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Prostration

Prostration السُّجود

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السُّجودُ

1ـ الإمامُ عليٌّ (عَلَيهِ السَّلامُ): لا يُقَرِّبُ مِنَ اللّهِ سبحانَهُ إلّا كَثرَةُ السُّجودِ والرُّكوعِ.

1– Imam Ali (a.s.) said, 'Nothing can bring about proximity to Allah, Glory be to Him, except an abundance of prostration (sujud) and bowing (ruku'a).'[Ghurar al-Hikam, no. 10888]

2ـ الإمامُ الصّادقُ (عَلَيهِ السَّلامُ): السُّجودُ مُنتَهى العِبادَةِ مِن بَني آدَمَ.

2– Imam al-Sadiq (a.s.) said, 'Prostration is the highest degree of worship that man can perform.'[al-Da'aawat, p. 33, no. 70]

3ـ الإمامُ الصّادقُ (عَلَيهِ السَّلامُ) ـ لَمّا قالَ لَهُ سعيدُ بنُ يسارٍ: أدعُو وأنا راكِعٌ أو ساجِدٌ ؟ ـ: نَعَم أُدْعُ وأنتَ ساجِدٌ ، فإنَّ أقرَبَ ما يَكونُ العَبدُ إلى اللّهِ وهُو ساجِدٌ ، أُدْعُ اللّهَ عزّوجلّ لِدُنياكَ وآخِرَتِكَ.

3– Imam al-Sadiq (a.s.) was once asked by Sa'aid b. Yasar whether he should supplicate in the state of prostration or in the state of bowing, to which he replied, 'Supplicate while prostrating for verily the nearest the servant can ever be to Allah is in the state of prostration, so supplicate Allah for your worldly needs as well as for your life in the Hereafter.'[Bihar al-Anwar, v. 85, p. 131, no. 6]

Prolonging One's Prostration

إطالَةُ السُّجودِ

4ـ رسولُ اللهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ): إذا أرَدتَ أن يَحشُرَكَ اللّهُ مَعي فَأطِلِ السُّجودَ بينَ يَدَي اللّهِ الواحِدِ القَهّارِ

4– The Prophet (S) said, 'If you want Allah to raise you [on the Day of Resurrection] with me, then prolong your prostration to Allah the One, the all-Conqueror.'[Bihar al-Anwar, p. 164, no. 12]

5ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ): أطِيلُوا السُّجودَ ، فما مِن عَمَلٍ أشَدَّ على إبليسَ مِن أن يَرَى ابنَ آدَمَ ساجِداً ، لأ نّهُ أُمِرَ بالسُّجودِ فَعَصى.

5– Imam Ali (a.s.) said, 'Prolong your prostration, for there is no act more agonizing for Iblis [Satan] than to see man in the state of prostration, for he himself was once commanded to prostrate but refused to do so.'[al-Khisal, p. 616, no. 10]

6ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ): إنّ قَوماً أتَوا رسولَ اللّهِ (صَلَّيَ اللهُ عَلَيهِ وَ آلِهِ) فقالوا: يا رسولَ اللّهِ، اضمَن لَنا على رَبِّكَ الجَنَّةَ ، فقالَ: على أن تُعِينُونِي بِطُولِ السُّجودِ .

6– Imam al-Sadiq (a.s.) said, 'A group of people once came to the Prophet (S) saying, 'O Prophet of Allah, ask your Lord to secure us a place in Paradise', to which he replied, 'As long as you assist me with lengthy prostrations.'[Amali al-Tusi, p. 664, no. 1389]

7ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ): كانَ عليُّ بنُ الحسينِ (عَلَيهِ السّلامُ) ... إذا سَجَدَ لَم يَرفَعْ رَأسَهُ حتّى يَرْفَضَّ عَرَقاً

7– Imam al-Sadiq (a.s.) narrated, 'When Ali b. al-Husayn [i.e. Imam Zayn al-Abidin] (a.s.) used to go down in prostration, he would not raise his head up again until he was dripping with sweat.'[Bihar al-Anwar, v. 85, p. 137, no. 17]

The Effect of Prostration

أثرُ السُّجودِ

8ـ الإمامُ عليٌّ (عَلَيهِ السّلامُ): إنّي لأكرَهُ للرَّجُلِ أن تُرى جَبهَتُهُ جَلحاءَ لَيسَ فيها شيءٌ مِن أثَرِ السُّجودِ

8– Imam Ali (a.s.) said, 'I hate it for a man to have a smooth forehead not having any trace of prostration on it.'[Bihar al-Anwar, v. 71, p. 344, no. 4]

9ـ الإمامُ الباقرُ (عَلَيهِ السّلامُ): كانَ لأبِي (عَلَيهِ السّلامُ) في مَوضِعِ سُجودِهِ آثارٌ ناتِيةٌ ، وكانَ يَقطَعُها في السَّنَةِ مَرَّتَين، في كُلِّ مَرّةٍ خَمسَ ثَفِناتٍ فَسُمِّيَ ذا الثَّفِناتِ لذلكَ.

9– Imam al-Baqir (a.s.) said, 'My father (a.s.) used to have protruding marks from prostration on his forehead, which he used to cut twice a year, and every time he would do so, he would scrape off five calluses, and came to be nicknamed 'the one with calluses.'['Aellal al-Shara'i'a, p. 233, no. 1]

Prostrating on the Earth from Imam Husayn (a.s.)'s Grave

(السُّجودُ عَلى تُربَةِ الحُسَينِ (عَلَيهِ السّلامُ

10ـ الإمامُ الصّادقُ (عَلَيهِ السّلامُ): السُّجودُ على تُربَةِ الحُسينِ (عَلَيهِ السّلامُ) يَخرُقُ الحُجُبَ السَّبعَ.

10– Imam al-Sadiq (a.s.) said, 'Prostrating on the earth from al-Husayn (a.s.)'s grave pierces the seven veils.'[Bihar al-Anwar, v. 85, p. 153, no. 14]

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