O people, there is nothing remaining of the glad tidings of prophet-hood except a good vision that a Muslim sees or someone else sees it for him. Verily, I have been forbidden to recite the Qur'an while bowing or prostrating

Ibn ‘Abbās (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) drew the curtain (of his chamber) aside to see the people standing in rows behind Abu Bakr in prayer. He then said: "O people, there is nothing remaining of the glad tidings of prophet-hood except a good vision that a Muslim sees or someone else sees it for him. Verily, I have been forbidden to recite the Qur'an while bowing or prostrating. So, while bowing, glorify the Lord, and while prostrating, engage in supplication diligently, for it is most likely that your supplications would be answered."

[Authentic hadith] [Narrated by Muslim]

The Messenger of Allah (may Allah's peace and blessings be upon him) lifted the curtain that covered the door of his house and saw the people standing in rows behind Abu Bakr (may Allah be pleased with him) and praying in congregation. Because of his illness, he could not lead them in prayer and ordered Abu Bakr to lead them instead. Then, he addressed them saying: "O People, there is nothing that remained from the glad tidings of prophet-hood except a good vision." After the death of the Prophet (may Allah's peace and blessings be upon him) and the cessation of revelation, nothing remained but the good vision (dreams); i.e. the true vision that conforms to reality. The believers see such vision in their sleep, so they rejoice at it and increase in their steadfastness upon faith. A good vision is considered part of prophet-hood because the Prophet (may Allah's peace and blessings be upon him) used to see visions that came true as evident as daylight at the first stage of his prophet-hood. He described visions as "glad tidings" because most visions herald good news; however, some visions are a plain and true warning that Allah, the Almighty, sends to the believer out of mercy so that he prepares himself in advance for what will befall him. Therefore, a good vision is either glad tidings for the believer or a warning to alert him from a state of heedlessness. "that a Muslim sees for himself or others see it for him": the good vision may be seen by the person himself or by someone else who sees a vision about him. "I have been forbidden to recite the Qur’an while bowing or prostrating": he meant that Allah, the Almighty forbade him from reciting the Qur’an during bowing or prostrating on the ground. In principle, the whole Ummah is forbidden to do what the Prophet (may Allah's peace and blessings be upon him) was forbidden to do. They follow him in this respect unless there is evidence to denote that the ruling is specific to him. This forbiddance applies if the

person intends the recitation of the Qur'an per se during his bowing and prostration. However, if he intends to supplicate Allah by reciting the Qur'an, then there is nothing wrong with that. This is supported by the Hadīth which reads: "... and every person will only get what he has intended." The wisdom behind this forbiddance – and Allah knows best – is that bowing and prostration are two positions of humiliation and submission. Also, prostration is offered on the ground, so it is inappropriate to recite the Glorious Qur'an in such a state. "So while bowing, glorify the Lord, may He be Exalted": i.e. say words like: "Glory be to my Lord, the Greatest" and similar phrases of exaltation and glorification that are reported to be said when bowing. "and while prostrating, engage in supplication diligently": i.e. the Muslim who performs prayers should supplicate Allah a great deal during his prostration as it is most likely that his supplications would be answered while prostrating. It is authentically reported that the Prophet (may Allah's peace and blessings be upon him) said: "The condition in which a slave is closest to His Lord is when he is prostrating, so supplicate Allah a lot." However, this has to be combined with saying "Glory be to My Lord, the Most High", as saying this phrase is obligatory in prostration. "It is most likely that your supplication would be answered": Allah, the Almighty, will most likely respond to your supplications when you are nearest to Him in prostration. The cases where a person is recommended to prolong his supplication and offer a great deal thereof is when he is praying alone or with a congregation that favors prolonged supplications (during prostration).

http://sunnah.global/hadeeth/en/show/10922