

sajda/prostrate yourself and say the following:

I seek refuge with Thee from the Fire whose hot flames  
do not get extinguished or grow dim,

whose energetic intensity does not loose its severity,

wherein parched throats never get quenched.

أَعُوذُ بِكَ مِنْ نَارٍ حَرَّهَا لَا يُطْفَأُ

وَجَدِيدُهَا لَا يَبْلَى

وَعَطْشَانُهَا لَا يُرْوَى.

You may then put your **right cheek** on the ground and say the following:

O Allah do not throw me down head on into the Fire  
after I have prostrated in adoration before Thee and  
thrown myself on the ground to humble myself before  
Thee; it is not a show of favour from me unto Thee but  
it is (Thy) merciful benevolence Thou bestows on me.

إِلَهِي لَا تُقَلِّبْ وَجْهِي فِي النَّارِ بَعْدَ سُجُودِي

وَتَغْفِيرِي لَكَ َ بَعِيرٍ مِّنْ مِّنِّي عَلَيْكَ بَلْ لَكَ

الْمَنِّ عَلَيَّ.

You may then put your **left cheek** on the ground and say the following:

Have mercy on him who has transgressed and  
committed blunders, (but) now ashamed  
surrenders (to Thee) to receive absolution.

ارْحَمْ مَنْ أَسَاءَ وَأَقْتَرَفَ وَأَسْتَكَانَ وَأَعْتَرَفَ.

You may then return to the (ordinary) **prostration** and say the following:

I am a troublesome servant but Thou art  
the bountiful Lord-Nourisher. A great many  
mistakes have been committed by Thy  
servant but O Compassionate, from Thee  
(only) Lenient treatment is expected.

إِنْ كُنْتُ بِئْسَ الْعَبْدُ فَأَنْتَ نِعْمَ الرَّبُّ، عَظَمَ الذَّنْبُ مِنْ

عَبْدِكَ فَلْيَحْسِنِ الْعَفْوُ مِنْ عِنْدِكَ يَا كَرِيمُ.

You may then repeat the following **one hundred times**:

(I plead for) pardon; (I plead for) pardon.

الْعَفْوُ، الْعَفْوُ