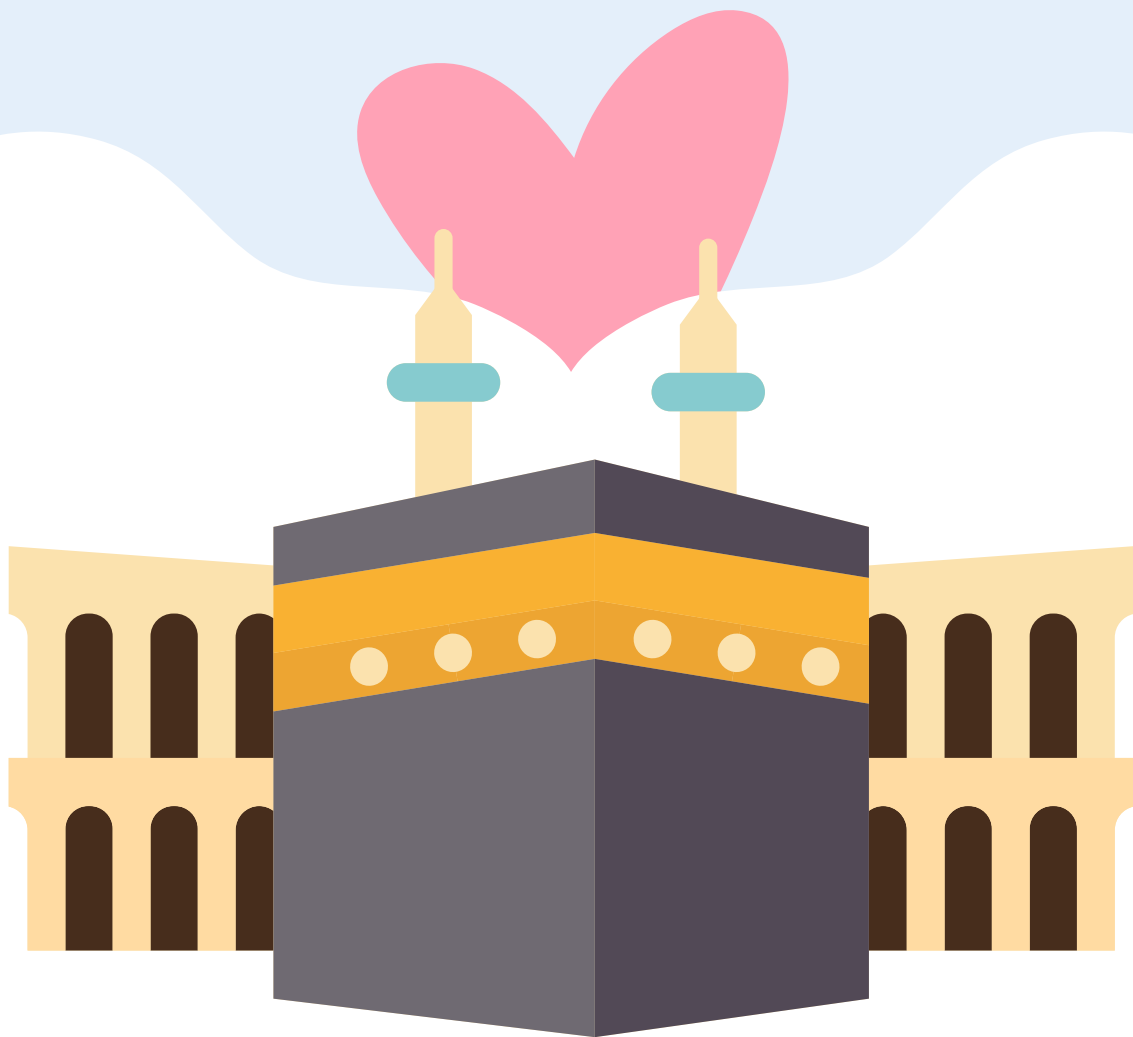


How to perform

UMRAH

with the heart





لا حول ولا قوة الا بالله

DO YOU KNOW WHAT ARE THE VIRTUES OF PERFORMING UMRAH?

FORGIVENESS OF SINS

وعنه أن رسول الله صلى الله عليه وسلم قال: "العمرة إلى العمرة كفارة لما بينهما، والحج المبرور ليس له جزاء إلا الجنة"

The Messenger of Allah (ﷺ) said, "(The performance of) 'Umrah is an expiation for the sins committed between it and the previous 'Umrah; and the reward of Hajj Mabrur (i.e., one accepted) is nothing but Jannah."

(Riyadh As Saliheen, Al Bukhari and Muslim, Book 10, Hadith 5)

(ﷺ) HAJJ WITH THE PROPHET WHEN PERFORMED IN RAMADAN

وعن ابن عباس رضي الله عنهما، أن النبي صلى الله عليه وسلم قال: "عمرة في رمضان تعدل حجة معي."

The Prophet (ﷺ) said, "(The performance of) 'Umrah during Ramadan is equal to Hajj (pilgrimage)." Or said, "Equal to the performance of Hajj with me."

(Riyadh As Saliheen, Al Bukhari and Muslim, Book 10, Hadith 8)

DO YOU KNOW WHAT ARE THE VIRTUES OF PERFORMING UMRAH?

DELEGATION TO ALLAH WHO RESPONDED TO HIM



عَنِ النَّبِيِّ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - قَالَ
"الْغَازِي فِي سَبِيلِ اللَّهِ وَالْحَاجُّ وَالْمُعْتَمِرُ وَفُدُّ اللَّهِ
دَعَاهُمْ فَأَجَابُوهُ وَسَأَلُوهُ فَأَعْطَاهُمْ"

It was narrated from Ibn 'Umar that the Prophet (ﷺ) said: "The one who fights in the cause of Allah, and the pilgrim performing Hajj and 'Umrah are a delegation to Allah. He invited them, so they responded to Him, and they ask Him and He gives to them."

(Sunan Ibn Majah 2893)

REMOVES POVERTY AND SIN

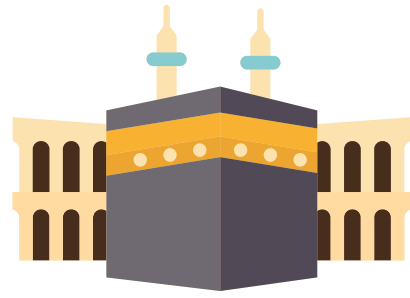


عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
"تَابِعُوا بَيْنَ الْحَجِّ وَالْعُمْرَةِ فَإِنَّ الْمُتَابَعَةَ بَيْنَهُمَا
تَنْفِي الْفَقْرَ وَالذُّنُوبَ كَمَا يَنْفِي الْكَبِيرُ خَبَثَ الْحَدِيدِ"

It was narrated from 'Umar that the Prophet (ﷺ) said: "Perform Hajj and 'Umrah, one after the other, for performing them one after the other removes poverty and sin as the bellows removes impurity from iron."

(Sunan Ibn Majah 2887)

NOW LET'S PERFORM UMRAH.. STEP BY STEP



PACKING BEFORE TRAVEL



We may pack for our trip, but as we are packing, we have to remember to pack faith and taqwa (hold ourselves from following our desires).



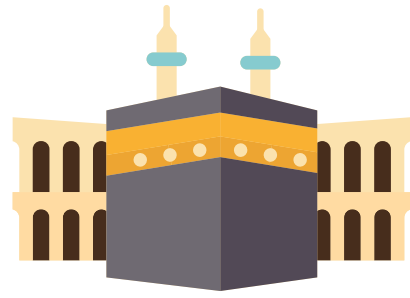
ENTERING THE STATE OF IHRAM



- While on the plane, about one hour before landing, they will announce reaching the meeqat. When we reach, we now enter the state of ihram.
- In this time, we cannot cut our nails, hair, wear perfume or use anything scented such as soap or shampoo. We can use unscented soap and deodorant.



NOW LET'S PERFORM UMRAH.. STEP BY STEP



INTENTION FOR UMRAH



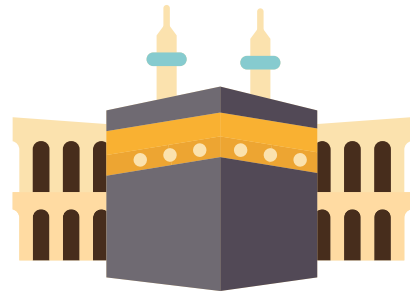
- When we reach the meeqat, we say:

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbayk Allaahumma 'Umratan
Here I am for You, O Allah, to
perform umrah



NOW LET'S PERFORM UMRAH.. STEP BY STEP



SAYING THE TALBIYAH



- Then we start saying the talbiyah throughout our trip. While we are on the plane, at the airport, in the taxi, until we reach Makkah. The talbiyah is the following:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ
لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ
لَا شَرِيكَ لَكَ

Labbayka Allaahumma labbayk
labbayka laa shareeka laka labbayk
Inna al-hamda wa'n-ni'mata laka wa'l-mulk
laa shareeka lak

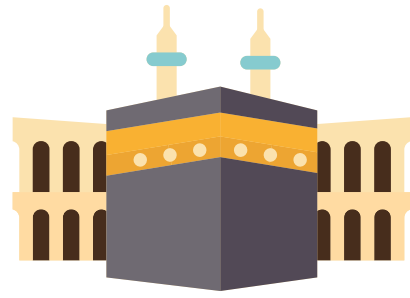
Here I am for You, O Allah, here I am at Your
service

Here I am for You, You have no partner,
here I am at Your service

Truly all praise and blessing belong to You,
and all dominion

You have no partner

NOW LET'S PERFORM UMRAH.. STEP BY STEP



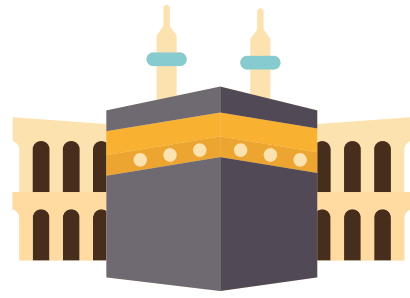
This shows we come to You O Allah sincerely. All praises and blessings are for You because we are going to umrah. We make You One and single You out, coming purely to You.

This is tawheed.

This is (لَا إِلَهَ إِلَّا اللَّهُ).



NOW LET'S PERFORM UMRAH.. STEP BY STEP



ENTERING MASJID AL HARAM



- Enter with the right foot and say:

بِسْمِ اللَّهِ، اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ
اللَّهُمَّ اغْفِرْ لِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ
أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَيُوجِّهُ الْكَرِيمِ،
وَسُلْطَانِهِ الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ

Bismillaah wa'l-salaatu wa'l-salaam
'ala Rasoolillaah.

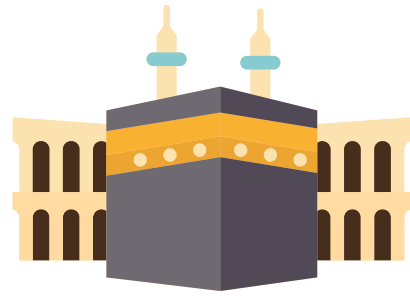
Allaahumma ighfir li dhunoobi
waftah li abwaab rahmatika.

A'oodhu Billaah il-'adheem wa bi wajhihi'l-
kareem wa bi sultaanihi'l-qadeem
min al-shaytaan il-rajeem

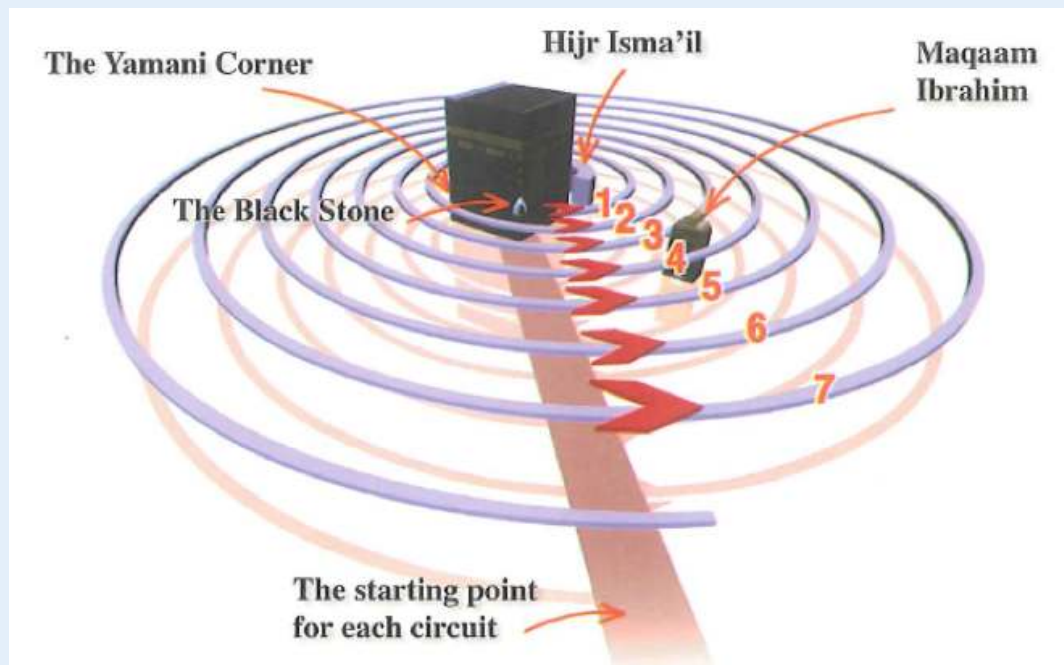
In the Name of Allah, and peace and blessings
be upon the Messenger of Allah. O Allah, forgive
my sins and open to me the gates
of Your mercy.

I seek refuge in Allah the Almighty
and in His Noble Face and in His eternal Power,
from the accursed Shaytaan

NOW LET'S PERFORM UMRAH.. STEP BY STEP



TAWAF



- It is important to be in a state of purity while performing tawaf.
- Head towards the Black Stone (there is a green light indicating where it is)
- Raise your right hand and say:

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ

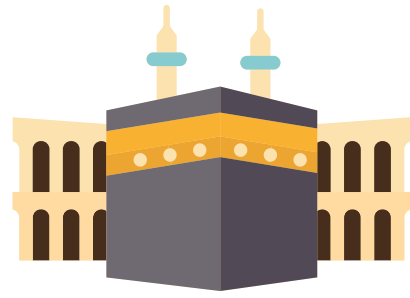
Bismi llāhi wa llāhu akbar

In the Name of Allah, Allah is the Greatest.

It is about magnifying Allah and
not a stone.



NOW LET'S PERFORM UMRAH.. STEP BY STEP



TAWAF



- Start the circuit and turn anti-clockwise
- While going round the Ka'aba, one can recite the Qur'an or say any supplications.

Remember the dua is accepted while in tawaf, so invoke Allah sincerely and purely with devotion.

- When reaching the Yamani Corner, which is the corner before the Black Stone, one says:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

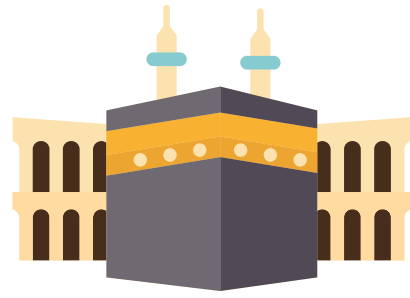
O our Lord, grant us the good of this world, the good of the Hereafter, and save us from the punishment of the fire.

[Surah Al Baqarah 2:201]

- When reaching the Black Stone again, the same is repeated as before.
- Complete a total of 7 circuits.



NOW LET'S PERFORM UMRAH.. STEP BY STEP



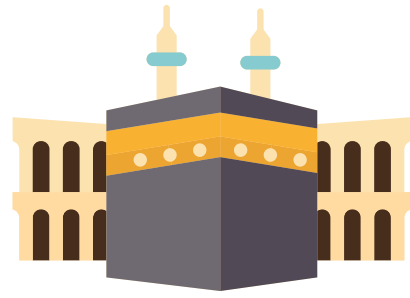
TAWAF



When going round the Ka'ab, it reminds us that we always want to go around the pleasure of Allah. It is important to not look at the crowds otherwise we will get distracted. We should not argue with one other, judge or look down on anyone, because it is a test. If anything disturbs us, we should just make dua to Allah and not comment. While doing tawaf, it is all about activating our faith in Allah and His Most Beautiful Names. When we see tightness, we ask Allah Al Waasi' (The Most Vast) to make space for us. If something is closed, we ask Allah Al Fattaah (The Opener) to open for us. If we want food, we ask Allah Al Muqeet (The Nourisher) to nourish us. If we do not know where to go, we ask Allah Al Haadi (The Guide) to show us. It is not about the people, but it is all about Allah.



NOW LET'S PERFORM UMRAH.. STEP BY STEP



TWO UNITS OF PRAYER BEHIND MAQAM IBRAHIM

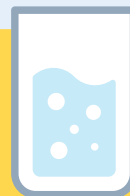


- Maqam Ibrahim has the footprints of Ibrahim (عليه السلام) which shows his determination when raising the foundation of the House.
- One offers two units of prayer behind it if possible. If not, then anywhere in the mosque.
- Recite the following in the prayer:
 - First unit: Surah Al Kafiroon
 - Second unit: Surah Al Ikhlaas

It is all about tawheed.

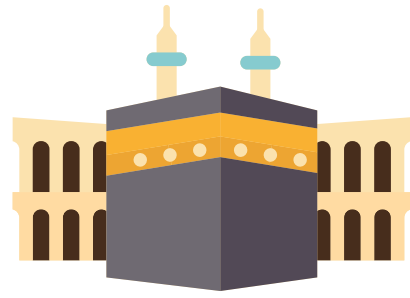


DRINK ZAMZAM WATER



- If not fasting, then drink Zamzam water and remember it is for what you drink it for.

NOW LET'S PERFORM UMRAH.. STEP BY STEP



SA'AEE - SAFA AND MARWA



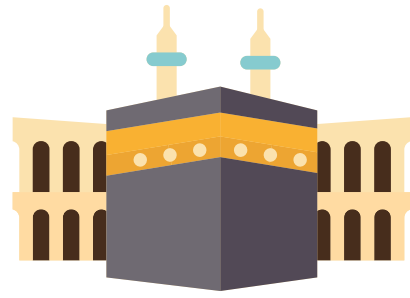
- Then head to Safa and Marwah which are mountains. This is the place where Hajar ran back and forth to find water for her child Ismaeel (عليه السلام). Note how Allah appreciated this action and made it a symbol.
- There are three levels there where the sa'ee can be performed.
- The following is recited while heading there:

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

Indeed, as-Safa and al-Marwah are among the symbols of Allah. So whoever makes Hajj to the House or performs 'umrah - there is no blame upon him for walking between them. And whoever volunteers good - then indeed, Allah is appreciative and Knowing.

[Surah Al Baqarah 2:158]

NOW LET'S PERFORM UMRAH.. STEP BY STEP



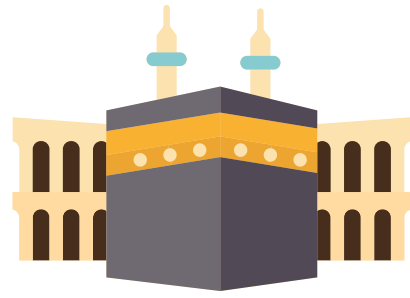
SA'AEE - SAFA AND MARWA



Sa'ee means to strive,
so we strive for Allah in this life.
Tawaf is more about ourselves revolving
around the pleasure of Allah.
But Sa'ee is about striving in life, for our
children and our family,
but all for Allah.



NOW LET'S PERFORM UMRAH.. STEP BY STEP



REACHING SAFA



- When reaching Safa, a person faces the Ka'aba, and says:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

Allāhu akbar, Allāhu akbar, Allāhu akbar

Allah is the greatest; Allah is the greatest; Allah is the greatest

**لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ**

Laa ilaaha ill-Allaah wahdahu laa shareeka lah, lahu'l-mulk wa lahu'l-hamd

wa huwa 'ala kulli shay'in qadeer

There is no god but Allah alone, with no partner or associate, His is the dominion and to Him be praise, and He is able to do all things

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Laa ilaaha ill-Allaah wahdahu anjaza wa'dah wa nasara

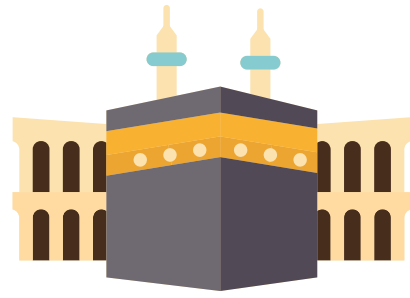
'abdah wa hazama al-ahzaaba wahdah

There is no god but Allah alone, He fulfilled His promise and granted victory to His slave and defeated the confederates (enemies) alone.

We see how Allah is The King and all dominion belongs to Him. He is able to do all things.



NOW LET'S PERFORM UMRAH.. STEP BY STEP



REACHING SAFA



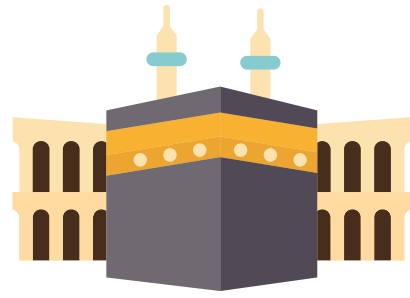
- Any dua can be said after this.
- Then repeat saying the above supplication a second and third time, while making dua after each time.

START HEADING TO MARWAH



- After reaching Safa and saying the above supplication, start heading to Marwah.
- One can recite the Qur'an or make any dua in that time as that is also accepted.
- When reaching the green light, only men have to run and not women.
- When reaching Marwah, the same supplication is repeated again (3) times in the same manner with dua after each time.

NOW LET'S PERFORM UMRAH.. STEP BY STEP



اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

Allāhu akbar, Allāhu akbar, Allāhu akbar

Allah is the greatest; Allah is the greatest; Allah is the
greatest

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Laa ilaaha ill-Allaah wahdahu laa shareeka lah, lahu'l-
mulk wa lahu'l-hamd

wa huwa 'ala kulli shay'in qadeer

There is no god but Allah alone, with no partner or
associate, His is the dominion and to Him be praise, and
He is able to do all things

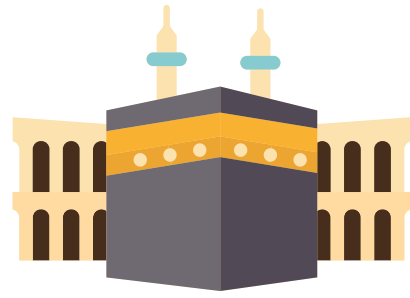
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Laa ilaaha ill-Allaah wahdahu anjaza wa'dah wa nasara
'abdah wa hazama al-ahzaaba wahdah

There is no god but Allah alone, He fulfilled His promise
and granted victory to His slave and defeated the
confederates (enemies) alone.

- Then continue to Safa and repeat in the same manner until completing 7 circuits.

NOW LET'S PERFORM UMRAH.. STEP BY STEP



CUTTING THE HAIR - EXITING IHRAAM



- For the lady: she can cut her hair at the hotel. The length of a finger tip is to be cut to exit ihram.
- For the man: he can have his hair trimmed (at least an inch) or shaved at the barber.
- Now you have completed your umrah and can exit the state of ihram. May Allah accept your umrah.

Look at how we sacrifice something so little
for Allah and with no pain.



PRAYER FOR THE DEAD

1ST TAKBEER

1

- 1st takbeer he seeks refuge with Allah from the shaitan and then recites Surah Al Fatiha

2ND TAKBEER

2

- 2nd takbeer he recites the final tashahud:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ
وَعَلَى آلِ إِبْرَاهِيمَ ، إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى
آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ ، إِنَّكَ حَمِيدٌ
مَجِيدٌ

Allaahum-ma sallee ‘alaa muhammad wa ‘alaa aali muhammad kamaa sal-layta ‘alaa ibraaheem wa ‘alaa aali ibraaheem, innaka hameedum majeed, Allaahum-ma baarik ‘alaa muhammadi wa ‘alaa aali muhammad kamaa baa-rakta ‘alaa ibraaheem wa ‘alaa aali ibraaheem, innaka hameedun majeed

O Allah, send prayers upon Muhammad and the followers of Muhammad, just as You sent prayers upon Ibraheem and upon the followers of Ibraheem. Verily, You are full of praise and majesty. O Allah, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibraheem and upon the family of Ibraheem. Verily, You are full of praise and majesty.

PRAYER FOR THE DEAD

3RD TAKBEER

3

- 3rd takbeer he makes dua for the dead.

اللَّهُمَّ اغْفِرْ لَهُ، وارحمه، وعافه، واعف عنه، وأكرم نزله، ووسع مدخله
واغسله بالماء والثلج والبرد ونقه من الخطايا، كما نقيت الثوب
الأبيض من الدنس، وأبدله داراً خيراً من داره، وأهلاً خيراً من أهله،
وزوجاً خيراً من زوجه، وأدخله الجنة، وأعذه من عذاب القبر، ومن
عذاب النار

Allahummaghfir lahu, warhamhu, wa 'afihi, wa'fu 'anhu, wa
akrim nuzulahu, wa wassi' mudkhalahu, waghsilhu bil-ma'i
wath-thalji wal-baradi, wa naqqihi minal-khataya, kama
naqqaytath-thawbal-abyada minad-danasi, wa abdilhu
daran khairan min darihi, wa ahlan khairan min ahlihi, wa
zawjan khairan min zawjihi, wa adkhilhu-Jannata, wa a'idh-
hu min 'adhabil- qabri, wa min 'adhabin-nar

[if the dead person is a woman, one should change the ending of
certain words in this supplication from hu to ha]

O Allah! Forgive him, bestow mercy upon him, pardon him,
accord him a noble provision and make his grave spacious,
wash him with water, snow and hail, purify him from sins as
You have purified the white garment from soiling, give him a
better abode in place of his present one, and a better family
in exchange of his present one, and a better spouse in place
of his present wife; admit him to Jannah and protect from
the trial in the grave and punishment in the Hell

PRAYER FOR THE DEAD



4TH TAKBEER

4

- 4th takbeer nothing is said then the imam says salam to the right only. It's sunnah to raise the hands for every takbeer.

This reminds us that this is life is transient.
And one day we will be the same like them.
We want to live a life of no regrets and that
is when we love Allah and His Messenger (ﷺ).



الحمد لله رب العالمين

All praises are due to Allah,
Lord of the Worlds



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