



## UMRAH 360 – THE AUTHENTIC UMRAH GUIDE

Following the Method of the Prophet (Peace be upon Him)

### 1. THE MIQAT & IHRAM

- Purification: Perform Ghusl (Sunnah), clip nails, and trim hair before the Miqat.
- Niyyah: At the Miqat, make the intention: "Labbayk Allahumma Umrah."
- Talbiyah: Recite: "Labbayk Allahumma Labbayk, Labbayka la sharika laka Labbayk..." (Men recite loudly; Women quietly).

### 2. TAWAF (7 CIRCUITS)

- Start: At the Hajar al-Aswad (Black Stone). Gesture toward it and say "Allahu Akbar."
- Idtiba (Men only): Uncover the right shoulder for all 7 circuits.
- Raml (Men only): Brisk walk/jog during the first 3 circuits only.
- Completion: Pray 2 Rak'ahs behind Maqam Ibrahim (or anywhere in the Masjid).
- Sunnah: Recite Surah Al-Kafirun in the 1st Rak'ah and Surah Al-Ikhlâs in the 2nd.

### 3. SA'I (7 TRIPS)

- Start: At Mount Safa. Recite: "Innas-Safa wal-Marwata min Sha'a'irillah" (Quran 2:158).
- The Path: Walk to Marwa (Trip 1), then back to Safa (Trip 2). Finish at Marwa (Trip 7).
- Green Lights: Men should jog between the green fluorescent lights.
- Dua: Make long, personal Duas while facing the Kaaba from Safa and Marwa.

### 4. TAHALLUL (COMPLETION)

- Men: Shaving the head (Halq) is superior, but trimming equally (Taqsir) is allowed.
- Women: Cut a fingertip's length from the end of the hair.
- Success: Your Umrah is complete. All Ihram restrictions are now lifted.

