

## Umrah

### 1. IHRAM – Before reaching Meeqat

**Before Ihram:** Remove unwanted hair, trim nails, make *ghusl* (bath) & *wudhu* (ablution) or at least wudhu.

**Put on clothes of Ihram** – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram.

On entering state of Ihram *Niyyah* (Intention (in any language) to enter into Ihram)

**Recite Talbiyah** (Hajj prayer supplication):



لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ لَا شَرِيكَ لَكَ  
“Labbayk Allahumma Labbayk, Labbayk la  
sharika laka Labbayk, Innal hamda  
wanni'mata laka walmulk La sharika lak”

Here I am O Allah, (in response to Your call), here I am. Here I am, You have no partner, here I am. Indeed all the Praise, Grace and Sovereignty belong to You. You have no partner.

Going to Masjid Al-Haram (Ka'bah), men to recite loudly (women quietly):

**Umrah (Tawaaful-Qudoom)**

**Entering Masjid Al-Haram:** Enter with the right foot and recite:

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ  
Allahumma aftah lee abwaaba rahmatika  
O Allah, open the doors of Your Mercy for me.

♦ Make intention for the Tawaf.

### 2. TAWAAF (Circling the Ka'bah 7 times)

♦ Before proceeding to the starting point of Tawaaf, *Al-Hajarul-Aswad* (The Black Stone)<sup>1</sup>, men only - uncover right shoulder by placing Ihram underneath right arm-pit (this is known as *Idtiba*).

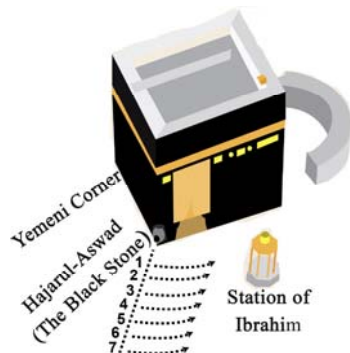
When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone)<sup>2</sup>, and recite –

اللَّهُ أَكْبَرُ

Allahu Akbar (Allah is the Greatest).

♦ Men should walk briskly (*Raml*) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7<sup>th</sup> circuit. No particular supplication (*Duaa*) is essential during Tawaaf.<sup>3</sup>

♦ *Duaa* (supplication) can be made during Tawaaf, except it is *Sunnah* to recite the following when going between *Ar-Ruknul-Yamani* (Yemeni Corner)<sup>4</sup>



رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ  
حَسَنَةً وَفِيْنَا عَذَابَ النَّارِ

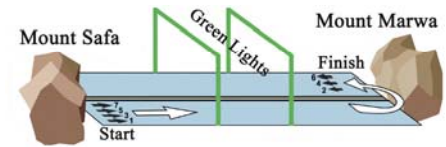
## Rabbanaa aatinaa fid-dunyaa hasanatan wa feel aakhirati hasanatan wa qinaa 'adhaaban naar

Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire! (Quran 2:201)

♦ Once Tawaaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibrahim – or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlās in the 2<sup>nd</sup> raka'a.

♦ Drink Zam-Zam water – Make Du'aa

### 3. SA'EE (Completion of 7 rounds Safa & Marwah)



Begin Sa'ee at as-Safa. Complete walk from as-Safa to al-Marwah (one circuit), then al-Marwah to as-Safa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.

At foot of as-Safa recite –

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ  
حَجَّ الْبَيْتِ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ  
بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

Innaa-safaa wal marwata min sha'aa'irillaahi  
faman hajjal baita 'awi'tamara falaa junaaha

'alaihi an yattawwafa bihimaa wa man  
tatawwa'a khiran fa'innAllaha shaakirun  
'aleemun

Verily! As-Safa and al-Marwah are of the Symbols of Allah. So it is not a sin on him who performs Hajj or 'Umrah of the House to perform the Tawaf between them. And whoever does good voluntarily, then verily, Allah is All-Recognizer, All-Knower. (2:158)

Each time you complete one round (Safa and Marwah) recite –

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ  
يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ  
و نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ خَذَهُ

Allahu Akbar Allahu Akbar Allahu Akbar -  
laa illaaha illallahu wahdau laa shareekalah  
- lahul mulku wa lahul hamdu - yuhyee wa  
yumeetu wa huwa 'alaa kulli shai'in qadeer -  
laa ilaaha illallahu wahdahu laa shareekalah  
- anjaza wa'dahu wa nasara ' abdahu wa  
hazamal ahzaaba wahdahu

Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise. He alone gives life and causes death, He is Omnipotent over all things. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated the confederates.

### 4. Shaving Head/Trimming ✂

After completing Sa'ee: Men: shaving entire head is preferable or cut hair equally from all over head;

Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haram with the left foot, recite

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma innee 'as'aluka min fadhlika  
O Allah, verily I ask You from Your Favor.

Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

\*Any person intending to perform Hajj opts for either one of the three types of Hajj:

- ♦ First Umrah, then Hajj with another Ihram–this type of Hajj is called **HAJJ AL-TAMATTU** and it is considered the best of the three forms of Hajj. It is the one that the Prophet Muhammad (Pbuh) urged his followers to perform and is the one adopted by most pilgrims from overseas
- ♦ Umrah and Hajj with a single Ihram is called **QIRAAAN**
- ♦ Hajj only; without any Umrah is called **IFRAAD**



**HAJJ**  
THE JOURNEY OF A LIFETIME

## 8th day of Dhul-Hijjah (Yawmut-Tarwiyah)

Enter state of Ihram: <sup>5</sup>

♦ Make intention for Hajj. Standing, face the Qiblah recite the **Talbiyah**:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ لَا شَرِيكَ لَكَ

Labbayk Allahumma Labbayk, Labbayk la  
sharika laka Labbayk, Innal hamda  
wanni'mata laka walmulk La sharika lak

♦ Between the time period after Fajr until before Zhuhur go to Mina (preferably in Morning)

*Stay in Mina*

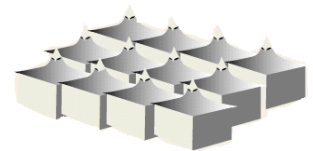
♦ Pray Dhuhr,

'Asr, Maghrib

and 'Isha at

Mina<sup>6</sup>.

♦ Engage in Ibadah (worship) all day.



## 9th day of Dhul-Hijjah (Yawmu 'Arafah)

*Stay in 'Arafah*

♦ Pray Fajr in Mina.

♦ Go to Arafat any time after sunrise.

Stopover if possible at *Namirah*

(place close to 'Arafah - there is now a Masjid there) and remain there until after *Zawaal* (sun at highest point - no shadow) and listen to the Khutbah. If this is not possible, it is permissible to proceed to 'Arafah, remaining there until sunset. Stand upon the rocks at the bottom of the Mount of Mercy (Jabalur-Rahmah); if not, then all of 'Arafah is a standing place. Facing the Qiblah, with raised hands, supplicate and also recite the Talbiyah –

It is encouraged to frequently recite the following  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ،  
و لَهُ الْحَمْدُ، وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha ill Allahu wahdahu laa shareeka  
lahu lahul mulk wa lahul hamdu wa huwa  
'alaa kulli shay 'in qadeer

There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise, and He is Omnipotent over all things.

-this is the best supplication to recite on this great day.

♦ Pray Dhuhr & Asr at Arafah.

♦ Perform WUQUF (stand and pray), make dua (supplications) and seek forgiveness until sunset. ♦ After sunset go to Muzdalifah.

*Stay in Muzdalifah*

♦ Pray Maghrib & 'Isha together at Muzdalifah. <sup>6</sup>

♦ In Muzdalifah or Mina, collect 70 pebbles for stoning.<sup>11</sup>

♦ Spend the night in *Ibadah* (worship) or go to sleep until Fajr.

## SUMMARIZED HAJJ DIAGRAM



### 10th day of Dhul-Hijjah (Yawmun-Nahr)

♦ Pray Fajr in Muzdalifah.

♦ Leave for Mina just before sunrise.

Between the time periods of after sunrise until the night, calmly proceed to Jamaratul-'Aqabah al-Kubraa ③ for stoning. Facing Jamarah, with Makkah to your left and Mina to your right, throw seven stones at Jamarah reciting –

الله أكبر

Allahu Akbar

Allah is the Greatest (after each throw).

♦ *Performing the Udhiya* (Sacrifice),

If a sacrificial ticket has been purchased, this is a permissible alternative, otherwise, calmly proceed to slaughter house in Mina for sacrifice.



♦ *Shave/Trim Hair* ✂.

After the sacrifice, Men: shaving head is preferable, or cut hair equally from all over head; Women: cut one-third finger length of hair. ♦ Remove Ihram, as all restrictions are now lifted. Go to Makkah to perform Tawaaf-ul-Ifaadhah.

*Tawaaf-ul-Ifaadhah (Tawaaf-ul-Ziyaarat)*<sup>8</sup>

♦ Go to Makkah and perform *Tawaaf-ul-Ifaadhah*. Can be performed anytime up to sunset of 12<sup>th</sup> Dhul Hijjah.

Upon entering al-Masjid ul-Haraam with the right foot, recite Dua entering Masjid. (See Umrah section on first page).

No Ihram required. Start at al-Hajarul-Aswad (Black Stone)<sup>1</sup>

♦ Once Tawaaf is complete, offer 2 rakaats anywhere behind the Station of Ibrahim – or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlās in the 2<sup>nd</sup> raka'a.

♦ Drink Zam-Zam water – Make Du'aa

♦ Perform Sa'ee (See Umrah section page 1)

♦ Upon the completion of the Sa'ee, all restrictions are now lifted.

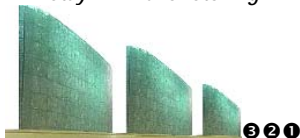
♦ Return back to Mina.

Upon leaving al-Masjid ul-Haraam with the left foot, recite dua of leaving the Masjid – (See Umrah section page 1)

### 11th Dhul-Hijjah

♦ If Tawaf Ifaadhah was not performed yesterday, go to Makkah and perform Tawaf. Then pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return to Mina.

Stay in Mina for Stoning



From the time period between after Zawaal (sun at highest point - no shadow) until the night, stone all three Jamarahs, 21 required per day.<sup>11</sup> ③ ② ①

Facing first Jamarah (smallest), with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

الله أكبر

Allah is the Greatest (after each throw)

- After stoning first Jamarah ①, face Qiblah (with first Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to 2nd (middle one) Jamarah ② Facing second Jamarah, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

الله أكبر

Allah is the Greatest (after each throw)

After stoning second Jamarah, face Qiblah (with second Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to third Jamarah ③. Facing third Jamarah, al-'Aqabah al-Kubraa, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting –

الله أكبر

Allah is the Greatest (after each throw)

After stoning final Jamarah, move onwards without supplicating.

### 12th Dhul-Hijjah

♦ If Tawaf Ifaadhah has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return back to Mina.

♦ From the time period between after Zawaal (after mid-day) until the night, stone all 3 Jamarat with 7 pebbles for each one. Leave Mina for Makkah before Sunset if possible. If you can't leave - Stay at Mina.

### 13th Dhul-Hijjah

♦ If you didn't leave Mina, beginning after Fajr, stone all 3 Jamarat with 7 pebbles for each Jamarat. ♦ Leave for Makkah. ♦ Before final departure from Makkah, perform *Tawaaf-ul-Wadaa'* (Farewell Tawaf) as your last act.

### Footnotes

<sup>1</sup> If possible, cling to area between the corner of al-Hajarul-Aswad (The Black Stone) and the door, placing the chest, face and forearms upon this area.

<sup>2</sup> If possible, touch The Black Stone with the right hand and also kiss it, then prostrate on it - this is best; if not, then touch it with the right hand then kiss the right hand; if not, simply make a sign towards it with the right hand.

<sup>3</sup> There is no specific Du'aa during the walk around the Ka'bah, apart from what has been mentioned for between The Yemeni Corner to The Black Stone. You can therefore recite the Quran or any Du'aa as you please.

<sup>4</sup> If possible, touch Ar-Runnel-Yamani (Yemeni Corner) each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.

<sup>5</sup> From wherever you are residing - hotel, house, etc.

<sup>6</sup> Pray two Fard each for Zhuhur, 'Asr and 'Isha. Maghrib is not shortened, and remains three Fard. 'Isha to be followed by Witr.

<sup>7</sup> A place close to 'Arafah - there is now a Masjid there. If this is not possible, it is permissible to proceed to 'Arafah.

<sup>8</sup> It is also possible to make Tawaaf ul Ziyarat if it was not made on the 10<sup>th</sup>. \*Women should allow extra days for Tawaf in Makkah in case of menses.

<sup>9</sup> For an English translation, see page 1.

<sup>1</sup> Should you pass through valley Muhassar, then hurry through it.

<sup>1</sup> They are all the same in size. You can also pick the pebbles in Mina. You will need only 7 pebbles on the 10<sup>th</sup>, and 42 afterwards (49 total). You will need 21 extra pebbles if you are staying for the 13<sup>th</sup> of Dhul-Hijjah (70 total). They must not be bigger than a chick-pea. (Approximately 1cm across = 0.39 inches).

<sup>1</sup> It is permissible to perform Tawaaf-ul-Wadaa' on 12<sup>th</sup> day of Dhul-Hijjah (as long as you leave Mina before sunset), thus missing the recommended (but not compulsory) day of stoning.

♦ Hajj Mabru (An accepted Hajj).

♦ Your Hajj is now complete.

♦ May Allah (SWT) accept your Hajj

Visiting Madina - Masjid-Al-Nabawi – Masjid Quba



Visiting Madina is not an obligatory act for either Hajj or Umrah, but there is great value in visiting Al Masjid-Al-Nabawi (the Prophet's Mosque). The Prophet (SAW) has said :

"One prayer in this mosque (Madina) of mine is better than 1,000 prayers offered anywhere else except the Masjid Al-Haram (Makkah), and one prayer in Masjid Al-Haram is better than 100,000 prayers in any other mosque."

He (SAW) also said: "Whoever makes ablutions at home and then goes and prays in Masjid Quba (the first mosque built in Islam), will have a reward like that of an Umrah."

**Don't forget to: ♦ Pay all debts ♦ Redress all wrongs ♦ Write your will**

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