

Enjoy your Salāt through Dhikr

Almighty God says: *Indeed, I am Allah, there is no god besides Me; so, worship Me and establish the prayer for My remembrance* (Q 20:14). Here are a few ways of remembering Allah ﷻ.

After Adhān, in the state of seating or standing:

اللَّهُمَّ اجْعَلْ قَلْبِي بَارًّا، وَعَيْشِي قَارًّا، وَرِزْقِي دَارًّا، وَاجْعَلْ لِي عِنْدَ
قَبْرِ نَبِيِّكَ، صَلَوَاتِكَ عَلَيْهِ وَآلِهِ، مُسْتَقْرًّا وَقَرَارًا،
بِرَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ.

O Allah: make my heart virtuous, my livelihood established, my sustenance abundant; and grant me besides the grave of Your Prophet ﷺ, an abode and resting place. By Your mercy, O the most Merciful.

After Iqāmah, in the state of standing:

يَا مُحْسِنُ قَدْ آتَاكَ الْمُسِيءُ، وَقَدْ أَمَرْتَ الْمُحْسِنُ أَنْ يَتَجَاوَزَ عَنِ
الْمُسِيءِ، وَأَنْتَ الْمُحْسِنُ وَأَنَا الْمُسِيءُ، فَصَلِّ عَلَى مُحَمَّدٍ وَآلِ
مُحَمَّدٍ، وَتَجَاوَزْ عَنِ قَيْحِ مَا تَعْلَمُ مِنِّي.

O He, who does Good, the evil has come to You. You have ordered the beneficent to overlook the evil. Indeed, You are the Beneficent, and I am the evil. So, bless Muhammad and the family of Muhammad, and overlook the ugliness of what You know in me.

After Tasbīhāt al-Arba‘ say: اَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ

In the rukū‘ after normal recitation say:

اللَّهُمَّ لَكَ رَكَعْتُ وَلكَ أَسَلَمْتُ، وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ
 وَأَنْتَ رَبِّي حَشَع لَكَ قَلْبِي، وَسَمِعِي وَبَصَرِي وَبَشَرِي وَشَعْرِي
 وَلَحْمِي وَدَمِي وَوَجْهِي وَعَصَبِي وَعِظَامِي وَجَمِيعِ جَوَارِحِي، غَيْرَ
 مُسْتَنْكِفٍ وَلَا مُسْتَكْبِرٍ وَلَا مُسْتَحْسِرٍ.

O Allah, I have bowed for You and submitted to You. I have believed in You and I rely on You. You are my Lord, my heart, my hearing, my sight, my skin, my hair, my flesh, my blood, my nerves, my bones, my brain, and all my organs have humbled before You, without any resistance, nor pride, and nor fatigue.

After rukū‘ in the state of standing:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ. الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. أَهْلَ الْجَبُرُوتِ
 وَالْكِبْرِيَاءِ وَالْعِظَمَةِ، وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ.

Allah hears one who praises Him. All Praise is for Allah the Lord of the worlds. The Possessor of Power, Greatness, and Majesty. All Praise is for Allah, the Lord of the worlds.

In the state of sajdah after the normal recitation

اللَّهُمَّ لَكَ سَجَدْتُ، وَلكَ أَسَلَمْتُ، وَبِكَ آمَنْتُ، وَعَلَيْكَ
 تَوَكَّلْتُ، وَأَنْتَ رَبِّي. سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ وَشَقَّ سَمْعَهُ وَبَصَرَهُ.
 الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ. تَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ.

O Allah, I have prostrated to You, submitted to You, believed in You and relied on You. You are my Lord. My

face has prostrated for the He who created it and split open its hearing and sight. All Praise is for Allah, Lord of the worlds. Blessed is Allah, the best of Creators.

Between the two sajdahs in state of sitting

أَسْتَغْفِرُ اللَّهَ رَبِّي وَأَتُوبُ إِلَيْهِ. اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي، وَاجْبُرْنِي
وَأَدْفَعْ عَنِّي وَعَافِنِي وَإِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ، تَبَارَكَ اللَّهُ
رَبُّ الْعَالَمِينَ.

I seek forgiveness of Allah and I turn to Him. O Allah, forgive me and have mercy on me, help me, and avert from me (all evil), and grant me a well being. *My Lord, I am indeed in need of any good You may send down to me* (Q 28:24). *Blessed be Allah the Lord of the worlds* (Q 40:64).

As you rise for the next rak'ah say:

بِحَوْلِ اللَّهِ وَقُوَّتِهِ أَقُومُ وَأَقْعُدُ وَأَرْكَعُ وَأَسْجُدُ

With Allah's power and (with) His strength, I rise, I sit, I bow, and I prostrate.

Dhikr in Tashahūd

بِسْمِ اللَّهِ وَبِاللَّهِ وَالْحَمْدُ لِلَّهِ وَخَيْرُ الْأَسْمَاءِ لِلَّهِ. أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا
اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، أَرْسَلَهُ
بِالْحَقِّ بِبَشِيرًا وَنَذِيرًا بَيْنَ يَدَيْ السَّاعَةِ، وَأَشْهَدُ أَنَّكَ نِعَمَ الرَّبِّ، وَأَنَّ
مُحَمَّدًا نِعَمَ الرَّسُولِ. اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ، وَتَقَبَّلْ
شَفَاعَتَهُ فِي أُمَّتِهِ وَارْفَعْ دَرَجَتَهُ.

In the name of Allah, by Allah, all Praise is for Allah and the best names are for Allah. I bear witness that there is no god but Allah, there is no partner for Him, and I bear witness that Muhammad is His servant and His Messenger. He sent him with the Truth as a bearer of good news and a warner before the coming of the hour. And I bear witness that You are the best Lord, and that Muhammad is the best Messenger. O Allah bless Muhammad and his family and accept his intercession for his Ummah and raise his status.

Dhikr in the last sajdah after the normal recitation

(1) يَا وَليُّ الْعَافِيَةِ، نَسْأَلُكَ الْعَافِيَةَ، الْعَافِيَةَ الدِّينِ وَالْدُنْيَا وَالْآخِرَةِ،
بِحَقِّ مُحَمَّدٍ وَعِزَّةِ الطَّاهِرَةِ.

O Master of well-being, we ask You for the well-being, the well-being in the religion, in the world, and in Hereafter.

For the sake of Muhammad and his purified progeny.

For seeking provision, Imam Muhammad al-Bāqir عليه السلام has taught to recite the following in the sajdah of wājib prayers:

(2) يَا خَيْرَ الْمَسْئُولِينَ، وَيَا خَيْرَ الْمُعْطِينَ، أَرْزُقْنِي وَأَرْزُقْ عِيَالِي،
مِنْ فَضْلِكَ الْوَاسِعِ، فَإِنَّكَ ذُو الْفَضْلِ الْعَظِيمِ.

O the best of those who are asked, O the best of those who give, grant me provision, and provide my family, from Your vast Grace. For, surely You possess the Great Grace.

References: Āyatullāh Ali al-Husaynī al-Sistānī, *Minhaj al-Sālihin*, Rule 653; Kulaynī, *Al-Kāfī*, v 2, h 4; Tayyiba Publishers, *Adaab and Du'as for Daily Routine*, Section 2. **Publisher:** Academy for Learning Islam (A.L.I.), www.academyofislam.com, Rajab 1444 AH/February 2023. NO COPYRIGHT, FEEL TO DISTRIBUTE WIDELY.