Umrah
Four Major Acts

• Tawaf with niyyah (fard)
  – Involves circling the Kabah 7 times
• Salah at Maqam Ibrahim
• Sa’i (wajib)
  – Refers to moving between Safa and Marwah seven times
• Halaq or Qasr (wajib)

• ALL DONE IN A STATE OF IHRAM
Tawaf
Tawaf Basics

• Literally to circle around
• Legally to circle around Kabah seven times with an intention
• Spiritually is the lover circling the home of the Beloved
History

• Allah (swt) states: Verily the first House established….

• Difference of opinion
  – Built by angels
  – Built by Adam (as)

• Some believe that it is spot where Earth originated
  – Everything covered in water then bubble arose at Kabah and spread in different directions
History

• After the flood of Nuh, House was uplifted
• Then rebuilt at original spot by Ibrahim (as) in preparation for the coming of the Prophet (saw)
• Huge blessing for us until the Day of Judgment
Merits

• Abdullah ibn Abbas narrates that Prophet (saw) said:
  – “Everyday Allah sends down a hundred and twenty portions of mercy on Baitullah.
    • Sixty portions are for those engaged in Tawaf
    • forty for those observing the prayer
    • twenty for those who look at Baitullah.” (Tabarani)
Tawaf – Locating Start Point

• Be in a state of wudu
  – This is wajib
• Locate Hajar ul Aswad
  – Opposite green light
  – Opposes corner with one minaret (vs. two for other corners)
Tawaf – Locating Start Point

• Select a location a few steps before this corner
  – Entire stone should be to the right (when facing Kabah) but not so far away that one faces wall between Rukn Yamani and Hajr Aswad

• Make idtibaa by exposing right arm (men)
  – Done only when sae’e is to follow
  – Tawaf still occurs if forget
Tawaf - Niyyah

• Stand facing the Kabah
  – The imaginary line of Hajar ul-Aswad will be on your right

• Make niyyah for tawaf
  – Many types of tawaf (e.g. umrah, nafl, etc covered later)
  – Better to specify but not necessary
Tawaf – Takbir

• Align yourself so that left arm is in line with corner (i.e. so that body is facing direction of flow)

• Turn chest and face towards Kabah with feet planted forward

• Raise hands up to ears (palms facing Hajar) saying
  – Bismillahi allahu akbar walillahil hamd
Tawaf - Istilam

• Sunnah to place both hands on Hajar ul aswad and kiss it three times (in between the palms)
  – Do not harm Muslims (haram) to get a sunnah
• If not possible, simply touch stone
• If not possible, place both hands in direction of Hajar ul Aswad and kiss them gently
• Ends talbiyah for umrah
Tawaf - Circulating

• Move counterclockwise around Kabah with Kabah on your left (heading towards Door when you first start)
• Make dhikr, recite Quran, recite kalimah while making tawaf
  – No established prayers
  – No talbiyah (for hajji)
  – However have a plan
Passing Rukun Yamani

• As you pass this corner touch with right hand or both palms
• If distant from corner do not raise or kiss hands
• Sunnah to recite Rabana after passing corner
Tawaf – Completing Circuits

• With each circuit make istilam at Hajar ul Aswad by reciting Bismillahi Allahu Akbar – Only raise hands the first time
• Make seven rounds total and complete seventh with istilam
• After tawaf idtibaa ends
Tawaf - AP

• Sunnah for men to perform first three rounds with ramal
  – Involves walking erect with quick steps
  – If forget in the first round, then start in the second
  – No ramal after third round, even as “make-up”

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Tawaf - AP

• Must remain outside of hateem during tawaf
  – Otherwise round does not count

• Must remain inside masjid
  – Outside does not count
  – Upper floors okay
Tawaf - AP

• With each step Kabah must remain on left
  – If body turned towards or away from Kabah then move back to spot of deviation and resume round
  – In not possible then round is invalid and must be re-preformed

• All seven rounds should be preformed together
Tawaf - AP

• If confused about number of rounds then go with the certain number
• If enter into 8th round then must complete 6 more to finish second tawaf
Tawaf - Salah

• Undo idtibaa

• Perform two rakah (wajib) of salah at or near Maqam Ibrahim
  – If no space then can perform anywhere in the masjid
  – Don’t block mataf
  – Should not be offered during makruh or haram times
    • Offer after fard of next salah
  – Sunnah to recite Qul ya ayyuhal kafirun in 1st and Qul huwallah ahad in 2nd
ZamZam

- ZamZam literally means plenty or abundant
- Legally refers to water that arises from the famous well at the edge of the mataf
ZamZam

• Historically represents the well discovered Hajarah (AS) when looking for water for her child
• Water flowed forth to quench mother and babies thirst. Despite words zam-zam, would not stop
• The water became the basis for the establishment of Makkah as a city and as the backdrop for the coming of the Prophet (saw)
• Prophet (saw) said that best water on the face of the earth is ZamZam
Step in Umrah

• Well used to be open to public but is now closed.
• At tap of Zamzam (or container) face direction of Kabah and drink as much as possible
  – Regular sunnahs apply (e.g. bismillah, right hand)
  – Standing is sunnah
• Also pour water over the body
ZamZam

• Make dua at this location
  – May Allah (swt) quench our physical and spiritual thirst in the same way that the water quenched this thirst

• Prophet (saw) said that zamzam is, whatever is intended.
  – Suggested dua is below, but it is up to us to interact with zamzam as we please

اللَّهُمَّ أَنْيَ أَسْتَلِكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلّ دَاءٍ

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Multazim

• Area of the wall between the black stone and the door of the Kabah
• Cling to wall of Kabah and with arms outstretched above head and cheek against Kabah
• Engage in dua
• If too crowded simply make niyyah and then dua
Istilam

• Mustahabb to return to Hajar ul Aswad and perform istilam once again (making a total of 9) before sa’i.
Sa’i - Basics

• Place where Hazrat Hajarah (AS) ran back and forth for water
• Sa’i literally means to run
• Legally refers to going between Safa and Marwah 7 times
Sa’i
Sa’i - Istilam

• Mustahabb to return to Hajar ul Aswad and perform istilam once again (making a total of 9) before sa’i
Sa’i – Approaching Safa

• Proceed to Safa (in the direction of the green light on the wall)
• When near should say:

абداً بما بدأ الله به إن الصفا والمروة من شعائر الله
Sa'i - Niyyah

- Climb Safa slightly such that Kabah is visible
- Make niyyah for sa'i
  - Allahumma inni uridus sa’ya baynas safa wal marwata sab’ata ashwat lillahi ‘azza wajalla, fa yassirhu li wa ta qaballalhu mini
Sa'i – Initial Dhikr

• Facing Kabah raise both hands to shoulders, as if making dua, and say
  – AllahuAkbar, la ilaha illallah three times
  – Salawat
  – Make dua (for a few minutes)
    • From this barren land You raised the well and established civilization and din
    • So, from my spiritually barren heart do the same and from my spiritually barren land do the same
    • At Dar al-Arqam You gave Hazrat Umar the taufiq to convert
    • So, as I pass by this area grant me the save fervor towards the din that you granted Hazrat Umar
Sa'i – To Marwah

• Head toward Marwah (right lane) reciting adkar and dua. In particular the following should be recited abundantly
  – Rabbighfir warham antal a’azzul akram

• Between area marked by green lights quicken pace, running slowly (men only)
At Marwah

• At Marwah climb slightly. Then repeat what was done at Safa
• This competes one round.
Completing Sa'i

• Head back to Safa to complete second round, etc
  – Remember to run slowly (men) between green lights
• Seventh round ends at Marwah
Sa'i - AP

• Sunnah to not take a break in between tawaf and sa'i but is permissible
• If unsure of number of rounds then go to lower number
• If start at Marwah then that round does not count
• Sunnah to do all rounds together
• Sa'i only preformed after tawaf
  – No such thing as nafl sa'i
Halaq

• Necessary to release an individual from ihram
  – Do not perform if doing hajj qiran

• Hair must be removed by shaving (better) or trimming at least 1 inch off (first joint to the tip of the forefinger) every hair of the head
  – Bald individual must have razor passed over skin
Halaq/Qasr
Halaq

• Women trim slightly more than 1 inch from each area of head
  – Hair divided into three sections (right, left, middle)
  – Cut by mehram/female in private

• After trimming injunctions of ihram are lifted and umrah is complete
Umrah – Additional Points

• Tawaf and sa'i should be performed walking
  – if unable, wheelchair permissible and available
• Wudu is required for tawaf, but not for sa'i
• If fard or janazah salah arises discontinue tawaf or sa'i and join prayer (usually at your location). Resume once the fard/janazah is complete.
Spending time in Mecca

• Every prayer in jamat
  – Each prayer worth 100,000 times normal

• Be careful of intermixing during prayers
  – Need to have space of 1 body between you and any woman also praying behind imam
Spending time in Makkah

• Avoid haram, do as much good as possible
  – Watch out for TV
  – Watch out for cell phone, especially during tawaf

• Perform as much tawaf as possible
  – Better than nafl salah

• Even just looking at Kabah is form of worship

• Visit graveyard of Makkah and other sacred places

• Rest up for hajj
  – Watch out for too many umrahfs
Sermon of the 7th

- Imam gives sermon on the 7th of Dhul Hajj after zuhr
  - Describes the commands of hajj
  - Should sit and listen attentively