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 hamram.

All glory be to Allah, subhāna allāhi
there is no god save Allah, wa lā īlāha illā allāhu
and all praise is due to Allah, Who has not taken a wife or a son wa lāwaladan
and Who has not a partner in the kingdom, wa lam yakun lahu sharikun fi almulki
and has not a helper to save Him from disgrace; wa lam yakun lahu waliyyun
and magnify Him with all magnificence. min alidhdhulli

BEFORE ZUHR SALAT

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

O Allah, I am weak; allāhumma inni ḍa` ḍifun
so, (please) strengthen my weakness in the course of Your pleasure, faqawwi ṣi ṣidā ḍi fi
lead my forelock to goodness, wa khudh ilā alkhayri
cause faith to be the utmost of my pleasure, waj` alī al-īmāna
bless for me that which You have decided for me, muntahā āridā`ī
make me attain, by means of Your mercy, all that which I wish from You, wa bārik ì fīmā qasamta li
and appoint love for me, wa ballighnī birahmatika kulla alladhī arjū minka
delight for the believers, wa surūran ilimu`minīna
and a covenant with You. wa `ahdan `indaka

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 rabbā hādhihī
and established prayer, aldda` wati alltāmmati
and (please) assign to Muhammad, may Allah bless him and his Household, walṣsalāti alqā`īmati
the rank, right of mediation, balligh muḥammadan šallā allāhu
excellence, and advantage. `alayhi wa allīhī
With Allah do I commence, alddarajata walwasilata
from Allah do I seek success, walfadla walfaqilata

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

O Allah, (please) send blessings upon Muhammad and the Household of Muhammad, and, in their names, make me worthy of regard in this world and in the Hereafter, and of those drawn near to You.

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.

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. 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, the advantage of each act of kindness, and the safeguarding against each and every sin.

O Allah, (please) do not leave any of my offenses unforgiven, any of my misfortunes unresolved, any of my ailments unhealed, any of my defects uncovered, any (item of my) sustenance not including (me), any fear (that I experience) unsecured, any evil (that comes upon me) uncontrollable, and any need that achieves Your satisfaction and my benefit unanswered.

O most Merciful of all those who show mercy. (please) Respond, O Lord of the worlds.

وَبِمَحَّمَدٍ صَلِّى اللَّهُ عَلَيْهِ وَآلِهَةٍ)

أَتَوَجَّهَ

اللَّهُمَّ صُلْ لَى مَحَّمَدٍ وَآلِهَةٍ

وَأَجْعَلْنِي بِهِمْ عَبْدًكَ وَجِيْهًا فِي الدُّنْيَا وَالْآخِرَةِ وَمِنْ أَلْمَرْبِيْنِ

After ZUHR Salat

لاِ إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ اْلْحَلِيمُ

لاِ إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْكُرِيمُ

الْحَمْدُ لَلَّهِ رَبُّ الْعَالَمِينَ

اللَّهُمَّ إِنِّي إِسْتَلَكَ مَوْجِبَاتٍ رَحْمَيْكَ

وَعَزْاَمُ مَغْفِرَتَكَ

والْفِتْراتُ مِنْ كُلِّ يَوْمٍ

وَالسَّلَامَةُ مِنْ كُلِّ إِثْمٍ

اللَّهُمَّ لَنْ تَدْعَ لِذَٰلِكَ إِلَّا عَفْرَتَهُ

وَلَا هَمَّاهَا فِرْجَتَهُ

وَلَا سَقَمَا إِلَّا شَفَيْتَهُ

وَلَا عَبْيًا إِلَّا سُرْتَهُ

وَلَا رَزْقًا إِلَّا بَسْتَهُ

وَلَا حَوْفًا إِلَّا أَمْتَهُ

وَلَا سَوْءًا إِلَّا صَرْقُتَهُ

وَلَا حَاجَةٌ هَٰذِهِ لَكَ رَضاً وَلَٰيْ فِي هَا صَلَاحٌ إِلَّا قَضِيمَتَهَا

يَا ارْحَمَ الرَّاحِمِينَ

آمِينَ رَبُّ الْعَالَمِينَ
You may then repeat the following ten times:

With Allah I seek protection, billâhi i’ taşamtu
in Allah I trust, wa billâhi athiqu
and upon Allah I rely, wa `ālā allâhi atawakkalu

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 Israeef, 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, the weight of mountains, and the measure of oceans. Oh one! Who are like Thee, oh one? Who are like Thee? I ask Thee for the sake of Thy munificence and generosity, and I 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 virtue of Your magnanimity.

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

5 Recite Surah Al-Nabâ-

6 You may then say the following:

O Allah! if my sins are enormous, surely You are more Generous.
If my transgression has exceeded all limits, surely You are Greater.
If my stinginess has perpetuated, surely You are more Generous.
O Allah, (please) forgive my enormous sins out of Your tremendous pardon, forgive my limitless transgression out of Your obvious generosity, and impede my stinginess by the virtue of Your magnanimity.
O Allah, You are certainly the source of each and every favor that covers us.

There is no god save You.
I pray Your forgiveness and I repent before You.
O Allah, I seek nearness to You in the name of Your magnanimity and generosity,
Is 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.
O Allah, 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 name of Your Archangels, rather, Your pardon and Your name of Your Archangels, rather, Your pardon and Your name of Your Archangels, rather, Your pardon and Your name of Your Archangels.
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.

He would then prostrate himself and say the following prayer:

Ya Hul Alfinil Wa Iiha Almughirat Ya Baru Ya Rajim
Nnt Bar Bi Min Abi Wa Ummi Wa Min Jami`i Alkhala`iqi
Iqlibni Biqadai`i Hajarri

ZUHR - SALAT TAQIBAT / DUAS
7. Third: Imam al-Sadiq (‘a) is reported to have said: Imam `Ali Ameer al-Mu’minen (‘a) used to say the following