

| <b>Shave or Trim Hair</b>                                    |  |
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| 23. After completing all seven sa'i, shave or trim your hair | Tamattu' Hajj: Trim your Hair<br>Ifrād Hajj: Do not trim your hair. Ihrām remains.<br>Qirān Hajj: Do not trim your hair. Ihrām remains.<br><br>Specific for Women:<br>Cut no more than a centimeter of hair. |
| 24. Your umrah is now complete.                              | Tamattu' Hajj: You are no longer in a state of Ihrām.<br>All the itmes in step 5 are now permissible again.<br>Pray that Allāh accepts your Umrah, and prepare for Hajj.                                     |

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| <b>IHRAM AT THE MIQĀT</b>   |   |
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| 1. From Madinah, go to Masjid Dhul-Hulayfah --The Miqāt.                      | Dhul-Hulayfah is a large Masjid on the outskirts of Madinah.<br>Shave your underarms and pubic hairs and cut your nails before going.   |
| 2. Take a shower at the Masjid, remove all clothes and wear two white towels. | The Masjid is well equipped with washing facilities. However, you may shower in your hotel room before going to the Miqāt.<br>With the towel, Cover both shoulders at this point.   |
| 3. Enter the prayer hall and pray 2 rak'a                                     | If an obligatory prayer is in progress, join them. If not, pray with the intention of Sunnat-al-Wudū'.  |
| 4. Now, make a vocal intention for Umrah.                                     | Say:<br>Tamattu' : "Labbayk Allāhumma Umrah"<br>Ifrād Hajj: "Labbayk Allāhumma Hajjan"<br>Qirān Hajj: "Labbayk Allāhumma Umratan wa Hajjan"<br>Meaning:<br><i>O Allah, I am answering your call to perform (Umrah) or (Hajj) or (Umrah and Hajj)</i>  |
| 5. After making this intention you have entered the state of IHRAM.           | In Ihrām, the following restrictions apply:<br>a. Do not cut your hair.<br>b. Do not trim your nails.<br>c. Do not put on perfume (incl. Scented soap and shampoo).<br>d. Do not wear gloves.<br>e. Do not touch your wife/husband with desire.<br>f. Do not perform intercourse.<br>g. Do not consummate a marriage contract.<br>h. Do not hunt wild animals<br><br>Specific for Men:<br><ul style="list-style-type: none"> <li>Do not cover your head, not even with your Ihrām towel.</li> <li>Do not wear clothes sewm to the shape of the body, including undergarments.</li> <li>Do not wear shoes, wear sandals instead.</li> </ul><br>Specific for Women:<br><ul style="list-style-type: none"> <li>Do not cover your face of hands. However, in the presence of men you may cover your face as Aisha' – May Allāh be pleased with her – used to do.</li> </ul> |
| 6. Begin reciting the TALBIYAH.   | The Talbiyah is:<br><b>Labbayk Allāhumma Labbayk/ Labbayk lā sharīka laka Labbayk/ In-nal Hamda wan-Ni' mata laka wal-Mulk/ La sharīka Lak.</b><br>Meaning: Here I am at your service, O Allah/ You have no partners, here I am at your service, O Allah/ Verily, all the praise, the grace begun to you, and the kingdom/ You have no partner.   |

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| 7. Proceed to the Haram in Makkah.  | While traveling, shorten and join prayers. Continue to pronounce the Talbiyah throughout the trip.  |
| 8. Enter the Haram with your right foot.                                  | While entering say: <b>Bismillah</b> (In the name of Allah) <b>wa-Salatu wa-Salamu 'ala Rasullillah</b> (and may the peace and blessing of Allah be upon Allah's Messenger) <b>Allahuinna iftah-<i>fi</i> abwab<span style="font-size: small;">a</span> Rahmatik</b> (O Allah, open the doors of Your Mercy for me).  |
| 9. Now, uncover your right shoulder and proceed to the Black Stone        | Slip the Ihram towel under your right underarm, from the back, and throw it over your left shoulder, from the front.  |
| <b>TAWAF – CIRCUMBULATION AROUND THE KA'BAH</b>                           |   |
| 10. Face your open hand to the Black Stone and say: <b>Allahu Akbar</b> . | It is Sunnah that you kiss the Black Stone. But due to the crowd you may not get the chance. Touch and do not kiss the Yemini corner of the Ka'bah.   |
| ❖ Begin TAWAF (go around the Ka'bah seven times).                         | <ul style="list-style-type: none"> <li>• Each time you come in-line with the black Stone, face an open hand at it and say <b>Allahu Akbar</b>.</li> <li>• You must have Wudu for the entire Tawaf.</li> <li>• The first 3 times around should be done in a fast walking pace.</li> <li>• You may recite Qur'an, do Dhikr, or make Du'a</li> </ul> <p>There is nothing specific that you <i>must</i> say.</p>  |
| <b>2 RAKA'AT AT THE STATION OF IBRAHIM</b>                                |   |
| 11. Proceed to MAQAMI IBRAHIM (the station of Ibrahim)                    | Recite the verse: wa-'idh jacihaa al-bayt mathaabah li-an-naas wa-'amntan) wa- itakhadho min maqam 'ibrabem mus allak(n) wa- cahidnaa 'iiaa 'ibrabem wa- 'ismaa'eel 'an tahirraa bayt -e- li- at- 'La'if'en wa- al- caakrif'en wa- ar-rukkae as- suhod<br>“And take of the station of Ibrahim a place of prayer” 2:125  |
| 12. Pray 2 Raka'at  | If the spot is crowded, back up and pray in a comfortable area.   |
| 13. Go to the Zamzam fountains.   | Drink Zamzam, pur it over your head, and make du'a. The Prophet said, “The water of Zamzam is good for whatever one intends (while drinking it)” (authentic)  |
| 14. Return to the Black Stone and kiss it.                                | If crowded, face an open hand and say <b>Allahu Akbar</b> .   |
| <b>SA'I – WALKING BETWEEN SAFA AND MARWA</b>                              |   |
| 15. Proceed to the SAFA mountain.   | As you near it recite the verse: 'inna as- -s. afaa wa- al- marwah min shacaa'ir 'allah fa- man h. alfa al- bayt 'aw icatamara fa- laa junaah. calay- hi- 'an yat. of bi- -himaa wa- man tar. awwaca khayr(an) fa- 'inna 'allah shaakir cal'em<br>Meaning: “Verily the Safa and Marwa are among the signs of Allah. Anyone who goes on Hajj to the House or visits [it] will not be blamed if he runs along between them. With anyone who volunteers some good, Allah is Appreciate. Aware” 2:158 |

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| 16. Stand on the incline of Safa mountain and face the Ka'bah.  | Note: while it highly recommended that one has Wudu' during Sa'i, it is not a must. You may perform Sa'i without Wudu'.   |
| 17. While facing the Ka'bah say:  | <p style="text-align: center;">La ilaha illa Allah</p> <p style="text-align: center;">There is no deity worthy of worship except Allah</p> <p style="text-align: center;">Wahdahu la Sharika lahu</p> <p style="text-align: center;">Alone. He has no partners</p> <p style="text-align: center;">Lahul Mulik</p> <p style="text-align: center;">To Him belongs the Kingdom</p> <p style="text-align: center;">Walahu Hamd</p> <p style="text-align: center;">And all praise</p> <p style="text-align: center;">Yuhyl wa yumeet</p> <p style="text-align: center;">He alone grants life and causes death</p> <p style="text-align: center;">Wa huwa 'ala kulli shay' in Qadir</p> <p style="text-align: center;">He has power over all things</p> <p style="text-align: center;">La ilaha illa Allah, Wahdah</p> <p style="text-align: center;">There is no God but He, alone</p> <p style="text-align: center;">Sada wa dah</p> <p style="text-align: center;">He has fulfilled His promise</p> <p style="text-align: center;">Wa Nasara 'Abdah</p> <p style="text-align: center;">Given victory to His servant</p> <p style="text-align: center;">Wa Hazamal ahzaba Wahdah</p> <p style="text-align: center;">And He alone defeated the confederates</p> <p style="text-align: center;">Pray for anything good in this life and the next. Both for yourself and others.</p> |
| 18. make your own Du'a.   |   |
| 19. Repeat steps 17 and 18 two more times   |   |
| 20. Leave Mt. Safa and walk to Mt. Marwa.   | <ul style="list-style-type: none"> <li>• After 20% of the way you'll see green lights. Begin jogging until you reach the other set of green lights.</li> </ul>  |
| 21. Stand on the incline of Mt. Marwa.  | <ul style="list-style-type: none"> <li>• Repeat steps 17 and 18 three times.</li> </ul>   |
| 22. Continue back and forth between Safa and Marwa until you've completed seven. You should end at Marwa. | <ul style="list-style-type: none"> <li>• Steps 16 to 20 = one SA'I. Marwa back to Safa = two. Safa back to Marwa = three, and so on.</li> <li>• Note: At each mountain repeat steps 17 and 18 three times</li> <li>• Remember to jog every time you pass under the green lights.</li> </ul>   |