

## 1. IHRAM – Before reaching Meeqat

**Before Ihram:** Remove unwanted hair, trim nails, make *ghusl* (bath) & *wudhu* (ablution) or at least wudhu.

**Put on clothes of Ihram** – 2 white un-sewn

pieces of cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram.



On entering state of Ihram *Niyyah* (Intention (in any language) to enter into Ihram)

**Recite Talbiyah** (Umrah prayer supplication):

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكُ لَا شَرِيكَ لَكَ

“Labbayk Allahumma Labbayk,  
Labbayk la sharika laka Labbayk,  
Innal hamda wannai'mata laka walmulk  
La sharika lak”

Here I am O Allah, (in response to Your call), here I am. Here I am, You have no partner, here I am. Indeed all the Praise, Grace and Sovereignty belong to You. You have no partner.

Going to Masjid Al-Haram (Ka'bah), men to recite loudly (women quietly):

**Umrah (Tawaaful-Qudoom)** ﷻ

**Entering Masjid Al-Haram:** Enter with the right foot and recite:

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma aftah lee abwaaba  
rahmatika

O Allah, open the doors of Your Mercy for me.

♦ Make intention for the Tawaf.

## 2. TAWAAF (Circling the Ka'bah 7 times)

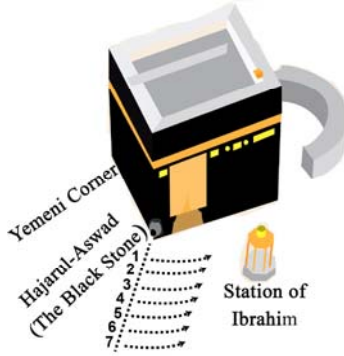
♦ Before proceeding to the starting point of Tawaaf, *Al-Hajarul-Aswad* (The Black Stone)<sup>1</sup>, men only - uncover right shoulder by placing Ihram underneath right arm-pit (this is known as *Idhtiba*).

When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone)<sup>2</sup>, and recite –

الله أكبر

Allahu Akbar (Allah is the Greatest).

♦ Men should walk briskly (*Raml*) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around



until 7<sup>th</sup> circuit. No particular supplication (*Duaa*) is essential during Tawaaf.<sup>3</sup>

♦ *Duaa* (supplication) can be made during Tawaaf, except it is *Sunnah* to recite the following when going between *Ar-Ruknul-Yamani* (Yemeni Corner)<sup>4</sup>

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ  
حَسَنَةً وَفِيْنَا عَذَابَ النَّارِ

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

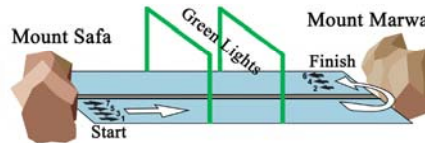
Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!

♦ Once Tawaaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibrahim – or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlās in the 2<sup>nd</sup> raka'a.



♦ Drink Zam-Zam water – Make Du'aa

## 3. SA'EE (Completion of 7 rounds Safa & Marwah)



Begin Sa'ee at as-Safa. Complete walk from as-Safa to al-Marwah (one circuit), then al-Marwah to as-Safa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light. At foot of as-Safa recite –

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

**Innas-safaa wal marwata min  
sha'aa'irillaahi faman hajjal baita  
'awi tamara falaa junaaha 'alaihi an  
yattawwafa bihimaa wa man tatawwa'a  
khiran fa'innAllaha shaakirun  
'aleemun**

Verily! As-Safa and al-Marwah are of the Symbols of Allah. So it is not a sin on him

who performs Hajj or 'Umrah of the House to perform the Tawaf between them. And whoever does good voluntarily, then verily, Allah is All-Recognizer, All-Knower. Each time you complete one round (Safa and Marwah) recite –

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ  
الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ  
وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ خَذَهُ

**Allahu Akbar Allahu Akbar Allahu  
Akbar - laa illaaha illallahu wahdau laa  
shareekalah - lahu mulku wa lahu  
hamdu - yuhyee wa yumeetu wa huwa  
'alaa kulli shai'in qadeer - laa ilaaha  
illallahu wahdahu laa shareekalah -  
anjaza wa'dahu wa nasara 'abdahu wa  
hazamal ahzaaba wahdahu**

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.

## 4. Shaving Head/Trimming ✂

After completing Sa'ee: Men: shaving entire head is preferable or cut hair equally from all over head; Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haram with the left foot, recite

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma innee 'as'aluka min  
fadhlika

O Allah, verily I ask You from Your Favor.

♦ Your Umrah is now complete.

♦ May Allah (SWT) accept your Umrah.

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انجليزي English

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## 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 Kafirun in the first rakaat and Surah Ikhlas 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):

لَبَّيْكَ اللَّهُمَّ تَبَّيْكَ، كَيْتَبُ لَا شَرِيكَ لَكَ تَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنِّعَةَ لَكَ وَ الْمُلْكُ لَا شَرِيكَ لَكَ

Labbayk Allahumma labbayk, Labbayk la sharika laka  
Labbayk, Innal hamda wan-ni'mata laka walmulk, 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 وَ سَلِّمْ،  
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) –

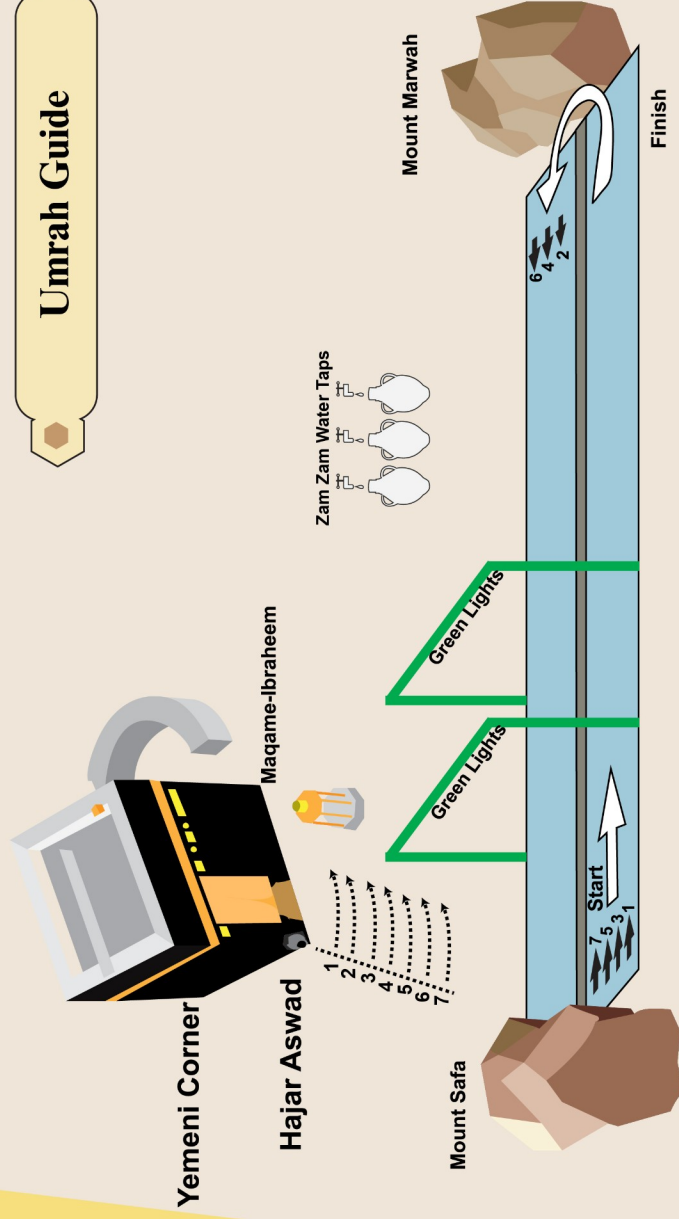
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الْآخِرَةِ  
حَسَنَةً وَ قِنَا عَذَابَ النَّارِ

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 وَ يُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَتَجَزَّ وَحْدَهُ  
وَ تَصَرَّ عِبْدَهُ وَ هَرَمَ الْأَحْزَابَ وَ حِدَهُ

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 alhaazaba 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