

The Performance of the ‘Umrah

1. When you reach the prescribed station (Meeqaat), the Sunnah is that you clean yourself, wash the whole of your body, and apply some perfume to your body but not your garments of Ihraam. Males should then put on the two-piece garment of Ihraam⁶ which should preferably be of white cloth. As for a woman, she may wear any clothes she likes as long as they do not display her adornments, nor make her resemble men, or resemble the clothes of unbelieving women. Then make your intention to perform ‘Umrah by saying:

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“Labbayka ‘Umrah.”

“I answer your call with ‘Umrah”

And then say the Talbiyah:

⁶ The garments of Ihraam constitute an izaar, which is a cloth wrapped around the lower part of the body, and a ridaa’, a cloth which is wrapped around the upper part of the body.

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“Labbayk Allahumma labbayk. Labbayk la shareeka laka labbayk. Innal hamda wan ni’mata laka wal mulk. La shareeka lak.”

“Here I am at Your service O Lord, here I am. Here I am. There is no partner to You. Here I am. Truly, all praise and favour is Yours, as well as all Dominion. There is no partner to You.”⁷

Men should utter this aloud, while women should say it quietly. Repeat this talbiyah frequently, and engage in the praise of Allah and in supplications for forgiveness.

2. When you reach Makkah, make the seven circuits (Tawaaf) around the Ka’bah, beginning at the Black Stone with Takbeer (utterance of **Allahu Akbar**)⁸, and ending each circuit at the same place. While making your Tawaaf, invoke Allah much and make supplications to Him in any words you please as long as they are acceptable in the shari’ah. It is Sunnah when you reach the place between the Yamani Corner and the Black Stone in each circuit to say:

⁷ Bukhari.

⁸ Bukhari.

“Rabanaa aatinaa fid-dunyaa hasanatah, wa fil-Aakhirati hasanah, wa qinaa ‘athaab⁹ an-Naar.”

“Our Lord give us good in this world, and good in the Hereafter, and save us from the torment of the Fire.” [Surah al-Baqarah (2):201]¹⁰

After completing the seventh circuit, pray two rak‘ahs behind the Station of Ibraheem (Maqaam Ibraheem) if it is possible, even if you are a little far away from it. Otherwise pray at any other place within the Sacred Masjid.

In doing this Tawaaf, it is Sunnah for a man to expose his right shoulder, that is, to put the middle of the upper garment of his Ihraam underneath his right arm and their two ends on his left shoulder.¹¹ It is also Sunnah for him to

⁹ The ‘th’ in the word ‘*athaab*’ is pronounced hard like the ‘th’ in the word ‘the’ or ‘there’.

¹⁰ Abu Dawud.

¹¹ This is called al-Idtibaa’ ().

walk in quick and short paces during the first three circuits of this Tawaaf.¹²

3. You should then proceed to the mount of Safaa and ascend it¹³, reciting the saying of Allah:

“Surely, the Safaa and Marwah are among the Symbols of Allah. So he who performs the Hajj to the House of Allah, or the ‘Umrah, it is no sin on him to make the walk between them. And whoever does good voluntarily, then certainly Allah is Thankful, Knowing.” [Surah al-Baqarah (2):158]¹⁴

Then you should face the Ka’bah, praise Allah, raising your hand in the way done when making du‘aa, and then say the takbeer (Allahu Akbar) three times. Then make supplication

¹² This is called ar-raml ().

¹³ One need not climb the actual rocky part. It is sufficient to simply ascend the paved slope.

¹⁴ Muslim.

to Allah, repeating your supplication three times, as is the Sunnah. Then say:

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“Laa ilaaha ill-Allah, wahdahu la shareeka lah. La-hul mulk wa la hul hamd, wa Huwa ‘alaa kulli shay`in qadeer. Laa ilaaha ill-Allahu wahdah, anjaza wa’dah, wa nasara ‘abdah, wa hazam al-ahzaaba wahdah.”

“There is no god worthy of worship except Allah, Who is without partner. His is all Dominion and His is all Praise, and He has Power over everything. There is no god worthy of worship except alone. He fulfilled His promise, supported His slave, and defeated the parties (of the unbelievers) alone.”¹⁵

It is preferable to utter this supplication three times, but there is no harm in saying it less than that.

¹⁵ Muslim.

You then descend from Safaa and do the Sa'y of the 'Umrah seven times. Increase your pace between the two green posts, but otherwise walk at a normal pace before and after them. Then you climb Marwah, praise Allah, and do as you did at Safaa.

There are no required specific formulas or supplications for the Tawaaf and Sa'y. The worshipper may praise Allah, or supplicate Him in his own words, or he may recite portions of the Qur'an, paying special attention to the supplications that the Prophet (ﷺ) recited at specific places when performing these rites.

4. After the Sa'y, end your 'Umrah by shaving or shortening your hair. After this, the prohibitions pertaining to the state of Ihraam are lifted, and you may now resume your normal activities.