

Haj and Umrah Pocket Guide ([www.IslamicLessons.com](http://www.IslamicLessons.com))

|                                      | 8 <sup>th</sup>   | 9 <sup>th</sup> of DhulHijjah   | 10 <sup>th</sup> of DhulHijjah   | 11 <sup>th</sup>  | 12 <sup>th</sup>   | 13 <sup>th</sup>   | Lastly  |
|--------------------------------------|---|---|--|---|--|--|---|
| Haj actions to Perform on these days | <p><u>Early Morning in Mecca:</u><br/>Begin at Mecca in a state of Ihram (for haj Qiran &amp; Mufrid)<br/>But if Haj Tamatu then start Ihram now in Mecca with intention in heart for Haj ( and say Labbaik Allahumma bi Hajj)<br/><br/>Start doing Talbiyah<br/><br/><u>Mina:</u> Go to Mina in morning<br/><br/>Spend all day and night in Mina performing each of 5 prayers shortened but in their own proper times<br/><br/>Besides that do any Dhikr</p> | <p><u>Mina at Fajr:</u> Offer Fajr Salat. Leave Mina after sunrise<br/><br/><u>At Arafah:</u> Enter Arafah before Dhuhur Salat and remain in it until Sunset.<br/><br/>While in Arafah, Imam does Khutba; and then performs Dhuhur &amp; Asr Salat in congregation, shortened (2 rak'ah each) and combined<br/><br/>Besides the Salat spend the whole time in Arafah doing Dua – most important part of Haj.<br/><br/><u>After sunset:</u> leave Arafah and go to Muzdalifah<br/><br/><u>In Muzdalifah:</u> Offer Maghrib &amp; Isha Salat shortened &amp; combined; then rest and sleep<br/><br/>Note: If a woman doing Tamatu is still menstruating, then do not still wait to complete Umrah but make intention (on 8<sup>th</sup> or now on 9<sup>th</sup> before midday) to combine Umrah with Haj.<br/><br/>Note: Menstruating women do all Haj rites (including Ihram &amp; Arafah) like everyone else EXCEPT Tawaf Ifadah (for it needs Taharah, so she does that only after Menstruation finishes)</p> | <p><u>Fair Time in Muzdalifah:</u> Perform Fajr Salat. Then do dua at Mash'arul-Haram (or rest of Muzdalifah). Leave Muzdalifah little before sunrise.<br/><br/><u>Sunrise at Mina:</u> Enter Mina. At Jamaratul Aqabah (the largest Stoning Pillar), preferably after sunrise, stop talbiyah and stone it with seven pebbles saying Allahu Akbar with each of 7 pebbles.<br/><u>No more Talbiyah is done hereafter.</u><br/><br/>If doing Haj Qiran or Tamatu (NOT for Haj Ifrad) then sacrifice animal (others may do this on your behalf).<br/><br/>Men shave or trim hair &amp; women trim hair by about finger tip size (can do in Mina now or later in Mecca)<br/><br/><u>Mecca:</u> Next go to Mecca do Tawaf Ifadah/Ziyarah at Kabah. <b>Manner of Tawaf:</b> do 7 rounds, each round starting at Black stone kiss/touch it or pointing palm of hand to it saying Allahu Akbar, during Tawaf do dua, read Quran verses or Dhikr, then pray 2 rak'ah behind Maqam Ibrahim or anywhere else if crowded there, then drink Zamzam water and return to Black stone and say Allahu Akbar once more (8<sup>th</sup> time) &amp; Tawaf is finished.<br/><br/>Then <b>Sa'ee between Mount Safa &amp; Marwa:</b> do 7 legs, starting at Safa (Note: each time from Safa to Marwa OR from Marwa to Safa is counted as one of 7 legs). Each time on Safa or Marwa do Dua of Sa'ee (<b>See next page for all duas</b>) 3 times facing Kabah followed by your own dua after each of the 3 times.<br/><br/><u>Return to Mina</u> once finish the Tawaf &amp; Sa'ee in Mecca; and then spend the rest of night in Mina (sleep)<br/><br/><u>Note:</u> Perform all 5 Salat on this day in its own time; the ones in Mecca pray fully; but ones in Mina, shorten.</p> | <p><u>Mina:</u> Must spend the night in Mina &amp; preferably the whole day as well<br/><br/>If in Mina, do Salat prayers on 11 – 12<sup>th</sup>/13<sup>th</sup> shortened but in its own time.<br/><br/><b>Stoning the Three Jamaraat at Mina:</b> After Dhuhur Salat time (before Maghrib or if difficult then until before Fajr time) go to the 3 Jamaraat (Stoning Pillars) at Mina and stone each of the three with 7 pebbles saying Allahu Akbar; stone smallest Jamarat first, then Middle one and finally Largest one (Jamaratul-Aqabah) at end; move aside &amp; forward and facing Qibla do dua after stoning the 1<sup>st</sup> &amp; 2<sup>nd</sup> Jamarah.</p> | <p><u>At Mina:</u> You have option to finish &amp; leave Mina today or stay until next day (i.e. 13<sup>th</sup>)<br/><br/><u>Option A:</u> If finishing today then stone after Dhuhur onwards exactly as yesterday but finish stoning &amp; depart Mina BEFORE sunset. Your Haj is finished but you still have to do Tawaf Wada before leaving Mecca.<br/><br/><u>Option B:</u> If staying in Mina till 13<sup>th</sup> then do everything today as you did yesterday</p> | <p><u>At Mina:</u> If you chose to remain in Mina, do same as previous two days: after Dhuhur Salat time onwards stone the three Jamaraat as you did on the 11<sup>th</sup> &amp; 12<sup>th</sup><br/><br/><u>Then leave Mina and you MAY return to Mecca</u><br/><br/><u>Note:</u> One prayer in Masjid Haram in Mecca is equal to one hundred thousand of prayers elsewhere so try to pray many there.</p> | <p><u>On the Day you depart Mecca finally:</u><br/>Make the last thing you do in Mecca a Farewell Tawaf (Tawaf Wada) – in same manner as the Tawaf on 10<sup>th</sup> plus you may add dua during this Tawaf at Multazam (Hajr Aswad to door area - place arms &amp; chest on wall there &amp; do dua).<br/><br/><u>Then depart from Mecca having completed Haj</u></p> |

**Intentions (Niyyah) & How to perform Umrah before Haj:**

Do (1) Ihram at Meeqat (intention in heart for Umrah), wear Ihram suitable clothes, keep reciting Talbiyah & go to Mecca. At Kabah, stop Talbiyah, (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 10<sup>th</sup> DhulHijjah.

**Those going on to Haj: For Haj Tamatu:** Complete umrah, REMOVE Ihram & wait till 8<sup>th</sup> to start Ihram again for Haj (as in Table above). **For Haj Qiran/Mufrid:** NO umrah, but do Ihram from Meeqat, do Tawaf Qudum, better do Sa'ee later on 10<sup>th</sup>, but NOW DO NOT cut hair and REMAIN in Ihram & continue Haj rites from 8<sup>th</sup> Dhul-Hijjah (as in Table above).

**Intention in heart at Miqaat:** Qiran do for Haj & Umrah combined; intention there of Mufrid is for Haj only; intention of Tamatu at Meeqat is for Umrah & later at Ihram on 8<sup>th</sup> is for Haj.

### Restrictions & prohibitions in state of Ihraam 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 (with a Niqab fastened & tied to face; as for one which 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 (Mubaashara or foreplay)
9. Having sexual intercourse (Jima')

**Ihram restrictions last until:** In Umrah the Ihram begins at Meeqat and finishes after shaving/trimming the hair at completion of Umrah. But in Haj, the Ihram remains until the 10<sup>th</sup> of Dhul-Hijjah and its restrictions are lifted on that day in the following two stages.

#### 1<sup>st</sup> stage of Ihraam finishes on 10<sup>th</sup> Dhul-Hijjah:

This is the lifting of Ihram restrictions 1-7 after performing any two of the following 3 rites in any order but preferred order is:

1. Throwing the pebbles at the Jamarah al-Aqabah on the 10<sup>th</sup>
2. Shaving/ cutting the hair
3. Tawaaf ul-Ifaadah

#### 2<sup>nd</sup> stage of Ihraam:-

Once all three of the above rites have been performed, remaining restrictions of Ihraam 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 handfuls of staple food per 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 **Haj becomes invalid**: - so must continue till end, sacrifice camel & do Haj next year. If one has sex (or foreplay) after 1<sup>st</sup> stage but before 2<sup>nd</sup> stage of Ihram ends then Haj remains valid but offer Fidyah

#### (1) Rukn (means Pillar) of Umrah:-

- a) Being in Ihraam
- b) Tawaaf
- c) Sa'ee

#### (2) Waajib (Compulsory) of Umrah:-

- a) Ihram from Meeqat
- b) Shorten/shave hair (some scholars regarded this as Rukn)
- (3) **Mustahabb** are all remaining rites of umrah.

### 1. Rukn (Pillars) parts of Hajj

- a) Being in a state of Ihraam
- b) Be in Arafah even a moment between Dhulh 9<sup>th</sup> to Fajr 10<sup>th</sup>
- c) Tawaaf-ul-Ifaadah
- d) Sa'ee (Some scholars say (a) & (d) are Wajib but not rukn).

### 2. Waajib (compulsory) parts of Hajj

- a) Ihraam 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 10<sup>th</sup> & 11 to 12/13<sup>th</sup> DhulHijah
  - e) Shave or shorten hair
  - f) Spend the three nights in Mina 11<sup>th</sup> to 12<sup>th</sup>/13<sup>th</sup> DhulHijah
  - g) Tawaaf ul-Wadaa (Women in menses can omit this)
- Also: Sacrifice animal (Hadiy) for Haj Tamatu & Qiran but not Mufrid BUT if can't then fast 3 days in Haj & 7 days later.

### 3. Mustahab (Encouraged): All remaining Haj rites

#### Meaning of these terminologies:

**Rukn (Pillar):** must do Rukn rites or else the Umrah/Haj is invalid (see Effects of Violating Ihram section for Invalid Haj).

**Wajib (compulsory):** must do Wajib rites but if left then must do FIDYAH (See Effects of Violating Ihram section)

**Mustahab (Encouraged):** These acts are part of a complete proper Haj but no penalty if left out any.

### Precribed Duas of Haj

**Talbiya & Its meaning:** "Labbaik Allahumma Labbaik. Labbaik la shareeka laka labbaik. Innal Hamda wan ni'mata laka wal mulk, la shareeka lak", it means, "O Allah here I come answering your call, there is no associate with you, all Praise, the favours & dominion are yours, there is no associate."

**Dua in Arafah:** "Laa ilaaha illaahu wah dahu laa shareekalahu lahu mulku wa lahu hamdu wa huwa alaa kulli shay'in qadeer" (There is no deity except Allah Alone, He has no partners, His is the dominion, all praise and He is able to do all things). Besides this, do as much of any dua in any language; this is the most important part of Haj.

**Dua during Tawaf:** Say any dua in Tawaf. Between the last two corners of each round say **Rabbana aatinaa fiddunya hasanatan wa fil akhirati hasanatan wa qina adhaabannar.** (O Allah, grant us good in this life, good in the After Life and save us from the punishment of Fire)." Before 2 Rak'ah, say, **Wattakhi-dh-u Mi-Maqami Ibrahimia Musalla.** Recite surah 109 & surah 112 in 1<sup>st</sup> & 2<sup>nd</sup> Rak'ah respectively.

**Various Dua during Sa'ee & Some Advice 1<sup>st</sup>:** Before starting at Safa, recite verse 158 from Surah al-Baqarah and then say

"Nabdaoo bimaa bada'Allahu bihi" meaning "We begin with that which Allah began with."

**2<sup>nd</sup> & Main Dua of Sa'ee:** Every time on Mount Safa or Marwa, face direction of Kabah, raise hands, say this dua three times and after each of the 3 times supplicate in any language for anything "Allahu akbar Allahu akbar Allahu akbar, laa illaaha illaahu wahdahoo laa shareekalahu lahu mulkoo wa lahu hamdoo yuhyee wa yomeetu wa huwa alaa kulli shay'in qadeer. Laa illaaha illaahu wah daho laa shareekalahu anjaza wa' dahu wa nasara abdahu wa hazamal abzaaba wahdahu". It means, "Allah is the Greatest. There is no deity worthy of worship except Allah alone, He has not 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 Ahzab) all by Himself.

**3<sup>rd</sup> Dua in Sa'ee:** At the bottom of Safa-Marwa Valley say "Allahumma-ghfir-warham innaka antal-a'azzul akram" (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 (Reliance & Trust) on Allah by Haajar (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 racing 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 sprang forth!

Also remember while reciting dua on the two mounts, a similar incident when Allah ordered Prophet Muhammad & Muslims to risk their lives and face an army of various tribes allied against them. They responded and did their part by digging a trench and prepared to meet the challenge, confident of Allah's help. Allah tested their Taqwa & Tawakkul and then sufficed them of having to lose their lives or properties – Allah defeated the Confederate/allied (Ahzab) tribes by Himself by sending fierce winds against the Pagans, fear ripping their hearts and forcing them to return home dejected never to return thereafter against the Believers!

During Sa'ee we reflect on these two incidents, supplicate and increase in Iman, Taqwa (piety) and Tawakkul (InshaAllah).

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