1. IHRAM – Before reaching Meeqat
Before Ihram: Remove unwanted hair, trim nails, make ghusl (bath) & wudhu (ablution) or at least wudu.
Put on clothes of Ihram – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women should not cover their heads during Ihram. Should not cover their heads during Ihram.
Put on clothes of Ihram – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women 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):

لِنَبْعِثُ الْفُلُُّومَ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ لِنَبْعِثُ

Here I am O Allah, (in response to Your call), 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):

عَلَيْهِ إِنَّ النَّبِيَّ لِيُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٍ

Allah Akbar Allahumma Labbayk, Labbayk la sharika laka, Labbayk la sharika laka, Labbayk la sharika laka, Labbayk la sharika laka, Labbayk la sharika laka, Labbayk la sharika laka.

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 الْصَّفَا وَالْقُرْبَةِ مِنْ شَعَابِي النَّبِيِّ ﷺ حَجَّ النَّبِيَّ ﷺ أَوْهُمْ فَلَا نَخْرَجُ نَخْرَجُ إِلَّا مَنْ أَنْزَلَ عَلَيْهِ حُرْمٌ

Innis-safaa wal marwata min sha’aa’irillaahi faman hajjal bai’ta ‘awi’tamara faalaa junahaa ’alaihi an yattawwafa bihimaa wa man tatawwa’ a khiran fa’ninAllaha shakirun ‘aleemun

Verily! As-Safa and al-Marwah are 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-Knowler.

Each time you complete one round (Safa and Marwah) recite –

إِنَّ أَكْبَرَ أَنَّ أَكْبَرَ أَنَّ أَكْبَرَ أَنَّ أَكْبَرَ أَنَّ أَكْبَرَ أَنَّ أَكْبَرَ أَنَّ أَكْبَرَ

Alhamdu lillah ‘alaa’ khabar, Allah Akbar - laa illaaha illallahu wahuwaa laa shareekalah - laahun mulku wa laahun hamdu - yuhyee wa yumeetu wa huwa 'ala kull shayaa in qadeer - laa ilaaha illallahu illallahu wahuwaa laa shareekalah - anjaa wa’dahu wa nasara ‘ abdahu wa hazamal ahzaaba wahduhu 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-Haraam with the left foot, recite

الْهُمُّ إِنَّا مِنْ فَنَّرَكَ

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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Umrah Guide
English

Anjiliyar

1/20/2009 A.H 1431

English

Anjiliyar

1/20/2009 A.H 1431
1. **IHRAAM – Before reaching Meeqat (boundary)**

- Remove unwanted hair, trim nails, make ghusl (bath) & wudu (ablution) or at least wudu
- 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 rakats. It is sunnah to recite Surah Kafirun in the first rakat and Surah Ikhlas in the second rakat.
- Make Niyah (intention) for Umrah in any language.
- Recite Talbiyyah while going to Masajid Al-Haram (Ka’bah). Men recite loudly (women quietly).
- Recite the Talbiyyah

\[
	ext{لَا إِلَى الْنَّارِ وَلَا إِلَى الْجَهَنَّمَ}
\]

-In the name of Allah-Oh Allah, send blessings and peace upon Muhammad

**Labbayk Allahumma labbayk, Labbayk la sharrika laka Labbayk innal hamda wan-ni’ma taka walmulk, La sharika laka**

(Here I am, Oh-Mah, Here I am. 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 Masajid Al-Haram with your right foot and recite:

**Bismillah Rabbil ‘A’lamin wa salam – Allahu a’lam ee abwaab raahmatik**

In the name of Allah-Oh Allah, send blessings and peace upon Muhammad

**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 fast on the 8th time to finish.
- No particular Dua’ (supplication) is essential during Tawaf, but it is Sunna (practice of the Prophet SAW) to recite the following when going between Ar-Ruknul-Yamaaneen (Yemeni Corner) –

Раббанا أتى فِي النَّارِ حَنَّةٌ وَ في الأَخْرَةِ

Rabbanaa aschina fid-dunyaa hasanatan wa feeh akhiirati hasanatan wa qinaa ‘adhaabah naa’

(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 Tawaf is complete, cover your right shoulder and offer 2 rakats anywhere behind the Station of Ibrahim – or anywhere in the Haram. Recite Surah al-Kafirun in the first rakat and Surah Ikhlas in the second rakat.
- Drink Zam-Zam water – Make Du’a when drinking Zam-Zam.

2. **TAWAFAF (Circling the Ka’bah 7 times)**

- Before proceeding to the starting point of Tawaf, Al-Hajarul-Aswad (The Black Stone), uncover right shoulder (men only) while making Tawaf by placing Ihram (clothing) under right arm.
- Make Niyah (Intention) for Tawaf (can be made in any language) “Oh Allah, I intend to make Tawaf; 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 ‘Isam). Start your 1st circuit. Repeat –

**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 fast on the 8th time to finish.
- No particular Dua’ (supplication) is essential during Tawaf, but it is Sunna (practice of the Prophet SAW) to recite the following when going between Ar-Ruknul-Yamaaneen (Yemeni Corner) –

**Rabbana wa amma fi al-nasirah wa al-akhrar**

Rabbanaa aschina fid-dunyaa hasanatan wa feeh akhiirati hasanatan wa qinaa ‘adhaabah naa’

(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 Tawaf is complete, cover your right shoulder and offer 2 rakats anywhere behind the Station of Ibrahim – or anywhere in the Haram. Recite Surah al-Kafirun in the first rakat and Surah Ikhlas in the second rakat.
- Drink Zam-Zam water – Make Du’a when drinking Zam-Zam.

3. **SA’EE**

- Begin at Mount Safa
- Recite this Ayah at the foot of Mount Safa:

\[
	ext{إِنَّ الصَّفاَ وَ الْجَمِيعَ مَنْ غَيَّرَهَا لَغَيْرُ مُّلْكِهِ}
\]

-In the name of Allah-Oh Allah, send blessings and peace upon Muhammad

\[
	ext{يَا أَيُّهَا الْجَمِيعُ مَنْ غَيَّرَهَا لَغَيْرُ مُّلْكِهِ}
\]

Innaa-saafaal wani marwata min sha’aa ‘iljaaal

(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:

**Allahu Akbar, Allahu Akbar, Allahu Akbar—la illa’ala illallahu wadhu laa shar’eeakah lahal muluk wa lahal hamd - yaaheebu wa yumeet wa huwa ‘ala kullu sha’in qadeer - laa illa’ala illallahu wadhu laa shar’eeakah - anjaza waddu waa nasara t’abduhu wa hazama alhaabaa 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. His Alone befit the praise; He has no Partner. In the name of Allah, the ever Glorified, the ever Magnificent)

- Complete walk from al-Safa to al-Marwah
- Return back to Safa—Go 7 times in total between Safa and Marwah
- Finish the 7th circuit at Marwah and make Du’a