



COLOUR CODES:

FARDH

WAJIB

SUNNAH

IHRAM

Miqat

- This refers to the location, before passing which *ihrām* needs to be adopted.
- » If arriving from Madinah it is the *masjid* of Dhul-Hulayfah just outside Madinah.
 - » If arriving at Jeddah, then one needs to be in *ihrām* before entering Jeddah's airspace.

Aspects of cleanliness

- It is *Sunnah* to perform the following actions before *ihrām*:
- » Perform *ghusl* and if not possible then at least *wudhu*.
 - » Shave the underarm and pubic hairs, trim the moustache and clip the nails (these cannot be done in *ihrām*).
 - » Apply perfume on clothing (which will be worn), such that the physical body/trace of the perfume is not visible, even though the fragrance remains. All the above cannot be done in *ihrām*, except for *ghusl* with water only.

Clothing

- » Put on two pieces unstitched cloths: one for the lower body and one for the upper body, covering both shoulders. Stitched clothing is not permitted in *ihrām* for men.
- » The footwear should expose the bone on the top of the foot as well as both ankles.
- » Women should wear their veil in such a way during *ihrām* that it does not touch the face.
- » Gloves, socks, underwear, etc. are not permitted for men. However one can wear a belt with a pouch as well as a watch.
- » Men cannot cover their heads and face (even with a blanket).

Other restrictions of *ihrām*

- » Amorous talk or behaviour (including touching)
- » Sexual intercourse
- » Hunting wild animals
- » Using vulgar language & arguing

2 raka'at

If it is not a *makruh* time, then perform 2 *raka'at Sunnah* prayers known as *Sunnatul ihrām*; then make the *niyyah*.

The **intention** (*niyyah*) can be made by saying:

"O Allah! I intend to perform the Umrah, so make it easy for me and accept it from me."

Immediately after making the intention, recite the *talbiyyah* with your tongue and not your heart only:

Niyyah and Talbiyya

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
 إِنَّ الْحَمْدَ وَالْبِعْثَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

Labbayk, Allahumma labbayk. Labbayk, laa shareeka laka labbayk. Inna hamda wa ni'mata laka wal-mulk. Laa shareeka lak.

At your service, Oh Allah, at your service. At your service, none can be associated with you, at your service. All praise and blessings belong to you as does the kingdom. None can be associated with you.

Men should recite it loudly, but women must recite it softly.

Once you make the intention followed by recitation of the *talbiyya*, you have entered the state of *ihrām* and all the restrictions now apply to you.

One should constantly recite *talbiyya* and other *adhkar* on ones way to Masjid al-Haram.

TAWAF

Entering Masjid al-Haram

» Enter Masjid al-Harām through Bāb al-Salām in the state of *wudhu*.

» Recite the masnoon *du`ā*:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Bismillaahi was-salaatu was-salaamu `ala Rasoolillah – Allahummaftahli abwaaba rahmatik.

In the name of Allah, may the blessings and peace of Allah be upon the Messenger of Allah.

Oh Allah!, open the doors of Your Mercy for me

» Then make the intention for *nafl i`tikāf*.

» Make *du`ā* when seeing the Ka`ba for the first time as *du`ās* are accepted. Another *masnoon du`ā* specifically for the Haram is:

Allahumma inna hadha haramuka wa haramu Rasulika fa harrim lahmi wa dammi wa `azmi wa bashari `alan naari, Allahumma aaminni min `adhabika yawma tub`athu `ibaadaka, waj`alni min auliyaaika wa ahli taatika wa tub `alayya innaka ant-at-Tawwab-ur-Rahim.

O Allah, surely this is your Sacred Sanctuary and the Sacred Sanctuary of Your Messenger. So make the fire [of Jahannam] prohibited for my flesh, my blood, my bones and my skin.

O Allah, keep me safe from your punishment on the day You will raise Your servants. And make me from Your friends and those people who are always obedient to you. And draw your special attention of forgiveness towards me. Indeed you are the Most-Forgiving, Most Merciful.

Idhtiba

Before starting the *tawāf* one should wear one's upper cloth in such a way that it covers the left shoulder and the cloth passes through under the right arm, leaving the right shoulder uncovered.

Tawāf

» One must have *wudhu*, one's body and clothes must be free from impurity, and covering of *satr* are conditions for validity of *tawāf*.

» Proceed towards the corner of the Ka`ba which houses the Hajr al-Aswad. This is the corner directly opposite to a green light on the wall of the *Masjid* (see diagram).

» Stand across from this corner of the Ka`ba, face the Ka`ba, with the Hajr al-Aswad slightly to the right of your right shoulder. At this point stop reciting *talbiyyah*.

Niyyah

Make the intention by saying:

"O Allah, I intend to make the 7 circuits of tawāf of `Umrah, so make it easy for me and accept it from me."

Takbīr

Then lift your hands up to your ears like in *salah* and verbally recite:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ وَإِلَهُ الْحَمْدُ

"Bismillahi Alahu akbar, wa lillahi hamd"

In the name of Allah, Allah is the greatest, and for Him is all praise.

- » After *takbīr* kiss the Hajr al-Aswad if possible – otherwise, which is most likely, perform *istilām* thus: stretch your hands towards the Hajr al-Aswad with your palms facing the stone, and then pull your hands back and kiss your hands. While doing this recite:

بِسْمِ اللَّهِ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَ الصَّلَوةُ وَ السَّلَامُ عَلَي رَسُولِ اللَّهِ

Istilām

Allah is the greatest, there is no god except Allah; and may His peace and blessings be upon the Messenger of Allah

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ ، اللَّهُمَّ إِيْمَانًا بِكَ ، وَتَصَدِيقًا بِكِتَابِكَ ، وَوَفَاءً بِعَهْدِكَ وَاتِّبَاعًا لِسُنَّةِ نَبِيِّكَ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

Some rules of *Tawāf*

- » During *tawāf* one should not face the Ka`ba with one's chest or turn one's back towards it except during *istilām* at the Hajr al-Aswad when one will turn one's chest towards the stone. However the feet/toes should not face the Ka`ba and should be in the direction of *tawāf* even during *istilām* (Note: This will apply when making *istilām* in every subsequent round after the first one. When doing the *istilām* at the time of commencing the first round of *tawāf*, there is no harm if the feet face the Ka`ba)
- » **Start your *tawāf* by moving counter clockwise around the Ka`ba. One must perform 7 rounds around the Ka`ba.**
- » During each round, if possible, one should touch the corner of the Ka`ba called Rukn al-Yamani either with both hands or only with the right hand. One should not stop for this purpose. If one cannot, touch this corner, then one should not make gestures.
- » After completing each round one must perform *istilām* each time. Therefore one will perform a total of 7 rounds and 8 *istilām*.
- » Men should perform *Ramal* for the first three rounds: one should receive a practical demonstration of this before performing it.
- » *Ramal* means to take quick short steps whilst shaking the shoulders.

At all times recite the third kalimah:

سُبْحَانَ اللَّهِ ، وَالْحَمْدُ لِلَّهِ ، وَ لَا إِلَهَ إِلَّا اللَّهُ ، وَ اللَّهُ أَكْبَرُ ،
وَ لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Allah is pure and perfect, All praise and thanks are for Allah, there is no god except Allah, Allah is the greatest, there is no might or power except with Allah.

Adhkār during *Tawāf*

Other *adhkār* and *du`ā* can also be made.

Between the Yemeni corner and the Hajr al-Aswad recite the *Sunnah du`ā* which is:

اللَّهُمَّ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَ فِي الْآخِرَةِ
حَسَنَةً وَ قِنَا عَذَابَ النَّارِ

O our Rabb (Lord/Protector), give us in this world that which is good, and [give us] in the life hereafter that which is good, and save us from the punishment of the fire [of Jahannum].

2 *raka'at* of *Tawāf*

- » Thereafter perform two *raka'at* *wajib salaah* at Maqam Ibrahim, if it is not *makhruh* time. Otherwise wait till the end of *makhruh* time. If it is crowded then perform the prayer anywhere in the masjid.

SA'EE

- » Before proceeding for *Sa'ee* perform *istilām* once more. This is a total of 9 times since the start of *tawāf*.
- » Thereafter proceed to Safa and recite verse 158 of Surah al-Baqarah.
- » At every hill (i.e. Safa and Marwa) one should pause and raise ones hands to make *du`ā* and *dhikr* while facing the Qibla. Before making *du`ā* one may praise Allah in the following manner:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ؛
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ وَحْدَهُ

La ilaaha illa Allahu, Wahdahu laa shareeka lahu, Lahul mulku wa lahul hamdu, wa huwa 'alaa qulli shayyin qadeer. La ilaaha illa Allahu wahdahu, anjaza wa'dahu, wa nasara 'abdahu, wa hazam al-ahzaba wahdahu.

There is no god except Allah alone and He has no partners. To Him belongs the kingdom and all praise also belongs only to Him. And He has power over all things. There is no god but Allah. He fulfilled His promise and granted victory to His servant. And He alone defeated the allied army.

(The section in bold —with the addition of *yuhyee wa yumeetu* after *wa lahul hamdu*— is the fourth kalimah, and is an important *dhikr* during 'Arafat too).

- » Perform the *Sa'ee* by walking 7 times between Safa and Marwa, starting at Safa and ending at Marwa. Men are to jog between the green lights. Remember to make *du`ā* and recite *adhkar* all throughout *Sa'ee*. In particular, the following *du`ā* should be recited:

رَبِّاغْفِرْ وَارْحَمْ إِنَّكَ أَنْتَ الْأَكْرَمُ

HALQ/QASR

- » After completing *Sa'ee* trim or shave your hair.
- » Women should wrap the ends of their hair around their finger and cut off whatever was wrapped – i.e. a few centimetres.
- » Bald men must symbolically pass a razor over their heads.
- » Now you are out of *ihrām* and your 'Umrah is complete.

THE KA`BA

1 Rukn al-Yamani

2 Corner with Hajar al-Aswad

3 Green Light

4 Direction of Tawaf

5 Door of Ka`ba

6 Hatim

7 Maqam Ibrahim

8 Start tawaf from any point just behind this imaginary line (dotted), connecting Hajar al-Aswad to the green light.

