

What is Umrah?

Umrah is a minor pilgrimage that can be performed at any time. Allah mentions in the Quran:

"...accomplish Hajj and Umrah to please Allah". (Al-Baqarah 2, 196)

Prophet Muhammad ﷺ said:

"One Umrah becomes an atonement for the sins committed up to the next Umrah" (Bukhari)

Overview - Umrah has 4 main actions. Intention, Tawaf (circumambulate around the Ka'bah), Sa'ey (walk between Mount Safa & Marwa) & cut/trim hair.

It is recommended to trim the nails, moustache, shave underarm & private parts, take a shower & perfume the body & not the Ihram garments (men only) before making the intention for Umrah.

Prohibitions

Prohibitions after coming in the State of Ihram.

- Using perfume.
- Anointing the head or beard with oil, grease, or melted honey wax. (Diff of opinion as some allow).
- Removing or cutting finger nails, toe nails or hair.
- Covering the face & wearing gloves for women with fitted garment.
- Covering the head (for the man).
- For a man to wear clothes that fit around a limb.
- Any marriage proposal, touching spouse with intimate feeling, sexual, hunting an edible, wild, land animal.

Dua's



أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

Astaghfirullah rabbi min kulli zambiyon wa atoobu ilaiyh

I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him.

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْ لَنَا لِمَتَّعِينَ إِمَامًا

Rabbana hab lana min azwajinaa wa zurriyyatina qurrata a'yunin waj-alnaa lil muttaqina imaama.

"Our Lord! Bless us with pious spouses and offspring who will be the joy of our hearts, and make us models for the righteous." (Surah Al-Furqan, 25/74)

Starting Umrah

1 Intention & Ihram

A pilgrim makes an intention to come into the state of Ihram (sacredness / prohibition) before passing the five meeqat (stated place) points. Certain restrictions are placed on a pilgrim as they will be performing Umrah. If you are travelling by air, you will make the intention 45 mins before landing & if by road then the intention needs to be made before passing any meeqat point.

A 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 worn by men. There is no particular dress or colour of dress for a woman in Ihram, other than the usually specified in the sunnah. She should not wear face mask (niqab) or gloves. She can cover her face before strange men using a part of her head cover /extended cloth.



Throughout these holy days and whilst in the state of Ihram, we should also be particularly mindful of our behaviour and words. We should avoid smoking, engaging in sexual relations, swearing, shaving our hair, and cutting our nails. We must also **NOT** use perfume or scented soaps.

Start Umrah: To enter state of Ihram, you should have worn the clothes of Ihram. Now say the following:



لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbayka lllahumma 'umratan.

O Allah, here I am to perform Umrah

Say the Talbiyah, the prayer is as follows:



لَبَّيْكَ اللَّهُمَّ تَبَيَّنَ - تَبَيَّنَ لَا شَرِيكَ لَكَ تَبَيَّنَ - إِنْ الْخَمْدُ وَالنَّعْمَةُ لَكَ وَالْمَلَكُ لَا شَرِيكَ لَكَ

"Labbayka lllahumma labbayka(a), labbayka la sharika laka labbayka(a), inna l-hamda wa n-ni'mata, laka wa l-mulka(a), la sharika lak."

At Your service, Allah, at Your service. At Your service, You have no partner, at Your service. Truly all praise, favour and sovereignty are Yours. You have no partner.

2 Entering the Masjid Al-Haram

Entering the Masjid Al-Haram with your right foot saying any of the supplications for entering mosques such as:

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

"Allaahum-maf-Tahlee Abwaaba Rahmatika".

"O Allaah, open the doors of Your Mercy for me." [Sahih Muslim]

3 Perform - Tawaf x 7

Tawaf is one of the principal rites of the pilgrimage. It means circling around something with devotion. During Umrah, it means moving around the Ka'bah 7 times. One Tawaf is made up of seven complete circuits, with each one starting and ending at Hajar Aswad (black stone), which is situated within the Ka'bah. Prophet SAW said: "The Black Stone is from Paradise" (Nisai 2935). If you can touch it without causing harm then its fine otherwise avoid.

Go around the 'U' shape structure. It is called 'Hateem' & it is part of the Ka'bah. Praying in it means, you have prayed in the Ka'bah.

In Tawaf: Each round of Tawaf is started by raising the right hand facing the black stone (kiss it if possible) & proclaiming Bimillahi Allah hu Akbar. First 3 rounds are completed by walking fast (men only & if possible). Then remaining 4 rounds are completed by walking on a normal pace. You can make any dua in any language.



Start Tawaf: Men will 'UNCOVER' their right shoulder. 'Raise' your right hand, face the black stone & Recite:



بِسْمِ اللَّهِ أَكْبَرُ

"Bismil lahi wa lllahu akbar"

"In the name of Allah, Allah is the Greatest."

Make dua & you can make any dua in any language. Then between Yamani corner & Black stone - say the following dua:



بِنَا آتَانِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

"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 hell-fire."



Similar to the 1st circuit, complete 7 circuits in total.

Prayer after Tawaf

After completing the tawaf, offer 2 units of prayer behind 'Maqam-e-Ibrahim' (station of Ibrahim).

Recite Surah Al-Fatiha & Surah Al-Kafroon in the 1st rakah



قُلْ يَا أَيُّهَا الْكَافِرُونَ لَا لَكُمْ عَزْوَاعٌ لَكُمْ شُرَكَاءُ فَاتَّبِعُوا مِلِّي وَأَطِيعُوا أَمْرِي وَلَا تَقْرَبُوا عِزْدِي مَا عَزَدُوا وَلَا تَقْرَبُوا عِزْدِي مَا عَزَدُوا وَلَا تَقْرَبُوا عِزْدِي مَا عَزَدُوا وَلَا تَقْرَبُوا عِزْدِي مَا عَزَدُوا

1) Qul yaayyulha kaafiroon 2) Laaa 'abudu maa 'tabudoon 3) Wa laaa antum 'aabidoona maaa 'abud 4) Wa laaa ana 'abidum maa 'abattum 5) Wa laaa antum 'aabidoona maaa 'abud 6) Lakum deenukum wa liya deen."

"O disbelievers, I do not worship what you worship. Nor are you worshippers of what I worship. Nor will I be a worshipper of what you worship. Nor will you be worshippers of what I worship. For what is your religion, and for me is my religion."

Recite Surah Al-Fatiha & Surah Al-Ikhlās in the 2nd rakah



قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ صَمَدٌ ۝ لَا يُدْرِكُهُ يَدٌ وَلَا يَمْلِكُهُ كَفٌّ ۝ يَدُكَ لَمْ تُغْنِ أَحَدًا ۝

1) Qul huwal laahu ahad 2) Allah hus-samad 3) Lam yalid wa lam yoold 4) Wa lam yakul-lahoo kufuwan ahad

"Say: He is Allah, the One and Only; Allah, the Eternal, Absolute; He begetteth not, nor is He begotten; And there is none like unto Him."



You can drink Zamzam water after it or during the tawaf.

4 Perform Sa'ey (Safa & Marwa)

Sa'ey literally means to walk/to strive. In Umrah it means to walk between the hilltops of Mount Safa & Mount Marwa 7 times. Here you act like Hajar, the mother of Ismail. Allah ordered Ibrahim AS to leave Hajar AS & Ismail AS in the barren land of Makkah & she remained patient & steadfast. Our running between the 2 green lights is replicating her hurrying to find food for her son Ismail AS. Allah loved the action & made it part of Umrah.



Start Sa'ey - Male pilgrim should cover their shoulder. Walk towards Mt. Safa, it is sunnah to recite 1st part of the following verse & then the supplication:



إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Inna s-safa wa l-marwata min sha'a'iri lah(l). Indeed, Safa and Marwa are from the Signs of Allah. [Surah al-Baqarah, 2:158]

أَبْدَأَ بِمَا بَدَأَ اللَّهُ بِهِ

Abda'u bima bad'allahu bihi. I begin with that which Allah has begun with.

Then recite the following supplication from Sunnah or make any Dua. You can read this supplication three times and make personal Dua in between, and start walking towards Marwa.



اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ
Allahu akbar, Allahu akbar, Allahu akbar

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْخَمْدُ يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha illallah wahdahu la sharika lah(u), lahu l-mulku wa lahu l-hamdu yuhyi wa yumit(u), wa huwa 'ala kulli shay'in qadir.

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

La ilaha illallahu wahdah(u), anjaza wa'dahu wa nasara 'abdahu wa hazama l-ahzaba wahdah.

Allah is the greatest; Allah is the greatest; Allah is the greatest. There is no deity except Allah, alone without a partner. To Him belongs the Dominion, and to Him belongs all praise. He gives life and death and He has power over everything. There is no deity except Allah alone. He fulfilled His promise, supported His slave and defeated the confederates alone.

After the supplication, proceed towards Marwa while making any Dua. A pilgrim will complete one circuit after reaching Marwa and repeat point 2. **Note:** If possible men should run between the 2 green pillars (lights) if they are able to and women walk at their normal pace.

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

5 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. Women, however should only clip their hair evenly from the bottom to the length of a fingertip. They are forbidden to shave their heads.

Your Umrah is Complete!

Starting Hajj

Significant Terms

Major Ihram: Pilgrim enters the state of major Ihram after making the intention to perform the rites of Hajj and stays in the state until the end.

Minor Ihram: After completing 2 of the 3 main rituals or 3 of the 4 (hanafi), a pilgrim can change their clothes, apply perfume, cut nails but they are still prohibited to be affectionate/intimate with their spouse.

Hanafi Opinion: According to Ahnaf, a pilgrim has to perform 3 of 4 main rituals in a sequence before coming out of major state of ihram. (1) Rami (Stoning), (2) Hady (Sacrifice an animal), (3) Halq (cut hair), (4) Tawaf az-ziyarah.

There are three types of Hajj: Tamattu, Ifraad and Qiran. For the purpose of this Hajj guide, we will use the Hajj Tamattu (recommended by Prophet Muhammad ﷺ).

1 Preparation and Intention

Prepare yourself for Hajj. Once you have worn the ihram & made the intention, you will come into the state of Ihram.

Day 1 / 8th Dhul Hijjah

HAJJ AND UMRAH GUIDE.COM



HAJJ & UMRAH GUIDE

BY NAYAF BIN MURTAZA

HAJJ AND UMRAH GUIDE.COM

W: hajjandumrahguide.com | E: info@hajjandumrahguide.com



BUY DETAILED GUIDE AT
HAJJANDUMRAHGUIDE.COM

WATCH UMRAH VIDEO GUIDE

WATCH HAJJ VIDEO GUIDE



If you notice any errors, please do inform us and we shall endeavour to amend them in future editions.

All rights reserved. No part of this document should be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage and retrieval system without permission in writing from the publisher and author.

While every precaution has been taken in the preparation of this book, the author, editor, publisher, and printer, shall have no liability with respect to any loss, injury or damage caused.

2 Day 1 / 8th Dhul Hijjah - Enter state of Ihram

For Hajj Tamattu, you should have completed your umrah for Hajj & should have come out of state of Ihram.

Start Hajj: Wear the 'Ihram' clothes again (it can be same or different) and make the intention for Hajj.

لَبَّيْكَ اللَّهُمَّ حَجًّا
"Labbayk Allahumma Hajj" - "O Allah, here I am to perform Hajj."

If he/ she fears that something will prevent him/ her (menstruation) from completing Hajj then he/ she should say the following

فَإِنْ حَبَسَنِي خَابِسٌ فَمَجَلِّي حَيْثُ حَبَسْتَنِي
"Fa in habasani haabisun Fa Mahilli haisu habastani"
"If I am prevented by any obstacle, my place is wherever I am help up."

You'll begin reciting the following invocation called the Talbiyah facing the Qiblah:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ، إِنَّ الْحَمْدَ وَالنِّعَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ
"Labbayk Allahumma Labbayk, Labbayk la sharika laka Labbayk, Innal hamda wannima laka walmulk La sharika laka"
"There is no god but Allah, the One, having no partner with Him. Sovereignty belongs to Him and all the praise is due to Him, and He is Potent over everything"

3 Arrive At Mina

Day 2 / 9th Dhul Hijjah

4 Day 2 / 9th Dhul Hijjah - Arrive in 'Arafah

- Pray Fajr in Mina and go to Arafat any time after sunrise.
- Stop over if possible at Namirah (place close to 'Arafah - is now a Masjid there) and remain until after Zawaal (sun at highest point - no shadow) and listen to the Kuthbah. If this is not possible, it is permissible to proceed to 'Arafah, remaining there until sunset. Make dua anywhere in the grounds of Arafah.
- Facing the Qiblah, with raised hands, supplicate. It is encouraged to frequently recite the following -

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
"La ilaha ill Allahu wahdahu la shareeka lahu lahul mulk wa lahul hamdu wa huwa 'alaa kulli shay 'in qadeer"
"There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise, and He is Omnipotent over all things."

- Pray Dhuhri & Asr at Arafah (shortened & combined with one Azaan). According to Hanafi opinion, Dhuhri and Asr can only be combined in Masjid al-Namirah behind the Imam & not in tents. The other three Sunni schools of thought state that it is permissible to combine the prayers in the tents.
- Perform WUQUF (stay on grounds of Arafat), make dua (supplications) and seek forgiveness until sunset.
- After sunset go to Muzdalifah.

5 Stay in Muzdalifah

- Pray Maghrib & Isha together at Muzdalifah with one azaan. (Shorten & Combined).
- In Muzdalifah or Mina, you can collect upto 70 pebbles for stoning.
- Spend the night in Muzdalifah (sleep) until Fajr.

Note: At Muzdalifah, you will stay under the night sky. There are no tents or other accommodation facilities here. Although there are plenty of lights, it is still fairly dark. Toilets and Wudhu facilities are available in Muzdalifah, but they will be crowded.

Day 3 / 10th Dhul Hijjah

6 Day 3 / 10th Dhul Hijjah & start of Eid Ul-Adha

On 10th Dhul Hijjah, it is recommended you follow the following sequence - (1)Rami (Stoning), (2)Hady (Sacrifice an animal), (3)Halq (cut hair), (4)Tawaf Az-ziyarah. If for some reason, you can not follow the sequence then it will be fine. Pilgrims following hanafi opinion have to follow the sequence, otherwise they may have to sacrifice an additional animal as penalty.

- Pray Fajr in Muzdalifah, make dua until slightly few minutes before sunrise and leave for Mina and continuously recite the Talbiyah. Calmly proceed to Jamaratul-Aqabah al-Kubraa (The Large Pillar) for stoning.
- Facing Jamarah (Stoning Pillar), with Makkah to your left and Mina to your right, throw seven stones at Jamarah reciting the takbir each time you throw the stone:

اللَّهُ أَكْبَرُ "Allahu Akbar" - "Allah is the Greatest (after each throw)"

Note: There is no 'SHAITAAN' chained here, you should not throw a slipper or swear. A pilgrim throws the stones, glorifies Allah like the Prophet PBUH & remembers the test of Ibrahim AS.

Hadi/Sacrifice: Your tour operator should give you guidelines in sacrificing the animal. After Hadi, get your hair shaved.

7 Perform Tawaaf-ul-Ifaadhah & Sa'ee

- Go to Makkah and perform Tawaaf Ul-Ifaadhah. It can be performed anytime up to sunset of 12th Dhul Hijjah or more depending the opinion pilgrim follows.

Enter Masjid ul-Haram & start the tawaf from the black stone.

Once Tawaaf is complete, offer 2 rakaats anywhere behind the Station of Ibraheem - or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlās in the 2nd raka'a, and drink Zamzam water - Make Du'a (See Point 4 Umrah section).

Perform Sa'ee (See Point 5 Umrah section) Upon the completion of the Sa'ee, all restrictions are now lifted.

Return back to Mina. Upon leaving al-Masjid ul-Haram with the left foot, recite dua of leaving the Masjid.

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ
"Allahumma-maftah li abwaba rahmatika"
"O Allah open to me, Your doors of Mercy."

Day 4 / 11th Dhul Hijjah

8 Day 4 / 11th Dhul-Hijjah

- If Tawaf Ul-Ifaadhah was not performed yesterday, go to Makkah and perform Tawaf. Then pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return to Mina.
- Stay in Mina for Stoning
- From the time period between after Zawaal (sun at highest point - no shadow) until the night, stone all three Jamarats, 21 required per day, 7 pebbles at each Jamarah (Pillar). Facing first Jamarah As-Sugra (smallest) then Jamarah Al-Wusta & then Jamarah Al-Aqaba/Kubra with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting Point 6 Hajj section

Day 5 / 12th Dhul Hijjah

9 Day 5 / 12th Dhul Hijjah - Farewell Tawaf

- If Tawaf Ul-Ifaadhah has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam & perform Sa'ee. Return back to Mina.
- From the time period between after Zawaal (after midday) until the night, stone all 3 Jamarat with 7 pebbles for each one. Leave Mina for Makkah before Sunset if possible. If you can't leave - Stay at Mina.
- A pilgrim can leave grounds of Mina before 'MAGRIB' and end the Hajj Journey as mentioned in the Quran. If you decide to leave then reach Makkah and before the final departure, perform Tawaaf-ul- Wadaa' (Farewell Tawaf) as your last act.

Note: If you have a question, please consult a SHAYKH/ MOLANA/ GUIDE.

Day 6 / 13th Dhul Hijjah

10 Day 6 / 13th Dhul Hijjah

- If you didn't leave Mina on the 12th, then on the 13th stone all 3 Jamarat with 7 pebbles for each Jamarat.
- Leave for Makkah.
- Before final departure from Makkah, perform Tawaaf-ul- Wadaa' (Farewell Tawaf) as your last act.

Your Hajj is Complete!

Madinah - Masjid Al-Nabawi

A pilgrim visiting Makkah should try to visit the city of the Prophet ﷺ. It is not a part of 'Umrah' or Hajj but since one has travelled from far away, pilgrims are recommended to visit the Masjid and pray there.

Visiting Masjid Al-Quba

Visiting Masjid Quba has great reward in it because the Messenger of Allah ﷺ said: Whoever purifies himself in his house, then comes to the mosque of Quba and prays in it, he will have a reward like the Umrah pilgrimage. (Ibn Majah)

Hajj & Umrah Overview

Umrah 1 → 7

Hajj 8 → 19



Masjid Al-Nabawi Overview

Battle of Uhud took place here. Narrated Anas bin Malik: When the mountain of Uhud came in the sight of Allah's Messenger (ﷺ) he said, "This is a mountain that loves us and is loved by us. O Allah! Abraham made Mecca a sanctuary, and I make (the area) in between these two mountains (of Medina) a sanctuary." (Bukhari)

Visit the Prophet's Rawdah (grave) to send Salam

As you pass by the graves, there are 3 gold railings. In the middle railing, it says 'Huna Rasulullah' which means here is the Prophet's grave. Then it says, 'Huna Abu Bakr (RA)' and then 'Huna Umar (RA)'. While passing by the Rawda (Grave of the Prophet), you can send Salam in the following manner:

السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ
وَأَصْحَابَاتِ
As-salamu 'alayka ayu han nabiyyu wa rahmatullahi wa barakatuhu wa sallal lahu alaika wa ala aaliika wa as habika.
Peace be upon you O Messenger of Allah, mercy and blessings of Allah be upon you and blessings upon your family and your companions upon you O Messenger of Allah.

Salam to Abu Bakar RA

السَّلَامُ عَلَيْكَ يَا خَلِيفَةَ الْمُسْلِمِينَ يَا بَكْرَ الصِّدِّيقِ
Assalamu 'alayka ya khalifata l-muslimina Aba Bakri al-Siddiq.
Peace be upon you O Caliph of the Muslims, Abu Bakr al-Siddiq.

Salam to Omar RA

السَّلَامُ عَلَيْكَ يَا أَمِيرَ الْمُؤْمِنِينَ عَمَرُ بْنُ الْخَطَّابِ
As-salamu 'alayka ya amira l-mu'minin, 'Umar bni al-Khattab.
Peace be upon you O Commander of the Faithful, Umar Ibn al-Khattab.

Over 10,000+ Companions of Prophet Muhammad ﷺ are buried in Baqi, including many of the Prophet's household family members. Men can follow a funeral and take part in the burial for great reward.

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ وَإِنَّا إِن شَاءَ اللَّهُ نَعْمُرُ لاجِقُونَ نَسْأَلُ اللَّهَ لَكُمْ وَتَحْتِ الْعَاقِبَةِ
Assalamu 'alaykum 'ahlad-diyari, minal-mu'mineena walmuslimineena, wa innaa 'in shaa' Allahu bikum laahiqoon [wa yarhamullahuahul -mustaqdimina minnaa walmustakhireena] 'as'alullaha lanaa wa lakumuk- 'aafiyata.
Oh Muslims residing here, salaams on you, by the will of Allah we will also be coming to you. We seek safety for us and you (Muslim, Ibn al-Majah)

