

Proceed to appropriate Meeqaat.
On entering state of Ihraam recite -

لَبَّيْكَ اللَّهُمَّ بَعْمُرَةَ

In fear of not completing the 'Umrah, recite -
اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

Standing, face the Qiblah and recite -
اللَّهُمَّ هَذِهِ عُمْرَةٌ لِي رِيَاءٌ فِيهَا وَلَا سُمْعَةٌ

Then loudly recite the talbiyyah -
لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

also from the talbiyyah, recite -
لَبَّيْكَ إِلَهَ الْحَقِّ

Upon entering al-Masjidul-Haram with the right foot, recite -
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ،
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Starting at al-Hajarul-Aswad ¹, men only - uncover right shoulder by placing Ihraam underneath right arm-pit.
When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad ², and recite -

اللَّهُ أَكْبَرُ

Make seven circuit's of Ka'bah ³ (for first three circuit's only, men only - swiftly walk around the Ka'bah: Then begin fourth circuit, walking at normal pace completely around and finish until seventh circuit). During each circuit, whilst between ar-Ruknul-Yamaanee ⁴ and al-Hajarul-Aswad, recite -

{ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ }

Cover right shoulder, then go behind Station of Ibraaheem and recite -

{ وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى }

Behind Station of Ibraaheem - if possible, otherwise anywhere within al-Masjidul-Haram: Pray two rakaah naafilah;

In first rakaah recite Soorah al-Kaafiroon and in second rakaah, Soorah al-Ikhlāas. Then go to Zam-Zam well and drink from it, then pour some water over head.

Return to al-Hajarul-Aswad and make a sign with your right hand towards it for the last time ², and recite -

اللَّهُ أَكْبَرُ

Begin Sa'ee at as-Safaa. At foot of as-Safaa recite -

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

Each time upon as-Safaa and al-Marwah facing Ka'bah, recite

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ حَذَه

- three times, making du'aa after first and second recitation only.

Complete walk from as-Safaa to al-Marwah ⁵ (one circuit), then al-Marwah to as-Safaa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.

Upon leaving al-Masjidul-Haram with the left foot, recite -

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلِّمْ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Finally, men: shave head - best, or cut hair equally from all over head; women: cut one-third finger length of hair.

Proceed to appropriate Meeqaat.
On entering state of Ihraam recite -

لَبَّيْكَ اللَّهُمَّ بَعْمُرَةَ

In fear of not completing the 'Umrah, recite -
اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

Standing, face the Qiblah and recite -
اللَّهُمَّ هَذِهِ عُمْرَةٌ لِي رِيَاءٌ فِيهَا وَلَا سُمْعَةٌ

Then loudly recite the talbiyyah -
لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

also from the talbiyyah, recite -
لَبَّيْكَ إِلَهَ الْحَقِّ

Upon entering al-Masjidul-Haram with the right foot, recite -
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلِّمْ،
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Starting at al-Hajarul-Aswad ¹, men only - uncover right shoulder by placing Ihraam underneath right arm-pit.
When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad ², and recite -

اللَّهُ أَكْبَرُ

Make seven circuit's of Ka'bah ³ (for first three circuit's only, men only - swiftly walk around the Ka'bah: Then begin fourth circuit, walking at normal pace completely around and finish until seventh circuit). During each circuit, whilst between ar-Ruknul-Yamaanee ⁴ and al-Hajarul-Aswad, recite -

{ رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ }

Cover right shoulder, then go behind Station of Ibraaheem and recite -

{ وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى }

Behind Station of Ibraaheem - if possible, otherwise anywhere within al-Masjidul-Haram: Pray two rakaah naafilah;

In first rakaah recite Soorah al-Kaafiroon and in second rakaah, Soorah al-Ikhlāas. Then go to Zam-Zam well and drink from it, then pour some water over head.

Return to al-Hajarul-Aswad and make a sign with your right hand towards it for the last time ², and recite -

اللَّهُ أَكْبَرُ

Begin Sa'ee at as-Safaa. At foot of as-Safaa recite -

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

Each time upon as-Safaa and al-Marwah facing Ka'bah, recite

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ حَذَه

- three times, making du'aa after first and second recitation only.

Complete walk from as-Safaa to al-Marwah ⁵ (one circuit), then al-Marwah to as-Safaa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.

Upon leaving al-Masjidul-Haram with the left foot, recite -

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلِّمْ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Finally, men: shave head - best, or cut hair equally from all over head; women: cut one-third finger length of hair.

Proceed to appropriate Meeqaat.
On entering state of Ihraam recite -

لَبَّيْكَ اللَّهُمَّ بَعْمُرَةَ

In fear of not completing the 'Umrah, recite -
اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

Standing, face the Qiblah and recite -
اللَّهُمَّ هَذِهِ عُمْرَةٌ لِي رِيَاءٌ فِيهَا وَلَا سُمْعَةٌ

Then loudly recite the talbiyyah -
لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

also from the talbiyyah, recite -
لَبَّيْكَ إِلَهَ الْحَقِّ

Upon entering al-Masjidul-Haram with the right foot, recite -
اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلِّمْ،

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Starting at al-Hajarul-Aswad ¹, men only - uncover right shoulder by placing Ihraam underneath right arm-pit.
When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad ², and recite -

اللَّهُ أَكْبَرُ

Make seven circuit's of Ka'bah ³ (for first three circuit's only, men only - swiftly walk around the Ka'bah: Then begin fourth circuit, walking at normal pace completely around and finish until seventh circuit). During each circuit, whilst between ar-Ruknul-Yamaanee ⁴ and al-Hajarul-Aswad, recite -

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Cover right shoulder, then go behind

Station of Ibraaheem and recite -

{ وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى }

Behind Station of Ibraaheem - if possible, otherwise anywhere within al-Masjidul-Haram: Pray two rakaah naafilah;

In first rakaah recite Soorah al-Kaafiroon and in second rakaah, Soorah al-Ikhlāas. Then go to Zam-Zam well and drink from it, then pour some water over head.

Return to al-Hajarul-Aswad and make a sign with your right hand towards it for the last time ², and recite -

اللَّهُ أَكْبَرُ

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نَبِّدْأُ بِمَا بَدَأَ اللَّهُ بِهِ

Each time upon as-Safaa and al-Marwah facing Ka'bah, recite

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ حَذَه

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Complete walk from as-Safaa to al-Marwah ⁵ (one circuit), then al-Marwah to as-Safaa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.

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اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Finally, men: shave head - best, or cut hair equally from all over head; women: cut one-third finger length of hair.

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...

by Abu Hafs Mahfuz Abdur-Rahmaan
and Abu 'Abdullaah Mohammed Akhtar Chaudhry
Islaamic University of Madeenah
al-Jumu'ah 16th Ramadhaan 1415AH
Friday 17th March 1995

...

It is strongly advised to study the respective book "Manaasikul-Hajj wal-'Umrah" (from which all references are available) before performing the 'Umrah rites.

...

Abu Hurayrah τ reported that the Prophet ρ said: «From one 'Umrah to the next is an expiation for any sins committed in between, and the reward for an accepted Hajj is nothing less than Paradise». This was reported by Bukhaaree and Muslim.

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Footnotes

- ¹ If possible, cling to area between the corner of al-Hajarul-Aswad and the door, placing the chest, face and forearms upon this area.
- ² If possible, touch al-Hajarul-Aswad with the right hand and also kiss al-Hajarul-Aswad, then prostrate on it - this is best; if not, then touch it with the right hand then kiss the right hand; if not, simply make a sign towards it with the right hand.
- ³ There is no specific du'aa during the walk around the Ka'bah, apart from what has been mentioned for between ar-Ruknul-Yamaanee to al-Hajarul-Aswad. You can therefore recite the Qur'aan or any du'aa as you please.
- ⁴ If possible, touch ar-Ruknul-Yamaanee each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.
- ⁵ Between the walk from as-Safaa to al-Marwah and al-Marwah to as-Safaa, it is permissible to recite -

رَبِّ اغْفِرْ وَارْحَمْ، إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Simple 'UMRAH Guide

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According to the Qur.aan and
the Authentic Sunnah

Extracted from the book -
Manaasikul-Hajj wal-'Umrah
by Shaykh Muhammad Naasiruddeen al-Albaanee

Footnotes

- ¹ If possible, cling to area between the corner of al-Hajarul-Aswad and the door, placing the chest, face and forearms upon this area.
- ² If possible, touch al-Hajarul-Aswad with the right hand and also kiss al-Hajarul-Aswad, then prostrate on it - this is best; if not, then touch it with the right hand then kiss the right hand; if not, simply make a sign towards it with the right hand.
- ³ There is no specific du'aa during the walk around the Ka'bah, apart from what has been mentioned for between ar-Ruknul-Yamaanee to al-Hajarul-Aswad. You can therefore recite the Qur'aan or any du'aa as you please.
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رَبِّ اغْفِرْ وَارْحَمْ، إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

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- ³ There is no specific du'aa during the walk around the Ka'bah, apart from what has been mentioned for between ar-Ruknul-Yamaanee to al-Hajarul-Aswad. You can therefore recite the Qur'aan or any du'aa as you please.
- ⁴ If possible, touch ar-Ruknul-Yamaanee each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.
- ⁵ Between the walk from as-Safaa to al-Marwah and al-Marwah to as-Safaa, it is permissible to recite -

رَبِّ اغْفِرْ وَارْحَمْ، إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

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