

1. IHRAAM – Before reaching Meeqat (boundary)

- ♦ Remove unwanted hair, trim nails, make ghusl (bath) & wudhu (ablution) or at least wudhu
- ♦ Before reaching the meeqat, put on Ihram clothing (For men, 2 white un-sewn sheets of cloth; regular clothing for women). Women should not cover their faces during Ihram & men should not cover their heads during Ihram.
- ♦ Pray 2 rakaats. It is sunnah to recite Surah Kalifun in the first rakaat and Surah Ikhlās in the second rakaat.
- ♦ Make Niyyah (intention) for Umrah in any language.

- ♦ Recite Talbiyyah while going to Masjid Al-Haram (Ka'bah). Men recite loudly (women quietly):

تَبَّيْتُ إِلَهُمُ تَبَّيْتُ، كَيْتُ لَا شَرِيكَ لَكَ تَبَّيْتُ،
إِنَّ الْحَمْدَ وَالنِّعَةَ لَكَ وَأَمْلَيْتُ لَا شَرِيكَ لَكَ

Labbayk Allahumma labbayk, Labbayk la sharika laka
Labbayk, Innal hamda wan-ni'mata laka waimulka, La sharika lak

(Here I am, Oh Allah, Here I am, You have no partner, Here I am, Verily all Praise and blessings and all Sovereignty are Yours, You have no partner)

- ♦ Enter Masjid Al-Haram with your right foot and recite:

بِسْمِ اللَّهِ اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ،
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismillah Allahumma salli 'alaa muhammadin wa
salim – Allahumma afrah lee abwaaba rahmatik
In the name of Allah-On Allah, send blessings and peace upon Muhammad
O Allah, open the doors of Your Mercy for me.

2. TAWAAAF (Circling the Ka'bah 7 times)

- ♦ Before proceeding to the starting point of Tawaaf, Al-Hajarul-Aswad (The Black Stone), uncover right shoulder (men only) while making Tawaaf by placing Ihram (clothing) under right arm.
- ♦ Make Niyyah (Intention) for Tawaaf (can be made in any language) "Oh Allah, I intend to make Tawaaf, make it easy for me and accept it from me."
- ♦ If possible, touch and kiss The Black Stone. If you cannot reach it, hold the palm of your right hand out toward the Black Stone (this is known as Istilam). Start your 1st circuit. Repeat –

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest

every time when starting a new circuit until all 7 circuits are complete.

- ♦ Men should walk briskly (Rami) during first 3 circuits only; the remaining 4 circuits are done at a normal pace completely around until you finish the 7th circuit.

Perform Istilam for the 8th time to finish

- ♦ No particular Dua' (supplication) is essential during Tawaaf, but it is Sunna (practice of the Prophet SAW) to recite the following when going between Ar-Ruknul-Yamaanee (Yemeni Corner) –

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ

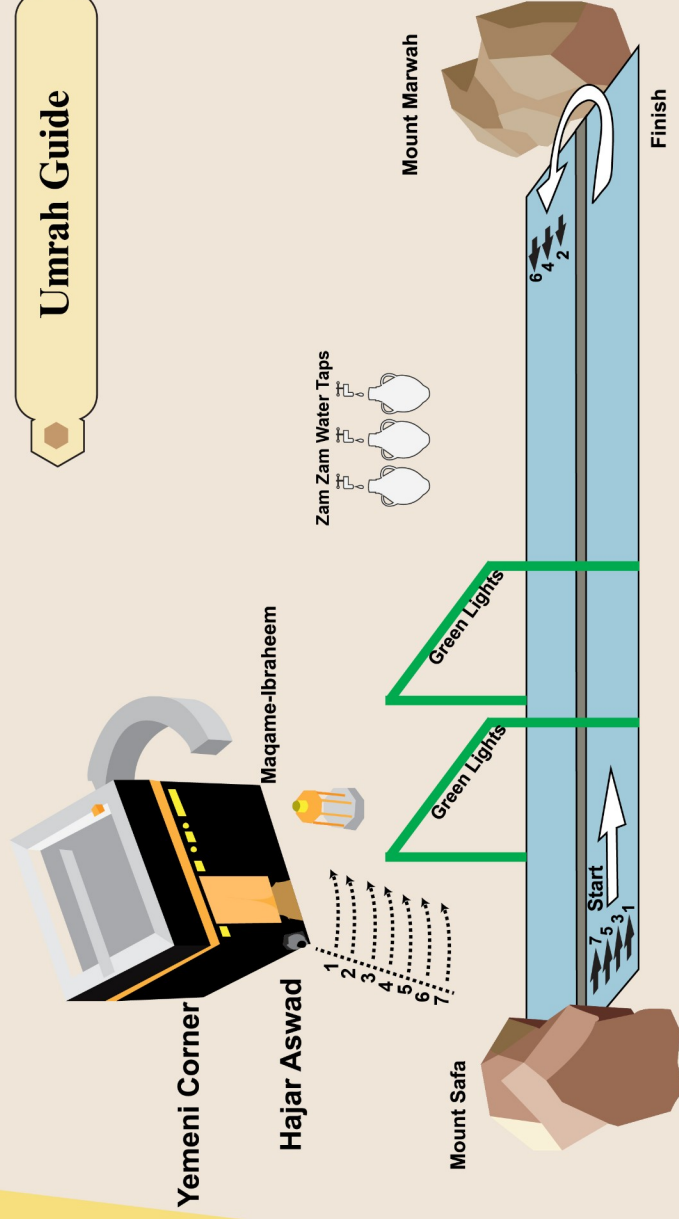
حَسَنَةً وَفِي آخِرَةِ الدُّنْيَا

Rabbanaa aatinaa fid-dunyaa hasanatan wa feel aakhirati hasanatan wa qinaa 'adhaaban naar

(Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire)

- ♦ Once Tawaaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibrahim – or anywhere in the Haram. Recite Surah al-Kafirun in the first rakaat and Surah al-Ikhlās in the second rakaat.
- ♦ Drink Zam-Zam water – Make Du'aa when drinking Zam Zam.

Umrah Guide



3. SAA'EE

- ♦ Begin at Mount Safa
- ♦ Recite this Ayah at the foot of Mount Safa:
إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ
Inna-safaa wal marwata min sha'aa'ililaah
(Verily) As-Safa and al-Marwah are of the Symbols of Allah. (Quran 2:158)
- ♦ From Mount Safa proceed to Mount Marwah.
(Men should quicken their pace between the green lights).
- ♦ Recite the following dua' at each mount:

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، أَتَجَزَّ وَحْدَهُ

وَنَصْرَ عَبْدَهُ وَ هَرَمَ الْأَحْزَابِ وَ حُدَّه

Allahu Akbar, Allahu Akbar, Allahu Akbar--la ilaaha illallahu
wahdau laa shareekalah - lahul mulk wa lahul hamd - yuhyee
wa yumeet wa huwa 'alaa kulli shai'in qadeer - laa ilaaha
illallahu wahdahu laa shareekalah - anjaza wa'ahu wa nasara
'abdahu wa hazamal alhaaba wahdah.

(Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise. He alone gives life and causes death. He is Omnipotent over all things. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated the confederates).

- ♦ Complete walk from al-Safa to al-Marwah
(Going from one Mount to the other is counted as one circuit)
- ♦ Return back to Safa—Go 7 times in total between Safa and Marwah
- ♦ Finish the 7th circuit at Marwah and make Dua'

4. Shave /Trim Hair

- ♦ After completing Sa'ee, men should shave off their hair or cut a minimum of 1 inch of hair evenly from all over head; women should trim one-third finger length of hair
- ♦ Remove Ihram, all restrictions are now lifted
- ♦ Umrah is now complete