

UMRAH

PART 1 - STEP BY STEP GUIDE

WHAT IS UMRAH?

Umrah is a minor pilgrimage that can be performed at any time of the year. It can be performed along with Hajj (major pilgrimage) and in other days as well. **According to Quran: "—accomplish Hajj and Umrah to please Allah". (Al-Baqrah 2, 196)**

GREAT MERITS OF PERFORMING UMRAH

The Holy Prophet (peace be upon him) said:

"One Umrah becomes an atonement for the sins committed up to the next Umrah". [Bukhari]

He also said: "Anyone who leaves his house with the intention of performing Hajj or Umrah and dies on the way will enter paradise without judgement. Allah is proud of those who perform tawaf (encircle) of Baitullah (house of Allah)". [Muslim]

SIGNIFICANT TERMS

There are few terms and points to keep in mind before we start learning how to perform umrah.

Ghusl (Shower)	Niyah (Intention)
Meeqat (Boundry)	Hijr Aswad (Black stone)
Maqam Ibrahim (Station of Ibrahim)	Multazam
Hijr / Hateem	Ihram
Tawaf	Saey (safa & marwa)
Tahallul (Haircut)	

GHUSL (SHOWER)

It is recommended to take a shower and put some perfume on your body (men only), Perfume can not be used on ihram clothes. If shower cannot be taken, one can make wudu.

NIYAH (INTENTION)

It has to be clear we perform Umrah to come closer to Allah and for the atonement of our sins. To come in a state of Ihram, say... "Labbaika Allahumma Umrah".

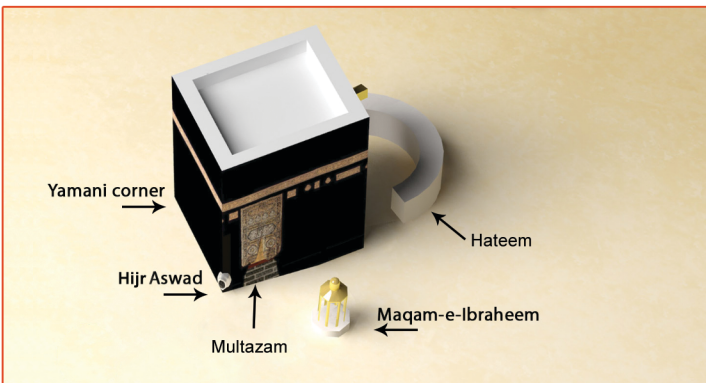
MEEQAT

The duties of Hajj and Umrah begin at the 'meeqat', which is any geographical location some distance from Makkah beyond which a pilgrim may not pass without being in Ihram (to be a pilgrim). The prophet has specified five such points for assuming Ihram for people coming from various locations to Makkah. It is obligatory for everyone intending Hajj and Umrah to assume Ihram before passing meeqat or else will have to return to the meeqat again to enter Ihram. **The Prophet PBUP said about these points:** "They are for those who come from them and those from beyond them who intend Hajj and Umrah". (Bukhari, Muslim)



HIJR ASWAD

Tawaf is started from the Hijr Aswad (Black Stone). It is the stone sent by Allah from heaven. Angel Gibrel brought it and Ibrahim (Alaihisalam) placed it in its location. It is reported that the Prophet PBUH kissed it. He also asked Umar Raduallah Anhu to be careful and not to harm his fellow pilgrims, when wanting to kiss it.



MAQAM IBRAHIM

After completing the Tawaf, we pray two rakat behind the Maqam Ibrahim (Station of Ibrahim or anyway much further behind it if it's over crowded). We recite Surah Al-kafiroon (109) in the first rakah and Surah Al-Ikhlash (112) in the second rakah. It is the stone brought down from heaven for Prophet Ibrahim. He stood on the stone to construct the kaaba.

MULTAZAM

The area between Hijr Aswad (Black stone) and the gate of the kaaba is called 'Multazam'. The Prophet PBUH held on with both hands and made dua. This is a highly sacred place where prayers are accepted. Among a large crowd of people, if it is possible to reach Multazam, cling to it and while trembling and crying with devotion and with all humility seek Allah's mercy, His blessings and ask Him whatever you wish.

HIJR / HATEEM

Hatim is a 'U' shaped circle beside the kaba. It is part of the kabah and praying in it means praying in the kaaba. **Why is it not joined?**

The non-muslims at the time of the Prophet PBUH and before it would also consider 'the Kaaba' to be a sacred place. There used to be many floods and because of the floods there would be some building damage. The non-muslims gathered together and agreed to construct it with 'Pure' money. When they started to construct it, before the complete building was constructed, they ran out of money and they left it like the way it is currently to atleast show the original foundations.

When the Prophet PBUH conquered Makkah, he said that if he had constructed on top of the current foundation, then people would have said that 'Muhammad has changed the Qibla'. So he left it like that.

UMRAH HAS 4 PILLARS

1 IHRAM

When the pilgrim reaches the meeqat the male pilgrim wears two clean ihram garments - one wrapped around his waist and the other over his shoulders. Slippers can be used (by men). No tailored clothes (clothing cut to fit the limbs of your body) should be used (by men). There is no particular dress or colour of dress for a woman in Ihram, other than the usually specified. But she should not wear face mask (niqab) or gloves. (She can cover her face before strange men using a part of her head cover). Before Ihram it is recommended to do the following:

- Trim the nails and moustache,
- remove underarm and pubic hair.
- Take a Ghusl (complete bath)
- Perfume the body (not Ihram garments)



2 TAWAF

Tawaf means circling around something with devotion. Here it means moving around the Ka'bah seven times with extreme love and devotion. It has 2 parts.

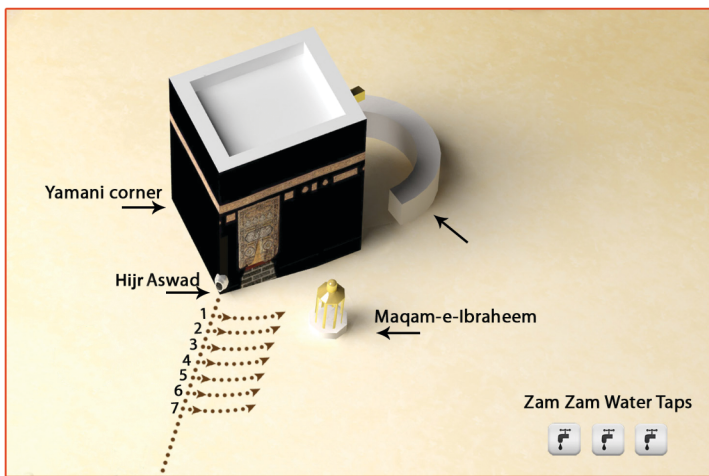
- 1.1. Tawaf of kaaba
- 1.2. On completion of tawaf praying '2' rakat behind 'Station of Ibrahim'.

Note: In Tawaf & Saee, you can make any dua in any language.

In tawaf: First 3 rounds and first 3 corners are completed by walking fast (men only). Then remaining 4 rounds are completed by walking on a normal pace. In the last corner of tawaf (Between Yamani Corner and Hijr Aswad), you recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ (٢٠١)

"Rabbana Aatina Fid Dunya Hasanah Wa Fil Akhirate Hasanah Wa Qina Azaban Naar."
"O Allah, Give us goodness in this world and give us goodness in the hereafter and save us from the punishment of the hellfire".
 After completing the 7 rounds of tawaf, you go behind Station of Ibrahim (pic) and pray 2 rakah. Recite Surah Al-Kafiroon in the first rakah and Surah Al-Ikhlash in the 2nd rakah (this is recommended).



3 SAEY [SAFA & MARWA]

Saey means to walk seven times between the hilltops of safa and mount marwa. After the tawaf, we go and perform Saey. Literally it means search, a movement with an aim. It is depicted by running and hurrying. Here you act like Hajera, the mother of infant Isma'il. She had no food, no water, no shelter, neither for herself nor for her child, but only uncompromising, relentless faith that the God of Ibrahim will not leave her and her only son without sustenance. Remember, when Ibrahim left her and their only son, Isma'il near the valley of Makkah, Hajr asked him: "O Ibrahim, where are you leaving us, while there is no habitation of men nor any provision for food and drink? Who is going to look after us?" Ibrahim replied, "Ilal-lah (to Allah's protection only)." She said, "Raditu billah (I am fully satisfied with Allah?)" She also asked, "Have you done this to fulfill Allah's command?" When Ibrahim confirmed that by saying, "Yes," she simply said, "Well in that case, we have no fear, for Allah will not let us die without providing any provision [i.e., He will definitely provide for us in the middle of this desolate, barren desert]." [Bukhari]

Away from the view of his wife and son, Ibrahim prayed, "Our Lord: Lo! I have settled some of my posterity in an uncultivable valley near unto Thy Holy House (Ka'ba), Our Lord! that they may establish proper worship.

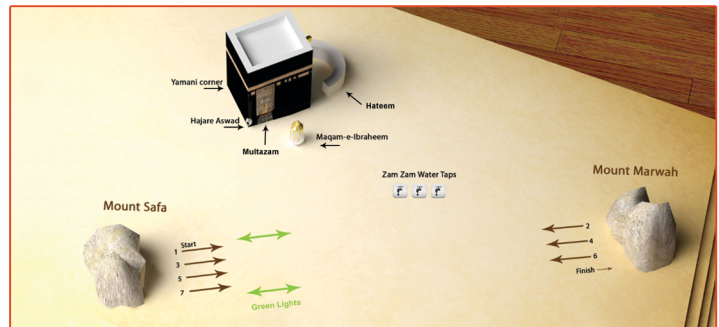
Soon, however, Hajera's water and food were all gone, there was no milk or water or any food either for her child. She started looking out for water, running to the top of the mountain, Safa. No, there was no water anywhere. Then she comes down and looks at her infant to check if he is fine. She then goes to the other mountain, Marwa, and takes a deep long look to fetch water. She was searching water, why? Because she needed for physical salvation, for life to continue. She searches again and again.

After running seven times between these two mountains, she comes down from Marwa to see the condition of her infant son. She hears the sound of gushing water coming from near her son. The gushing water from the well was making all that sound. She quickly puts a barrier around it so that water could be stored and that it did not overflow. And this well came to be known as the zamzam.

Muhammad said, "May Allah bless the mother of Isma'il. If she had not put that barrier around the zamzam, instead of a well, the gushing water would have continued to flow like a spring [and flooded the entire valley]." It was a gift from Allah to the mother and son, and all those who came later. It is a mineral water rich with nutritional and medicinal power to cure man of many diseases. The Safa and the Marwa, thus, became among the signs, indications of Allah (Quran 2:158).

4 TAHALLUL

Shaving or trimming of hair: After Sa'ey, men should get their heads completely shaved or get their hair trimmed evenly. Both shaving and trimming are permissible for men, though shaving is preferable. Women, however should only clip their hair evenly from the bottom. They are forbidden to shave their heads. After cutting the hair, umrah is complete. The restrictions of Ihram are finished. Now you can wear your everyday clothes and proceed normally.



- PART 2 - LETS START PERFORMING UMRAH

1. Wear the two pieces of Cloth (for men), women wear normal clothes.
2. Make the intention of performing Umrah before Meeqat, by doing this you will enter the state of Ihram. If you are traveling by plane and coming from any of the western countries then the 'INTENTION' should be made before landing as you would have crossed the meeqat. The pilot or the cabin staff can inform you of the appropriate time. Making the intention 45 minutes before landing is a safe option for those who do not know. You don't have to pray 2 optional rakat (nafal) for coming in the state of ihram.

3. Entering the Masjid Al-Haram with your right foot saying any of the supplications for entering mosques such as "Allah huma aftah li abwabe rahmate ka".
4. There will be 7 rounds of the Kaaba. You need to uncover your right shoulder when performing the tawaf. This is called Attiba. Start the tawaf from Hajr Aswad (Black Stone). If you can't see the 'Black Stone' then you can look for the 'GREEN' light on your right hand side. It has been put there to specify the starting point of the Tawaf.

- 4.1 Point your right hand towards the Hajr Aswad and say 'Bismillahi Allah hu Akbar' to start the tawaf and repeat in each round.
- 4.2 It is recommended for men only to complete first 3 rounds by walking fast if possible, which is called Raml. Then remaining 4 rounds are completed by walking at a normal pace.
- 4.3 In all seven circles of Tawaf, read below dua between Yamani Corner and Hajr Aswad):

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ (٢٠١)

- "Rabbana Aatina Fid Dunya Hasanah Wa Fil Akhirate Hasanah Wa Qina Azaban Naar."
 "O Allah, Give us goodness in this world and give us goodness in the hereafter and save us from the punishment of the hellfire".
- 4.4 After completing the 7th round, tawaf ends.
 5. After completing the Tawaf, cover your shoulders and go at any point behind Station of Ibrahim and pray 2 rakah. Recite Surah Al-Kafiroon in the first rakah.

قُلْ يٰٓأَيُّهَا الْكٰفِرُوْنَ (١) لَا اَعْبُدُ مَا تَعْبُدُوْنَ (٢) وَلَا اَنْتُمْ عٰبِدُوْنَ مَا اَعْبُدُ (٣) وَلَا اَنَا عٰبِدُ مَا عٰبَدْتُمُ (٤) وَلَا اَنْتُمْ عٰبِدُوْنَ مَا اَعْبُدُ (٥) لَكُمْ دِيْنُكُمْ وَلِيَ دِيْنِ (٦)

and surah al-ikhlas in the 2nd rakah.

قُلْ هُوَ اللهُ اَحَدٌ (١) اللهُ الصَّمَدُ (٢) لَمْ يَلِدْ وَلَمْ يُوَلَدْ (٣) وَلَمْ يَكُنْ لَهُ كُفُوًا اَحَدٌ (٤)

6. Go to the Zamzam taps and drink zamzam (recommended).
7. Go to Safa & marwa to perform the Saey. Walk between them seven times starting from Safa, this results in us walking from Safa to Marwa 4 times and 3 times from Marwa to Safa.

START OF SAEY

As you are walking towards mount safa to begin your saey recite the following verse.

اِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَابِرِ اللّٰهِ فَمَنْ حَجَّ الْبَيْتَ اَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ اَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ حَيْثُ رَا فَاِنَّ اللّٰهَ شَاكِرٌ عَلِيْمٌ (١٥٨)

Indeed Safa and Marwah are among the symbols of Allah. So whoever comes to the House for Hajj or performs 'Umrah, there is no sin for him if he makes rounds between them; whoever comes up with good on his own, then Allah is Appreciating, All-Knowing (Al-Qur'an 2 : 158).

Once you are on the top of mount safa, face the Kabbah, say Allahu Akbar three times and recite the following supplication or ask Allah whatever you wish. You can read this dua 3 times and make personal dua in between.

E.g (1) Dua in Arabic – make personal dua (2) dua in arabic – make personal dua (3) dua in Arabic – move to marwa.

لَا اِلٰهَ اِلَّا اللهُ وَحْدَهُ لَا شَرِيْكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيْرٌ، لَا اِلٰهَ اِلَّا اللهُ وَحْدَهُ اُنْجَزَ وَعْدُهُ وَنَصَرَ عَبْدَهُ وَهَرَمَ الْاَحْزَابَ وَحْدَهُ.

"La ilaha ill-Allahu wahdahu la Sharika lahu, lahu-lmulku wa lahu-hamdu wa 'ala kulli shai'in Qadeer, la ila ha ill-allahu wahdahu la sharika lahu Anjaza Waada, Wa nasa abda wa hazamal abda."
 Proceed towards Marwah. Come down from Safa and move towards Marwah (You may praise Allah and do any supplication).

You may also praise Allah and ask for His mercy in your language or use supplications taken from the daily Salah. Men have to run between the 2 green pillars (lights) and women walk at their normal pace.

- At Marwah.** When on top of marwah, repeat instructions as carried out on top of mount safa and continue in this manner until you complete all 7 lengths. One trip is over, second trip will be from
- 1st Marwa – Safa
 - 2nd Marwa - Safa
 - 3rd Safa – Marwa
 - 4th Marwa – Safa
 - 5th Safa – Marwa
 - 6th Marwa – Safa
 - 7th Safa – Marwa

End of Sa'ey:
 Upon reaching mount Marwa for the last time, you have completed the Sa'ey.

8. **Tahallul** (Coming out of the state of Ihram).
 After completing the Sa'ey, the pilgrim must shave/trim his hair to come out of the state of Ihram. Men should get their heads completely shaved or get their hair trimmed evenly. Both shaving and trimming are permissible for men, though shaving is preferable. Women, however should only clip their hair evenly from the bottom. They are forbidden to shave their heads.

Umrah is complete.

The restrictions of Ihram are finished. Now wear your everyday clothes and lead a normal life. Be thankful to Allah that He provided the opportunity for performing Umrah and lead rest of your life according to the commands of your Creator.

Note: Dua can be made in any Language apart from those already specified. Kissing the black stone can be difficult. If there is a crowd and it cannot be kissed then leave it.

