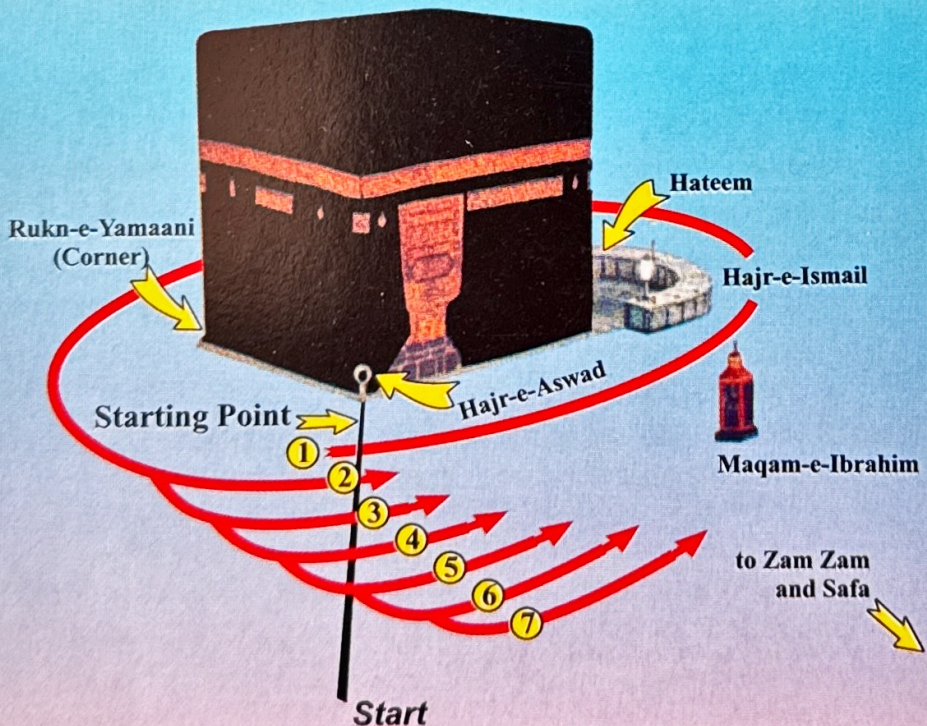


لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ
 لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
 إِنْ الْحَمْدُ وَالنِّعْمَةُ لَكَ وَالْمَلِكُ لَا شَرِيكَ لَكَ

ILLUSTRATED

UMRAH

GUIDE



Start every circle pointing towards the Hajr-e-Aswad and recite Takbeer (Allah-u-Akbar) اللَّهُ أَكْبَرُ

PERFORMING UMRAH

Step by Step

- 1 → Take a Bath or Make Wudhu
- 2 → Wear Umrah Ihram
- 3 → Pray Two Rakaat Nafal
- 4 → Proclaim The Niyyah for Umrah
- 5 → Recite Talbiyah 3 Times
- 6 → Read Dua on Entering Mosque
- 7 → Make Dua When You See The Kabaah
- 8 → Perform Tawaaf-e-Umrah
- 9 → Two Rakaat Near Maqam-e-Ibrahim
- 10 → Drink Zam Zam Water
- 11 → Perform Safa & Marwah (Sa'ee)
- 12 → Get Your Head Shaved or Trimmed
- 13 → Now Take Off Your Ihram
- 14 → UMRAH COMPLETED

A STEP BY STEP APPROACH TO UMRAH

- i Remove unwanted hair, trim moustache, cut nails, etc.
- ii With intention of wearing **Ihram**, perform Ghusl. If this is not possible then making wudhu will suffice. Then wear **Ihram**.
- iii Offer two rakaat of Nafl with head covered by **Ihram** sheet if it is not Makruh time. Uncover head after prayer.
- iv Now make formal **intention** for **Umrah**: (O Allah, I intend to perform Umrah, make it easy for me, and accept it from me)

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي -

- v Recite **Talbiya** three times (reciting loudly is Sunnah for Men):

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

- vi Keep reciting **Talbiya** until you reach **Makkah**. Now go towards **Masjid al-Haram** while reciting **Talbiya**.
- vii Enter **Masjid al-Haram** with due respect and reverence and recite:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ رَبِّ اعْظُمِي ذُنُوبِي وَافْتَحْ لِي الْبَابَ رَحْمَتِكَ

- viii Fix your focus on **Bait-Ullah** at first sight & recite: اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

- ix Now go straight towards Hajr-e-Aswad and stop reciting **Talbiya**. Do Iztibaa (i.e. place the middle of your **Ihram** sheet under right arm and the ends of it over left shoulder such that your right arm is entirely exposed and your left arm & shoulder covered).

x Stand facing the Ka'bah, positioned so that the entire Hajr-e-Aswad is just to the right side of you. 5

xi Make **intention** for **Tawaaf** of **Umrah**, move slightly towards the right to stand facing Hajr-e-Aswad, then raise both hands up to the ears and recite: 6

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَبِاللَّهِ الْحَمْدُ

xii Kiss Hajr-e-Aswad if you get the opportunity, otherwise perform **Istalam** (point both hands towards Hajr-e-Aswad imagining you are touching it and then kiss your palms). 7

1 Tawaf of Umrah ■ Start from Hajr-e-Aswad

- Complete 7 rounds of Tawaf
- Recite third Kalima and make lots of du'a's
- For the first 3 rounds it is Sunnah for **Men** to make **Raml** (i.e. walk hastily, taking short steps, with the chest out, moving shoulders simultaneously)

2 During every round, from **Rukn-e-Yamani** to Hajr-e-Aswad, recite: 8

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ يَا عَزِيزُ يَا غَفَّارُ يَا رَبَّ الْعَالَمِينَ 9

3 While going towards Maqam-e-Ibrahim after completion of **8th Istalam**, recite: 10

وَاتَّخِذْ وَامِنُ مَقَامِ إِبْرَاهِيمَ مُصَلًّى -

4 On completion of **Tawaf** offer two rakaat **Tawaf** prayers at Maqam-e-Ibrahim.

Drink as much Zam Zam water as you can and recite:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِّنْ كُلِّ دَاءٍ

Perform 9th Istalam of Hajr-e-Aswad and go towards Safa for Sa'ee while reciting:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Start Sa'ee of Safa & Marwah by saying **اللَّهُ أَكْبَرُ** 3 times
During Sa'ee recite:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعْدَهُ وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Going from Safa to Marwah will complete one round, then back to Marwah will complete the second round, and so on.

Sa'ee will start at Safa and finish at Marwah.

Get your head shaved (**Halq**) or trimmed. Women are to trim only a fingertip's length from the hair.

Now take off your **Ihram**. Congratulations, your **UMRAH IS COMPLETED.**