

TWELVE SUNNATS OF SAJDAH

1. To say the Takbeer while going into Sajdah. (Shami-Vol.1, pg. 352)
2. To place both knees on the ground first. (Shami-Vol.1, pg. 398 and Tahtaawee - pg.145)
3. Thereafter to place both the hands on the ground.(Shami-Vol.1 and Tahtaawee - pg.145)
4. To place the nose on the ground. (Shami-Vol.1 and Tahtaawee - pg.145)
5. Lastly to place the forehead on the ground. (Shami-Vol.1 and Tahtaawee - pg.145)
6. The head should be placed between the two hands on the ground. (Ibid)
7. To keep a gap between the stomach (abdomen) and the thighs. The arms should not touch the sides of the body. (Tahtaawee - pg.146)
8. The elbows should be kept off the ground (i.e. raised). (Tahtaawee - pg.146)
9. To recite **سُبْحَانَ رَبِّيَ الْأَعْلَى** at least thrice whilst in Sajdah.
10. To recite Takbeer whilst getting up from Sajdah. (Shami-Vol.1, pg. 352)
11. When getting up from Sajdah, first the forehead, then the nose, then the hands and lastly the knees should be raised. (Shami-Vol.1, pg. 368 and Tahtaawee pg.145)
12. One should pause and sit with ease between the two Sajdahs. (Tahtaawee pg.146)