

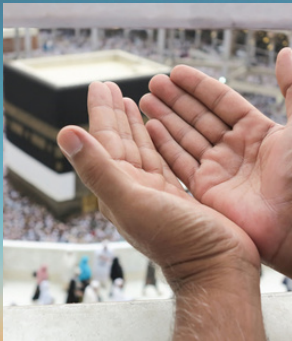


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HOW TO PERFORM UMRAH

UMRAH GUIDE



Salah al-Ihram:

It's Sunnah to perform two Rakahs of Salah before entering into the state of Ihram. This can be performed after getting changed at the airport or in-flight before crossing the A Miqat providing there are prayer facilities on-board. Observe the prayer with the intention of performing two Rakahs Nafil for Ihram. Since you're not yet in the spiritual state of Ihram, the prayer may be observed with the head covered. It is recommended to recite Surah al-Kafirun (Surah 109) in the first Rakah and Surah al-Ikhlâs (Surah 112) in the second, although other Surahs may be read. Don't forget to make Dua after this Salah.



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Niyah:

The Niyah for Umrah should be made at the Miqat or close to it as you move in its direction. Ideally, you should delay making the intention until the last moment so you aren't restricted by its prohibitions for longer than need be. It is recommended (Mustahabb) that you make the intention verbally, as well as reiterating it internally. Following are three examples of intentions that may be offered in Arabic:

تَبَيَّنْتُكَ اللَّهُمَّ عُمْرَةً

Labbayka llāhumma 'umratan.

O Allah, here I am to perform Umrah.

اللَّهُمَّ إِنِّي أَزِيدُ نِيَّةَ الْعُمْرَةِ

Allāhummainnī'uridu l-'umrata.

O Allah, I intend to perform Umrah.

اللَّهُمَّ إِنِّي أَزِيدُ نِيَّةَ الْعُمْرَةِ وَفِي سِرِّهَا لِي نِيَّةٌ وَوَرَقِبْتُ لَهَا مِنِّي

Allāhumma innī'uridu l-'umrata fayassirhā līwataqabbalhā minnī.

O Allah, I intend to perform Umrah, so accept it from me and make it easy for me.



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Talbiyah:

After making your Niyyah, you must recite the Talbiyah to validate your intention and enter into the state of Ihram. The utterance of the Talbiyah is Wajib according to the Hanafi and Maliki schools of thought. The Shafi'i and Hanbali schools consider it a Sunnah.

You must recite the Talbiyah at least once after making your intention for Umrah. Failure to do so will result in an invalid Umrah!

The Sunnah method of reciting the Talbiyah is to briefly pause at four places, indicated by the dashes. The prayer is as follows:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ - لَبَّيْكَ لَا إِلَهَ إِلَّا بِشِيرَتِكَ لِلَّيْكَ الْبَيْتُكَ - إِنْ أَلَّ
وَوَزَعَمَّمَهُ لَلَّيْكَ وَوَالْمَمْلُوكُ جِرَّكَ تَطْلُكُكَ -

LABBAYKA LLĀHUMMA LABBAYK(A), LABBAYKA LĀ
SHARĪKA LAKA LABBAYK(A), INNA L-HAMDA WA N-
.NI'MATA, LAKA WA L-MULK(A), LĀ SHARĪKA LAK

AT YOUR SERVICE, ALLAH, AT YOUR SERVICE. AT YOUR
SERVICE, YOU HAVE NO PARTNER, AT YOUR SERVICE.
TRULY ALL PRAISE, FAVOUR AND SOVEREIGNTY IS
.YOURS. YOU HAVE NO PARTNER

IT IS RECOMMENDED TO SEND SALAWAT ON THE PROPHET ﷺ AFTER RECITING THE TALBIYAH AND TO MAKE DUA FOR YOURSELF AND OTHERS. CONTINUE RECITING THE TALBIYAH FOR THE REST OF YOUR JOURNEY UNTIL YOU REACH ONE OF THE DOORS OF MASJID AL-HARAM PRIOR TO PERFORMING TAWAF.



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ENTERING MAKKAH:

AS YOU REACH THE LIMITS OF THE HARAM, CONSTANTLY RECITE THE TALBIYAH, DO ZIKR AND SEND SALAWAT UPON THE PROPHET ﷺ. RECITAL OF THE FOLLOWING DUA IS RECOMMENDED UPON ENTERING THE HARAM:

اَللّٰهُمَّ هٰذَا حَرَمُكَ، وَوَأَمْنُكَ، فَحَرِّمْ نِيَّيَّ إِلَى النَّارِ، وَوَأَمِّنِّي مِنْ عَذَابِكَ، يَوْمَ تُبْعَثُ عِبَادُكَ. وَوَأَجْعَلْنِي مِنْ أَوْلِيَّائِكَ وَوَأَكْثَرِي عَرَبِيَّتَكَ

ALLĀHUMMA HĀDHĀ ḤARAMUKA WA AMNUKA
FA ḤARRIMNĪ ‘ALA-N-NĀR, WA AMMINNĪ MIN
‘ADHĀBIKA YAWMA TAB’ATHU ‘IBĀDAK, WA
.J’ALNĪ MIN AWLIYĀ’IKA WA AHLI ṬĀ’ATIK

ALLAH, THIS IS YOUR SANCTUARY AND
SECURITY, SO MAKE ME UNLAWFUL TO HELL-
FIRE, MAKE ME SAFE FROM YOUR PUNISHMENT
ON THE DAY YOU RESURRECT YOUR SERVANTS;
AND MAKE ME ONE OF YOUR FRIENDS AND
.ONE OF THE PEOPLE WHO OBEY YOU



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ENTERING MASJID AL-HARAM:

IT IS SUNNAH TO ENTER MASJID AL-HARAM VIA BAB AL-SALAM (THE GATE OF PEACE). IF YOU CAN'T DO THIS, YOU MAY PROCEED THROUGH ANY OTHER DOOR. STEP THROUGH WITH YOUR RIGHT FOOT FIRST AND RECITE THE SUPPLICATION FOR ENTERING A MOSQUE. EITHER OR BOTH OF THESE SUPPLICATIONS MAY BE RECITED:

بِسْمِ اللَّهِ. اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ. اللَّهُمَّ اغْفِرْ لِي وَأَفْتَحْ لِي.
أَبُو أَيْبَةَ رَضِيَ اللَّهُ عَنْهُ

BISMI-LLĀH, ALLĀHUMMAṢALLI ALĀ MUHAMMAD.
ALLĀHUMMA-GHFI R LĪWA-FTAḤ LĪ ABWĀBA
RAḤMATIK.

IN THE NAME OF ALLAH, SEND BLESSINGS UPON
MUHAMMAD ﷺ. O ALLAH, OPEN FOR ME THE
DOORS OF YOUR BOUNTY.

أَعُوذُ بِاللَّهِ مِنَ الْعَظَائِمِ وَيُؤَدِّجُهَا لِي فِي رِجْلَيْهِ. وَوَسَائِلَ الظَّنِّ وَالْفَقْدِ فِيهِمْ وَمِنْ
الشَّيْئِ الظَّنِّ الرَّجِيهِمْ

A'UDHU BI-LLĀHI-L-AZĪM, WA BI-WAJHIHI-L-KARĪM,
WA SULṬĀNIHI-L-QADĪM, MINA-SH-SHAYṬĀNI-R-
.RAJĪM

I SEEK PROTECTION IN ALLAH THE TREMENDOUS,
HIS NOBLE COUNTENANCE, AND HIS PRE-ETERNAL
.SOVEREIGN MIGHT FROM SHAYTAN THE REJECTED

NOTES:

DON'T PERFORM TAIHYATUL MASJID (PRAYER FOR GREETING THE MOSQUE) IF YOU INTEND TO: YOUR TAWAF WILL SUFFICE AS THE "GREETING" FOR MASJID AL-HARAM.
IF YOU DON'T HAVE THE INTENTION OF PERFORMING TAWAF IMMEDIATELY, YOU MAY PERFORM TAIHYATUL MASJID.
IN MASJID AL-HARAM, IT IS PERMISSIBLE FOR ANYONE TO WALK ACROSS THOSE PERFORMING SALAH. HOWEVER, THEIR PLACE OF PROSTRATION SHOULD BE AVOIDED.

FIRST SIGHT OF THE KAABA:

UPON SEEING THE KAABA FOR THE FIRST TIME, RAISE YOUR HANDS AND MAKE DUA WITH THE UTMOST CONCENTRATION AND SINCERITY AS THIS IS AMONG THOSE PLACES WHERE PRAYERS ARE ANSWERED. REMEMBER TO RECITE SALAWAT UPON THE PROPHET ﷺ WHEN MAKING DUA. UMAR IBN AL-KHATTAB I NARRATED:

Recite the following three times:

اَللّٰهُ اَكْبَرُ اَكْبَرُ اَكْبَرُ . لَا اِلٰهَ اِلَّا اللّٰهُ .

Allah is the Greatest. Allah is the Greatest. There is no God except Allah.

اَللّٰهُمَّ زِدْ هَٰذَا الْبَيْتَ تَشْيِيراً وَتَعْظِيماً وَتَكْرِيماً وَوَقْراً وَحَجَّةً اَوْ وَاغْتَمِرْهُ تَشْيِيراً وَتَعْظِيماً وَتَكْرِيماً وَوَقْراً .

It's a Sunnah to recite the following Duas:

Allah, increase this House in honour, esteem, respect and reverence.

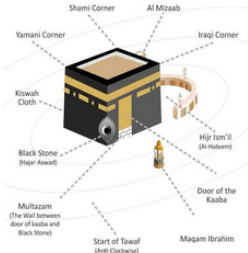
And increase those who honour and respect it—of those who perform Hajj or 'Umrah—in honour, respect, esteem and piety.

اَللّٰهُمَّ اَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ . حَيِّنَا رَزَقْنَا بِالسَّلَامِ .

O Allah, You are Peace and from You is peace. Make us live, Lord, in peace.

Do Dhikr, make Dua and send Salawat upon the Prophet ﷺ in abundance here. Make the most of this opportunity before you begin your Tawaf, especially if it's the first time you've set eyes on the Kaaba.

TAWAF AL-UMRAH



For the Tawaf to be considered valid, the following is necessary:
Pilgrims performing Tawaf

1. To perform Tawaf yourself.
2. To make an intention (verbally or not).
3. To do Tawaf in Masjid al-Haram.
4. To be in a state of Wudhu and free of anything that requires Ghusl e.g. menstruation.
5. To conceal the Awrah.
6. To start Tawaf from Hajar al-Aswad.
7. To move in an anti-clockwise direction.
8. To avoid the Hatim (the semi-circle area outside the Kaaba).
9. To perform Tawaf by foot, for those who are able.
10. To perform seven circuits.
11. To perform two Rakahs of Salah after the Tawaf.

START THE TAWAF

TURN TO YOUR RIGHT AND START THE FIRST CIRCUIT OF YOUR TAWAF, ENSURING THE KAABA IS ON YOUR LEFT. PROCEED IN AN ANTI-CLOCKWISE DIRECTION AND AVOID WALKING THROUGH THE HIJR ISMAIL. IF YOU HAPPEN TO WALK THROUGH IT, THE CIRCUIT WON'T COUNT AND IT WILL HAVE TO BE REPEATED.

RAML

IN THE FIRST THREE CIRCUITS, MEN SHOULD PERFORM RAML, WHICH IS THE PRACTICE OF WALKING BRISKLY, LIFTING THE LEGS FORCEFULLY AND STICKING OUT THE CHEST. HOWEVER, IF THERE IS CONGESTION, WHICH IS LIKELY TO BE THE CASE IF YOU'RE CLOSER TO THE KAABA, ONLY PERFORM THIS SUNNAH IF YOU'RE SURE YOU WON'T HARM OR INCONVENIENCE OTHERS.

RUKN AL-YAMANI

UPON REACHING THE RUKN AL-YAMANI (THE YEMENI CORNER), THE CORNER PRECEDING THE HAJAR AL-ASWAD, TOUCH IT WITH YOUR RIGHT HAND OR BOTH HANDS AND SAY "ALLAHU AKBAR (الله أكبر)" - IF YOU MANAGE TO GET CLOSE ENOUGH. IF THERE'S TOO MUCH CONGESTION, AS IS LIKELY TO BE THE CASE, PROCEED WITHOUT SAYING TAKBIR OR GESTURING TOWARDS IT.

IT IS A SUNNAH TO RECITE THE FOLLOWING DUA BETWEEN THE RUKN AL-YAMANI AND THE HAJAR AL-ASWA

رَزَقْنَا اِيْتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

O OUR LORD, GRANT US THE GOOD OF THIS WORLD, THE GOOD OF THE HEREAFTER, AND SAVE US FROM THE PUNISHMENT OF THE FIRE



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SA'I

It is a Sunnah to perform Sa'i immediately after Tawaf, although you may take a break if you need to. If you feel tired after Tawaf or your feet are aching, you may take a rest in the pavilion until you feel you're ready. Remember, you will be covering over three kilometers during Sa'i, so make sure you have sufficient energy to complete the rite before starting.

For the Sa'i to be considered valid, the following is necessary:

- 1.To perform Sa'i yourself.
- 2.To have entered into Ihram before performing the Sa'i.
- 3.To stay in Ihram until the Sa'i has been completed.
- 4.To perform Sa'i at its correct time.
- 5.To begin Sa'i at Safa and finish at Marwa.
- 6.To perform Sa'i after having done Tawaf.
- 7.To perform Sa'i on foot, unless you have a valid excuse.
- 8.To perform seven laps.
- 9.To cover the complete distance between Safa and Marwa.

PROCEED TO SAFA

PROCEED TO THE HILL OF SAFA, WHICH IS LOCATED IN LINE WITH THE HAJAR AL-ASWAD. THERE IS A WHITE SIGN WHICH INDICATES WHERE IT IS. AS YOU'RE APPROACHING SAFA, IT IS SUNNAH TO RECITE THE FOLLOWING:

إِنَّا صَفَا وَوَأَخْرَجُوا مِنْ شَتَاتٍ مُّتَفَرِّقِينَ

(INNA S-SAFAWA L-MARWATA MINSHA'ATIRI ILAH)
INDEED, SAFA AND MARWA ARE FROM THE SIGNS OF ALLAH
[SURAH AL-BAQARAH, 2:158]
:THEN SAY

أَبْدَأْتُ بِمَا بَدَأَ اللَّهُ بِهِ

..ABDA'UBIMABAD'ALLAHU BIHI

.I BEGIN WITH THAT WHICH ALLAH HAS BEGUN WITH



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MAKE DUA AT SAFA

UPON REACHING THE HILL OF SAFA, FACE THE DIRECTION OF THE KAABA AND RAISE YOUR HANDS IN SUPPLICATION.

IT IS SUNNAH TO RECITE THE FOLLOWING DUA:

اَللّٰهُ اَكْبَرُ اَكْبَرُ. اَللّٰهُ اَكْبَرُ اَكْبَرُ. اَللّٰهُ اَكْبَرُ اَكْبَرُ. وَوَلِيهِ اَلْحَمْدُ

ALLAH IS THE GREATEST; ALLAH IS THE GREATEST; ALLAH IS THE
.GREATEST, AND TO ALLAH BELONGS ALL PRAISE

لَا اِلٰهَ اِلَّا اللّٰهُ وَوَحْدَهُ هُوَ لَا شَرِيكَ لَهٗ. لَا يَمْلِكُ سِوَاكَ الْاَلٰهَةُ الْاَلٰهَةُ اَكْبَرُ اَكْبَرُ. وَوَحْدَهُ هُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ

THERE IS NO DEITY EXCEPT ALLAH, ALONE WITHOUT A PARTNER. TO HIM
BELONGS THE DOMINION, AND TO HIM BELONGS ALL PRAISE. HE GIVES
.LIFE AND DEATH AND HE HAS POWER OVER EVERYTHING

لَا اِلٰهَ اِلَّا اللّٰهُ وَوَحْدَهُ هُوَ اَتَمَّ نِعْمَةً وَنَصْرًا مِنْ غَيْرِ هُوَ وَفَوْقَهُمْ

THERE IS NO DEITY EXCEPT ALLAH ALONE. HE FULFILLED HIS PROMISE,
.SUPPORTED HIS SLAVE AND DEFEATED THE CONFEDERATES ALONE

AFTER RECITING THIS DUA, YOU MAY RECITE YOUR OWN SUPPLICATIONS.
READ THE DUA A TOTAL OF THREE TIMES, MAKING YOUR OWN
SUPPLICATIONS IN BETWEEN EACH TIME, AS WAS THE SUNNAH OF THE
ﷺ PROPHET



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PROCEED TO MARWA

FROM SAFA, MAKE YOUR WAY TOWARDS MARWA. BETWEEN SAFA AND MARWA, YOU WILL ENCOUNTER TWO SETS OF GREEN FLUORESCENT LIGHTS APPROXIMATELY 50 METRES APART, WHICH INDICATE THE DISTANCE THAT HAJAR RAN IN ORDER TO GET TO HIGHER GROUND.



DHIKR & DUA

THERE IS NO FIXED DHIKR OR DUA THAT HAS BEEN PRESCRIBED TO BE READ DURING SA'I, SO YOU MAY RECITE ANY PRAYERS OR SUPPLICATIONS OF YOUR CHOICE AND SEND SALAWAT UPON THE PROPHET ﷺ.

MAKE DUA AT MARWA

UPON REACHING THE HILL OF MARWA, FACE THE DIRECTION OF THE KAABA, RAISE YOUR HANDS IN SUPPLICATION AND REPEAT THE SAME SUPPLICATIONS YOU RECITED AT SAFA. THIS COMPLETES ONE LAP OF SA'I. RETURNING BACK TO SAFA IS CONSIDERED A SECOND LAP.



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END OF SA'I

REPEAT THIS PROCEDURE UNTIL YOU HAVE COMPLETED SEVEN LAPS, AT WHICH POINT YOU SHOULD BE AT THE HILL OF MARWA.



DUA AND SALAH

IT IS RECOMMENDED TO MAKE A FINAL DUA HERE AND ALSO TO PERFORM TWO RAKAHS OF NAFL SALAH IN MASJID AL-HARAM FOLLOWING SA'I.

LEAVE THE HARAM

AS YOU LEAVE MASJID AL-HARAM, STEP OUT WITH YOUR LEFT FOOT AND RECITE THE FOLLOWING DUA, AS WAS THE SUNNAH OF THE PROPHET ﷺ WHEN LEAVING THE MOSQUE:

بِسْمِ اللَّهِ وَوَالصَّلَاةَ وَالسَّلَامَ عَلَى رَسُولِ اللَّهِ. اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ
وَفَضْلِكَ

IN THE NAME OF ALLAH, AND PEACE AND BLESSINGS BE UPON THE MESSENGER OF ALLAH. O ALLAH, I ASK OF YOU FROM YOUR BOUNTY



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HALQ OR TAQSIR

AFTER SA'I, YOU MUST HAVE YOUR HAIR SHAVED (HALQ) OR TRIMMED BY AT LEAST AN INCH (TAQSIR) IN ORDER TO LEAVE THE STATE OF IHRAM AND COMPLETE YOUR UMRAH. IT IS MORE VIRTUOUS FOR A MAN TO HAVE THE HEAD SHAVED COMPLETELY.

MAKE SURE YOU USE A LICENSED BARBER RATHER THAN AN UNLICENSED STREET BARBER.

THERE ARE A NUMBER OF LICENSED BARBER SHOPS IN MAKKAH, WHICH ARE OPEN 24 HOURS A DAY AND GENERALLY ONLY CLOSE DURING SALAH TIMES. THERE ARE MANY BARBER SHOPS IN THE ZAMZAM TOWERS, HILTON SHOPPING COMPLEX AND AL-SAFWA TOWERS. YOU WILL ALSO SEE MANY BARBERS LOCATED OUTSIDE THE MARWAH DOOR AFTER YOU FINISH SA'I. THEY ARE LOCATED DIRECTLY TO YOUR LEFT ON THE GROUND FLOOR, OR TO YOUR RIGHT IF YOU EXIT FROM THE MIDDLE FLOOR.

ALTERNATIVELY, YOU MAY SHAVE OR TRIM YOUR OWN HAIR IN ORDER TO COME OUT OF THE STATE OF IHRAM.

CONGRATULATIONS ON YOUR UMRAH!

YOU ARE NOW FREE FROM THE RESTRICTIONS OF IHRAM AND YOU MAY CHANGE INTO REGULAR CLOTHING. IF YOU PLAN ON PERFORMING ANOTHER UMRAH, YOU MUST TRAVEL TO THE BOUNDARY OF THE HARAM IN ORDER TO ONCE AGAIN ENTER INTO IHRAM. MOST PILGRIMS CHOOSE TO ENTER INTO IHRAM AT MASJID AISHA WHICH IS THE NEAREST AND MOST CONVENIENT LOCATION FROM MASJID AL-HARAM. TRANSPORTATION TO GET THERE IS AVAILABLE NEAR THE MOSQUE.



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