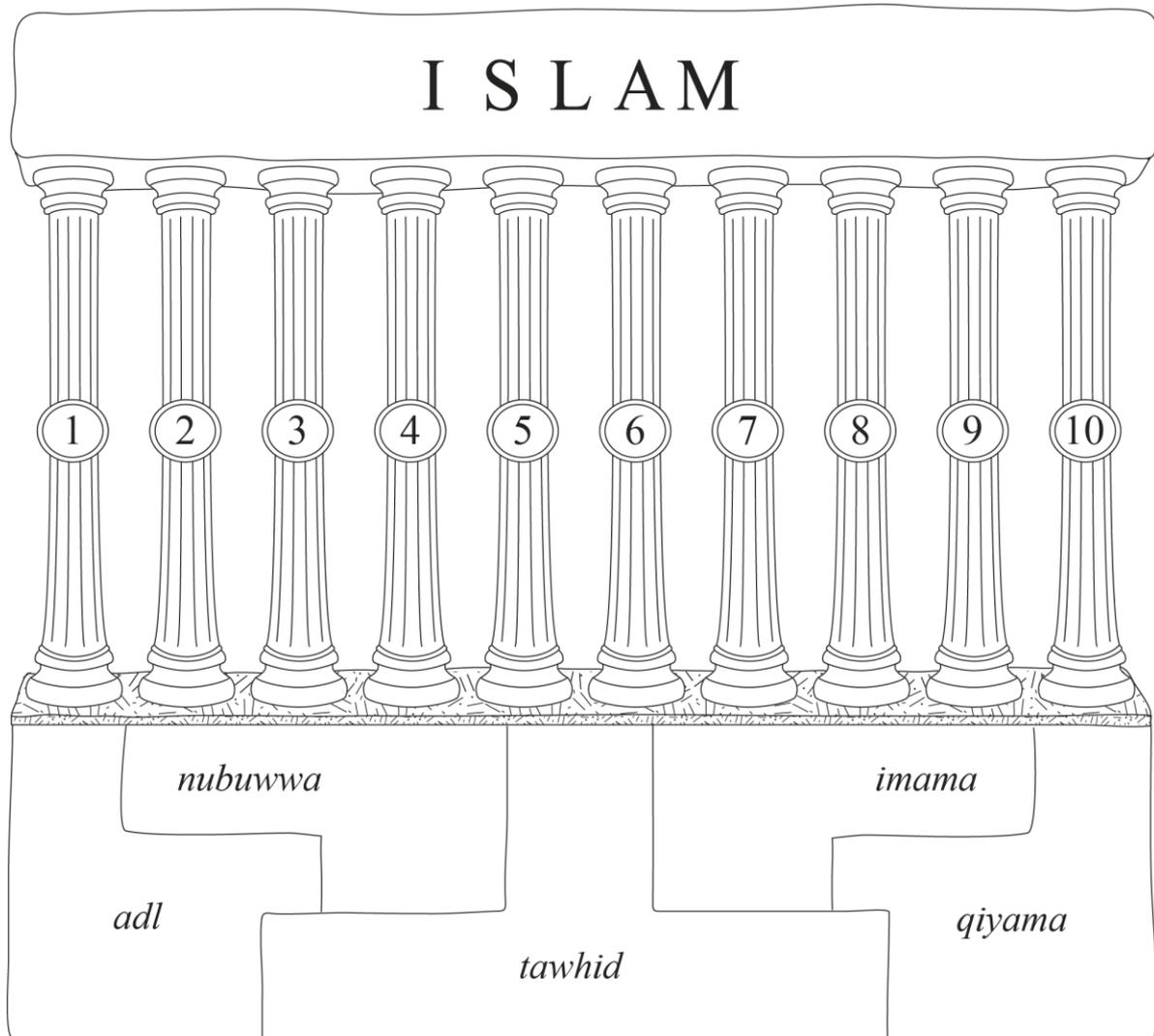


## Background article: Practices, The practice of Islam

### The five foundational beliefs and ten practices of Shi'a Islam



In Shi'a understanding, there are ten obligatory acts or practices, which rest on the five foundations, or *usul al-din* (roots of faith), which are discussed in the Section on Beliefs and Teachings.

These ten obligatory acts are:

- *Salat*, the regular rhythm of five times per day formal prayer.
- *Sawm*, fasting during the month of Ramadan.
- *Hajj*, the annual pilgrimage to Makka, which is obligatory on every adult Muslim once in their lifetime if they have sufficient wealth and health to perform it.
- *Zakat*, the circulation of a proportion of one's surplus wealth to those in need.
- *Khums*, a 20% per annum social welfare contribution.
- *Jihad*, striving in the way of God.
- *Amr bil maruf*, seeking to promote the good within society.
- *Nahy anil munkar*, opposing the bad within society.
- *Tawallah*, love and respect for God, the Prophet and the Ahl al-Bayt (the Family of Muhammad).
- *Tabarra*, keeping away from those who are ungodly and unjust to the Prophet and the Ahl al-Bayt.

*Salat*, *sawm*, *hajj* and *jihad* are dealt with in detail in other parts of this section. *Amr bil maruf*, *nahy anil munkar*, *tawallah* and *tabarra* are dealt with in detail in the Section on Forms of expression and ways of life.

For the Shi'a, payment of a proportion of one's wealth for the benefit of others falls into two parts: *zakat* is paid at the rate of 2.5% per annum on livestock, minerals, gold/silver and crops, where these exceed a certain quantity; and *khums* is paid at the rate of 20% per annum on what remains from annual income after household and commercial expenses are deducted. This money is entrusted to the Grand Ayatollahs in the name of the Hidden Imam to be used for education and welfare purposes [Q. 8:41].