

Hajj and Umrah Guide



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

Niyah (Intention) in any language to enter into Ihram or recite –

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

LabbaikAllahumma bi-Umrah

Here I am O Allah, (in response to Your call) making Umrah. Going to Masjid Al-Haram (Ka'bah), men to recite Talbiyah loudly (women quietly)

Talbiyah Recitation (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.

Umrah (Tawaaf-ul-Qudoom)

Entering Masjid Al-Haram (Sacred Mosque) in Makkah:
Enter with the right foot and recite:

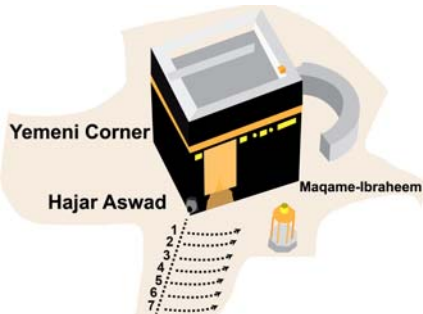
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

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 Tawaf, *Al-Hajarul-Aswad* (The Black Stone) ¹, **men only** - uncover right shoulder by placing Ihram underneath right arm-pit (this is known as *Idhtiba*).

When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone) ², 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 7th circuit. No particular supplication (Dua) is essential during Tawaf. ³

♦ **Dua** (supplication) can be made during Tawaf, except it is *Sunnah* to recite the following when going between *Ar-Ruknul-Yamani* (Yemeni Corner) ⁴

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَفَنَا عَذَابَ النَّارِ

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



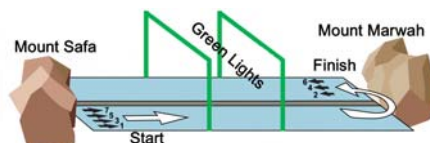
Our Lord!
Give us in this world
that which is good
and in the Hereafter
that which is good,
and save us from the
torment of the Fire!

♦ Once Tawaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibraheem – or anywhere in the Haram: Recite Surat al-Kafirun in 1st rakaa and Surat al-Ikhlās in the 2nd rakaa.

♦ Drink Zamzam water – Make Dua



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 الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطُوفَ
بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

Innas-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. 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 وَلَهُ
الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ
وَنَصَرَ عَبْدَهُ وَهَرَمَ الْأَخْرَابَ وَحْدَهُ

Allahu Akbar Allahu Akbar Allahu Akbar
- laa illaaha illallahu wahdau laa
shareekalah - lahu mulku wa lahu
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, send prayers and peace upon Muhammad.

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.

Footnotes

- ¹ If possible, cling to area between the corner of al-Hajarul-Aswad (The Black Stone) and the door.
- ² If possible, touch The Black Stone with the right hand and also kiss it; if not, simply make a sign towards it with the right hand.
- ³ There is no specific Du'a 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 Dua as you please.
- ⁴ If possible, touch Ar-Ruknul-Yamani (Yemeni Corner) each time - this is best; if not, then do not make any sign towards it.

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 (sallallahu alayhi wa sallam) 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."

Types Of Hajj

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

- ♦ **TAMATTU:** Making Umrah then Hajj in the prescribed months of Hajj. It is considered the best of the three forms of Hajj that the Prophet Muhammad (Pbuh) urged his followers to perform.
 - ♦ **QIRAAN:** Making Umrah and Hajj at the same time.
 - ♦ **IFRAAD:** Making Hajj only; without Umrah.
- *If you select *Tamattu* or *Qiraan* you must perform the *Udhiya* (Sacrifice), (Qurbani in Urdu).

Don't forget to:

- ♦ Pay all debts
- ♦ Redress all wrongs
- ♦ Write your will

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