

QUICK UMMRAH REFERENCE

Pillars of Ummrah (أركان العمرة) : (1. Al-ihram) (2. Tawwaf) (3. Al-sa'ee)

1. An-Niyyah – This is the intention to make Umrah.

2. Al-ihraam: Is the (NIYYAH) that has to be made at the place of Miqaat before entering the jurisdiction of Makkah-Masjid Al Haram. Ihraam outfit is mandatory. Male pilgrims must take off their regular clothes and put on the two pieces of clothes (Ezaar-bottom part and Redaa-top part). They cannot wear shoes that cover the top of their feet. Female pilgrims can wear any loose-fitting decent dress covering the entire body except face and hands. During the state of i'Hraam, pilgrims (male and female) cannot trim or shave their hair, clip nails, use perfumes or colognes, kill or hunt animals, cover their face or head, have sexual intercourse with the spouse, or have marriage proposals or contracts.

3. Talbiyah: is saying talbiyyah for 'Umrah only, saying **Labbaikallaahumma Umrah. لبيك اللهم عمرة**

4. Making Condition: And if he wishes when making **talbiyyah** he may state a condition to Allah fearing that which may prevent him whether illness or fear – saying as the **Prophet** taught: **Allaahumma mahillee haithu habastanee (O Allah allow me to get out of the state of 'Ihram wherever you prevent me.) اللهم محلي حيث حبستني**

TALBIYYAH: **Labbayk Allahu Labbayk, Labbayk La sharika Laka Labbayk, Innal hamda wanni'mata Laka walmulk La sharika Lak.** Which means: "O my Lord, Here I am at Your service, Here I am, There is no partner with You. Here I am. Truly, the praise and the provisions are Yours, and so is the dominion and sovereignty. There is no partner with You." There is no other dhikr than the Talbiyyah.

Arriving at Makkah: When arriving Makkah, it is the Sunnah to take "**Ghusul**" if possible and then go to the Masjid Al-Haram and upon entering the Masjid with the **right foot**, he should recite the following: **A'uthu billaahil-Adheem, wa bi Wajhihil-Kareem, wa Sultaanihil-qadeem, minash-shaitaanir-rajeem, Bismillaahi, was-salaatu, Was-salaamu 'alaa Rasool-illaahi. Allaahumma 'iftahlee abwaaba rahmatika.** Which means: **I take refuge in Allah, The Supreme and with His Noble Face and His eternal authority from the accursed devil. In the name of Allah, and prayers and peace be upon the Messenger of Allah. O Allah, open the gates of Your mercy for me.**

"أعوذ بالله العظيم وبوجهه الكريم وسلطانه القديم، من الشيطان الرجيم، بسم الله والصلاة والسلام على رسول الله، اللهم افتح لي أبواب رحمتك"

5. Tawaf-ul-Ummrah: One must be in state of Tahara (Wudu, cleanliness). Men: from the **sunnah** to perform **RAML** (رمل) - **fast pace** for the first 3 circles and **IDTIBAA'** (إضطباع) - **exposing right shoulder** all 7 circles. He should go straight to the Black Stone and facing it saying: **Bimillah Allahu-Akbar (الله أكبر)**. Then he touches the Black Stone with his hand and kisses it with his mouth. If he is not able to kiss it then he touches it with his hand and then kisses his hand. **If he can not touch it he should wave his hand towards it saying Allahu Akbar WITHOUT kissing the hand and he does that in every circuit.** While performing the Tawaf, he should get busy with all kind of **dua'a'** and when arriving at the **Yemeni Corner** he should try to touch it WITHOUT kissing and say: **Rabbanaa aatinaa fid-dunyaa hasanatan wa feel aakhirati hasanatan wa qinna 'athaaban naar.** Which means: Our Lord Give us good in this world and good in the Hereafter, and protect us from the torment of the Fire. He keeps saying this **Dua'a'** until he reaches the Black Stone corner. He does this in ALL circles and if he can not touch the corner he should just say the **dua'a'** WITHOUT waving the hand towards the corner.

6. Pray behind Maqaam Ibraaheem: When he finishes the seventh round he **covers his right shoulder** and moves to the **place of Maqaam Ibrahim** reciting: **Wattakhithoo min-maqaami ibraaheema musalla.** Which means: And take

ye the station of Abraham as a place of prayer.) – واتخذوا من مقام ابراهيم مصلى – He places the Maqaami Ibraheem between himself and the Ka’bah and then prays two rak’ahs. If it is crowded he should move to the back and pray from a far distance making the station of Ibraheem between himself and the Ka’bah. **He recites therein Surat-ul-Kaafiroon in the first rak’ah and Surat-ul-Ikhlass in the second rak’ah.** Then after praying he goes to any place in the Masjid that has Zamzam water to drink. **He goes to Zamzam and drinks thereof, and pours some of the water onto his head**, as Prophet Muhammad PBUH said: “ Zamzam water is for what it drunk for.” زمزم لما شرب له – and the Prophet PBUH said “ **it is blessed and it is a food and a cure for illness**” – إنها طعام طعم وشفاء سقم

7. Al-Sa’ee : Then he goes off for sa’ee between Safaa and Marwah (two small hills). When he reaches close to Safaa he says: **Innas-safaa wal marwata min sha’aa’irillaahi fman hajjal baita ‘awi’tamara falaa junaaha ‘alaihi a-yattawwufu bihimaa wa-man tatauwa’a khiran fa’innallaaha shaakirun ‘aleem.** Which means: Behold! Safa and Marwa are among the symbols of Allah. So if those who visit the House in the season or at other times should compass them round, it is no sin in them, and if any one obeys his own impulse to good, be sure that Allaah is He Who recognizes and knows. ان الصفا والمروة من شعائر الله، فمن حج البيت أو اعتمر فلا جناح عليه أن يطوف بهما، ومن تطوع خيراً فإن الله شاکر عليم.

Then he says upon reaching the hill of Safa: **Nabda’u bima bada’Allaahu bihi.** Which means: **we begin with what Allaah began with.** Then he begins with as-Safaa – climbing upon it until he can see the Ka’bah. نبدأ بما بدأ الله به. Then he faces the Ka’bah – and says: **Allaahu akbar Allaahu akbar Allaahu Akbar – Laa illaaha illallahu wahdahu Laa shareeka-Lahu, Lahul-mul ku wa-lahul hamdu – yuhee wa-yumeetu wa –huwa ‘alaa kulli shai’in qadeer – Laa ilaaha illallahu wahdahu Laa shareeka-lahu – anjaza wa’dahu wa nasara abdahu wa hazamal ahzaaba wahdahu.** Which means: none has the right to be worshipped except Allah alone, without partner. To Him belongs all sovereignty and praise and He is over all things omnipotent. None has the right to be worshipped except Allah alone. He fulfilled His promise, aided his servant and single-handedly defeated the allies. **Saying that three times** and **making Du’aa after each time.** الله أكبر الله أكبر الله أكبر. لا إله إلا الله وحده لا شريك له، له الملك وله الحمد، يحيي ويميت، وهو على كل شئ قدير. لا إله إلا الله وحده لا شريك له، أنجز وعده، ونصر عبده، وهزم الأحزاب وحده.

Then he walks till he reaches the green light posted on the right and left of the walls. When he reaches the green light he runs quickly till he reaches the next green light post. Then he goes back to walking and he walks up to Marwah hill and ascends it and does upon it as he did upon as-Safa hill facing the Ka’bah. When finished with the Du’aa that forms one complete Tawaf or circuit. Then he returns back toward as-Safa hill – walking in the place for walking and running in the place for running - he ascends as-Safa hill and that is a second Tawaf or circuit. Then he faces the Ka’bah and repeats the same du’aa and process.

There is no specific Du’aa to be said except what was confirmed on a group of the companions: Rabi ighfir wa-rham inaka anta Al-A’zu Al-Akram رب اغفر وارحم إنك أنت الأعز الأكرم

Then he returns to Marwah – and so on till he completes seven circuits finishing upon Marwah. He should get busy with all forms of Du’aa and Thikkir while making Tawaf back and forth.

8. Shave or hair cut: It is the Sunnah for males to shave their hair completely with a razor. If not then he should have a haircut. Hair has to be trimmed from all over the head. It is not sufficient to cut hair from the sides only. Women trim their hair the length of a finger joint from the end of their hair.

9. State of ‘Hil: Upon completing all the steps above, he/she is now out of the state of ‘iHram and now back to regular state of ‘Hill.