

**First:** Through a valid chain of authority, Imam al-Riḍā ( ` a) is reported to have instructed that one may repeat the following word one hundred times in thanksgiving prostrations:

Thanks, thanks.	shukran shukran	شُكْرًا شُكْرًا
Pardon! Pardon!	`afwan `afwan	عَفْوًا عَفْوًا

In the book of `Uyūn Akhbār al-Riḍā, it is reported on the authority of Rajā' ibn Abi'l-Ḍaḥḥāk that Imam al-Riḍā ( ` a), on his way to Khurāsān, used to prostrate after the Zohar Prayer say 100 times

Praise be to Allah.	ḥamdan lillāhi	حَمْدًا لِلَّهِ
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**Second:** Al-Kulaynī has reported through a valid chain of authority that Imam al-Ṣādiq ( ` a) said: The closest position of a servant to Almighty Allah is when he prostrates himself before Him and supplicates. Therefore, when you prostrate, you may say:

O Lord of all lords,	yā rabba al-arbābi	يَا رَبَّ أَلَا رَبَّابٍ
O King of all kings,	wa yā malika almulūki	وَيَا مَلِكَ الْمُلُوكِ
O master of all masters,	wa yā sayyida alssādāti	وَيَا سَيِّدَ السَّادَاتِ
O Omnipotent of all the omnipotent, and O God of all gods,	wa yā jabbāra aljabābirati wa yā ilāha al-ālihati	وَيَا جَبَّارَ الْجَبَابِرَةِ وَيَا إِلَهَ الْإِلَهَةِ
(please) send blessings upon Muḥammad and the Household of Muḥammad...	ṣalli `alā muḥammadin wa āli muḥammadin...	صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

You may now pray to grant you your request. After that, you may say:

For I am Your servant and my forelock is in Your grasp.	fa'innī `abduka nāṣiyatī fī qabḍatika	فَإِنِّي عَبْدُكَ نَاصِيَّتِي فِي قَبْضَتِكَ
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**Third:** Al-Kulaynī has reported through an authenticated chain of authority that Imam al-Ṣādiq ( ` a) said: One night, I saw my father prostrating himself in the mosque. I could hear him saying with soft tone:

All glory be to You, O Allah.	subḥānaka allāhumma	سُبْحَانَكَ اللَّهُمَّ
You are my Lord, truly, truly.	anta rabbī ḥaqqan ḥaqqan	أَنْتَ رَبِّي حَقًّا حَقًّا
I prostrate myself before You, O my Lord, out of my servitude and subjugation to You.	sajadtū laka yā rabbi ta`abbudan wa riqqan	سَجَدْتُ لَكَ يَا رَبَّ تَعَبُّدًا وَرِقًّا
O Allah, my deed is certainly feeble; so, (please do) grant it strength by increasing it many times.	allāhumma inna `amālī ḍa`īfun faḍā`ifhu lī	اللَّهُمَّ إِنَّ عَمَلِي ضَعِيفٌ فَضَاعِفْهُ لِي
O Allah, (please) save me from Your chastisement on the day when You shall resurrect Your servants, and (please) accept my repentance. Verily, You are the Oft-Returning, the Most Merciful.	allāhumma qinī `adhābaka yawma tab`athu `ibādaka wa tub `alayya innaka anta al-tawwābu al-raḥīmu	اللَّهُمَّ قِنِي عَذَابِكَ يَوْمَ تَبْعَثُ عِبَادَكَ وَتُبُّ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

**Fourth:** al-Kulaynī reports that Imam Mūsā al-Kāzīm ( ` a ) used to say the following prayer prostrating

I pray for Your protection against the fire whose heat is inextinguishable.	a`ūdhu bika min nārin ḥarruhā lā yuṭfā	أَعُوذُ بِكَ مِنْ نَارٍ حَرُّهَا لَا يُطْفِئُ
I pray for Your protection against the fire whose newness never decays.	wa a`ūdhu bika min nārin jadīduhā lā yablā	وَأَعُوذُ بِكَ مِنْ نَارٍ جَدِيدُهَا لَا يَبْلَى
I pray for Your protection against the fire whose thirsty is never quenched.	wa a`ūdhu bika min nārin `aṭshānuhā lā yurwā	وَأَعُوذُ بِكَ مِنْ نَارٍ عَطْشَانُهَا لَا يُرْوَى
I pray for Your protection against the fire whose disrobed is never clothed.	wa a`ūdhu bika min nārin maslūbuhā lā yuksā	وَأَعُوذُ بِكَ مِنْ نَارٍ مَسْلُوبُهَا لَا يُكْسَى

**Fifth:** Through a valid chain of authority, al-Kulaynī also reports that a man complained to Imam al-Ṣādiq ( ` a ) about an ailment that affected one of his bondwomen. The Imam said: In the thanksgiving prostration after all obligatory prayers, you may say this prayer:

O All-kind! O All-merciful!	yā ra`ūfu yā raḥīmu	يَا رَوْوْفُ يَا رَحِيمُ
O my Lord! O my Master!	yā rabbi yā sayyidī	يَا رَبِّ يَا سَيِّدِي

**Sixth:** Through several valid chains of authority, Imam al-Ṣādiq and Imam al-Kāzīm ( ` a ) are reported to have very frequently said the following prayer when they did the thanksgiving prostrations:

I beseech You for rest at death	as'aluka alrrāḥata `inda almawti	إِنِّي أَسْأَلُكَ الرَّاحَةَ عِنْدَ الْمَوْتِ
and pardon at (final) judgment.	wal`afwa `inda alḥisābi	وَأَلْعَفْوَ عِنْدَ الْحِسَابِ

**Seventh:** Through an authentic chain of authority, it is reported that Imam al-Ṣādiq ( ` a ) used to say the following statement when he prostrated himself:

My mean face is prostrating before My Lord's Noble Face.	sajada wajhiya alla'īmu liwajhi rabbiya alkarīmi	سَجَدَ وَجْهِي أَلَلَّيْمُ لَوَجْهِ رَبِّي أَلْكَرِيمِ
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**Eighth:** it is reported that Imam `Alī Amīr al-Mu'minīn ( ` a ) said: The most favorite words to Almighty Allah is that when a servant (of Him) prostrates himself, he should repeat the following 3 times:

I have wronged myself; so, (please) forgive me.	innī ḥalamtu nafsī faghfir lī	إِنِّي ظَلَمْتُ نَفْسِي فَأَغْفِرْ لِي
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**Ninth:** In the book of al-Ja`fariyyāt, it is recorded that Imam al-Ṣādiq ( ` a ) quoted the Holy Prophet (ṣ) to have used to said when he placed his face on the ground for prostration:

O Allah, Your forgiveness is more expansive than my sin	allāhumma maghfiratuka awsa`u min dhunūbī	اللَّهُمَّ مَغْفِرَتُكَ أَوْسَعُ مِنْ ذُنُوبِي
and Your mercy is more hopeful for me than my deeds.	wa raḥmatuka arjā `indī min `amalī	وَرَحْمَتُكَ أَرْجَى عِنْدِي مِنْ عَمَلِي
So, (please) forgive my sins. O He Who is Ever-living and never dies!	faghfir lī dhunūbī yā ḥayyan lā yamūtu	فَأَغْفِرْ لِي ذُنُوبِي يَا حَيًّا لَا يَمُوتُ

**Tenth:** Al-Quṭb al-Rāwandī has reported Imam al-Ṣādiq ( ` a ) to have said: Whenever an ordeal or agony afflict or accumulate against you, you may prostrate on the ground and say:

O Humiliator of all tyrants!	yā mudhilla kulli jabbārin	يَا مُذِلُّ كُلِّ جَبَّارٍ
O Dignifier of all humble ones!	yā mu`izza kulli dhalīlin	يَا مُعِزُّ كُلِّ ذَلِيلٍ
I, swearing by You, have exerted all efforts;	qad wa ḥaqqika balagha majhūdī	قَدْ وَحَقَّقَكَ بَلَغَ مَجْهُودِي
so, (please) send blessings upon Muḥammad and his Household	faṣalli `alā muḥammadin wa āli muḥammadin	فَصَلِّ عَلَيَّ مُحَمَّدٍ وَآلِ مُحَمَّدٍ
and relieve me.	wa farrij `annaī	وَفَرِّجْ عَنِّي

In the book of `Uddat al-Dā`ī, Imam al-Ṣādiq ( `a) is reported to have said, "Any one who is afflicted by a disaster, a misfortune, or a tribulation may bare his knees and arms to the elbows and stick them, as well as his chest, to the ground and supplicate for the settlement of his problem."

**Eleventh:** Ibn Bābawayh, through a valid chain of authority, reports Imam al-Ṣādiq ( `a) as saying: When a servant repeats the following prayer three times while prostrating, the Blessed and Exalted Lord will answer him, "Here I am to respond to you, My servant! Ask for what you need."

O Allah! O my Lord! O my Master!	yā allāhu yā rabbāhu yā sayyidāhu	يَا اللَّهُ يَا رَبَّاهُ يَا سَيِّدَاهُ
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In the book of Makārim al-Akhlāq, it is recorded that when a servant prostrates himself and repeats the following prayer all in one breath, the Blessed and Exalted Lord will answer him, "Here I am to respond to you. What do you need?"

O my Lord! O my Master!	yā rabbāhu yā sayyidāhu	يَا رَبَّاهُ يَا سَيِّدَاهُ
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**Twelfth:** In the book of Makārim al-Akhlāq too, Imam al-Ṣādiq ( `a) is reported to have related that the Holy Prophet (ṣ) passed by a prostrating man and could hear him saying this prayer:

O my Lord, what will harm You	yā rabbi mādhā `alayka	يَا رَبِّ مَاذَا عَلَيْكَ
if You cause all those to whom I am indebted by a claim to be pleased with me,	an turḍiya `annī kulla man kāna lahū `indī tabi`atun	أَنْ تُرْضِيَ عَنِّي كُلَّ مَنْ كَانَ لَهُ عِنْدِي تَبِعَةٌ
forgive my sins,	wa an taghfira lī dhunūbī	وَأَنْ تَغْفِرَ لِي ذُنُوبِي
and allow me enter Paradise, out of Your mercy.	wa an tudkhilānī aljannata biraḥmatika	وَأَنْ تُدْخِلَنِي الْجَنَّةَ بِرَحْمَتِكَ
Verily, Your pardon is for the wrongdoers,	fa'innamā `afwuka `an alzzālimīna	فَإِنَّمَا عَفْوُكَ عَنِ الظَّالِمِينَ
and I am one of the wrongdoers;	wa ana min alzzālimīna	وَأَنَا مِنَ الظَّالِمِينَ
so, (please) let Your mercy include me, O most Merciful of all those who show mercy.	faltasa `nī raḥmatuka yā arḥama alrrāḥimīna	فَلْتَسَعْنِي رَحْمَتُكَ يَا أَرْحَمَ الرَّاحِمِينَ

The Holy Prophet (ṣ) said to him, "Raise your head. Your prayer has been responded. You have just prayed Allah with the prayer of a prophet who lived among the people of `Ād."

Mentioning the thanksgiving prostration, Shaykh al-Ṭūsī, in his book of Miṣbāḥ al-Mutahajjid, says that it is recommended to pray for one's brothers-in-faith while prostrating. The following prayer is thus advisable:

O Allah, O Lord of the daybreak, the ten nights,	allāhumma rabba alfajri wallayālī al`ashri	اللَّهُمَّ رَبَّ الْفَجْرِ وَاللَّيَالِي الْعَشْرِ
the even and the odd,	walshshaf`i walwatri	وَالشَّفَعِ وَالْوَتْرِ
and the night when it departs!	wallayli idhā yasri	وَاللَّيْلِ إِذَا يَسِرُّ
O Lord of all things!	wa rabba kulli shay'in	وَرَبِّ كُلِّ شَيْءٍ
O Lord of all things!	wa ilāha kulli shay'in	وَإِلَهَ كُلِّ شَيْءٍ
O Creator of all things!	wa khāliqa kulli shay'in	وَخَالِقِ كُلِّ شَيْءٍ
O King of all things!	wa malika kulli shay'in	وَمَلِكِ كُلِّ شَيْءٍ
(Please) send blessings upon Muhammad and his Household,	ṣalli `alā muḥammadin wa ālihī	صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ
do to me and to <i>so-and-so</i> that which befits You,	waf`al bī wa bi... mā anta ahluhū	وَأَفْعَلْ بِي وَبِ... مَا أَنْتَ أَهْلُهُ
but do not do to us that which we deserve,	wa lā taf`al binā mā naḥnu ahluhū	وَلَا تَفْعَلْ بِنَا مَا نَحْنُ أَهْلُهُ
for You are verily worthy to be feared and worthy to forgive.	fa'innaka ahlu alattaqwā wa ahlu almaghfirati	فَإِنَّكَ أَهْلُ التَّقْوَىٰ وَأَهْلُ الْمَغْفِرَةِ

Once you raise your head from prostration, you may pass your hand over the place of prostration and then pass it on your right cheek, forehead, and left cheek respectively three times, repeating each time the following

O Allah, all praise be to You;	allāhumma laka alḥamdu	اللَّهُمَّ لَكَ الْحَمْدُ
there is no god save You;	lā ilāha illā anta	لَا إِلَهَ إِلَّا أَنْتَ
(You are) the Knower of all the unseen and the seen	`ālimu alghaybi walshshahādati	عَالِمُ الْغَيْبِ وَالشَّهَادَةِ
and You are the All-beneficent and All-merciful.	alrraḥmānu alrraḥīmu	الرَّحْمَنُ الرَّحِيمُ
O Allah, (please) put away from me distress, grief,	allāhumma adhib `anniya alhamma walḥazana	اللَّهُمَّ اذْهَبْ عَنِّي الْهَمَّ وَالْحَزْنَ
vicissitudes (of time), and seditious matters;	walghiyara walfitana	وَالْغَيْرَ وَالْفِتْنَ
both the explicit and the implicit.	mā zahara minhā wa mā baṭana	مَا ظَهَرَ مِنْهَا وَمَا بَطَنَ