

**BEFORE ZUHR SALAT** As soon as it is midday say the following It is reported that Imam al-Baqir (a) instructed Muhammad ibn Muslim to keep on saying this as it keeps his eyes from haram

|   |  |  |
|---|--|--|
| All glory be to Allah,  | subhāna allāhi   | سُبْحَانَ اللَّهِ  |
| there is no god save Allah,                                       | wa lā ilāha illā allāhu  | وَلَا إِلَهَ إِلَّا اللَّهُ  |
| and all praise is due to Allah, Who has not taken a wife or a son | walḥamdu lillāhi alladhī lam yattakhidh ṣāhibatan wa lāwaladan | وَالْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ صَاحِبَةً وَلَا وُلْدًا |
| and Who has not a partner in the kingdom,                         | wa lam yakun lahū sharīkun fī almulki                          | وَلَمْ يَكُنْ لَهُ شَرِيكٌ فِي الْمُلْكِ                           |
| and Who has not a helper to save Him from disgrace;               | wa lam yakun lahū waliyyun min aldhdhulli                      | وَلَمْ يَكُنْ لَهُ وَلِيٌّ مِنَ الذُّلِّ                           |
| and magnify Him with all magnificence.                            | wa kabbirhu takbīran   | وَكَبَّرَهُ تَكْبِيرًا   |

**Recite 8 Units/ Rak'ats (2 X 4) Nafilah** Noon Prayer - Recommended before Zuhr Recite Surah al-Fāatihah and S al-Tawhid in the first unit and S al-Fātihah and Sūrah al-Kāfirūn (No. 109) in the second. Upon accomplishment, you may repeat the Takbīr statements three times, Tasbīḥ al-Zahrā', and then say the following prayer:

|   |   |  |
|---|---|--|
| O Allah, I am weak;   | allāhumma innī ḍa`īfun                            | اللَّهُمَّ إِنِّي ضَعِيفٌ                              |
| so, (please) strengthen my weakness in the course of Your pleasure,     | faqawwi fī riḍāka ḍa`ī                            | فَقَوِّ فِي رِضَاكَ ضَعْفِي                            |
| lead my forelock to goodness,   | wa khudh ilā alkhayri bināṣiyatī                  | وَخُذْ إِلَيَّ الْخَيْرَ بِنَاصِيَتِي                  |
| cause faith to be the utmost of my pleasure,                            | waj`ali al-īmāna muntahā riḍā'ī                   | وَأَجْعَلِ الْإِيمَانَ مُنْتَهَى رِضَائِي              |
| bless for me that which You have decided for me,                        | wa bārik lī fīmā qasamta lī                       | وَبَارِكْ لِي فِي مَا قَسَمْتَ لِي                     |
| make me attain, by means of Your mercy, all that which I wish from You, | wa ballighnī biraḥmatika kulla alladhī arjū minka | وَبَلِّغْنِي بِرَحْمَتِكَ كُلِّ الَّذِي أَرْجُو مِنْكَ |
| and appoint love for me,  | waj`al lī wuddan                                  | وَأَجْعَلْ لِي وُدًّا                                  |
| delight for the believers,  | wa surūran lilmu'minīna                           | وَسُرُورًا لِلْمُؤْمِنِينَ                             |
| and a covenant with You.  | wa `ahdan `indaka                                 | وَعَهْدًا عِنْدَكَ                                     |

The last two units (of the eight-unit Nafila Noon Prayer) may be offered between the adhān and Iqāmah. Hence, you may say the following prayer after the iqāmah:

|   |  |  |
|---|--|--|
| O Allah, Lord of this perfect supplication                          | allāhumma rabba hādhihī aldda`wati alttāmmati    | اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ    |
| and established prayer,   | walṣṣalāti alqā'imati                            | وَالصَّلَاةِ الْقَائِمَةِ                          |
| (please) assign to Muhammad, may Allah bless him and his Household, | balligh muḥammadan ṣallā allāhu `alayhi wa ālihi | بَلِّغْ مُحَمَّدًا صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ |
| the rank, right of mediation,                                       | alddarajata walwasīlata                          | الدرَجَةَ وَالْوَسِيلَةَ                           |
| excellence, and advantage.  | walfaḍla walfaḍīlata                             | وَالْفَضْلَ وَالْفَضِيلَةَ                         |
| With Allah do I commence,   | billāhi astaftiḥu                                | بِاللَّهِ اسْتَفْتِحُ                              |
| from Allah do I seek success,                                       | wa billāhi astanjiḥu                             | وَبِاللَّهِ اسْتَنْجِحُ                            |

and in the name of Muhammad, may Allah bless him and his Household, do I turn my face (towards Allah).

wa bimuhammadin shallā allāhu  
`alayhi wa ālihī atawajjahū

وَبِمُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ  
اتَّوَجَّهَ

O Allah, (please) send blessings upon Muhammad and the Household of Muhammad,

allāhumma shalli `alā muhammadin  
wa āli muhammadin

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

and, in their names, make me worthy of regard in this world and in the Hereafter, and of those drawn near to You.

waj`alnī bihim `indaka wajīhan fi  
alddunyā wal-ākhirati wa min  
almuqarrabīna

وَأَجْعَلْنِي بِهِمْ عِنْدَكَ وَجِيهًا فِي  
الدُّنْيَا وَالْآخِرَةِ وَمِنَ الْمُقَرَّبِينَ

You may recite the Surahs with low voice except for the basmalah. It is preferred to recite S al-Fatihah and S al-Qadr at the first unit and S al-Fātiḥah and Sūrah al-Tawḥīd at the second. After the tashahhud statement in the second unit, you may add the following:

And (please) admit his intercession and raise his rank.

wa taqabbal shafā`atahū  
warfa` darajatahū

وَتَقَبَّلْ شَفَاعَتَهُ  
وَأَرْفَعْ دَرَجَتَهُ

#### AFTER ZUHR SALAT

There is no god save Allah, the All-great and Most Forbearing. There is no god save Allah, the Lord of the Throne of Honor.

lā ilāha illā allāhu al`azīmu  
alḥalīmu  
lā ilāha illā allāhu rabbu  
al`arshi alkarīmu  
alḥamdu lillāhi rabbi  
al`ālamīna

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ  
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْكَرِيمِ  
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

All praise be to Allah, the Lord of the worlds.

O Allah, I ask You for the motives of Your mercy, the determining causes of Your forgiveness,

allāhumma innī as'aluka  
mūjibātī raḥmatika  
wa `azā'ima maghfiratika

اللَّهُمَّ إِنِّي أَسْأَلُكَ مُوجِبَاتِ رَحْمَتِكَ  
وَعَزَائِمِ مَغْفِرَتِكَ

the advantage of each act of kindness,

walghanīmata min kulli  
birrin

وَالْغَنِيمَةَ مِنْ كُلِّ بَرٍّ

and the safeguarding against each and every sin.

walssalāmata min kulli  
ithmin

وَالسَّلَامَةَ مِنْ كُلِّ إِثْمٍ

O Allah, (please) do not leave any of my offenses unforgiven,

allāhumma lā tada` lī  
dhanban illā ghafartahū

اللَّهُمَّ لَا تَدَعْ لِي ذَنْبًا إِلَّا غَفَرْتَهُ

any of my misfortunes unrelieved,

wa lā hamman  
illā farrajtahū

وَلَا هَمًّا إِلَّا فَرَجْتَهُ

any of my ailments unhealed,

wa lā suqman  
illā shafaytahū

وَلَا سَقَمًا إِلَّا شَفَيْتَهُ

any of my defects uncovered,

wa lā `ayban illā satartahū

وَلَا عَيْبًا إِلَّا سَتَرْتَهُ

any (item of my) sustenance not including (me),

wa lā rizqan illā basaṭtahū

وَلَا رِزْقًا إِلَّا بَسَطْتَهُ

any fear (that I experience) unsecured,

wa lā khawfan  
illā āmantahū

وَلَا خَوْفًا إِلَّا آمَنْتَهُ

any evil (that comes upon me) uncontrollable,

wa lā sū'an illā ṣarfaṭtahū

وَلَا سُوءًا إِلَّا صَرَفْتَهُ

and any need that achieves Your satisfaction and my benefit unanswered.

wa lā ḥājatan hiya laka  
riḍan wa liya fīhā ṣalāḥun  
illāqadaytahā

وَلَا حَاجَةً هِيَ لَكَ رِضًا وَلِيَّ فِيهَا صَلَاحٌ إِلَّا  
قَضَيْتَهَا

O most Merciful of all those who show mercy.

yā arḥama alrrāḥimīna

يَا أَرْحَمَ الرَّاحِمِينَ

(please) Respond, O Lord of the worlds.

āmīna rabba al`ālamīna

أَمِينَ رَبَّ الْعَالَمِينَ

*You may then repeat the following **ten times:***

|                               |                           |                             |
|-------------------------------|---------------------------|-----------------------------|
| With Allah I seek protection, | billāhi i`taṣamtu         | بِاللَّهِ اَعْتَصَمْتُ      |
| in Allah I trust,             | wa billāhi athiqu         | وَبِاللَّهِ اَثِقُ          |
| and upon Allah I rely.        | wa `alā allāhi atawakkalu | وَعَلَى اللَّهِ اَتَوَكَّلُ |

**2 . Recite** AALLAAHUMMAR-ZUQNAA EEMAANAN SAADIQAN WA LISAANAN D'AAKIRAN WA QALBAN KHAASHI-A'N WA BADANAN S'AABIRAN WA I'LMAN NAAFI-A'N WA RIZQAN WAASI-A'N WA A'MALAN MUTAQBBALAN WA TAWBATAN NAS'OO-H'N WA S'ALLALLAAHU A'LAA MUH'AMMADIN WA AALIHEE AJMA-E'ENA BIRAH'MATIKA YAA ARH'AMAR RAAH'IMEEN

O Allah, grant me perfect and effective faith, a tongue always praising (You), a heart full of (Your) awe and fear, a body restraining desires, useful knowledge, enough means of sustenance, and send blessings on Muhammad and on all his children, through Your mercy, O the most merciful.

3. Then recite: "Oh Allah! The Lord of seven heavens, and the Lord of seven earths, and whatever is in them, and whatever is between them, and whatever is beneath them, and the Lord of tremendous throne. And the Lord of Gabriel, Michael and Israfeel, and the Lord of Sab-e-Masani (surah Al-Fateha), and the Lord of tremendous Quran; and the Lord of Muhammad, the last of the Prophets of Allah, bless him and his progeny. Unbounded blessings be on Muhammad and progeny of Muhammad. I ask Thee by Thy mightiest name, by Whom heavens and earth are sustained, and by Whom the dead are given life and the living are provided with sustenance, and the gathered, and the scattered are gathered, and by Whom are encompassed the number of the spans of life, and the weight of mountains, and the measure of oceans. Oh one! Who are like this, I ask Thee to Shower unbounded blessing on Muhammad and the progeny of Muhammad and do for me such and such (in the place of 'such and such' ask for you need)." After this, raising your hands towards the sky recite the following: "O Allah! I seek nearness to Thee by Thy munificence and generosity, and seek nearness to Thee through Muhammad, Thy slave and Thy messenger; and I seek nearness to Thee, through Thy angels and Thy prophets. Bless Muhammad and the progeny of Muhammad and nullify my mistakes, and hide my defects, and pardon my sins, and fulfil my needs, cure my progeny and dependents, and do not chastise me for my reprehensible – (foul base) acts, for, verily, Thy munificence and Thy pardon and Thy forgiveness are wide".

4 Recite salawat 100 times: [Blessings of Allah be on Muhammad on he children of Muhammad.]

5 Recite Surah al Nab-a.

6 You may then say the following :

|   |   |   |
|---|---|---|
| O Allah! if my sins are enormous, surely You are more Tremendous.             | allāhumma in`azumat dhunūbī fa-anta a`zamu        | اَللّٰهُمَّ اِنْ عَظُمْتُ ذُنُوْبِيْ فَانْتَ اَعْظَمُ             |
| If my transgression has exceeded all limits, surely You are Greater.          | wa in kabura tafriṭī fa-anta akbaru               | وَ اِنْ كَبُرَ تَفْرِیْطِيْ فَانْتَ اَكْبَرُ                      |
| If my stinginess has perpetuated, surely You are more Generous.               | wa in dāma bukhli fa-anta ajwadu                  | وَ اِنْ دَامَ بُخْلِيْ فَانْتَ اَجْوَدُ                           |
| O Allah, (please) forgive my enormous sins out of Your tremendous pardon,     | allāhumma ighfir li`azīma dhunūbī bi`azīmi`afwika | اَللّٰهُمَّ اَغْفِرْ لِيْ عَظِيْمَ ذُنُوْبِيْ بِعَظِيْمِ عَفْوِكَ |
| forgive my limitless transgression out of Your obvious generosity,            | wa kathīra tafriṭī bizāhiri karamika              | وَ كَثِيْرَ تَفْرِیْطِيْ بِظَاهِرِ كَرَمِكَ                       |
| and impede my stinginess by the virtue of Your magnanimity.                   | waqma` bukhli bifadli jūdika                      | وَ اقْمَعْ بُخْلِيْ بِفَضْلِ جُوْدِكَ                             |
| O Allah, You are certainly the source of each and every favor that covers us. | allāhumma mā binā min ni`matin faminka            | اَللّٰهُمَّ مَا بِنَا مِنْ نِعْمَةٍ فَمِنْكَ                      |
| There is no god save You.   | lā ilāha illā anta                                | لَا اِلٰهَ اِلَّا اَنْتَ  |
| I pray Your forgiveness and I repent before You.                              | astaghfiruka wa atūbu ilayka                      | اَسْتَغْفِرُكَ وَ اَتُوْبُ اِلَيْكَ                               |

7.Third: Imam al-Sadiq (a) is reported to have said: Imam `Ali Ameer al-Mu'minen (a) used to say the following

O Allah, I seek nearness to You  
in the name of Your magnanimity  
and generosity,  
I seek nearness to You in the  
name of Muhammad Your  
servant and messenger,  
and I seek nearness to You in the  
name of Your archangels,  
Your missioned prophets, and  
You.  
O Allah, You are independent of  
me  
while I am in need for You.  
You are the self-sufficient while I  
am needy for You.  
You have overlooked my slips  
and covered my sins;  
so, (please) grant my request on  
this day  
and do not punish me for the  
hideous things You know about  
me.  
Rather, Your pardon and Your  
magnanimity are so expansive  
that they can encompass me.

allāhumma innī  
ataqarrabu ilayka  
bijūdika wa karamika  
wa ataqarrabu ilayka  
bimuhammadin `abdika  
wa rasūlika  
wa ataqarrabu ilayka  
bimalā'ikatika  
almuqarrabīna  
wa anbiyā'ika  
almursalīna wa bika  
allāhumma anta  
alghaniyyu `annī  
wa biya alfāqatu ilayka  
anta alghaniyyu wa  
anā alfaqīru ilayka  
aqaltanī `athratī  
wa satarta `alayya  
dhunūbī  
faqdi alyawma ḥājati  
wa lā tu `adhhibnī  
biqabīhi mā ta `lamu  
minnī  
bal `afwuka wa jūduka  
yasa `unī

اللَّهُمَّ إِنِّي تَقَرَّبُ إِلَيْكَ بِجُودِكَ وَكَرَمِكَ  
وَتَقَرَّبُ إِلَيْكَ بِمُحَمَّدٍ عَبْدِكَ وَرَسُولِكَ  
وَتَقَرَّبُ إِلَيْكَ بِمَلَائِكَتِكَ الْمُقَرَّبِينَ  
وَنَبِيِّائِكَ الْمُرْسَلِينَ وَبِكَ  
اللَّهُمَّ نَتَّأَلِيكَ عَنِّي  
وَبِي الْفَاقَةَ إِلَيْكَ  
نَتَّأَلِيكَ وَتَا الْفَقِيرُ إِلَيْكَ  
قَلْتَنِي عَثْرَتِي  
وَسَتَرْتَ عَلَيَّ ذُنُوبِي  
فَأَقْضِ الْيَوْمَ حَاجَتِي  
وَلَا تُعَذِّبْنِي بِقَبِيحِ مَا تَعَلَّمْتُ مِنِّي  
بَلْ عَفْوِكَ وَجُودِكَ يَسَعْنِي

He would then prostrate himself and say the following prayer:

O worthy to be feared!  
O worthy to forgive!  
O All-benign! O All-merciful!  
You are more benign to me  
than my father, my mother,  
and all creatures.  
(Please) make me return  
having my request granted (by  
You),  
having my prayer responded,  
having my voice  
compassionated,  
and having all sorts of  
tribulation held off from me.

yā ahla alttaqwā  
wa yā ahla almaghfirati  
yā barru yā raḥīmu  
anta abarru bī min abī wa  
ummī  
wa min jamī' i alkhālā'iqi  
iqlibnī biqaḍā'i ḥājati  
mujāban du `ā'i  
marḥūman ṣawtī  
qad kashafta anwā `a  
albalā'i `annaī

يَا هَلْ أَلْتَقْوَى  
وَيَا هَلْ أَلْمَغْفِرَةِ  
يَا بَرُّ يَا رَحِيمُ  
نْتَ بَرُّ بِي مِنْ بِي وَأُمِّي  
وَمِنْ جَمِيعِ الْخَلَائِقِ  
أَقْلِبْنِي بِقَضَاءِ حَاجَتِي  
مُجَاباً دُعَائِي  
مَرَحُوماً صَوْتِي  
قَدْ كَشَفْتَ نَوَاعِ الْبَلَاءِ عَنِّي