



Your Umrah Journey: A Step-by-Step Spiritual Guide

The Four Sacred Rites, Simplified.

The Essence of Umrah in Four Steps

Umrah is a sacred pilgrimage that can be summarized in four main parts.
This guide will walk you through each one, from start to finish.



1. Ihram: Entering
the Sacred State

2. Tawaf: Circling
the Kaaba

3. Sa'i: Walking
between Safa & Marwa

4. Halq/Taqsir:
Completing the Rite

Step ①: Ihram – The Boundary of Sanctity

Ihram is not just clothing, but a sacred state of purity one enters before beginning the rites. This state begins at a designated boundary called the Miqat.

Pilgrims coming from Medina will use the Miqat of Dhul Hulayfah. Those traveling by air will be notified by the airline when they are about to cross the Miqat boundary. You must have your garments on and be ready before this point.



Key Actions

- Perform ritual purification (Ghusl/Wudu) before putting on the garments.
- Don the specific Ihram attire.



The Correct Attire & The Power of Intention



For Men

Two simple, white, unstitched sheets are required—one for the upper body and one for the lower.

No other garments (shirts, boxers, vests), stitched shoes (sandals/slides are permitted), or head coverings are allowed.



For Women

Any modest, covering clothing is permissible. However, the face and hands must remain uncovered.

This means no Niqab (face veil) that is strapped on and no gloves. A loose khimar that drapes over the head without being tightened is allowed.

The Intention (Niyyah)

At the Miqat, you must make the formal intention.
The exact words are:



For yourself:

Labbayka `Umrah

(Here I am for Umrah)



On behalf of another:

Labbayka `Umratan `an [Name]

(Here I am for Umrah on behalf of [Name])

The State of Ihram: Prohibitions & Praise

The word *Ihram* comes from *Haram*, meaning prohibited. Once you make your intention, certain lawful acts become temporarily forbidden to maintain this sacred state.

Prohibitions Include:



Cutting hair or nails.



Using perfume or scented products.



Engaging in marital relations.



Hunting or harming living creatures.

From the moment of intention until you reach the Masjid al-Haram and see the Kaaba, you should continuously recite the Talbiyah.

The Talbiyah

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

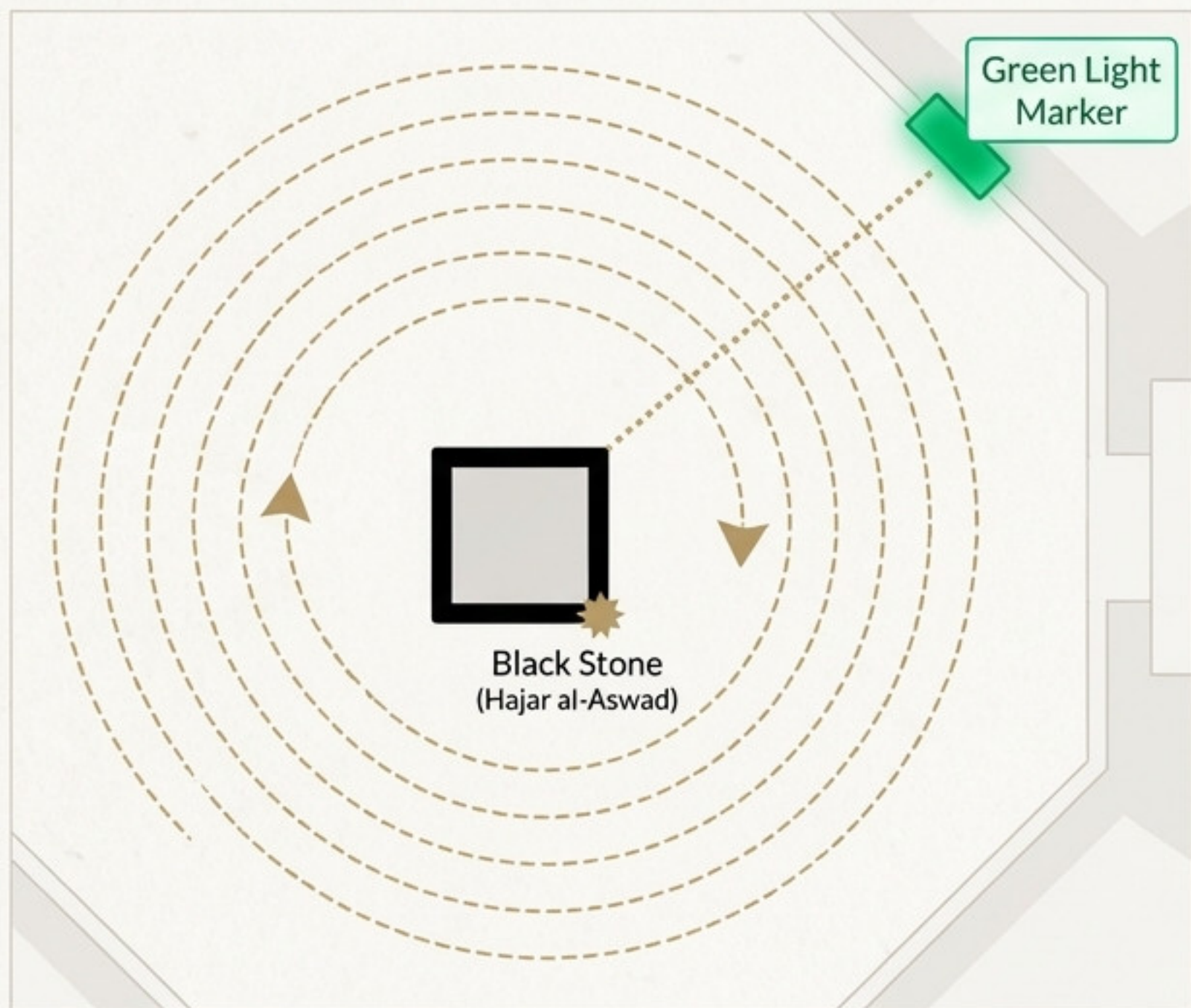
*Labbayka Allahumma labbayk, labbayka la sharika laka labbayk,
innal-hamda wan-ni'mata laka wal-mulk, la sharika lak.*

Here I am, O Allah, here I am. Here I am, You have no partner, here I am. Verily all praise, grace, and sovereignty belong to You. You have no partner.



Sunnah Spotlight: Men should recite the Talbiyah aloud, while women should recite it softly.

Step ②: *Tawaf* – Orbiting the House of Allah



Tawaf is the act of circumambulating (walking around) the Kaaba seven times in a counter-clockwise direction.

Critical Prerequisite

You must be in a state of ritual purity (Wudu). The Prophet (ﷺ) compared Tawaf to prayer, with the only difference being that you can talk during it.



Point of Clarity

If your Wudu breaks at any point during the Tawaf, you must exit, perform Wudu again, and restart the Tawaf from the beginning.

Starting Point

Begin each of the seven circuits facing the Black Stone (Hajar al-Aswad). A green light on the wall of the Masjid directly opposite the corner serves as a clear marker.

The Seven Circuits: Actions & Supplications

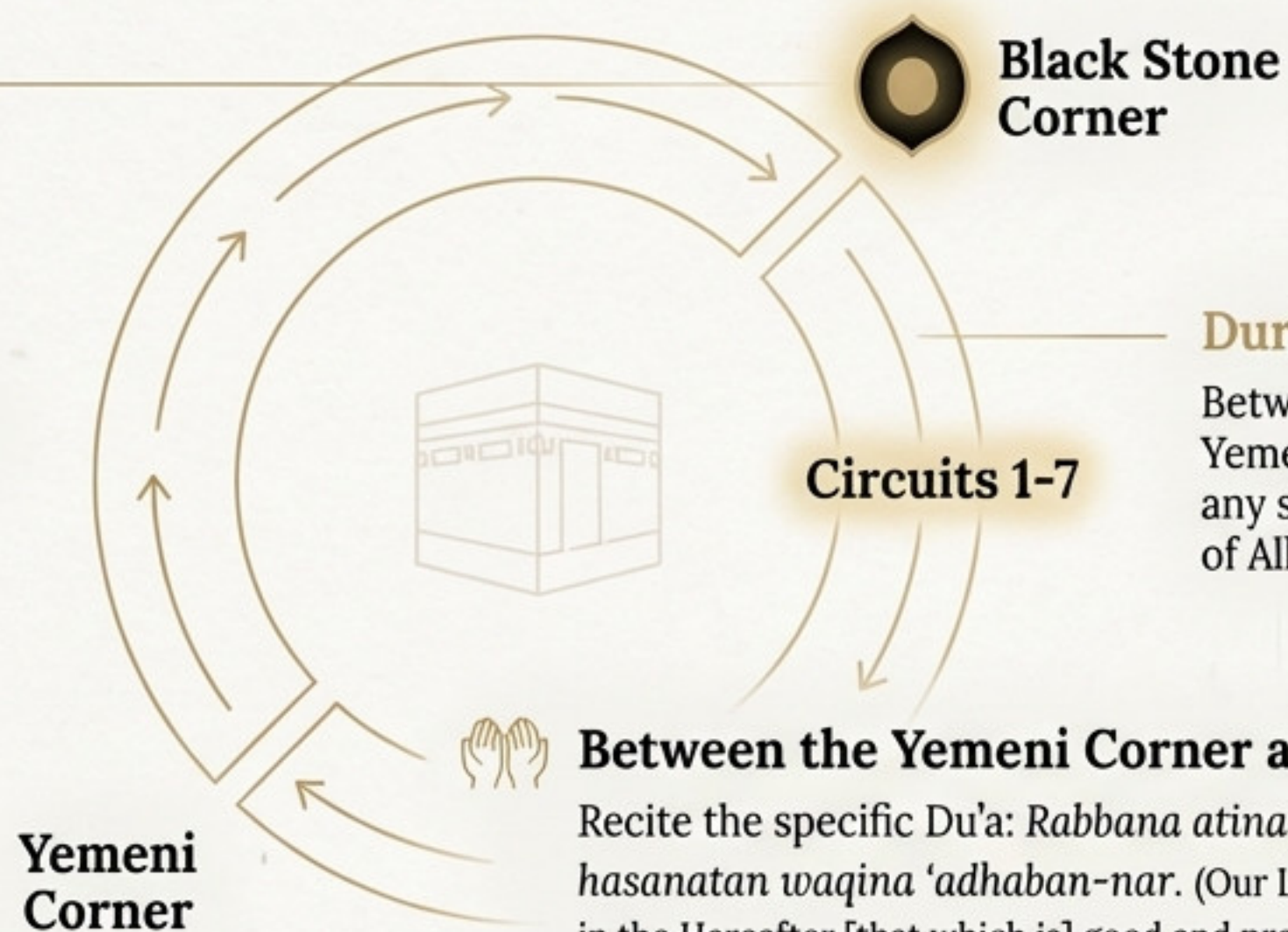
Beginning a Circuit

Facing the Black Stone marker, raise your right hand once and say:

First Circuit: Bismillah, Allahu Akbar.

Circuits 2-7: Allahu Akbar.

! Do not say it multiple times or kiss your hand. Follow the Sunnah.



**Black Stone
Corner**

During the Circuits

Between the Black Stone and the Yemeni Corner, you are free to make any supplication (Du'a), remembrance of Allah (Dhikr), or recite Qur'an.

Between the Yemeni Corner and the Black Stone

Recite the specific Du'a: *Rabbana atina fid-dunya hasanatan wa fil 'akhirati hasanatan waqina 'adhaban-nar.* (Our Lord, give us in this world [that which is] good in the Hereafter [that which is] good and protect us from the punishment of the Fire.)



For Men: Sunnah for the First Three Circuits



1. Uncover the right shoulder (Idtiba').



2. Walk with haste, a brisk pace short of a run (Raml).

After the Tawaf: Prayer & Zamzam

Upon completing the seventh circuit, your Tawaf is finished.
Proceed with the following steps:

1.

Cover your shoulder

Men should now cover their right shoulder.



2.

Pray Two Rak'ahs

Find a space anywhere behind the Maqam Ibrahim (the golden dome structure) and pray two Rak'ahs. It does not need to be directly behind it.



★ Sunnah Spotlight

It is recommended to recite Surah Al-Kafirun in the first Rak'ah and Surah Al-Ikhlās in the second.

! Point of Clarity

There is no special virtue in touching or seeking blessings from the Maqam Ibrahim itself.

3.

Drink Zamzam Water

It is a recommended Sunnah to drink Zamzam water after your prayer. You may drink it sitting or standing.

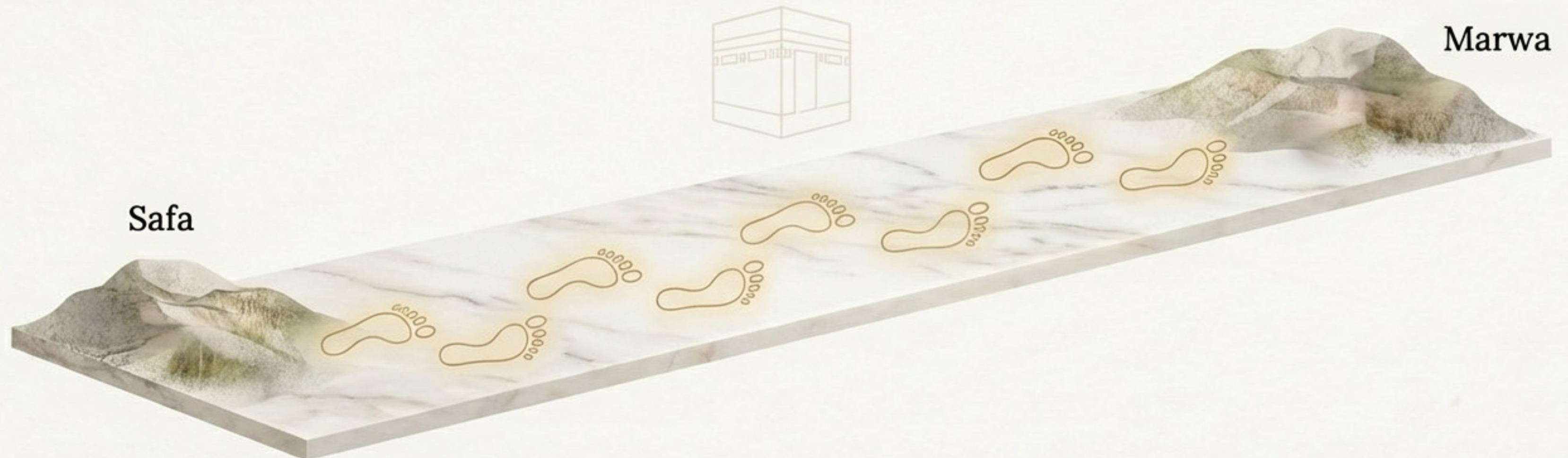


Step ③: Sa'i – The Walk of Faith

Sa'i is the ritual of walking back and forth seven times between the two small hills of Safa and Marwa, located within the Masjid al-Haram.

A Sacred Commemoration

This act reenacts the desperate search for water by Hajar, the wife of Prophet Ibrahim, for her infant son, Isma'il. It is a powerful symbol of faith, perseverance, and reliance on Allah.



Beginning the Sa'i at Safa

Upon reaching the hill of Safa, you will perform the following actions:



1. Face the Kaaba & Recite

Face the Kaaba and recite the Qur'anic verse: *Innas-Safa wal-Marwata min Sha'a'irilllah*. (Indeed, Safa and Marwa are among the symbols of Allah.) You stop here and do not complete the verse.

2.

State the Intention

Then say: *Nabda'u bima bada'Allahu bihi* (We begin with what Allah began with). This is said only once at the very start.



3. Raise Hands & Supplicate

Raise your hands in Du'a and recite the following three times, making personal supplications in between each recitation:

*La ilaha ill-Allah wahdahu la sharika lah, lahul-mulku wa lahul-hamd, wa huwa 'ala kulli shay'in qadeer.
La ilaha ill-Allahu wahdah, anjaza wa'dah, wa nasara 'abdah, wa hazamal-ahzaba wahdah.*



Point of Clarity

This set of supplications is repeated each time you are on Safa and on Marwa. Do not raise your hands towards the Kaaba or wipe the walls; these are common mistakes.

The Seven Laps Between the Hills



Counting the Laps

The count can be confusing. Remember this simple rule:

Walking from Safa to Marwa is **Lap 1**.

Walking from Marwa back to Safa is **Lap 2**.

You will continue this pattern, finishing your **7th and final lap at Marwa**.



For Men

Between the sets of green lights along the path, it is a recommended Sunnah to run or jog.



During the Walk

As you walk between the hills, you may make any Du'a, Dhikr, or recitation of Qur'an you wish.



Point of Clarity

There is no specific prayer (Salah) to be performed after completing Sa'i. The rite is complete once you finish your seventh lap at Marwa.

Step ④: Halq & Taqsir – The Final Act

The fourth and final rite of Umrah is the shaving (Halq) or trimming (Taqsir) of the hair. This act is performed after completing the seven laps of Sa'i.



A Symbol of Release

Cutting the hair symbolizes the completion of your spiritual journey and signifies your release from the sacred state of Ihram and its associated restrictions.

The Method of Completion

The method for cutting the hair differs for men and women.



For Men

You have two options:



Shaving (*Halq*)

Shaving the entire head is the preferred and more virtuous action. The Prophet (ﷺ) made Du'a three times for those who shaved their heads, and only once for those who trimmed.



Trimming (*Taqsir*)

It is also permissible to trim the hair, ensuring hair is cut from all parts of the head.



For Women



Women do not shave their heads. They should gather their hair together (e.g., in a ponytail) and trim a small amount from the end—approximately the length of a fingertip. This is typically done in the privacy of their hotel room.

Umrah Mubarak

With the cutting of the hair, you are now released from the state of Ihram. All the restrictions that were placed upon you are lifted.

Your Umrah is complete.

May Allah accept your Umrah, forgive your sins,
and grant you all that you have asked for.

أُمِّينَ