

THE AUTHENTIC & SIMPLIFIED UMRAH

STEP BY STEP GUIDE

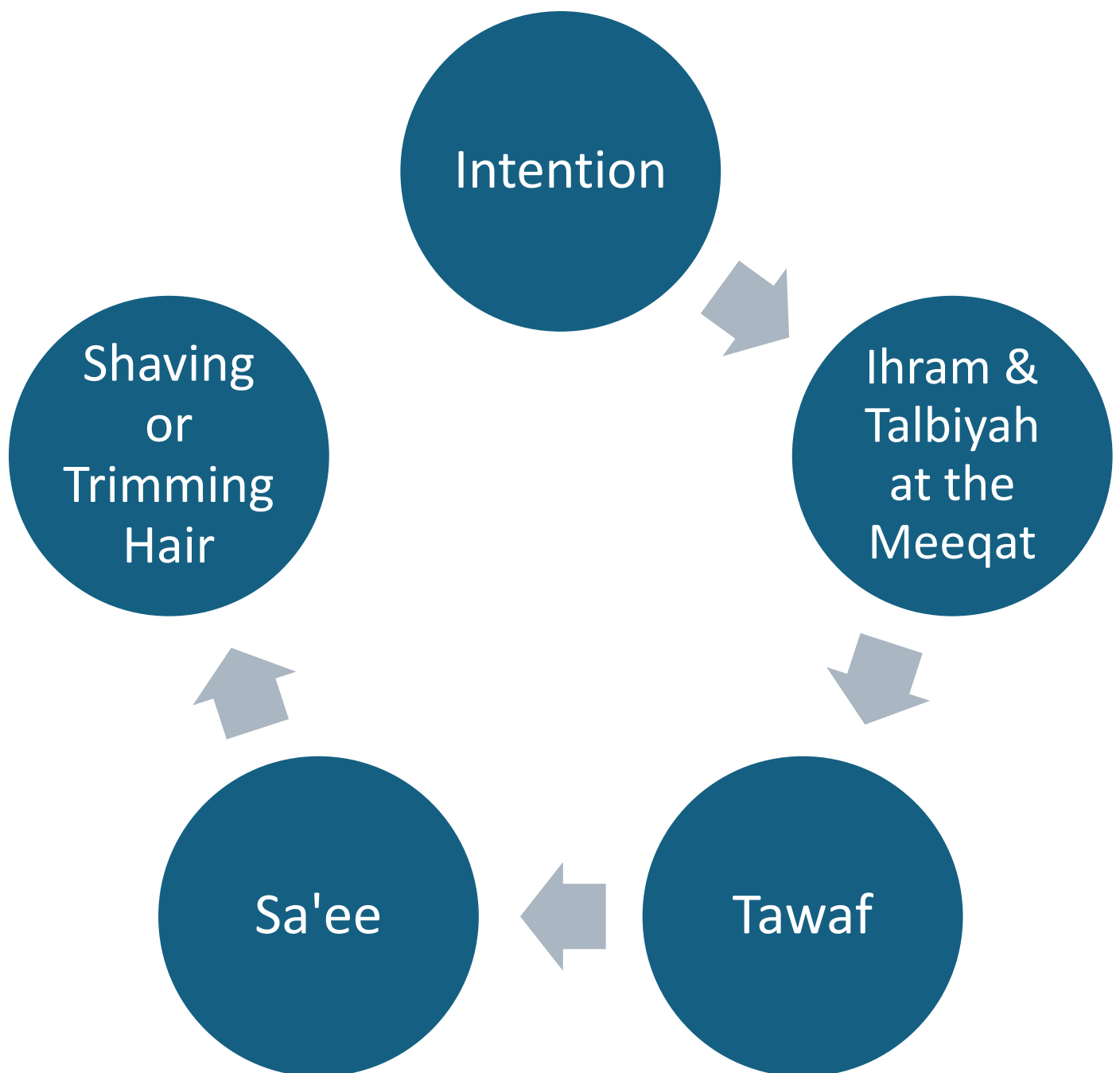
By Yasser Peerun

I HAVE BASED THIS COMPILATION FROM THE BOOK:

صفة حجة النبي صلى الله عليه وسلم

BY SHAYKH ABDUL AZIZ AT-TAREFE

Below is a **simplified, step-by-step** guide on the **authentic** actions and **supplications** associated with performing Umrah.



Before entering into Ihram

1. Perform Ghusl (Sunnah)

2. Perfume body & hair

(Men only - Sunnah)

Take extra care to avoid perfuming ones Ihram garments.

3. Putting on the Ihram garments

Praying two Rak'ah for entering into Ihram is not a prescribed Sunnah.

It is however permissible for one to apply ones full Ihram garments before reaching the Meeqat, i.e. in the hotel in Madinah, or at the Airport etc.

Prohibited Actions after coming into Ihram

- ⊘ **Using perfume (Men).**
- ⊘ **Wearing fitted garments and covering the head (Men).**
- ⊘ **Trimming nails or cutting hair (Men & Women).**
- ⊘ **Wearing a fitted face covering incl. gloves (Women).**
- ⊘ **Intimate relations between spouses (Men & Women).**
- ⊘ **Nikkah & Hunting (Men & Women)**

Upon Reaching the Meeqat

**4. Renew Intention for Umrah
(done in one's heart) and then
utter aloud:**

لَبَّيْكَ عُمْرَةً

“LAB-BAYKA UMRAH”

*O Allah, I answer your call to
perform Umrah.*

5. You can also recite the following if you fear that you may not be able to complete the rituals of Umrah due to illness or menstruation etc.

اللَّهُمَّ مَحِلِّي حَيْثُ حَبَسْتَنِي

**“ALLAHUMMA MAHILEE HAYTHU
HABAS TANEE”**

O Allah, if I am prevented from completing Umrah, then I will exit Ihram at the point at which I am prevented.

**6. It is Sunnah to recite the
Talbiyah continuously and
*aloud until the start of Tawaf**

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ - لَبَّيْكَ لَا شَرِيكَ

لَكَ لَبَّيْكَ - إِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ

وَالْمُلْكَ - لَا شَرِيكَ لَكَ

**“LAB-BAYKA-ALLAHUMA LAB-BAYK, LAB-BAYKA
LAA SHAREEKA LAKA LAB-BAYK, IN-NAL HAMDA
WAN-NI-MATAH LAKA WAL-MULK, LAA
SHAREEKA LAK”**

*I respond to Your call O Allah! I have responded to
Your call. You have no partner. I have responded to
Your call. All praise and blessings are for You, and all
⁶ Sovereignty. And You have no partners with You.*

***Note:** It is Sunnah for Women to recite the *Talbiyah* quietly when in the presence of foreign (non-mahram) Men.

However, if they are with other Women or their *mahaarim* (Male guardians), they may recite the *Talbiyah* aloud.



Before Tawaf

Pilgrims should be in a state of Wudhu throughout Tawaf.

During Tawaf, it is also acceptable to wear clean and appropriate slippers.

Upon reaching the Ka'bah, the Men should uncover their right shoulder.

The intention to begin Tawaf should also be made in one's heart.

Starting Tawaf

7. With your right hand, point
towards the Black Stone
(aligned with the **green light**)
and say:

بِسْمِ اللَّهِ وَاللَّهُ أَكْبَرُ

***“BISMILLAAHI, WAL-LAAHU
AKBAR”***

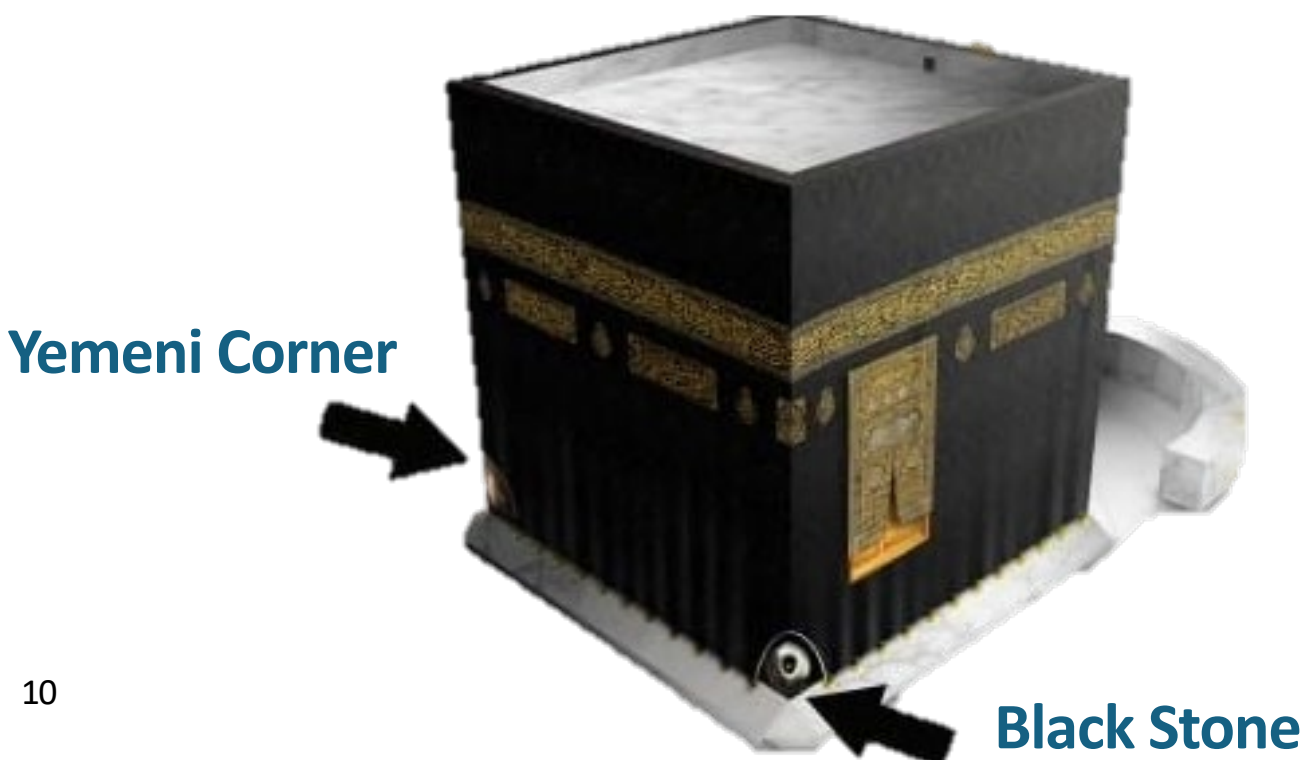
*In the name of Allah, Allah is the
Greatest.*

During Tawaf

*From the Black Stone,
circumambulate the Ka'bah 7 times.*

*Use this time to make any Dhikr &
Du'a.*

*It is Sunnah to recite the following
Du'a between the Yemeni corner
and the Black Stone.*



**8. Recite the following Du'a
between the Yemeni Corner and
the Black Stone:**

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي
الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

**“RAB-BANAA AATINAA FID-DUNYA
HASANATAW WA-FIL AAKHIRATI
HASANATAW WA QINAA ADHAABAN
NAAR”**

*“Our Lord! Grant us the good of this world
and the Hereafter and protect us from the
torment of the Fire.”*

9. After the first round is complete, point towards to the Black Stone (aligned with the green light) and this time say:

الله أكبر

“ALLAHU AKBAR”

Allah is the Greatest.

To be repeated after the completion of every round except for the 7th and final round.

Interactive Tawaf Tracker

Round 1 Complete



Round 2 Complete



Round 3 Complete



Round 4 Complete



Round 5 Complete



Round 6 Complete



Round 7 Complete



After Tawaf

10. After Tawaf, it is Sunnah to Pray two Ra'kah behind the Maqam of Ibrahim.

It is Sunnah to have the Maqam in front of you for the two Rak'ah. If you're unable to, then you can pray anywhere.



Male pilgrims should re-cover their right shoulder before praying the two Rak'ah.

Reciting Surah Al-Kaafiroon in the first Rak'ah and Surah Al-Ikhlās in the second Rak'ah is optional; however, the narrations supporting this practice are weak.



ZamZam Water:

Is recommended to drink ZamZam whenever a person is able to.

There is no prescribed time to drink it, as it is not specifically tied to the rituals of Umrah.

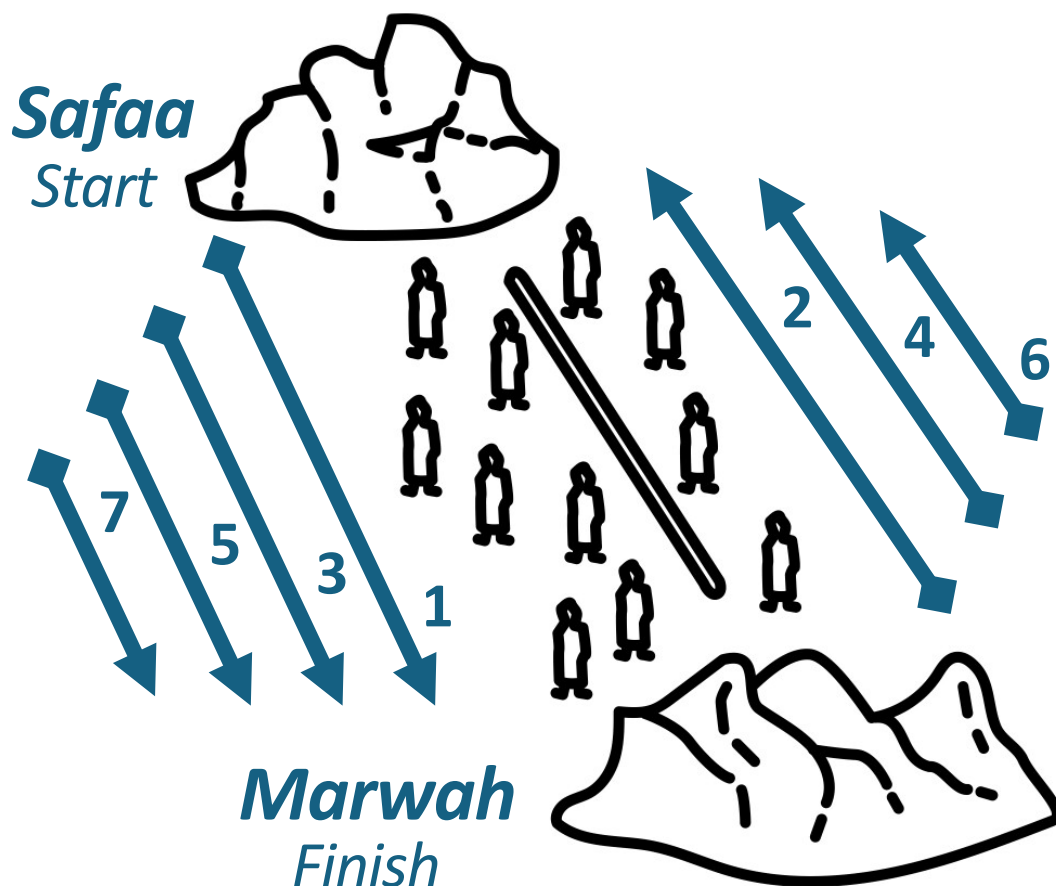
However, it is something that can be done within the ritual at any time.



Sa'ee (Safaa & Marwah)

It is recommended to maintain a state of Taharah/Wudhu during Sa'ee, however, it is not compulsory.

It is also permissible to wear clean and appropriate slippers during Sa'ee.



11. Ascend Safa until you can face the Ka'bah. Raise your hands and recite the following supplications three times, while making a personal Du'a in between:

الله أكبر، الله أكبر

الله أكبر

***“ALLAHU AKBAR, ALLAHU AKBAR,
ALLAHU AKBAR”***

*Allah is the Greatest, Allah is the
Greatest, Allah is the Greatest.*

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ

وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعَدَهُ، وَنَصَرَ عَبْدَهُ،

وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

**“LAA ILAAHA ILLAL LAAHU WAHDAHU
LAA SHAREEKAH LAH, LAHUL MULKU
WA LAHUL HAMDU WA HUWA ‘ALAA
KULLI SHAYIN QADEER**

**LAA ILAAHA ILLAL LAAHU WAHDAH,
ANJAZA WA'DAH, WA NASARA 'ABDAH,
WA HAZAMAL AHZAABA WAHDAH”**

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

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

Sequence for when making the supplications at Safa and Marwah



(a) Recite the full supplication once.

(b) Afterward, make your own personal Du'a.

(c) Recite the full supplication a second time.

(d) Follow this with your personal Du'a.

(e) Recite the full supplication a third time.

(f) Then move onto Marwah and repeat the same actions there

12. Proceed towards Marwah while making any Du'a and Dhikr along the way.

*It is Sunnah for the Men to rush between the **green lights** if they are able to.*

13. Upon reaching Marwah, repeat the same supplications from Safa for every lap except for the 7th and final lap when ending at Marwah.

Interactive Sa'ee Tracker

Lap 1 Complete



Lap 2 Complete



Lap 3 Complete



Lap 4 Complete



Lap 5 Complete



Lap 6 Complete



Lap 7 Complete



After Sa'ee

14. Once Sa'ee has been completed, the Men should shave or trim their hair evenly. While the Women should only clip the length of a fingertip from the bottom of their hair.

You have now come out of the state of Ihram and completed your Umrah! May Allah accept it from you. Ameen!

