

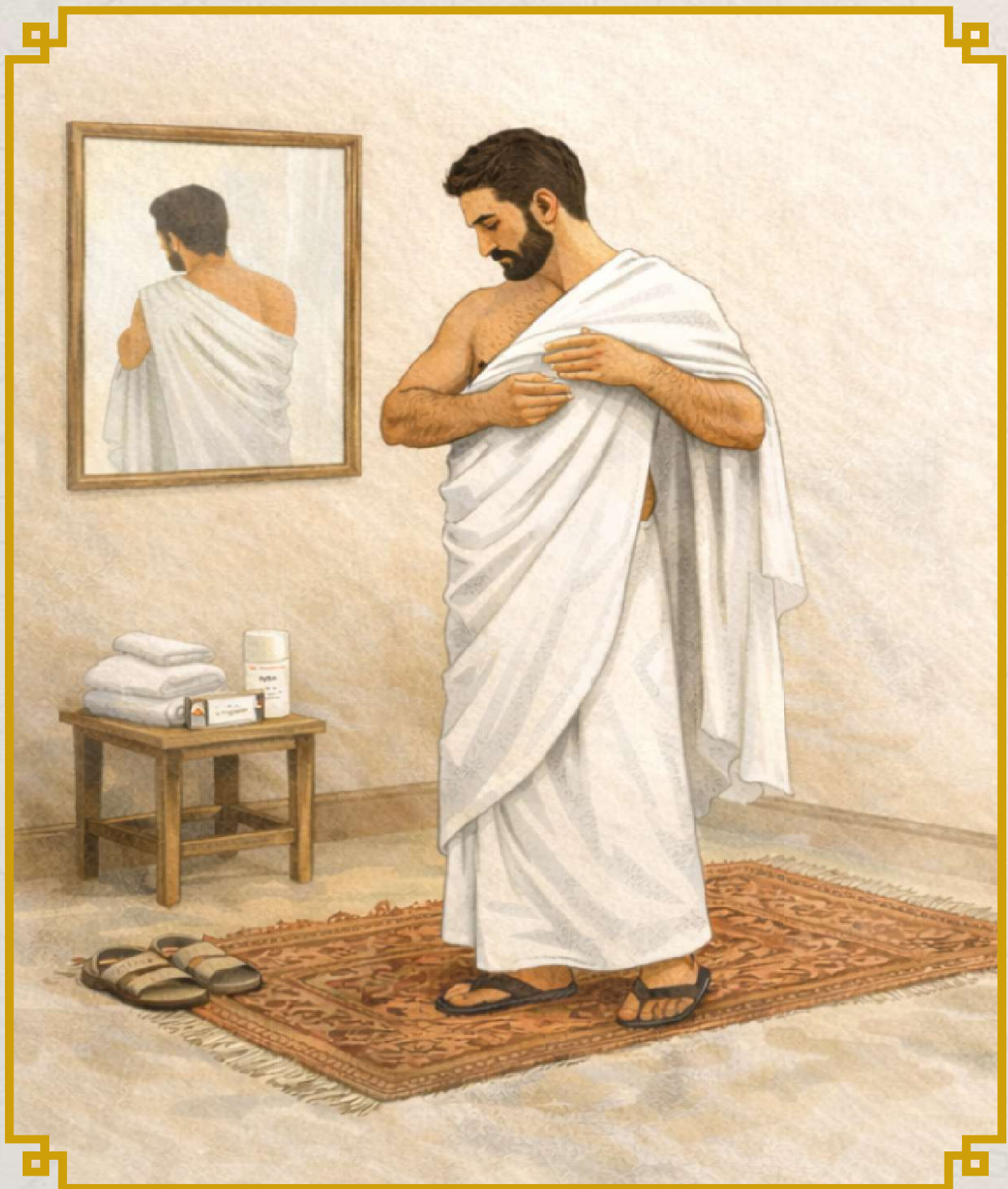


Umrah 101:

A Step-by-Step Handbook

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IHRAAM



IHRAAM - DEFINITION

Ihraam means to enter into a state in which certain actions are not permissible. A person comes into the state of ihram when they:

1. Make intention (for Hajj Tamattu)

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

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

اللَّهُمَّ مَحِلِّي حَيْثُ حَبَسْتَنِي

O Allah, I will exit ihram from the point where You have prevented me.

(from continuing, if some problem should arise)
–This second part is optional and can be recited if there is a fear of not completing the ritual (due to ongoing illness, fear of missing flight/ transportation, being prevented from enter, etc). If one was prevented from completing the ritual then they can simply exit ihram without having to pay the penalty (Dam | sacrifice an animal in Makkah) or else they would have to pay the Dam for existing Ihram without completing the ritual).

IHRAM - DEFINITION

1. Read Talbiyah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
إِنَّ الْحَمْدَ وَالنَّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

***Labbayka llāhumma labbayk(a), labbayka lā
sharīka laka labbayk(a), inna l-hamda wa
n-ni'mata, laka wa l-mulk(a), lā sharīka lak.***

Here I am, O Allah! Here I am, Here I am, You have no partner, here I am, Verily, all praise and thanks belong to You, Verily, all blessings belong to You, Verily, all sovereignty belongs to You, You have no partner.

IHRAM - WHEN?

Before you reach the boundary line which in Arabic is called 'Meeqat'

If you are going to Makkah first then you MUST be in the state of Ihram before arriving/landing in Jeddah. If you are going to Madinah first, then you do not need to be in the state of Ihram (even if you land in Jeddah but going to Madinah first). You will put Ihram when leaving for Makkah from Madinah.

Important Note

If a sister is experiencing her monthly cycle she must still make the niyah before crossing the meeqat and when she arrives in Makkah She will wait until it ends and then proceed with the rituals of Umrah after performing ghusl. Similarly, if the cycle starts before or during Hajj she will still do all the rituals of Hajj (going to Mina, Arafah, & Muzdalifah) except the Tawaf of Hajj (Tawaf al Ifadah/Tawaf al ziyarah). She will wait until it ends and then do it at a later time.



The Miqats

For the Guests of Allah

The Miqats have been set to honor the Ka'ba, and the guest of Allah is obligated to enter the state of ihram from one of the five Miqats or from a place that aligns with them. Whether he is coming by plane or by road.



IHRAM - METHOD

How do you enter in the state of Ihram?

1. Perform Ghusl or Wudhu.
2. Clip nails, remove armpit, and pubic hair.
3. Perform two rak'ats salah if possible (not mandatory)
4. Put on your Ihram (For men it is the two white pieces of clothes/towels. For Women, their normal/regular clothes will be the Ihram. They DO NOT have to be white.)
5. Make intention.
6. Read the talbiya.



IHRAM - RESTRICTIONS



سَأَلَ رَجُلٌ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: مَا يَتْرُكُ الْمُحْرِمُ
مِنَ الثِّيَابِ؟ فَقَالَ: لَا يَلْبَسُ الْقَمِيصَ وَلَا الْبُرْنُسَ وَلَا
السَّرَاوِيلَ وَلَا الْعِمَامَةَ، وَلَا ثَوْبًا مَسَّهُ وَرْسٌ وَلَا زَعْفَرَانٌ، وَلَا
الْخُفَّيْنِ إِلَّا لِمَنْ لَا يَجِدُ التَّعْلِينَ، فَمَنْ لَمْ يَجِدِ التَّعْلِينَ فَلْيَلْبَسِ
الْخُفَّيْنِ وَلْيَقْطَعْهُمَا حَتَّى يَكُونَ أَسْفَلَ مِنَ الْكَعْبَيْنِ

Abdullāh ibn ‘Umar رضي الله عنه reported that a man asked: "O Messenger of Allah, what kind of clothes should a Muhrim wear?" The Messenger of Allah (saw) replied: "He should not wear a shirt, a turban, trousers, a hooded cloak, or leather socks except if he cannot find sandals; he may wear leather socks after cutting them to make them lower than the ankles. And he should not wear clothes scented with saffron or Wars (kinds of scents).

IHRAM - RESTRICTIONS

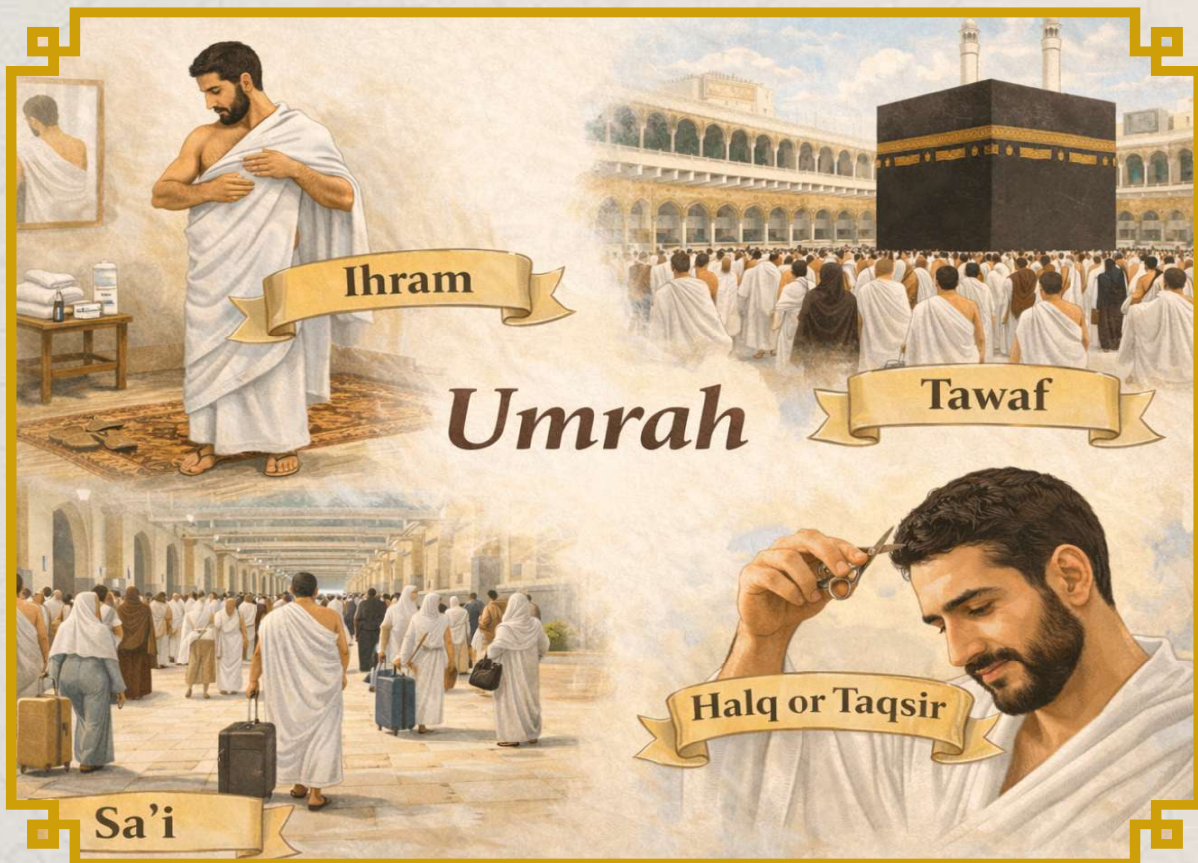


- Applying anything with fragrance/perfume - soap, shampoo, Itr/cologne, etc. (can and should be done beforehand)
- Intimate Relations (in any form)
- Hunting – Kill or to direct
- Cutting, pulling, or breaking any hair or nails
- Proposing/Nikah
- Fighting/Disputing
- For men – to wear any stitched clothing, hat, turban, socks, underwear and to cover the head

IHRAM - PERMISSIBLE ACTIONS ✓

- Wearing rings, glasses, hearing aid, watches & belts
- Taking a bath/shower
- Sleeping
- Eating
- Covering oneself when resting (except head for men)
- Using Miswaak
- Vaseline (for men) to prevent chafing
- Changing Ihram clothing

Performing Umrah



ENTERING THE MASJID

- Enter with your right foot
- Read the below Dua when entering
- Keep reciting the talbiya Until you start your Tawaf

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ وَسُلْطَانِهِ الْقَدِيمِ،
مِنَ الشَّيْطَانِ الرَّجِيمِ. بِسْمِ اللَّهِ وَالصَّلَاةُ وَالسَّلَامُ عَلَى
رَسُولِ اللَّهِ، اَللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ.

I take refuge with 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.



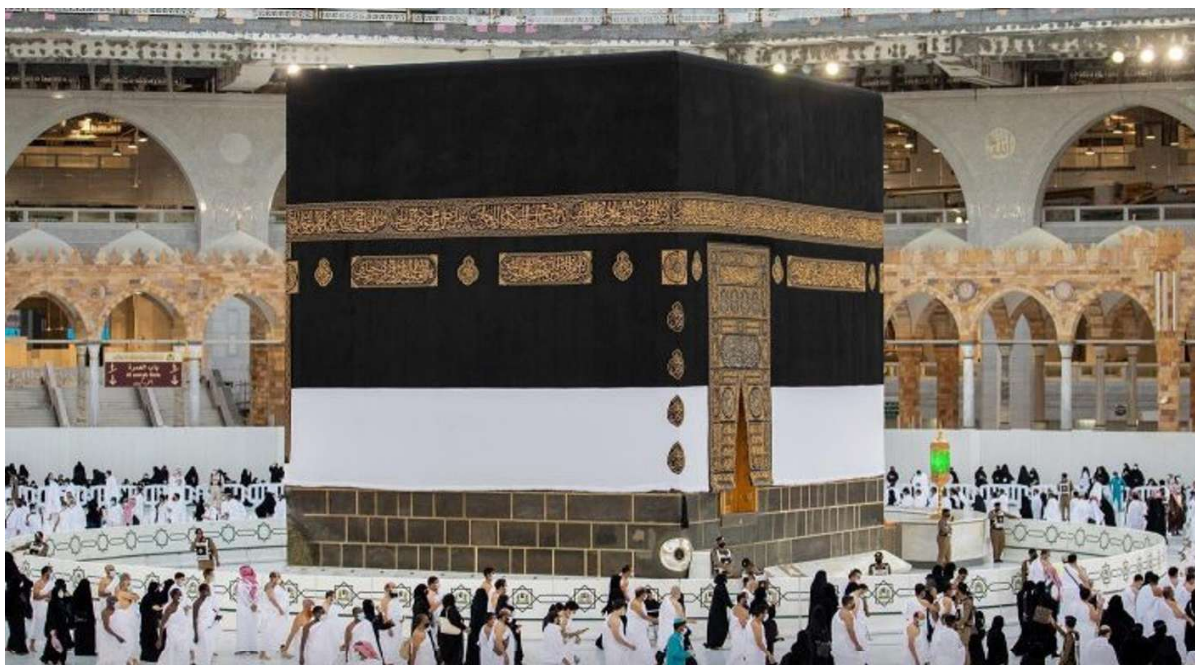
Dua when Seeing the Kaabah for the first time

اَللّٰهُمَّ زِدْ هٰذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيْمًا وَتَكْرِيْمًا وَمَهَابَةً، وَزِدْ
مَنْ شَرَّفَهُ وَكَرَّمَهُ مِمَّنْ حَجَّهٗ اَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَكْرِيْمًا
وَتَعْظِيْمًا وَبِرًّا.

Allah, increase this House in honour, esteem, respect and reverence. And increase those who honour and respect it, of those who perform Hajj or Umrah, in honour, respect, esteem and piety.

This is a Dua that is recommended but not obligatory.

It is reported that the dua of a Muslim is accepted upon seeing the Kaaba. Take a few moments to make any personal duas during this deeply spiritual and moving experience.



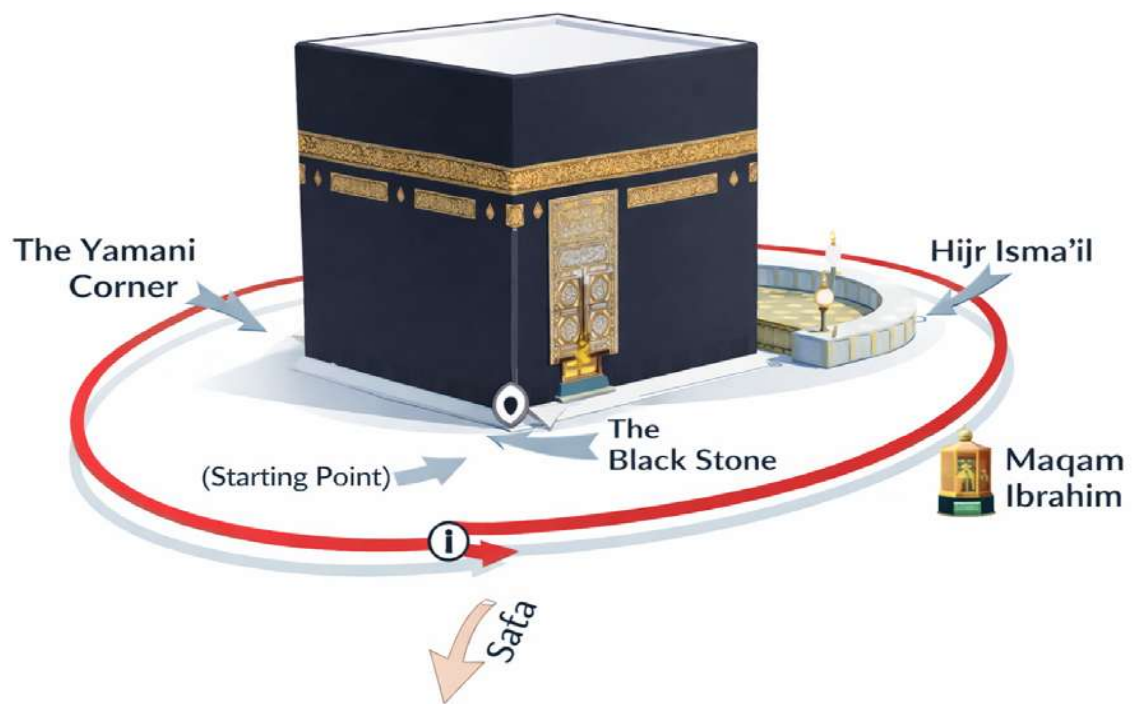
STARTING THE TAWAF

- Tawaf is the act of going around the Kabaah in a counter clockwise seven times
- Make intention for Tawaf before you start
- Align yourself facing the Hajar Aswad
- Raise both hands or right hand like in salaah towards Hajr e aswad (Istilam) and say the following. You will do this for each round:



بِسْمِ اللَّهِ، اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

Note: You must have wudu when doing Tawaf



The Path of Ṭawaf: Beginning at the Black Stone and Circling the Ka'bah Counter-Clockwise

DOING THE TAWAF

(Idtiba')

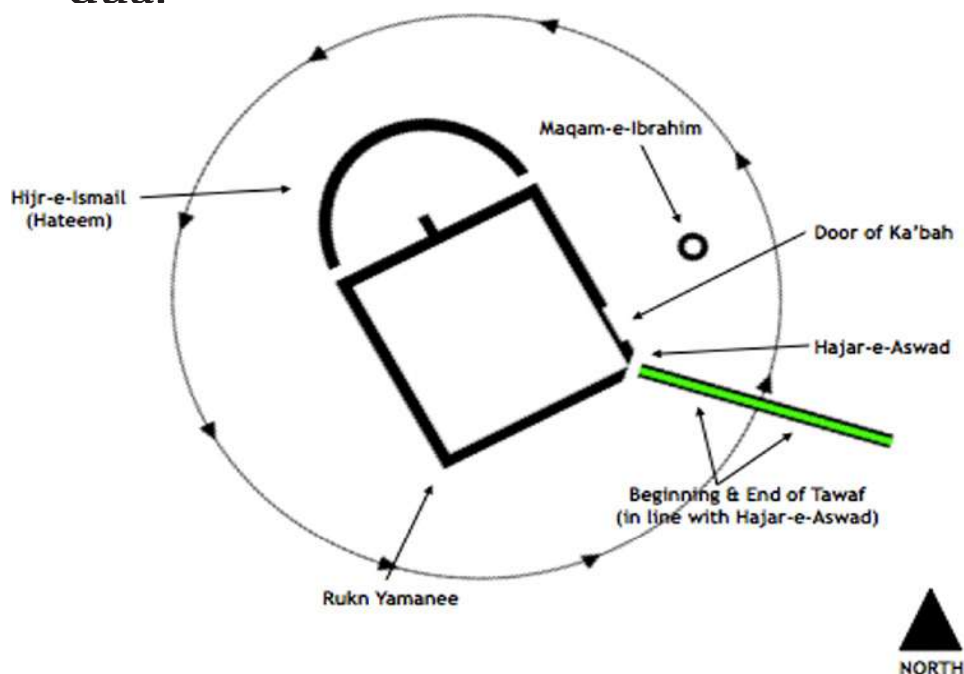
- Before you start you should expose your right shoulder (Men only) by uncovering the Ihram from over the shoulder to under the arm (Idtiba')
- If possible, do raml (Walk briskly with quick steps) in the first three rounds
- Each time you pass the black stone do Istilam (as done when tawaf was started)
- Complete seven rounds. Finish tawaf with istilam of the black stone.
- It is sunnah to read ***Rabbana atina fid dunya*** dua from Rukn Yamani to black stone (3rd to 4th corner).



NOTE: If Salah comes in between simply join the congregation and continue from where you stopped. Make sure to cover both shoulders during salah.

TWO RAKAATS BEHIND MAQAM IBRAHIM

- It is wajib to pray two raka'at salah after Tawaf
- **Make sure both shoulders are covered back up after the completion of tawaf and before praying the two rakahs.**
- Shoulders will remain covered for the rest of the Umrah
- It is best to pray behind Maqam Ibrahim however this is impossible to do so now
- It is permissible to pray anywhere in the Masjid
- Sunnah to recite **Surah Kaafiroon** in the 1st Rakaat and **Surah Ikhlas** in the 2nd.
- Drink Zamzam water after salah and make dua.



SA'EE

- Sa'ee is to walk between the hills of Safa and Marwa seven times.
- From Safa to Marwa is one and back to Safa is two and onwards.
- You will start at Safa and end at Marwa
- Safa is close to the Kabah while Marwah is the further one.



SA'EE - METHOD

To begin, walk up mount Safa then face the Kabah and recite the following.

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Abda'u bimā bad'allahu bihi.

I begin with that which Allah has begun with.

إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Inna ṣ-ṣafā wa l-marwata min sha'ā'iri llāh(i).

Indeed, Safa and Marwa are from the Signs of Allah. ²⁻¹⁵⁸

This is done only when beginning and not for all rounds.

اَللّٰهُ اَكْبَرُ، اَللّٰهُ اَكْبَرُ، اَللّٰهُ اَكْبَرُ،

Allah is the greatest; Allah is the greatest; Allah is the greatest.

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

There is no deity except Allah, alone without a partner. To Him belongs the Dominion, and to Him belongs all praise. He gives life and death and He has power over everything.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ
الْأَحْزَابَ وَحْدَهُ

There is no deity except Allah alone. He fulfilled His promise, supported His slave and defeated the confederates alone.

This is to be recited three times with personal duas in between each time you reach safa marwa except the last time when you reach marwa.

SA'EE - METHOD

- Once the dua is made you can begin the Sa'ee
- Go towards mount Marwah
- Walk fast between the two green markers/ lighted area (Men only)
- When you reach Marwah; face the Kabah, raise hands and repeat the same dua from safa
- Now you have done 1 round. You will start at Safa and end at Marwa when all 7 are completed.

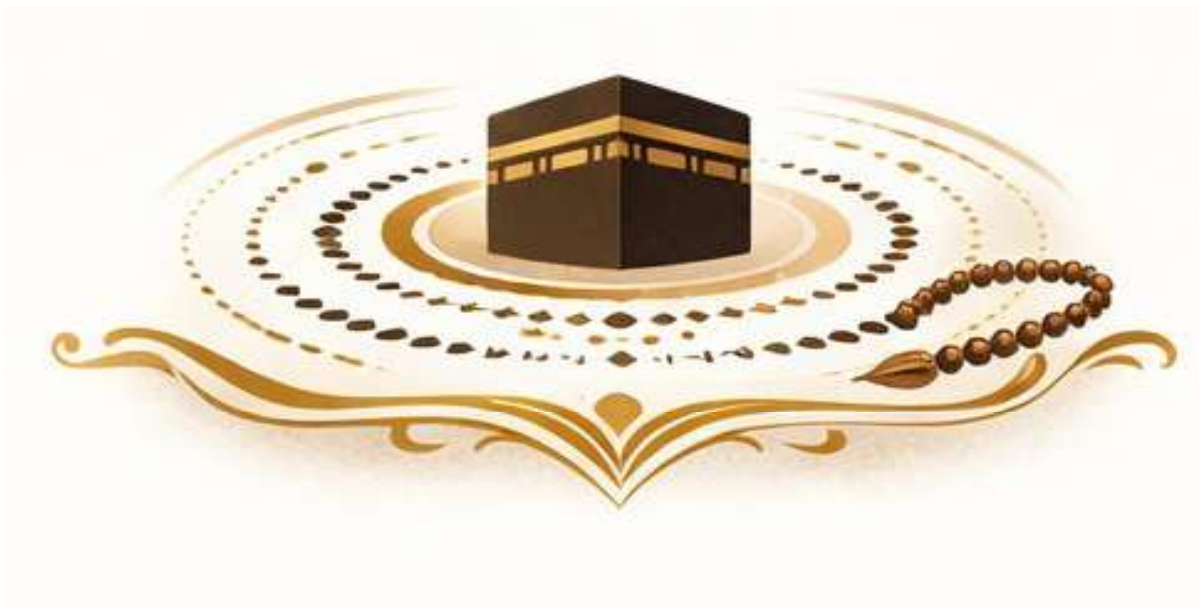


Electric carts, golf carts, or manual wheelchairs can be rented for a fee to perform the rituals of Tawaf & Sae' for those who are physically unable to do so.

TAWAF/SA'EE

There are no particular duas to be recited. You can recite Quran, do Azkar, make dua, or simply remain silent. You can divide the seven round in the following manner if desired

- Praise Allah
- Durood/Salawat
- Dua for Family/friends etc.
- Dua for all Muslims around world deceased and living
- Istighfaar
- Dunya wants
- Aakhirah wants



SHAVING/TRIMMING HAIR

- Men should shave/trim their hair
(If doing Hajj Tamattu then you may want to trim now and shave later during Hajj time)
- Women will gather all the hair in one place and cut roughly one finger tip from the bottom
(in the hotel room, not in public)
- You can cut your own hair but not others until you are out of Ihram

عَنْ أَبِي هُرَيْرَةَ - رَضِيَ اللَّهُ عَنْهُ - قَالَ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ "اللَّهُمَّ اغْفِرْ لِلْمُحَلِّقِينَ" قَالُوا وَلِلْمُقَصِّرِينَ. قَالَ "اللَّهُمَّ اغْفِرْ لِلْمُحَلِّقِينَ". قَالُوا وَلِلْمُقَصِّرِينَ. قَالَهَا ثَلَاثًا. قَالَ "وَلِلْمُقَصِّرِينَ"

Allah's Messenger (ﷺ) said, "O Allah! Forgive those who get their heads shaved." The people asked. "Also those who get their hair cut short?" The Prophet said, "O Allah! Forgive those who have their heads shaved." The people said, "Also those who get their hair cut short?" The Prophet (invoke Allah for those who have their heads shaved and) at the third time said, "also (forgive) those who get their hair cut short."

All Restrictions of Ihram will now be lifted