

Umrah – A simple Step by Step Guide

UMRAH

Umrah literally means to make intention of visiting a habitable place. In Shariah it means ‘to pass the miqaat in Ihraam, to do Tawaaf of Baitullah, to perform Sa’ee of Safaa and Marwah and to shave or trim the hair’.

It becomes Sunnat-e-Mu’akada for whoever finds provisions to reach Makkah to perform Umrah once in a life time and it is Mustahab (preferred) to perform Umrah more than once. During the five days of Hajj it is forbidden to perform Umrah.

IHRAAM

What is Ihraam?

Literally Ihraam in Arabic means to declare something unlawful upon yourself. In Shariah it means making lawful things unlawful upon yourself after you enter into Ihraam. For example, cutting the hair or nails, using perfume or wearing sewn clothes and covering the head for males.

A person in Ihraam is called a Muhrim.

Ihraam is a state in which a person enters into after wearing two sheets of cloth, making intention and reciting Talbiyah. It is not the two sheets themselves, as it is commonly misunderstood. Women should wear their regular clothes and observe normal Pardah (veil) without any cloth touching their faces.

There are three Pillars of Umrah

- 1) Ihram : the Hajj clothes.
- 2) Tawaaf : circumambulation of the Ka’aba.
- 3) Sa’ee : going between Safaa and Marwah.

Any other action, such as praying two rakaat behind Maqam Al-Ibrahim, drinking Zamzam water and trimming the hair are recommended (mandoub).

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Do's & Don'ts of Ihraam

- It is not **permissible** to cut any hair or to comb the hair in such a manner that the hair falls out. Nor should any nails be cut.
- Both males and females **cannot** cover their faces or part of their faces in a way which cloth will touch their faces. Additionally, males cannot cover their heads whereas females should.
- A menstruating woman **should enter** into Ihraam without praying the 2 rakaats, but she must make intention and recite Talbiyah. She must follow all the rites of Umrah but she cannot enter the Haram and she should delay her Tawaaf Ziyaarah which is Fardh, until she is clean.
- The bone sticking out on the top of the feet should **not** be covered by the slippers for the males.
- It is **not permissible** to wipe the face with any cloth especially the perfumed towels which are distributed in the airplanes. However it is permissible to use the hands to wipe the face.
- All the body can be dried with a towel with the **exception** of the head and face for the males and the face only for the females.
- It is **not permissible** to use perfume, any perfumed soap, shampoo or mehndi.
- It is **makrooh** (undesirable) to tie knots or use safety pins in the sheets, but it is permissible to use them in order to hide the satar (private parts).
- A wet dream does not invalidate the Ihraam. The impurity should be washed away and a ghusl (shower) should be taken. That is why it is recommended to take spare sheets of Ihraam with you.
- It is **permissible** to wrap a blanket or shawl minding that it does not cover the head or face but the feet can be covered.
- Undoing or changing the sheets, taking a shower, wearing a watch or glasses or wearing a belt to put money in, does **not invalidate** the Ihraam.
- Talking about any sexual desires with one's wife or kissing or touching with sexual intent etc. is not permissible.
- Fighting, backbiting, swearing or arguing are all forbidden acts.

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HOW TO PERFORM UMRAH

ENTERING INTO IHRAAM

1. Clip the nails and remove the under-arm and pubic hair.
2. Make ghusl (shower). If this is not possible then, do wudhu and make intention that this ghusl or wudhu is to enter into Ihraam.
3. Put on the two sheets of cloth.
4. Use perfume (Sunnah) without leaving any visible signs of its existence on the sheets of Ihraam.
5. If it is not makrooh time then perform two rakaats of Ihraam (Sunnah), with the head and shoulders covered.

Recite in the 1st rakaat **قُلْ يَا أَيُّهَا الْكَافِرُونَ** and in 2nd rakaat **قُلْ هُوَ اللَّهُ أَحَدٌ**

6. Males should remove their head cover and not cover the head until free from Ihraam.
7. Make the following intention for Umrah only and not Hajj

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

Labbaik Allah humma Umrah

*Oh Allah, I make intention for Umrah.
Therefore make it easy for me and accept it from me.*

8. Recite the following **Talbiyah** three times and as often afterwards as possible, audibly for males and in a low voice for females. Recite Durood Shareef and make Dua. One in Ihram should **say the Talbiyah** as often as possible, especially when times and places change. For example: when descending or ascending during travel or when day or night approach. He should also ask Allah for His pleasure, for Heaven and seek refuge in Allah's mercy from Hellfire. One should say the Talbiyah during Umrah, starting from the time he puts on his Ihram till he starts Tawaaf.

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

**Labbaik Allah humma Labbaik
Labbaik la sharika laka Labbaik
Innal hamda Wan-nia'mata Laka
walmulk, Laa sharika laka**

I am present. Oh Allah I am present. You have no partner, I am present. Indeed all praise and bounty is for You and the entire universe. You have no partner.

9. **Remember** that from now onwards you are in the state of Ihraam and all restrictions of Ihraam apply.

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During Umrah and Hajj there are many religious acts carried out in order to fulfill the pilgrimage. Some of them are Pillars which are obligatory and some are recommended. It is important that you understand these and fulfill the pillars in order for it to be accepted.

ARRIVING IN JEDDAH

1. Proceed to Makkah.
2. Upon reaching the boundary of Makkah recite the following Dua

اللَّهُمَّ إِنَّ هَذَا حَرَمُكَ وَحَرَمَ رَسُولِكَ . فَحَرِّمْ لِحَمِي مِنْ عَذَابِكَ يَوْمَ تُبْعَثُ عِبَادِكَ
وَاجْعَلْنِي مِنْ أَوْلِيَاءِكَ وَأَهْلِ طَاعَتِكَ وَتُبَّ عَلَيَّ . إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ .

“Allâh humma inna hâdhâ haramuka wa haramu Rasulika, fa-harrim lahmi min ‘adhâbika yawma tab’athu ‘ibâdak, wa-j’ alnî min awliya’ ika wa ahli tâ’atika wa tub alayya . Innaka antat tawwabur Rahim ”.

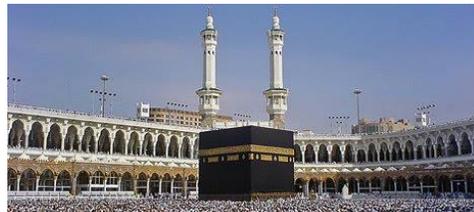
3. Arrange to put belongings at a safe place, hotel, etc.
4. Take a rest if required and fix a time for Umrah.
5. If you take a shower then remember not to use scented soap.
6. Remember the location of your hotel. Everyone should take a card with the address and telephone number of the hotel that they are staying in and have some money with them, especially the women. It is possible to get separated from one another whilst performing Umrah and lose the way back to your hotel, particularly those who are visiting for the first time.

Purity

- 1) You must have purity for Tawaaf the minimum being wudhu.
- 2) If you forget how many Tawaaf you made, then build on “yakeen” certainty and continue counting from the last Tawaaf.
- 3) If you break your wudhu during Tawaaf, you must go back and make wudhu and start the count from the last full Tawaaf, i.e. starting again at the Hajrul Aswad (Black Stone)

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HARAM SHAREEF



1. Enter Haram Shareef with your right foot , preferably from Babus-Salaam Door with wudhu making intention of **I'tikaaf**, and recite

Allah humma af-Tahlee Abwaaba Rahmatika اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

And recite the following Dua upon sighting the Kaa'bah

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ فَحِينَا رَبَّنَا بِالسَّلَامِ

'Allah humma Anta as-Salaam, wa Minka as-Salaam fahhay-yina Rabbana bis-Salaam'

It is narrated in Hadeeth that Dua is accepted whilst looking at the Ka'bah therefore Dua should be made abundantly. Make Dua to pass away from this world with Imaan , beg for forgiveness of sins and entry into Jannah.

Stop reciting Talbiyah and make the following intention for Tawaaf of Umrah whilst standing in line, facing Hajrul Aswad **(Green Light)**

Oh Allah, I make intention to perform seven rounds of Tawaaf of Your Baitul-Haraam. (Sincerely) for Allah. Therefore, make it easy for me and accept it from me



2. Recite بِسْمِ اللَّهِ أَكْبَرُ وَلِلَّهِ الْحَمْدُ **Bismillaahi Allaahu Akbar Wa lillahi ilhamd**

and raise the hands and let them fall, in the way that Takbeer Tahrira is done in Salaah. This is done only at the beginning of the first round of a Tawaaf and not in every round. Thereafter, do **Istilaam**, by raising the hands with the palms facing the approximate height of Hajrul Aswad and kiss your hands.

After that, turn right and start Tawaaf counter clockwise.

(Due to the vast crowds, this is how you will do Istilaam from a distance or else, you would kiss Hajrul Aswad itself. Remember that to kiss Hajrul Aswad is Sunnah but to give anyone any trouble in doing so, is Haraam.)

3. Perform **Ramal** in the first 3 rounds uncovering the right shoulder (**Idhtibah**). *(Ramal means to walk hastily, take shorter steps, lifting the legs forcefully, keeping the chest out and moving the shoulders simultaneously.)*

One should walk **normally** in the four remaining rounds with uncovered right shoulder.

(Put the upper sheet of Ihram on your left shoulder taking it under your right armpit.) Shoulders should be kept **covered** during all Salaah and not kept naked apart from **Idhtibah**.

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4. The Tawaaf is continued in the direction of Bab-ur-Rahima and ends at Hajrul Aswad making a round of all four faces of the Ka'aba. There are no fixed recitations for Tawaaf but there are several recommended out of which the following are easy to memorize

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ
وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا
قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

*"Subhan-Allahi wal-hamdu-
lillahi wa la ilaha ill-Allah wa-
Allahu Akbar wa la haula wa la
quwwata illa-billah Il aliyul
Azeem."*

ALSO

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ
سُبْحَانَ اللَّهِ الْعَظِيمِ

*"Subhan Allah Wabe Hamde hi Subhan
Allah Hil Azeem "*

ALSO recite Ayatul Kursi and whatever you can remember from the Quran

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي
السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ
مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ
وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

5. The corner reached just before the corner with Hajrul Aswad is known as Rukn-al-Yamani. When you reach this corner, raise your right hand towards this corner of Ka'aba and recite

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana Aatina Fidduniya Hasanah wa Fil Akhirati Hasanah wa Qina Azaban Naar

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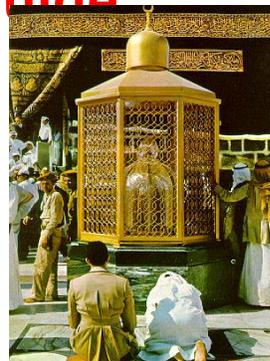
6. After Tawaaf cover both shoulders and perform two rakaats Wajib of Tawaaf preferably at Maqam-e-Ibrahim. Prophet Muhammad (peace and blessings be upon him) used to recite the following surahs

Recite in the 1st rakaat **قُلْ يَا أَيُّهَا الْكَافِرُونَ**

and in 2nd rakaat **قُلْ هُوَ اللَّهُ أَحَدٌ**

(Due to overcrowding, do not fight to pray there but pray elsewhere in Haram).

Recite Darud Sharif and other Dua.



7. If possible make Dua at Multazam (which is a place five or six feet in length between Hajrul Aswad and the door of Ka'bah.) and then proceed to drink ZamZam standing up. (If ZamZam is drank at home or outside of Haram then it can be drank whilst standing or sitting). The Dua for drinking ZamZam is as follows



اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا
تَافِعًا وَرِزْقًا وَاسِعًا وَ
شِفَاءً مِنْ كُلِّ دَاءٍ

"Allah humma
inni as'aluka ilm-an naafi'an wa
rizqan waasi'an wa shifa'am min
kulli daa'in."

8. Before going for Sa'ee make (the ninth) Istilaam of the Hajrul Aswad.
9. Proceed to Safaa and make the following intention for Sa'ee of Umrah;

إِنَّ الصَّافَا وَالْمَرَّوَةَ مِنْ شَعَائِرِ اللَّهِ

"Inn-as-Safa wal-Marwah min
Sha'a'irillah."

Stand on the crop of the mount from where Ka'bah is visible and lift your hands (as is done in Dua) and make Dua for all your needs and the entire Ummah. **Do not** do Istilaam, as it is commonly done at these points. Then say the following Dua three times.



اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ، لَا إِلَهَ إِلَّا اللَّهُ
وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ بِيَدِهِ
الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Allahu Akbar, Allahu Akbar,
Allahu Akbar, Wa Lillahi il hamd,
Laa ilaha ilallahu wahdahu
lashareeka lahu, lahul mulku wa
lahul hamd yuhyi wa yu meetu
biya dil khair, wa huwa ala kulli
shayyin qadir

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10. Proceed towards Marwah. Come down from Safaa and move towards Marwah while reciting this Dua

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ
 وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا
 قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ



11. Safaa to Marwah is one round and back to Marwah from Safaa is two rounds. Continue seven rounds in this manner making Dua at Safaa and Marwah.
 Males should jog between the green lights and not the women.
 When on top of Marwah, praise Allah facing the Ka'bah and repeat the same Dua that were recited at Safaa.
12. Perform two rakaats Nafl of Sa'ee anywhere in Haram Shareef if possible.
13. After Sa'ee, 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.
14. You have now completed Umrah and you are out of Ihraam. Normal clothes can be worn and Nafl Tawaaf should be performed abundantly

Key Points to Remember:

1. Start the Sa'ee at Mount Safaa.
2. Always focus on the Ka'aba when making Dua.
3. It is recommended to make Dua three times whenever you reach Mount Safaa and Marwah.
4. It is not necessary to go right to the top of Mount Safaa or Marwah rather any point of it.
5. During the Sa'ee there is bit in the middle where to hurry is recommended which is called Ramal, this for men only.
6. You may continue to perform Sa'ee if you have lost your wudhu since the Sahabah (may Allah be pleased with them) were given the permission to do so. However, you must be on wudhu at the start of Sa'ee.
7. If the time for Salah enters while performing Sa'ee, then break away to pray Salah and then continue from the last full cycle that you stopped at.
8. The last Sa'ee (i.e. the 7th one) should finish on Mount Marwah.

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Farewell Tawaaf

Tawaaful Widaa' is the farewell Tawaaf for when you leave Makkah. The Farewell Tawaaf is the same as any Tawaaf without the Idhtibah (uncovering of the right shoulder) and Ramal.

- 1) There is no prayer behind Maqam Ibrahim for this Tawaaf.
- 2) Upon completion of Tawaaful Widaa' you must leave the Miqaat area

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Things to do in Madinah



It is very important to observe certain etiquette while you stay in Madinah as it's a resting place for Allah's most favorite Prophet ﷺ and we don't want to disturb its peace and sanctity. Women are only allowed inside Haram at certain times. Women should have their hair completely covered at all times. Enquire at your hotel desk or look for signs at the entrance for timings for women. Women normally enter through Gate 25.

For men, the best time to visit the **Rawdah in Madinah** is at night time. The *Rawdah* is a **piece of paradise** found in the Prophet's masjid in Madinah. It is floored with green carpet and so it is easy to identify but difficult to take advantage of. Many people have a goal of trying to pray in the *Rawdah* while in Madinah and so large fluxes of people are vying for a very small area. If you wait several hours after *isha* or a few hours before *fajr*, the rush at the *Rawdah* is less and it is much easier to pray and have some peaceful time for reflection in the *Rawdah* without the hustle and bustle that may be present at other times.

1. Enter Haram Shareef with your right foot with wudhu making intention of **I'tikaaf**, and recite

Allah humma af-Tahlee Abwaaba Rahmatika اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

2. Keep reciting the following Durood :

**SALLAL LAAHU ALAN NABIYIL UMMIYI
 WA AALIHI SALLAL LAAHU ALAIHI
 WASALLAM. SALAATAW WAS
 SALAAMAN ALAIKA YA RASOOLALLAH.**

صَلَّى اللَّهُ عَلَى النَّبِيِّ الْأُمِّيِّ وَآلِهِ
 صَلَّى اللَّهُ عَلَيْهِ وَتَسَلَّمَ صَلَوةً وَسَلَامًا
 عَلَيْكَ يَا رَسُولَ اللَّهِ ﷺ

3. If the time is for Salaah, perform it. If it is not makrooh time, then perform two rakaats Nafil 'Tahyatul Masjid'. Then go inside and try to visit Rawdah or near the Prophets tomb and recite above Durood. Perform Nafil Salaah as much as possible **OR** sit down facing qibla and recite the Quran,

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Things to do in Madinah

Visit the sites in Madinah

The best time to visit the sites in my opinion is in the morning time sometime between sunrise and *Dhuhr* prayer. You can visit places like the site of the battle of Uhud as well as Masjid Quba, which is the first masjid built by the Prophet Muhammad ﷺ. Don't forget to pray 2 *rakaats* in masjid Quba and reap the reward of Umrah while you're there, Insha'Allah!.



The Quba' Mosque lies 3km from Madinah City. This is the First Mosque built in the Islamic History by the Prophet as soon as he stepped foot in Quba' during his migration from Makkah. The name for Quba' Mosque was originally taken from the place itself. It is a Sunnah to take wudhu' (Ablution) before visiting the Mosque Of Quba' and offer prayers in it. The Prophet ﷺ prayed there and encouraged the Muslims to do the same.



The Qiblatain mosque is one of the mosques to visit as there is history behind the name of this mosque. Before the Kaa'bah in the holy mosque of Makkah become the directions for Muslims to pray, Muslims used to pray to the direction of Baitul Muqaddis in Jerusalem. The direction was changed after the order came from Allah in the holy Quran (al- Baqarah 2:144)



It is a Sunnah to visit the martyrs of Uhud which is 5km from the city. The Prophet's uncle Saidina Hamza received the honor as martyrdom when he was killed in the battle field of Uhud. The Prophet ﷺ used to visit Uhud and prayed for the souls of those who were buried there.



When the sun rises over the prophet's mosque, these domes slide automatically at 7:00AM each day, providing sun light from the opened ceilings. The best thing is when most people in the mosque raise their voices saying (Allaahu Akbar) when they see this happening.



Funeral Prayer - Salatul Janazah – remember how to perform.

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Funeral Prayer - Salatul Janazah

Salatul Janazah is Fardh Kafayah, that is, if one prays the prayer than all are free of the responsibility otherwise all those who received the news but did not come are sinners. A Muslim should not hesitate to participate in it, whether or not the deceased or his relatives are known to him.

There are two parts of this Salah:

- A) To say Allaahu Akbar four times.
- B) Qayam which was three Sunnat Mu'akada : Sana, Durood Shareef, and Dua for the deceased

How to pray

Muqtadee should make the niyyat, "I make the niyyat for the prayer of this Janazah for Allah, Dua for this deceased, behind this imam." Now the Imam and Muqtadee should raise their hands to their ears and fold their hands underneath the navel as usual whilst saying Allaahu Akbar and read Sana, a slight difference is that after wa ta'ala jadduka one must read wa jalla sanauka wa laailaha gairuk. Then without raising the hands, say Allaahu Akbar and read Durood Ibrahim; then without raising the hands, say Allaahu Akbar and read the Dua. The Imam must say all the Takbeer aloud whereas the Muqtadee must say it slowly, the rest of the azkar (supplications) are to be read slowly by the Imam and Muqtadee. After the Dua, say Allaahu Akbar and now drop the hands and then turn the head both sides for salaam.

Sana : **سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَجَلَّ شَأْنُكَ وَلَا إِلَهَ إِلَّا أَنْتَ**

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ

Durood Ibrahim :

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

Dua for an adult man or woman :

**اللَّهُمَّ اغْفِرْ لِحَيَاتِنَا وَمَيِّتِنَا وَشَاهِدِنَا وَغَائِبِنَا
وَصَغِيرِنَا وَكَبِيرِنَا وَذَكَرِنَا وَأَنْتَ اللَّهُمَّ مَنْ
أَحْيَيْتَهُ مِنْ أَهْلِ بَيْتِهِ عَلَى الْإِسْلَامِ وَمَنْ
تَوَفَّيْتَهُ مِنْ أَهْلِ بَيْتِهِ عَلَى الْإِيمَانِ**