<table>
<thead>
<tr>
<th>8th</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
<th>13th</th>
<th>Lastly</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Haj actions to Perform on these days</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Early Morning in Mecca: Begin at Mecca in a state of Ibadah (for Haj Qiran &amp; Mufarid). But if Haj Tamat then start Ibadah now in Mecca with intention in heart for Haj (and say Labbaika Allahumma bi Haj). Start doing Tarbiyah. Mecca: Next go to Mecca do Tawaf Idfahat Ziyarah at Kabah. Manner of Tawaf: do 7 rounds, each round starting at the Black Stone kiswah. Tawaf is counted as 1 round. Each time on Safa or Marwa do Dua of Sa’ee (See next page for all du’as). <strong>Note:</strong> One prayer in Masjid Haram in Mecca is equal to one hundred thousand prayers elsewhere so try to pray many there.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9th of DhulHijjah</td>
<td>Mina at Farah: Offer Farah Salat. Leave Mina after sunrise. At Arafeh: Enter Arafeh before Dhur Salat and remain in it until Sunset. While in Arafeh, Imam does Khutba; and then performs Dhur &amp; Asr Salat in congregation, shortened (2 rak’ah each) and combined. Besides the Salat spend the whole time in Arafeh doing Dua – most important part of Haj. <strong>Mina:</strong> Go to Mina in morning. Spend all day and night in Mina performing each of 5 prayers shortened but in their own proper times. Besides that do no Dhur.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10th of DhulHijjah</td>
<td>Fair Time in Muzdalifah: Perform Farah Salat. Then do dua at Mash’ar al-Haram (or rest of Muzdalifah). Leave Muzdalifah little before sunrise. Sunrise at Mina: Enter Mina. At Jamaratul Aqabah (the largest Stoning Pillar), preferably after sunrise, stop talibiya and stone it with seven pebbles saying Allahu Akbar with each of 7 pebbles. No more Talibiya is done hereafter.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11th</td>
<td><strong>Mecca:</strong> Next go to Mecca do Tawaf Idfahat Ziyarah at Kabah. Manner of Tawaf: do 7 rounds, each round starting at the Black Stone kiswah. Tawaf is counted as 1 round. Each time on Safa or Marwa do Dua of Sa’ee (See next page for all du’as) 3 times facing Kabah followed by your own dua after each of the 3 times. <strong>Note:</strong> Men shave or trim hair &amp; women trim hair by about finger tip size (can do in Mina now or later in Mecca).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td><strong>Mecca:</strong> Next go to Mecca do Tawaf Idfahat Ziyarah at Kabah. Manner of Tawaf: do 7 rounds, each round starting at the Black Stone kiswah. Tawaf is counted as 1 round. Each time on Safa or Marwa do Dua of Sa’ee (See next page for all du’as) 3 times facing Kabah followed by your own dua after each of the 3 times. <strong>Note:</strong> Men shave or trim hair &amp; women trim hair by about finger tip size (can do in Mina now or later in Mecca).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13th</td>
<td><strong>At Mina:</strong> If you choose to remain in Mina, do same as previous two days: after Dhur Salat time stone the three Jamaraat exactly as yesterday but finish stoning &amp; depart Haj BEFORE sunset. Your Haj is finished but you still have to do Tawaf Wada before leaving Mecca. <strong>Option B:</strong> If staying in Mina till 13th then do everything today as you did yesterday. Then depart from Mecca having completed Haj.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lastly</strong></td>
<td>On the Day you depart Mecca finally: Make the last thing you do in Mecca a Farewell Tawaf (Tawaf Wada) – in same manner as the Tawaf on 10th plus you may add dua during this Tawaf at Multazam (Haj Aswad to door area - place arms &amp; chest on wall there &amp; do dua).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Intention (Niyah) & How to perform Umrah before Haj:**

Do (1) Ibadah at Meeqat (intention in heart for Umrah), wear Ihram suitable clothes, keep reciting Talibiya & go to Mecca. At Kabah, stop Talibiya. (2) do Tawaf. (3) then do Sa’ee and (4) then men shave/shorten hair whereas women trim about finger tip of their hair length. Umrah is completed. All Tawaf & Sa’ee are done as described in Table above for 10th DhulHijjah. Those going on to Haj: For Haj Tamat: Complete umrah. REMOVE Ihram & wait till 8th to start Ibadah again for Haj (as in Table above). For Haj Qiran/Mufarid: NO umrah, but do Ihram from Meeqat, do Tawaf Qudum, better do Sa’ee later on 10th; but NOW DO NOT cut hair and REMAIN in Ihram & continue Haj rites from 8th Dhul-Hijjah (as in Table above). Intention in heart at Miquat: Quraan do for Haj & Umrah combined; intention there of Mufarid is for Haj only; intention of Tamat at Meeqat is for Umrah & later at Ihram on 8th is for Haj.
Restrictions & prohibitions in state of Ihram include:
1. Cutting/shaving hair from any part of the body
2. Trimming the finger or toe nails
3. Covering the head of men or covering face of women (without a Niqab fastened & tied to face, as for which one is let down loose on face in presence of non-Mahram men it is acceptable)
4. Men wearing garment-like stitched clothing
5. Perfuming oneself while in Ihram
6. Hunting land animals
7. Getting married, engaged or marrying someone else
8. Passionate affectionate relations with spouses in a manner less than sexual intercourse (Mibaathara or foreplay)
9. Having sexual intercourse (Jamaa)

Ihram restrictions last until: In Umrah the Ihram begins at Meesqat and finishes after shaving the hair the completion of Umrah. But in Hajj, the Ihram remains until the 10th of Dhuul-Hijjah and its restrictions are lifted on that day in the following two stages.

1st stage of Ihram finishes on 10th Dhuul-Hijjah:
This is the lifting of Ihram restrictions 1-7 after performing any two of the following 3 riyas in order but preferred order is:
1. Throwing the pebbles at the Jamaraat al-Aqabah on the 10th
2. Shaving/cutting the hair
3. Tawaaf ul-Haadaah

2nd stage of Ihram:
Once all three of the above rites have been performed, remaining restrictions of Ihram are lifted.

Effects of Violating Ihram Restrictions Section
If conditions 1-8 above are violated one must offer its FIDYAH (penalty) - sacrifice a sheep, OR feed 6 poor people half Sa (i.e. 2 cupped handsful of staple food/person), OR fast 3 days BUT the hajj is valid and NOT nullified. If condition 9 (sex) is violated before 1st stage of Ihram finishes then Hajj becomes invalid - so must continue all, sacrifice camel & do Hajj next year. If one has sex (or foreplay) after 1st stage but before 2nd stage of Ihram ends then Hajj remains valid but offer Fidyah.

1. Rukun (Pillar) parts of Hajj
   a) Being in a state of Ihram
   b) Be in Arafah even a moment between Dhuul 9th to Fajr 10th
   c) Tawaaf ul-Haadaah
   d) Sa’ee (Some scholars say (a) & (d) are Wajib but not must)

2. Wajib (compulsory) parts of Hajj
   a) Ihram from its proper place
   b) Remain in Arafah until sun sets
   c) Stay at Muzdalifah until half of night at least
   d) Stone Jamarat correctly on 10th & 11th to 12th DhuulHijjah
   e) Shave or shorn hair
   f) Spend the three nights in Mina 11th to 12th/13th DhuulHijjah
   g) Tawaaf ul-Wadaa (Women in mens can omit this)
   h) Also: Sacrifice animal (Hady) for Haj Jamatu & Qurban but not Murabut BUT if it cannot then 3 days in Haj & 7 days later.

3. Mustahab (Encouraged):
   All remaining Haj rites

4th & Main Dua of Sa’ee: Every time on Mount Safa & Marwa, face direction of Kabah, raise hands, say this dua three times and after each of the 3 times suplicate in any language for anything “Allahub akbar Allahub akbar Allahub akbar, la illa illa Allahub wahdahu la shareekalahu la lahud mulkok w lahud hamdo yulikee wu yoomete wu hawa ala kohl shay in qadeer. Laa illa illa Allahub wahdahu la shareekalahu ajkata wu alah wu nasara abdhul wu lahul sheikhul wahabn.” It means: “Allah is the Greatest. There is no deity worthy of worship except Allah alone. He has no associates. To Him belongs the dominion and for Him is the praise. He is capable of accomplishing anything. There is no deity except Allah alone. He has no associates, and He fulfilled His promise, helped His slave (i.e. Prophet Muhammad) and routed the allied enemy (in Battle of Alzhah) all by Himself

Dua at the bottom of Safa & Marwa Valley say “Allahumma asghir wahamn inka al-aaziz ul ahram” (means O Allah forgive me and have mercy for you are the Almighty and Most Generous.)

Important Advice for Sa’ee:
While walking between Safa & Marwa, reflect upon the Tawakkul (Trust & Trust) on Allah by the Prophet (pbuh) (the mother of Prophet Ismail). Allah ordered her husband to leave her all alone in that barren valley with her baby and she obeyed Allah & accepted that relying on Allah to protect. But she carried out her duty repeatedly running between and climbing the mount Safa & Marwa searching for help or water for her and her baby, confident of Allah’s help. Allah sent Angel Jibreel to strike the ground and the water of Zamzam spurted forth.

Also remember while reciting duas on the two mounts, a similar incident when Allah ordered Prophet Muhammad & Muslims to risk their lives and face an army of various tribes aligned against them. They responded and did their part by dividing a trench and prepared to meet the challenge, confident of Allah’s help. Allah tested their Tawwaak and thus fulfilled them of having to lose their lives or properties – Allah defeated the Confederated tribes by Himself by sending fierce winds against the Pagans, fear upping their hearts and forcing them to return home defeated never to return thereafter against the Believers!

During Sa’ee we reflect on these two incidents, supplicate and increase in Ikhna, Tawwaak (piety) and Tawakkul (Trust & Trust).