

**UMRAH**  
HOW TO PERFORM  
Qibla Hajj & Umra UK Ltd

# A COMPREHENSIVE GUIDE

offers an in-depth information about

# UMRAH



1

Before you reach the Meeqat, assume Ihraam and recite:

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

Labbaik Allaahumma bi 'umrah.

"Here I am, O Allah, making 'Umrah."

2

Then loudly & frequently recite the talbiyyah until you reach the Haram:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

Labbaik Allahumma Labbaik, Labbaik laa shareeka laka Labbaik, Innal hamda wanni' mata laka walmulk, Laa shareeka lak.

"Here I am O Allah. Here I am, you have no partner. Here I am, verify all praise for You, and every bounty is from You - and all dominion is Yours, you Have no partner."

3

Also from the talbiyyah, is to recite:

لَبَّيْكَ إِلَهَ الْحَقِّ

Labbaik ilaahal haqq.

"Here I am O God of Truth."

4

Enter al-Masjid al-Haraam (the Sacred Mosque) with the right foot first & recite:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّم اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahummasalli 'ala muhammad wasallim Allahumma aftahlee abwaaba rahmatika.

"O Allah, send prayers and peace upon Muhammad. O Allah, open the doors of your Mercy for me."

5

Stand and face the Qiblah and recite:

اللَّهُمَّ هَذِهِ عُمْرَةٌ لَا رِيَاءَ فِيهَا وَلَا سُمْعَةً

Allaahumma haadhihi 'umrah, laa riyaa'a feehaa wa laa sum'ah.

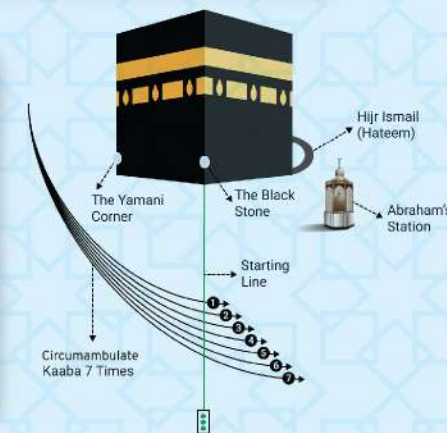
"O Allah this is an 'Umrah, there being no showing-off in it nor seeking repute."

6

Start at-hajr al-Aswad (the black Stone). Men only must uncover the right shoulder by placing the Ihraam under the right armpit. When beginning each circuit of tawaaf, make a sign with your right hand towards the Black Stone and say:

اللَّهُ أَكْبَرُ Allaahu Akbar.

"Allah is the Greatest."



**QIBLA**

Hajj & Umra UK Ltd

| Hajj | Umrah | Masjid Aqsa |  
| Islamic Heritage Tours |

☎ +44 7848 888 938

☎ 0121 327 9248

☎ +96 6501 663 583

✉ enquiries@qiblahajjandumra.com  
262 COLESHILL ROAD CASTLE BROMWICH  
BIRMINGHAM UNITED KINGDOM B36 8BG



7

Make seven circuits of ka'bah. Men only should walk swiftly around the ka'bah for the first three circuits, then begin the fourth circuit at normal walking pace. From first corner Hajr Al Aswad to the third corner (Yemeni corner) recite:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ  
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Subhanallahe Wal Hamdulillahe Wa Laa ilaha illal Laho Wallahooakbar.  
Wala Haola Wala Quwwata illa billahil AliYil Azeem.

"Glory (is for) Allah. And all praises for Allah. And (there is) none worthy of worship except Allah. And Allah is the Greatest. And (there is) no power and no strength except from Allah, the Most High, the Most Great".

8

During each circuit, whilst between the Yemeni Corner and the Black Stone, recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbana aatina fid-dunya hasana wafil aakhirati hasana wa qina  
adhaaban naar

"Our Lord! Give us that which is good in this world and in the hereafter, and save us from the torment of Fire."

9

After completion of the seven circuits, Men reapply the ihraam over the right shoulder, then go behind the place of Ibraaheem and recite:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

wattakhidhoo min-maqaami ibraaheema  
musalla.

"And take the station of Ibraaheem as a place of prayer."

10

Here pray two rak'aahs. In first rak'aah recite Soorah al-kaafiroon and in the second rak'aah, Soorah al-Iklaas behind the place of Ibraaheem if possible, otherwise anywhere within al-Masjidul-Haraam.

11

Then go to the Zam-Zam taps and drink from it, and pour some water over your head.

12

Then begin Sa'ee (i.e. the walk) at Safaa. At the foot of Safaa recite only this once:



إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوِ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ - نَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

Innas-safaa wal marwata min sha'aa'irillaahi faman hajjal baita 'awi tamara falaa junaaha alaihi an yattawwafa bihimaa wa tatawwa'a khairan  
fa innAllaha shaakirun 'aleem-nabda'u bima bada' Allaahu bihi.

"Verify! As-Safaa and al-Marwah are of the signs of Allah. So it is not a sin on him who performs Hajj or Umrah of the House to perform the Tawaaf between them whoever does good voluntarily, then verily, Allah is All-Recogniser, All-Knower," - "we begin with what Allah began with."

13

Each time upon the hill of safaa (and the Marwah) facing the Ka'bah, recite three times:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ 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 أَنْجَزَ وَعْدَهُ، وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

Allaahu Akbar Allaahu Akbar Allaahu Akbar - laa illaaha illallahu wahdahu laa shareekalah - la hul mulku wa la hul hamdu-yuhyee  
wa yumeetu wa huwa 'alaa kuli shay'in qadeer-laa ilaaha illallahu wahdahu laa shareekalah-anjaza wa'duhu wa  
nasara 'abdahu wa hazamal ahzaaba wahdahu

"Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and causes death, and He is All-powerful over everything. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated and confederates."

14

Then walk from mount Safaa to Mount Marwah and recite whatever you wish from dhikr, duaa and from the Quran. recite again (second circuit), and continue for seven circuits finishing at Marwah. Upon encountering the green lights between the two hills, men only should run from one green light to the next.

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ  
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

"O Allah, send prayers and peace upon Muhammad, O Allah, verily I ask You from Your Favour."

15

You may now exit the Masjid al-Haraam with the left foot, reciting:

Allaahumma salli alaa muhammadin wa sallim  
Allaahumma innee 'as'aluka min fadhhlaka.

16

Finally, men should shave their head as this is best, or cut hair equally from all over head. Women should cut fingertip's length of their hair, Your Ummrah is now complete, may Allah accept it.