Recite the dua of prostration

Maqam Nabi Adam (as) · The Great Mosque of Kufa · Kufa

Prostrate after the dua of tawbah, offer the dua of the prostration, cry 'O my Master' seventy times, then raise your head and ask for the blessing of this place and of wholesome, lawful provision.

8 lines · 4–5 min · alzair.app/rituals/maqam-nabi-adam-as-recite-the-dua-of-prostration

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1

يَا مَنْ يَقْدِرُ عَلَى حَوَائِجِ السَّائِلِينَ وَ يَعْلَمُ مَا فِي ضَمِيرِ الصَّامِتِينَ يَا مَنْ لا يَحْتَاجُ إِلَى التَّفْسِيرِ

O He who is able to fulfil the needs of all who ask, who knows what is in the hearts of the silent, O He who has no need of explanation —

2

يَا مَنْ يَعْلَمُ خَائِنَةَ الْأَعْيُنِ وَ مَا تُخْفِي الصُّدُورُ

O He who knows the treachery of the eyes and what the breasts conceal.

3

يَا مَنْ أَنْزَلَ الْعَذَابَ عَلَى قَوْمِ يُونُسَ وَ هُوَ يُرِيدُ أَنْ يُعَذِّبَهُمْ فَدَعَوْهُ وَ تَضَرَّعُوا إِلَيْهِ فَكَشَفَ عَنْهُمُ الْعَذَابَ وَ مَتَّعَهُمْ إِلَى حِينٍ

O He who sent the punishment upon the people of Yunus while intending to torment them — then they called upon Him and humbled themselves before Him, and He removed the punishment from them and gave them enjoyment for a time.

4

قَدْ تَرَى مَكَانِي وَ تَسْمَعُ دُعَائِي وَ تَعْلَمُ سِرِّي وَ عَلانِيَتِي وَ حَالِي

You see my place, You hear my supplication, and You know my secret, my open conduct and my state.

5

صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وَ اكْفِنِي مَا أَهَمَّنِي مِنْ أَمْرِ دِينِي وَ دُنْيَايَ وَ آخِرَتِي

Bless Muhammad and the family of Muhammad, and suffice me in what concerns me of the affairs of my religion, my world and my hereafter.

6

يَا سَيِّدِي

O my Master. (Recite seventy times in prostration.)

7

يَا رَبِّ أَسْأَلُكَ بَرَكَةَ هَذَا الْمَوْضِعِ وَ بَرَكَةَ أَهْلِهِ

(Raising the head) O my Lord, I ask You for the blessing of this place and the blessing of its people,

8

وَ أَسْأَلُكَ أَنْ تَرْزُقَنِي مِنْ رِزْقِكَ رِزْقا حَلالا طَيِّبا تَسُوقُهُ إِلَيَّ بِحَوْلِكَ وَ قُوَّتِكَ وَ أَنَا خَائِضٌ فِي عَافِيَةٍ يَا أَرْحَمَ الرَّاحِمِينَ

and I ask You to provide me from Your provision a lawful, wholesome sustenance that You drive to me by Your power and strength, while I remain immersed in well-being, O Most Merciful of the merciful.

Recitation text courtesy Mafatih al-Jinan via WikiShia.

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