

Umrah

عمرة

Monthly Taleem Focus Slides  
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# What is `Umrah?

- `Umrah in Arabic ( **عمرة** ) means to visit a place
- In Islamic terminology `Umrah is pilgrimage to Makkah which is mentioned in the Holy Quran along with the Hajj.

وَأَتِمُّوا الْحَجَّ وَالْعُمْرَةَ لِلَّهِ ۚ

And complete the Hajj and the `Umrah for the sake of Allah (2:197)

- While Hajj is mandatory for those with physical and financial means to do once in their life, `Umrah is not mandatory but highly recommended for those who can do it
- Holy Prophet ﷺ said, “(The performance of) `Umrah is an expiation for the sins committed between it and the previous one.” (Bukhari)

# Difference between Hajj and `Umrah

- Hajj is mandatory for those who are capable while `Umrah is not
- `Umrah can be performed anytime of the year except during the days of Hajj
- Hajj can only be performed from 9-13<sup>th</sup> of Dhul Hijja
- During `Umrah all the rites are performed in Makkah while in Hajj one has to go outside Makkah to other sites such as Arafat, Muzdalifah, Mina, etc.
- Consequently, `Umrah can be performed in a few hours while Hajj takes 4-5 days
- No animal sacrifice is required for `Umrah

# Ihram

- All pilgrims are required to wear Ihram ( احرام ) to perform `Umrah
- Ihram for men is two unsewn sheets, one to tie around the waste and one to cover the upper body
- Women can wear simple sewn clothes
- Men leave their heads uncovered
- One should also wear open shoes such as flip flops



# Meeqat مِيقَات

- Mawaqeet (مواقیت) which is plural of Meeqat are places around the Haram from where a person intending to travel for Hajj or `Umrah is supposed to wear the Ihram
- Some of the Mawaqeet are Dhu'l-Hulayfah, Juhfah, Qarnu'l-Manāzil, etc.
- Distance to each Meeqat varies from a few miles to several hundred miles.
- The closest one a few miles outside of Makkah is Tan'eem. All those already in Makkah must move to this place before putting on the Ihram.
- Those flying by airlines should put on the Ihram before entering the airspace of their respective Mawaqeet

# State of Ihram

- Once somebody puts on the Ihram, he enters the state known as Mahram in which several acts are forbidden
- One should shower, put on some perfume and perform two Nawafil
- After that one must say the Talbih with the intention of performing `Umrah

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ

I respond to Your call O Allah, I respond to Your call, and I am obedient to Your orders,  
You have no partner, I respond to Your call All the praises and blessings are for You,  
All the sovereignty is for You, And You have no partners with you.

- Once you enter this state then you are not allowed to apply perfume, comb your hair, cut your hair or nails, hunt, wear socks or full boots, become intimate with your wife, etc.
- After putting on Ihram you should continue reciting the Talbih

# Tawaf طواف

- Upon entering the masjid al-haram you should head to the black stone (حجر اسود) and kiss it. If you can't get close to it then you just point your palms towards it and then kiss your hands. This is called Istilam (استلام)
- Then one should do seven circuits around the Ka'ba while reciting the Talbih. This is called the Tawaf (طواف)
- During the first three Tawaf one should walk proudly, sticking his chest out and at a brisk pace. This is called Ramal (رمل). In the remaining four Tawaf one should walk more gently
- Each time upon crossing the black stone, one should do Istilam
- Upon completing the seven circuits one should go to Muqam-e-Ibrahim and perform two Nawafil. This place has the stone on which Hazrat Ibrahim stood while re-building building Ka'aba. In Quran, Allah says

وَإِذْ جَعَلْنَا الْبَيْتَ مَثَابَةً لِّلنَّاسِ وَأَمْنًا وَاتَّخِذُوا مِن مَّقَامِ إِبْرَاهِيمَ مُصَلًّى ۖ وَعَهِدْنَا إِلَىٰ إِبْرَاهِيمَ وَإِسْمَاعِيلَ أَنَّ طَهِّرَا بَيْتِيَ  
لِلطَّائِفِينَ وَالْعَاكِفِينَ وَالرُّكَّعِ السُّجُودِ

And remember the time when We made the House a resort for mankind and a place of security; and take ye the station of Abraham as a place of Prayer. And We commanded Abraham and Ishmael, saying, 'Purify My House for those who perform the circuit and those who remain therein for devotion and those who bow down and fall prostrate in Prayer.' (2:126)



Hajar-e-Aswad



Muqam-e-Ibrahim

# Sa'ee

- The circuits between Al-Safa and Al-Marwah are called Sa'ee (سعى)
- These are the two hills between which Hazrat Hajirah (as) ran in search of water while infant Hazrat Ismaeel (as) was crying with thirst
- These days the hills have come inside the boundry of Masjid al-Hararm and the path between them is covered

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

- Surely, Al-Safa and Al-Marwah are among the Signs of Allah. It is, therefore, no sin for him who is on pilgrimage to the House, or performs 'Umrah, to go round the two. And whoso does good beyond what is obligatory, surely then, Allah is Appreciating, All-Knowing (2:159)

You start from Safa and while facing towards Ka'ba you lift your hands in prayer, say Durood, Talbih and Takbir and then walk towards Marwah. This completes one circuit.

- You repeat the same thing at Marwah and then walk back towards Safa. In this way you complete 7 circuits ending at Marwah (about 2 miles in total)



Hill of al-Safa

# Cutting The Hair

- After performing the Sa'ee one has to cut their hair before removing the Ihram
- It is preferred that men completely shave their heads
- Women cut a small lock of hair
- This completes the `Umrah and the Ihram can now be removed
- Holy Prophet ﷺ attempted to perform his first `Umrah in 6<sup>th</sup> Hijra but the Meccans didn't let them enter and the treaty of Hudaibiyya was signed. Later, he performed `Umrah three times
- Thus it is permissible to perform `Umrah before Hajj
- When Hajj and `Umrah are combined it is known as Hajj-e-Kiraan (same Ihram is kept between the two) or Hajj-e-Tamattu (one Ihram is put on for Umrah and then a different Ihram for Hajj)