**IHRAM**

**Miqat**

This refers to the location, before passing which iḥrām needs to be adopted.
- If arriving from Madinah it is the masjid of Dhul-Hulayfah just outside Madinah.
- If arriving at Jeddah, then one needs to be in iḥrām before entering Jeddah’s airspace.

**Aspects of cleanliness**

It is Sunnah to perform the following actions before iḥrām:
- Perform ghusl and if not possible then at least ṭuḥuṭ.
- Shave the underarm and pubic hairs, trim the moustache and clip the nails (these cannot be done in iḥrām).
- Apply perfume on clothing (which will be worn), such that the physical body/trace of the perfume is not visible, even though the fragrance remains. All the above cannot be done in iḥrām, except for ghusl with water only.

**Clothing**

- Put on two pieces unstitched cloths: one for the lower body and one for the upper body, covering both shoulders. Stitched clothing is not permitted in iḥrām for men.
- The footwear should expose the bone on the top of the foot as well as both ankles.
- Women should wear their veil in such a way during iḥrām that it does not touch the face.
- Gloves, socks, underwear, etc. are not permitted for men. However one can wear a belt with a pouch as well as a watch.
- Men cannot cover their heads and face (even with a blanket).

**Other restrictions of iḥrām**

- Amorous talk or behaviour (including touching)
- Sexual intercourse
- Hunting wild animals
- Using vulgar language & arguing

**2 raka’at**

If it is not a makruh time, then perform 2 raka’at Sunnah prayers known as Sunnatul iḥrām; then make the niyyah.

The intention (niyyah) can be made by saying:

“O Allah! I intend to perform the Umrah, so make it easy for me and accept it from me.”

**Niyah and Talbiyya**

Immediately after making the intention, recite the talbiyyah with your tongue and not your heart only:

اللَّهُمَّ أَنِيَ اذْكَرْتُكَ وَأَنِيَ اذْكَرْتُكَ أَنِيَ اذْكَرْتُكَ... 


At your service, Oh Allah, at your service. At your service, none can be associated with you, at your service. All praise and blessings belong to you as does the kingdom. None can be associated with you.
Men should recite it loudly, but women must recite it softly.

Once you make the intention followed by recitation of the talbiyya, you have entered the state of ihram and all the restrictions now apply to you.

One should constantly recite talbiyya and other adhkar on one’s way to Masjid al-Haram.

**TAWAF**

» Enter Masjid al-Haram through Bab al-Salam in the state of wudhu.
» Recite the masnoon du’a:

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

Bismillahi was-salaatu was-salaamu ‘ala Rasoolillah – Allahummaftahli abwaaba rahmatik.
In the name of Allah, may the blessings and peace of Allah be upon the Messenger of Allah.
Oh Allah!, open the doors of Your Mercy for me

» Then make the intention for nafl i’tikaf.
» Make du’a when seeing the Ka’ba for the first time as du’as are accepted. Another masnoon du’a specifically for the Haram is:

Allahumma inna hadha haramuka wa haramu Rasulika fa harrim lahmi wa danni wa ‘azmi wa bashari’ alan naari, Allahumma aminni min ‘adhabika yawma tub’athu ‘ibaadaka, wa’aini min auliyaakika wa ahli ta’atika wa tub ‘alayya innaka ant-at-Tawwab-ur-Rahim.
O Allah, surely this is your Sacred Sanctuary and the Sacred Sanctuary of Your Messenger. So make the fire [of Jahannam] prohibited for my flesh, my blood, my bones and my skin. O Allah, keep me safe from your punishment on the day You will raise Your servants. And make me from Your friends and those people who are always obedient to you. And draw your special attention of forgiveness towards me. Indeed you are the Most-Forgiving, Most Merciful.

Before starting the tawaf one should wear one’s upper cloth in such a way that it covers the left shoulder and the cloth passes through under the right arm, leaving the right shoulder uncovered.

» One must have wudhu, one’s body and clothes must be free from impurity, and covering of sar are conditions for validity of tawaf.
» Proceed towards the corner of the Ka’ba which houses the Hajar al-Aswad. This is the corner directly opposite to a green light on the wall of the Masjid (see diagram).
» Stand across from this corner of the Ka’ba, face the Ka’ba, with the Hajar al-Aswad slightly to the right of your right shoulder. At this point stop reciting talbiyyah.

Make the intention by saying:

“O Allah, I intend to make the 7 circuits of tawaf of ‘Umrah, so make it easy for me and accept it from me.”

Then lift your hands up to your ears like in salah and begin reciting the dua for istilam (mentioned on the following page) and lower your hands after reciting Allahu akbar. Proceed with istilam while continuing to recite the rest of the dua.”
» After takbir kiss the Hajr al-Aswad if possible – otherwise, which is most likely, perform istilām thus: stretch your hands towards the Hajr al-Aswad with your palms facing the stone, and then pull your hands back and kiss your hands. While doing this recite:

بِسمِ اللَّهِ اَلَّلَّهُ اَكْبَرَ  وَ اللهُ الْحَجِّدُ  لا إِلَهَ إِلَّا اللهُ  وَ الصَّلْوَةُ وَ السَّلَامُ عَلَى رَسُولِ اللَّهِ

Allah is the greatest, there is no god except Allah; and may His peace and blessings be upon the Messenger of Allah.

» During tawāf one should not face the Ka’ba with one’s chest or turn one’s back towards it except during istilām at the Hajr al-Aswad when one will turn one’s chest towards the stone. However the feet/toes should not face the Ka’ba and should be in the direction of tawāf even during istilām (Note: This will apply when making istilām in every subsequent round after the first one. When doing the istilām at the time of commencing the first round of tawāf, there is no harm if the feet face the Ka’ba)

» **Start your tawāf by moving counter clockwise around the Ka’ba.** One must perform 7 rounds around the Ka’ba.

» During each round, if possible, one should touch the corner of the Ka’ba called Rukn al-Yamani either with both hands or only with the right hand. One should not stop for this purpose. If one cannot, touch this corner, then one should not make gestures.

» After completing each round one must perform istilām each time. Therefore one will perform a total of 7 rounds and 8 istilām.

» Men should perform Ramal for the first three rounds: one should receive a practical demonstration of this before performing it.

» *Ramal means to take quick short steps whilst shaking the shoulders.*

At all times recite the third kalimah:

скоеjl the. وَلاَ حَوْلَ وَلاَ قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْمَجِيدِ

Allah is pure and perfect, All praise and thanks are for Allah, there is no god except Allah, Allah is the greatest, there is no might or power except with Allah.

Other adhkār and *du ’ā* can also be made.

Between the Yemeni corner and the Hajr al-Aswad recite the Sunnah *du ’ā* which is:

اللَّهُمَّ رَبِّي أَنْتَ أَنْتَ فِي الدُّنْيَا حَسَنَةٌ وَ فِي الأَخِرَةِ حَسَنَةٌ وَ قَنَا عَذَابَ الْثَّارِ

O our Rabb (Lord/Protector), give us in this world that which is good, and [give us] in the life hereafter that which is good, and save us from the punishment of the fire [of Jahannum].

» Thereafter perform two raka’at *wajib salaat* at Maqam Ibrahim, if it is not makhruh time. Otherwise wait till the end of makhruh time. If it is crowded then perform the prayer anywhere in the masjid.
Zam Zam

» After completion of tawaf one should proceed to drink the water of Zam Zam. One may make du’ā at this time & also at the Multazam.

SA’EE

» Before proceeding for Sa’ee perform istilâm once more. This is a total of 9 times since the start of tawaf.
» Thereafter proceed to Safa and recite verse 158 of Surah al-Baqarah.
» At every hill (i.e. Safa and Marwa) one should pause and raise one’s hands to make du’ā and dhikr while facing the Qibla. Before making du’ā one may praise Allah in the following manner:

لا إله إلا الله وحده لا شريك له، له الربوث وله الحمد و هو على كل شيء قدير;
لا إله إلا الله وحده أنجز وعهد و نصر عهده و هذم الأحزاب و حده;

La ilaha illa Allahu, Wahdahu laa shareeka lahu, Lahul mulku wa lahul hamdu, wa huwa ‘alaa quilli shayyin qadeer. La ilaha illa Allahu wuhdahu, anzaza waddahu, wa nasara ‘abdahu, wa hazam al-ahzaba wahdahu.
There is no god except Allah alone and He has no partners. To Him belongs the kingdom and all praise also belongs only to Him. And He has power over all things. There is no god but Allah. He fulfilled His promise and granted victory to His servant. And He alone defeated the allied army. (The section in bold — with the addition of yuhyee wa yumeetu after wa lahu hamdu — is the fourth kalimah, and is an important dhikr during Arafat too).
» Perform the Sa’ee by walking 7 times between Safa and Marwa, starting at Safa and ending at Marwa. Men are to jog between the green lights. Remember to make du’ā and recite adhkar all throughout Sa’ee. In particular, the following du’ā should be recited:

ربّاعْنَبأ و أرَحَمَ إنّكَ أنتَ الْأَكْرَمُ

HALQ/QASR

» After you have received confirmation that your animal has been slaughtered then proceed to shaving your hair, though even trimming the length of one fingertip (~1") is permissible. All this applies to at least a quarter of the head. Bald men must pass a razor over the head.
» Women should also trim the same amount from their hair which covers at least a quarter of their head.
» Bald men must symbolically pass a razor over their heads.
» Now you are out of ihrām and your ‘Umrah is complete.

THE KA’BA

1. Rukn al-Yamani
2. Corner with Hajr al-Aswad
3. Green Light
4. Direction of Tawaf
5. Door of Ka’ba
6. Hatim
7. Maqam Ibrahim
8. Start tawaf from any point just behind this imaginary line (dotted), connecting Hajr al-Aswad to the green light.