

Summary of How to Perform Umrah

1. Wearing the Ihraam

Before wearing the ihraam a person should cleanse them self's. This involves **clipping the finger and toe nails, shaving off the hair from under the armpits & pubic hair**. Then make **ablution (wudu)** or preferably taking a complete **bath (ghusl)**, to comb their beard and hair. Now we can **wear the Ihraam**. This has to be done **before The Meeqaat** (boundary Zones) for Umrah and Hajj. It's best for men to wear the Ihraam at the airport and the women to be prepared in the house. Avoid doing this on the plane as it's very uncomfortable. Ihraam must be put on well before reaching Jeddah.

Men should wear **two white sheets**, keep their **head uncovered** and walk in flip-flops that should not cover majority of the feet especially the raised bone of your foot. Men should keep both shoulders covered at present. Women can wear any type of permissible clothes and shoes but must ensure their feet are covered. They must also ensure their head is covered. If women want to cover their face they must ensure the cloth does not touch the face.

2. Perform 2 Rakats after Wearing Ihraam (SUNNATUL-IHRAAM), Niyah & Talbiyyah

Then we should pray **2 rakats prayer (Namaz) for the Ihraam**. Make sure you are not reading this prayer in a makrooh time. After this whilst sitting just after saying Salaam make the Niyah (intention) for Umrah

'Oh Allah, I intent to perform umrah, render it easy for me, and accept it from me'

Then Read **TALBIYYAH 3 times, Duood Shareef 3 times** and then make dua (supplication). **TALBIYYAH** is

("Labbayk Allahumma labbayk, labbayka laa shareeka laka labbayk, innal hamda wan-ni'matah laka wal-mulk, laa shareeka lak")

Then go to Makkah and read Talbiyyah constantly until you enter the Masjid Al Haram.

All the **RESTRICTIONS OF IHRAAM** now **apply** (not wearing perfume, clipping nails or hair, hunting etc)

3. Perform Tawaaf - with Idh-Tibaa and Ramal for Men Only

Before starting the tawaaf the MEN should make **IDH-TIBAA**. This is done by taking one end of the Ihraam to the left in such a way that the back left shoulder and left arm are completely covered and so the right arm is entirely exposed. **THEN BEFORE** starting **TAWAAF** say the **NIYYAH** for the tawaaf standing aligned to the **Hajarul – Aswad (black stone)**. This is **obligatory**. The Niyah is:

'Oh Allah, I intent performing tawaaf around your sacred house with 7 circuits for you, render this easy for me & accept it from me'

After saying the Niyah then raise both hands to the lobe of the ears toward the black stone and say **'bismillahi Allahu Akbar wa-lillaahil hamd'** kiss your hands and drop them. This is known as **Istillam** and will be **done 8 times** during a **tawaaf** which consists of **7 circuits**. Then make a **right turn and begin the tawaaf**. Each circuit begins at the black stone and ends at the black stone. This has to be done 7 times. In the **first 3 circuits** men have to perform **RAMAL** which is walking fast in a hurry. In the other **4 circuits walk normally**. **AFTER PERFORMING TAWAAF COVER THE BOTH SHOULDERS AGAIN.**

4. Praying 2 Rakats behind Makam Ibrahim

Once you have finished your tawaaf you should read 2 rakats salaah (prayer) of the tawaaf. This can be done anywhere but is more rewarding if done behind Makam Ibrahim. This salaah is waajib and must be read. You must read 2 rakats salaah for the tawaaf after any tawaaf you perform as its waajib. Make sure you are not reading this prayer in a makrooh time.

5. Perform Sa'ee between Safa and Marwah (7 circuits) & Shave Hair of Head

This starts at Safa and eventually ends at Marwah. At the safu rock say the niyyah for sa'ee which is:

'Oh Allah I intend performing sa'ee between Safa & Marwah, 7 circuits for you, therefore make it easy for me and accept it.'

Between the green pillars men should run with medium pace. Stop to make dua each time at Safa and Marwah (**from Safa to Marwah is 1 circuit**). Once the sa'ee is complete **men** should get their **head shaved**. **Women** should get cut a **portion** of their **hair cut** as much as the first joint of the forefinger (little more than 2.5cm).

Now have a bath and wear your normal clothes. After your Umrah any time before finally leaving makkah a **tawaaful wadaa** (farewell tawaaf) **must be done**. This tawaaf is done in normal clothes. There is no Sa'ee in this tawaaf but you should read 2 rakats for the tawaaf after competing tawaaf. You can still stay in Makkah after doing this farewell tawaaf and perform other tawaafs in your normal clothes. Make sure you are not reading this prayer in a makrooh time.