



**The Sa'i journey**

### **The Legal Basis for Sa'i**

The legal basis for Sa'i is the word of Allah (SWT) in the Quran:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَارِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ (١٥٨)

"Indeed, Safa and Marwah are among the symbols of Allah. So whoever performs Hajj to the House or performs 'umrah - there is no blame upon him for walking between them. And whoever does good voluntarily - then indeed, Allah is appreciative and Knowing." (Surah Al-Baqarah [2]: 158)

### **The procedure for performing Sa'i - Prayer when about to ascend Mount Safa.**

أَبْدَأُ بِمَا بَدَأَ اللَّهُ وَرَسُولُهُ (إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ)

"I begin with what Allah and His Messenger have begun. Indeed, Safa and Marwah are among the rituals of Allah. So whoever performs Hajj to the House or performs 'Umrah, there is no blame upon him for circumambulating them. And whoever does good voluntarily - then indeed, Allah is Appreciative, Knowing."

1. I intend to perform Sa'i and I supplicate as soon as I am at the Safa Hill to begin Sa'i, as follows:

اَللّٰهُمَّ اِنِّيْ اُرِيْدُ اَنْ اَسْعٰى بَيْنَ الصَّفَا وَالْمَرْوَةِ سَبْعَةَ اَشْوَاطٍ  
سَعْيِ الْعُمْرَةِ لِلّٰهِ تَعَالٰى

"O Allah, indeed I intend to perform Sa'i between Safa and Marwah, seven rounds, as an act of 'Umrah for the sake of Allah, the Exalted."

In the direction of the Kaaba, while raising my hands and waving towards the House of Allah, I say:

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ وَلِلّٰهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

2. Dua at the Beginning of Sa'i

اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ اَللّٰهُ اَكْبَرُ، لَا اِلٰهَ اِلَّا اَللّٰهُ وَحْدَهُ لَا شَرِيْكَ  
لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِيْ وَيُمِيْتُ، بِيْدِهِ الْخَيْرُ، وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ. لَا اِلٰهَ اِلَّا اَللّٰهُ  
وَحْدَهُ وَاَعْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْاَحْزَابَ وَحْدَهُ. لَا اِلٰهَ اِلَّا اَللّٰهُ وَلَا نَعْبُدُ اِلَّا اِيَّاهُ  
مُخْلِصِيْنَ لَهُ الدِّيْنَ وَلَوْ كَرِهَ الْكَافِرُوْنَ

"Allahu Akbar, Allahu Akbar, Allahu Akbar. There is no deity except Allah, alone without any partners. To Him belongs the dominion, and to Him belongs all praise. He gives life and causes death, and in His hand is all goodness, and He is over all things competent. There is no deity except Allah, alone, without any partner. His is the dominion, and to Him belongs all praise. He gives life, and He causes death, and He is over all things competent. There is no deity except Allah, and we worship none but Him, sincerely devoting the religion to Him, even if the disbelievers detest it."

### 3. Initiating the Journey and Dua

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ. اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ  
كَثِيرًا وَسُبْحَانَ اللَّهِ الْعَظِيمِ بِحَمْدِهِ الْكَرِيمِ بُكْرَةً وَأَصِيلًا لَا  
وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ وَسَبِّحْهُ لَيْلًا طَوِيلًا لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَعْجَزَ وَعْدُهُ وَنَصَرَ عَبْدَهُ  
وَهَزَمَ الْأَحْزَابَ وَحْدَهُ لَا شَيْءَ قَبْلَهُ وَلَا بَعْدَهُ يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ دَائِمٌ لَا يَمُوتُ وَلَا  
يَفُوتُ أَبَدًا بِيَدِهِ الْخَيْرُ وَإِلَيْهِ الْمَصِيرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

"Allahu Akbar, Allahu Akbar, Allahu Akbar. Allahu Akbar is Great, and praise is due to Allah abundantly. Glory be to Allah, the Magnificent, with His generous praise. In the morning and in the evening, prostrate to Him and glorify Him for a long night. There is no deity except Allah alone, He fulfilled His promise, aided His servant, and defeated the confederates alone. There is nothing before Him and nothing after Him. He gives life and causes death, and He is ever-living, never dying, and He never fails. In His hand is all goodness, and to Him is the final destination. He has power over all things."

### 4. Dua Between the Green Lights

رَبِّ اغْفِرْ وَارْحَمْ وَتَكَرَّمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ إِنَّكَ تَعْلَمُ مَا لَا  
نَعْلَمُ إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ.

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely, You are the All-Knowing, Most Honorable, Most Generous."

## 5. Dua After Passing the Green Light

رَبَّنَا نَجِّنَا مِنَ النَّارِ سَالِمِينَ فَرِحِينَ مُسْتَبْشِرِينَ مَعَ عِبَادِكَ الصَّالِحِينَ مَعَ الَّذِينَ أَنْعَمَ  
اللَّهُ عَلَيْهِمْ مِنَ النَّبِيِّينَ وَالصِّدِّيقِينَ وَالشُّهَدَاءِ وَالصَّالِحِينَ وَحَسُنَ أُولَئِكَ رَفِيقًا ، ذَلِكَ  
الْفَضْلُ مِنَ  
اللَّهِ وَكَفَى بِاللَّهِ عَلِيمًا. لَا إِلَهَ إِلَّا اللَّهُ تَعَبُّدًا وَرِقًّا. لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّاهُ مُخْلِصِينَ لَهُ  
الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ

"Our Lord, save us from the Fire, safely and sound. Joyful and blissful, we shall be, along with Your righteous servants—those You have blessed among the prophets, the truthful, the martyrs, and the righteous. How excellent are these companions! This is the grace from Allah, and Allah is sufficient as All-Knowing. There is no god but Allah, devoted in worship and submission. There is no god but Allah, and we worship Him sincerely, even if the disbelievers detest it."

## 6. Dua When Starting to Climb Mount Marwah.

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)

Waving hands towards the Kaaba while still on Mount Marwah and saying:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

## 7. Lifting the hands and waving towards the Kaaba while dua.

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ لَا إِلَهَ إِلَّا اللَّهُ الْوَاحِدُ  
الْقَرُّدُ الصَّمَدُ، الَّذِي لَمْ يَتَّخِذْ صَاحِبَةً وَلَا وَلَدًا وَلَمْ يَكُنْ لَهُ شَرِيكٌ فِي الْمُلْكِ وَلَمْ  
يَكُنْ لَهُ وَلِيٌّ مِنَ الذَّلِّ وَكَبَّرَهُ تَكْبِيرًا. اَللّٰهُمَّ اِنَّكَ قُلْتَ فِي كِتَابِكَ الْمُنَزَّلِ اِدْعُوْنِي  
اَسْتَجِبْ لَكُمْ دَعْوَتَاكَ رَبَّنَا فَاعْفِرْ لَنَا كَمَا وَعَدْتَنَا اِنَّكَ لَا تُخْلِفُ الْمِيعَادَ. رَبَّنَا اِنَّا  
سَمِعْنَا مُنَادِيًا يُنَادِي لِلْاِيْمَانِ اَنْ اٰمِنُوْا بِرَبِّكُمْ فَاٰمَنَّا. رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ  
عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا مَعَ الْاَبْرَارِ. رَبَّنَا اٰتِنَا مَا وَعَدْتَنَا عَلٰى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ  
اِنَّكَ لَا تُخْلِفُ الْمِيعَادَ. رَبَّنَا عَلَيْنِكَ تَوَكَّلْنَا وَآلَيْنَكَ اٰتَيْنَا وَالَيْكَ الْمَصِيْرُ. رَبَّنَا اغْفِرْ لَنَا  
ذُنُوبَنَا وَلِاِخْوَانِنَا الَّذِيْنَ سَبَقُوْنَا بِالْاِيْمَانِ وَلَا تَجْعَلْ فِي قُلُوْبِنَا غِلًا لِلَّذِيْنَ اٰمَنُوْا رَبَّنَا  
اِنَّكَ رَءُوْفٌ رَّحِيْمٌ

"Allahu Akbar, Allahu Akbar, Allahu Akbar, and to Allah belongs all praise. There is no god but Allah, the One, the Absolute, who has not taken a partner nor a son, and He has no equal in sovereignty, nor has He a helper due to weakness. So, glorify Him with great glorification. O Allah, You have said in Your revealed Book, 'Call upon Me; I will respond to you.' Our Lord, we have heard a caller calling to faith, saying, 'Believe in your Lord,' and we have believed. Our Lord, forgive us our sins, wipe out our evil deeds, and grant us death with the righteous. Our Lord, grant us what You promised us through Your messengers and do not disgrace us on the Day of Resurrection. Surely, You do not break the promise. Our Lord, upon You we have relied, and to You we have turned, and to You is the destination. Our Lord, forgive us our sins and the sins of our brothers who preceded us in faith, and do not put in our hearts resentment toward those who have believed. Our Lord, indeed You are Kind, Merciful."

## 8. Dua for the Second journey (Towards Safa)

Reading the dua upon reaching the space between the green-colored pillars (lamps) while in a state of running:

رَبِّ اغْفِرْ وَارْحَمْ وَتَكَرَّمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ اِنَّكَ تَعْلَمُ مَا لَا  
نَعْلَمُ اِنَّكَ اَنْتَ اللَّهُ الْاَعَزُّ الْاَكْرَمُ

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely, You are the All-Knowing, Most Honorable, Most Generous."

## 9. Dua while climbing Mount Safa

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)

Waving hands towards the Kaaba while still on Mount Safa and saying:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

#### 10. Dua on the Third Journey (Heading towards Marwah)

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ. رَبَّنَا أَتِمِّمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَى  
كُلِّ شَيْءٍ قَدِيرٌ. اَللّٰهُمَّ اِنِّيْ اَسْأَلُكَ الْخَيْرَ كُلَّهُ عَاجِلُهُ وَاَسْتَغْفِرُكَ لِذَنْبِيْ وَاَسْأَلُكَ  
رَحْمَتَكَ يَا اَرْحَمَ الرَّاحِمِيْنَ

"Allahu Akbar, Allahu Akbar, Allahu Akbar, and to Allah belongs all praise. Our Lord, complete our light for us and forgive us. Indeed, You are over all things competent. O Allah, I ask You for all goodness, both immediate and delayed, and I seek Your forgiveness for my sins. I ask for Your mercy, O Most Merciful of the merciful."

Reading the dua upon reaching the space between the green-colored pillars (lamps) while in a state of running:

رَبِّ اغْفِرْ وَاَرْحَمْ وَتَكْرَّمْ وَتَجَاوَرُ عَمَّا تَعْلَمُ إِنَّكَ تَعْلَمُ مَا لَا  
نَعْلَمُ إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely, You are the All-Knowing, Most Honorable, Most Generous."

**11. After passing the green light, moving towards Marwah, recite the following dua:**

رَبِّ زِدْنِي عِلْمًا وَلَا تُزِغْ قَلْبِي بَعْدَ إِذْ هَدَيْتَنِي، وَهَبْ لِي مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ  
الْوَهَّابُ اللَّهُمَّ عَافِنِي فِي سَمْعِي وَبَصَرِي لَا إِلَهَ إِلَّا أَنْتَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ. لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ  
مِنَ الْكُفْرِ وَالْفَقْرِ. اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ وَبِمُعَافَاتِكَ مِنْ عُقُوبَتِكَ  
وَأَعُوذُ بِكَ مِنْكَ لَا أُحْصِي ثَنَاءً عَلَيْكَ أَنْتَ كَمَا أَثْنَيْتَ عَلَى نَفْسِكَ فَلَكَ الْحَمْدُ حَتَّى  
تَرْضَى .

"O my Lord, increase me in knowledge and do not let my heart deviate after You have guided me. Bestow upon me mercy from Your own, for You are the Bestower. O Allah, protect my hearing and sight. There is no god but You. O Allah, I seek refuge in You from the punishment of the grave. There is no god but You; Glory be to You. Indeed, I have been among the wrongdoers. O Allah, I seek refuge in You from disbelief and poverty. O Allah, I seek refuge in Your pleasure from Your anger, and in Your forgiveness from Your punishment. I seek refuge in You from You. I cannot fully praise You as You have praised Yourself. You are as You have praised Yourself."

When approaching Mount Marwah, begin to ascend it and recite the Quranic verse:

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)



Waving hands towards the Kaaba while still on Mount Marwah and saying:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

## 12. Dua for the Fourth journey (Towards Safa)

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ اللَّهُمَّ إِنِّي أَسْأَلُكَ  
مِنْ خَيْرِ مَا تَعْلَمُ وَأَعُوذُ بِكَ مِنْ شَرِّ مَا تَعْلَمُ وَأَسْتَغْفِرُكَ مِنْ كُلِّ مَا تَعْلَمُ إِنَّكَ أَنْتَ عَلَّامُ  
الْغُيُوبِ. لَا إِلَهَ إِلَّا اللَّهُ الْمَلِكُ الْحَقُّ الْمُبِينُ مُحَمَّدٌ رَسُولُ اللَّهِ صَادِقُ الْوَعْدِ الْأَمِينُ  
،اللَّهُمَّ إِنِّي أَسْأَلُكَ كَمَا هَدَيْتَنِي لِلْإِسْلَامِ أَنْ لَا تُزِعَّهُ مِنِّي حَتَّى تَتَوَقَّيْنِي وَأَنَا مُسْلِمٌ  
اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا وَفِي سَمْعِي نُورًا وَفِي  
بَصَرِي نُورًا. اللَّهُمَّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَأَعُوذُ بِكَ مِنْ وَسْوَاسِ الصَّدْرِ  
وَسْوَاسِ الْأَمْرِ وَفِتْنَةِ الْقَبْرِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا يَلِجُ فِي اللَّيْلِ وَشَرِّ مَا يَلِجُ فِي  
النَّهَارِ وَمِنْ شَرِّ مَا تَهْبُ بِهِ الرِّيحُ يَا أَرْحَمَ الرَّاحِمِينَ. سُبْحَانَكَ مَا عَبَدْنَاكَ حَقَّ  
عِبَادَتِكَ يَا اللَّهُ سُبْحَانَكَ مَا ذَكَرْنَاكَ حَقَّ ذِكْرِكَ يَا اللَّهُ

" Allahu Akbar, Allahu Akbar, Allahu Akbar, and to Allah belongs all praise. O Allah, I ask You for the goodness that You know and seek refuge in You from the evil that You know. I seek Your forgiveness for all that You know. Surely, You are the Knower of the unseen. There is no god but Allah, the True King, the Manifest One. Muhammad is the Messenger of Allah, the truthful in promise, the trustworthy. O Allah, I ask You, just as You guided me to Islam, to not let it be taken away from me until You take my soul while I am a Muslim. O Allah, place light in my heart, my hearing, and my sight. O Allah, expand my chest, make my affairs easy, and protect me from the whisperings of the heart, the disarray of affairs, and the trial of the grave. O Allah, I seek refuge in You from the evil that enters during the night and the evil that occurs during the day, and from the evil of the winds. O Most Merciful of the merciful. Glory be to You, we have not worshiped You as You deserve, and we have not remembered You as You deserve, O Allah."

Reading the dua upon reaching the space between the green-colored pillars (lamps) while in a state of running:

رَبِّ اغْفِرْ وَارْحَمْ وَتَكْرَّمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ إِنَّكَ تَعْلَمُ مَا لَا نَعْلَمُ إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely, You are the All-Knowing, Most Honorable, Most Generous."

When approaching Mount Safa, begin to ascend it and recite the Quranic verse:

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)

Waving hands towards the Kaaba while still on Mount Safa and saying:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

### 13. Dua on the Fifth Journey (Heading towards Marwah)

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ سُبْحَانَكَ مَا شَكَرْنَاكَ حَقَّ شُكْرِكَ يَا اللَّهُ سُبْحَانَكَ  
مَا أَعْلَى شَأْنِكَ يَا اللَّهُ، اللَّهُمَّ حَبِّبْ إِلَيْنَا الْإِيمَانَ وَرَيِّئَهُ فِي قُلُوبِنَا وَكَرِّهْ إِلَيْنَا الْكُفْرَ وَالْفُسُوقَ  
وَالْعِصْيَانَ وَجَعَلْنَا مِنَ الرَّاشِدِينَ

"Allahu Akbar, Allahu Akbar, Allahu Akbar. Praise be to You, O Allah. Glory be to You, how we have truly thanked You, O Allah. Sublime is Your status, O Allah. O Allah, make faith beloved to us and beautify it in our hearts, and make us dislike disbelief, wickedness, and disobedience, and include us among the righteous."

### 14. After passing the green light, moving towards Marwah, recite the following dua:

Reading the dua upon reaching the space between the green-colored pillars (lamps) while in a state of running:

رَبِّ اغْفِرْ وَارْحَمْ وَتَكَرَّمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ إِنَّكَ تَعْلَمُ مَا لَا  
تَعْلَمُ إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely, You are the All-Knowing, Most Honorable, Most Generous."

Reading the dua upon reaching the space between the green-colored pillars (lamps) while in a state of running:

اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ اللَّهُمَّ اهْدِنِي بِالْهُدَى وَنَقِّنِي بِالتَّقْوَى وَاعْفُزْ لِي فِي الْآخِرَةِ  
وَالْأُولَى . اللَّهُمَّ ابْسُطْ عَلَيْنَا مِنْ بَرَكَاتِكَ وَرَحْمَتِكَ وَفَضْلِكَ وَرِزْقِكَ. اللَّهُمَّ إِنِّي  
أَسْأَلُكَ النَّعِيمَ الْمُقِيمَ الَّذِي لَا يَحُولُ وَلَا يَزُولُ أَبَدًا. اللَّهُمَّ اجْعَلْ فِي قَلْبِي  
نُورًا، وَفِي بَصَرِي نُورًا، وَفِي لِسَانِي نُورًا، وَعَنْ يَمِينِي نُورًا، وَعَنْ يَسَارِي نُورًا، وَمِنْ فَوْقِي  
نُورًا، وَعَنْ تَحْتِي نُورًا، وَاجْعَلْ فِي نَفْسِي نُورًا، وَعَظْمُ لِي نُورًا، رَبِّ اشْرَحْ لِي صَدْرِي  
وَيَسِّرْ لِي أَمْرِي

"O Allah, protect me from Your punishment on the Day You resurrect. O Allah, guide me with guidance, purify me with piety, and forgive me in the Hereafter and the first life. O Allah, shower upon us Your blessings, mercy, favor, and sustenance. O Allah, I ask You for the everlasting bliss that does not change or perish. O Allah, make in my heart light, in my sight light, in my tongue light, on my right light, on my left light, above me light, below me light, and within me light. Magnify for me light, and make in my soul light. O Lord, expand my chest and ease my affair for me."

When approaching Mount Marwah, begin to ascend it and recite the Quranic verse:

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)

Waving hands towards the Kaaba while still on Mount Marwah and saying:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

### 15. Dua for the Sixth journey (Towards Safa)

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ صَدَقَ وَعْدُهُ وَنَصَرَ عَبْدَهُ  
وَهَزَمَ الْأَحْزَابَ وَحْدَهُ لَا إِلَهَ إِلَّا اللَّهُ وَلَا نَعْبُدُ إِلَّا إِيَّاهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ  
الْكَافِرُونَ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتَّقَى وَالْعِفَافَ وَالْغِنَى. اللَّهُمَّ لَكَ الْحَمْدُ  
كَالَّذِي نَقُولُ وَخَيْرًا مِمَّا نَقُولُ اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ وَأَعُوذُ بِكَ مِنْ  
سَخَطِكَ وَالنَّارِ وَمَا يُقَرِّبُنِي إِلَيْهَا مِنْ قَوْلٍ أَوْ فِعْلٍ أَوْ عَمَلٍ. اللَّهُمَّ بِنُورِكَ  
اهْتَدَيْنَا وَبِفَضْلِكَ اسْتَعْنَيْنَا وَفِي كَنْفِكَ وَإِنْعَامِكَ وَعِظَائِكَ وَإِحْسَانِكَ أَصْبَحْنَا  
وَأَمْسَيْنَا أَنْتَ الْأَوَّلُ فَلَا قَبْلَكَ شَيْءٌ وَأَنْتَ الْآخِرُ فَلَا بَعْدَكَ شَيْءٌ وَالظَّاهِرُ فَلَا  
شَيْءَ فَوْقَكَ وَالْبَاطِنُ فَلَا شَيْءَ دُونَكَ نَعُوذُ بِكَ مِنَ الْفَلَسِ  
وَالْكَسَلِ وَعَذَابِ الْقَبْرِ وَفِتْنَةِ الْغِنَى وَنَسْأَلُكَ الْفَوْزَ بِالْجَنَّةِ

"Allahu Akbar, Allahu Akbar, Allahu Akbar. And to Allah belongs all praise. There is no god but Allah alone, fulfilling His promise, aiding His servant, and defeating the parties alone. There is no god but Allah, and we worship none but Him, sincerely dedicating the religion to Him, even if the disbelievers detest it. O Allah, I ask You for guidance, righteousness, chastity, and sufficiency. O Allah, for You is all praise, as we say and what is better than what we say. O Allah, I ask You for Your pleasure, and Paradise. I seek refuge in You from Your anger and the Fire, and from anything that draws me closer to it in speech, action, or deed. O Allah, by Your light, we have been guided, and by Your bounty, we have been enriched. In Your protection, grace, and benevolence, we have started our day and evening. You are the First, so there is nothing before You, and You are the Last, so there is nothing after You. You are the Manifest, so there is nothing above You, and You are the Inward, so there is nothing beneath You. We seek Your protection from destitution, laziness, the torment of the grave, the trial of wealth, and we ask You for the bliss of Paradise."

Reading the dua upon reaching the space between the green-colored pillars (lamps) while in a state of running:

رَبِّ اغْفِرْ وَارْحَمْ وَتَكْرَّمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ إِنَّكَ تَعْلَمُ مَا لَا نَعْلَمُ إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely, You are the All-Knowing, Most Honorable, Most Generous."

When approaching Mount Safa, begin to ascend it and recite the Quranic verse:

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)

Waving hands towards the Kaaba while still on Mount Safa and saying:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest, and to Allah belongs all praise."

## 16. Dua for the Seventh journey

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ كَبِيرًا وَالْحَمْدُ لِلَّهِ كَثِيرًا، اللَّهُمَّ  
حَبِّبْ إِلَيَّ الْإِيمَانَ وَزَيِّنْهُ فِي قَلْبِي وَكَرِّهْ إِلَيَّ الْكُفْرَ وَالْفُسُوقَ  
وَالْعِصْيَانَ وَاجْعَلْنِي مِنَ الرَّاشِدِينَ.

"Allahu Akbar, Allahu Akbar, Allahu Akbar, abundant praise be to Allah. O Allah,  
make faith beloved to me and beautify it in my heart, and make disbelief,  
wickedness, and disobedience hateful to me. Make me among the righteous."

Reading the dua upon reaching the space between the green-colored pillars  
(lamps) while in a state of running:

رَبِّ اغْفِرْ وَارْحَمْ وَتَكَرَّمْ وَتَجَاوَزْ عَمَّا تَعْلَمُ إِنَّكَ تَعْلَمُ مَا لَا  
نَعْلَمُ إِنَّكَ أَنْتَ اللَّهُ الْأَعَزُّ الْأَكْرَمُ

"O my Lord, forgive, have mercy, and bestow honor, and overlook what You know. Surely,  
You are the All-Knowing, Most Honorable, Most Generous."

**17. After passing the green light, moving towards Marwah, recite the following dua:**

اللَّهُمَّ اخْتِم بِالْخَيْرَاتِ أَجَالَنَا وَحَقِّقْ بِفَضْلِكَ آمَالَنَا وَسَهِّلْ لِبُلُوغِ رِضَاكَ سُبُلَنَا  
وَحَسِّنْ فِي جَمِيعِ الْأَحْوَالِ أَعْمَالَنَا. يَا مُنْقِذَ الْغَرَقَى يَا شَاهِدَ كُلِّ نَجْوَى، يَا مُنْجِيَ  
الْهَلَكَى يَا مُنْتَهَى كُلِّ شَكْوَى يَا قَدِيمَ الْإِحْسَانِ يَا دَائِمَ الْمَعْرُوفِ. يَا مَنْ لَا غِيَّ  
بِشَيْءٍ عَنْهُ وَلَا بَدَّ لِكُلِّ شَيْءٍ مِنْهُ. يَا مَنْ رَزَقُ كُلِّ شَيْءٍ عَلَيْهِ وَمَصِيرُ كُلِّ شَيْءٍ  
إِلَيْهِ. اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ شَرِّ مَا أَعْطَيْتَنَا وَمِنْ شَرِّ مَا مَنَعْتَنَا. اللَّهُمَّ تَوَقَّنَا  
مُسْلِمِينَ وَالْحَقَّنَا بِالصَّالِحِينَ غَيْرَ خَزَايَا وَلَا مَفْتُونِينَ. رَبِّ يَسِّرْ وَلَا تُعْصِرْ. رَبِّ أَثْمِمْ  
بِالْخَيْرِ

"O Allah, conclude our lives with goodness, fulfill our hopes by Your grace, and make the paths to Your pleasure easy for us. Improve our actions in all circumstances. O Savior of the drowning, O Witness to every secret, O Rescuer of the perishing, O Endpoint of every complaint, O Everlasting in kindness, O Everlasting in goodness. O One who is not in need of anything, and everything is in need of Him. O Provider of sustenance for everything, and the destiny of everything is to Him. O Allah, we seek refuge in You from the evil of what You have given us and the evil of what You have withheld from us. O Allah, make us die as Muslims and join us with the righteous, without disgrace or trial. O Lord, facilitate and do not make difficult. O Lord, choose what is good for us."

When approaching Mount Marwah, begin to ascend it and recite the Quranic verse:

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

"Safa and Marwah are among the symbols appointed by Allah. So whoever makes a pilgrimage 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." (Quran, Al-Baqarah 2:158)



## 18. Dua after Completing Sa'i.

رَبَّنَا تَقَبَّلْ مِنَّا وَعَافِنَا وَاعْفُ عَنَّا وَعَلَى طَاعَتِكَ وَشُكْرِكَ أَعِنَّا وَعَلَى غَيْرِكَ لَا تَكِلْنَا وَعَلَى  
الْإِيمَانِ وَالْإِسْلَامِ الْكَامِلِ جَمِيعًا تَوَفَّنَا وَأَنْتَ رَاضٍ عَنَّا. اللَّهُمَّ ارْحَمْنِي بِتَرْكِ الْمَعَاصِي  
أَبَدًا مَا أَبْقَيْتَنِي وَارْحَمْنِي أَنْ أَتَكَلَّفَ مَا لَا يَغْنِيْنِي وَارْزُقْنِي حُسْنَ النَّظَرِ فِيمَا  
يُرْضِيكَ عَنِّي يَا أَرْحَمَ الرَّاحِمِينَ

"Our Lord, accept from us, forgive us, have mercy on us, and, by Your obedience and gratitude, assist us. Do not leave us to ourselves, and grant us success in faith and complete Islam. Let us die in a state of true faith, and may You be pleased with us. O Allah, have mercy on me by enabling me to abstain from sins forever, do not burden me with what does not concern me, and grant me the grace of pleasing You in what satisfies You about me. O Most Merciful of the merciful."