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UMRAH **GUIDE**

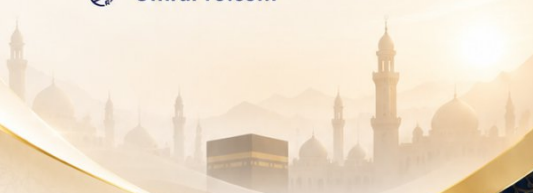
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Umrah Guide

(With complete Guidance, Hadiths and
References)

The intention for Umrah and the procedure for entering into Ihram:

Niyyah refers to the intention of the heart, but when making the intention for Umrah, it is necessary to express it verbally. One should make the intention solely for the pleasure of Allah.

Ihram: The method of entering into Ihram is to perform ghusl (ritual bath) and then put on the Ihram garments. A woman is permitted to wear clothing of any color, provided it does not serve as an adornment or attract attention.

Supplication before entering Ihram

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Allahumma inni ureedul 'umrata fayassirha Lee wa taqabbalhaa minnee

O Allah, I intend to perform Umrah — so make it easy for me and accept it from me.

Sunnat-ul-Ehram

After this, pray two rak'ahs of Sunnat-ul-Ehram for entering Ihram.

- First rak'ah Surah Al-Kafirun AND
- Second rak'ah, recite Surah Al-Ikhlās after Surah Al-Fatihah.

Supplication for Intending to Perform Umrah

After completing two rak'ahs of Sunnat-ul-Ehram, recite this supplication:

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

Labbaik Allahuma Umrah
Here I am, O Allah, intending 'Umrah.

Make the intention then recite the Talbiyah

Hadith: The Messenger of Allah (peace and blessings of Allah be upon him) said: Whoever recites Talbiyah, every stone, tree and earth will bear witness for him. —(Tirmidhi 828)

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ ۝ لَبَّيْكَ لَا شَرِيكَ لَكَ
لَبَّيْكَ ۝ إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ ۝
لَا شَرِيكَ لَكَ

Labbayk Allahumma labbayk, labbayka la shreeka laka labbayk,
inna al-hamda wan-nia'mata laka wal-mulk, la sharika lak.

At your service, O Allah, at your service. At your service,
you have no Partner, at your service.

Indeed, all praise and blessings are Yours and the kingdom
is Yours. You have no partner.

Entering the Holy Mosque

Try to enter the Holy Mosque through the **Bab al-Salam** and recite this **supplication** with utmost humility and reverence while **entering**

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ
الْقَدِيمِ، مِنَ الشَّيْطَانِ الرَّجِيمِ
بِسْمِ اللَّهِ، اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ وَسَلَّمَ
اللَّهُمَّ اغْفِرْ لِي ذُنُوبِي، وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Aoozubillahil-azeemi wa bi'wajhihil kareemi wa sultanihil
qadeemi mina'sshaitanirrajeem

Bismillahi Allahumma salli ala Muhammedin wa'alihi sallim
Allahumaghfirli dhunubi waftah Li Abwaba Rahmatik

I seek refuge In Allah Almighty, the Lord of Majesty and Glory, His Noble Being, and His Everlasting Kingdom, from Satan the accursed. In the name of Allah (as I enter) — O Allah, send Your mercy and peace upon Prophet Muhammad (peace be upon him) and upon the family of Muhammad (peace be upon them). O Allah, forgive my sins and open for me the doors of Your mercy.

Seeing the Holy Kaaba for the First Time

As soon as you see the Holy Kaaba, immediately recite this supplication :

اللَّهُمَّ زِدْ هَذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيمًا
وَتَكْرِيمًا وَمَهَابَةً، وَزِدْ مَنْ شَرَّفَهُ وَكَرَّمَهُ
مِمَّنْ حَجَّهٗ أَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَكْرِيمًا
وَتَعْظِيمًا وَبِرًّا

Allahumma zid hadhal-bayta tashreefan wa ta'aziman wa takriman wa mahabatan wa zid man sharrafahu wa karramahu mimman hajjahu awi tamarahu tashreefan wa takriman wa ta'aziman wa birra.

O Allah, increase the honor, respect, dignity and awe of this House, and increase the honor, respect, dignity and goodness of whoever honors it and performs Hajj or Umrah.

Method of Performing Tawaf

- As soon as you enter the Holy Kaaba, first perform Tawaf.
- Start at the Black Stone, say **Bismillahi, Allahu Akbar**, kiss the Black Stone, and then begin the Tawaf. It is not necessary to touch the Black Stone.
- When you return to the Black Stone after completing a circuit, that counts as one round. In the same way, complete seven rounds.
- If ablution is broken during Tawaf, one should leave Tawaf and perform ablution first and then start Tawaf again.
- Wudu is necessary for Tawaf.
- Wudu is not necessary for Sa'iee.
- **Hadith:** Tawaf is an act of worship similar to prayer, except that speaking is allowed while performing it.

— (Tirmidhi: 96)

Performing Tawaf

Start at the Black Stone, say **Bismillahi, Allahu Akbar**, kiss the Black Stone, and then begin the Tawaf. It is not necessary to touch the Black Stone.

بِسْمِ اللَّهِ ۞ اللَّهُ أَكْبَرُ

Bismillahi, Allahu Akbar

Recite this Dua when starting Tawaf

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

Sub'hanAllahi Wal Hamdulillahi wa Laa iLaaha iLLaAllahu
Wallahu Akbar Wala haula Wala Quwwata iLLaBillah

Glory be to Allah and All Praise be to Allah, There is no God but Allah, And Allah is the Greatest, Without the help of Allah, we cannot avoid sins or do good.

The supplication between the Yemeni Corner and the Black Stone

In each circuit, continue remembering Allah and make any supplications you wish, but it is Sunnah to end every circuit with this particular du'a.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً ۖ وَفِي الْآخِرَةِ
حَسَنَةً ۖ وَقِنَا عَذَابَ النَّارِ

Rabbana Atina fidduniya hasanatan wa fil'aakhirati hasanatan
wa'Qin'aazabannar

Our Lord, grant us goodness in this world and goodness in the Hereafter, and protect us from the Fire of Hell. — (Al-Baqarah 2:201)

Maqam-e-Ibrahim

When the seven rounds of Tawaf are complete, recite this verse with the intention of praying two rak'ahs behind Maqam Ibrahim (Wajib al-Tawaf).

وَإِخْذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلِّينَ

Wattakhizu Mim'maqami Ibraheema Musalla
And make the Maqam Ibrahim a place of prayer.
(Qur'an, Al-Baqarah 2:125)

If you cannot find a place near Maqam Ibrahim, you can pray anywhere further away, behind Maqam Ibrahim in the Grand Mosque. This is the blessed place where prayers are accepted.

- First rak'ah Surah Al-Kafirun AND
- Second rak'ah, recite Surah Al-Ikhlās after Surah Al-Fatihah.

Hadith: The Messenger of Allah (peace and blessings of Allah be upon him) always prayed these two rak'ahs after Tawaf. —
Sahih Muslim: 1218

Drinking ZamZam Water

Drink Zamzam while facing the Qiblah: Pray for healing, knowledge, and sustenance.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا ۖ وَرِزْقًا وَاسِعًا ۖ
وَشِفَاءً مِنْ كُلِّ دَاءٍ

Allahumma inni as'aluka ilman'nafia, wa rizqan wasi'a wa
shifa'an min kulli da

O Allah, I ask You for beneficial knowledge, abundant
sustenance, and healing from every disease.

Sa'iee: Walking between Safa and Marwah

After praying two rak'ahs at Maqam-e-Ibrahim, go towards Safa hill to perform Sa'iee and recite these verses:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

InnasSafa wal Marwata min Shaai'rillah (Al-Baqarah 2:158)

Indeed, Mount Safa and Mount Marwah are among the signs of Allah. (Qur'an, Al-Baqarah 2:158)

Climb Mount Safa, face the Kaaba, say **Alhamdulillah** and **Allahu Akbar** three times, raise your hands, and recite the given supplications three times.

After that, descend from Safa and walk toward Marwa. Wherever the **GREEN pillars** are visible, walk normally (**women do not need to run between the green lights**).

Then go up Marwa and repeat the same praises and supplications as you did at Safa. If possible, recite all the adhkar and supplications at Safa and Marwa three times.

This completes one cycle. Similarly, complete seven cycles and this will complete the Sa'iee.

DUA TO RECITE AT SAFA AND MARWA

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

La iLaha iLla Lahu wahdahu La Sharika Lahu, Lahul Mulku Wa
Lahul Hamdu, yuhiiee wa yumitu, wahuwa ala kulli shay'in
Qadeer

There is no god but Allah, He is alone, He has no partner. To
Him belongs the kingdom, all praise is due. He gives life and
causes death. He is capable of all things.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ ۝ أَنْجَزَ وَعَدَهُ ۝ وَنَصَرَ عَبْدَهُ ۝
وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

La iLaha iLla Lahu wahdah, anjaza wa'adah, wa nasara abdah wa
hazamal Ahzaaba Wahdah

There is no god but Allah. He fulfilled His promise and
supported His servant Muhammad, peace and blessings be
upon him, and he alone defeated all the parties.

After reciting these prayers three times, pray for yourself, pray
for your family, pray for your parents.

Remember, there is no specific dhikr that is obligatory for Tawaf or Sa'iee; rather, any dhikr or supplication you can perform easily is permissible. You may also recite the Holy Qur'an while performing Tawaf and Sa'iee. Although every supplication and dhikr is permissible on this occasion, it is better to focus on those that are authentically reported from the Holy Prophet (peace and blessings of Allah be upon him), as we have included in this guide.

Halq (shaving) or Qasr (trimming) or cutting hair

Women should trim their hair by about the length of a fingertip, while shaving the head is only for men.

After performing Halq or Qasr, your Umrah is complete, and you are now out of the state of Ihram.

After completing Umrah, it is mandatory to trim one's hair within the boundaries of the Haram. If someone trims their hair outside these boundaries, they will be required to offer a sacrifice (dum).

After performing Umrah

Men and Women may perform voluntary (Nafil) Tawaf, and should remain engaged in supplication, remembrance of Allah (dhikr), and seeking forgiveness (istighfar).

After every Nafil Tawaf, two rak'ahs of Wajib-ut-Tawaf should be offered behind Maqam-e-Ibrahim.

- In the first rak'ah, recite Surah Al-Kafirun after Surah Al-Fatihah.
- In the second rak'ah, recite Surah Al-Ikhlās after Surah Al-Fatihah.