

Umrah A Simple Guide

Assuming Ihraam

- It is preferable to take a bath before assuming Ihraam.
- Men are to wear:
 - Clothes that have not been specifically made to fit the shape of the body. This normally consists of two white sheets; one is wrapped around the waist whilst the other is used to cover the top half of the body.
 - Sandals or any other footwear may be worn that does not cover the ankle.
 - It is not permissible to wear a hat or turban.
- Women are to wear their normal dress – with the exception of gloves and Niqaab (the face covering that is tied around the head).
- You may put on the clothing of Ihraam before you reach the Meeqaat.
- It is permissible for the men to apply perfume to their body before they make intention but not after making intention.
- Upon reaching the Meeqaat you make the intention for Umrah by saying the following words:

اللَّهُمَّ لَيْتَكَ عُمْرَةً

(Allaahumma labbayka umrah)

“Here I am O Allah making Umrah”

- For those people arriving by plane to Jeddah, the Meeqaat is passed shortly before landing (20-30mins). It is imperative that one does not pass the Meeqaat without assuming Ihraam.
- It is preferable to say the Talbiyyah in a loud voice from this point onwards:

لَيْتَكَ اللَّهُمَّ لَيْتَكَ ، لَيْتَكَ لَا شَرِيكَ لَكَ لَيْتَكَ ، إِنَّ الْحَمْدَ
وَالنِّعْمَةَ ، لَكَ وَالْمُلْكَ ، لَا شَرِيكَ لَكَ.

(Labbayk allaahumma labbayk, Labbayka laa shareeka laka labbayk,
Innal hamda wan-ni'mata laka wal mulk laa shareeka lak)

“Here I am O Allah, Here I am, there is no partner for You, here I am. Verily all praise is for You, every bounty is from You and all dominion is Yours You have no partner”

- Talbiyyah is to be stopped when you see the house of Allaah in Makkah (Ka'bah).

Entering the Masjid al Haraam

- It is preferable to enter the masjid from Baab Bani Shaibah. It is Sunnah to enter any mosque with the right foot saying the following

بِسْمِ اللَّهِ ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ ،
أَعُوذُ بِاللَّهِ الْعَظِيمِ وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ ،
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ .

(Bismillah, wassalaatu was-Salaamu 'alaa rasoololaah, a'oodhubilaahil 'adheem, wa biwajhihil kareem, wa sultaanihil qadeem, minash shaytaanir rajeem. Allaahummaftahlee abwaaba rahmatik)

“In the name of Allah, Peace and blessing be upon the Messenger of Allah, I seek refuge in Allah the great, in His honourable Face and in His Ancient Authority from the accursed satan.
O Allah open for me the doors of your Mercy”

- Upon seeing the Ka’bah you may raise your hands and make any supplication – one of the Companions of the Prophet (PBUH) (Umar, Alayhi Salaam) would say:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ فَحَيِّنَا رَبَّنَا بِالسَّلَامِ

(Allahumma antas salaam, wa minkas salaam, fahayyinaa rabbanaa bis salaam)

“O Allah You are as-Salaam, and from you is Salaam and greet us our Lord with Salaam”

Performing the Tawaaf

- One must be in the state of Wudoo while performing Tawaaf
- One should go straight to the Black Stone (*Hajar-e-Aswad*), face it and say:

اللَّهُ أَكْبَرُ

(Allahu Akbar)

“Allah is the Greatest”

- Then touch the Black Stone (*Hajar-e-Aswad*) with your hand, kiss it and place your forehead against it. However, if this is not possible then touch it with your hand and kiss your hand. If even this is not possible then just point towards it with your right hand only (not kissing your hand) - this is to be done at the beginning of each circuit of Tawaaf.
- Thus you begin your Tawaaf at the Black Stone, circling the Ka’bah, with the Ka’bah on your left. Each time you reach the Black Stone your next circuit repeat last two points. Seven circuits are to be completed.
- During the Tawaaf the man wears his Ihraam under his right arm pit and over the left shoulder (with the right shoulder bare). The man completes the first three circuits walking quickly with boldness (but not running).

- Each time one passes the Yemeni corner of the Ka'bah (this is the corner before the corner of the Black Stone) it is preferable to touch it with one's hand, if this is not possible due to the crowds then one is not to point towards it.
- The following supplication should be recited between the Yemeni corner and the Black Stone:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

(Rabbanaa aatinaa fid dunyaa hasanatan wa fil aakhirata hasanatan wa qinaa adhaaban naar)

“Our Lord! Give us good in this world and good in the Hereafter, and protect us from the punishment of the fire.”

- There are no particular supplications (*du'aas*) to be recited during tawaaf-therefore one may recite the Qur'aan, or supplicate with any other *du'aa* from the *sunnah* or from ones heart in any language.
- One may cling to the area between the Black Stone (*Hajar-e-Aswad*) and the door of the Ka'bah and supplicate.

After the Tawaaf

- After the Tawaaf one should cover both of his shoulders and proceed to the station of Ibraaheem (*Maqaam Ibraaheem*) and recite:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

(wattakhidhoo mim maqami ibraaheema musalla)

“And take the station of Ibraaheem as a place of Prayer.”

- One should offer a two rak'aat prayer with the station of Ibraaheem between oneself and the Ka'bah. It is preferred to recite *Soorah Kaafiroon* in the first rak'ah and *soorah Ikhlaas* in the second rak'ah.
- Please ensure that you do not walk in front of anyone praying nor allow anyone to walk in front of yourself.
- Next proceed to Zam Zam and drink the water of zam zam and one should also pour it over ones head.
- Return to the Black Stone (*Hajar-e-Aswad*) and touch it and say:

اللَّهُ أَكْبَرُ

(Allaahu akbar)

“Allaah is the Greatest.”

If this is not possible due to the crowds it may be left out.

- The next stage is to go to Safa. Upon approaching the foot of Safa the following should be recited:

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

(Innas-safaa wal marwata min sha'aa-I rillaah. Faman hajjal baita awi'tamara falaa junaaha alahi an yatawwafa bihimaa. Wa man tatawwa'a kharan fa innallaaha shaakirun 'aleem)

“Verily, Safa and Marwa are from the symbols of Allaah. So it is not a sin on him who performs Hajj or Umrah of the house (ka'bah) to compass them round. And whoever does good voluntarily, then verily, Allaah is the All-Recogniser, the All-Knower.”

And:

نَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

(Nabda'u bima bada allaahu bihi)
“We begin with what Allaah began with.”

- Then one is to climb unto Safa until the Ka'bah is visible. Facing the Qibla the following is to be said 3 times, and between each time one is to make supplication:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ.
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى
كُلِّ شَيْءٍ قَدِيرٌ ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ ، وَنَصَرَ عَبْدَهُ
وَهَزَمَ الْأَحْزَابَ وَحْدَهُ.

(Allaahu akbar, Allaahu akbar, Allaahu akbar. Laa ilaaha illallaahu wahdahu la shareekalahu, lahul mulku wala hul hamdu, wa huwa 'alaa qulli shay in qadeer. Laa illaha illallaahu wahdahu, anjaza wa'dahu, wa nasara 'abdahu, wa hazamal ahdhaaba wahdahu)
“Allaah is the Greatest, Allaah is the Greatest, Allaah is the Greatest. None has the right to be worshipped except Allah alone, who has no partner. To Him belongs the dominion, to Him belongs all praise, and He has power over everything. He fulfilled His promise, gave victory to His servant, and defeated the confederates alone.”

- Then descend and go towards Marwa, running between the fluorescent green lights, upon reaching Marwa one is to climb upon it and repeat the same procedure as when ascending Safa (see above point). This completes one circuit. The one continues back to Safa and repeat above point – thus completing two circuits.
- There are no particular supplications to be recited between Safa and Marwa.

- Seven circuits are to be completed ending the last one on Marwa.
- Then one is to have his/her hair cut. For men it should be cut from all over the head not just from one or two places. The women should shorten their hair by a finger-tips length from the end of their hair.
- The rights of Umrah have now been completed and the state of ihraam has ended.

May Allaah accept your Umrah, Ameen.

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