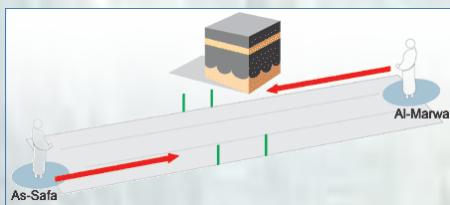


(hands). This is known as ISTILĀM. it should be performed at the end of every round.

5. Keeping the Ka'bah to your left walk around the Ka'bah (anti clockwise). Walk around till you return to the black stone.
6. Again perform ISTILĀM, you have now completed one round.
7. In a similar manner complete seven rounds.
8. On completing seven rounds, perform ISTILĀM, proceed towards Maqām Ibraheem, or anywhere close to it.
9. Perform two Rak'āt Salāh of Tawāf which is Wājib.



### SA'EE

1. Proceed towards Safā. Make the intention of Sa'ee. To make Istilām again before the Sa'ee is Mustahab.
2. Facing Ka'bah, recite Durood make Duā for the fulfilment of your good wishes and others. This is a place where Duā's are accepted.

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3. From Safā now walk towards Marwah (the other side). Engage yourself in the remembrance of Allah and Duā.
4. On reaching a set of green lights only men will quicken their pace and not women.
5. On reaching Marwah, one round has been completed. Duā should be made here too.
6. Now proceed towards Safā again. On reaching Safā you have completed two rounds. In this way complete seven rounds.
7. The final round will end at Marwah.
8. At this stage to perform two Rak'āts is Mustahab.
9. Woman should trim their hair slightly more than one inch from the end of their plait.
10. The rituals of Umrah have now been completed. You are now out of Ihrām.

Whilst in the blessed places engage yourselves in the remembrance of Allah and seeking forgiveness from past sins and guidance to abstain from sin in the future. Ask for all your needs. Make lot Duā for all the Muslims.

# UMRAH MADE EASY

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### THE FARĀ'IDH OF UMRAH:

1. Ihrām. Making Niyyah of performing the Umrah, reciting Talbiyah and donning the Ihrām.
2. Tawāf.

### THE WĀJIBĀT OF UMRAH:

1. To make Sa'ee between Safā and Marwah.
2. To shave or trim the hair after Sa'ee

### THE IHRĀM OF UMRAH

The method of entering into Ihrām is to first perform ghusl, then adorn the Ihrām.

After adorning the Ihrām, perform two Rak'āts of Salāh for Ihrām, and make the following intention: *"Allaahumma innee ureedul umrata fayassirhaa lee wataqabbalhaa minee."*

"O Allah, I intend performing Umrah, so make it easy for me and accept it for me."

Thereafter recite the Talbiyah three times: *"Labbayk, Allaahumma labbayk. Labbayka laa shareeka laka labbayk. Innal hamda wanni'mata laka wal mulk. Laa shareeka lak."*

Men should recite these words loudly whilst the women silently.

If a woman is menstruating, she should not perform the two Rak'āts of Ihrām. She should not make Tawāf until she is pure. Upon attaining purity, she should perform ghusl for Umrah, then Tawāf and Sa'ee.

### THE PROHIBITIONS OF IHRĀM

1. It is prohibited for a woman to wear clothing which is NOT sewn and covers the whole body with one piece. It is also prohibited to wear a cloth which is buttoned or attached together in the same way that it is usually sewn.
2. To cover the head or face. However, it is necessary for the women to observe Hijāb from strangers. Not allowing the cloth to touch the face is one thing, allowing the face to be viewed by strangers is another.
3. The use of fragrance.
4. To remove hair from the body in any way.
5. Pairing the nails.
6. Hunting of land animals.
7. To be lustful or engage in marital relations.

### TAWĀF

After entering the Haram of Makkah the following should be done:

1. Proceed towards the corner of the Ka'bah in which lies the Hajratul Aswad (black stone). Looking from the Ka'bah around the arched walls of Masjidul Harām, you will see a green light directly opposite one of the four corners of the Ka'bah, in this corner lies the black stone.
2. Men should place the right end of their Ihrām cloth under the right armpit and put both ends over the shoulder so that the right shoulder remains bare. This is called Idhtibā and is Sunnah for men only. Similarly there is no Raml for women only men. Raml is to walk with quick short steps, lifting the legs forcefully with the chest kept out and moving the shoulders simultaneously. Raml will take place in three of the seven tawāfs.
3. Make Niyyah to perform Tawāf.
4. Place both palms on the black stone and kiss it. If kissing is not possible, then merely touch it with one hand or both hands. If this too can not be done then just merely raise your hands, palms facing the stone saying; *"Bismillaahi Allaahu akbar walillaahil hamd"* and kiss them