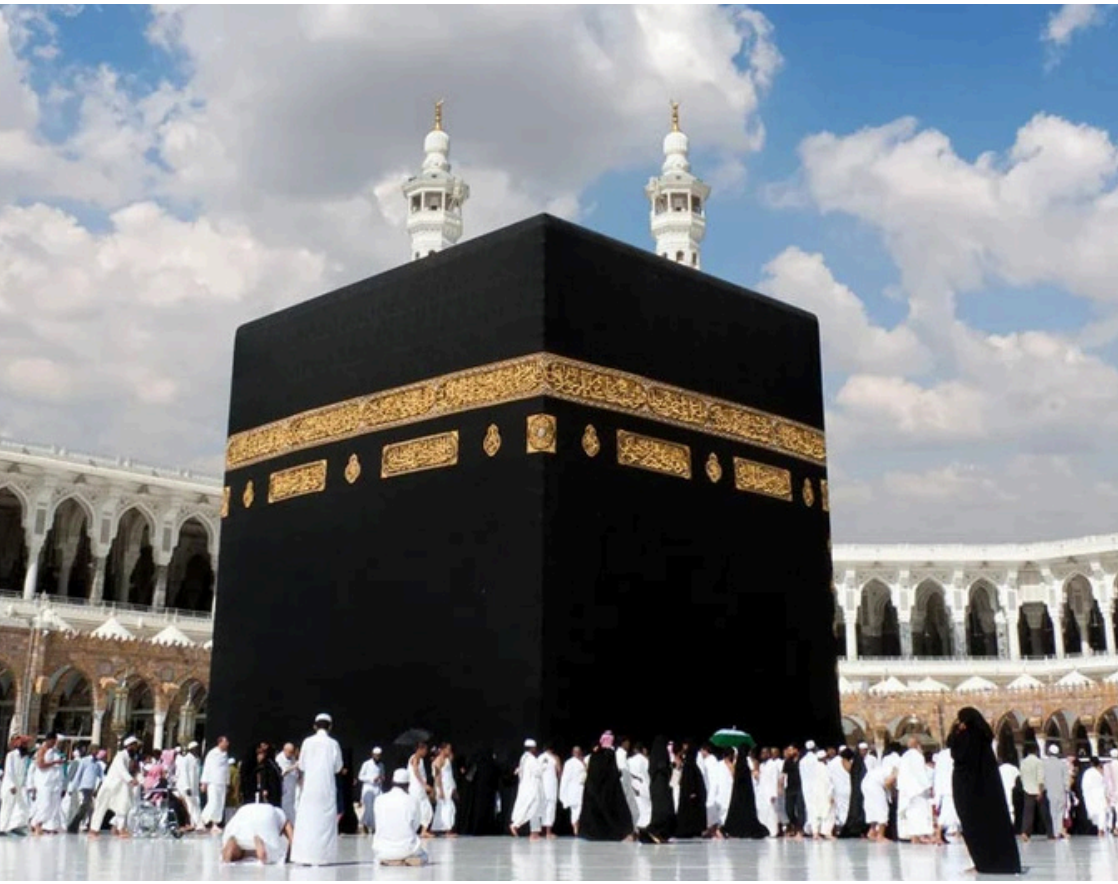
DAR AL-ISLAM CENTRE
LONDON

# DAR TOURS
# UMRAH
## GUIDE



DAR AL-ISLAM CENTRE



# CONTENTS


- Personal information
- Dar's packing guide
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- Ziyarat Makkah
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- Masjid Nabawi
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- Rawdah Rasool
- Ziyarat Madinah
- Contact info



# PERSONAL INFORMATION

FULL NAME

MOBILE NUMBER

EMERGENCY CONTACT

EMAIL ADDRESS

PASSPORT NUMBER

MEDICAL CONDITIONS



# DAR'S ULTIMATE PACKING GUIDE

## Day of travel documents/items:

- [ ] Passport and a photocopy
- [ ] Visa (please also bring a photocopy)
- [ ] Saudi Riyals - a small amount for when we first arrive - this can be exchanged in the UK or in Madinah Airport
- [ ] Debit/Credit card (one with no international fees if possible, such as Starling, Revolut or Monzo)
- [ ] Medications/painkillers

## In your suitcase:



- [ ] Ihram - for men, two pieces of unstitched cloth. For women, white modest wear e.g. an abaya
- [ ] Tasbeeh, either beads or digital counter
- [ ] At least two pairs of comfortable shoes
- [ ] A string bag/side bag when performing umrah (no leather)
- [ ] Hand fan
- [ ] Socks (non-slip for women only, during umrah)
- [ ] Portable prayer mat
- [ ] Plasters/blister patches
- [ ] Ibuprofen gel - from your local supermarket/pharmacy
- [ ] Glucose tablets
- [ ] Heel cup /gel pads
- [ ] Cold and flu relief medication, pain-relief tablets, travel sickness medications, cough syrups/throat lozenges, diarrhoea tablets, bandages, cotton pads/balls, antiseptic cream
- [ ] Unscented shampoo and conditioner
- [ ] Fragrance-free shower gel/body wash/soap (bar or liquid form)
- [ ] Fragrance-free wet wipes for state of Ihram
- [ ] Hand sanitiser - Unscented
- [ ] Small scissors - important for Taqsir
- [ ] Suncream



# 2 TYPES OF PREPARATION



## PHYSICAL PREPARATION

- Ensure Ihram is ready, sorted and washed (if purchasing from home)
- Ensure your khums is up to date
- Passport and visa copies are printed
- All essential items have been purchased
- Your Islamic will has been written
- Essential medications have been packed



## SPIRITUAL PREPARATION

- Call relatives and friends. Ask for forgiveness and make note of any particular/specific requests.
- Reflect upon your nafs (the self) in its current state, what are your positive traits that you wish to increase and what are your negative traits that you wish to change?
- Acknowledge that this is a trip of change and self reform, you will be tested, if you are an impatient person for example, you will be tested with patience. You may be tested with illness, frustration, discrimination, temptation, anger... etc.



# THE DAY OF DEPARTURE

## Recite this Dua before leaving home:

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَ الصَّلوةُ وَالسَّلَامُ عَلَى
خَاتِمِ النَّبِيِّينَ أَبِي الْقَاسِمِ مُحَمَّدٍ وَ آلِهِ الطَّاهِرِينَ وَ
لَعْنَةُ اللَّهِ عَلَى أَعْدَائِهِمْ أَجْمَعِينَ إِلَى قِيَامِ يَوْمِ الدِّينِ

alhamdulilalahe rab al'alameen walsalatu walsalamu 'ala khatim alnabiiyeen abi alqasim muhammad waalihe altahireen wla'natu allah 'ala a'daaihim ajma'een ila qiyame yom aldeen

Praise be to Allah, the Lord of the Universe. May the blessings and peace be upon the seal of the Prophets, Abul Qasim Muhammad and his family, the purified ones May the curse of Allah be upon all their enemies, to the day of resurrection.

## At the door of your home recite:

اللَّهُمَّ احْفَظْنِي وَ احْفَظْ مَا مَعِي وَسَلِّمْنِي وَ سَلِّمْ مَا مَعِي
بَلِّغْنِي وَ بَلِّغْ مَا مَعِي بِبَلاغِكَ الْحَسَنِ الْجَمِيلِ

allahuma ahfuthne waahfath ma ma'ee wasalimne waslimu ma ma'ee ballighne wabaligh ma ma'ee bibalaghika alhasane aljameel

O Allah! Protect me and protect what is with me; grant safety to me and what is with me and, with Your bounteous and great help, make me and what is with me attain (my destination).

*Extracted from duas.org



UMRAH MUFRADAH

# WEARING IHRAM

## Rules of ihram:

- Your ihram should cover from both shoulders to the waist and from the navel to the knee. The full arms must be covered.
- Men must be circumsised, otherwise your Tawaf will not be accepted.
- Perform Ghusl-Ul ihram (recommended)
- Your body and your ihram should be free from all najaasat.
- It is wajib for private parts of men to be covered. Women should cover their bodies as much as it is wajib to cover during salaat. Take care that hands are covered up to the palms.




## Umrah Mufradah - Step by Step:

### Performing Ghusl-ul ihram

Prior to wearing the ihram, it is recommended to perform ghusl of Ihram. The way to perform the ghusl is the same as the other wajib ghusl, such as, ghusl al-jannabah.

The niyya (intention) would be - **I intend to perform this ghusl to purify my body for my ihram for Umrah-tul mufradah**

### Dua' for wearing Ihram:

بِسْمِ اللَّهِ وَبِاللَّهِ اللَّهُمَّ اجْعَلْهُ لِي نُورًا وَطَهُورًا
وَحِرْزًا وَ أَمْنًا مِنْ كُلِّ خَوْفٍ وَشِفَاءٌ مِنْ كُلِّ دَاءٍ وَسُقْمٍ

bismillah wabillah allahuma aj'alhu lee nuran watahuran wahirzan waamnan min kole khawfin washifaaon min kole daain wasokomon

In the name of Allah, and by Allah. O Allah! Make it a light for me, a source of purification, protection and safety from every fear and a cure from every illness and sickness



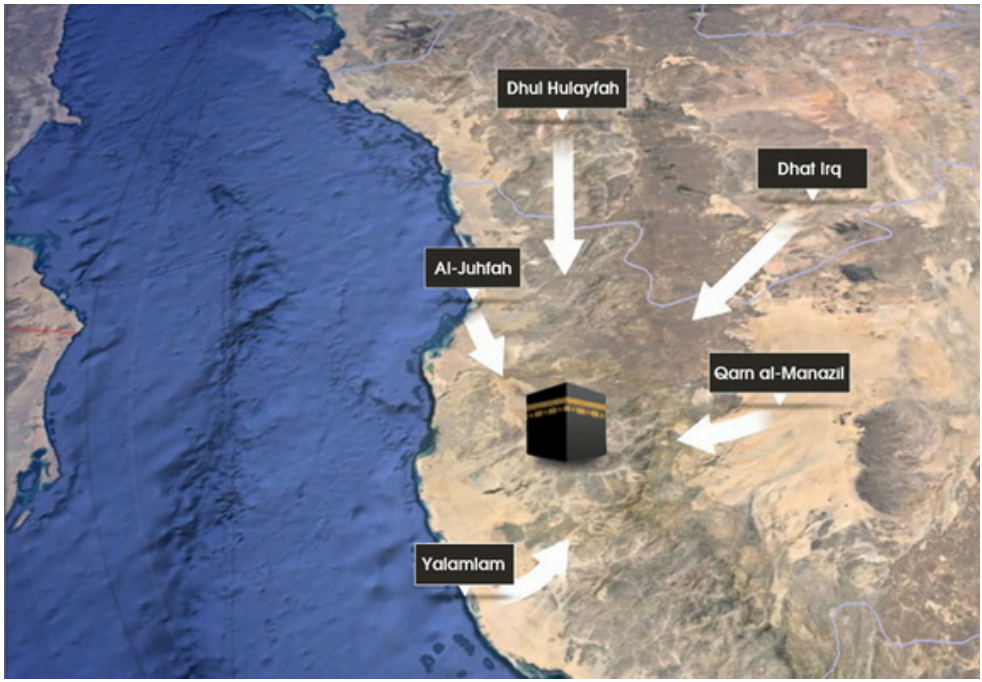
# UMRAH MUFRADAH

# MEEQAT

## Umrah Mufradah - Step by Step:

### Meeqat

There are five Meeqat locations (entry points to Makkah):





# UMRAH MUFRADAH

# MEEQAT

## Umrah Mufradah - Step by Step:

### Meeqat

For those entering Makkah from Madinah, your Meeqat will be Masjid Shajara also known as Masjid Dhul-Hulayfah.

It is reported that the Holy Prophet Mohammad ﷺ wore ihram from this Holy mosque, he also sat under a tree named 'Samara' at the site of this mosque.

At Masjid Shajara, it is recommended that you pray 2 units of prayer with the intention of Tahiyat ul-Masjid (welcoming of the mosque).

Once the prayers are completed, you will recite the Talbiyya entering you into the state of ihram.



# UMRAH MUFRADAH

# TALBIYYA

## Umrah Mufradah - Step by Step:

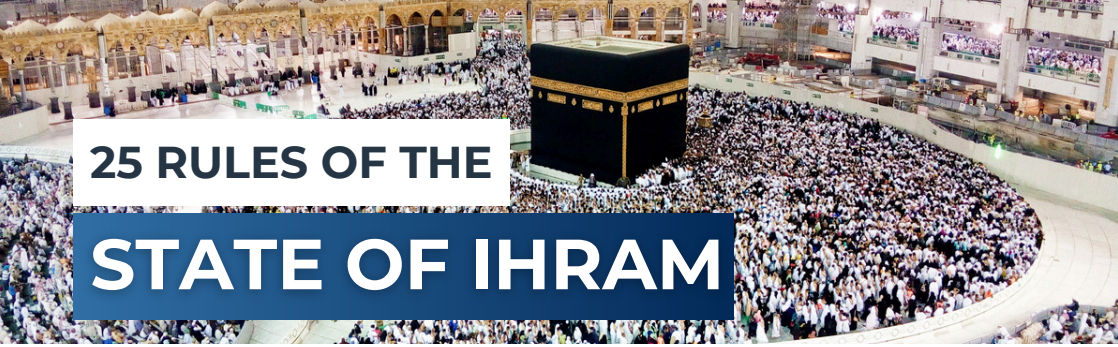
### Talbiyya

Make the intention of Umrah Mufradah: **I intend to perform Umrah Mufradah Qurbatanilla Allah Ta'ala**. You must recite the following talbiyya, straight after the intention, in order for you to be in the state of ihram:

لبيك اللهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ إِنَّ
الْحَمْدَ وَ النِّعْمَةَ لَكَ وَ الْمُلْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ

labayk allahuma labayk labayka la sharika laka labayk ina alhamda walni'mata laka wal molk la sharika laka labayk

Here I am (at Your service) O my Lord, here I am; here I am, no partner is for You, here I am; surely, the praise and the blessing is Yours and the kingdom, no partner is for You, here I am.



# 25 RULES OF THE STATE OF IHRAM

You are now in the state of ihram, which means that you must avoid performing any of the following:

## The 25 rules of Ihram:

- Hunting
- Sexual activity
- Kissing your wife
- Touching your wife (with passion)
- Looking at your wife with desire
- Masturbating
- Reciting nikah
- Wearing perfume
- Wearing sewn clothes by (males)
- Wearing antimony (surma)
- Looking in the mirror
- Wearing shoes, slippers or socks
- Outrage (Fusouq)
- Quarrelling
- Killing insects found on humans, [such as lice]
- Beautifying oneself
- Applying oil
- Removing hair from the body
- Covering the head (males)
- dipping one's body in water (males & females
- Covering of the face for females
- Sheltering in the shaded place for (males)
- Bleeding one's body
- Cutting nails
- Extracting teeth
- Carrying arms

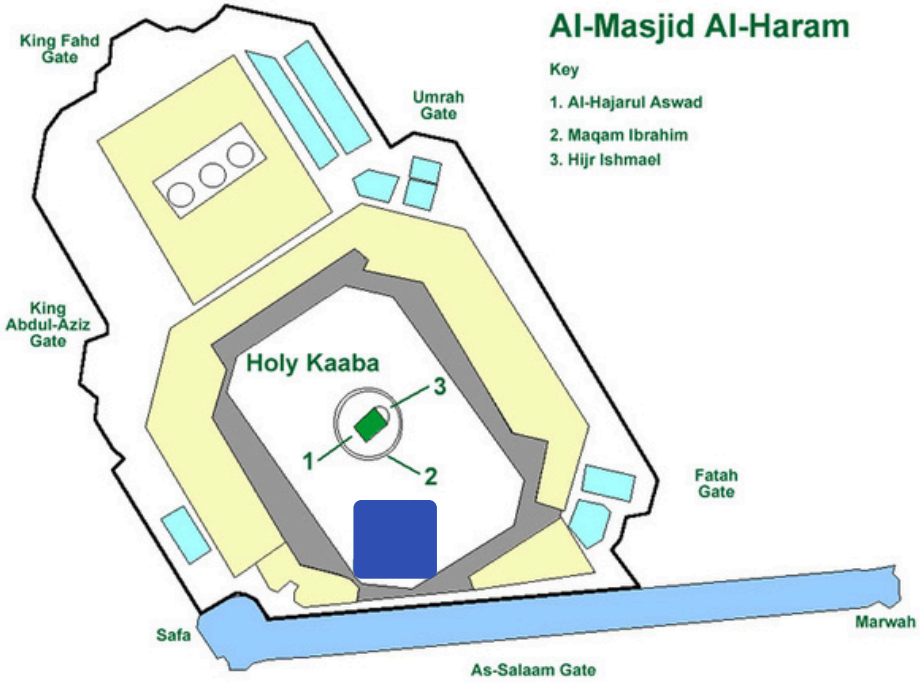
**These rules are further expanded on on Sistani.org if you would like more information**

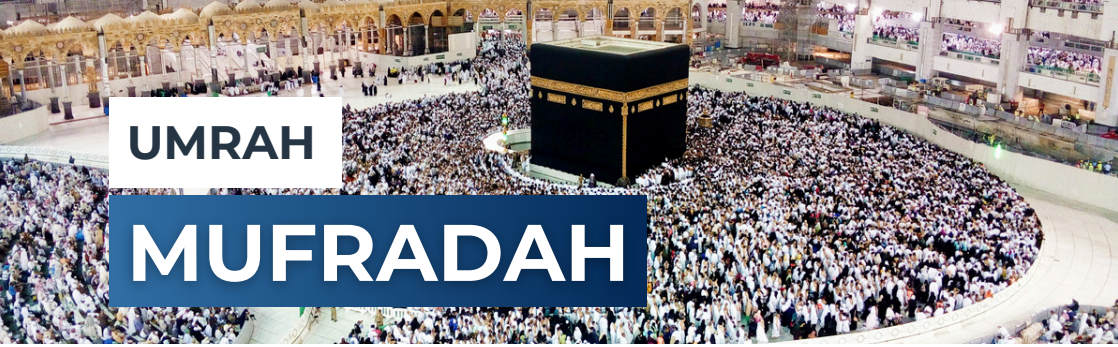


# UMRAH MUFRADAH

# MASJID-UL HARAM

## Masjid-ul Haram





# UMRAH MUFRADAH

## The steps to perform Umrah Mufradah:

- **Tawaf** (circling the Kaa'ba 7 times)
- **Salaat ul-Tawaf** (2 units of prayer behind Maqam Ibrahim)
- **Sa'ee** (Walking between the mountains of Safa and Marwa 7 times)
- **Taqseer** (Cutting of the hair or nails)
- **Tawaf ul-Nisa** (circling the Kaa'ba 7 times)
- **Salaat ul-Tawaf ul-Nisa** (2 units of prayer behind Maqam Ibrahim)



UMRAH MUFRADAH

# MASJID-UL HARAM

## Umrah Mufradah - Step by Step:

### Masjid-ul Haram

Once you enter the site of Masjid-ul Haram, approaching the Holy Kaaba, if this is your first time performing Umrah, try to keep your eyes lowered until you arrive at the Tawaf area.

During your first gaze upon the Kaaba, it is recommended to ask Allah (swt) for a minimum of 3 things, as reports state that these duas will InshaAllah be fulfilled.

### Entering the Haram

Upon entering the Haram, it is recommended to recite the below dua:

بِسْمِ اللهِ وَ بِاللهِ وَ عَلٰى مِلَّةِ رَسُوْلِ اللهِ صَلَّي اللهُ عَلَيْهِ وَ آلِه

bismillah wabillah wa'ala milati rasool allah sale 'aleyhi waalih

I commence by the Name of Allah and on the religion of the Holy Messenger. Peace be upon him and his progeny.



UMRAH MUFRADAH

# ENTERING THE HARAM

**Entering the Haram - Recommended Dua:**

اَوْسِعْ عَلَيَّ مِنْ رِزْقِکَ الْحَلاَلِ الطَّيِّبِ

alahumma awsi' alayya minrizqikal halal alttayyibi

increase my lawful and pure sustenance

وَ ادْرَءْ عَنِّیْ شَرَّ شَيَاطِيْنِ الْجِنِّ وَ الْاِنْسِ

wadra' 'annii sharra shayatiinil jinni walinsi

and protect me from the evil of the devils, jinn and men

وَ شَرَّ فَسَقَةِ الْعَرَبِ وَ الْعَجَمِ

washarra fasaqatil arabi wala'jami

and the godless of the Arabs and the non-Arabs

*Extracted from duas.org



# UMRAH MUFRADAH

# RECOMMENDED DUA

## Entering the Haram / Facing the Ka'ba :

بِسْمِ اللهِ وَ بِاللهِ وَ عَلٰي مِلَّةِ رَسُوْلِ اللهِ

Bismillahi wabillahi wa'alaa millati resulillahi

I commence by the Name of Allah and on the following of the Holy Messenger

صَلَّي اللهُ عَلَيْهِ وَ آلِهٖ

sallallahu alaihi waalihi

peace be upon him and his progeny

Then face Kaaba, raise both hands and recite the following:

اَللّٰهُمَّ اِنِّیْ اَسْئَلُکَ فِیْ مَقَامِیْ هذَا

allahuma inii asaluka fii maqamii hatha

Oh God, I ask you in this position of mine

وَ فِی اَوَّلِ مَنَاسِکِیْ اَنْ تَقْبَلَ تَوْبَتِیْ

wafii awwali manasiki an taqbala tawbati

And in the first of my rituals, I ask that you accept my repentance

وَ اَنْ تَتَجَاوَزَ عَنْ خَطِیَّتِیْ وَ اَنْ تَضَعَ عَنِّیْ وِزْرِیْ

waan tajawaza 'an khattiatii waan tada'a 'anii wizri

And that you overlook my sin and remove my burden

اَلْحَمْدُ لِلهِ الَّذِیْ بَلَّغَنِیْ بَیْتَهُ الْحَرَامَ

ahamdulillahil-lathii ballaghanii baitahul harama

Praise be to Allah who has brought me to His Sacred House

اَللّٰهُمَّ اِنِّیْ اَشْهَدُ اَنَّ هذَا بَیْتُکَ الْحَرَامُ الَّذِیْ

allahumma inni ashhadu anna hatha baituka alharam-ul-lathi

O Allah, I bear witness that this is your sacred house, which

جَعَلْتَهُ مَثَابَةً لِلنَّاسِ وَ اَمْنًا مُبَارَکًا

ja'ltaahu mathabatan linnasi wa'amnan mubarakan

You have made it a place of return for mankind and a blessed place of security.

وَ هدًی لِلْعَالَمِیْنَ

wahudan lila'alamin

And a guidance for the worlds

اَللّٰهُمَّ اِنِّیْ عَبْدُکَ وَ الْبَلَدَ بَلَدُکَ

allahumma inni abduka walbalada baladuka

Oh God, I am your servant and the country is your country

وَ الْبَیْتَ بَیْتُکَ جِئْتُ اَطْلُبُ رَحْمَتَکَ

wal-baitu baituka ji'tu atlubu rahmataka

And the house is your house. I have come to ask for your mercy

وَ اَؤُمُّ طَاعَتَکَ مُطِیْعًا لِاَمْرِکَ رَاضِیًا بِقَدَرِکَ

wa'aummu taataka mutii'an lia'mrika rathiyan biqadrika

I am the leader of your obedience, obedient to your command, satisfied with your destiny

اَسْئَلُکَ مَسْاَلَةَ الْفَقِیْرِ اِلَیْکَ الْخَآئِفِ لِعُقُوْبَتِکَ

asaluka masalatal faqiri ilaikal khaifi li'uqubatika

I ask you about the question of a poor person who is afraid of your punishment

اَللّٰهُمَّ افْتَحْ لِیْ اَبْوَابَ رَحْمَتِکَ

allahummaftah lii abwaba rahmatika

O Allah, open for me the doors of Your mercy

وَ اسْتَعْمِلْنِیْ بِطَاعَتِکَ وَ مَرْضَاتِکَ

wasta'amilnii bita'atika wamardatika

And employ me in Your obedience and Your pleasure

Then address the Kaaba and say:

اَلْحَمْدُ لِلّٰهِ الَّذِیْ عَظَّمَکِ وَ شَرَّفَکِ وَ کَرَّمَکِ

allamdulillahil-lathil athamaki washarrafaki wakarramaki

Praise be to God who magnified you, honored you, and honored you

وَ جَعَلَکِ مَثَابَةً لِلنَّاسِ

waja'alaki mathabatan linnasi

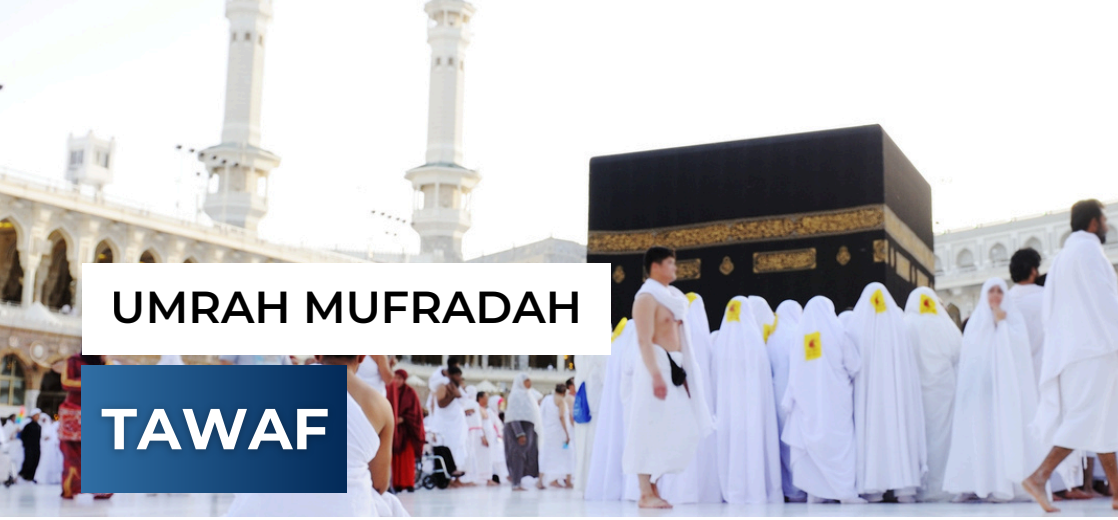
And made you a place of return for the people

وَ اَمْنًا مُبَارَکًا وَ هدًی لِلْعَالَمِیْنَ

waamnan mubarakan wahudan lillaamin

And blessed security and guidance for the worlds

*Extracted from duas.org



# UMRAH MUFRADAH

# TAWAF

## The Tawaf process & rules of Tawaf:

Say your intention: **I intend to perform Tawaf of the Ka'ba, seven rounds for Umrah Mufradah Qurbatan illa Allah ta'ala**

You **must** be in a state of **Wudhu** for Tawaf, a state of ritual purity

Your Tawaf must begin from **Hajr Aswad (black stone)** - there is a green light to your right on the first floor wall that will indicate the start location of your Tawaf. Once you have gone around the Ka'ba back to the green light, you have completed one round of Tawaf, this must be repeated 7 times.

During Tawaf, your left shoulder must always be adjacent to the Ka'ba, you should not turn around or turn away from the Ka'ba during Tawaf

**Hijr Ismail** is to be included in the Tawaf, so you must ensure you are walking around the outside of it, not through it.

Your movement around the Ka'ba must be done by your **own will**, you shouldn't be pushed. It does get busy so try your best to avoid the crowds even if that means walking slight further away from the centre.

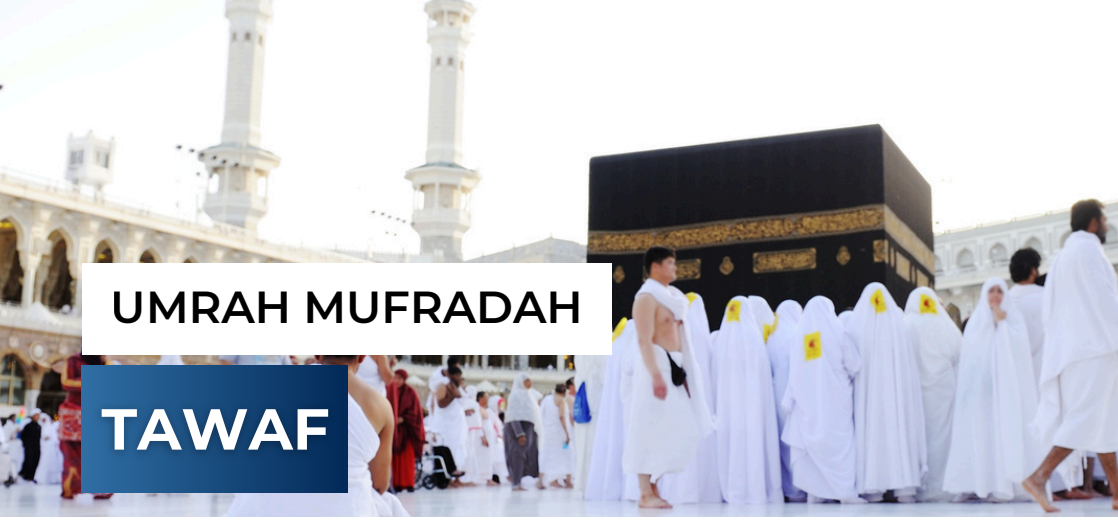


# UMRAH MUFRADAH

## TAWAF

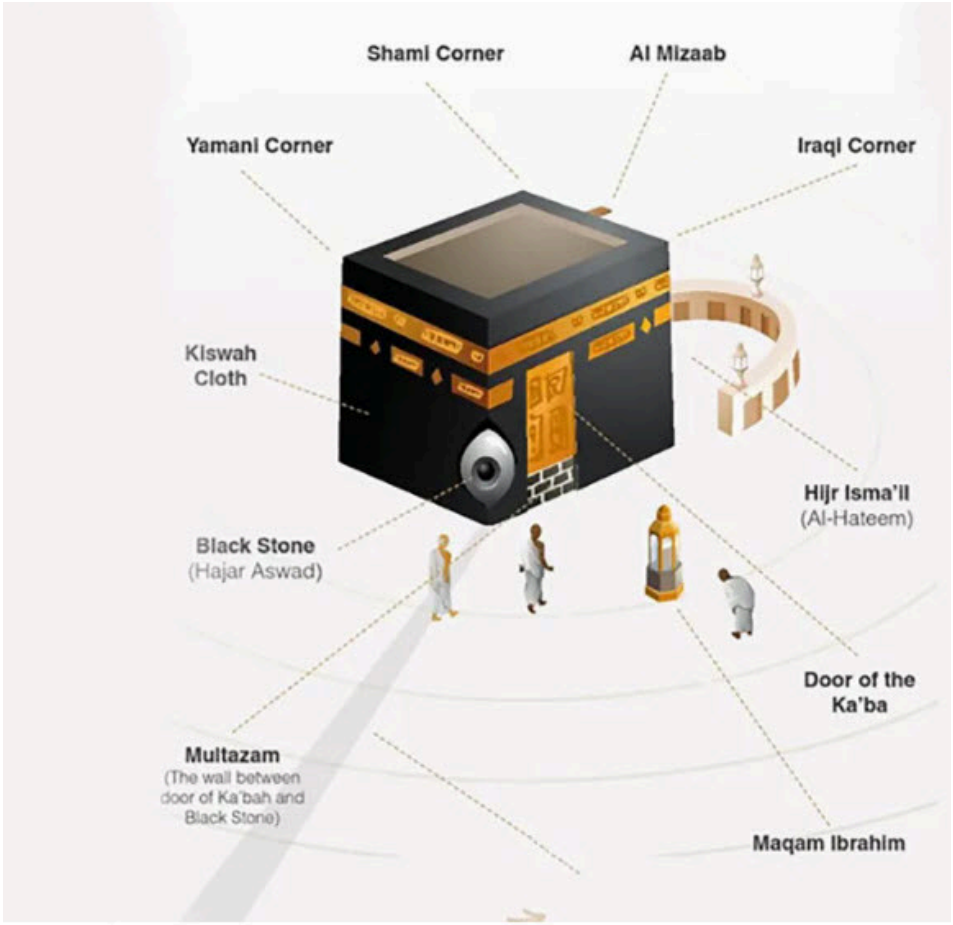
### Tawaf rules:

1. It is not wajib to recite anything during the tawaf. You may keep quiet , read Dua/Quran or recite salawaat.
2. At every round when you come to Hajr Aswad it is not wajib to pause there or to raise your hand and say "bismillahi wallahu akbar." If you wish to recite please ensure that your left shoulder does not move away from the Kaa'ba or else your tawaf may become incorrect.
3. Doubt in the number of rounds you have performed will invalidate the tawaf. Please do pay special attention to the numbering of the rounds.
4. If your tawaf is interrupted by Salaat Jama'a. you may stop your tawaf and resume it from the exact same place you left it. However, if you have completed less than four full rounds, you will need to start again from round 1.
5. If your wudhu breaks during the tawaf and you have completed four rounds, then perform wudhu and resume the tawaf from the exact same place your wudhu had broken. However, if you had performed three or less than three rounds, then perform wudhu and start a completely new tawaf.



# UMRAH MUFRADAH

## TAWAF





# UMRAH MUFRADAH

# TAWAF - DHIKR

## Recommended Duas during Tawaf:

It is recommended to do Dhikr, such as Tasbeeh Zahra (a):

34 Repitions of;

اَللّٰهُ أَكْبَرُ

allahu ʾakbar,

God is Greater [than any possible description]

33 Repitions of

اَلْحَمْدُ لِلّٰهِ

al-hamdu lillahi

Praise be to God

33 Repitions of

سُبْحَانَ اَللّٰهِ

subhanallahi

Glorified is God

Other recommended Dhikr:

أَسْتَغْفِرُ اللهَ

Astaghfirullah

I seek forgiveness from Allah

لاَ إِلٰهَ إِلاَّ اَللّٰهُ

la ilaha illa allahu

There is no god but Allah.

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللّٰه

la hawla wala kuwata illa billah

There is no power and no strength except with Allah

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

ina lillah wa ina ilayhi raji'oon

Indeed, we belong to Allah, and indeed, to Him we return



# UMRAH MUFRADAH

# TAWAF - DUAS

## Duas from the Quran:

Surah Al-A'raf (7:23):

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbana zalamna anfusana wa in lam taghfir lana wa tarhamna lanakunanna minal-khasireen

Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers.

Surah Al-Imran (3:193)

رَبَّنَآ إِنَّنَا سَمِعْنَا مُنَادِيًا يُنَادِى لِلْإِيمَـٰنِ أَنْ ءَامِنُوا۟ بِرَبِّكُمْ فَـَٔامَنَّا ۚ رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّـَٔاتِنَا وَتَوَفَّنَا مَعَ ٱلْأَبْرَارِ

Rabbanaa innanaa sami'naa munaadiyan yunaadee lil-eemaani an aaminoo birabbikum fa'aamannaa. Rabbanaa faghfir lanaa dhunoobanaa wa kaffir 'annaa sayyi'aatinaa wa tawaffanaa ma'al abraar.

Our Lord! Indeed, we have heard a caller calling to faith, [saying], 'Believe in your Lord,' and we have believed. Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die with the righteous.



# UMRAH MUFRADAH

## TAWAF

### Duas from the Quran:

Surah Al-Furqan (25:65–66):

رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا ۝ إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا

Rabbanaa isrif ‘annaa ‘adhaaba jahannama inna ‘adhaabaha kana gharaama, innahaa saa’at mustaqarran wa muqaama

Our Lord, avert from us the punishment of Hell. Indeed, its punishment is ever adhering; Indeed, it is evil as a settlement and residence.

Surah Al-Mu’minun (23:109):

إِنَّهُ كَانَ فَرِيقٌ مِّنْ عِبَادِي يَقُولُونَ رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنتَ خَيْرُ الرَّاحِمِينَ

Innahu kaana fareequn min ‘ibaadee yaqooloona rabbanaa aamannaa faghfir lanaa warhamnaa wa anta khayrur raahimeen

Indeed, there was a party of My servants who said, ‘Our Lord, we have believed, so forgive us and have mercy upon us, and You are the best of the merciful.



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# UMRAH MUFRADAH

# TAWAF - DUAS

## Duas from the Quran:

Surah Ibrahim (14:40):

رَبِّ اجْعَلْنِي مُقِيمَ اصَّلُوةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ .

rabba aj'alni moqeema salati wamin dhuriyati rabana wataqabbal dua'ai

My Rabb! Make me keep up salah and from my offspring (too). Our Rabb! And accept my dua

Surah Al-Fatiha (1:6-7):

اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَ لا الضَّالِّينَ

ihdina sirat almustaqim sirat alathina an'amta alayhim ghayr almaghdubi 'alayhim wala-ad daaleen

Guide us on the right path, the path of those upon whom You have bestowed favours, not the path of those upon whom You are angry nor of those who go astray.



# UMRAH MUFRADAH

# TAWAF - ROUND 1

**Round 1 – Dua:**

اللهُمّ إنّي أسْأَلُكَ بِاسْمِك الّذِي يُمْشى بِهِ عَلى

Allahuma inni asakuka bi ismika alathi yomsha bihi ‘ala

O Allah! I call on Thee by They name, by which

طُلَلِ الْماءِ كَما يُمْشى بِهِ عَلى جُدَدِ الأَرْضِ

tolalil ma’e kama yomsha bihi ‘ala jodadi alard

It is walked on the waves of the seas as it is walked on the roads of the land.

وَأسْأَلُكَ بِاسْمِكَ الّذِيْ يَهْتَزّ لَهُ عَرْشُكَ

wa’asaluka bi’ismika alathi yahtazu lahu ‘arshika

And I call on Thee by Thy name, for which Thy throne shakes,

وَأسْأَلُكَ بِاسْمِكَ الّذِي تَهْتَزّ لَهُ اَقْدامُ مَلائِكَتِكَ

wa’asaluka b’ismika alathi tahtazu lahu akdamu mala’ikatika

And I call on Thee by They name, for which the feet of Thy angels tremble,

وَأسْأَلُكَ بِاسْمِكَ الّذِي دَعاكَ بِهِ مُوسى

wa’asaluka bi’smika alathi da’aka Musa

And I call on Thee by Thy name by which Moses

مِنْ جانِبِ الطُورِ فاسْتَجَبْتَ لَهُ

min janibi alturi fastajibta lahu

prayed to thee from the side of the Mountain (of Toor) and Thou accepted his prayer

وَأَلْقَيْتَ عَلَيْهِ مَحَبّةً مِنْكَ

wa’alkayta ‘alayhi mahabata minka

and conferred Thy love on him,

وَأَسْأَلُكَ بِاسْمِكَ الّذي غَفَرْتَ بِهِ لِمُحَمّدٍ

wa'asaluka bismika alathi ghafarta bihi li-Muhammad-in

And I call on Thee by Thy name by which Thou pardoned Muhammad,

ما تَقَدّمَ مِنْ ذَنْبِهِ وَما تَأَخّرَ

ma takadama min thanbihi wa ma ta'akhara

all his previous and future sins,

وأتْمَمْتَ عَلَيْهِ نِعْمَتَكَ أنْ تَفْعَلَ بِي كَذا وَكَذا

wa'atmamta 'alayhi ni'mataka an taf'al bi katha w katha

and completed all thine blessings for him To provide me with the best of this world and the hereafter



# UMRAH MUFRADAH

# TAWAF - ROUND 2

**Round 2 – Dua:**

اللهُمّ إنّي إلَيْكَ فَقِيْرٌ وَإنّي خائِفٌ مُسْتَجِيْرٌ

Allahuma inni ilayka fakiron wa inni kha'ifon mostajir

O Allah! I am Thy dependent servant, and I am fearful and take refuge in Thee;

فَلا تُغَيّرْ جِسْمِي وَلا تُبَدّلْ إسْمِي

fa la toghayir jismi wa la tobadil ismi

so do not alter my body nor change my name.

سائِلُكَ فَقِيْرُكَ مِسْكِيْنُكَ بِبابِكَ

sa'iluka fakiruka moskinuka bi babika

I am your beggar, your poor destitute servant at your gate;

فَتَصَدّقْ عَلَيْهِ بِالْجَنّةِ

fatasadiq 'alayhi biljannah-ti

so grant me mercifully your paradise.

اللهُمّ الْبَيْتُ بَيْتُكَ وَالْحَرَمُ حَرَمُكَ

Allahuma albaytu baytik walharamu haramoka

O Allah! The House is Thy House, and the sanctuary is Thy sanctuary,

وَالْعَبْدُ عَبْدُكَ وَهذا مَقامُ

wal'bdu 'abduka wa hatha makamu

and the servant is Thy servant, and this is the station

الْعائِذِ بِكَ الْمُسْتَجِيرِ بِكَ مِنَ النّارِ

al'a'ithi bika almostajiri bika min alnari

of him who turns to Thee and takes refuge with Thee from Fire;

فَأَعْتِقْنِي وَوَالِدَيّ وَأَهْلِي وَوُلْدِي

fa’a’tikni wa walidaya wa ahli wa waldi

so save me and my parents, my children

وَإِخْوانِيَ الْمُؤْمِنِينَ مِنَ النّارِ يا جَوادُ يا كَرِيمُ

wa ikhwani al mo’minin min alnari ya jawadu ya karim

and my faithful brethren from Fire, for Thou art the Generous, the Gracious.



# UMRAH MUFRADAH

# TAWAF - ROUND 3

**Round 3 – Dua:**

اللهُمّ أدْخِلْنِي الْجَنّةَ وَأجِرْنِي مِنَ النّارِ بِرَحْمَتِكَ

Allahuma adkhilni al jannah-ta wa ajirni min al nari bi rahmatika

O Allah! Grant me the paradise by Thy mercy, and give me refuge from Fire by Thy mercy,

وَعافِنِي مِنَ السّقْمِ وَأوْسِعْ عَلَيّ مِنَ الرّزْقِ الْحَلالِ

wa ‘afini min alsakmi wa owsi’ ‘alaya min al rizqi al halal-i

and heal me from disease, and enlarge Thy lawful bounty for me,

وَادْرَأْ عَنّي شَرّ فَسَقَةِ الجِنّ وَالْإنْسِ

wa adra’ ‘ani shar fasakati al jinn wa al ‘ins-i

and keep me safe from the evil of the dissolute among the genies and men

وَشَرّ فَسَقَةِ الْعَرَبِ وَالْعَجَمِ

wa shar fasakati al ‘arab-i wa al ‘ajami

and the evil of the Arabs and non-Arabs.

يا ذَا الْمَنّ وَالطّوْلِ ياذَا الْجُودِ وَالْكَرَمِ

ya thal-mani wa al tuli ya thal-judi wal-karami

O Thou bountiful, mighty and munificent !

إنّ عَمَلِي ضَعِيفٌ فَضاعِفْهُ لِي وَتَقَبّلْهُ مِنّي

ina ‘amali da’if-on fada’ifhu li wa takabalhu mini

My deed is little, so multiply it, and accept it from me;

إنّكَ أنْتَ السّمِيْعُ الْعَلِيْمُ

inaka inta al sami’u al ‘alim

verily Thou art the All-hearing, the All-knowing.



# UMRAH MUFRADAH

# TAWAF - ROUND 4

## Round 4 – Dua:

يا أللهُ يا وَلِيّ الْعافِيَةِ وَخَالِقَ الْعافِيَةِ

ya Allahu ya wali al ‘afiya wa khalika al ‘afiya

O Allah! The owner of well-being, the creator of well-being,

وَرَازِقَ الْعافِيَةِ وَالْمُنْعِمُ بِالْعافِيَةِ

wa razika al ‘afiya wa al-mon’imu bil-’afiya-ti

the bestower of well-being, the granter of well-being,

وَالْمَنّانُ بِالعافِيَةِ والمُتَفَضِّلُ بِالْعافِيَةِ

wa almananu bil-’afiyati wa almotfadalu bil-’afiyati

and the conferrer of well-being

عَلَيّ وَعَلى جَمِيعِ خَلْقِكَ

‘alaya wa ‘ala jami’i khalkika

on me and on all Thy creatures,

يا رَحْمنَ الدّنْيا وَالآخِرَةِ وَرَحيْمَهُما

ya rahmana al-dunya wa al-akhirati warahimahuma

O, Thou the merciful of this world and the hereafter and their compassionate God,

صَلّ عَلى مُحَمّدٍ وَآلِ مُحَمّدٍ

sali ‘ala Muhammad wa ale Muhammad

Bless Muhammad and his household,

وَارْزُقْنَا الْعافِيَةَ وَتَمامَ الْعافِيَةِ وَشُكْرَ الْعافِيَةِ

wa’arzokna al’afiyata wa tamama al’afiyati wa shokra al’afiyati

and bestow on us well-being, full well-being, and thanks giving on well-being

في الدّنْيا وَالآخِرَةِ يأَرْحَمَ الرّاحِمِيْنَ

fi al dunya wa al akhirati ya arhama al rahimina

in this world and the hereafter, by Thy mercy, O Thou most merciful.



# UMRAH MUFRADAH

# TAWAF - ROUND 5

## Round 5 – Dua:

اَلْحَمْدُ للهِ الّذي شَرّفَكِ وَعَظّمَكِ

alhamdulilah-i alathi sharafaki wa ‘athamaki

Praise to Allah Who has honoured thee and exalted thee,

وَالْحَمْدُ للهِ الّذي بَعثَ مُحَمّداً نَبِيّاً

wa alahamdulilah alathi ba’atha Muhammad-an nabiyan

Praise to Allah Who sent Muhammad as a prophet

وَجَعَلَ عَليّاً اِماماً

wa ja’ala ‘alayna imaman

and designated Ali as Imam and the leader.

اللهُمّ اهْدِ لَهُ خِيارَ خَلْقِكَ وَجَنّبْهُ شِرارَ خَلْقِكَ

Allahuma ahdi lahu khayra khalkika wa janbahu shirara khalkika

O, Allah, Guide the best of Thy people to him, and keep the evil of Thy creatures away from him.

رَبّنا آتِنا في الدّنيا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً

rabana atina fi al dunya hasana wa fi al akhirati hasana

O our Lord, Grant us Thy blessing in this world and Thy blessing in the other world,

وَقِنا عَذابَ النّارِ

waqina ‘athabal-nari

and save us from the pain of Fire.



# UMRAH MUFRADAH

# TAWAF - ROUND 6

## Round 6 – Dua:

اللّهمّ البَيْتُ بَيتُكَ والعَبْدُ عَبْدُكَ
Allahuma albaytu baytuka wa al ‘abdu ‘abduka
O Allah! The House is Thy House and the servant is Thy servant,

وهذا مَقامُ العائذِ بِكَ مِنَ النارِ
wa hatha maqamu al ‘a’itha bika min al-nari
and this is the station of him who takes refuge with Thee from Fire.

اللّهمَّ مِنْ قِبَلِكَ الرّوحُ والفَرَجُ والعافيةُ
Allahuma min qablika al-ruhu wa al faraju wa al ‘afiyatu
O Allah! All blessing, relief and well-being come from Thee.

اللّهمَّ إنَّ عَمَلي ضَعيفٌ فضاعِفه لي
Allahuma inna ‘amali da’ifon fa da’ifhu li
O Allah! My deed is little, so multiply it for me,

وَاغفرْ لي مَا اطَّلَعْتَ عَلَيهِ مِنّي وَخَفيَ عَلي خَلْقكَ
wa aghfir li ma atala’ta ‘alayhi mini wa khafi-a ‘alaya khalqaq
and forgive all that Thou knowest of me but has been hidden from Thy creatures.

استَجيرُ بالله مِنَ النارِ
astajiru bil-lah min al-nar
I take refuge with Allah from Fire.



# UMRAH MUFRADAH

# TAWAF - ROUND 7

**Round 7 – Dua:**

اللّهمَّ إنَّ عِنْـدي أفــواجاً مِن ذُنُــوب
Allahuma inna ‘andi afwajan min thunub
O Allah! I bear crowds of sins

وأفواجاً مِن خَطايا وَعِنْـدَكَ أفْواجٌ مِن رحمة
wa afwajan min khataya wa ‘indaka afwajan min rahmatih
and crowds of faults, and with thee are crowds of blessing

وأفواجٌ مِن مَغْفِرَة
wa afwajon min maghfirah
and crowds of forgiveness.

يا مَن استجابَ لأبغَضِ خَلْقِهِ
ya man istajaba li’bghadi khalqih
O Thou Who granted the request of Thy most hated creatures

إذْ قالَ أنْظِرْني إلى يَوْمِ يُبْعَثُونَ إسْتَجِب لي
ith qala anthorni ila yowmi yab’athuna istajib li
when he said “give me respite until the day they are resurrected,” grant me my request.

اللّهمَّ قَنِّعْني بِما رَزَقْتني وبارِكْ لي فيما آتيتني
Allahuma qani’ni bima razaktani wa barik li fi ma ataytani
O Allah! Make me content with what you have provided me with, and bless me with what you have given me.



# UMRAH MUFRADAH

# SALAT & ZAM ZAM

## Salat Tawaf

Once your Tawaf is complete, you must now go and recite a 2 unit prayer (like Fajr prayer) behind Maqam Ibrahim (as close to it as possible). Your intention for Salat is: **I pray two rakaat salaa for tawaf of Umra' Mufarada wajib qurbatan ilalla ta'ala**

## Zam Zam

Before walking towards Sa'ee, there will be Zam Zam water stations set up along the way. Stop for a few minutes, drink some water, and refresh. Drink and recite this dua:

اللَّهُمَّ اجْعَلْهُ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءٌ مِنْ كُلِّ دَاءٍ وَسُقْمٍ

allahuma ij'alhu 'ilman nafi'an warizkan wasi'an washifaaon min kol daain wasokom

O Allah! Make it (the water) [a source] of beneficial knowledge and vast sustenance and cure from every illness and sickness.

*Extracted from duas.org




# UMRAH MUFRADAH

## SA'EE

### Sa'ee (walking between Safa and Marwa)

There are two mountains that we must walk between during the 'Sa'ee' portion of our Umrah. The mountain of Safa and the mountain of Marwa. These were the mountains that Sayeda Hajar (a) ran between when searching frantically for water for her child. It was in between these mountains, that Allah swt fulfilled her duas and brought forth the spring of Zam Zam.

Upon reaching the start point - Safa - recite your intention of Sa'ee: **I intend to walk between Safa and Marwa seven times for Umra' Mufrada, Qurbatan ilAllah Ta'ala**

You will need to walk between Safa and Marwa 7 times, starting at the mountain of Safa and ending at the mountain of Marwa. There will be a section with a green light above you, this indicates that men should jog for the portion of the light. Women may walk slighly faster, but shouldn't run.

You do not need Wudhu for Sa'ee.




# UMRAH MUFRADAH

## SA'EE

**At Safa, recite 7 times:**

لاَ إِلٰهَ إِلاَّ ٱللَّهُ

la ilaha illa Allah

There is no God but Allah

**Recommended Duas - recite* 3 times:**

لَا اِلَهَ اِلاَّ اللهُ وَحْدَهُ لاَ شَرِيْكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ لْحَمْدُ يُحيِى وَ يُمِيْتُ بِيَدِهِ الْخَيْرُ وَ هُوَ عَلىَ كُلِّ شَيْءٍ قَدِيْرٌ

laaailaha illallahu wahdahu laa sharika lahu, lahulmulku walahulhamdu yuhii wayumiitu wayuhii wahuwa hayyun laa yamutu wahuwa alaa kulli shaiin qadir.

There is no God except Allah, He is One without any partner. All property belongs to Him and all praise is due to Him. He gives life and takes it away; He has always been alive and will never die. All goodness emanates from Him and He is powerful over all things).

*Extracted from duas.org



# UMRAH MUFRADAH

## SA'EE

**Then recite* the following 3 times each:**

اَللهُ اَكْبَرُ عَلىَ مَا هَدَانَا وَالْحَمْدُ لِله عَلىَ مَا أَوْلاَنَا وَالْحَمْدُ لِله الْحَيِّ الْقَيُّمِ وَالْحَمْدُ لِله الْحَيِّ الدَّائِمِ

allahu akberu alaa maa hadaana. alhamduhlillahi alaa maa awlana walhumdulillahil hayyil qaayyumi walhamdullahil hayyi-ddaimi.

Allah is Great: He has granted us guidance. All praise is to Allah; He has showered us with bounties. All praise to Allah who is Living and Eternal and all praise is ever due to Him).

اَللهُمَّ اِنِّى اَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ وَالْيَقِيْنَ فِي الدُّنْيَا وَالْآخِرَةِ

allahumma inni asalukal afwa walaafiyata walyaqiina fidduniya walaakhirati.

O Allah! I beseech You for forgiveness, health, and firmness in faith in this world and the Hereafter

اَللَّهُمَّ آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

allahumma aatina fidduniya hasanatan wafil aakhirati hasanatan waqina adhabannar.

O Allah! grant us the virtues of this world and the Hereafter and spare us the fire of Hell

**Then say the following 100x each:**

ٱللَّهُ أَكْبَرُ

ٱلْحَمْدُ لِلَّهِ

سُبْحَانَ ٱللَّهِ

لاَ إِلٰهَ إِلاَّ ٱللَّهُ

*Extracted from duas.org



# UMRAH MUFRADAH

# SA'EE & TAQSEER

## Marwa -Dua:

At the mountain of Marwa, it is recommended to *recite:

اللَّهُمَّ يَا مَنْ أَمَرَ بِالْعَفْوِ يَا مَنْ يُحِبُّ الْعَفْوَ يَا مَنْ يَعْطِي عَلَى الْعَفْوِ يَا مَنْ يَعْفُو عَلَى الْعَفْوِ يَا رَبَّ الْعَفْوَ الْعَفْوَ الْعَفْوَ الْعَفْوَ

allahuma ya man amara bila'fwe ya man yuhibu al'afwa ya man yu'te 'ala al'afwe ya man ya'fu 'ala al'afwe ya rabba al'afwa al'afwa al'afwa al'afwa

O Allah, O One who has commanded through forgiveness, O One who loves forgiveness, O One who gives through forgiveness, I ask for forgiveness, forgiveness, forgiveness.

## Taqseer

Once you have completed your 7 rounds of Sa'ee, now you must perform Taqseer. This is the process in which you cut a small bit of your hair. Once your Taqseer is done, most of the rules of Ihram have been lifted. Only those relating to marital relations* remain until you have performed Tawaf Ul-Nisaa. Say your intention before cutting your hair: **I perform taqseer for Umrah' Mufradah Qurbatan ilAllah Ta'ala**

*Extracted from duas.org



# UMRAH MUFRADAH

# TAWAF UL-NISA

**Tawaf Ul-Nisaa:**

To complete your Umrah, Tawaf Ul-Nisaa as well as Salat Tawaf Ul-Nisaa remains. You can complete these last two parts on a separate day if you wish. However, they must be completed before departing from Makkah and not too long after completing your Taqseer.

Tawaf Ul-Nisaa is performed in the same way as your first Tawaf, 7 rounds around the Holy Ka'aba. Before beginnning, say your intention: **I intend to perform tawaaf of the Ka'aba in 7 rounds for tawaf-un-nisa, 'Umrah Mufradah Qurbatan ilAllah Ta'ala**

**Salat Tawaf Ul-Nisaa:**

Once your 7 rounds are complete, you must now go recite a 2 unit prayer behind and as close to Maqam Ibrahim as possible. This prayer is recited like the Fajr prayer would be. Your intention for this prayer is: **I pray two rakaat salaa for tawaf un Nisa of 'Umrah Mufaradah Qurbatan ilAllah Ta'ala**

Once this final prayer is recited, your Umrah is complete!



# UMRAH

# ZIYARAT MAKKAH

## Holy sites in Makkah:

### Jabal Arafat

Jabal Arafat, located near Mecca, is a sacred place where pilgrims gather on the 9th of Dhul-Hijjah for the essential rite of standing (Wuquf) during Hajj. It is the place where Prophet Muhammad (PBUH) delivered his famous farewell sermon.

### Mina

Mina is a valley located between Mecca and Muzdalifah, where pilgrims spend several days during Hajj. Known as the "City of Tents," it is where the symbolic stoning of the pillars representing Satan (Ramy al-Jamarat) takes place.

### Muzdalifah

Muzdalifah is an open plain where pilgrims gather after sunset on the 9th of Dhul-Hijjah after leaving Arafat. Here, they spend the night in prayer and collect pebbles for the stoning ritual in Mina.

### Jannat Ul-Mua'lla

Jannat al-Mu'alla is a revered cemetery located in Mecca, where many of the Prophet Muhammad's (PBUH) family members are buried, including his wife Sayeda Khadijah (SA) and grandfather Abdul Muttalib.

### Jabal Noor (Cave of Hira)

Jabal Noor is the mountain that houses the Cave of Hira, where Prophet Muhammad (PBUH) received the first revelation of the Qur'an from Angel Jibrail (AS) .



# UMRAH MADINAH

**Madinah Al-Munawwara:**

The Holy city of Madinah is  a spiritual encounter with the heart of Islam. Here, in the radiant city of the Prophet Muhammad ﷺ, you stand on sacred ground that witnessed the birth of Islam. Masjid al-Nabawi, the mosque built by the Prophet ﷺ himself, is a sanctuary of peace, where worshippers from all corners of the world gather to reflect, pray, and connect with the divine.

As you walk through the city, remember you are walking on the land that the Prophet ﷺ himself walked on, as well as many of our noble Imam's.

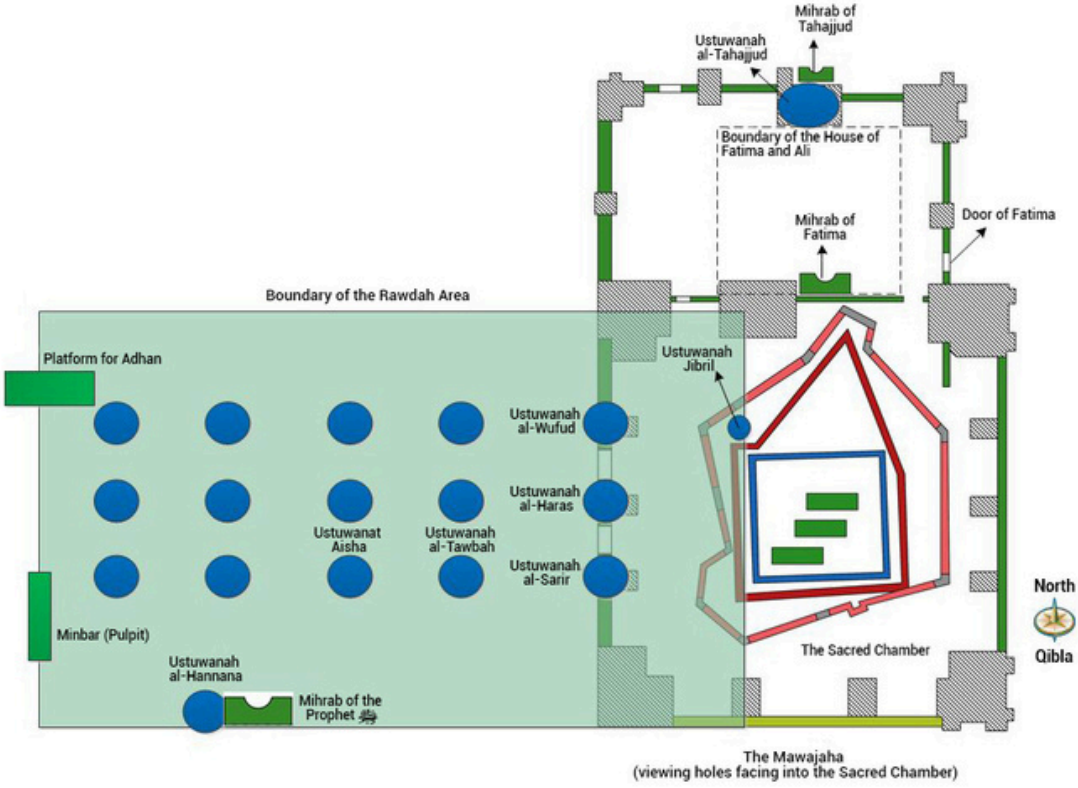
It is the city, and masjid, that houses the noble Rawdah, described as a "garden of paradise." Here, you will have the opportunity to speak to your Holy Prophet, at the site of his grave.

This is more than a place—it is a reminder to carry the light of Madinah's tranquility, humility, and love for the Prophet ﷺ with you, long after you leave.



# UMRAH

# MASJID AL-NABAWI





# UMRAH

# ENTERING THE MASJID

## Dua of asking for permission of entry from the Prophet ﷺ

اللَّهُمَّ إِنِّي وَقَفْتُ عَلَى بَابِ بَيْتٍ مِنْ بُيُوتِ نَبِيِّكَ وَالِ

نَبِيِّكَ عَلَيْهِ وَعَلَيْهِمُ السَّلَامُ

أَدْخُلُ يَا رَسُولَ اللهِ

أَدْخُلُ يَا حُجَّةَ اللهِ

أَدْخُلُ يَا مَلَائِكَةَ اللَّهِ الْمُقَرَّبِينَ

O Allah! I am standing at the door of one of the houses of Your prophet and the family of Your prophet, peace be upon him and his family.
May I enter, o prophet of Allah? May I enter, o the proof of Allah? May I enter, o angels of Allah?

## As you enter the Masjid recite:

بِسْمِ اللهِ وَبِاللَّهِ وَفِي سَبِيلِ اللَّهِ وَعَلَى مِلَّةِ رَسُولَ اللَّهِ صَلَّى اللهُ عَلَيْهِ وَآلِهِ

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَتُبْ عَلَى إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

In the name of Allah and by Allah in the path of Allah and on the religion of the prophet of Allah peace be upon him and his family. O Allah! Forgive me and have mercy on me and turn repentant towards me for You are most forgiving and merciful.



# UMRAH

# RAWDAH

## The significance of the Rawdah

The Rawdah, or Riyadh al-Jannah, is a small area between the Prophet's ﷺ grave and his pulpit. It is referred to as a "garden of paradise" by the Prophet (PBUH), who said that prayers offered here are especially blessed. For many pilgrims, visiting and praying in the Rawdah is a profound spiritual experience, offering a unique closeness to the Prophet and a space for deep reflection and supplication.

The Pillars within the Rawdah hold immense historical and spiritual significance. These pillars, known as "Ustuwanat," mark key locations where the Prophet Muhammad ﷺ prayed, delivered sermons, and engaged with his companions. Each pillar represents a unique moment in Islamic history. Some examples include, the Pillar of Repentance.



# UMRAH

# ZIYARAH MADINAH

## Holy sites in Madinah:

### Jannatul Baqi

Jannat al-Baqi is a cemetery in Madina where many prominent figures from early Islamic history, including several members of the Prophet's ﷺ family, are buried. It is the burial location of revered figures such as Imam Hassan (AS), Imam Zayn al-Abidin (AS), Imam Muhammad al-Baqir (AS), and Imam Ja'far al-Sadiq (AS), among others.

### Masjid Quba

Masjid Quba, the first mosque built in Islam, holds special significance as it was established by Prophet Muhammad ﷺ upon his arrival in Medina after the Hijrah (migration).

### Masjid Qiblatain

Masjid Qiblatain, also known as the "Mosque of the Two Qiblas," marks the location where the Qibla (direction of prayer) was changed from Jerusalem to the Kaaba in Mecca.

### Battlefield of Khandaq

The Battlefield of Khandaq, also known as the Battle of the Trench, took place near Medina and involved the defense of the city by the Prophet Muhammad ﷺ and his companions, including Imam Ali (AS).



# UMRAH

# ZIYARAH MADINAH

## Holy sites in Madinah:

### Masjid Ghamama

Masjid Ghamama, or the "Mosque of the Cloud," is where the Prophet Muhammad ﷺ led a prayer for rain, and a cloud appeared in response, granting rain to the people.

### Masjid Jumm'a

Masjid Jumm'a marks the location where Prophet Muhammad ﷺ led the first Friday (Jumm'a) prayer after his arrival in Medina. This mosque symbolizes the establishment of the Friday prayer.

### The Seven mosques (Sab'u Masajid)

The Seven Mosques are a collection of small mosques near the site of the Battle of Khandaq, associated with various companions of the Prophet ﷺ who took part in the defense of Medina.

### Battlefield of Uhud

The Battlefield of Uhud is the site where the second major battle between the Muslims and the Quraysh of Mecca took place. While the Muslims initially gained the upper hand, they suffered a setback when the archers disobeyed the Prophet's ﷺ orders.




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وَأَتِمُّوا الْحَجَّ وَالْعُمْرَةَ لِلَّهِ

And complete the Hajj and ‘Umrah for Allah
(2:196)

• • •

*May Allah (swt) accept your Umrah, your a’maal and fulfil your duas*