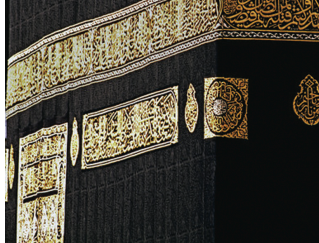


# THE NEW SIMPLE Umrah Guide



★ 1. When you reach the Miqāt (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 مَحَلِّيْ حَيْثُ حَبَسْتَنِي

*Allāhumma mahillee haithu habastani.* [O Allāh! my place is wherever You prevent me.]

★ 3. Stand, 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 وَ  
النِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

*Labbaik Allāhumma Labbaik, Labbaika lā shareeka laka  
Labbaik, Innal hamda wan-ni'mata laka wal-mulk,  
Lāshareeka 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 وَ سَلِّمْ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

*Allāhumma salli `alā Muhammadin wa sallim Allāhumma  
aftah-lee abwāba rahmatika.* [O Allāh, send prayers and  
peace upon Muhammad. O Allaah, 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 there 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 الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

*Rabbanā ātinā fid-dunyā hasana wa fil Ākhirati hasana wa qinā 'ādhāban-Nār.*

[Our Lord! Give us that which is good in this world and in the Hereafter, and save us from the torment of the Fire.] During Tawāf, supplicate, remember Allāh and recite the Qur'ān.

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

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

*Wattakhidhoo min-maqāmi Ibrāheema musalla.* [And take the station of Ibraaheem as a place of prayer.] Pray

behind the Place of Ibrāhīm if possible, otherwise anywhere you can within Al-Masjid Al-Harām.

★ 10. And pray here two Rak'ahs. In the first Rak'ah recite Sūrah Al-Kāfirūn and in the second Rak'ah recite Sūrah Al-Ikhlās. **Pray with a *sutrah* in front of you.**

★ 11. Then go to the Zam-Zam taps and drink from it, and pour some of the water over your head.

★ 12. Return to Al-Hajar Al-Aswad (Black Stone) and touch it as before if you are able, and say **Allāhu Akbar**, but if you cannot touch it set off to make Saī between Safā and Marwah.

★ 13. Begin your Saī (the walk) at Safā. At the foot of Safā recite this (**only once**):

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

*Innas-Safā wal-Marwata min sha'ā' irillāh faman hajjal-baita auwi' tamara falā junāha 'alaihi an yattawwafa bihimā wa man tatawwa'a khairan fa innallāha shākiron 'aleem. Nabda'u bimā bada' Allāhu bihi. [Verily! As-Safā and Al-Marwah are from the signs of Allāh. So it is not a*

sin on him who performs Hajj or 'Umrah of the House to perform the walk between them. And whoever does good voluntarily, then verily, Allāh is All-Recogniser, All-Knower.]

★ 14. Each time on the hill of 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 وَ لَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛  
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ وَ نَصَرَ عَبْدَهُ وَ  
هَزَمَ الْأَحْزَابَ وَ حْدَهُ

*Allāhu Akbar, Allāhu Akbar, Allāhu Akbar. Lā ilāha illallāh wahdahu lā shareekalah, lahul mulk, wa lahul-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.* [Allāh 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 causes 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 slave and He alone has defeated the confederates.] Make plentiful supplications after the first and second recitations, but not after the third.

★ 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. Also 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 others.**

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

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّم، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

*Allāhumma salli 'alā Muhammadin wa sallim, Allāhumma innee as 'aluka min fadlika.*

[O Allāh, send prayers and peace upon Muhammad, O Allāh, verily 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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