



# UMRAH

STEP BY STEP

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## Umrah (العمرة) Summary

- Ihram (الإحرام)
- Tawaf (الطواف)
- Sa'y between as-Safa & al-Marwa (السعي بين الصفا والمروة)
- Al-Halq (الحلق) (shaving the head) or at-Taqseer (التقصير) (trimming the hair)

## Ihram for Umrah (1)

- A.** If you are coming from outside (Africa, Europe, Madinah, etc.), assume Ihram at (or just before the Meeqat if you are flying).
- B.** If you are within the Mawaqeet limits but on a travelling distance from the Haram of Makkah, assume Ihram from your place.
- C.** If you live inside the Haram or not beyond a travelling distance from Makkah then you can only do Hajj Ifraad i.e. without Umrah



## Ihram for Umrah (2)

- Preparation for Ihram (before assuming Ihram):
  - It is recommended (sunnah) to take a shower (Ghusl) for Ihram.
  - It is Permissible to clip moustache & nails/Remove pubic & armpit hair/Vaseline
  - It is Permissible to put perfume on your body (head/beard) not on Ihraam Izar (Men only)
  - Put Ihram garments (Rida' & Ezar) (رداء وازار) – (Men only).
  - Pray the prescribed Salat, if it's time for it
  - Pray two Rak'at if making ihraam from Thul-Hulaifah.

## Ihram for Umrah (3)

- **Note:** Up to this point, all what you did is preparation for Ihram.
- **Note:** Your **intention** was already made since you decided to make the Umrah / Hajj.
- To start your Ihraam say the following words while standing up and facing Qiblah:

Labbayka Allahumma Be-Umrah  
Here I am O Allah, (intending) Umra

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

- **From this point you are in a state of Ihram ...!**
- This is equivalent to Takbeeratul Ihraam in Salah.

## Ihram for Umrah (4)

- It is recommended to add the following words straight after starting your Umrah:

Allaahumm Umratan Laa Riyaa'a Feehaa Walaa Sum'ah  
O Allah I intend Umrah without showing off

اللَّهُمَّ عُمْرَةً لَا رِيَاءَ فِيهَا  
وَلَا سُمْعَةً

Allaahumma Mahilee haythu habastanee  
O Allah I declare state of no Ihraam wherever you restrain me

اللَّهُمَّ مَحَلِّي حَيْثُ  
حَبَسْتَنِي

## Talbiyah (1)

- After you started your Ihraam, repeat the following Talbiyah aloud:

Labbaika-Ilahumma labbaik labbaika laa shareeka laka labbaik inna-l hamda wa-n ni'mata laka wa-l mulk, laa shareeka lak.

Here I am O Allah, here I am. Here I am, there is no partner with You, here I am. Verily all praise is for You, and every bounty is from You, and all dominion is Yours - You have no partner.

Or:

Labbaika ilahal haq.  
Here I am Lord of truth.

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ،  
لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ،  
لَا شَرِيكَ لَكَ.  
أَوْ  
لَبَّيْكَ إِلَهَ الْحَقِّ.



## Talbiyah (2)

- It is recommended to keep to the previous Talbiyah.
- It is permissible to add to the previous Talbiyah the following Talbiyahs:

	<p>❖ لبيك ذا المعارج، لبيك ذا الفواضل ❖ لبيك وسعديك، والخير بيدك، والرغباء إليك والعمل ❖ لبيك مرغوبا أو مرهوبا، لبيك ذا النعماء والفضل الحسن</p>
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- It is permissible to mix the previous Talbiyah with Tahleel: لا إله إلا الله

## Talbiyah (3)

- It is obligatory to say the Talbiyah in a loud voice, specially when going up & down the hills. Saying the Talbiyah in a low voice is against the Sunnah.
- The companions used to lose their voices in ar-Rawhaa' which is only 36 miles from the Meeqat of Madinah.
- In the case of Umrah, Talbiyah should be continued until you see Makkah houses i.e. Haram borders, in order to free ones' self for coming stage. But if everything was prepared for you then you may continue Talbiyah until the Haram Masjid.
- Saying the Talbiyah in groups is against the Sunnah. The Companions used to recite it individually.

## Talbiyah (4)

<p>The Prophet (صلى الله عليه وسلم) said: Jibreel came to me and asked me to tell my companions to raise their voices with Ihlal (i.e. Talbiyah). [Ahmed and Tirmidhi]</p>	<p>عن السائب الأنصاري أن رسول الله صلى الله عليه وسلم قال: إن جبرائيل أتاني فأمرني أن أمر أصحابي أن يرفعوا أصواتهم بالإهلال. أحمد والترمذي</p>
<p>Narrated Abu-Bakr: the Prophet was asked: what is the best of Hajj? He said: "al-'ajj (raising the voice with Talbiyah) &amp; ath-Thajj (shedding blood for the sake of Allah: animal sacrifice)." [Tirmidhi, Ibn Majah, Daarimi]</p>	<p>عن أبي بكر أن النبي صلى الله عليه وسلم سئل: أي الحج أفضل؟ قال: العج و الثج . الترمذي و ابن ماجه و الدارمي</p>
	<p>عن سهل بن سعد الساعدي عن رسول الله صلى الله عليه وسلم قال: ما من ملب يلبي إلا لبي ما عن يمينه وعن شماله من شجر وحجر حتى تنقطع الأرض من هنا وهنا يعني عن يمينه وشماله</p>

## Ihram & Talbiyah for Women

- It is equally a Sunnah for a woman to shower before Ihram.
- A woman in her Hayd (menstruation) or Nifaas (post-natal bleeding) takes a shower and assumes Ihram, but does not pray.
- No difference between men and women in respect of raising the voice in Talbiyah except if she fears to cause Fitnah.
- 'Aisha (رضي الله عنها) used to say the Talbiyah loudly.

## Prohibitions of Ihram (1)

### محظورات الإحرام

#### • Clothing:

##### • Men:

- cannot wear any sewn clothes such as a shirt, turban, hooded cloak, trousers, underwear, etc., socks or shoes. Sewn materials in themselves are ok but those garments that are made to fit the limbs are not allowed.
- cannot cover their head with something that touches it.
- cannot wear gloves, although there is no harm in wrapping the hands in cloth.

##### • Women:

- can wear their normal clothes (without specifying colours), but without covering their faces with veils or their hands with gloves.
- In the presence of men they may cover their faces by dropping a cloth on it but without tying it as in the veils.

## Prohibitions of Ihram (2)

### محظورات الإحرام

#### • Fragrance:

- You should not perfume yourself, your clothing after entering Ihram.
- There is no harm in what remains of the effect of perfume used prior to Ihram.
- There is no harm to touch the Kaabah and black stone as they are scented.
- No harm to shake the hand of someone who is perfumed!

#### • Cleansing:

- You should not remove any hair from any part of the body.
- You should not clip your nails.



## Prohibitions of Ihram (3)

### محظورات الإحرام

- **Sexual intercourse:**
- **Wedding:**
  - You shouldn't wed or make marriage proposals for yourself or others.
- **Hunting:**
  - You should not hunt or assist someone in hunting.
  - You should not kill animals except those that are harmful or that would attack people, such as lice, mice, snakes and scorpions.
  - Fishing is allowed

## Expiation for the violation of Ihram prohibitions

- The restrictions of Ihram, in terms of Fidyah, are 4 categories:
  1. Marital relation (intercourse)
    - A camel Fidyah: for sexual intercourse before the first Tahallul (التحلل الأول). In addition, the Hajj is void and needs to be performed the next year.
    - A sheep Fidyah: for sexual intercourse after the First Tahallul and before Second Tahallul. Hajj is valid
    - No Fidyah: for wedding
  2. Hunting: Same animal or its equivalent, regardless it was deliberate or not.
  3. Cutting the hair due to illness or lice: Fidyah to be paid. That is a choice between fasting 3 days, feeding 6 needy people or slaughtering a hady (sheep/cow/camel) (in the Haram of Makkah). If there is no valid reason, then it is a sin and repentance is required in addition to the Fidyah.
  4. Restrained due to injury or enemy or lost the way. Slaughtering a hady (sheep/cow/camel) in the place where one is restrained. Unless he said the condition along with his Talbiyah.



## Permissible in Ihram

- ✓ There is no harm in using an umbrella, the roof of a car or tent for shade.
- ✓ There is also no harm in carrying your baggage atop your head (not for shading), or carrying a backpack.
- ✓ Wearing sandals that do not cover the ankles. If you have only shoes that covers the ankles then there is no need to cut them below the ankles.
- ✓ If cold Put normal clothes on top of Ezar without sliding in the shoulders
- ✓ Wearing a ring or a watch (on your wrist or hung from your neck).
- ✓ Wearing a hearing aid, a speech aid.
- ✓ Wearing eye glasses or contact lenses.
- ✓ Cleanse yourself with cleansers (even if scented) and to wash and scratch your head and body, even if some of your hair falls unintentionally.
- ✓ Washing your Ihram garments or put on new ones.
- ✓ Wearing a belt to keep your money and documents, and to tie your Ezar (the lower part of the Ihram). Stitched belts are permissible.
- ✓ Using a mask on the face for a necessity: Dust/Virus

## Pitfalls of Ihram (1)

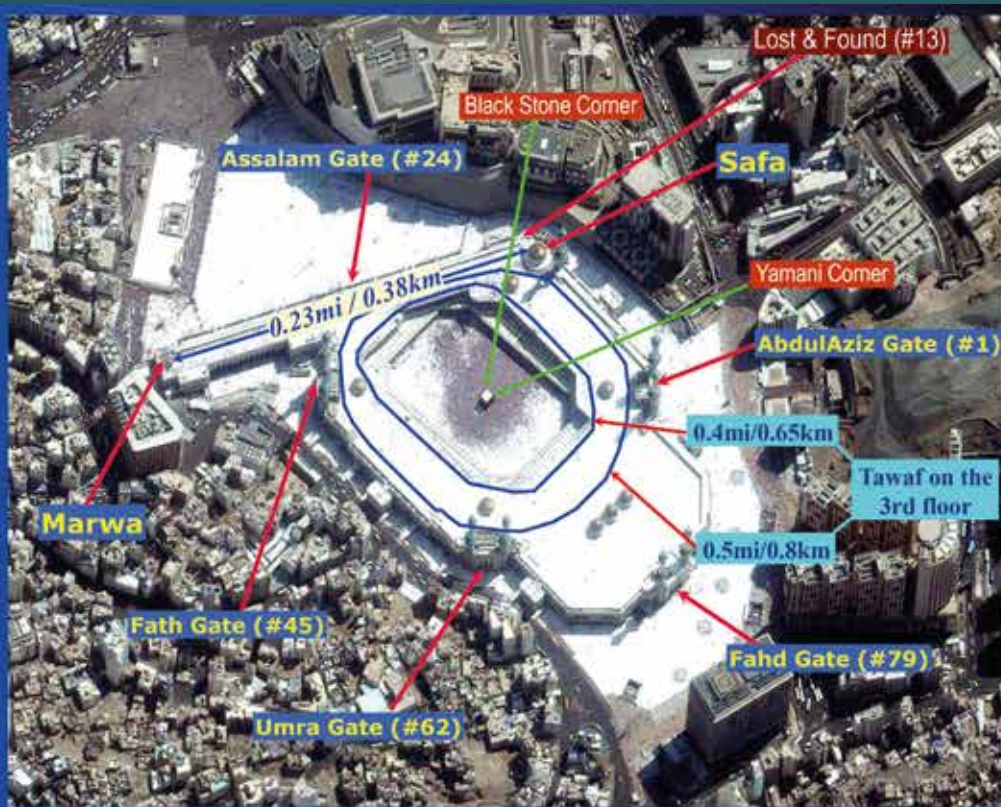
- ❌ Crossing the Meeqat without Ihram. This violates a Wajib.
- ❌ Thinking that Ihram is putting the 2 towels. Making the intention of Hajj or Umra or both is the essence of Ihram.
- ❌ Thinking that it is Sunnah to make 2 Rak'at before Ihram. This is only when making Ihram from Thul-Hulaifah.
- ❌ Thinking that Ghusl (shower) or Wudu is a condition of Ihram. It is only a Sunnah, and the Ihram is valid without it.
- ❌ Uncovering the right shoulder (Idtiba') at the Ihram and during all the Hajj and Umra. Idtiba' is a Sunnah during the Tawaf of arrival ONLY.

## Pitfalls of Ihram (2)

- ❌ Thinking that anything that has stitches is forbidden to wear during Ihram. Only sewn clothes made to fit the limbs are forbidden.
- ❌ Women in their menses thinking that they cannot assume Ihram and pass the Meeqat without Ihram. The only Hajj ritual a woman in her menses cannot perform is Tawaf.
- ❌ Women thinking that Ihram requires particular clothes or white clothes. The only Ihram requirement for women is to uncover their face and hands.
- ❌ Starting a Hajj or Umra and quitting before completing it. After Ihram is made the Hajj or Umra must be completed, regardless of whether it's the Fardh Hajj or Nafl (optional).

Going to al-Masjid al-Haram...

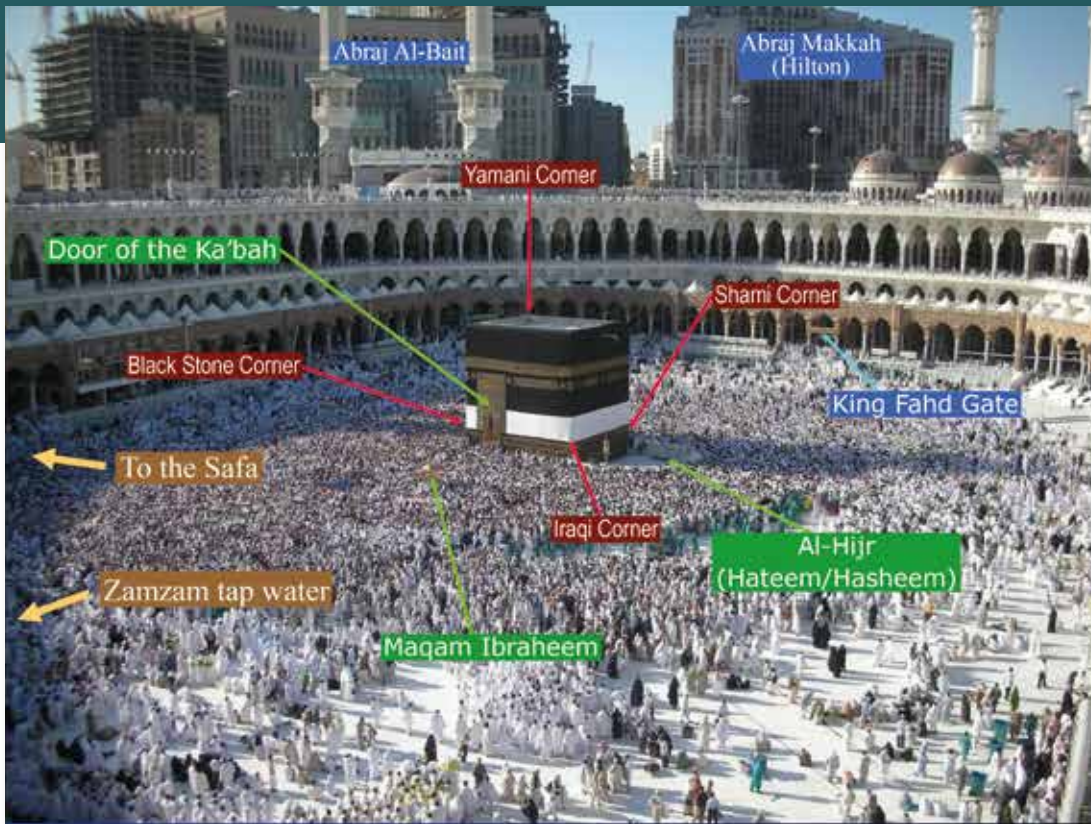




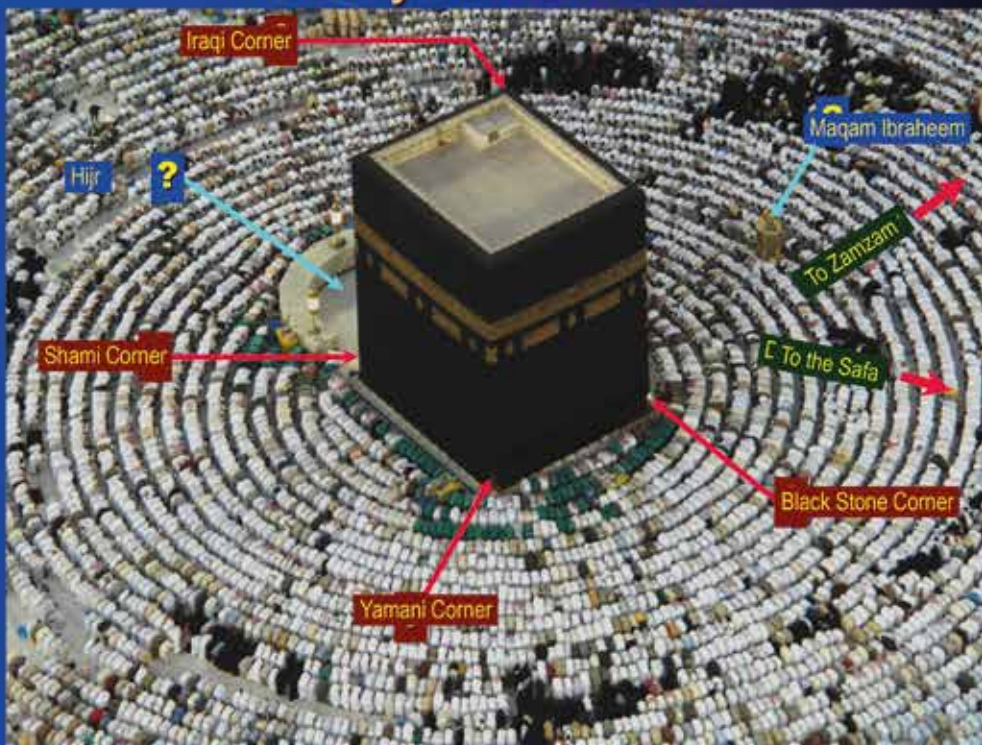
## The New Extension of Haram







Can you name it?





## Ka'bah from inside



## From the Past (floods)



## Tawaf Al-Qudoom (Arrival)

### طواف القدوم

#### SUMMARY

- Arrive at Al-Masjid Al-Haram (المسجد الحرام)
- The Black Stone (الحجر الأسود)
- Tawaf
  - Al-IdTiba' (الإضطباع)
  - Ar-Ramal (الرمّل)
- Pray two Rak'at of Tawaf

## Arrive at Al-Masjid Al-Haram (1)

- It is Sunnah to do a Ghusl before entering Makkah, if possible.
- The Prophet entered the Masjid from the gate of Banu Shaybah.
- You may enter the Masjid from any gate.
- Enter the Masjid with the right foot first, and say:



Bsmillaah, Allaahumma salli `alaa muhammad,  
allaahumma aftah lee abwooba rahmatika.  
O Allah, send prayers and peace upon Muhammad  
(pbuh), O Allah open the doors of Your mercy for me.

بسم الله، اللهم صل على محمد، اللهم افتح لي  
أبواب رحمتك

A'oodhu billaahi-l `adheem wa bi wajhihi-l  
kareem wa sultaanihi-l qadeem Mina-sh  
shaitaani-r rajeem.

أعوذ بالله العظيم وبوجهه الكريم وسلطانه  
القديم من الشيطان الرجيم

I take refuge with Allah, the Supreme, and with His Noble  
Face, and His eternal authority from the accursed devil.



## Arrive at Al-Masjid Al-Haram (2)

- Once you see the Ka'bah raise your hands if you wish as it is recorded from Ibn 'Abbas.
- There is no authentic specific du'a recorded from the prophet but you may say the du'a of Omar:

Allaahumma anta-s  
salaam wa minka-s  
salaam fa Hayyinaa  
rabbanaa bi-s salaam.

O Allah! You are the Peace,  
from You is the Peace, O  
Allah! Greet us with the  
Peace.

اللهم أنت السلام ومنك  
السلام فحينا ربنا بالسلام



## The Black Stone (1)

- Go straight to the Black Stone. Face it and say "Akillahu Akbar". You may add "Bismillah" before it as it is recorded from Ibn Omar.
- Touch it with your right hand and kiss it, and make Sajda on it, as the Prophet did that.
- If you can't kiss it then touch it with your right hand then kiss your hand.
- If you can't touch it make a sign towards it with your right
- Do that at the beginning of every circuit.
- You do not have to touch the Black Stone for your Tawaf to be accepted.
- Do not push and crowd to get to the Black Stone. The Prophet admonished Omar not to do so.
- Hurting a Muslim is a great sin, while kissing the Black Stone is not obligatory.



## The Black Stone (3)

### Excellence in touching the Black Stone

<p>The Prophet (صلى الله عليه وسلم) said: "Allah will raise up the Stone on the Day of Resurrection, and it will have two eyes with which it will see, and a tongue which it talks with, and it will witness in favor of everyone who touched it in truth." [Ahmad and ad-Daarimee]</p>	<p>عَنْ ابْنِ عَبَّاسٍ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ لِيُبْعَثَ اللَّهُ الْحَجَرَ يَوْمَ الْقِيَامَةِ وَلَهُ عَيْنَانِ يُبْصِرُ بِهِمَا وَلِسَانٌ يُنْطِقُ بِهِ يَشْهَدُ بِهِ لِمَنْ اسْتَلَمَهُ بِحَقٍّ [أحمد و الدارمي]</p>
<p>And said: "Touching the Black Stone and the Yamani corner removes sins." [Made Hasan by at-Tirmidhee. Made Saheeh by Ibn Hibbaan, al-Haakim and Adh-Dhahabee]</p>	<p>مَنْحَ الْحَجَرِ الْأَسْوَدِ وَالرَّكْنِ الْيَمَانِيِّ يَحْطَانِ الْخَطَايَا حِطًّا [حسنه الترمذي و صححه ابن حبان والحاكم و الذهبي]</p>
<p>And said: "The Black Stone is from Paradise, and it used to be whiter than snow, but the sins of the idolaters turned it black." [Made Saheeh by at-Tirmidhee and Ibn Khuzaimah]</p>	<p>عَنْ ابْنِ عَبَّاسٍ أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ الْحَجَرُ الْأَسْوَدُ مِنَ الْجَنَّةِ وَكَانَ أَشَدَّ بَيَاضًا مِنَ النَّلْجِ حَتَّى سَوَّدَتْهُ خَطَايَا أَهْلِ الشِّرْكِ [أحمد و الترمذي]</p>

## Tawaf al-Qudoom (1)

### طواف القدوم

- Qudoom means arrival
- Tawaf around the Ka'bah
  - Start from the Black Stone
  - Ka'bah being to your left
  - Go around the Ka'bah past the Black Stone seven times
  - Kiss, prostrate, or a sign towards the Black Stone saying Bismillah Akllahu Akbar every time you pass by it (i.e. every circuit)





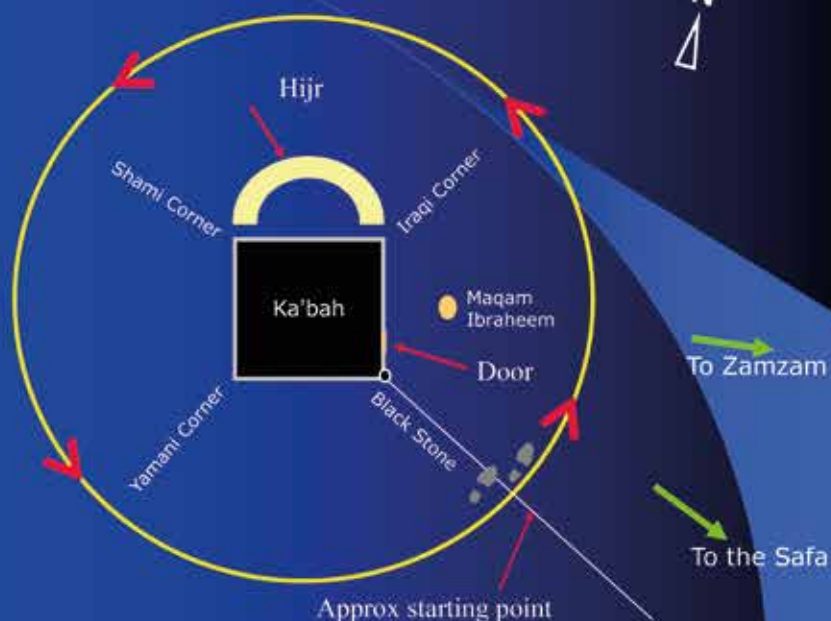
## Tawaf al-Qudoom (2)

### طواف القدوم

- Two Sunnahs apply to this Tawaf (Men only):
- Ar-Ramal (الرَّمَل)
  - A brisk walk in which the shoulders are thrust forwards
  - In the first three rounds only
  - From Black stone to Yamani corner then walk normally from Yamani corner to Black stone
- Al-Idtiba' (الإِضْطِبَاع)
  - wearing the Ihram under your right armpit and over the left shoulder
  - throughout the seven rounds of Tawaf



## Tawaf





## Tawaf (1)

- A state of Wudu is required for all kinds of Tawaf.
- A menstruating woman does not make Tawaf until she becomes clean
- All kinds of Tawaf, including optional Tawaf, consist of seven circuits around the Ka'bah followed by two rak'ah behind Maqaam Ibraheem
- The Ka'bah should be to your left. Do not do Tawaf with your back or right to the ka'bah. Do not walk backwards.
- Tawaf shall be performed within the boundaries of Al-Masjid Al-Haram.

## Tawaf (2)

- Touch the Yamani corner with your right hand each time you pass and do not kiss it. If you are not able to touch it then you should not make any sign towards it with your hand at all.
- Do not face your hand to the Yamani corner and say Allahu Akbar. This is only for the Black Stone.
- You do not touch the Shami or the 'Iraqi Corners at all.
- You can say the Prophet's Du'a between the Yamani and the Black Stone corners:

Rabbanaa aatinaa fi-d dunyaa  
hasanatan wa fi-l aakhirati  
hasanatan wa qinaa 'adhaaba-n  
naar.

O Allah give us good in this life, and  
good in the Hereafter, and save us  
from the Punishment of the Fire.

ربنا آتنا في الدنيا حسنة وفي الآخرة  
حسنة وقنا عذاب النار

## Tawaf (3)

- ❖ There is no particular thikr for Tawaf, so you may read Quran or say any thikr you like.
- ❖ Do not follow those Du'a books that make up a specific Du'a for each circuit around the Ka'bah. Read Quran and make Du'a from your heart and glorify Allah.
- ❖ Make Du'a by yourself, do not do it in a shouting group.
- ❖ Do not wipe the walls of the Ka'bah during Tawaf. The Messenger of Allah (صلى الله عليه وسلم) did not touch anything other than the Black Stone and the Yamani Corner.

## Tawaf (4)

- ❖ Continue Tawaf without interruption, unless it is necessary, otherwise it will be void.
- ❖ When it is time for the obligatory Salat you stop your Tawaf, join the Salat in your place and then resume your Tawaf from where you left.
- ❖ If you need to go to the restroom you may interrupt your Tawaf and go. Make Wudu before coming back to resume your Tawaf. You resume your Tawaf from where you left.

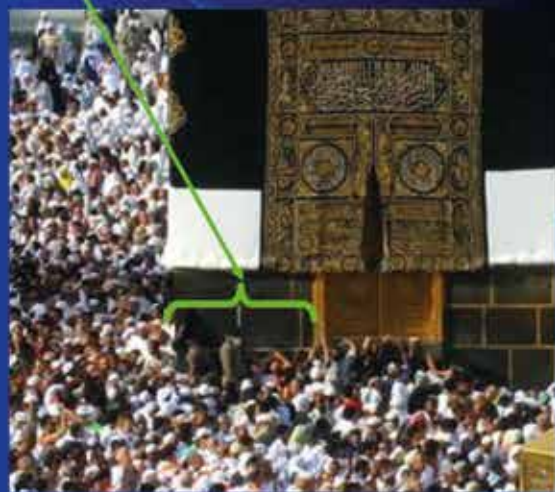
## Tawaf (5)

- In case of doubt about the number of circuits you performed you have to base your decision on the least number of circuits. For example if you have doubts whether you did 6 or 7 circuits, you base it on 6 and add one circuit.
- If you get doubts after you finish your Tawaf then you just ignore it and do not act on it.

## Al-Multazam

الملتزم

- Al-Multazam: you may cling to the place between the corner of the Black Stone and the Door of the Ka'bah (~6.5ft), placing your chest and face and forearms upon this place, and making Du'a.





## Maqam Ibraheem

### مقام إبراهيم

- When you finish the 7th round cover your right shoulder and move to the Place of Ibraheem and recite:

"واتخذوا من مقام إبراهيم مصلًى"

Wa-t takhidhoo min maqaami Ibraaheema musallaa.

"And appoint for yourselves a place of prayer on the standing-place of Ibraheem." [2,125]

- Place the Maqam Ibraheem between yourself and the Ka'bah and then pray two Rak'at. And recite therein Surat Al-Kafiroon and Surat Al-Ikhlās.



## Maqam Ibraheem



- If it is not possible to pray behind the Maqam then you can pray anywhere in the Masjid.

## Maqam Ibraheem

- Traces of Prophet Ibraheem's feet (عليه السلام) as seen inside the structure. This is Maqam Ibraheem (not the structure).



## Zamzam (1)

زمزم

- After praying you go to Zamzam and drink from it, and pour some of the water on your head.
- You may say Du'a of Ibn Abbaas
- Then you return to the Black Stone, say Takbeer and touch it, as before.



*Zamzam Tap Water*



## Zamzam (2)



*Zamzam Tap Water*



## Zamzam (3)

زمزم

- Zamzam water is available in coolers (cold and not cold) everywhere in the Masjid.
- During the Hajj season coolers are removed from the Tawaf area, but will be available in other areas of the Masjid.



*Zamzam water in coolers*

## Zamzam (4)

The Prophet (صلى الله عليه وسلم) said:  
"Zamzam water is for whatever  
(purpose) it is drunk for."  
[Ahmad and Ibn Majah]

"ماء زمزم لما شرب له."  
[أحمد وابن ماجه]

The Prophet (صلى الله عليه وسلم) said:  
"Zamzam water satisfies as food and  
cures illness."  
[Bukhari & Muslim]

"ماء زمزم فيه طعام من الطُّعْم وشفاء من  
السُّقْم."  
[البخاري ومسلم]

Abdullah Ibn Abbas (رضي الله عنه) used  
to supplicate: "O Allah, I ask of You  
beneficial knowledge, abundant  
provision and a cure from all disease."

كان عبد الله بن عباس يدعو بهذا الدعاء: "اللهم  
إني أسألك علما نافعا ورزقا واسعا وشفاء  
من كل داء."

## Sa'y between Safa & Marwa (1)

### السعي بين الصفا و المروة

#### SUMMARY

- Start with the Safa
- Recite Ayah [2,158]
- Make Dhikr and Du'a
- Walk to the Marwa(1st lap)
- On the Marwa, do the same as on the Safa
- Walk back to the Safa (second lap)
- Complete seven laps in the same manner by following your steps
- Finish at the Marwa





## Sa'y between Safa & Marwa (2)

- When reaching the foot of the Safa recite:

Inna-s safaa wal marwata min sha'aa'iri-l llaahi faman hajja-l baita aw i'tamara falaa junaaha 'alaihi an yattawwafa bihimaa wa man tatawwa'a khairan fa inna-l llaaha shaakirun 'aleem. [2, 158]

"Surely the Safa and the Marwa are among the Symbols of Allah; so whoever makes a pilgrimage to the House or pays a visit (to it), there is no sin if he goes round them both; and whoever does good of his own accord, then surely Allah is Grateful, Knowing."

[2, 158]

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

[البقرة، 158]

## Sa'y between Safa & Marwa (3)

- Then say:

"نبدأ بما بدأ الله به"

كما قال النبي عليه الصلاة والسلام

Nabda'u bima bada'a Allaahu bihi

We begin with that which Allah began with (i.e. the Safa).

As the Prophet (صلى الله عليه وسلم) said.



- Then climb the Safa until you see the Ka'bah. But this may not be easy with today's construction. So it's sufficient to just face the Ka'bah.

## Sa'y between Safa & Marwa (4)

- Once on top of the Safa, face the Ka'bah and say:

Allahu Akbaru, Allahu Akbaru, Allahu Akbar Allah is great, Allah is great, Allah is great	الله أكبر، الله أكبر، الله أكبر
Laa ilaaha illaa Allahu waHdahu laa shareeka lahu, lahu-l mulk wa lahu-l Hamd, yuHyee wa yumeetu, wa huwa 'alaa kulli shay'in qadeer None has the right to be worshipped but Allah, alone, without partner. To Him belongs all sovereignty and praise, and He is over all things omnipotent.	لا إله إلا الله وحده لا شريك له، له الملك وله الحمد، يحيي ويميت، وهو على كل شيء قدير
Laa ilaaha illaa Allahu waHdahu laa shareeka lahu - anjaza wa'dahu wa nasara 'abdahu wa hazama-l ahzaaba wahdahu. None has the right to be worshipped except Allah alone. He fulfilled His promise, gave victory to His Servant and single-handedly defeated the allies	لا إله إلا الله وحده لا شريك له، أنجز وعده ونصر عبده وهزم الأحزاب وحده

- Say all that three times, making Du'a in between.

## Sa'y between Safa & Marwa (5)

- Then you descend from the Safa and start walking in the direction of the Marwa.
- You walk till you reach the green sign-post (see picture). You then run (in a medium pace) till you reach the next green sign-post. Then you walk up to the Marwa and ascend it.
- Do upon the Marwa as you did upon the Safa (Dhikr & Du'a). And that forms one complete lap.





## Sa'y between Safa & Marwa (6)

- Then you return till you ascend the Safa, running between the two green sign-posts, and that is a second lap.
- Then you return to the Marwa, and so on till you complete seven laps finishing upon the Marwa.
- Follow your steps
- You may make this Du'a in Sa'y:

رب اغفر وارحم إنك أنت الأعز الأكرم

Rabbi ghfir warHam innaka  
anta-l a'azzu-l akram.

Lord! Forgive and have mercy (on me),  
surely You are the most Noble, the most  
Generous.



*Exit from Marwa*

## Halq or Taqseer

الحلق أو التقصير

- Shorten/Shave the hair of your head, thus ending the Umra.
- Shaving is better only when there is enough time for the hair to grow.
- The bold does nothing.
- Hair has to be trimmed from all over the head (a hair cut). It is not sufficient to cut hair from the sides only
- The Sunnah is to start with the right side of the head.



*Barbershops at the Exit of the Marwa*

## Halq or Taqseer

### الحلق أو التقصير

- The woman gathers her hair then shortens it from the end the length of a finger joint
- No harm if someone, male or a female who is still in his state of ihram, to shave others or shave him/herself.
- Everything that became forbidden to you upon entering Ihram now becomes permissible again.



## Pitfalls of Sa'y

- ❌ Raising the hands upon the Safa and the Marwa as in Salat. The Sunnah is to raise them as in Du'a facing the Qiblah.
- ❌ Jogging all the way between the Safa and the Marwa. The Sunnah is to jog between the two green sign-posts only.
- ❌ Reciting the Ayah [2,158] in every lap when approaching the Safa or the Marwa. The Sunnah is to recite it only once when reaching the foot of the Safa at the beginning of Sa'y.
- ❌ Some pilgrims think that a lap (Shawt) is going from the Safa to the Marwa and coming back to the Safa. Those are two laps.
- ❌ Reciting a particular Du'a for every lap as found in some Du'a booklets. There is no such thing in the Sunnah of the Prophet (صلى الله عليه وسلم).



## Stay in Makkah...



### Stay in Makkah (1)

- If you did Tamattu', you completed your Umra and now remain in the state of "Hill" (حل) (being out of the state of Ihram) until the day of Tarwiyah (8<sup>th</sup> Dhul-Hijjah).
- While in Makkah use time wisely, it is so precious there. Avoid wasting excessive time on shopping and idle discussions.
- In the Haram, the reward for good deeds is multiplied many times. As for the sins it will not multiply but will be considered greater.
- Try to attend the Jama'ah in Masjid al-Haram (not compulsory for a traveller).
- If you missed the Jama'ah in Masjid al-Haram try to pray it in the Haram; each Salat there is better than 100,000 Salat elsewhere.

## Stay in Makkah (2)

- Make optional Tawaf as much as possible, as it is better for non Makkian than Salat in al-Masjid al-Haram. But do not exhaust yourself. Each Tawaf consists of 7 rounds followed by 2 Rak'ah behind Maqam ibraheem
- Keep yourself busy with Salat, recitation of the Quran, Tawaf, Dhikr and reflection. Make lots of Du'a.
- Do not neglect other forms of Ibadah: charity, fasting, help others, say Salam, smile, etc.
- Do not walk in between a praying person and his Sutrah. If he doesn't have a Sutrah then try to pass beyond his prostration spot
- When entering the Masjid pray two Rak'at of "Tahiyyat al-Masjid" in case you don't intend to make Tawaf.
- Beware of professional beggars; they know how to tell stories and how to cry!

## Salat in Jama'a



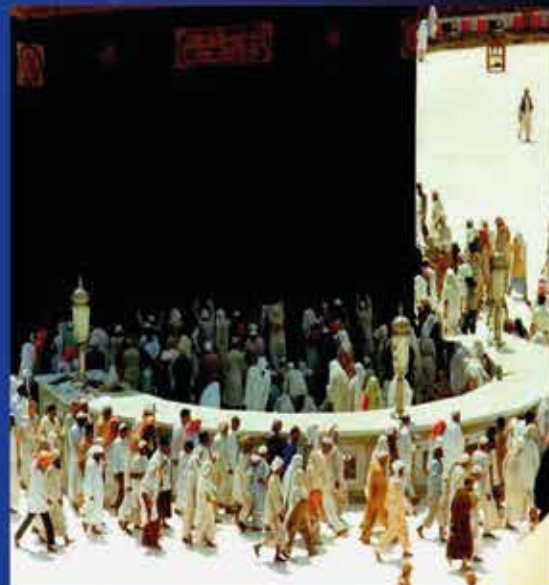




*Crowded streets around al-Masjid al-Haram in Makkah*

## Al-Hijr (Al-Hateem / Al-Hasheem)

- Al-Hijr is part of the Ka'bah. If you get a chance to enter the Hijr, make sure you pray within the 10 feet next to the Ka'bah.



## Performing multiple Umras (1)

- ❏ While staying in Makkah before or after Hajj, some pilgrims decide to perform multiple Umrah, sometimes in the same day.
- ❏ This practice has no basis in the Sunnah of the Prophet (صلى الله عليه وسلم) or the practice of his companions. There is no report that the Prophet (صلى الله عليه وسلم) or the companions after him accumulated multiple Umrah while staying in Makkah waiting for Hajj.
- ❏ Same can be said for Umrah after Hajj, if one has already performed his/her Umrah in that trip.
- ❏ Repeating the Umrah incurs hardship and causes many pilgrims to miss on Fardh prayers because of tiredness.

## Performing multiple Umras (2)

- ❏ The exception here is a Umrah which one performs for:
  - A deceased person
  - A sick (permanent sickness) or an old person who is not able to perform Umra by himself/herself
  - Fulfillment of a vow
- ❏ One of the best Ibadat while in Makkah, after completing the Umrah, is Tawaaf. One can do as many Tawaaf as one wishes.





*"Allah's Messenger (ﷺ) said, "(The performance of) `Umra is an expiation for the sins committed (between it and the previous one). And the reward of Hajj Mabrur (the one accepted by Allah) is nothing except Paradise."*



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