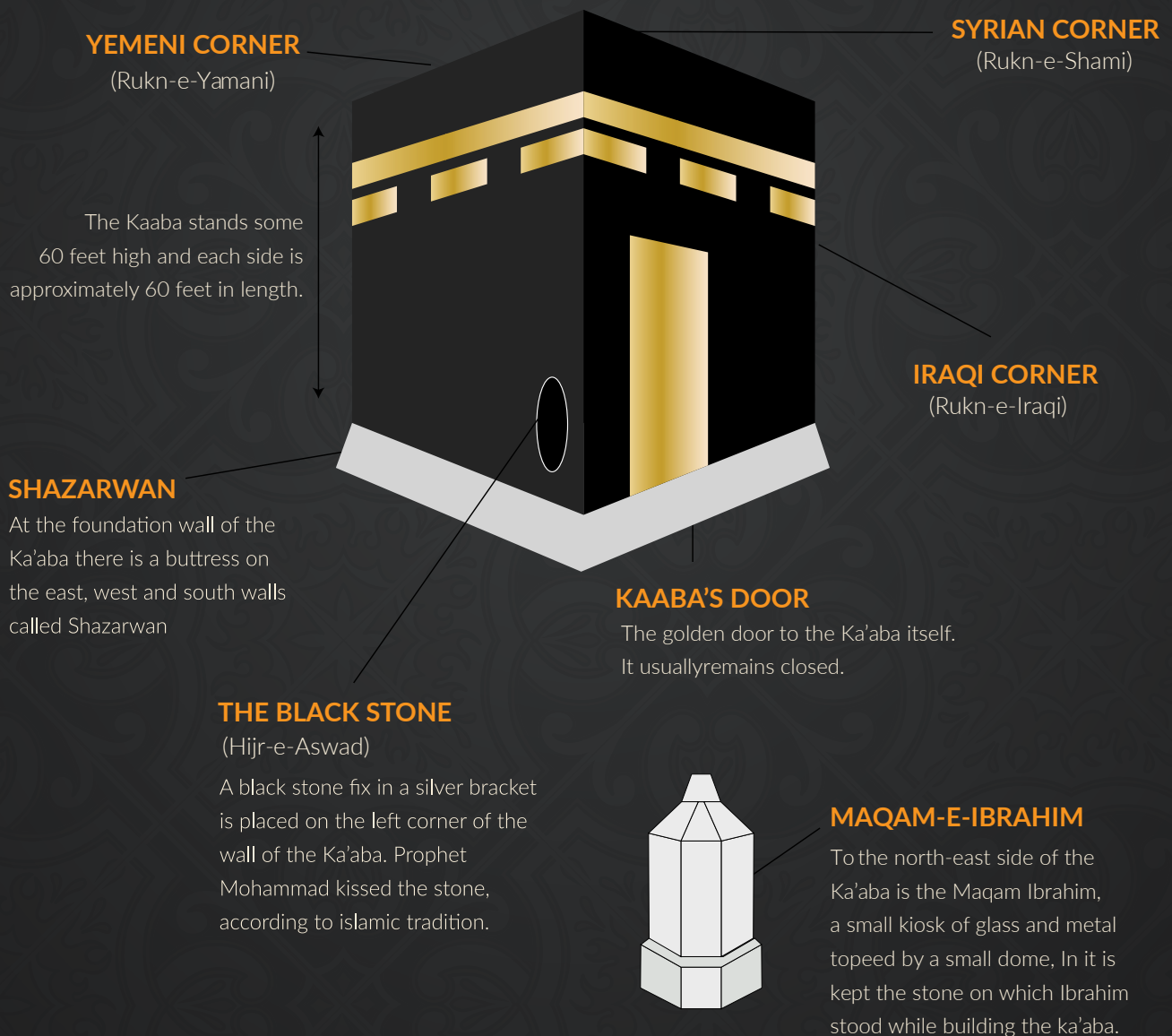


THE KA'ABA

The Ka'bah is the focal point around which the holy mosque is built. The Quran states that Ibrahim, together with his son Ismail, raised the foundation of structure. Muslims are obligated to face in the direction of the Ka'bah to offer their prayers five time a day.





Umrah is one of the most beautiful Sunnah of the Prophet Muhammad (Peace Be Upon Him). This is a particular act of worship that now millions of Muslims do throughout the year. It is done with intensity, love, desire and gratitude. Umrah is a spiritual journey to the house of Allah and in return, there are rewards for the travelers. The journey will be one of the most beloved journeys of your life. This is guaranteed. It is such a blessed journey that Abu Hurairah (RA) narrated: Allah's Messenger (PBUH) said, "The guests of Allah are three: The Ghazi (i.e. the warrior who fights in Jihad), the Hajj (i.e. the pilgrim who performs Hajj) and the Mu'tamir (i.e. the pilgrim performing Umrah)."

Hadith No. 2626, Book of The Rites of Hajj,
Sunan An-Nasa'i, Vol. 3.



❦ THE RULES OF 'UMRAH ❦

There are 2 Fardh in 'Umrah	<ul style="list-style-type: none">• Wearing the Ihram with the intention of 'Umrah and reciting Talbiya (Labbaik Allahumma Labbaik).• The Tawaf of Ka'aba.
There are 2 Wajib of 'Umrah	<ul style="list-style-type: none">• Performing the Sae'e between Safa and Marwa.• To get Halaq (shaving) or Qasr (haircut) done.
There are 2 Fardh in Ihram	<ul style="list-style-type: none">• Niyyat (Intention)• Talbiyah.
There is 1 Fardh in Tawaf	<ul style="list-style-type: none">• Niyyat (Intention)
There is 1 Fardh in Sae'e	<ul style="list-style-type: none">• First four Circuits (Shawts) are FARZ

STEPS TO PERFORM UMRAH

1. BEFORE SETTING OFF FROM HOME

- Make Ghusl (full body wash).
- Trim your nails, and remove your pubic hair.
- Whatever Salah is due at the time of travel, ensure it has been prayed in full before setting off.
- Perform 2 rakaats of Traveling Salah before setting off.

WHEN GOING OUT OF YOUR HOUSE/HOTEL, SAY:

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ۝

(In the name of Allah, I place my trust in Allah, and there is no might nor power except with Allah)

RECITE TRAVELING DU'AA BEFORE A JOURNEY

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ
سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا، وَمَا كُنَّا لَهُ مُقْرِنِينَ
وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ ◦

(Allah is the greatest x3, How perfect He is, The One Who has placed this (transport) at our service, and we ourselves would not have been capable of that, and to our Lord if our final destiny.)

AT A JOURNEY BREAK, YOU MAY SAY:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ ◦

(I take refuge in Allah's perfect words from the evil that He has created.)

- During your journey keep yourself busy with the remembrance of Allah (make dhikr, make dua, read Quran, read Islamic Book etc). Remember this is the start of your journey to the House of Allah, and you have been given an invitation from Málík Al-Mulk (Owner and King of all Kingdoms), so Praise and Glorify Him.
- Once you are a traveler (having left your areas of residence), and the next Salah is due, you can combine and shorten them as this is a concession from Allah.

Dhur (2 Rakaats) & Asr (2 Rakaats) together
Maghrib (3 Rakaats) & Isha (2 Rakaats) together

2. BEFORE PASSING THE MEEQAT

Meeqat – (Umrah starts here and Pilgrim enters the state of Ihram)

Men to get changed into their Ihram (2 pieces of white cloth), preferably after one of the 5 daily prayers. Unlike the male pilgrim, a female pilgrim is allowed to wear stitched/sewn clothes except for gloves. Wearing of ihram both of men and women should be done before entering Meeqat. One piece of ihram is tied around the waist and the other is thrown over the shoulders for men's whereas female pilgrim can wear stitched/sewn clothes except for gloves. Therefore, she is allowed to wear her casual clothes as ihram provided it is not made of pure silk. Head covering (for males), shoes, socks, underwear are not permitted. Beach thongs or similar footwear that do not cover the arch of the foot (above the toes) and ankles are permissible.

After wearing the ihram, perform two rakaat sunnatul ihram. In the first rakaah read: Surah Kafiroon in the second rakaah read Surah Ikhlāas. After the completion of this salah, make the niyath (intention) of umrah, and recite the talbiyah thrice (Loudly for males, and softly for females).

MAKE NIYYAH (INTENTION) FOR UMRAH

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ ۝

(Here I am O Allah making 'Umrah)

Now uncover your head and declare your intention. It is assumed that you are performing Hajj al-Tammāt'u in which Umrah is performed first as described later in the "Kinds of Hajj". "O, Allah! I intend to perform Umrah. Please make it easy for me and accept it from me. Amen."

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ - لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ - لَا شَرِيكَ لَكَ ۝

At Your service, Allah, at Your service. At Your service, you have no partner, at Your service. Truly all praise, favor and sovereignty is Yours; You have no partner.

Ihram is very commonly misunderstood as mere two white sheets of cloth that men are seen wearing while performing Umrah or Hajj. So what exactly is Ihram? The word "Ihram" literally means to make forbidden or haraam. As soon a Haji (Pilgrim) declares his intention or Niyyah of Umrah and utters Talbiyah, certain permissible (halal) things become forbidden (haram) for him. This combined act of Niyyah and Talbiyah is known as Ihram. If someone simply wears the two white sheets without pronouncing his intention and uttering Talbiyah, he has not yet entered the state of Ihram which is why he can still cover his head while offering two Rakahs of Nafil, something which is not allowed when you have actually entered the state Ihram.

PROHIBITIONS OF IHRAM

After intention and Talbiyah, you are in the state of Ihram and from this time on you should avoid the acts that are forbidden in Ihram, for example, here are some of the things a muhrim must not do:

- Cover head (men)
- Cover the middle bone of the upper part of the feet
- Shave / cut hair
- Cut nails
- Applying perfume
- Wear stitched clothing (men)
(Women can wear ordinary clothes)
- Hunting / killing Animals
- Sex, Talking about Sexual Speech
- Fighting with others

3. ENTERING MASJID AL HARAM

(in Makkah, Saudia Arabia)

- Enter with your right foot
- Make dua of the Masjid

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

(In the name of Allah! O Allah! Exalt the mention of your Messenger. O Allah!
Forgive my sins, and open the gates of Your mercy for me).

4. TAWAF (7 ROUNDS AROUND THE KA'BAH)

You must be in Wudu (ablution)

Men to leave their right shoulder bare ONLY during the entire Tawaf, this is called Idtiba'a, after the tawaf men need to cover both shoulders. Start at the Black Stone, either Kiss it if you can, if not Touch it with your right hand, if not Face the Black Stone and point at it with your right hand Say **Bismillah, Allahu Akbar** (just before kissing it/or just before or whilst touching/pointing) For men, to Raml (hasten/briskly walk) during the first 3 rounds of Tawaf and walk normally during the other 4 rounds. Once you reach the Yamani corner, either Touch it with your right hand (do not kiss it), and say **Bimsillah Allahu Akbar** or if unable, then continue without gesturing or saying anything From the Yamani corner to the Black Stone recite

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ ۝

(Our Lord, grant us good in this life and good in the hereafter and save us from the punishment of the Hellfire.

[Quran; 2:201]

Once you return back to the Black Stone, you have completed 1 round, and you need to repeat the above steps 6 more times.

- There is no specific duaas that must be read during the Tawaf. Make as many supplications from your heart, for that which will benefit you. Recite whatever you wish, supplicate to Allah by asking for good, recite the Quran, anything you wish.
- Cover both shoulders with Ihram; DO NOT wear the Ihram under your right armpit.

5. PROCEED TO MAQAAM-E IBRAAHEEM

After Completing Tawaf, proceed to Maqaam-e Ibraheem – (Prophet Ibraheem's station) Recite this verse (which means):

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى ۝

And take you (people) the Maqaam (place) of Ibraheem
as a place of Prayer.

[Quran; 2:125]

Pray two short Rak'ahs, as close as conveniently possible behind Maqaam-e Ibraheem. If it is not possible then you can pray them anywhere in the sacred mosque. It is preferred to recite during the first Rak'ah (after Surah Al Fatiha), Surah Al-Kafiroon and during the second Rak'ah (after Surah Al Fatiha) Surah Al-Ikhlaas

6. GO TO ZAM ZAM WELLS

Make dua before drinking

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا وَاسِعًا،
وَشِفَاءً مِّنْ كُلِّ دَاءٍ ۝

O Allah, I seek beneficial knowledge, wide sustenance and cure from all ailments from You”.

- Drink Zam Zam water
- Pour water over your head
- Return to the Black Stone, touch it with your right hand (as before) if it is not convenient, do nothing and proceed to do Sai.

7. SAI (7 CIRCUITS)

(having wudu is highly recommended, but not compulsory)

Now Proceed towards Safa. It is a Sunnah to be in the state of ablutions during Sa'ey.

Start of Sa'ey at Safa. Climb the hill of Safa and make intention (niyyah) for Sa'ey:

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

(Verily, As-Safaa and Al-Marwah are from the symbols of Allah. So it is not a sin on him who performs Hajj or 'Umrah of the house (ka'bah) to perform the going between them. And whoever does good voluntarily, then verily, Allah is the All-Recognizer, All-Knower

[Quran; 2:158]

أَبَدًا بِمَا بَدَأَ اللَّهُ بِهِ ۝

Indeed Safa and Marwah are from the places of worship of Allah...' 'I begin with what Allah began with.

Dua on top of mount Safa

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ حْدَهُ ۝

Allah is the greatest, Allah is the greatest, Allah is the greatest None has the right to be worshiped except Allah, alone, without a partner. To Him belongs all sovereignty and praise and He is over all things omnipotent. None has the right to be worshiped except Allah alone. He fulfilled His promise, aided His Servant and single-handedly defeated the allies

(There is nothing worthy of worship except Allah, Alone. He has no partner, To Him belongs the kingdom, & all praise belongs to Him, & He has power above all things, There is nothing worthy of worship except Allah, He fulfilled His promise, Granted victory to His servant, And alone He defeated the allied army.)

There is no specific Dua for Sa'ey, recite any Dua's from heart, memory or by looking at good Du'a books between mount Safa and Marwah.

- Then you Praise Allah, Send Salaam upon Muhammad (SA) and then make as much personal Du'as as you like. Pray for anything from the goodness of this life and the next, pray for both yourself and others.
 - Then descend from Mount Safa and go walking towards Mount Marwah
- When you reach the green sign, men are supposed to hasten their walk for a while but do not run. Then return to your normal phase of the walk at the next green sign. You may also recite the Du'a below during Sa'ey

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ
أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ ۝

- Upon reaching Mount Marwah repeat the same procedure as when ascending Mount Safa (face the Qibla, raise your hands and repeat what was said on Mount Safa.) This completes one circuit.

- Continue and complete in total 7 circuits, ending the last one on Mount Marwah. Enjoy the process. You've come all this way, open your heart in glorification and Dua to Allah!
- There are no particular supplications to be recited between Safa and Marwah. It is up to the worshiper to praise Allah or supplicate Him in his own words, or he may recite portions of the Qur'an.

8. AFTER COMPLETING SAI, TRIM/CUT THE HAIR

It is recommended for men are to shave all their hair, but they can trim it all the way around. Women are to shorten their hair by a fingertip.

