

UMRAH SIMPLIFIED METHOD

السلام عليكم ورحمة الله وبركاته

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Before the bath a pilgrim takes for assuming Ihram, it is Mustahabb that he should have his nails cut and shave his armpits and pubic hair, have a bath with soap so as to become thoroughly clean

Before he forms *Niyah* and assumes *Ihram*, a person should put on the sheets of cloth. He should keep both the shoulders covered with the sheets. Then after covering his head he should perform *Nafil Salah*, if the time is not *Makruh*. This *Salah* is a *Sunnah* and it is *Mustahabb* that in the first *Rak'at*, he should recite *Suratul Kafirun* after the *Al-Fatihah* and in the second *Rak'at*, *Suratul Ikhlas*.

After offering the *Nafil Salah* he should uncover his head and while still sitting, he should make *Niyah* for Umrah, as given below:

NIYYAH FOR UMRAH

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Allahumma innee ureedul umrata fayassir haa lee wa taqabbalhaa minnee

(O Allah! I intend to perform Umrah. Make it easy for me and accept it from me.)

After Niyah, a pilgrim should recite Talbiyah that is

لبك اللهم لبك- لبك لا شريك لك- ان الحمد و النعمة لك والملك- لا شريك لك

Labbayk allahumma labbayk- labbayka la shareeka laka labbayk- innal hamda wanni a mata laka wal mulk- laa shareeka lak

Labbaik... (I am present) loudly. To recite *Talbiyah* once is a condition for *Ihram*. It is *Sunnah* to recite it thrice.

A person should note that the state of Ihram is not accomplished and a person does not become Muhrim unless he forms the Niyah and recites Talbiyah.

Duaa

اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ وَأَعُوذُ بِكَ مِنْ غَضَبِكَ وَالنَّارِ

Allahumma innee asaluka ridhaaka wal jannata wa aoothu bika min ghadhabika wan naar
(Oh Allah! I earnestly request You to grant Your pleasure and Paradise and I seek Your protection from Your Wrath and Hell-fire.)

Durood

اللهم صل علي سيدنا محمد وعلى ال سيدنا محمد وبارك وسلم

Allahumma salli alaa sayyidina muhammadin wa alaa aali sayyidina muhammadin wa baarik wasallim

While entering into Masjidul Haraam (the Holy Mosque) a person should recite:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ

Bismillahi wassalatu wassalaamu alaa rasulillahi

(In the name of Allah and Salat and Salam upon Rasulullah)

and he should put his right foot in the Holy Mosque, and should pray:

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma aftah li abwaba rahmate ka

(O Allah! Open to me the gates of Your Mercy)

While entering into Masjidul Haraam, it is Mustahabb to make Niyyah of Itikaf
(O Allah! I form Niyyah for Itiqaf for the period I am in Masjidul Haraam)

As soon as a person catches sight of Baitullah he should say

A person should recite this Takbir thrice:

اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ، لَا إِلَهَ إِلَّا اللَّهُ

وَاللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ وَاللَّهُ الْحَمْدُ

Allahu Akbar, Allahu Akbar, La ilaha illallah

Wa Allahu Akbar, Allahu Akbar Wa Lilla Hil Hamd

and then make Du'a as under:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ فَحَيِّنَا رَبَّنَا بِالسَّلَامِ

Allahumma antas salaam wa minkas salaam fahayyina rabbana bis salaam

(O Allah! You alone are the Giver of Peace, and Peace comes only from You. O our Rabb!
Keep us in peace.)

اللَّهُمَّ زِدْ هَذَا الْبَيْتَ تَشْرِيفًا وَتَعْظِيمًا وَتَكْرِيمًا
 وَمَهَابَةً وَزِدْ مَنْ شَرَّفَهُ وَكَرَّمَهُ مِنْ حَجَّهِ
 أَوْ اعْتَمَرَهُ تَشْرِيفًا وَتَعْظِيمًا وَتَكْرِيمًا وَ
 بِرًّا

**Allahumma zid haathal bayta tashreefan wa ta zheeman wa takreeman wa mahaabatan wa
 zid man sharrafahu wa karramahu mimman hajjahu awi a tamarahu tashreefan wa ta a
 zheeman watakreeman wa birran**

(O Allah! Increase the exaltation, the veneration and the awe of this House and he, who pays due regard and respect to this House, among the people who perform its Hajj and Umrah, also increase his nobility, greatness, honor and goodness.)

After this he should recite *Salat* and *Salam* (*Durud*) on Rasulullah .

Durood

اللهم صل على سيدنا محمد وعلى آل سيدنا محمد وبارك وسلم

**Allahumma salli alaa sayyidina muhammadin wa alaa aali sayyidina muhammadin wa
 baarik wasallim**

A *Du'a* mentioned in *Hadith* is reproduced below:

أَعُوذُ بِرَبِّ الْبَيْتِ مِنَ الْكُفْرِ وَالْفَقْرِ وَمِنَ
 ضَيْقِ الصَّدْرِ وَعَذَابِ الْقَبْرِ

A oothu birabbil bayti minal kufri wal faqri wa min dheeqis sadri wa athaabil qabri
 (I seek the protection of the Rabb of the House, from *Kufr*, poverty,
 narrowness of chest and chastisement of grave.)

A pilgrim should stand facing *Hajarul Aswad* in such a way that the entire *Hajarul Aswad* remains to his right, that is a little before the wide strip of black stone on the floor of *Masjidul Haraam* in front of *Hajarul Aswad*. Standing a little away from this black strip, he should form *Niyah*, in the words given as under:

اللَّهُمَّ إِنِّي أُرِيدُ طَوَافَ بَيْتِكَ الْحَرَامِ سَبْعَتَهُ
 أَشْوَاطٍ لِلَّهِ تَعَالَى فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

**Allahumma innee ureedu tawaafa baytikal haraami sab a'ta ashwaatin lillahi ta a'la fayassir
 hu lee wataqabbalhu minnee**

(Oh Allah! I intend to perform *Tawaf* of Your *Baitul Haraam* (Sacred House) in seven circuits for the sake of Your pleasure only. Make it easy for me and accept it.)

After this *Niyah*, he may walk a little to the right and stand on the line made of black stone so as to face *Hajarul Aswad* completely. This is known as *Istiqbal* of *Hajarul Aswad*.

After forming *Niyyah* and while facing *Hajarul Aswad* for the first time, a pilgrim should recite:

بِسْمِ اللَّهِ - اللَّهُ أَكْبَرُ وَ لِلَّهِ الْحَمْدُ

Bismillahi Allahu Akbar Wa Lilla Hil Hamd

Then he should raise both the hands up to the lobe of his ears and his both palms facing *Hajarul Aswad* and *Baitullah*, as is done while performing *Takbirut Tahrimah* (saying *Allahu Akbar*) in *Salah*. Then he should drop his hands and then perform *Istilam* of *Hajarul Aswad*.

Istilam, that is to kiss Hajarul Aswad:

A pilgrim should stand on the black line of demarcation so as to face *Hajarul Aswad*, then raise his hands to its height (which is a little below his chest), with palms facing towards it, presuming that he has placed them on it, and then recite:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

Allahu Akbar La ilaha ill-Allahu was-Salâtû was-Salâmû `alâ Rasûlillah

and then kiss his palms.

While facing *Hajarul Aswad*, it is *Sunnah* to recite *Takbir* while making *Istilam* in the beginning and also in every circuit. One should say:

بِسْمِ اللَّهِ - اللَّهُ أَكْبَرُ وَ لِلَّهِ الْحَمْدُ لَا إِلَهَ إِلَّا اللَّهُ وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ

Bismillahi Allahu Akbar Wa Lilla Hil Hamd

La ilaha ill-Allahu was-Salâtû was-Salâmû `alâ Rasûlillah

When a pilgrim reaches the line of black marble marked on the floor after completing a circuit, he should face *Hajarul Aswad* first, then he should perform *Istilam* and also recite *Takbir* But he should not raise his hands up to the lobe of his ears, which is done only once at the beginning of *Tawaf*.

During a *Tawaf*, *Istilam* of *Hajarul Aswad* is performed eight times including *Istilam* at the beginning and the end of the *Tawaf*.

Although to look at *Baitullah* is *Ibadah* but while in *Tawaf* it is forbidden to face *Baitullah*

Idtiba is to place the upper sheet of *Ihram* on the left shoulder after making it pass through the right arm-pit.

It is *Sunnah* to have *Idtiba* in all the seven circuits of *Tawaf* performed in the state of *Ihram* which is followed by *Sa'ey*. But it is not observed in *Sa'ey*.

Ramal in Tawaf is to walk with short and quick steps and with jerking shoulders. Some of the pilgrims start running, which is wrong.

It is Sunnah only to perform Ramal in the first three circuits of that Tawaf after which Sa'ey is performed. There is no Ramal in all other kinds of Tawaf.

DUAAS TO BE RECITED

First side

سبحن الله والحمد لله ولا اله الا الله والله اكبر ولا حول ولا قوة الا بالله العلي العظيم

Subhaanallahi walhamdulillahi wa laa ilaaha illallhu wallahu akbar wa la hawla wa la quwwata illa billahil aliyyil azheem.

لا اله الا الله وحده لا شريك له ' له الملك وله الحمد يحيي ويميت بيده الخير وهو علي كل شيء قدير

Laa ilaha illallahu wahdahu laa shareeka lahu lahul mulku wa lahul hamdu yuhyi wa yumeetu biyadihilkhayru wahuwa ala kulli shay in qadeer

اللهم اني اسئلك العفو والعافية في الدنيا والاخرة

Allhumma inni asalukal afwa wal aafiyata fid dunya wal aakhirati

اللهم اني اسئلك الراحة عند الموت والعفو عند الحساب

Allahumma inni asalukar raahata I'ndal mauti wal a'fwa I'ndal hisaabi

اللهم قنعي بما رزقتني وبارك لي فيه و اخلف علي كل غائبة لي بخير لا اله الا الله وحده لا شريك له ' له الملك وله الحمد يحيي ويميت بيده الخير وهو علي كل شيء قدير

Allhumma qanni a ni bimaa razaqtanee wa baariklee feehi wakhluf alaa kulli ghaaibatil lee bikhayrin Laa ilaha illallahu wahdahu laa shareeka lahu lahul mulku wa lahul hamdu yuhyi wa yumeetu biyadihilkhayru wahuwa a'la kulli shay in qadeer

Second side

اللهم اني اعوذ بك من الشك والشرك والشقاق وسوء الاخلاق وسوء المنقلب في المال والاهل والولد

Allhumma innee a oothoo bika minash shakki wash shirki wash shiqaaqi wa soo al akhlaaqi wa soo al munqalabi fil maali wal ahli wal walad

اللهم اني اعوذ بك من الكفر والفاقة ومواقف الخزي في الدنيا والاخرة

Allahumma innee a oothu bika minal kufri wal faaqati wa muwaaqifil khizyi fid dunya wal aakhirati

اللهم اظلني تحت ظل عرشك ' يوم لا ظل الا ظلك ولا باقي الا وجهك واسقني من حوض نبيك محمد صلي الله عليه وسلم شربة هيئة لا اظما بعدها ابدا

Allhumma azhillani tahta zhilla arshuki yowma laa zhilla illaa zhilluka wa laa baaqiya illaa wajhuka wasqini min howdhi nabiyika muhammadun sallallahi alayhi wasallam shurbatan haneen atan laa azhma u ba a daha abadan

اللهم انك تعلم سري وعلانيتي فاقبل معذرتي وتعلم حاجتي فاعطني سؤلي وتعلم ما في نفسي فاغفر لي ذنوبي ' اللهم اني اساء لك ايمانا يباشر قلبي ويقينا صادقا حتي اعلم انه لا يصيبني الا ما كتبتة علي فارضني بما قسمته لي يا ذا الجلال والاکرام

Allahumma innaka ta a lamu sirri wa a laaniyatee fa aqbil ma a thiratee wa ta a lamu haajatee fa a tinee sualee wa ta a lamu maa fee nafsee faghfirlee thunoobee allahumma innee asaluka eemaanan yubaashiru qalbi wa yaqeenan saadiqan hatta a alamu annahu laa yuseebunee illaa maa katabtahu alayya fardhinee bimaa qasamtahu lee yaa thal jalaali wal ikraam

Third side

اللهم ايمانا بك وتصديقا بكتابك ووفاء بعهدك واتباعا لسنة نبيك محمد صلي الله عليه وسلم

Allahumma eemaanam bika wa tasdeeqam bikitaabika wa wafaa-am bia'hdika wattibaa a'l isunnati nabiyika muhammedun sallallahu a'layhi wasallam

اللهم ان هذا البيت بيتك والحرم حرمك والامن امنك وهذا مقام العاءذ بك من النار ' فاجرني من النار يا مجير

Allahumma inna haathal bayta baytuka wal haramu haramuka wal amnu amnuka wa haatha maqaamul aaithi bika minan naari fa ajirnee minan naari yaa mujeeru

اللهم رب هذا البيت العتيق اعتق رقابنا من النار واعذنا من الشيطان الرجيم وبارك لنا فيما اعطينا

Allahumma rabba haathal baytil a'teeq a'atiq riqaabanaa minan naari wa aithnaa minash shaytaanir rajeem wa baarik lanaa feemaa a'ataytana

اللهم لا تدع لنا في مقامنا هذا ذنبا الا غفرته ولاهما الا فرجته ولا حاجة الا قضيتها ويسرتها فيسر امورنا واشرح صدورنا ونور قلوبنا واختم بالصلحة اعمالنا

Allahumma laa tada'lana fee maqaamina haatha thamban illaa ghafartahu wa laa hamman illaa farrajtahu wa laa haajatan illaa qadhaytaha wa yassartaha fayassir umoorana washrah sudoorana wa nawwir quloobana wakhtim bissaalihaati a'amalana

Fourth side

ربنا اتنا في الدنيا حسنة وفي الاخرة حسنة وقما عذاب النار

Rabbana aatina fid dunyaa hasanatan wa fil aakhirati hasanatan wa qinaa athaaban naar

These duas can also be recited

There is no God but You. Glory be to You. I have surely been one of the wrong doers. O Allah! You are All forgiving. You love forgiveness, so forgive me.

O You Living, You Eternal, I appeal to your Mercy.
 O Allah! Forgive me and have Mercy and You are the best of all the Merciful.
 O Allah! from You I beseech guidance and piety, chastity and self-sufficiency.
 O our Rabb! Forgive me and my parents and also all the believers on the Day of Reckoning.
 O Our Rabb! Forgive me and accept my repentance, surely You are the Relenting, All Merciful.
 I seek the forgiveness of Allah except whom there is no God. He is the Living, the Eternal, To Him I turn.
 Glory be to Allah. All praise is due to You alone. I testify that there is no god but Allah. I seek Your forgiveness, and to You I turn penitent.
 O Allah! I seek Your Pleasure and Paradise and I seek Your Protection against Your Wrath and against the Hell.
 O Allah! make me content with what You have granted me and bless all that You have bestowed on me and guard well on my behalf all that I have left behind me (such as my family, my wealth, etc.)
 There is no god but Allah. He is unique. He has no partner. For Him is the sovereignty and for Him is the praise. And He is All-powerful.
 (O Our Rabb! Give to us in this world that which is best and in the Hereafter that which is best, and save us from the torment of the Hell, and let us be with the righteous in the Paradise. O the Powerful, O the Forgiver, O Rabb of the worlds.)

After every Tawaf it is Wajib to perform Rak'atain (Salah comprising two Rak'at).

After completion of the seventh circuit of Tawaf, and after the Istilam of Ka'bah for the eighth time, a pilgrim should move towards Maqame Ibrahim reciting:

وَاتَّخِذُوا مِن مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

(And take the station of Ibrahim as your place for Salah)

and perform two Rak'at Salah for Tawaf.

It is Mustahabb to drink Zam Zam water after offering Rak'atain of Tawaf and make dua with full yaqeen conviction of your duas being accepted in your heart.

It is also Sunnah to perform Istilam of Hajarul Aswad after performing Rak'atain and drinking Zam Zam water. This is the 9th Istilam of Hajarul Aswad beginning from the Tawaf. Then he should proceed to Safa for Sa'ey.

It is sufficient to ascend on Safa up to that place from where one can see Baitullah. It is not correct to climb right up to the top.

Niyah is not a condition essential for Sa'ey. It is only a Sunnah. Facing the Holy Ka'bah, a pilgrim should form intention of Sa'ey as follows:

اللَّهُمَّ إِنِّي أُرِيدُ السَّعْيَ بَيْنَ الصَّفَا وَالْمَرْوَةِ
 سَبْعَةَ أَشْوَاطٍ لِلَّهِ تَعَالَى فَيَسِّرْهُ لِي وَتَقَبَّلْهُ مِنِّي

Allahumma innee ureedus sa'ya baynas safaa wal warwati sab'at ashwaatin lillahi ta ala fayaasir hu lee wa taqabbal hu minnee

(O Allah! I intend to make seven rounds of Sa'ey between Safa and Marwah, for Your pleasure. Make it easy for me and accept it.)

It is *Mustahabb* to repeat *Du'a* and recitations three times at *Safa* and *Marwah* and to stay there for quite some time.

While on Safa and Marwah one should raise his hands as in Du'a and not in the manner as he does while beginning Salah.

Then he should recite three times in a loud voice:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ وَاللَّهُ الْحَمْدُ

Allahu Akbar, Allahu Akbar, Allahu Akbar Wa Lilla Hil Hamd

and three times he should recite:

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ
الْمَلِكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ»

*Laa ilaha illallahu wahdahu laa shareeka lahu lahul mulku wa lahul hamdu yuhyi wa
yumeetu biyadihilkhayru wahuwa ala kulli shay in qadeer*

(There is none worthy of being worshipped but Allah. He is One and has no partner. His is the Kingdom and all praise is due to Him and He is All-Powerful.)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ وَعَدَهُ وَ نَصَرَ عَبْدَهُ
وَ هَزَمَ الْأَحْزَابَ وَحْدَهُ

*Laa ilaaha illallahu wahdahu anjaza wa'dahu wa nasara a'bdahu wa hazamal ahzaaba
wahdahu*

(There is none worthy of being worshipped but Allah. He is the One and Unique. He fulfilled His promise and helped His bondsman, Rasulullah and He alone defeated enemies.)

Then he should glorify and praise Allah in the words given below:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ
وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

*Subhaanallahi walhamdulillahi wa laa ilaaha illallhu wallahu akbar wa hawla wa la
quwwata illa billahil aliyil azheem.*

(Allah is Holy and all praise is due to Allah alone. There is none worthy to be worshipped except Allah. Allah is the Greatest. There is no Power nor Strength except in Allah.)

Then a pilgrim should send *Salat (Darud)* on Rasulullah, in a low voice and he should pray for himself and for his friends with due humility and reverence because this too is the holy place where *Du'a* is accepted and what a person asks for is given.

Now he should begin Sa'ey and during it he should

recite *Kalimatut Tawhid* and all the other duaas above as well.

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ
الْمَلِكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ»

La ilaha ill-Allahu wahdahu la Sharika lahu, laahul-mulku wa laahul-hamdu wa hu'wa 'ala kulli shai 'in Qadeer.

(There is no deity save Allah, the One without a partner. His is the dominion and His is the praise, and he is Powerful over everything.)

and should continue *Du'a* and *Dhikr* in every round.

When a pilgrim performing Sa'ey, between Safa and Marwah, reaches the place marked with green pillars, up to a distance of six cubits before and after it, he should start running with medium pace, then again should resume the usual pace.

Between the green pillars, the following *Du'a* has been narrated from Rasulullah :

رَبِّ اغْفِرْ وَارْحَمْ إِنَّكَ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

Rabbighfir warham innaka antal a'azzul akram

(O Rabb! Forgive and have Mercy. You are All Powerful and most Gracious.)

After Sa'ey and before ritual shaving, it is *Mustahabb* to perform *Nafil Salah* (two *Rak'at*) in *Masjidul Haraam* provided the time is not *Makruh*. But one should not perform it at *Marwah* because it is *Bid'ah*.

A pilgrim should either get his head shaved which is known as *Halq* or get his hair cut short which is known as *Qasr*.

In *Qasr*, he has to get all his hair cut short up to the extent of one finger-joint or a little longer as a measure of protection, or one-fourth of his entire head.

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يغفر الله لنا ولكم - اللهم تقبل منا