THE NEW SIMPLE
Umrah Guide

★ 1. When you reach the Miqāt (or just before it on a flight) assume the Ihram and recite:

لَبَّيْكَ أَنَّىُمْ عُمْرَةَ

Labbaik Allāhumma bi-'Umrah. [Here I am, O Allāh, making ‘Umrah.]

★ 2. If you are in fear of not completing the Umrah, then recite:

اللّهُمَّ مَخْلِقَ حيْثُ حَبْسَتِي

Allahumma mahillee haithu habastani. [O Allāh! my place is wherever You prevent me.]

★ 3. Stand, face the Qiblah and recite:

اَللّهُمَّ هَذِهِ عُمْرَةٌ ﻻُرَيْاءِ ﻓِيهَا وَﻻِ سُمِعتَ

Allāhumma hādhihi ‘Umrah , là riyā’a fīhi wa lā sīmūt [O Allāh this is an ‘Umrah, there being no showing-off in it nor seeking repute.]

★ 4. Then recite loudly and frequently this Talbiyyah until you reach the Sacred Mosque:

لَﻚَ اَلْنِّعْمَةَ وَ اَلْحَمْدَ إنﱠ ﻟَﺒَﺂِﻚَ، لَﻚَ ﻟَﺸْﺮِيْﻚَ ﻷَ وَاَلْمُﻠْﻚُ

Labbaik Allāhumma Labbaik, Labbaika là shareeka laka Labbaik, Innal hamda wan-nî’mata laka wal-mulk, Lāshareeka laka. [Here I am O Allāh. Here I am, You have no partner. Here I am, verily all praise is for You, and every bounty is from You - and all dominion is Yours, You have no partner.]

★ 5. Also from the Talbiyah is to recite:

اَللّهُمَّ إِلَّآَ ﺗَحَلّ

Labbaika ilāhal haq. [Here I am, O God of Truth.]

★ 6. Enter the Masjid Al-Haram (the Sacred Mosque) with your right foot first and recite:

اَللّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ سَلَٰمَ، اَللّهُمَّ اَفْتَحُ لِي أَبْرَاهِيمَ رَحْمَاتُك

Allāhumma salli `alā Muhammadin wa sallim Allāhumma aftah-lee abwābā rahmatika. [O Allāh, send prayers and peace upon Muhammad. O Allaah, open the doors of your Mercy for me.]

★ 7. Start at Al-Hajr Al-Aswad (the Black Stone). Men should uncover the right shoulder by placing the Ihrām under the right armpit. When beginning each circuit of Tawāf, touch the Black Stone, and if you cannot, make a sign with your right hand towards it, and say:

اللّهُ أَكْبَرُ

Allāhu akbar. [Allāh is the Greatest.] Do not stand there to make further supplications.

★ 8. Make seven circuits of the Ka’bah. Men should walk swiftly around the Ka’bah for the first three circuits, then begin the fourth circuit at a normal walking pace. During each circuit, between the Yemeni Corner and the Black Stone, recite:

رَبَّنَا أَيِّنَآِ فِي الْذَّنَبِ ﺷَفَاءُ ﻓِي الْآخِرَةِ ﺷَفَاءُ ﻓِي عَنْدَلَ النَّارِ

Rabbanā atīna fid-dunya hasana wa filĀkhirati hasana wa qinā ‘adhaban-Nār. [Our Lord! Give us that which is good in this world and in the Hereafter, and save us from the torment of the Fire.] During Tawāf, supplicate, remember Allāh and recite the Qur’ān.

★ 9. Men re-cover the right shoulder, then go behind the Place of Ihram and recite:

وَاتَّخِذُوا مِنْ مَقَامِ إِبْرَاهِيمَ ﻣُصَلِّيَّ

And take from the place of Abraham a Musallī.
10. And pray here two Rak’ahs. In the first Rak’ah recite Sūrah Al-Kāfīrūn and in the second Rak’ah recite Sūrah Al-Ikhlās. Pray with a sukrāh in front of you.

11. Then go to the Zam-Zam taps and drink from it, and pour some of the water over your head.

12. Return to Al-Hajar Al-Aswad (Black Stone) and touch it as before if you are able, and say Allāhu Akbar, but if you cannot touch it set off to make Sa’i between Safa and Marwah.

13. Begin your Sa’i (the walk) at Safa. At the foot of Safa recite this (only once):

Innas-Saf wal-Marwata min sha’ārā’ irillāh faman hajjal-baita auwi’tamara falā junāhā ‘alaihi an yattawwafa bihimā wa man tātawwā’a khairan fa ʿinnallāhā shākirun ‘aleem. Nabda’u bimā bada’ Allāhu bihi. [Verily! As-Safā and Al-Marwah are from the signs of Allāh. So it is not a sin on him who performs Hajj or Umrah of the House to perform the walk between them. And whoever does good voluntarily, then verily, Allāh is All-Recogniser, All-Knower.]

14. Each time on the hill of Safa, face the Ka’bah and recite 3 times with hands raised:

Allāhu Akbar, Allāhu Akbar, Allāhu Akbar. Lā ilāha illallah wahdahu lā shareekalah, lahal mulk, wa lahal-hamd, yahyeey wa yumeet, wa huwa ‘alā kullu shay’in qadeer. Lā huwa ‘alā kulli shay’in qadeer; lahu anghū wa ‘anṣara ‘abdahu, wa hazama’ ahzaba’ wahdah. [Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest. There is none worthy of worship except Allāh alone, without partner. He has fulfilled His promise, aided His slave and He alone has defeated the confederates.]

15. Then walk from Safa to the hill of Marwah and recite upon it the same as you did at Safa. That is one circuit. Then return to Safa and recite the supplications again (second circuit). Continue for seven circuits, finishing at Marwah. Do not recite it on the last visit to Marwah. Also upon encountering the green lights between the two hills, men only should run from one green light to the next, and no more. Do not bother or push others.

16. You may now exit the Masjid al-Harām with your left foot, reciting:

Allāhumma sali ‘alā Muḥammadin wa sallim, Allāhumma innee as ‘alūka min fadlika. [O Allāh, send prayers and peace upon Muḥammad, O Allāh, verily I ask You from Your Favour.]

17. Finally, the man should shave his head, and this is best; or trim his hair equally from his head. The woman should cut a fingertip’s length of the ends of her hair as she bunches it together. Your ‘Umrah is now complete, may Allāh accept it.