# COMPLETE STEP BY STEP GUIDE TO HOLY UMRAH



**REQUEST FOR PRAYERS** 

**Tanveer A Padder** 

## Introduction

- ★ This is a simple, step by step presentation for Holy Umrah.
- ★ This can be easily printed or downloaded to your computer, Laptop, notebook, I pad, IPhone or any other electronic device
- ★ This would be of great help to people going to perform Umrah.
- ★ This presentation uses pictures and material collected from the Internet and other resources.
- ★ Please feel free to download this presentation and share with your friends and family.
- ★ May Allah accept your Umrah.

# **Virtues of Umrah**

- ★ Umrah is expiation for the sins committed between it and another Umrah. (Bukhari, Muslim)
- ★ The act of Umrah is known to cleanse one's soul from past committed sins.
- ★ It is advised to do Umrah more than once in your lifetime so that it can act as a washing of the sins from the last time one performed Umrah.
- ★ Performing Umrah also protects one from poverty since they are there solely for the sake of Allah(SWT) spending their wealth and time in completing the deed.

# **Virtues of Umrah**

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- ★ Like Hajj, the act of Umrah is amongst the best deeds one can perform when pleasing Allah (swt).
- ★ In the blessed month of Ramadan, the reward of performing Umrah is equal to that of performing Hajj with the Prophet (S).
- ★ Another great virtue of Umrah is that if one passes away in their journey of Umrah, the reward for them is Jennat.

# Things to Take

Important	Toiletries	Medications	Miscellaneous
<ul> <li>★ Passport and photocopy of it</li> <li>★ IPhone/I pad/Laptop/Note book</li> <li>★ Vaccination Card</li> <li>★ Money \$100 bills</li> <li>★ Important contact numbers</li> <li>★ Pocket Qur'an and Dua book</li> <li>★ Prayer Mat</li> <li>★ Nice Camera</li> <li>★ Sunglasses</li> <li>★ Unlocked Mobile phone &amp; charger</li> </ul>	<ul> <li>★ Toothbrush, tooth-paste</li> <li>★ Soap, shower gel, shampoo</li> <li>★ Brush/comb</li> <li>★ Nail cutter,</li> <li>★ Shaving material</li> <li>★ Pocket tissues</li> <li>★ Wet wipes (alcohol &amp; perfume free)</li> <li>★ Deodorant and roll on</li> <li>★ Vaseline</li> <li>★ Cream, lotion or balm</li> <li>★ Anti-bacterial hand sanitizer</li> <li>★ Safety Pins</li> </ul>	<ul> <li>★ Any regular medication you take</li> <li>★ Travel sickness tablets</li> <li>★ Pain relief tablets</li> <li>★ Throat lozenges</li> <li>★ Cold &amp; flu relief</li> <li>★ Band-Aids</li> <li>★ Antacids</li> <li>★ anti-bacterial cream</li> <li>★ Antibiotics (optional)</li> </ul>	<ul> <li>★ Universal adapter</li> <li>★ Alarm clock/Phone</li> <li>★ Ear plugs</li> <li>★ Small Mirror</li> <li>★ Snacks, biscuits etc.</li> <li>★ Plastic zipped bags</li> </ul>

# **Umrah (Step By Step)**

#### 1. Before setting off from home

- ✓ Make Ghusl (full body wash)
- ✓ Whatever Salat is due at the time of travel; ensure it has been prayed in full before setting off
- ✓ Read 2 rakaats of Travelling Salah before setting off
- ✓ When going out of your house/hotel, say:

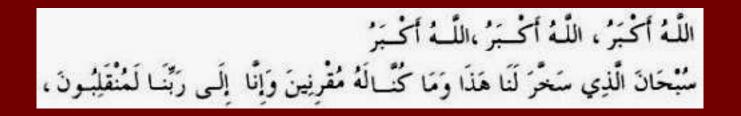


Bismillahi, Tawakkaltu, 'a-lallahi, wa laa hawla wa laa quwatta illah billah

# **Before Setting Off In Car**

#### 2. Before setting off in car

✓ Read Du'aa of Travelling:-



Allahu Akbar, Allahu Akbar, Allahu Akbar. Subhaa-nalathee, Sakha-ra-la-naa ha-thaa wa maa kunaa, lahu muq-ri-nee-na wa innaa ilaa rabbinaa la-mun-qa-le-boon

# **At A Journey Break**

3. At a journey Break, you may say:



A'uthoo bi-kalimaa tillaah-hitammaa ti-min sharri maa khalaq

# During Journey and Next Salah is Due

#### 4. Once you are travelling and next Salat 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) & Ishaa (2 Rakaats) together

✓ Read as many sunnah/nawafil as you like, there is no restriction

# **The Rites Of Umrah**

The only rites of Umrah are:

1. Entering the state of Ihram

2. Tawaf of Ka�bah

3. Sa yee between the hills of Safa and Marwah

4. Shaving or clipping of the hair

# **★ 1.Ihram**

- ★ The literal meaning of Ihram is to make haraam (forbidden).
- ★ When a person pronounces the Niyyah (intention) of Umrah and utters Talbiyah, certain halaal (permissible) things become haraam.
- ★ The two sheets that a haji wears are figuratively known as Ihram but the real Ihram is Niyyah & Talbiyah.
- ★ If someone wears these two sheets and does not declare his intention and utter Talbiyah, he does not become a Muhrim.
- ★ That is why, before Niyyah and Talbiyah, he can cover his head during two rakaats of Nafl, an act which is not allowed in the real state of Ihram.

# **Ihram for Men**

#### **Ihram For Men:-**

★ Ihram for men consists of two pieces of white, unsewn cloth, One of the piece (*izar*) is wrapped round the midriff to cover his body from just above his navel to his ankles, and the other (Rida) is draped around his shoulders to cover the upper *body*.



**Belt** 



# **Ihram for Women**

#### **★ Ihram For Women:-**

According to many hadiths, it is not necessary for a woman to wear special clothing while in a state of ihram. Women are expected to wear clothing that conceals the shape and covers the body completely, leaving only their faces and hands exposed. According to some authors, however, gloves can be worn.



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For Audio/video presentation of this PowerPoint please visit:

https://www.youtube.com/watch?v=W6YLefkgwjc

#### 1. Preparation for Ihram :-

- ✓ Comb your hair
- ✓ Shape the beard
- ✓ Trim your mustache
- ✓ Cut your nails and
- ✓ Remove unwanted body hair

- **2. Purification:-** Take a bath with the intention of Ihram otherwise do wudu. Here it is noted that there are two ways of purification:
  - 1. Purification of Body (Shower or Wudu)
  - 2. Internal Purification (Sincere repentance on your sins. Say something like this:

"O ALLAH, I sincerely repent on my sins and seek you forgiveness"

#### 3. Ihram Sheet:-

✓ Men should wear a sheet of white cloth around the waist and cover the upper body with the other sheet.

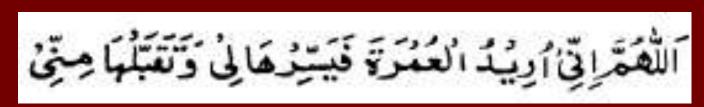
✓ Women's ordinary clothes are their Ihram.

✓ Both should wear the flip-flops (Hawai Chappal ) so that middle bones of the upper part of the feet are not covered.

- **4. Nafl Salat:-** If it is not makruh (undesirable) time, offer two rakaats of nafl for Ihram by covering your heads.
  - 'Qul yaa ayyuhal kaafiroon' in the first raka'at and
  - ' Qul huwallaahu ahad 'in the second raka'at.
- **5. Advice:-** If going to Jeddah by an airplane , it is convenient to get into the status of Ihram inside the plane .

# 2. Intention and Talbiyah

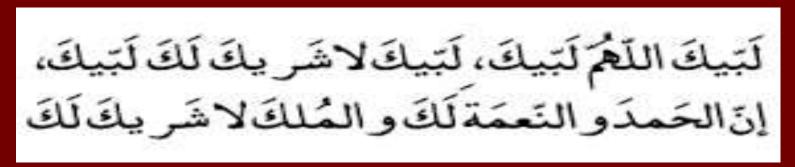
**1. Intention and Talbiyah:-** Now uncover your head and declare your intention.



allaahumma innee ureedul umrata fayassirhaalee wataqabbalhaa minnee

Immediately after that utter the words of Talbiyah three times and as often afterwards as possible. If you don't remember it, you can say its translation in English or in any other language but Talbiah or its translation is pronounced in a loud voice by men and in a subdued voice by women. The literal meaning of Ihram is to make haraam (forbidden).

# **Talbiyah**



"Labbayk, Allahumma Labbayk. Labbayk. La shareeka laka. Labbayk.Innal-hamda wan-n'imata laka wal-mulk. La shareeka lak."

"Here I am, O Lord, here I am,
You indeed have no partner, here I am
No Doubt, all praise and bounties are yours,
and so is the absolute Domain.
You indeed have no partners, here I am"

#### 3. Du'a

★ After this recite Darud Sharif and supplicate to Allah Almighty any du'a in Arabic or in your own language.

"Allahumma inni as'aluka razaka wa janata wa a'uzubika min ghazabika wa'nari"

#### 4. Prohibitions of Ihram

- ★ After intention and Talbiyah, you are in the status of Ihram and from this time on you should not do acts that are forbidden in Ihram.
  - Cover head (men), cover face (women)
  - Cover the middle bone of the upper part of the feet (Both men and women)
  - Shave / cut hair
  - Cut nails
  - Wear perfume
  - Wear stitched clothing (men) / (Women can wear their ordinary clothes)
  - Hunting / killing
  - Sex

# 5. Journey Towards Holy Makkah

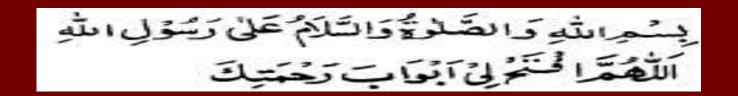
- ★ When this sacred journey towards Makkah al-Mukarrama starts, recite Talbiyah frequently on the way.
- ★ Then enter the city very humbly and with great fondness still reciting Talbiyah. After arranging for your residence, proceed to the Haram Sharif to perform Umrah.
- ★ Ihram: You should be already in Ihram for Umrah before entering Mecca as mentioned above.

# MECCA & HARAM



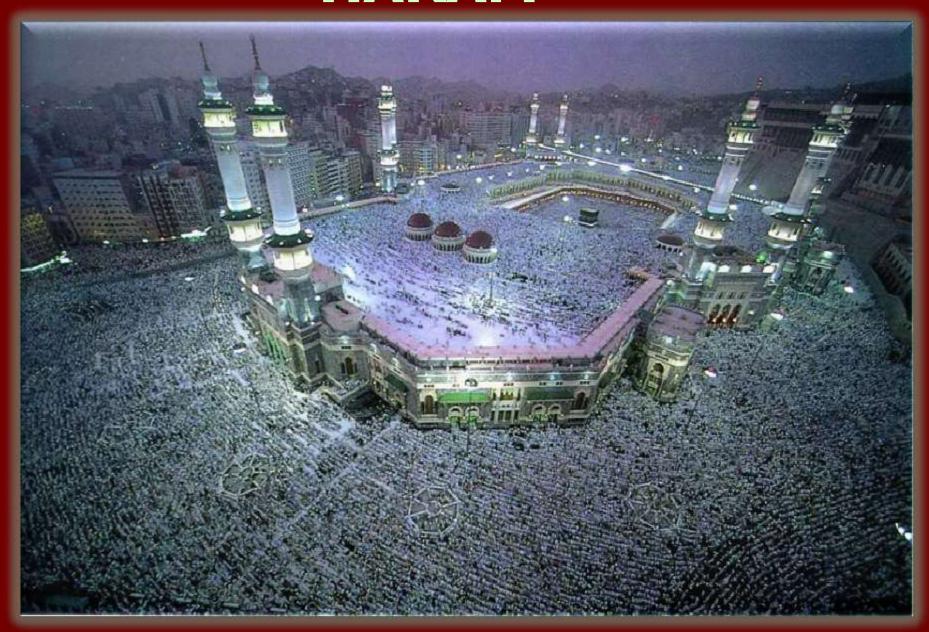
## 5. Entering Masjid al-Haram

★ While reciting Talbiyah, enter Masjid al-Haram preferable through Bab as-Salam with right foot first.



"bismillaahi wassalaatu wassalaamu alaa rasoolillaah. Allaahummaftah lee abwaaba rahmatik"

# **HARAM**



# 6. First Sight

- ★ At the first sight of Ka'bah keep your eyes fixed at Baitullah and standing at one side, it is suggested that you do the following:-
  - √ Say three times



#### "Allahu Akbar, La Ilaha IllAllah"

✓ Proclaim Darud on our beloved Prophet (peace be upon him) and very humbly with tears supplicate to ALLAH for whatever you wish. This is special time for acceptance of prayers.

# 6. First Sight...

- ★ The idea is to praise and glorify your Creator before proclaiming Darud and supplications.
- ★ Therefore, in lieu of Allahu Akbar La Ilaha Illallah. You may recite some other similar holy verses if you desire.

★ After this , while uttering Talbiyah . Move to perform Tawaf of Ka'bah.

#### Restrictions while in the Haram

#### Every good deed or bad deed is multiplied by 100,000 times

- Its plants must not be cut
- \* Its game must not be frightened,
- \* Articles lost in it must not be picked up except by someone making announcement to find the owner,
- \* Nor is any man to bear arms for fighting in it.
- \* These restrictions apply to the Haram of Madinah as well.
- They apply to everyone whether in a state of Ihraam or not, during any time of the year

# 2.TAWAF OF UMRAH

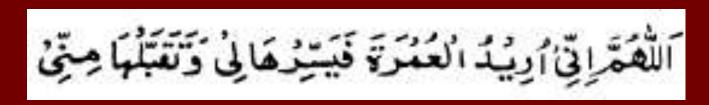
★ Tawaf means circling around something. Here it means moving around Ka�bah seven times with extreme love and devotion.

#### 1. Preparation:

- Pass the upper sheet of Ihram from underneath the right arm and put it on the left shoulder. This act bares the right shoulder and is known as Iztaba.
- Ablutions (wudu) is essential for tawaf. Reciting of Talbiyah is stopped when you reach Hajar-e-Aswad, - the black stone -starting point of tawaf.

#### 2. Niyyah(intention):

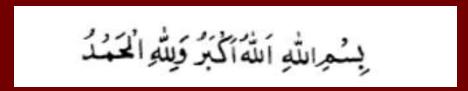
- Stand in front of Ka'bah facing Hajar-e-Aswad (the Black Stone) in such a way that the whole Hajre-e-Aswad is on your right side. To achieve this end, you may get help from the black stripe on the floor. This stripe should be on your right side.
- Then without raising your hands make Niyyah (intention) for Umrah:



" O Allah, I perform Tawaf of Umrah to please You. Make it easy for me and accept it from me."

#### 3. Istilam:

 Now moving toward right, come in front of Hajre-e-Aswad and kiss or touch it with the stick and kiss the stick; if that also not possible, raise your hands to ears keeping open your palm toward Hajre-e-Aswad and say:



#### "Bismillahi Allahu Akbar Wa Lilla hil Hamd"

 And drop your hands down. Now point the palms of your hands again toward Hajre-e-Aswad and kiss them. This act of kissing Hajre-e-Aswad or pointing towards it is called Istilam.

**4. Tawaf Starts:** After Istilam, turn right and start tawaf counter clockwise.

#### **WARNING**

- ★ The authorities often apply perfume to Hajar-e-Aswad, Rukn Yamani and Multazam. If so, do not touch them while in the state of Ihram, otherwise a dum will be required as a penalty.
- ★ During Tawaf, it is not permissible to face or turn your back towards Ka'bah except when you are kissing or pointing towards Hajar-e-Aswad.

#### 5. Ramal:

- ★ For the first three circuits of Tawaf of Umrah and Tawaf of Arrival, men are required to move their shoulders and walk with quick short steps.
- ★ This act is called Ramal and is Sunnah.
- ★ They walk normally during the remaining four circuits.

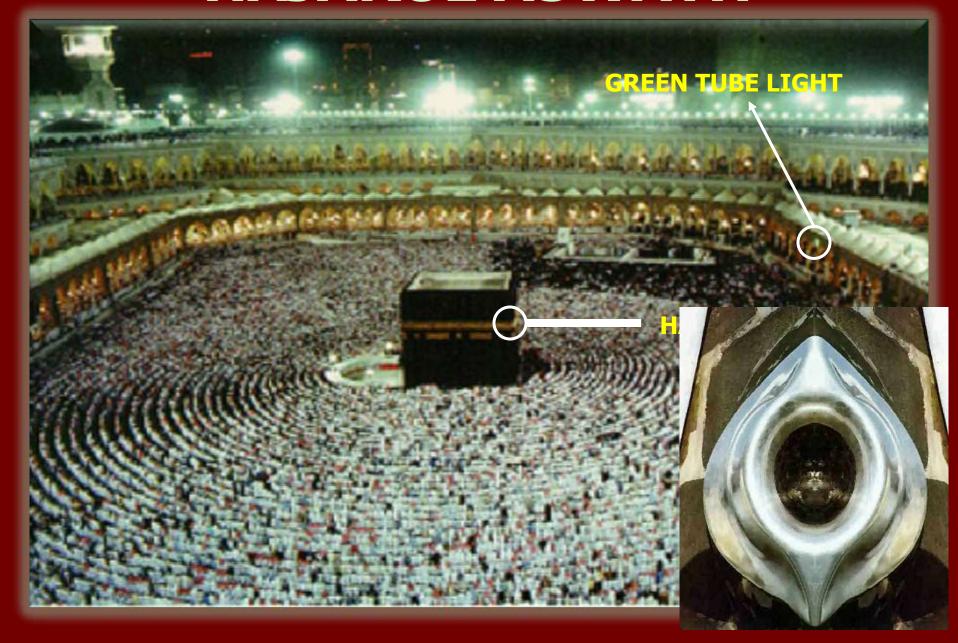
# MAQAM-E-IBRAHIM

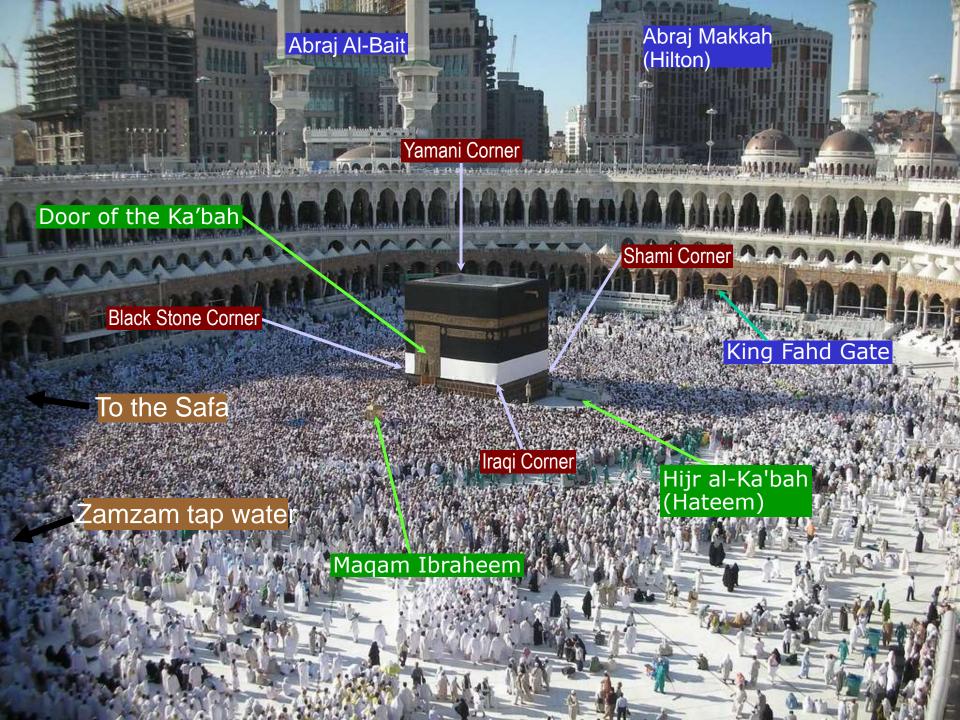


# **HIJR-E-ISLAMEL**



# HAJARUL ASWATH



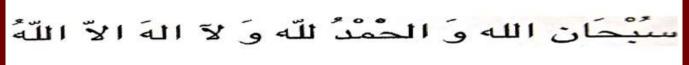


**6. Supplications of Tawaf:** There are no fixed supplications for Tawaf but there are several recommended supplications listed in the books of Hajj and Umrah out of which the following supplication to easy to memorize:



"Subhan-Allah Wal-hamdu-lillahi wa la ilaha ill-Allah wa-Allahu Akbar wa la haula wa la quwwata illa-billah"

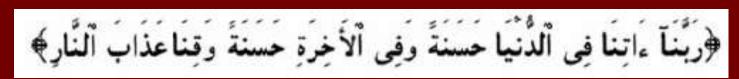
★ If you don't remember these words, you may glorify ALLAH by repeatedly uttering :



Subhan Allah, Al-Hamdu lilla, Allahu Akbar, La Ilaha Illallah, etc.

★ You may also use supplications used in the daily Salah or you may seek forgiveness of Allah and ask Him whatever you wish in your own language.

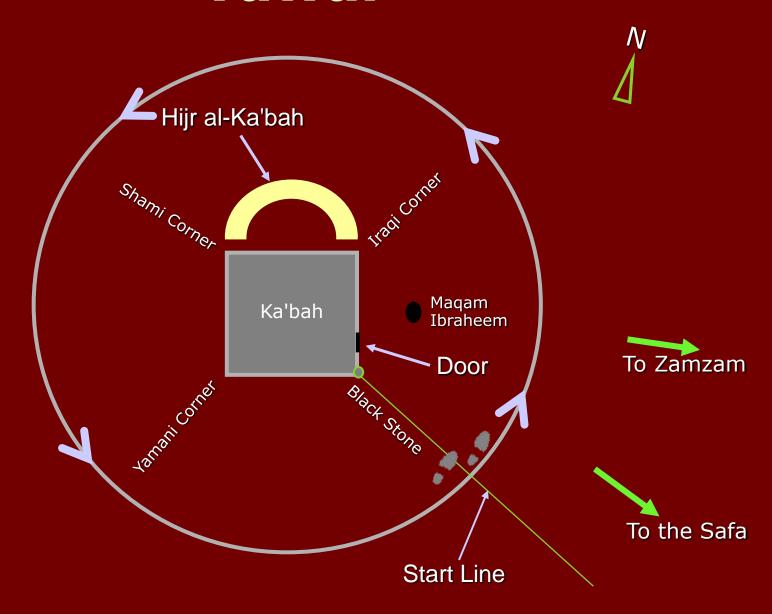
- 7. Hatim: Hatim is a semi-circular half-built portion which was originally a part of the Ka'bah but which could not be included in the main structure when the Ka�bah was rebuilt. It is obligatory to go around Hatim also while performing tawaf.
- 8. Rukh Yamani and Its Supplications: After passing the three corners of the Ka'bah you reach the fourth corner known as Rukn Yamani. Touch it with both hands or with right hand. There is a beautiful supplication to be used while walking between Rukn Yamani and Hajar-e-Aswad:



"Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina azabin-nar."

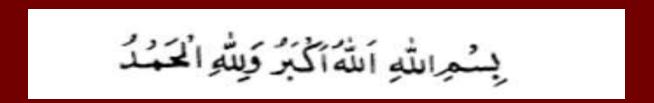
Our beloved Prophet (peace be upon him) has repeatedly recited this supplication. The first circuit is complete when you reach Hajare-Aswad.

# **Tawaf**



#### 9. Seven Circuits:

★ At Hajar-e-Aswad ,start second circuit by kissing it or pointing towards it as you started the first circuit ,i.e., come in the front of Hajar-e-Aswad , raise both hands to your ears with open palms towards it and say :



"Bismillahi Allahu Akbar Wa Lilla hil Hamd"

★ Now kiss both palms and drop your hands. After this go around Ka'abah as you did before and similarly complete the seven circuits.

**10. The End of Tawaf:** At the end of seven circuits, do Istilam of Hajar-e-Aswad or point towards it eighth time which is Sunnat Mu'akidah. Also Say:



"Bismillahi Allahu Akbar Wa Lilla hil Hamd"

**11. Iztaba Finished:** Now Iztaba is finished, therefore , you cover your both shoulders with upper portion of the Ihram sheet. This does not apply to women.

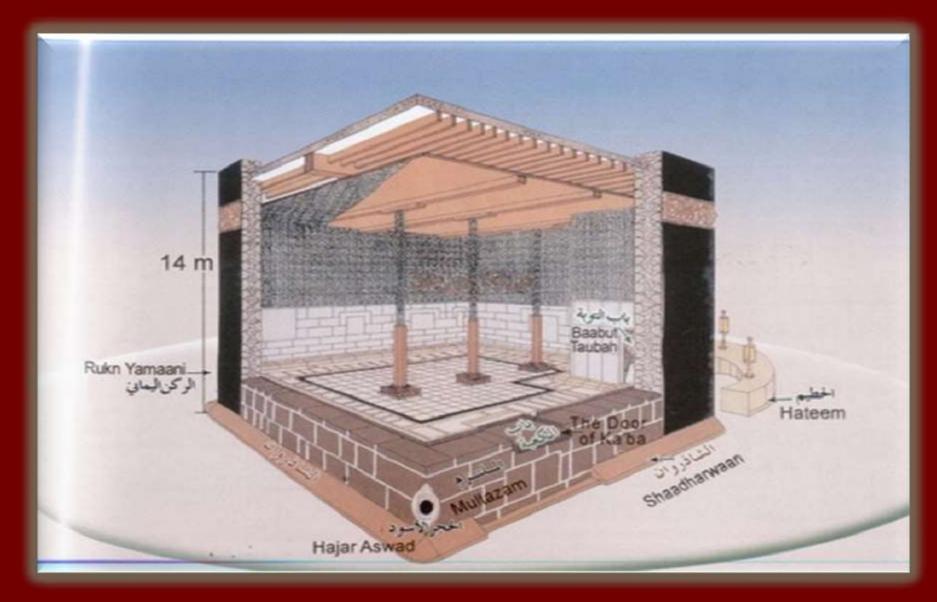
**12. Multazam:** Now, come to Multazam which is a place five or six feet in length between Hajar-e-Aswad and the door of kabah

\* .

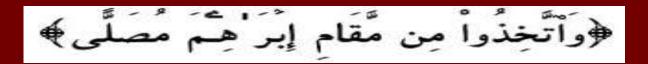
★ This is a highly sacred place where prayers are accepted.

- ★ If it is possible to reach Multazam cling to it pressing your chest and cheeks, and while trembling and crying with devotion and with all humility seek Allah's mercy, His blessings and ask Him whatever you wish.
- ★ If you are unable to come close to Multazam, just face towards it and supplicate from a distance

# The Interior of the Ka'bah



**13.After completing Tawaf :** Proceed to Maqaam-e Ibraaheem - Recite this verse:



- **1.Next offer two rakaats** of nafl behind and close to Maqam Ibrahim without covering your head. If it is zawal time when sajdah is not allowed, you have to wait till this undesirable time is passed and then offer prayers.
- ★ In the niyyah (intention), say that you are offering 2 rakahs of nafls wajib al- tawaf. Recite Qul ya ayya hal kafroon in the first rakah and Qulhu wallah in the second rakah. After this, supplicate to Allah in Arabic or in your own language. Ask Him whatever you wish and invoke His blessings.
- ★ If it is not possible to offer this obligatory prayer near Maqam Ibrahim, it can be offered anywhere in Mataf, or in Hatim or anywhere in Masjid al-Haram or even at any place in Haram of Makkah.

# Two Raka'th of Nafal

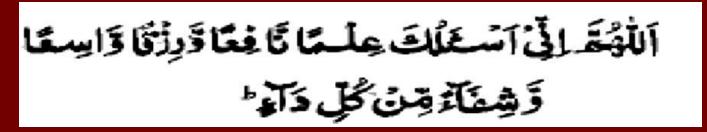


## **After Completing Tawaf**

2. Zamzam: Now go to Zamzam well situated in the basement of the Haram about 200 feet from the Ka'bah door. There are separate portions for men and women. Zamzam is the best available water in the world. Drink this water to fill while in standing position saying Bismillah. Then supplicate to ALLAh:



**ZAMZAM WELL** 



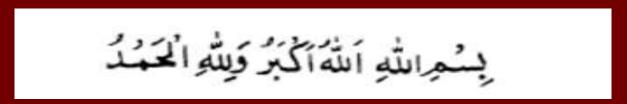
"Allahummah inni as'aluka ilm-an naafi'an wa rizqan waasi'an wa shifa'an min kuli da'in."

## **After Completing Tawaf...**

3. Sa'ey Between the hills of Safa and Marwah

**How to Perform Sa'ey** 

**1. Istilam of Hajar-e-Aswad:** Before starting Sa'ey, do Istilam of Hajar-e-Aswad again the ninth time or point towards it . Saying:

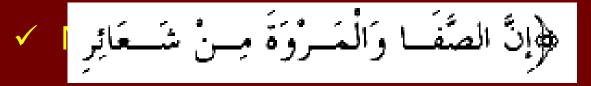


"Bismillahi Allahu Akbar Wa Lilla hil Hamd"

Now proceed towards safa. It is a sunnah to be in the state of ablutions during Sa'ey.

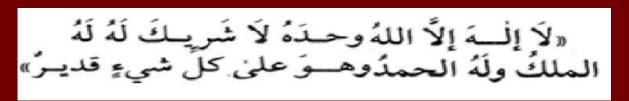
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2. Start of Sa'ey at Safa: Climb the hill of Safa and make intension(niyyah) for Sa'ey.





2. After this Climb to the point where you can see the Ka'bah, then facing the Ka,bah raise your hands in supplication, say Allahu Akbar three times and recite the following supplication or ask ALLAH whatever you wish:



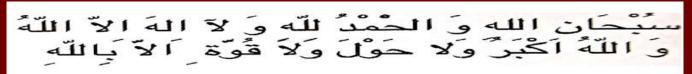
"la ilaha ila Allah wahdahu la sharika lah, lahu al-mulk wa lahu al-hamd, wa huwa `ala kulli shay'in qadir"

★ If you don't remember this , you may use the supplication recited earlier during Tawaf :



"Bismillahi Allahu Akbar Wa Lilla hil Hamd"

3. Proceed toward Marwah: Come down from the Safa and move toward Marwah while reciting this supplication:



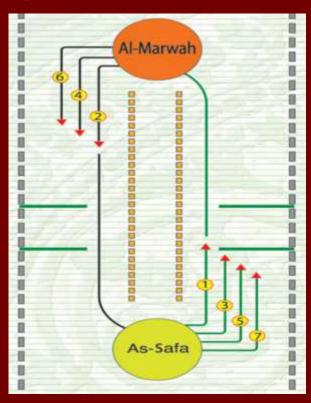
"Subhan-Allah Wal-hamdu-lillahi wa la ilaha ill-Allah wa-Allahu Akbar wa la haula wa la quwwata illa-billah"

★ If you don't remember this supplication also , recite

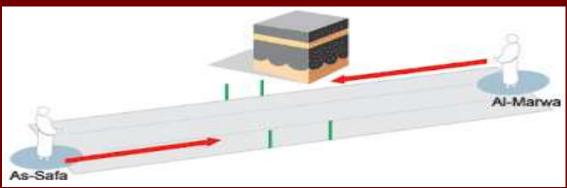
Subhan ALLAH , Alhamdu Lillah , ALLAHu Akba repeadly and keep moving.

You may also praise ALLAH and ask for His mercy in your language or use supplication taken from daily Salah.

When you reach two green pillars between which men have to run but woman walk with their normal pace.







The Sa'iy Area is approximately ½ Km each round. The total seven rounds is approximately 3.5 km.

#### 4. At Marwah:

- ✓ When on top of marwah, praise Allah facing the Ka�bah and repeat the same supplications that were recited at Safa.
- ✓ First round is over, second round will end in Safa and third round will end on Marwah.

#### 5. End of Sa'ey:

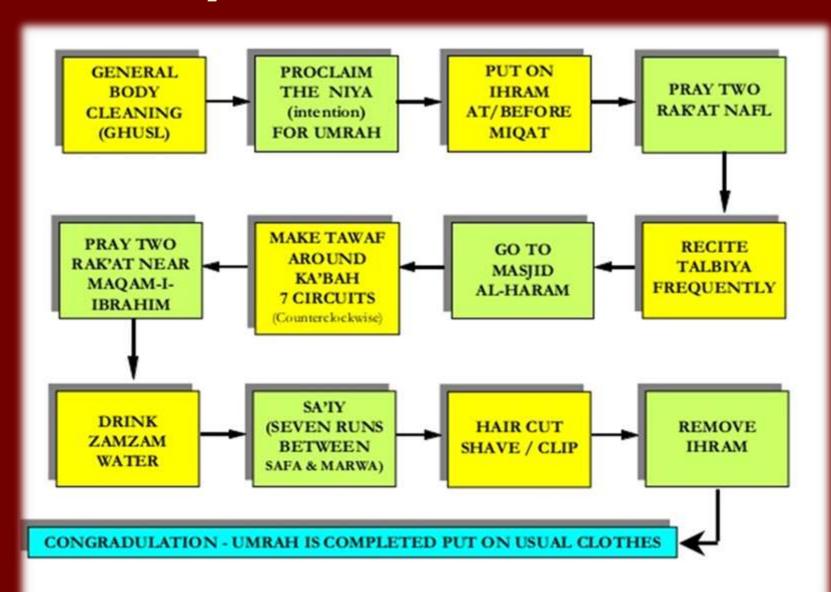
- ✓ In the same way, the seventh round will end at Marwah.
  - ✓ In all rounds the men will run between the green pillars but the women will walk at a normal pace.

- 6. Two Raka of Nafl: If it is not an undesirable (Makrooh) time, offer two raka ats of nafl in the al-Haram.
- **7. While Coming out** of Masjid-ul-Haram, one should first keep the left foot out and then recite the following du'a:

## **Shaving Or Clipping Of Hair**

- ✓ After Sa♠ey, men should get their heads completely shaved or get their hair clipped to the length of the upper third of their finger or a little more.
- ✓ Both shaving and clipping are permissible for men, though shaving is preferable.
- ✓ Women are, however, allowed to have a lock of their hair clipped. They are forbidden to shave their heads.

#### **Summary-How to Perform Umrah**





**Future Expansion of Holy Kabah 2020** 

### **Performing Multiple Umrahs**

- ★ This practice has no basis in the Sunnah of the Prophet (pbuh) or the practice of his companions (rAa).
- ★ Repeating the Umra is not advised as incurs hardship and causes many pilgrims to miss on Fardh prayers because of overcrowding.
  - ★ One who repeats the Umra may be compared to someone who prays the Sunnah of Fajr, and while waiting for the Fard prayer decides to stand up and repeat the Sunnah multiple times, or someone who decides to repeat the Witr prayer after Isha.

#### The exception here is a Umrah which one performs for:

- ★ A deceased person
- ★ A sick or an old person who is not able to perform Umra by himself/herself.
- ★ Fulfillment of a pledge.

