

THE NEW SIMPLE 'UMRAH GUIDE

★ 1. When you reach the Mīqāt (or just before it on a flight) assume the ihrām and recite:

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

Labbaik Allāhumma bi-‘Umrah.

[Here I am O Allāh making ‘Umrah]

★ 2. If you are in fear of not completing the ‘Umrah, then recite:

اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

Allāhumma mahillee haithu habastani.

[O Allāh, my place is wherever You prevent me]

★ 3. Stand [if you can], face the Qiblah, and recite:

اللَّهُمَّ هَذِهِ عُمْرَةٌ لَا رِيَاءَ فِيهَا وَلَا سُمْعَةَ

Allāhumma hādhihi ‘Umrah , lā riyā’a feehā wa lā sum‘ah.

[O Allāh this is an ‘Umrah, there being no showing-off in it nor seeking repute]

★ 4. Then recite loudly and frequently this talbiyyah until you reach the Sacred Mosque:

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

**Labbaik Allāhumma labbaik, labbaika lā shareeka laka
Labbaik, innal hamda wan-ni‘mata laka wal-mulk, lā
shareeka lak.**

[Here I am, O Allāh, here I am! You have no partner. Here I am. Verily all praise is for You, and every bounty is from You—and all dominion is Yours, You have no partner]

★ 5. Also from the talbiyah is to recite:

لَبَّيْكَ إِلَهَ الْحَقِّ

Labbaika ilāhal haqq.

[Here I am, O God of Truth]

★ 6. Enter the Masjid Al-Harām (the Sacred Mosque) with your right foot first and recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمَ اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allāhumma salli ‘alā Muhammadin wa sallim

Allāhumma aftah-lee abwāba rahmatika.

[O Allāh, extol Muhammad and send peace upon him. O Allāh open the doors of your mercy for me]

★ 7. Start at Al-Hajr Al-Aswad (the Black Stone). Men should uncover the right shoulder by placing the ihrām under the right armpit. When beginning each circuit of Tawāf, touch the Black Stone—and if you cannot, make a sign with your right hand towards it, and say:

اللَّهُ أَكْبَرُ

Allāhu akbar.

[Allāh is the Greatest.] Do not stand here to make further supplications.

★ 8. Make seven circuits of the Ka‘bah. Men should walk swiftly around the Ka‘bah for the first three circuits, then begin the fourth circuit at a normal walking pace. During each circuit, between the Yemeni Corner and the Black Stone, recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fid-dunyā hasanatan wa fil āakhirati hasanatan wa qinā ‘adhāban-nār.

[Our Lord! Give us what is good in this world, what is good in the Hereafter and save us from the torment of the Fire.] During Tawāf, supplicate to Allāh, make dhikr and recite the Qur’ān.

★ 9. Men re-cover the right shoulder, then go behind the Maqām of Ibrāhīm and recite:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Wattakhidhoo min-maqāmi Ibrāheema musalla.

[Take the station of Ibrāhīm as a place of prayer.] Pray behind the Maqām of Ibrāhīm if possible, otherwise anywhere you can in the Masjid.

★ 10. And pray there two rak‘ahs. In the first rak‘ah recite Sūrat Al-Kāfirūn and in the second rak‘ah recite Sūrat Al-Ikhlās. Try and pray with a sutrah in front of you like a bag or another person.

★ 11. Then go to the Zamzam taps and drink from it, and pour some of the water over your head. Make plenty of supplication for good when drinking Zamzam.

★ 12. Return to the Black Stone and touch it if you are able, saying **Allāhu akbar**, but if you cannot touch it set off to make Sa‘ee between the hills of Safā and Marwah.

★ 13. Begin at Safā. At the foot of Safā recite the following (only on this occasion):

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

**Innas-Safā wal-Marwata min sha‘ā ‘irillāh faman
 hajjal-baita au wi‘tamara falā junāha ‘alaihi an
 yattawwafa bihimā wa man tatawwa‘a khairan fa
 innallāha shākirun ‘aleem. Nabda’u bimā bada’ Allāhu
 bihi.**

[Verily! Safā and Marwah are from the signs of Allāh. So
 he who performs Hajj or ‘Umrah of the House, there is no
 harm upon him to the walk between them. And whoever
 does good voluntarily—verily Allāh is Appreciative and
 Knowing.]

★ 14. Each time you are on Safā, face the Ka‘bah and
 recite 3 times with hands raised:

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

Allāhu akbar, Allāhu akbar, Allāhu akbar. Lā ilāha illallāh wahdahu lā shareekalah, lahum mulk, wa lahum-hamd, yuhyee wa yumeet—wa huwa ‘alā kulli shay’in qadeer. Lā ilāha illallāh wahdahu lā shareekalah, anjaza wa’dahu, wa nasara ‘abdahu, wa hazamal ahzāba wahdah.

[Ilāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest. There is none worthy of worship except Allāh alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and death—and He is All-Powerful over everything. There is none worthy of worship except Allāh alone, without partner. He has fulfilled His promise, aided His servant, He alone has defeated the confederates.]

Make plentiful supplications between each of these recitals.

★ 15. Then walk from Safā to the hill of Marwah and recite upon it the same as you did at Safā. That is one circuit. Then return to Safā and recite the supplications again (second circuit). Continue for seven circuits, finishing at Marwah. Do not recite it on the last visit to Marwah.

★ Upon encountering the green lights between the two hills, men only should run from one green light to the next, and no more. Do not bother or push other people as you walk or run. Respond to people with gentleness even if they are not kind and gentle with you.

★ 16. You may now exit the Masjid al-Harām with your left foot, reciting:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلِّمَ اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allāhumma salli ‘alā Muḥammadin wa sallim,

Allāhumma innee as ‘aluka min faḍlika.

[O Allāh, extol Muhammad, send peace and blessings upon him. O Allāh, indeed I ask You from Your Favour.]

★ 17. Finally, the man should shave his head, and this is best—or trim his hair equally from his head. The woman should cut a fingertip’s length of the ends of her hair as she bunches it together. Your ‘Umrah is now complete, may Allāh accept it.

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