

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ, وَ صَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَ آلِهِ الطَّاهِرِينَ, وَسَلَّم تَسْلِيمًا.

In the Name of Allah<sup>azwj</sup> the Beneficent, the Merciful. The Praise is for Allah<sup>azwj</sup> Lord<sup>azwj</sup> of the Worlds, and Blessing be upon our Chief Muhammad<sup>saww</sup> and his<sup>saww</sup> Purified Progeny<sup>asws</sup>, and greetings with abundant greetings.

## Sitting and standing manners for women in Salat

و يَهْدِيهِ الْأَسَانِيدُ عَنْ حَمَّادِ بْنِ عِيسَى عَنْ حَرِيزٍ عَنْ زُرَّارَةَ قَالَتْ إِذَا قَامَتِ الْمَرْأَةُ فِي الصَّلَاةِ جَمَعَتْ بَيْنَ قَدَمَيْهَا وَ لَا تُفَرِّجُ بَيْنَهُمَا وَ تَضُمُّ يَدَيْهَا إِلَى صَدْرِهَا لِمَكَانٍ تَذِيئُهَا فَإِذَا رَكَعَتْ وَضَعَتْ يَدَيْهَا فَوْقَ رُكْبَتَيْهَا عَلَى فُجْدَيْهَا لِئَلَّا تُطَاطَى كَثِيرًا فَتَرْتَفِعَ عَجِيزَتُهَا فَإِذَا جَلَسَتْ فَعَلَى أَلْتِيئِهَا لَيْسَ كَمَا يَقْعُدُ الرَّجُلُ وَ إِذَا سَقَطَتْ لِلْسُّجُودِ بَدَأَتْ بِالْقُعُودِ بِالرُّكْبَتَيْنِ قَبْلَ الْيَدَيْنِ ثُمَّ تَسْجُدُ لَا طِفَّةً بِالأَرْضِ فَإِذَا كَانَتْ فِي جُلُوسِهَا ضَمَّتْ فُجْدَيْهَا وَ رَفَعَتْ رُكْبَتَيْهَا مِنَ الأَرْضِ وَ إِذَا نَهَضَتْ انْسَلَّأَ لَا تَرْفَعُ عَجِيزَتَهَا أَوَّلًا .

And by this chain, from Hammad Bin Isa, from Hareyz, from Zurara who said,

‘When the woman stands in the *Salāt*, she should gather her two feet and not have separation between the two, and she would clasp her hands to her chest in the place of her breasts. So when she *Rukū*, she should place her hands above her knees upon her thighs so as not to bend down very much to lift up her backside. So when she sits, so it should be upon her backside, not like the sitting of the man. And when she falls for the *Sajdah*, she should begin with the sitting with the two knees before the two hands, then she should perform *Sajdah*, pasting with the ground. So when she was in her sitting, she should clasp her thighs, and raise her knees from the ground. And when she stand she should do it stealthily, not raising her backside first’.<sup>1</sup>

أَحْمَدُ بْنُ مُحَمَّدٍ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ عُثْمَانَ بْنِ عِيسَى عَنِ ابْنِ مُسْكَانَ عَنِ ابْنِ أَبِي يَعْقُورٍ عَنْ أَبِي عَبْدِ اللَّهِ ( عَلَيْهِ السَّلَام ) قَالَتْ إِذَا سَجَدَتِ الْمَرْأَةُ بَسَطَتْ ذِرَاعَيْهَا .

Ahmad Bin Muhammad, from Al Husayn Bin Saeed, from Usman Bin Isa, from Ibn Muskaan, from Ibn Abu Yafour,

(It has been narrated) from Abu Abdullah<sup>asws</sup> having said: ‘When the woman perform *Sujūd* (*plural of Sajdah*), she should extend her forearms’.<sup>2</sup>

عَلِيُّ بْنُ إِبْرَاهِيمَ عَنْ أَبِيهِ عَنِ الْحُسَيْنِ بْنِ سَعِيدٍ عَنْ فَضَالَةَ عَنْ أَبَانَ عَنْ عَبْدِ الرَّحْمَنِ بْنِ أَبِي عَبْدِ اللَّهِ قَالَ سَأَلْتُهُ عَنْ جُلُوسِ الْمَرْأَةِ فِي الصَّلَاةِ قَالَ تَضُمُّ فُجْدَيْهَا .

<sup>1</sup> Al Kafi V 3 – The Book of Salāt CH 29 H 2

<sup>2</sup> Al Kafi V 3 – The Book of Salāt CH 29 H 4

Ali Bin Ibrahim, from his father, from Al Husayn Bin Saeed, from Fazalat, from Aban, from Abdul Rahman Bin Abu Abdullah who said,

‘I asked him<sup>asws</sup> about the sitting of the woman during the *Salāt*. He<sup>asws</sup> said: ‘She would clasp her thighs (together)’.<sup>3</sup>

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<sup>3</sup> Al Kafi V 3 – The Book of Salāt CH 29 H 7