

How to Perform Umrah

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

لَتَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

In fear of not completing the 'Umrah, recite –

اللَّهُمَّ مَجِّئِي حَيْثُ حَبَسْتَنِي

Stand, face the Qiblah and recite –

اللَّهُمَّ هَذِهِ عُمْرَةٌ لَا رِيَاءَ فِيهَا وَلَا سُمْعَةَ

Then loudly recite the talbiyyah –

لَتَبَّيْكَ اللَّهُمَّ لَتَبَّيْكَ، لَتَبَّيْكَ لَا شَرِيكَ لَكَ لَتَبَّيْكَ،
إِنَّ الْحَمْدَ وَاللَّعْنَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

Also from the talbiyyah, recite –

لَتَبَّيْكَ إِلَهَ الْحَقِّ

Upon entering al-Masjidul-Haraam with the right foot, recite –

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِهِ
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

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

الله أكبر

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

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

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

{ وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلِّينَ }

Behind Station of Ibraaheem - if possible, otherwise anywhere within al-Masjidul-Haraam: Pray two rakaah naafilah; In first rakaah recite Soorah al-Kaafiroon and in second rakaah, soorah al-Ikhlaas. 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 time², and recite –

الله أكبر

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

{ إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ
حَجَّ التَّيْبَتِ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطُوفَ
بِهِنَّ وَمَنْ تَطَوَّعَ خَيْرًا فَلِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ {
نَبِّدْ بِمَا بَدَأَ اللَّهُ بِهِ

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

الله أكبر، الله أكبر، الله أكبر
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، أَلْجَزَّ وَعَدَهُ
وَأَنصَرَ عِبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحَدَهُ

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

Complete walk from as-Safaa to al-Marwah⁵ (one circuit), then al-Marwah to as-Safaa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, run from one light to other light **[Men Only]**.

Upon leaving al-Masjidul-Haraam with the left foot, recite –

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمِ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Finally, it is best if the men shave their heads or alternatively cut their hair equally from all over their head. For women then they must cut a lock of hair equal of one-third the length of a finger.

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:

لَا تُكْرِمُ رَبِّ أَحْفَرٌ وَأَرْحَمُ، إِنَّكَ أَنْتَ الْأَعَزُّ