shirk: to associate others with Allah in those things which are specific to Him. This can occur in (1) belief, e.g. to believe that other than Allah has the power to benefit or harm, (2) speech, e.g. to swear by other than Allah and (3) action, e.g. to bow or prostrate to other than Allah.

اللهُم إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنا اللهُم إِنِّي أَعُوذُ فِكَ أَنْ أَشْرِكَ بِكَ وَأَنا . أَعْلَم وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَم

Allahumma innee aoothu bika an oshrika bika wa-ana alam, waastaghfiruka lima la alam.

'O Allah, I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I do unknowingly.