

And complete the Hajj and Umrah for Allah only
Qur'aan 2:96



How to Perform *Umrah*

*The rituals of
performing umrah
explained in
simple English*

by
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

INTRODUCTION

This brief but comprehensive book is presented to you to outline the rituals of *Umrah*. It is only through the Infinite Mercy of Allah ta'aalaa that I have been able to contribute this humble work for the cause of Islaam.

It was in 1987, when I was recovering from my chronic illness, that my brother, (Maulana) Haafiz Ismail, directed my attention towards the need for a short and comprehensive book on *Umrah* in English. He repeatedly reminded me of his desire and insisted that I proceed with it. In spite of my weakness, both spiritual and physical, I also had the great desire to do so, thus I firmly resolved and commenced the work in the name of Allah ta'aalaa.

This book contains all the necessary information regarding the method, rites and formalities of *Umrah*, with diagrams and sketches where appropriate. *Inshaa'allah*, you will find in it answers to many of your questions.

May Allah ta'aalaa through His Mercy and Kindness pardon me for any errors herein, and abundantly reward all for their effort in making this publication possible.

I earnestly request the readers to remember me, my teachers, family and friends and all those who have contributed in the publication of this book in their *du'aa*.

Muhammad Saleem Dhorat

Leicester, England

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IMPORTANT INSTRUCTIONS

1. It must be stressed at the very outset that there should be a sincere intention to perform *Umrah*, for all actions are judged by intentions. The holy Prophet *sallallahu alayhi wasallam* said:

“The reward of deeds depends on the intentions”.

Bukhaari

The intention must be to please Allah ta’aalaa exclusively, hopeful of earning rewards only from Allah ta’aalaa, the Creator, believing in what has been promised by Allah ta’aalaa through our beloved Prophet *sallallahu alayhi wasallam* and performing the act according to the way shown by him. Hence, this must always be borne in our minds.

2. Do not let the thought enter your mind that you are going on a trip or a holiday. No! You are going to fulfil one of the greatest *Sunnah* of the holy Prophet *sallallahu alayhi wasallam*. You are going to Makkah where our beloved Prophet *sallallahu alayhi wasallam* was born and to Madeenah where he is resting. You are going to visit the house of Allah ta’aalaa – Ka’bah, which is surrounded by angels on all sides, and upon which continuously descend the Mercy and Blessings of Allah ta’aalaa.
3. As regards to your visit to the holy places, it must be borne in mind that Allah ta’aalaa does not grant

such blessed opportunities to all, and for those whom He has blessed with the opportunity, it will be very unfortunate to have spent time and wealth, and gain no benefit and reward. Generally, the loss and ruin is brought by Shaytaan and *nafs* (base desires). Therefore, be conscious of their deception and wickedness.

4. It is advisable to study this book prior to your departure for *Umrah*, preferably with an *aalim* of your locality, seeking his explanations on what you do not understand. Thus you will be able to follow the instructions laid down in this book with ease.
5. If you have any queries concerning religious matters or concerning the *Umrah*, consult an *aalim* or a knowledgeable person and seek his advice.

Abdullah Ibne Mas'ood radhiyallahu anhu reports that Rasoolullah sallallahu alayhi wasallam said, "Perform Hajj and Umrah one after the other for surely they (Hajj and Umrah) remove poverty and sins just as the furnace removes the dirt of iron, gold and silver."

Tirmizi, Nasa'ee

UMRAH

Umrah is also known as the 'minor *Hajj*'. It is a *Sunnah* and can be performed anytime during the year except for the five days of *Hajj*, i.e. from 9th Zul Hijjah to 13th Zul Hijjah. In these five days, it is *makrooh tahreemi* to perform *Umrah*.

Virtues of *Umrah*

1. One *Umrah* is an expiation for the sins committed between it and another *Umrah*.
Bukhaari, Muslim
2. To perform one *Umrah* in Ramadhaan is equivalent to a *Hajj*. In another narration, ... equivalent to *Hajj* with me.
Muslim
3. The performers of *Hajj* and *Umrah* are deputations of Allah ta'aalaa. If they call Him, He answers them and if they seek His Forgiveness, He forgives them.
Ibne Maajah

Necessary acts of *Umrah*

The *fardh* of *Umrah* are:

1. *Ihraam* (i.e. special dressing, *niyyah* and *talbiyah*).
2. *Tawaaf* (with *niyyah*).

The *waajib* of *Umrah* are:

1. *Sa'ee* between Safaa and Marwah.
2. *Halaq* or *Qasr*.

DEPARTURE

1. Before departure, perform two *raka'at nafl* in your house. On completing the two *raka'at*, firstly thank Allah ta'aalaa for the favour which He has bestowed upon you by giving you the understanding and the blessed opportunity to go on this holy mission.
 2. Thereafter, make *du'aa* to Allah ta'aalaa. Ask Him to make the journey easy for you and to make it full of blessings and gains. Also that He safeguards you from the evil of Shaytaan and *nafs*. Further that He gives you the opportunity to utilise your time in those actions which will bring His Pleasure and that He accepts your *Umrah*.
 3. Now start your journey. Throughout your journey you must perform the daily five *fardh Salaat* regularly and punctually. You must not be a cause of harm to anyone. On the contrary, you should be of assistance to anyone who needs help. Do not waste your time. Engage yourself in learning, teaching, preaching and remembrance of Allah ta'aalaa.
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IHRAAM

1. On (or prior to) reaching *Meeqaat*, perform *ghusl* if possible, otherwise *wudhoo*. Thereafter, put on the clothes of *ihraam*, preferably of a white colour - two sheets, one to cover the lower part of the body and the other for the upper part of the body. At this moment, men folk may apply *'itr* (perfume). The women should keep all their body covered in their normal clothing, except the face.
2. Perform two *raka'at nafl* with the intention of *ihraam* (with your head covered). Recite '*Qul yaa ayyuhal kaafiroon*' in the first *raka'at* and '*Qul huwallaahu ahad*' in the second *raka'at*.
3. On completing the two *raka'at*, sitting bareheaded on the prayer mat, make the *niyyah* of *Umrah* saying:

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

*allaahumma innee ureedul umrata fayassirhaa
lee wataqabbalhaa minnee*

*"O Allah, I intend to perform Umrah. Make it
easy for me and accept it from me".*

Then read the following *du'aa* (known as *talbiyah*)
three times:

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

Labbayk, Allaahumma labbayk. Labbayka laa shareeka laka labbayk. Innal hamda wannii'mata laka wal mulk. Laa shareeka lak.

"Here I am at Your Service, O Lord, here I am. Here I am, no partner do You have, here I am. Truly, the Praise and the Favour is Yours, and the Sovereignty. No partner do You have".

Men should recite these words loudly, and the women silently. Now, read *durood shareef* and make *du'aa* for as long as you can.

Ihraam becomes complete on

- (a) making *niyyah*
- (b) recitation of *talbiyah*.

Now you must refrain from certain acts which become forbidden.

Things prohibited in ihraam

1. It is strictly prohibited to indulge in sexual intercourse, to kiss, embrace or talk about sex in the presence of women.
2. It is prohibited to indulge in those acts which Allah ta'aalaa has made unlawful, e.g. obscenity, transgression, conflict, etc.
3. It is prohibited to hunt animals or help or guide anyone in this act; even killing a lice is prohibited.
4. Do not use scent, perfume, perfumed oil or anything that has a fragrance; whether on the body or on the clothes, or in food or drink.

5. It is prohibited to shave or clip hair from any part of the body or to clip the nails.
6. It is prohibited for men to use stitched clothes.
7. It is prohibited for men to wear footwear of any kind that will cover the central bone of the upper part of the feet.
8. Men must not cover their heads and faces.
9. Women should not cover their faces. However, in the presence of men, the face will have to be covered in such a manner that the covering does not touch the face.
10. Do not cause harm to any Muslim – be it verbal or physical.

Things permissible in ihraam

1. It is permissible to use an umbrella or shadow of any object such as a car roof, as long as it does not touch the head.
2. It is permissible to put on a ring, a pair of glasses, a hearing aid, a wrist watch and a belt or girdle which protects one's money and documents.
3. It is permissible to change one's garments and to wash them as well as to wash one's hair and body without removing dirt by the means of using soap.
4. It does not matter if some hair come off by themselves during washing without you intending it.

5. It is permissible to cover the body, including the feet with blanket, quilt, sleeping bag, etc. **Do not cover the head and the face.**
6. It is permissible to use *miswaak* to clean the teeth.
7. There is no harm in carrying something on the head.

Sahl Ibne Sa'd radhiyallahu anhu relates that Rasoolullah sallallahu alayhi wasallam said, "When a Muslim recites talbiyah, then verily every stone, tree and all the ground to his right and left recites the talbiyah with him to the end of the earth."

Tirmizi

Ibne Abbaas radhiyallahu anhumaa relates from Rasoolullah sallallahu alayhi wasallam that he said, "One hundred and twenty mercies from Allah descend upon the Ka'bah every day and night; sixty for those performing tawaaf, forty for those who are engaged in Salaat and twenty for those who are merely looking at the Ka'bah."

Bayhaqi

IN MAKKAH MUKARRAMAH

After putting on *ihraam*, you should engage yourself in the remembrance of Allah ta'aalaa, *istighfaar* and recite the *talbiyah* as much as possible until you reach Makkah.

1. Enter the sacred city of Makkah with utmost respect and humility reciting *talbiyah*.
2. Make your arrangements and immediately go to the sacred Masjid which is known as Al Masjidul Haraam. You must enter the Masjid with utmost humility and a sense of the Greatness of Allah ta'aalaa and sacredness of the place.
3. When entering the Masjid, put your right foot in the Masjid and say:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

bismillaahi wassalaatu wassalaamu alaa rasoolillaah. Allaahummaftah lee abwaaba rahmatik

“In the name of Allah. May the Peace and Salutations (of Allah) be upon the Messenger of Allah. O Allah, open for me the doors of Your Mercies”.

4. When you see Ka'bah, say three times:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

allaahu akbar. Laa ilaaha illallaah

"Allah is the greatest. There is no deity except Allah".

Thereafter, read *durood shareef* and make *du'aa* while standing, facing Ka'bah.

NOTE: This moment is very precious, for whatever *du'aa* is made is most certainly accepted by Allah. Make *du'aa* as much as you can. One must not forget to make this *du'aa*:

"O Allah, when you take me away from this world, take me in the state of *Imaan*. O Allah, enter me into Jannah without any account. O Allah, accept all my *du'aa* and keep me steadfast on *Deen*".

Do remember this humble writer in your *du'aa* also.

Mas'alah: A woman in the state of *haydh* (menstruation) or *nifaas* (period after childbirth) must not enter the Masjid.

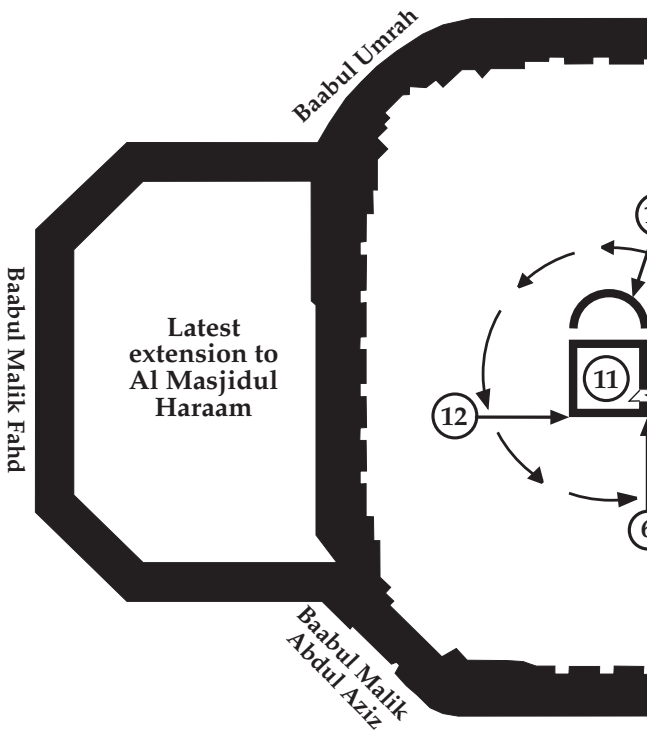
TAWAAF

Now you must perform *tawaaf* which is *fardh* in *Umrah*. During *tawaaf*, engage yourself in *du'aa* and remembrance of Allah ta'aalaa. The recital of the holy Qur'aan is also permissible. Be mindful that you do not raise your voice as this will cause disturbance to others performing *tawaaf*.

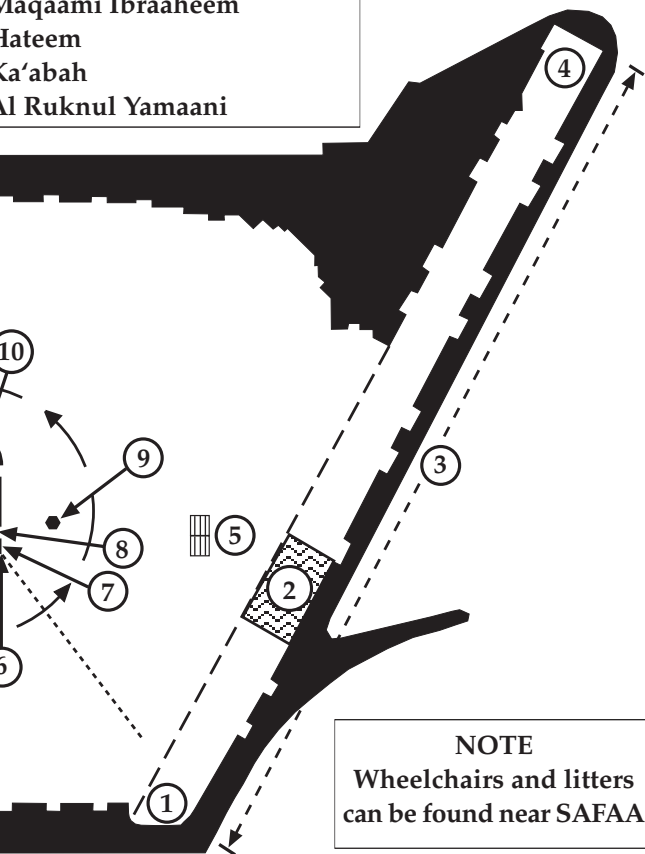
1. Proceed towards the corner of the Ka'bah in which lies Al Hajarul Aswad.
2. Looking from the Ka'bah around the arched walls of Al Masjidul Haraam, you will see a green light directly opposite one of the four corners of Ka'bah. In this corner (of Ka'bah) lies Al Hajarul Aswad. Another clue for locating Al Hajarul Aswad is that at present it is located in the corner of Ka'bah facing the corner with only one minaret; (the rest of the three corners have two minarets each).
3. On (or prior to) reaching this corner, make *idhtibaa* and stand facing the Ka'bah, such that the whole of Al Hajarul Aswad lies to the right of your right shoulder. (The floor is marked with a black/brown line which stretches from Al Hajarul Aswad).
4. Stop reciting *talbiyah* and make *niyyah* (which is *fardh*) to perform *tawaaf*.
5. Move slightly to your right, keeping the face and chest towards Ka'bah, and stand on the black line which indicates that you are directly in line with Al Hajarul Aswad.

- 1 Safaa
- 2 Area between two green lights
- 3 Mas'aa
- 4 Marwah
- 5 Steps to the Well of Zamzam
- 6 Al Hajarul Aswad

- 7 M
- 8 T
- 9 M
- 10 H
- 11 K
- 12 A



Multazam
The Door of the Ka'abah
Maqaami Ibraaheem
Hateem
Ka'abah
Al Ruknul Yamaani



6. Raise your hands upto the ears (palms facing Al Hajarul Aswad) saying:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ وَلِلَّهِ الْحَمْدُ

bismillaahi allaahu akbar walillaahil hamd
“In the Name of Allah, Allah is the Greatest,
and all Praise is for Allah”.

7. Place both palms on Al Hajarul Aswad and kiss it gently without a smack. If kissing is not possible, then merely touch it with one hand or both hands or raise your hands (palms facing Al Hajarul Aswad) saying:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ

bismillaahi allaahu akbar
“In the Name of Allah, Allah is the Greatest”.

and kiss them. This is known as *istilaam*. It should be performed at the end of every round standing on the black/brown line facing Al Hajarul Aswad.

8. Now move towards the right, keeping the Ka'bah on your left and walk around Ka'bah (anti-clockwise) until you return to Al Hajarul Aswad. Here, perform *istilaam*. You have now completed one round. You must complete seven rounds in this manner to complete the *tawaaf*.
9. On completing the seventh round, perform *istilaam* and go to Maqaami Ibraaheem and offer two *raka'at waajib*. It is *Sunnah* to recite 'Qul yaa ayyuhal kaafiroon' in the first *raka'at* and 'Qul huwallaahu

ahad' in the second *raka'at*. Thereafter engage yourself in *du'aa*.

NOTE: If you cannot find a place at Maqaami Ibraaheem, it is sufficient to perform the two *raka'at* anywhere within the sacred Masjid.

10. You should now proceed to the well of Zamzam and facing the direction of Ka'bah, drink its water as much as you are able to. Also pour it over the body.
11. Returning from Zamzam, go to Multazam and cling to the wall of Ka'bah, with arms stretched above the head placing on it your right cheek and at times the left and engage in *du'aa*, for whatever you ask is certainly granted by Allah ta'aalaa.

NOTE: If you wish, you can go to Multazam prior to going to the well of Zamzam.

12. Return to Al Hajarul Aswad once again and perform *istilaam*. This *istilaam* before *sa'ee* is *mustahab*.

Mas'alah: The kissing of Al Hajarul Aswad is a *Sunnah*, while safeguarding the dignity of Muslims is *fardh*. A *fardh* cannot be sacrificed for a *Sunnah*, because Allah ta'aalaa does not accept a *Sunnah* which violates a *fardh*. Some pilgrims ignore this fact when they harm others in their zeal to kiss Al Hajarul Aswad, which is merely a *Sunnah*. To harm any believer in performing this *Sunnah* is *haraam* (prohibited). How is it possible to carry out a *Sunnah* observance while performing a *haraam*

deed? Therefore, when the area is crowded it is sufficient to raise the hands saying '*Bismillaahi allaahu akbar*' and to continue to move into the flow of the people. *Inshaa'allah*, Allah will grant you His Mercy and will increase your reward.

Mas'alah: There are no prescribed *du'aa* for *tawaaf*. One should rather make *du'aa* for the fulfilment of one's needs of both – this world and the hereafter.

Mas'alah: Hateem is part of Ka'bah. Therefore, one must go around the Hateem to complete the *tawaaaf*.

Mas'alah: It is *Sunnah* for men to perform the first three rounds with *ramal*.

Mas'alah: *Idhtibaa* is for men only, and it is *Sunnah* ONLY during *tawaaaf*. Discontinue the *idhtibaa* after completing the seven rounds of *tawaaaf*.

Mas'alah: During *tawaaaf* when you come to Al Ruknul Yamaani, merely touch it with both hands or the right hand. It is not *Sunnah* to kiss or raise hands at this corner.

Mas'alah: Between Al Ruknul Yamaani and Al Hajarul Aswad it is *Sunnah* to recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Rabbanaa aatinaa fid dunyaa hasanataw wafil aakhirati hasanataw waqinaa 'azaaban naar

"O Allah, grant us goodness in this world, and goodness in the hereafter, and save us from the punishment of the fire".

Mas'alah: The Ka'bah should at all times be on one's left side during the *tawaaf*. Do not keep your back, chest or right arm towards the Ka'bah.

Ibne 'Umar radhiyallahu anhu relates that he heard Rasoolullah sallallahu alayhi wasallam say, "The touching (of Al Hajarul Aswad) removes sins and whoever performs the tawaaf properly (according to rule) the reward (is like) that of the freeing of a slave and one does not place one's foot on the ground nor raises it (in tawaaf) except that Allah removes a sin (from his deeds) and orders for him one good deed."

Tirmizi

Jaabir radhiyallahu anhu relates from Rasoolullah sallallahu alayhi wasallam that, "The water of Zamzam is for that (intention) for which it is drunk (i.e., whatever intention one makes while drinking the water, one will achieve that intention, e.g. for thirst, food, medicine, etc.)"

Ibne Maajah

SA'EE

1. After the *istilaam* proceed to Safaa - again in the direction of the green light on the wall.
2. Climb Safaa until you reach the place from where Ka'bah is visible between the pillars of Al Masjidul Haraam and make *niyyah* for *sa'ee*.
3. Facing Ka'bah, raise both hands up to the shoulders in the way in which hands are raised while making *du'aa*. Then say three times:

اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ

allaahu akbar laa ilaaha illallaah

"Allah is the Greatest, there is no deity except Allah".

4. Read *durood shareef* and make *du'aa* for the fulfilment of your good wishes and others' also. Remain engaged in *du'aa* for quite a long time, for this is a place where *du'aa* is accepted.
5. You must now walk (at normal pace) towards Marwah (the other side). While walking between Safaa and Marwah you should engage yourself in remembrance of Allah ta'aalaa and making *du'aa*.
6. When you reach the green lights, you must quicken your pace and run slowly until you reach the other set of green lights. Thereafter, you should resume the normal speed of walking till you reach Marwah. Women, however, must walk at their normal pace between the green lights too.

7. On Marwah too, you should go upto such a place from where the Ka'bah is visible. The same actions must be performed as on Safaa. This is one round.

NOTE: Ka'bah is not visible from Marwah, therefore climb Marwah and estimate the direction of Ka'bah.

8. From Marwah proceed towards Safaa in the same manner as described above. On reaching Safaa you have completed the second round.
9. Complete seven rounds in this manner. The final round will end at Marwah.
10. At this stage it is *mustahab* to perform two *raka'at* in Al Masjidul Haraam.

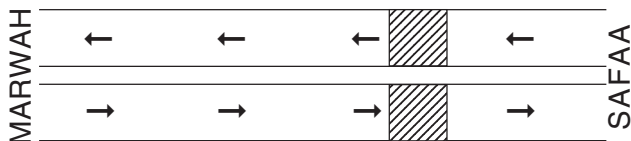
Mas'alah: During *sa'ee* you are not restricted to any specific *du'aa*. You may make any *du'aa* you wish. However, it is *Sunnah* to recite:

رَبِّ اغْفِرْ وَارْحَمْ أَنْتَ الْأَعَزُّ الْأَكْرَمُ

rabbighfir warham antal a'azzul akram.

"O my Lord, forgive and have mercy. You are the most Majestic, the most Generous".

The Mas'aa



HALAQ

After completing the *sa'ee*, you must shave your head or trim the hair of the entire head in such a manner that you trim at least one inch of each hair. Shaving the head is more virtuous.

The women should trim slightly more than one inch from the end of their plait.

After shaving or trimming the hair, the rituals of *Umrah* have ended and all restrictions imposed due to the *ihraam* will be lifted.

May Allah ta'aalaa accept your *Umrah* and bestow you with its blessings.

Yahyaa Ibne Husayn reported on the authority of his grandfather that Rasoolullah sallallahu alayhi wasallam on the occasion of the Farewell Hajj made du'aa thrice for those who shave their heads and once only for those who trim their hair.

Muslim

WHILE IN MAKKAH MUKARRAMAH

1. You should remain busy in *Salaat*, *du'aa* and recitation of the holy Qur'aan. You should complete the recitation of the holy Qur'aan at least once.
2. Perform each and every *fardh Salaat* with congregation in Al Masjidul Haraam. One such *Salaat* is equal to two million and five hundred thousand *Salaat* performed elsewhere.
3. Perform virtuous deeds as much as you can because every virtuous act in Makkah is equivalent to one hundred thousand virtuous acts. The holy Prophet *sallallahu alayhi wasallam* said,
"Besides Makkah there is no city on the surface of the earth where Allah multiplies one virtue by a hundred thousand times".
4. You should avoid all prohibited and execrable acts and things. Hadhrat 'Umar and Hadhrat Ibne Abbaas *radhiyallahu anhum* said,
"I would much rather prefer to commit seventy sins at Rukyah than to commit one sin in Makkah".

NOTE: Rukyah is a place outside Makkah.

5. Perform as many *tawaaf* as possible because a *nafl tawaaf* is superior to a *nafl Salaat*.

NOTE: The offering of two raka'at at Maqaami Ibraaheem is essential even after *nafl tawaaf*.

6. Perform *Salaat* in the Hateem whenever you have the chance.

7. Visit Jannatul Ma'ala (the graveyard of Makkah) and other sacred places of Makkah.
8. Utilise your time in doing good. **Remember! You may not get this opportunity again.**

When a person sets forth to perform Hajj or Umrah and passes away en route, he shall not be brought (before Allah) for judgement, nor will he have to give account. It shall be said to him: 'Enter into Jannah.'

Targheeb

Ibne Abbaas radhiyallahu anhu says that Rasoolullah sallallahu alayhi wasallam addressed Makkah, "What a beautiful town you are and most beloved to me. If my people did not expel me from you I would not have stayed elsewhere."

Tirmizi

GLOSSARY

Al Hajarul Aswad The stone set in the southeast corner of the Ka'bah. It is set about 4.5 feet from the ground in a silver casing.

Al Masjidul Haraam The sacred Masjid in Makkah.

Al Ruknul Yamaani The corner of the Ka'bah preceding the corner in which lies Al Hajarul Aswad

Baytullaah See Ka'bah.

Deen The religion Islaam.

Du'aa Supplication, prayer.

Durood Shareef Salutations upon the holy Prophet *sallallahu alayhi wasallam*.

Fardh Obligatory.

Ghusl Bath.

Halaq To have the head shaved.

Haraam Forbidden.

Hateem The semi-circle outside Ka'bah.

Idhtibaa To put one end of your cloth (covering the top part of your body) on the left shoulder, and take the other end from below the right armpit, throwing it over the chest onto the left shoulder, thus leaving the right arm and shoulder entirely exposed.

Ihraam To put on the special dress (i.e. two unsewn sheets of cloth, preferably new and of white colour). Thereafter, to make the *niyyah* of *Umrah* and recite *talbiyah*. It has been named *ihraam* because after performing these three actions, certain permissible acts become prohibited (*haraam*).

Women enter into the state of *ihraam* without putting on the special clothing. It is for men only.

Istighfaar To ask forgiveness from Allah ta'aalaa.

Istilaam See Page 12.

Ka'bah The Sacred House of Allah ta'aalaa which stands in the centre of the sacred Mosque of Makkah.

Makrooh Tahreemi Prohibited.

Maqaami Ibraaheem A few meters away from the door of Ka'bah stands a small kiosk (gold in colour) which contains a stone with a figurative indentation of a footprint of Prophet Ibraaheem *alayhis salaam*. This footprint was impressed into the stone during the building of Ka'bah.

Marwah See Safaa.

Mas'aa See Safaa and Marwah.

Meeqaat It is the place which is fixed for putting on *ihraam* or in other words, it is the boundary beyond which a person intending to go to Makkah cannot go without *ihraam*. (Jeddah is beyond this boundary, therefore one must put on *ihraam* before reaching Jeddah).

Miswaak A stick used for cleaning teeth.

Multazam It is the part of the Ka'bah situated between Al Hajarul Aswad and the door of the Ka'bah. It comes from the Arabic word meaning to become attached, and perhaps it is so called because this is the section of the Ka'bah where a person should attach his body.

Mustahab Desirable.

Nafil Optional.

Niyyah Intention.

Ramal To walk with quick short steps; lifting the legs forcefully; chest out; and moving the shoulders simultaneously.

Sa'ee To walk between Safaa and Marwah seven times. It is performed walking, except for a portion in the middle, today marked by green lights, where the pace is quickened.

Safaa and Marwah Two small hills, in Makkah. The remains of both hills are enclosed within the sacred Mosque. The two hills are separated by a distance of 394m/1247ft which is called Mas'aa. This distance is walked, and in part run, seven times by those performing *Hajj* or *Umrah*.

Sunnah The way shown by the holy Prophet *sallallahu alayhi wasallam* - physically or verbally.

Talbiyah See Pages 5 & 6.

Tawaaf The ritual circumambulation of the Ka'bah, starting from Al Hajarul Aswad. This is done anti-clockwise with the Ka'bah on the left hand side, seven times.

Umrah To enter into *ihraam* from Meeqaat or (for those people already in Makkah) from Masjid Tan'eem, perform *tawaaf* of Ka'bah, walk between Safaa and Marwah and shave the head. Its rituals take place entirely in Makkah.

Waajib Incumbent, less than fardh.

Wudhoo Ablution.

Zamzam The blessed water in Makkah.

NOTES

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