

QUICK UMMRAH REFERENCE

Pillars of Ummrah (أركان العمرة) : (1. Al-iHram/An-Niyyah) (2. Tawwaf) (3. Al-sa'ee)

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 or socks that cover the top of their feet. They must wear a foot wear that mainly exposes the top of their feet, toes, and ankles.

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.

1. An-Niyyah/Al-ihraam – This is the intention to make Umrah that has to be made at the place of **Miqaat** before entering the jurisdiction of Makkah- Masjid Al Haram, saying **Labbaikallaahumma Umrah. لبيك اللهم عمرة**

2. Talbiyah: After the An-Niyyah was pronounced, the Talbiyah starts: **Labbayk Allahumma Labbayk, Labbayk La sharika Laka Labbayk, Innal hamda wanni'mata Laka walmulk La sharika Lak.** Talbiyah continues until starting the first Tawaf.

Talbiyah 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.

3. Making Condition: He/She may say the following to allow them to get out of the Umrah in a case of emergency without the need to sacrifice a sheep, saying: **اللهم محلي حيث حبستني - Allaahumma mahillee haithu habastanee** (O Allah allow me to get out of the state of 'Ihram wherever you prevent me)

4. 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: According to the majority of scholars, one must be in a state of Tahara (Wudu, cleanliness). **For Men:** The sunnah is to perform **RAML (رمل) - fast pace** for the first 3 circles and **IDTIBAA' (إضطباع) - exposing right shoulder** all 7 circles.

He/she should go straight to the Black Stone and facing it saying: **Bismillah Allahu-Akbar (بسم الله - الله أكبر).** Then he/she touches the Black Stone with his hand and kisses it with his mouth. If he/she is not able to kiss it then he/she touches it with his/her hand and then kisses his/her hand. If he/her can not touch it he/her should wave his hand towards it saying **Bismillah - Allahu Akbar** WITHOUT kissing the hand and he/she does that in every circuit. While performing the Tawaf, he/she should get busy with all kind of **duaa'** and when arriving at the **Yemeni Corner** he/she should try to touch it WITHOUT kissing and say: **ربنا آتنا في الدنيا حسنة وفي الآخرة حسنة وقنا عذاب النار**

Rabbanaa aatinaa fid-dunyaa hasanatan wa feel aakhirati hasanantan 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 Duaa' 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 duaas' WITHOUT waving the hand towards the corner.

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

– واتخذوا من مقام ابراهيم مصلى – (And take ye the station of Abraham as a place of prayer.)

He/she places the Maqaami Ibraheem between himself/herself and the Ka'bah and then prays two rak'ahs. If it is crowded he/she 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-Ikhllass in the second rak'ah.** Then after praying he/she 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." **زَمَزَمَ لِمَا** إنها طعام طعم وشفاء – **it is blessed and it is a food and a cure for illness** – and the Prophet PBUH said " شرب له سقم

7. Al-Sa'ee : Then he/she goes off for sa'ee between Safaa and Marwah (two small hills). While walking he/she 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.**

ان الصفا والمروة من شعائر الله، فمن حج البيت أو أعتمر فلا جناح عليه أن يطوف بهما، ومن تطوع خيراً فإن الله شاكر عليم

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.

Then he/she says upon reaching the hill of Safa: **Nabda'u bimaa 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. 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 شيء قدير. لا إله إلا الله وحده لا شريك له، أنجز وعده، ونصر عبده، وهزم الأحزاب وحده.**

Then he/she walks till he/she reaches the green lights posted on ceiling. When he reaches the green light he runs quickly till he finishes the green light post. This running is only for bothers and does not pertain to sisters.

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

Then he/she walks up to Marwah hill and ascends it and does upon it as he/she did upon as-Safa hill facing the Ka'bah and making the same Du'aa . When finished with the Du'aa that forms one complete Tawaf or circuit.

Then he/she returns back toward as-Safa hill and ascends as-Safa hill and that is a second Tawaf or circuit. Then he/she faces the Ka'bah and repeats the same du'aa and process.

Then he/she returns to Marwah – and so on till he/she completes seven rounds finishing at Marwah mountain. He/she should get busy with all forms of Du'aa and Thikkir while making **Sa'ee** 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 'Hil which allows him/her to go back to normal state of activity without any restrictions.