

**POCKET SIZED**

# **UMRAH GUIDE**

**OVERVIEW & ESSENTIAL PRAYERS**



**TAWAF**  
**TOURS.CA**

“

**AND COMPLETE THE  
HAJJ AND ‘UMRAH  
FOR ALLAH**

**[2:196]**



# INTRODUCTION

## DEAR GUEST OF ALLAH,

I would like to remind you and myself to use this precious time to earn the approval of Him whose guest you have become, within the sanctuary of His noble House, and to avoid anything that angers Him.

I ask Allah to accept your Umrah and forgive your sins, and to send peace and blessings upon His servant and Messenger Muhammad, and upon his family, companions, and followers.

Was-Salaamu Alaykum Wa Rahmatullahi  
Wa Barakatuh.

- The Tawaf Tours Team

# THE ANCIENT HOUSE

## AL-BAYT AL-ATEEQ

The honored Ka'bah is called "the Ancient House".

It is the focus of every Muslim's heart, in every corner of the world. Toward it are directed our faces and our hearts, humbly reverent in prayer to Allah alone, five times a day.

Muslims have traveled to the Ancient House from every part of the earth to perform their religious rites and to perform tawaf around the Ka'bah since the time it was built by Prophet Ibrahim (peace be upon him) to be the first house for the worship of Allah.

When this spiritual journey is undertaken voluntarily outside of the Hajj season, it is called an Umrah.

# THE ETIQUETTE

## OF THE UMRAH JOURNEY

- Make your intention for Umrah solely for the approval of Allah, seeking closeness to Him, and not for worldly gains or recognition.
- Reflect on your will and write one if you haven't already. Settle debts, and return any trusts to their rightful owners, as our lives are in the Hands of Allah.
- Repent sincerely from sins, feel remorse for past wrongdoings, and commit to avoiding them in the future.
- Rectify shortcomings and compensate those you have wronged, or seek their forgiveness if unable to repay.
- Ensure that the expenses for Umrah are only from halal sources, as Allah is pure and accepts only what is pure.

# THE ETIQUETTE

## OF THE UMRAH JOURNEY

- Abstain from all forms of wrongdoing, refrain from harming others, and maintain your integrity.
- Educate yourself on the rules and regulations related to Umrah.
- Fulfill your obligations diligently, focusing on prayers and increasing in acts of worship and kindness.
- Surround yourself with righteous companions who uplift your spirit.
- Exhibit good manners with people, embodying virtues such as patience, forgiveness, honesty, and piety.
- Share with your family the importance of being conscious of Allah's commands and teachings.
- Incorporate the supplications and words taught by the Prophet (ﷺ) into your daily routine for spiritual elevation.

# AN OVERVIEW

## OF THE UMRAH JOURNEY

- 1 ENTER THE STATE OF IHRAM**  
Make the intention (niyyah) to enter into the state of Ihram (ritual purity and dress) for Umrah once you have reached one of the five Meeqats (designated boundaries) before you enter Makkah. With this, you begin to recite the Talbeeyah until you are in the masjid and have begun Tawaf.

- 2 PERFORM TAWAF**  
Enter al-Masjid al-Haram and walk towards the honored Ka'bah to begin tawaf (circumambulation) of seven circuits, starting at the Black Stone.

It is sunnah to kiss the Black Stone. However, if it is too crowded, it is sufficient to point to the Black Stone from a distance, saying "Allahu Akbar" without stopping. Repeat each circuit.

# AN OVERVIEW

## OF THE UMRAH JOURNEY

### 3 **NAFL PRAYER**

After completing Tawaf, offer two Rak'ah (units) of nafl (voluntary) prayers, preferably close to Maqam Ibrahim. If it is crowded, then anywhere in al-Masjid al-Haram is acceptable.

### 4 **PERFORM SA'I**

Proceed to the hills of Safa and Marwah to perform Sa'i (walking).

Walk back and forth seven times, starting from Safa and ending at Marwah. When at the top of each hill, face the Kabah and supplicate to Allah, before descending again.

### 5 **TAQSEER**

The final step - men usually shave their heads, while women trim a small portion of their hair.

# INTENTION FOR UMRAH

DU'A (PRAYER)

“

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

LABBAYK ALLĀHUMMA ‘UMRATAN.

O ALLAH, HERE I AM TO PERFORM  
UMRAH.

“

THE SUNNAH IS TO MAKE THE NIYYAH FOR UMRAH IN YOUR HEART (NOT VERBALLY), AND IT SHOULD BE AT THE MIQAT OR CLOSE TO IT AS YOU MOVE IN ITS DIRECTION.

”

# TALBIYAH

(THE SUNNAH IS TO PAUSE AT EACH LINE)

“  
لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ –  
لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ –  
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ –  
لَا شَرِيكَ لَكَ

LABBAYK ALLĀHUMMA LABBAYK ●  
LABBAYKA LĀ SHARĪKA LAKA LABBAYK ●  
INN-AL-HAMDA WAN-NI'MATA, LAKA WAL-  
MULK ● LĀ SHARĪKA LAK.

AT YOUR SERVICE, ALLAH, AT YOUR SERVICE.  
AT YOUR SERVICE, YOU HAVE NO PARTNER,  
AT YOUR SERVICE. TRULY ALL PRAISE,  
FAVOUR AND SOVEREIGNTY ARE YOURS.  
YOU HAVE NO PARTNER.

# ENTERING THE MASJID

DU'A (PRAYER)

“ بِسْمِ اللّٰهِ، اللّٰهُمَّ صَلِّ عَلَيَّ  
مُحَمَّدٍ. اللّٰهُمَّ اغْفِرْ لِي وَافْتَحْ لِي  
أَبْوَابَ رَحْمَتِكَ

BISMILLĀH, ALLĀHUMMA SALLI 'ALĀ  
MUHAMMAD. ALLĀHUMMA-IGHFIR LĪ  
WAF-TAH LĪ ABWĀBA RAHMATIK.

IN THE NAME OF ALLAH, OH ALLAH, SEND  
SALUTATIONS UPON MUHAMMAD ﷺ.  
OH ALLAH, FORGIVE ME AND OPEN FOR ME  
THE DOORS OF YOUR MERCY.

“ ENTER THE MASJID WITH YOUR RIGHT FOOT  
FIRST AND RECITE THIS DU'A AND THE NEXT  
ONE. THESE APPLY TO EVERY MASJID!

# ENTERING THE MASJID

DU'A (PRAYER)

“  
أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ  
الْكَرِيمِ، وَسُلْطَانِهِ الْقَدِيمِ، مِنْ  
الشَّيْطَانِ الرَّجِيمِ

A'ÜDHU BILLĀHIL-ADHĪM, WA BI-WAJHI-HIL-  
KARĪM, WA SULTĀNIHIL-QADĪM,  
MIN ASH-SHAYTĀN-IR-RAJĪM.

I SEEK REFUGE WITH ALLAH THE ALMIGHTY  
AND IN HIS NOBLE COUNTENANCE AND HIS  
ETERNAL POWER FROM THE ACCURSED  
SATAN

“  
THERE ARE NO AUTHENTIC DUA'S FOR WHEN  
YOU SEE THE KA'BAH FOR THE FIRST TIME,  
DESPITE COMMON BELIEF!  
”

# DURING TAWAF

DU'A (PRAYER)

“

اللَّهُ أَكْبَرُ

ALLAHU AKBAR

ALLAH IS GREATER  
(THAN EVERYTHING).

“

SAY THIS EVERY TIME YOU COME IN LINE WITH THE BLACK STONE IN EACH OF YOUR SEVEN CIRCUITS WHILE POINTING AT IT.

” 12

# DURING TAWAF

DU'A (PRAYER)

“

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي  
الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

RABBANA AATINA FI'D-DUNYA HASANAH,  
WA FI'L-AAKHIRATI HASANAH,  
WA QINA 'ADHAAB AN-NAAR

OUR LORD, GIVE US THAT WHICH IS GOOD IN  
THIS WORLD AND THAT WHICH IS GOOD IN  
THE HEREAFTER, AND PROTECT US FROM THE  
PUNISHMENT OF THE FIRE.

“

BETWEEN THE YEMENI CORNER AND THE  
BLACK STONE YOU SHOULD SAY THESE  
WORDS

” 13

# BEFORE SA' AT SAFA

DU'A (PRAYER)

“

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ  
اللَّهِ

INN-AS-SAFĀ WAL-MARWATA  
MIN SHA'Ā'IR-ILLĀH.

INDEED, SAFA AND MARWA ARE FROM THE  
SIGNS OF ALLAH.

[SURAH AL-BAQARAH, 2:158]

“

AS YOU APPROACH SAFA,  
THE SUNNAH IS TO RECITE THIS AYAH AND  
THE HADITH ON THE NEXT PAGE.

”

# BEFORE SA'I AT SAFA

## DU'A (PRAYER)

“

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

**ABDA'U BIMĀ BADA'ALLĀHU BIH.**

**I BEGIN BY THAT WHICH ALLAH BEGAN.**

“

AFTER SAYING THESE TWO DUA'S, CLIMB SAFA UNTIL YOU CAN SEE THE KA'BAH, THEN FACE IT AND SAY THE NEXT TWO DUA'S.

”

# AT SAFA & MARWA

DU'A (PRAYER)

66

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ  
لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي  
وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ  
قَدِيرٌ

LĀ ILĀHA ILLALLĀH

WAHDAHU LĀ SHARĪKA LAH, LAHUL-MULKU  
WA LAHUL-HAMD, YUHYĪ WA YUMĪT, WA  
HUWA 'ALĀ KULLI SHAY'IN QADĪR.

THERE IS NO DEITY EXCEPT ALLAH,  
ALONE WITHOUT A PARTNER. TO HIM  
BELONGS THE DOMINION, AND TO HIM  
BELONGS ALL PRAISE. HE GIVES LIFE AND  
DEATH, AND HE HAS POWER OVER  
EVERYTHING.

# AT SAFA & MARWA

DU'A (PRAYER)

“

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعَدَهُ  
وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

LĀ ILĀHA ILL-ALLĀHU WAHDAH,  
ANJAZA WA'DAHU WA NASARA 'ABDAH,  
WA HAZAMAL-AHZĀBA WAHDAH.

THERE IS NO DEITY EXCEPT ALLAH ALONE. HE  
FULFILLED HIS PROMISE, SUPPORTED HIS  
SERVANT AND DEFEATED THE CONFEDERATES  
ALONE.

“

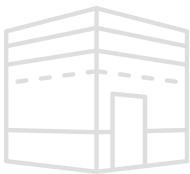
THE SUNNAH IS TO READ THESE DU'AS THREE  
TIMES AT BOTH SAFA & MARWAH, MAKING  
YOUR OWN DU'A IN BETWEEN EVERY TIME,

” 16

## **AFTER THE COMPLETION OF SA'I:**

- **MEN WILL SHAVE OR SHORTEN THEIR HAIR (SHAVING IS PREFERABLE).**
- **WOMEN WILL CUT FROM THEIR HAIR THE LENGTH EQUAL TO THE WIDTH OF A FINGER.**

# **CONGRATULATIONS, YOUR UMRAH IS COMPLETE!**



**YOU ARE NOW FREE FROM ALL  
THE RESTRICTIONS OF IHRAM.**

**MADINAH**

# **HOTEL & TOUR OPERATOR DETAILS**

**NAME & ADDRESS OF HOTEL**


**TOUR OPERATOR**

**CONTACT DETAILS**

**MAKKAH**

# **HOTEL & TOUR OPERATOR DETAILS**

**NAME & ADDRESS OF HOTEL**



**TOUR OPERATOR**



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