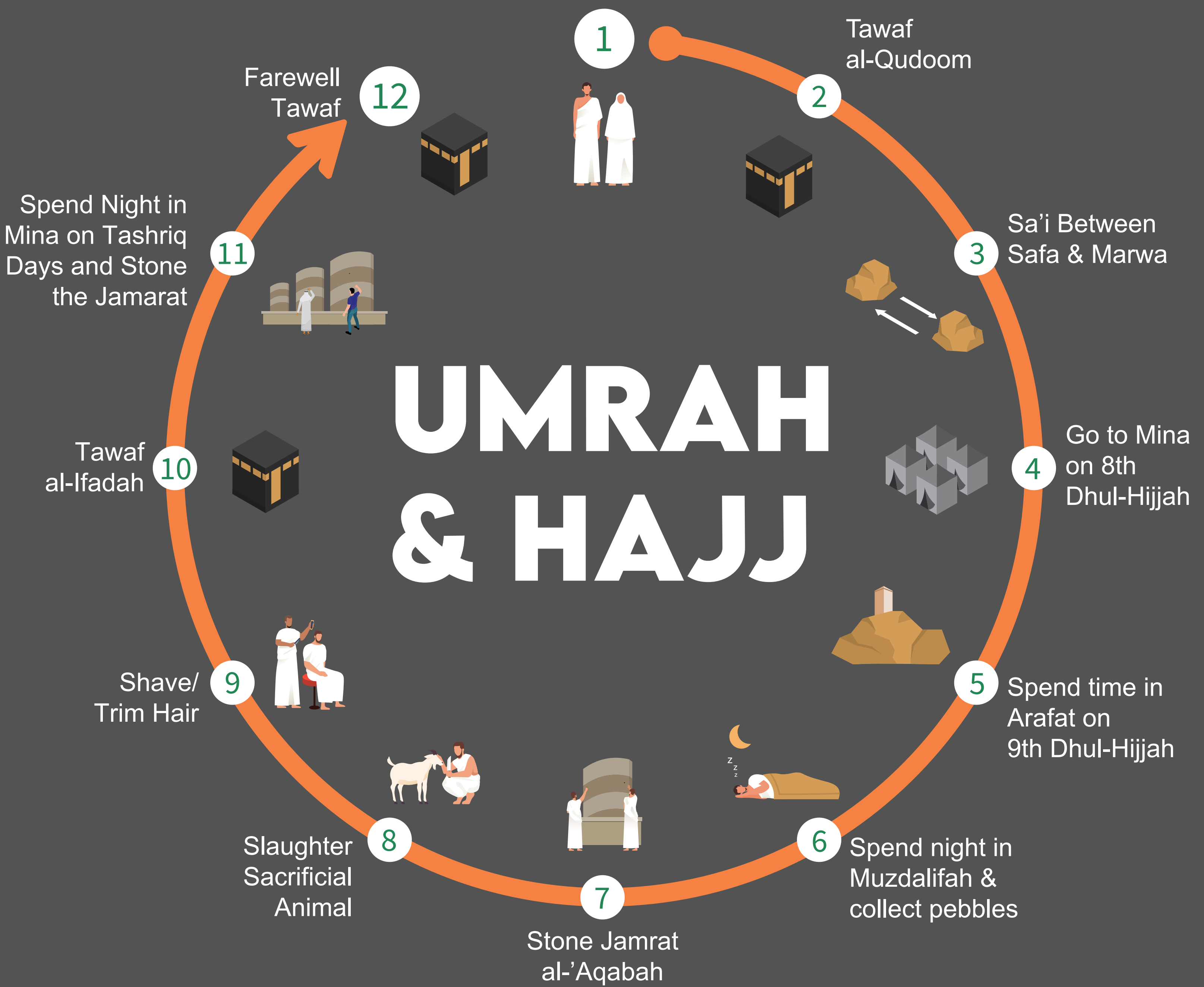




Intend for Hajj or Omrah and Enter the State of Ihram on Passing Miqat



About Umrah

STEP 1: Assume Ihram



What is Ihram?

Ihram is a state that is entered into when wanting to perform pilgrimage.

It is entered by uttering the intention which for umrah is:

لبيك اللهم عمرة

‘Labbayk Allahumma Umrah’

Oh Allah, here I am performing Umrah

When and where is Ihram assumed?

For Umrah, Ihram can be assumed at any time of the year. It is assumed from places called the Miqat. When passing by one of these Miqats, or above them (by air) or parallel to them (by land or sea), you make the intention for Umrah.

What happens once I'm in Umrah?

You must observe the restrictions of Ihram. The Ihram state is not lifted until the rites of the pilgrimage are all completed.

What should I do before I assume Ihram?

Shave your underarms and pubic hairs, trim your nails, and shower. Assume the ihram garments.

What are the restrictions of **Ihram**?



For both men and women:

No removal of hair or nails. No sexual relations or foreplay. No perfume or scented products.



For men:

No normal items of clothing including shoes or headwear.



For women:

They can wear normal clothing but cannot wear gloves or a Niqab.

What next?

You can now make the Talbiyyah as you proceed to Makkah and are ready to begin your Umrah:

لبيك اللهم لبيك، لبيك لا شريك لك، لبيك
إن الحمد والنعمة لك والملك، لا شريك لك

‘Labbayk Allahumma labbayk, labbayka la sharika lak, labbayk innal-hamda wan-ni’mata laka wal-mulk, la sharika lak’.

Here I am O Allah, here I am. Here I am, none has the right to be worshipped except you. Here I am, all praise and dominion belong to you, none has the right to be worshipped except you



STEP 2: Tawaf

What is Tawaf?

Tawaf is going around the Ka'bah seven times in a counter clockwise direction.

How is Tawaf made?

You must be in the state of Wudu'. For men, they should uncover their right shoulders for all seven circuits and jog lightly if they can, for the first three circuits. Begin from the Black Stone, kiss it if you can, if not, then touch it, and if not point towards it. Say, 'Allah Akbar' and begin your first circuit.

How many circuits is **Tawaf?**

Tawaf is 7 circuits. At the beginning of each circuit as you find yourself back at the Black Stone, say, 'Allah Akbar'. It is also recommended to touch the Yemeni Corner on each circuit if you can, this is the corner before the Black Stone. Once you have completed all 7 circuits, the Tawaf is finished.

What do I say in **Tawaf?**

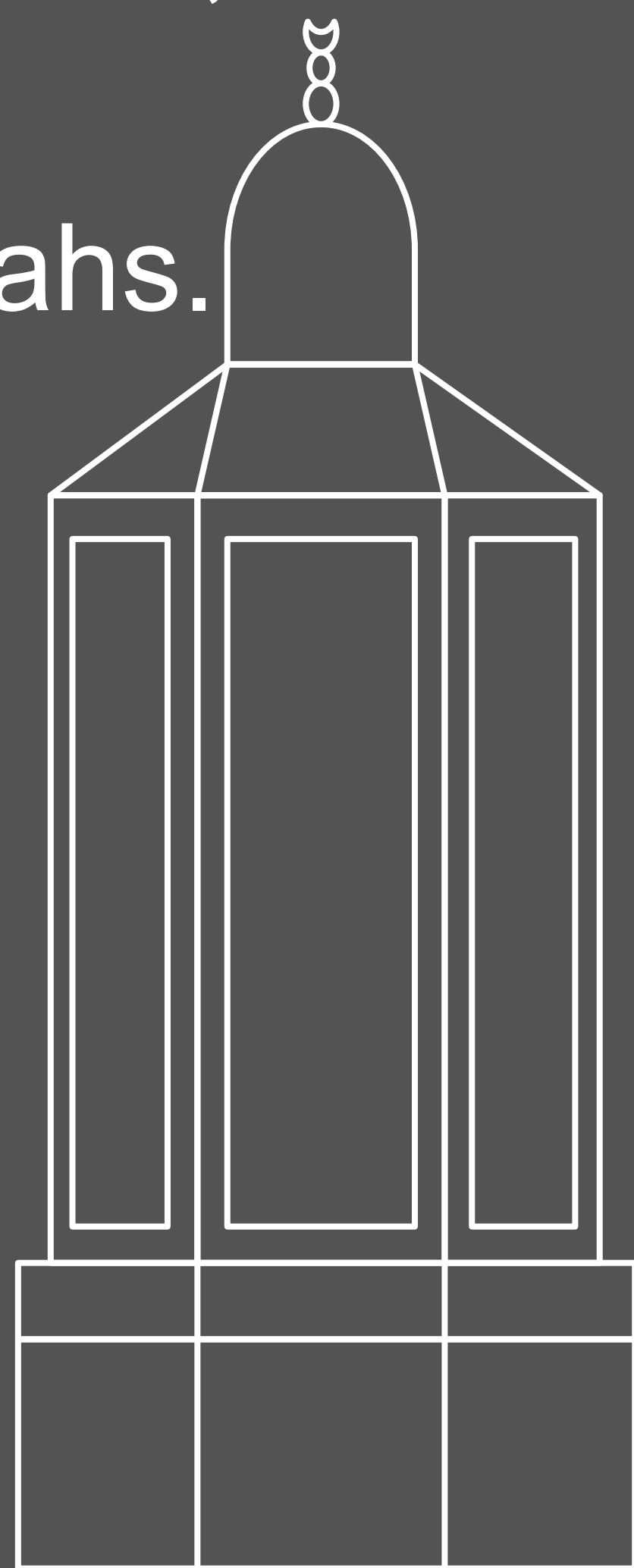
You can make any du'as you wish, recite Qur'an and make Dhikr. It is recommended to recite the du'a mentioned in verse 2:201 between the Yemeni Corner and Black Stone.

STEP 3: Two-Rak'ahs & Zamzam

What do I do after Tawaf?

You should go behind Maqam Ibrahim, and recite the opening part of verse 2:125.

If Maqam Ibrahim is congested, you can go anywhere in the mosque. Pray two Rak'ahs.



What **next?**

Drink from Zamzam and pour it over your head if you can.



STEP 4: Sa'i

What is Sa'i?

Sa'i is walking between the two mounts of Safa and Marwah. This is done as 7 circuits. Walking from Safa to Marwah is 1 circuit and back again is another circuit.

How do I begin?

Start from Safa. Read verse 2:158. Face the Ka'bah and make following du'a three times:

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

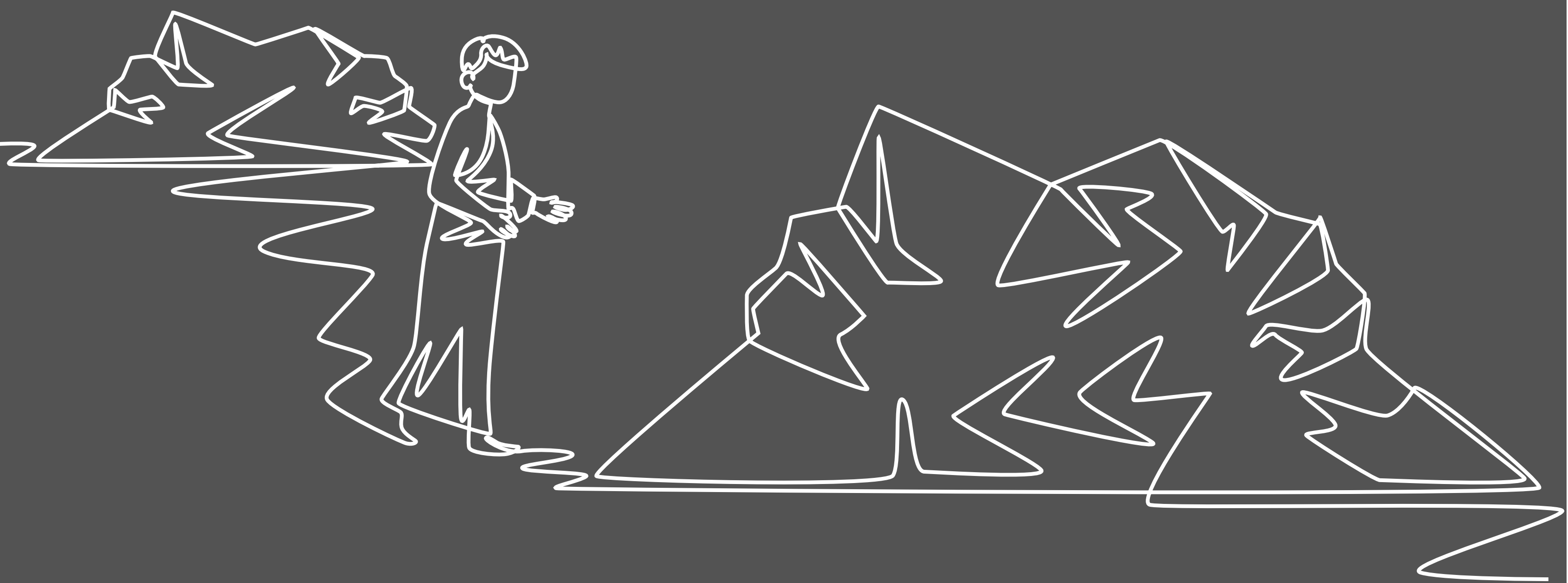
'La ilaha illa Allah, wahdahu la Sharika lah,
lah ul-Mulk, wa lah ul-Hamd, wa huwa 'ala
Kulli shay'in Qadir. La ilaha illa Allah,
anjaza wa'dah, wa Nasara 'abdah, wa
hazam al-Ahzaba wahdah'.

There is no god but Allah alone, with no partner or associate; His is the Dominion, all praise is due to Him, and He is able to do all things. There is no god but Allah alone; he fulfilled His promise, granted victory to His slave, and defeated the confederates alone

In between the three times, make other du'as for yourself.

What next?

Now walk to Marwah. When you come across the green lights, it is recommended to jog lightly. Do this 7 times. You should end at Marwah.



What do I read in Sa'i?

You can make any du'as, or read Qur'an and make Dhikr in any language you speak.

STEP 5: Shave/Trim hair

How do I shave/trim hair?

For men, you have a choice of either shaving the entire head, or trimming the hair from all over.

For women, you cut off a finger tips length from the ends of your hair.

The Umrah is now complete and you can come out of the state of Ihram.



About

Hajj

STEP 1: Assume Ihram

What are the different types of Hajj?

There are 3 types of Hajj you can perform. Tamattu' which is where you perform both Umrah and Hajj, in two separate Ihrams. Qiran wherein you perform both Umrah and Hajj in one Ihram, and Ifrad wherein you perform only Hajj.

What is the intention for Hajj?

For tamattu', you would make the intention for Umrah separately, and then for Hajj say, 'Labbayk Allahumma Hajj'. For Qiran, you say, 'Labbayk Allahumma Umratan wa Hajj', and for Ifrad, you say, 'Labbayk Allahumma Hajj'.

Are the restrictions the same as in Umrah?

Yes, all the restrictions apply as they did in Umrah.

Are the Miqats the same?

Yes, the land Miqats are the same. In terms of timings, the Umrah for Hajj must be performed in the months of Shawwal, Dhul-Qa'dah or the first days of Dhul-Hijjah.

STEP 2: Go to Mina on the 8th of Dhul-Hijjah

What do I do on this morning?

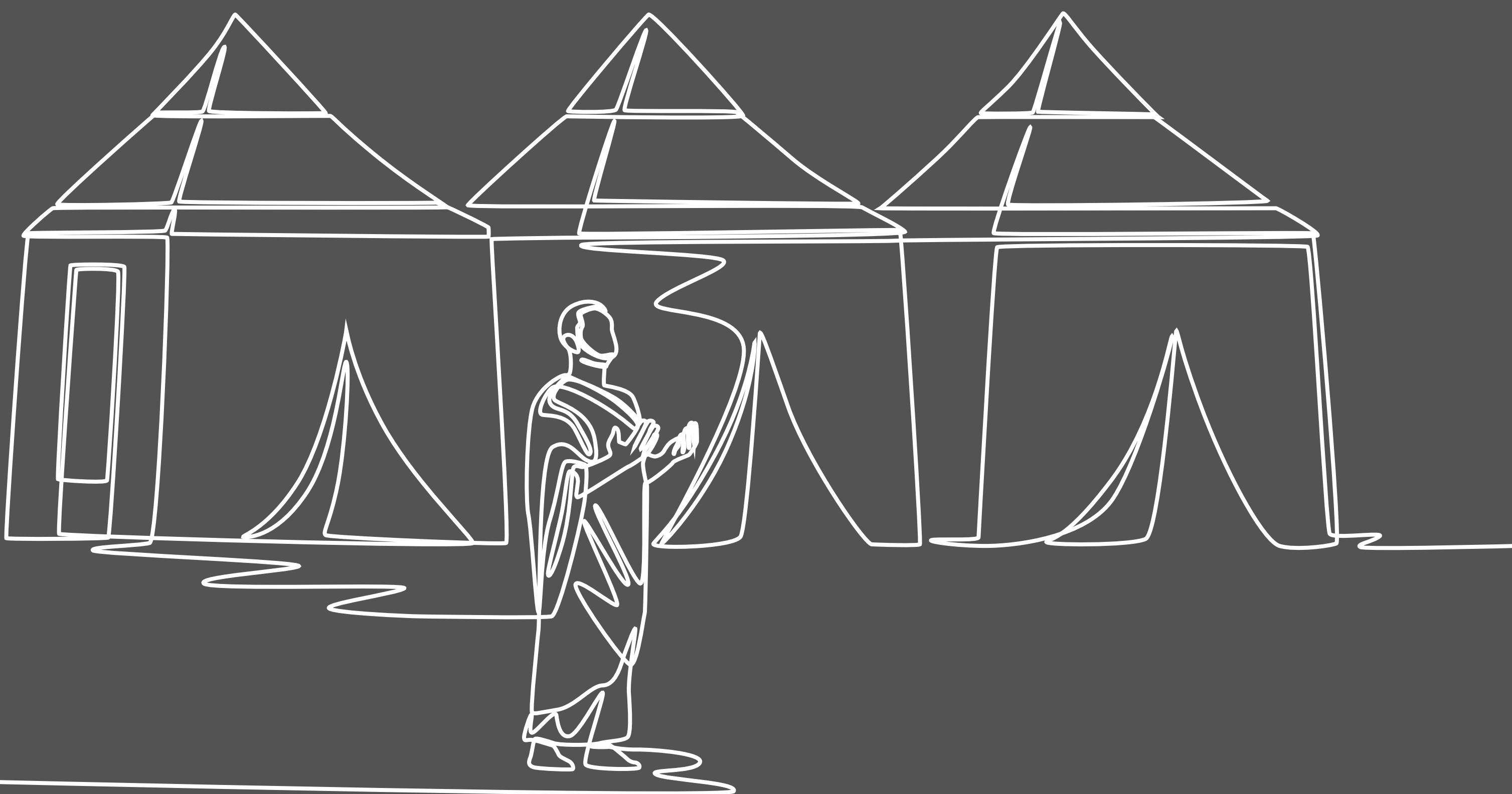
Wherever you are on the morning of the 8th, most likely in Makkah, and if not in Ihram already, prepare to enter Ihram as you did for Umrah. Assume the garments and make the intention for Hajj. The Ihram restrictions now apply.

Where do I go next?

You now proceed to Mina. You will spend the whole day and night there.

What do I do in Mina?

On the 8th, there is no specific act to perform. You spend the day in Mina. You offer each of the obligatory prayers there at their proper times, but shortening the 4 Rak'ahs prayers of Dhur, Asr and Isha to 2 Rak'ah. You spend the night in Mina and pray Fajr there in the morning. It is good to use this day in Qur'an, Du'a and Dhikr. Continue to say the Talbiyyah.



STEP 3: Go to Arafah on the 9th of Dhul-Hijjah

When do I go to Arafah?

Proceed to Arafah in the morning, and aim to arrive any time before noon.

When does Arafah start?

The timing for Arafah is from Dhuhr until sunset.

What do I do in Arafah?

If you arrive early into Arafah, you can rest until midday. Once you have prayed Dhuhr and Asr, combined and shortened at Dhuhr time. Then spend as much of the day as you can in Du'a and Dhikr. It is permissible to rest and eat when needed, but the majority of the time should be dedicated to worship. Remain there until sunset.

STEP 4: Go to Muzdalifah on the evening of the 9th of Dhul-Hijjah

When do I go to Muzdalifah?

Once the sun has set, proceed to Muzdalifah.

Where do I pray Maghrib and Isha?

Do not pray Maghrib and Isha until you arrive in Muzdalifah. Once there, you combine both prayers and shorten Isha to 2 Rak'ahs.

What do I do in Muzdalifah?

You spend the night there until Fajr of the 10th.

Can I leave early?

Certain groups of people are allowed to leave after half the night elapses. These are the elderly, sick, women and children and any men who need to accompany them. These people can proceed to Mina.



STEP 5: Back to Mina on the 10th of Dhul-Hijjah

What do I do in the morning?

Pray Fajr in Muzdalifah, then make Du'a and before sunrise proceed back to Mina.

What do I do on this day?

On this day, you will do four things; stoning the big pillar with 7 pebbles, slaughtering your sacrificial animal, shaving/trimming your hair and performing the Tawaf and Sa'i of Hajj.

Is there a particular order?

The abovementioned order is the one in the Sunnah, but any order is permitted.

Can I now come out of Ihram?

There are two stages to lifting Ihram in Hajj. The minor state is lifted when you have completed the stoning and slaughter or shaving/trimming. This means that all restrictions are lifted except sexual intercourse. The major lifting of all restrictions is only attained when the Tawaf and Sa'i of Hajj are completed.

Can I delay the Tawaf?

Yes, you can delay the Tawaf to the coming days, but remember that the major state of Ihram is not lifted until this is completed.

What do I do next?

Spend the night of the 10th in Mina. Whilst in Mina, all prayers are offered at their proper times, and Dhuhr, Asr and Isha are shortened to 2 Rak'ahs.

STEP 6: The 11th, 12th and 13th of Dhul-Hijjah

What do I do on these 3 days?

These 3 days are spent in Mina. Between Dhuhr and sunset of each day, you must stone all 3 pillars, with 7 pebbles each. It is the Sunnah to make Du'a after stoning the small and middle pillars.

Can I leave Mina on the 12th?

Yes, you can leave after stoning on the 12th, so long as you leave before sunset.

STEP 7: Farewell Tawaf

What do I do after Mina?

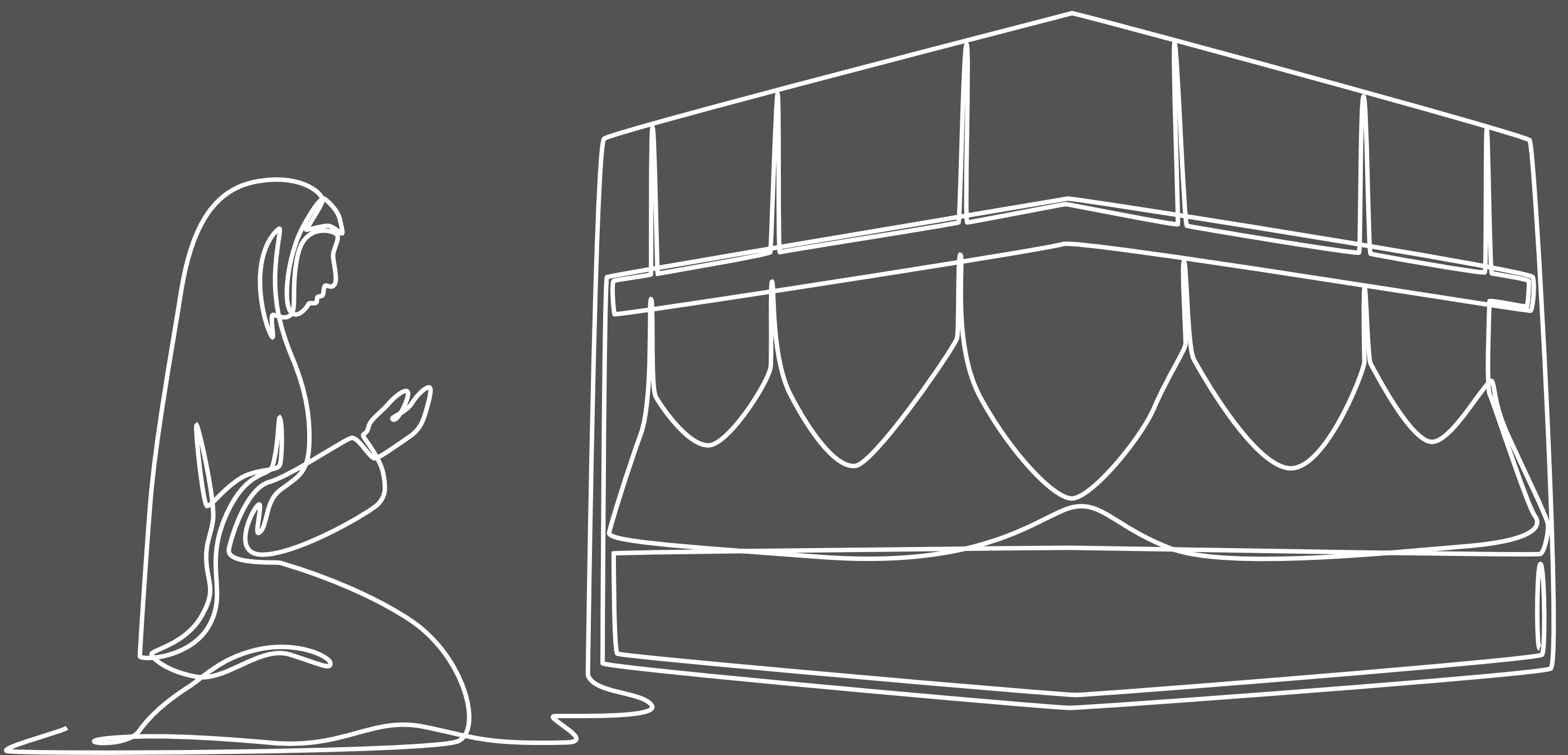
You can proceed to Makkah, and depending on your itinerary, the final rite of Hajj to be performed is the farewell Tawaf.

When do I perform the farewell Tawaf?

This is the last thing you do before departure. It should not be done the day before or many hours prior to leaving. All that should remain after this Tawaf, is your departure preparations.

How do I perform this Tawaf?

This Tawaf is like any other in the sense that it is 7 circuits, followed by 2 rak'ahs. There is no Sa'i for Farewell Tawaf



**Your Hajj is
now complete.**

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