

AL OMAR HAJJ AND UMRAH SERVICE

COMPELTE UMRAH GUIDE

Procedures for Umrah Pilgrimage

Umrah is a significant pilgrimage in Islam that can be undertaken at any time of the year. Unlike Hajj, which has specific dates, Umrah allows Muslims to seek spiritual fulfillment and closeness to Allah at their convenience. This document outlines the essential procedures for Umrah service, providing guidance for pilgrims to ensure a smooth and fulfilling experience.

1. Documentation

Ensure that all necessary documents are in order, including:

- Valid passport
- Visa for Umrah
- Vaccination certificates (if required)
- Travel insurance

2. Preparation for Umrah

Preparing for Umrah involves both physical and spiritual readiness. Key steps include purifying intentions, learning the rituals, and ensuring financial and physical fitness

1.1. Intention (Niyyah)

Before embarking on the journey, pilgrims must make a sincere intention to perform Umrah for the sake of Allah. This internal commitment is crucial as it sets the spiritual tone for the pilgrimage.

2. The Journey to Mecca

2.1. Arrival in Saudi Arabia

Upon arrival, pilgrims should proceed to the designated area for Umrah pilgrims. Ensure that all documents are ready for inspection.

2.2. Transportation to Mecca

Use pre-arranged transportation to travel from the airport to Mecca. Many travel agencies provide shuttle services for convenience.

1. Miqat: Entering the State of Ihram

The Hajj journey begins at the *Miqat*, designated boundary points surrounding Mecca. These are specific locations where pilgrims intending to perform Hajj or Umrah must enter the state of *Ihram*. *Ihram* is a sacred state of purity and devotion, marked by specific dress codes and prohibitions.

- **Dress Code:** Men wear two unstitched white cloths, one wrapped around the waist and the other draped over the shoulder. Women wear simple, loose-fitting clothing that covers the entire body except for the face and hands.
- **Prohibitions:** While in *Ihram*, pilgrims are forbidden from cutting their hair or nails, using perfumes, engaging in sexual relations, hunting, or harming any living creature.

The *Miqat* serves as a symbolic boundary between the mundane world and the sacred realm of Hajj. Common *Miqat* locations include:

- **Dhu al-Hulayfah (Abyar Ali):** For pilgrims coming from or through Medina.
- **Al-Juhfah (Rabigh):** For pilgrims coming from or through Syria, Egypt, and North Africa.
- **Qarn al-Manazil (Al-Sail Al-Kabir):** For pilgrims coming from or through Najd and the Gulf countries.
- **Yalamlam (As-Sa'diyyah):** For pilgrims coming from or through Yemen, India, Pakistan, and Southeast Asia.
- **Dhat Irb:** For pilgrims coming from or through Iraq and Iran.

Upon reaching the *Miqat*, pilgrims perform ablution [Wudu], declare their intention [Niyyah] to perform Hajj or Umrah, and recite the *Talbiyah*, a prayer proclaiming their devotion to :

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ.

"Labbaik Allahumma Labbaik, Labbaik Laa Shareeka Laka Labbaik, Innal Hamda Wan Ni'mata Laka Wal Mulk, Laa Shareeka Lak"

[Here I am at Your service, O Allah, here I am. Here I am, You have no partner, here I am. Truly, the praise, the favor, and the dominion belong to You. You have no partner.]

2. Mecca: The Heart of Islam

After entering *Ihram*, pilgrims proceed to Mecca, the holiest city in Islam. Mecca is home to the *Kaaba*, the sacred cube-shaped structure at the center of the Masjid al-Haram (Grand Mosque).

- **Masjid al-Haram (Grand Mosque):** The largest mosque in the world, encompassing the *Kaaba* and the surrounding courtyard. It is the focal point of Muslim prayer, with Muslims around the world facing the *Kaaba* during their daily prayers.

3. Tawaf: Circling the Kaaba

Upon arriving at the Masjid al-Haram, pilgrims perform *Tawaf*, circling the *Kaaba* seven times in a counter-clockwise direction. *Tawaf* symbolizes the unity of Muslims and their devotion to Allah.

- **Starting Point:** *Tawaf* begins at the *Hajar al-Aswad* (Black Stone), a sacred stone embedded in the eastern corner of the *Kaaba*. If possible, pilgrims try to kiss or touch the *Hajar al-Aswad*. If not, they can point towards it and say "Allah Akbar" [Allah is the Greatest].
- **Raml:** During the first three rounds of *Tawaf al-Qudum* [the arrival *Tawaf*], men are encouraged to perform *Raml*, a brisk, shoulder-shaking walk.
- **In Tawaf:** Throughout *Tawaf*, He/she may say any Zikr [remembrance] of Allah that he/she wishes to say.
- **Dua:** once reached to Yemeni corner from there onwards untill reaching the blackstone, he/she would read this following dua:
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رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

"Rabbana atina fid dunya hasanatan wa fil Aakhirati hasanatan waqina 'adhaban-nar"

[Our Lord, grant us good in this world and good in the Hereafter, and save us from the punishment of the Fire.]

After circling the *Kaaba* seven times in a counter-clockwise direction. At the end of the seventh circuit, you should not raise hand as it done at the start of the circle, and perform two rakah of tawaf behind Maqam Ibrahim (the standing place of Ibrahim ﷺ) by covering his right shoulder. One can recite Surah Al - Kafiroom in the first rakah & Surah Al- Ikhlas in the 2nd Rakah. Our Prophet Mohammed ﷺ instructed after praying the two rakahs, On their way, they drank Zamzam water.

4. Sa'i: Walking Between Safa and Marwa

After completing *Tawaf*, pilgrims perform *Sa'i*, walking seven times between the mount Safa and Marwa, located within the Masjid al-Haram. *Sa'i* commemorates Hajara ﷺ's desperate search for water for her son Ismail ﷺ.

- **Green Markers:** Green markers indicate the areas where Hajara ﷺ ran with more urgency. Men are encouraged to run (jog) between these markers.
- **Dua:** These are supplications to recite during *Sa'i*

After Our Prophet Mohammed ﷺ approached to As- Safa he recited the verse in which allah almighty says: In surah al- Baqarah ayah 159 -

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

"Inna As-Safa wal-Marwah min sha'a'irillah"

[Indeed, Safa and Marwa are among the symbols of Allah.]

أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ
"Abda-o bima badaal-lahu bih."

[I begin with what Allah began with]

Our Prophet Mohammed ﷺ started with Safa and climed it until he could see the Kaabah, he then faced it and said:

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ

"Allahu akbar, Allahu akbar, Allahu akbar."

[Allah is the greatest, Allah is the greatest, Allah is the greatest.]

and then he would say the following three times making a supplication [one should make a personal supplication] after each time:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَعُمُّ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَتَجَرَّ وَنَحْدَهُ، وَتَصَرَّ عَبْدُهُ وَهَرَمَ الْأَحْزَابَ وَحْدَهُ.

"La ilaha illal-lahu wahdahu la shareeka lah, lahul-mulku walahul-hamd, wahuwa AAala kulli shayin qadeer, la ilaha illal-lahu wahdah, anjaza waAAdah, wanasara AAabdah, wahazamal - ahzaba wahdah."

[None has the right to be worshipped except Allah, alone, without partner. To Him belongs all sovereignty and praise and He is over all things amnipotent. None has the right to be worshipped except Allah alone. He fulfilled His promise, aided His Servant and single-handedly defeated the allies.]

Our Prophet Mohammed ﷺ repeat this action at Mount Marwah.

4. Shaving or Trimming Hair

Men should shave their heads or trim their hair, while women should cut a small portion of their hair. This act symbolizes the completion of Umrah.

5. Post-Umrah Activities

4.1. Prayers and Reflection

After completing Umrah, pilgrims are encouraged to engage in prayers and reflection at the Haram. This is a time for personal supplication and gratitude.

4.2. Visiting Other Sacred Sites

Consider visiting other significant Islamic sites in Mecca and Medina, such as:

- Mount Arafat
- The Prophet's Mosque in Medina

6. Departure

5.1. Returning Home

Ensure all travel arrangements are confirmed for the return journey. Reflect on the spiritual journey undertaken and the lessons learned during Umrah.

5.2. Sharing Experiences

Upon returning home, share your experiences with family and friends. This can inspire others to undertake the pilgrimage and deepen their faith.

Here's a more detailed breakdown:

Spiritual Preparation:

- **Purify Intentions:** Make sincere intentions for performing Umrah solely for Allah's sake.
- **Repentance:** Seek forgiveness for past sins and resolve to avoid them in the future.
- **Learn the Rituals:** Familiarize yourself with the steps of Umrah, including *Tawaf* [circumambulating the Kaaba] and *Sa'i* [walking between Safa and Marwa].
- **Seek Knowledge:** Understand the meaning and significance of each ritual to enhance your spiritual experience.

Physical Preparation:

- **Fitness:** Begin walking and exercising to build stamina for the physical demands of Umrah.
- **Diet:** Maintain a balanced diet to ensure you have enough energy.
- **Rest:** Get adequate sleep to feel refreshed and prepared for the journey.
- **Ihram:** For men, prepare the two-piece white Ihram garments; women wear modest, clean clothing.
- **Footwear:** Pack comfortable and supportive shoes for walking long distances.
- **Essentials:** Pack items like a prayer mat, personal hygiene products, and any necessary medications.
- **Hydration:** Stay hydrated, especially in the hot climate of Saudi Arabia.

Financial Preparation:

- **Halal Funds:** Ensure all expenses are covered through permissible means.
- **Travel Arrangements:** Make necessary travel and accommodation arrangements in advance.
- **Debts:** Settle any outstanding debts before embarking on the journey.

Other Important Considerations:

- **Pack Wisely:** Pack essential items for Umrah, including Ihram garments (for men), comfortable clothing, a prayer mat, personal hygiene products, and any necessary medications.
- **Learn Duas and Zikr:** Start learning the necessary supplications and remembrance of Allah.
- **Leave a Will:** Make a will and inform close relatives about your travel plans.
- **Dependents:** Make arrangements for your dependents who will be left behind.

Conclusion

Performing Umrah is a deeply spiritual experience that requires preparation and dedication. By following these procedures, pilgrims can ensure that their journey is smooth and fulfilling, allowing them to focus on their spiritual goals and connection with Allah.