

Hajj, Umrah and Ziyaarah Guide



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3. IHRAAM RULES

Ihraam means making lawful things unlawful upon oneself after entering into a state of purity. One enters into ihraam after ghusl and wearing two sheets of cloth, making intention and reciting Talbiyah. This is done before one crosses the meeqat (i.e. before arriving in Jeddah or when departing from Madinah to Makkah). Ihraam is not the two sheets themselves. Women should wear their regular clothes and observe normal Hijab (veil) without any cloth touching their faces.



1. It is not permissible to cut any hair or nails or to comb the hair in such a manner that the hair falls out.
2. Both males and females cannot cover their faces or part of their faces in a way which cloth will touch their faces. Additionally, males cannot cover their heads.
3. A menstruating woman should enter into Ihraam as described without praying the 2 rakaats. She must make intention and recite Talbiyah. She must follow all the rites of Hajj but she cannot enter the Haram and she should delay her Tawaaf Ziyaarah which is Fardh, until she is ritually pure again. **Please consult Ulama about how a menstruating woman is to do Umrah and Hajj.**
4. The top of the feet (tarsus bones), ankles and heels should not be covered by sandals for the males.

1. Purpose of this guide

This guide is a summary of important aspects of Umrah and Hajj. 'Ihraam Rules' below should be referred to in conjunction with the two colourful depictions of Umrah and Hajj. All pilgrims should consult Ulama and reliable Hajj books for more details.

There are three types of Hajj i.e. Tamattu, Ifraad and Qiraan. Hujjaaj from Australia usually do Tamattu which is an Umrah and then a separate Ihraam for Hajj. The four Imams differed which of the three types of Hajj is preferred. Also, details of the visit to Madinah are included with some important advices.

2. Virtues of Hajj

Hadhrat Abu Hurairah (may Allah be pleased with him) narrated that the Prophet (peace be upon him) said: "Whoever performs the Hajj and commits no lustful act during it nor disobeys Allah, he shall return from it as pure and sinless as he was at the time of his birth."

Ayesha (may Allah be pleased with her) that she asked permission of the Prophet (peace be upon him) to make Jihad, he said: "Your Jihad is Hajj."

Hadhrat Abu Hurairah (may Allah be pleased with him) narrated that the Apostle of Allah (peace be upon him) said: "Those who make the pilgrimage for the Hajj or Umrah are the guests of Allah. The petitions they make will be granted and if they seek deliverance from sins, their sins will be forgiven."

5. It is not permissible to wipe the face with any cloth. However it is permissible to use the hands to wipe the face.
6. The body can be dried with a towel except for the head and face for the males and the face only for the females.
7. It is not permissible to use itr, fragrance, any perfumed soap, shampoo, henna (mehndi) or perfumed towels.
8. It is makrooh (undesirable) to tie knots or use pins to secure the sheets, but it is permissible if necessary to hide the private parts.
9. A wet dream does not invalidate the Ihraam. The impurity should be washed away from body and clothing and a ghusl (shower) should be taken. Spare Ihraam sheets are recommended
10. It is permissible to wrap a blanket or shawl, taking care that it does not cover the head or face but the feet can be covered.
11. Undoing or changing the sheets, taking a shower, wearing a watch or glasses or wearing a belt to put money in, does not invalidate Ihraam.
12. Talking about any sexual desires with one's wife or kissing or touching with sexual intent etc. is not permissible.
13. Fighting, backbiting, swearing or arguing are all forbidden acts.

There are penalties for breaching these rules. Check with reliable Ulama during your Hajj regarding penalties.

1 - Ihraam - Before reaching Meeqat

- a. Remove unwanted hair, trim moustache, clip nails etc.
- b. Make full Ghusl (bath) or at least make Wudhu (ablution)
- c. Before reaching the Meeqat (boundary) put on the Ihraam clothes (2 white un-sewn sheets for men; and regular clothes for women). Women must not let any cloth touch their face whilst in the state of Ihraam.
- d. Pray 2 Rakaats of Salaah - Avoid MAKROOH times. It is Sunnah to recite, Surah Kaafirun in the 1st Rakaat and Surah Ikhlâs in the 2nd Rakaat after Surah Faatihah.
- e. Make Niyyat (intention) for Umrah in any language:
"Allaahu humma inni ureedul umrata fa yas-sir haa lee wa taqabbal haa minni"
(Oh Allah, I intend to perform Umrah; make it easy for me and accept from me)
- f. Recite Talbiyah:
لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ ،
إِنَّا الْحَمْدُ وَالْثَنُّ لَكَ وَالْجَمْلُكَ ، لَا شَرِيكَ لَكَ
"Labbayka, Allaahumma labbayka, labbayka laa shareeyka laka labbayka, innal-hamda wan-ni'mata laka wal-mulk, laa shareeyka lak
(Here I am, O Allaah, here I am, Here I am, You have No partner, here I am, Verily All praise and blessings, and All sovereignty, are Yours, You have No partner)
g. Proceed to Masjid al-Haram, reciting the Talbiyyah, (men to recite loudly; women to recite quietly).
h. When reaching and entering the Masjid al-Haram, enter with your right foot and recite Du'aa for entering the Masjid.
i. On seeing the Ka'bah, say "Allaahu Akbar, Laa ilaaha illallah" 3 times, recite Durood and make Du'aa facing the Ka'bah.

2 - Tawaaf

- a. Before proceeding to the starting point of Tawaaf, corner with the Hajare Aswad (Black Stone), uncover the right shoulder (men only) while making Tawaaf (this is known as idhtiba).
- b. Make Niyyat for Tawaaf (can be made in any language)
"Oh Allah, I intend to perform Tawaaf; make it easy for me and accept it from me."
- c. Face the Ka'bah with your whole body and recite:
بِسْمِ اللَّهِ أَكْبَرُ وَلِلَّهِ الْحَمْدُ
"Bismillaahi, Allaahu Akbar, wa ila laahil hamd"
(In the name of Allah, Allah is the greatest and all praise is for Allah)
Touch and kiss the Hajare Aswad. If you can not kiss or touch it, then hold the palms out towards the black stone and then softly kiss the palms without making a sound. This is called Istilam. Start your 1st circuit. Repeat "Bismillaahi Allaahu Akbar" every time when starting a new circuit until all 7 circuits are complete.
d. Men should walk briskly (Rami) during the First 3 circuits. The remaining four circuits are done at a normal pace.
e. Perform Istilam for the 8th time to finish.
f. During Nafli Tawaaf, ONLY if possible face your head towards the Ka'bah and touch the Yamani corner with the right hand (the corner before Hajare Aswad) and say "Bismillaahi, Allaahu Akbar". During Umrah when in Ihraam this is NOT done due to Itr applied there.

①

③ Mount Safa



Start
1
3
5
7

Green Lights
The following Du'aa may be recited
رَبِّنا اغْفِرْ ذُنُوبَنا وَارْحَمْنا
O Lord! Forgive and have Mercy! You are all Powerful and most Gracious.

Yamani corner

Hajare Aswad

Maqam-e-Ibraheem

Zam Zam Water Taps

Mount Marwah



2
4
6
Finish

④

Note: At no point during Tawaaf should one turn his/her body towards the Ka'bah, this can only be done at the start and end of Tawaaf when making Istilam. Try to avoid touching the Ka'bah whilst in Ihraam due to Itr being applied on the Ka'bah.
g. Recite Qur'aan, make Du'aa or Dhikr etc. during Tawaaf. It is Sunnah to recite the following Du'aa between the Yamani corner and the corner with the Hajare Aswad during each circuit:
رَبِّنا آتِنا فِي الدُّنْيا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذابَ النَّارِ
"Rab-banaa aatinaa fid-dunyaa hasanah wa fil aakhirati hasanah waqina 'azzaaban naar"
(O Allah, grant us goodness in this world and goodness in the hereafter, and save us from the punishment of the fire)
h. After Nafli Tawaaf, if possible, stand between the door of the Ka'bah and Hajare Aswad and make Du'aa - This area is called Multazam - This is NOT done during Umrah due to Itr applied there.
i. Once Tawaaf is complete, (i) Cover your right shoulder (ii) Offer 2 Rakaats anywhere behind the Maqam-e-Ibraheem or anywhere in the Haram. It is Sunnah to recite Surah Kaafirun in the 1st Rakaat and Surah Ikhlâs in the 2nd after Surah Faatihah.
j. Drink Zam Zam water - Make Du'aa when drinking Zam Zam.
k. It is desirable (Mustahab) to perform Istilam for the 9th time before going to Sa'ee

4 - Shaving head/Trimming hair
a. After completing Sa'ee, Men should shave off their hair (Halaq) or trim a minimum of 1 inch of the hair evenly all over (Qasr). Qasr is only permissible if your hair is more than 1 inch long - Women should gather the hair together and trim about 1 inch off the end of their plait; themselves. Men's barber shops can be found in many places outside Haram.

REMOVE IHRAAM CLOTHES - UMRAH NOW COMPLETE.

3 - Sa'ee

- a. Proceed to Mount Safa and make Niyyat (Intention) of Sa'ee (this can be done in any language)
- b. Ascend Mount Safa, face the direction of the Ka'bah and say: "Laa ilaaha il-lal laahu wal-laahu akbar" 3 times.
- c. Raise the hands and facing the direction of the Ka'bah, make as much Du'aa as possible.
- d. From Mount Safa proceed to Mount Marwah.
- e. Make Du'aa, Dhikr etc. along the way.
- f. Men (only) should jog / quicken their pace between the set of green lights - you may recite the Du'aa above.
- g. When reaching the other Mount, again make Du'aa facing the direction of Ka'bah.
- h. Going from one Mount to the other is counted as One circuit.
- i. Return back to Safa - Go 7 times in total between Safa and Marwah repeating steps e, f & g (above).
- j. Finish the 7th circuit at Marwah and make Du'aa.

4. ZIYARAH OF MADINAH MUNAWWARAH*



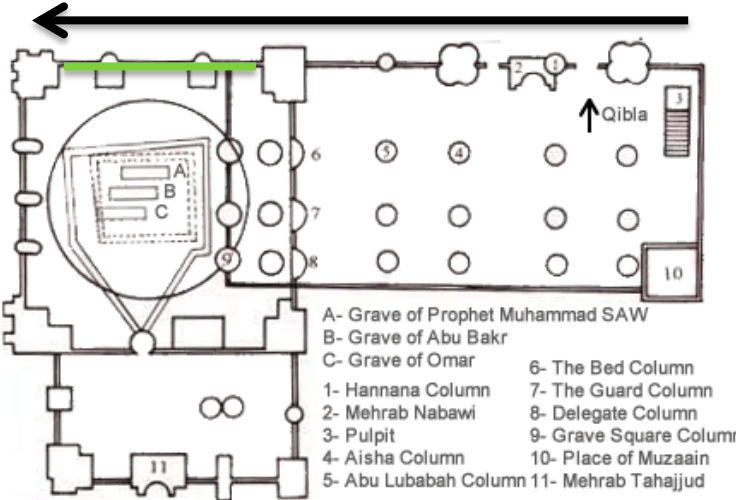
1. As you approach the city of Madinah, let your eagerness intensify. Leave out all talk and recite Salawaat (Durood) abundantly and immerse yourself in the awe of this great city.
2. As you enter the holy city, recite the Masnoon Dua for entry into Madinah and engage in fervent Dua.
3. Settle down at your place of residence. Thereafter take a bath, wear your best clothes, apply itr, do miswaak (just as on Eid day) and prepare for the meeting with the greatest of all men. Give out some charity as you proceed.
4. Set out with humility and dignity towards the Masjid. As the Masjid appears and the green dome is sighted, understand your good fortune and ponder on the exalted status of Rasulullah (sallallahu alayhi wasallam). The awe of this holy place should weigh heavily on your heart.

5. ENTRY INTO MASJIDUN NABAWI

1. Enter the masjid according to the Sunnah method.
2. If time permits, read two rakaats Tahiyatul-Masjid in Riyadhul-Jannah (green carpeted area) or any other place, and make dua and thank Allah for this great blessing.

* Abridged from *Hajj Mabroor* by Mufti Zubair Bayat

4. asking for intercession is very important and one should beg Allah for Nabi's (sallallahu alayhi wasallam) intercession. Although dua should be made by facing the Qiblah, it will be disrespectful to have one's back to the Nabi of Allah. It is better to face him and make dua avoiding raising of the hands. Finally, after greeting Nabi (sallallahu alayhi wasallam), move a little forward and greet Hadhrat Abu Bakr and little further greet Hadhrat Umar (may Allah be pleased with them).
5. Other significant places (depicted in the diagram below) in the Masjidun-Nabawi such as the holy pillars, Mihrab Shareef, should also be visited. Offer at least two rakaats Salah at each of these places followed by dua.



** Females: Follow the same procedure except that they may not be able to enter through Baab-Jibreel and they will not be able to offer Salam from the front but from other directions.

** Females: Specific times are allocated for women.

- 3.** At this stage, the heart must be filled with awe, hope and fear. Do not look around at the decorations, etc. but cast glances low and focus on the magnitude of the occasion as you proceed respectfully towards the Rawdha-Shareef – the holy tomb of Rasulullah (sallallahu alayhi wasallam).
- 4.** As you stand before his holy grave, clear your mind of every thought besides his presence. Do not be distracted by the crowds, the jostling and pushing, etc. as you will lose the essence of the occasion. Least of all, never get angry with anyone or worry about what others are doing at this time.
- 5.** The front side (indicated with a green line below) should be faced. In this way you are standing face to face with Rasulullah (sallallahu alayhi wasallam). It is considered disrespectful to touch the walls, peer into the Rawdha-Shareef, etc.

6. METHOD OF SALAM

1. Commence reciting Salam upon Rasulullah (sallallahu alayhi wasallam). Recite in a moderate voice. Do not shout your Salaam, nor speak loudly here.
2. The greater the adab – respect and reverence, the greater the possibility of acceptance and attaining his intercession.
3. by saying "**Assalaatu wassalaamu alayka yaa rasoolullah**" is paying homage has been accomplished. There is a lot of other ways you can make salaam to him and other duas also.



7. Advices to keep in mind

If we keep the following 3 dos and 3 don'ts in mind, the full reward will be attained. You will have a fruitful, positive, life changing journey, InshaAllah.

Three dos

It is narrated that the Prophet (sallallahu alayhi wasallam) has said there is no reward for a mabroor hajj (pleasing and accepted by Allah) except Jannah. When on further enquiry about what it means for a hajj to be mabroor, The Prophet said:

- Feed others
- Speak nicely (and softly).
- (In another narration) to spread the greeting of salaam.

Three Don'ts

“Whoever has decided to perform the pilgrimage therein then let there be

- no lewdness (lustful talk),
- nor abuse,
- nor disputation during the pilgrimage.”

[*Sûrah al-Baqarah*: 197]

8. Life after hajj

Al-Hasan Al-Basri رحمه الله said, “Hajj Mabroor entails that one returns therefrom relinquishing the life of this world and desiring the hereafter.”

