

Umrah

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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”

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

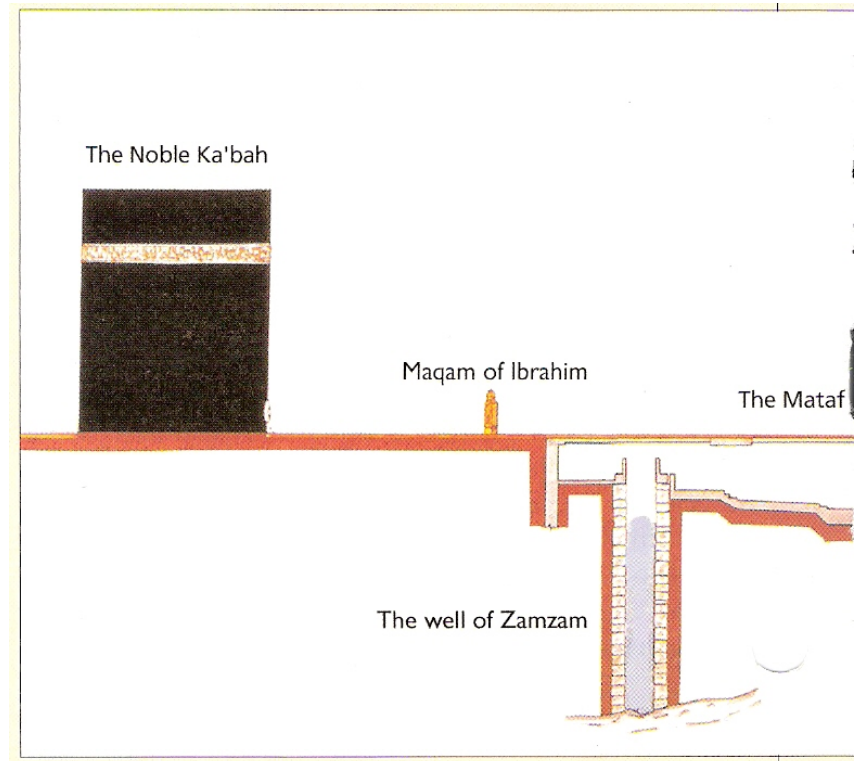
- If confused about number of rounds then go with the certain number
- If enter into 8th round then must complete 6 more to finish second tawaf

Tawaf - Salah

- Undo idtiba
- 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 إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

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 Hajarrah (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:

أَبْدَأُ بِمَا بَدَأَ اللهُ بِهِ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللهِ

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 qaballahu 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 same 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 completes 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

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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 umrahs

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