

**BEAUTIFUL
YET SIMPLE
SUPPLICATIONS
FROM THE
QURAN &
SUNNAH**

**AND A NEW SIMPLE
'UMRAH GUIDE**

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BEAUTIFUL YET SIMPLE SUPPLICATIONS

1. Supplications from the Qur'an

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

“Our Lord, give us in this world that which is good and in the Hereafter that which is good, and save us from the punishment of the Fire!” (2:201)

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا
كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ
لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى
الْقَوْمِ الْكَافِرِينَ

“Our Lord, punish us not if we forget or fall into error. Our Lord, lay not on us a burden like that which You did lay on those before us. Our Lord, put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have mercy on us. You are our *Mawlā* (Patron, Supporter and Protector), so give us victory over the disbelieving people.” (2:286)

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

“Our Lord, let not our hearts deviate [from the truth] after You have guided us, and grant us mercy from Yourself. Truly, You are the Bestower.” (3:8)

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

“Our Lord, we have indeed believed, so forgive us our sins and save us from the punishment of the Fire.” (3:16)

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

“O my Lord, grant me from Your grace, a good offspring. You are indeed the All-Hearer of invocation.” (3:38)

رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

“Our Lord, we believe in what You have sent down, and we follow the Messenger, so write us down among those who bear witness.” (3:53)

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

“Our Lord, we have wronged ourselves. If You forgive us not, and bestow not upon us Your Mercy, we shall

certainly be of the losers.” (7:23)

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

“Our Lord, place us not with the wrongdoers, polytheists and oppressors.” (7:47)

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ
الْكَافِرِينَ

“Our Lord, make us not a trial for the wrongdoers. And save us by Your Mercy, from the disbelieving people.” (10:85-86)

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

“Allāh is sufficient for me. None has the right to be worshipped but He. In Him I put my trust and He is the Lord of the Mighty Throne.” (9:129)

رَبَّنَا أفرغ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

“Our Lord, pour out on us patience, and cause us to die as Muslims.” (7:126)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاء

“O my Lord, make me one who performs daily prayers (*Salāh*) and also my offspring. Our Lord, accept my

invocation.” (14:40)

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

“Our Lord, forgive me and my parents, and all the believers on the Day when the reckoning will be established.” (14:41)

رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا لَيْسَ لِي بِهِ عِلْمٌ وَإِلَّا تَغْفِرْ لِي
وَتَرْحَمْنِي أَكُن مِّنَ الْخَاسِرِينَ

“O my Lord, I seek refuge with You from asking You that of which I have no knowledge. And unless You forgive me and have Mercy on me, I would indeed be one of the losers.” (11:47)

رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَن دَخَلَ بَيْتِي مُؤْمِنًا وَلِلْمُؤْمِنِينَ
وَالْمُؤْمِنَاتِ

“My Lord, forgive me and my parents and whoever enters my house as a believer, and forgive the believing men and believing women.” (71:28)

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي وَاخْلُلْ عُقْدَةً مِّن لِّسَانِي
يَفْقَهُوا قَوْلِي

“O my Lord, open for me my chest and ease my task for me. Make loose the knot from my tongue that they

understand my speech.” (20:25-28)

رَبِّ زِدْنِي عِلْمًا

“My Lord, increase me in knowledge.” (20:114)

2. Supplications from the *Sunnah*

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى ، وَالتَّقَى ، وَالْعَفَافَ ، وَالْغِنَى

“O Allāh, I ask You for guidance, piety, chastity and contentment.” (Muslim)

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ، وَاهْدِنِي ، وَعَافِنِي ، وَارْزُقْنِي

“O Allāh, forgive me, have mercy on me, guide me, give me good health, well-being and provide me with sustenance.” (Muslim)

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

“O Allāh, the Turner of the hearts, turn our hearts to Your obedience.” (Muslim)

اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةُ أَمْرِي ، وَأَصْلِحْ لِي دُنْيَايَ
الَّتِي فِيهَا مَعَاشِي ، وَأَصْلِحْ لِي آخِرَتِي الَّتِي فِيهَا مَعَادِي ، وَاجْعَلْ
الْحَيَاةَ زِيَادَةً لِي فِي كُلِّ خَيْرٍ ، وَاجْعَلْ الْمَوْتَ رَاحَةً لِي مِنْ كُلِّ

شَرٍّ

“O Allāh, rectify my religion for me by virtue of which my affairs are protected, set right for me my world where my life exists, make good for me my Hereafter which is my resort to which I have to return. And make my life prone to perform all types of good and make death a comfort for me from every evil.” (Muslim)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ وَالْجُبْنِ وَالْهَرَمِ ،
وَالْبُخْلِ ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ
الْمَحْيَا وَالْمَمَاتِ وَضَلَعِ الدِّينِ وَغَلَبَةِ الرِّجَالِ

“O Allāh, I seek refuge in You from helplessness [to do good], laziness and lethargy, cowardice, senility, and miserliness; and I seek Your Protection against the torment of the grave, the trials of life and death, from the burden of indebtedness and the tyranny of men.” (Muslim)

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا ، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ
، فَاعْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ ، وَارْحَمْنِي ، إِنَّكَ أَنْتَ الْغَفُورُ
الرَّحِيمُ

“O Allāh, I have greatly wronged myself. There is none to forgive the sins but You. So grant me pardon and have mercy on me. You are the Most Forgiving, the Most Merciful.” (Al-Bukhāri and Muslim)

اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي وَجَهْلِي، وَإِسْرَافِي فِي أَمْرِي، وَمَا أَنْتَ
 أَعْلَمُ بِهِ مِنِّي، اللَّهُمَّ اغْفِرْ لِي جِدِّي وَهَزْلِي، وَخَطِيئِي وَعَمْدِي،
 وَكُلُّ ذَلِكَ عِنْدِي، اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ، وَمَا
 أَسْرَرْتُ وَمَا أَعْلَنْتُ، وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، أَنْتَ الْمُقَدِّمُ، وَأَنْتَ
 الْمُوَخِّرُ، وَأَنْتَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

“O Allāh, forgive my errors, ignorance and immoderation in my affairs. You are better aware of my faults than myself. O Allāh, forgive my faults which I committed in seriousness or in fun deliberately or inadvertently. O Allāh, grant me pardon for those sins which I committed in the past and my later sins, which I committed in privacy or in public and all those sins of which You are better aware than me. You Alone can send whomever You will to Jannah, and You Alone can send whomever You will to Hell-fire and You are All-Powerful over everything.” (Al-Bukhāri and Muslim)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ وَمِنْ شَرِّ مَا لَمْ أَعْمَلْ

“O Allāh, I seek refuge in You from the evil of that which I have done and the evil of that which I have not done.” (Muslim)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحَوُّلِ عَافِيَتِكَ وَفُجَاءَةِ
نِقْمَتِكَ، وَجَمِيعِ سَخَطِكَ

“O Allāh, I seek refuge in You against the declining of Your Favours, passing of safety, the suddenness of Your punishment and all that which displeases You.”
(Muslim)

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى ، وَالسَّدَادَ

“O Allāh, I beg You for guidance and uprightness.”
(Muslim)

اللَّهُمَّ لَكَ أَسْلَمْتُ ، وَبِكَ آمَنْتُ ، وَعَلَيْكَ تَوَكَّلْتُ ، وَإِلَيْكَ
أَتَيْتُ وَبِكَ خَاصَمْتُ ، وَإِلَيْكَ حَاكَمْتُ . فَاغْفِرْ لِي مَا قَدَّمْتُ
، وَمَا أَخَّرْتُ ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ ، أَنْتَ الْمُقَدِّمُ ، وَأَنْتَ
الْمُؤَخِّرُ ، لَا إِلَهَ إِلَّا أَنْتَ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

“O Allāh, to You I submit, in You I affirm my faith, in You I repose my trust, to You I turn in repentance and with Your Help I contend my adversaries and from You I seek judgement. O Allāh, grant me forgiveness for the faults which I made in the past and those ones I may commit in the future, those which I committed secretly or openly. You Alone send whomever You will to Jannah, and You Alone send whomever You will to

Hell-fire. There is none worthy of worship except You. There is no strength to resist evil and no power to do good except through Allāh.” (Al-Bukhāri and Muslim)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ النَّارِ ، وَعَذَابِ النَّارِ ، وَمِنْ شَرِّ
الْغِنَى وَالْفَقْرِ

“O Allāh, I seek refuge in You from the trials and the torment of the Fire and from the evils of wealth and poverty.” (Abu Dawud and At-Tirmidhi, authenticated by Al-Albāni)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ مُنْكَرَاتِ الْأَخْلَاقِ ، وَالْأَعْمَالِ وَالْأَهْوَاءِ

“O Allāh, I seek refuge in You from evil manners, deeds, and desires.” (At-Tirmidhi and authenticated by Al-Albāni)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي ، وَمِنْ شَرِّ بَصَرِي ، وَمِنْ شَرِّ
لِسَانِي ، وَمِنْ شَرِّ قَلْبِي ، وَمِنْ شَرِّ مَنِيِّ

“O Allāh, I seek refuge in You from the evils of my hearing, the evils of my seeing, the evils of my tongue, the evils of my heart and the evils of my passions.” (Abu Dawud, At-Tirmidhi, authenticated by Al-Albāni)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ وَالْجُنُونِ
وَالْجُدَامِ وَسَيِّئِ الْأَسْقَامِ

“O Allāh! I seek refuge in You from leucoderma, insanity, leprosy and evil diseases.” (Abu Dawud, authenticated by Al-Albāni)

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

“O Turner of the hearts, make my heart steadfast in Your religion.” (At-Tirmidhi, authenticated by Al-Albāni)

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى
عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ
لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ لَكَ بِذُنُوبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ
الذُّنُوبَ إِلَّا أَنْتَ

“O Allāh, you are my Lord! None has the right to be worshipped but You. You created me and I am Your slave, and I am faithful to my covenant and my promise as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.” (Al-Bukhari)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى
كُلِّ شَيْءٍ قَدِيرٌ

“None has the right to be worshipped except Allāh alone without any partners. To Him belongs all sovereignty and praise, and He is over all things Powerful and Able.” (Al-Bukhari) The Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said: *“Whoever says this a hundred times a day will receive the reward of freeing ten slaves, and one hundred good deeds are written for him, and a hundred sins are wiped away, and he has gained refuge from the Shaytān that day until the evening. None shall come with anything more excellent except the one who has done more than this.”*

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ

“How perfect is Allāh, free from all imperfections, and I praise Him.” (Al-Bukhari) The Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said: *“Whoever says this a hundred times during the day, his sins are wiped away, even if they reach the foam of the sea.”*

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ سُبْحَانَ اللَّهِ الْعَظِيمِ

“How perfect is Allāh, free from all imperfections, and I praise Him. How perfect Allāh is, the Supreme.” (Al-Bukhari) The Messenger (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) said regarding this: *“There are two words which are light on the tongue, heavy on the scale and beloved to the Most Merciful.”* Abud-

Dardā' (رَوَى اللَّهُ عَنْهُ) said: I heard the Messenger of Allāh (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) saying, "Whenever a Muslim supplicates for his brother in his absence, the angels say: 'May the same be for you too.'" (Muslim)

An important advice to Muslims

You should know that the reward for the one who acts upon *Tawhīd* (which is to single out Allāh alone with worship) is bliss, honour, happiness and eternal Paradise. This is what Allāh has promised the one who worships Him alone and abandons polytheism (*shirk*). And the recompense for the one who is heedless of *Tawhīd*, does not worship Allāh or worships others along with Him, is that Allāh will make him lowly and punish him in the Hellfire and he will remain therein.

Upon studying the Qur'an, you will find that all of it revolves around *Tawhīd*. If you were to scrutinise the chapters (*Surahs*) of the Qur'an, you will find that the Makkan verses revealed to the Prophet in the early part of his Messengership, which encompassed thirteen years, from the time that he received revelation at the age of 40 until he was 53 years old; the vast majority of those verses focused on *Tawhīd* (the worship of Allāh alone), the rectification of false beliefs, the forbiddance of idolatry and devotion to false gods. So, for thirteen years, the Prophet (صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ) called to *Tawhīd* and forbade *shirk* (polytheism). And the vast

portion of the *Sharī'ah* rulings such as *Zakāt*, Fasting, *Hajj*, the *Halāl* and the *Harām*, the *Hijāb*, the dress code, the forbiddance of wine, gambling and so on were not revealed until after the migration to Madinah. The notable exception being the five daily Prayers, which were obligated in Makkah during the Night-Journey and Ascension of the Prophet (ﷺ) into the Heavens (*Isrā* and *Mi'rāj*). So the Prayer was obligated upon the believers shortly before the migration to Madinah. As far as Makkah was concerned, the focus was on strengthening the belief ('*Aqeedah*) and *Tawhīd* of the believers — and inviting the polytheists to the worship of Allāh, and explaining to them the futility of worshipping others besides Him, whether it be by calling upon them for aid, deliverance, cure or seeking refuge with them. The people at that time had adopted the worship of idols, the *Jinn* and the deceased. They used to devote themselves to them, call on them (through *dū'a*), sacrifice for them and worship them. So, Allāh, the Most High, forbade all of that.

Then, after the Prophet (ﷺ) migrated to Madinah along with his Companions, he did not cease to spread this same message right up until his death. Today, we too, should not forget this methodology of the Prophet (ﷺ) in calling to Allāh and rectifying the false beliefs and superstitious practices that have again crept into the Muslim *Ummah*.

THE NEW SIMPLE 'UMRAH GUIDE

1. When you reach the *Mīqāt* (or just before it on a flight) assume the *Ihrām* and recite:

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

Labbaik Allāhumma bi-'Umrah.

[Here I am, O Allāh, making 'Umrah.]

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

اللَّهُمَّ مَحَلِّي حَيْثُ حَبَسْتَنِي

Allāhumma mahillee haithu habastani.

[O Allāh! my place is wherever You prevent me.]

3. Stand, face the *Qiblah* and recite:

اللَّهُمَّ هَذِهِ عُمْرَةٌ لَا رِيَاءَ فِيهَا وَلَا سُمْعَةَ

Allāhumma hādhihi 'Umrah , lā riyā'a feehā wa lā sum'ah.

[O Allāh this is an 'Umrah, there being no showing-off in it nor seeking repute.]

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

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَ

النِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

Labbaik Allāhumma Labbaik, Labbaika lā shareeka laka Labbaik, Innal hamda wan-ni'mata laka wal-mulk, Lāshareeka lak.

[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:

لَبَّيْكَ إِلَهَ الْحَقِّ

Labbaika ilāhal haqq.

[Here I am, O God of Truth.]

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

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ
رَحْمَتِكَ

Allāhumma salli 'alā Muhammadin wa sallim Allāhumma aftah-lee abwāba rahmatika.

[O Allāh, send prayers and peace upon Muhammad. O Allāh, 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:

اللَّهُ 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 آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Rabbanā ātinā fid-dunyā hasana wa fil Ākhirati hasana wa qinā 'ādhāban-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.] Touch the Yemeni Corner if you are able, but do not kiss it. During *Tawāf*, supplicate, remember Allāh and recite the *Qur'ān*.

9. After the *Tawāf*, men should cover the right shoulder, then go behind the station (the *Maqām*) of Ibrāhīm and recite:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلِّينَ

Wattakhidhoo min-maqāmi Ibrāheema musalla.

[And take the station of Ibraaheem as a place of prayer.] Pray behind the station of Ibrāhīm if possible, otherwise anywhere you can within *Al-Masjid Al-Harām* is fine.

10. Pray at this place two *Rak'ahs*. In the first *Rak'ah* recite *Sūrah Al-Kāfirūn* and in the second *Rak'ah* recite *Sūrah Al-Ikhlās*. Pray with a *sutrah* in front of you. This is any prominent object (even another person) just in front of your place of prostration, so that no one should pass between you and your *sutrah*.

11. After praying, go to the Zam-Zam taps and drink — and pour some of the water over your head. You may supplicate whilst drinking Zam-Zam.

12. Now, return to *Al-Hajar Al-Aswad* (the Black Stone) and touch it as before, if you are able, and say **Allāhu Akbar**, but if you cannot touch it, then set off to make *Sa'ī*, which is the walk between the small mountains of *Safā* and *Marwah*.

13. Begin your *Sa'ī* (the walk) at mount *Safā*. At the foot of *Safā* recite the following only this once (and not every time you come to *Safā* or *Marwah*):

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ
فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ
شَاكِرٌ عَلِيمٌ، تَبَدُّأُ بِمَا بَدَأَ اللَّهُ بِهِ

Innas-Safā wal-Marwata min sha'ā' irillāh faman hajjal-baita auwi' tamara falā junāha 'alaihi an yattawwafa bihimā wa man tatawwa'a khairan fa innallāha shākirun 'aleem. Nabda'u bimā bada' Allāhu bihi.

[Indeed, *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. We begin with what Allāh began with.]

14. Each time you are on the mount of *Safā*, face the *Ka'bah* and recite the following three times, with hands raised. Make plentiful supplications after the first and second recitations, but not after the third.

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَ هُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعْدَهُ وَ نَصَرَ عَبْدَهُ وَ هَزَمَ الْأَحْزَابَ وَ حْدَهُ

Allāhu Akbar, Allāhu Akbar, Allāhu Akbar. Lā ilāha illallāh wahdahu lā shareekalah, la hul mulk, wa la hul-hamd, yuhyee wa yumeet, wa huwa 'alā kul-li shay'in qadeer. Lā ilāha illallāh wahdahu lā sha-reekalah, anjaza wa'dahu, wa nasara 'abdahu, wa

hazamal ahzāba wahdah.

[Allāh is the Greatest, Allāh is the Greatest, Allāh is the Greatest. There is none worthy of worship except Allāh alone, without partner. To Him belongs all sovereignty and all praise. He alone gives life and causes death, and He is All-Powerful over everything. 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 mount *Safā* to mount *Marwah* and recite upon it the same as you did at *Safā*. That is one circuit. Then return to *Safā* and recite the supplications again (that is your second circuit). Continue for seven circuits, finishing at *Marwah*. Do not recite anything on the last visit to *Marwah*.

16. Also, upon encountering the green lights between the two mountains, men only should run from one green light to the next, and no more. Do not bother or push others. Keep your *ihram* around your body.

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

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَسَلِّمْ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ
فَضْلِكَ

**Allāhumma salli ‘alā Muhammadin wa sallim,
Allāhumma innee as ‘aluka min fadlika.**

[O Allāh, send prayers and peace upon Muhammad, O Allāh, verily I ask You from Your Favour.]

18. 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.

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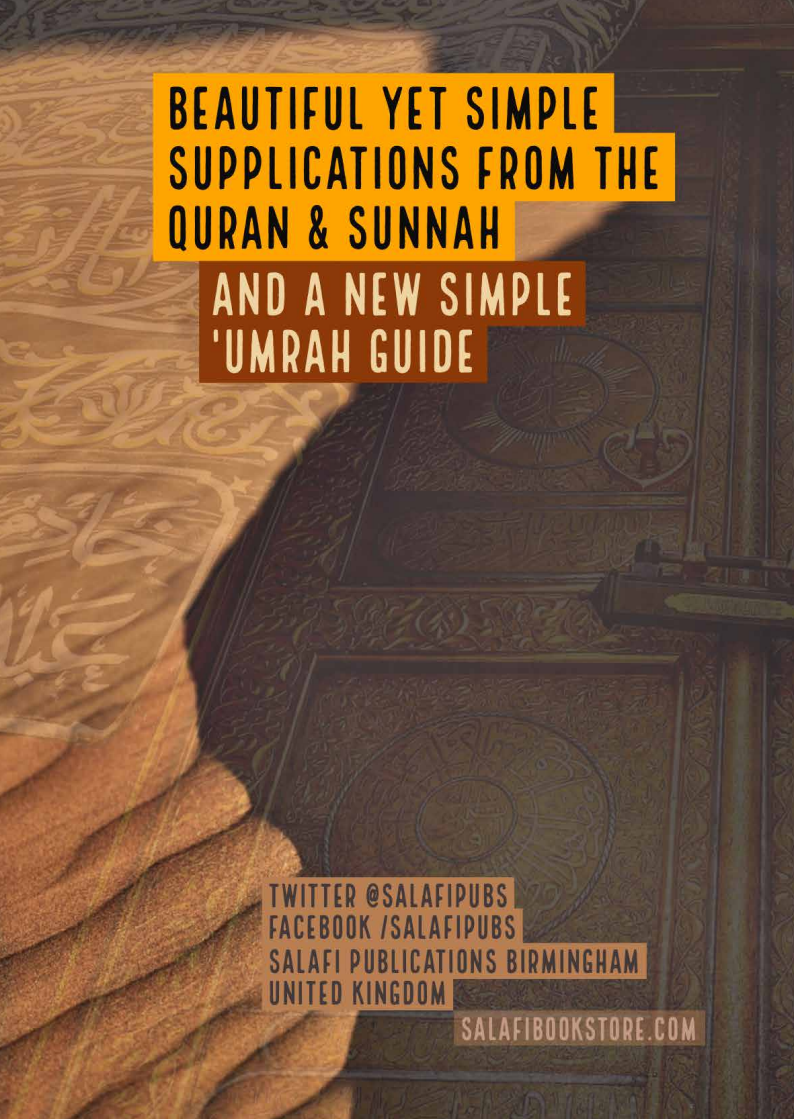
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