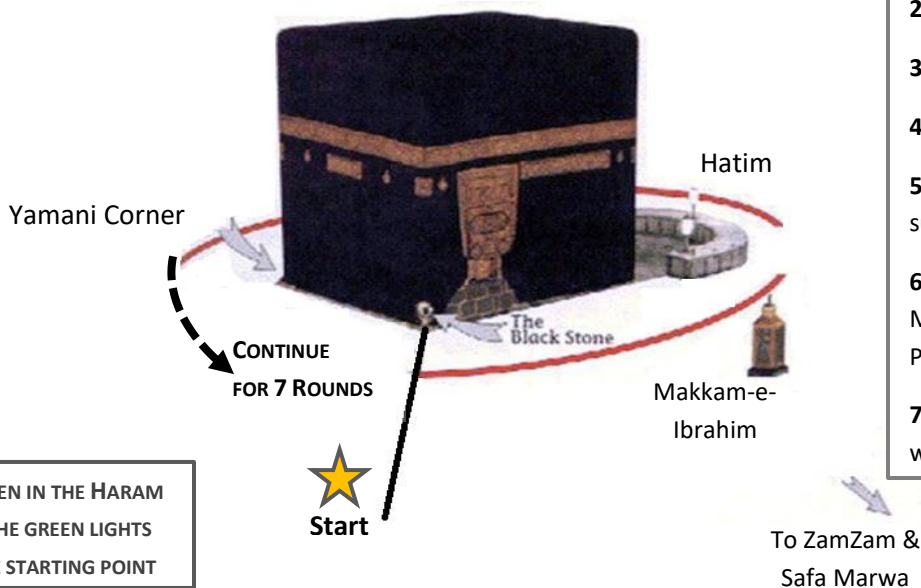


# Guide to Perform Umrah - Tawaf

**Tip: Suggested Dua Topics for each Circuit:**

1. Things you're thankful for
2. Death & Akirah (Life after Death)
3. Things to be forgiven for
4. Things to be protected from
5. Pray for those who are sick or suffering, or have passed away
6. Duas for this life (Success, Marriage, Children, Barakah, Piety, Patience) & Dua the same for others
7. Opportunity for improvement and ways to help others



**\*HINT: WHEN IN THE HARAM LOOK FOR THE GREEN LIGHTS TO INDICATE STARTING POINT**

1



**BEFORE ENTERING MASJID AL-HARAM** – Be in a state of Ihram and recite \*Talbiya – (Labaik Allah Humma Labaik...)

2



**FIRST SITE OF KABA** – Say **Allah Hu Akbar (3X)**  
- Recite Durood  
- Make Dua' (Entry into Jannah w/ no account)

3



**BEFORE STARTING TAWAF** – **Men:** uncover right shoulder. **All:** Stop Talbiya when you reach the starting point.

4



**Align with Hajar-e-Aswad** (the Black Stone)  
Face the Stone in a way that the stone is on your right side.

5



**MAKE INTENTION** – Keep hands down and say **“O Allah, I preform Tawaf of Umrah to please you. Make it easy for me.**

6



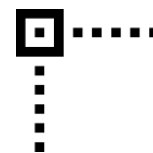
**RAISE PALMS** – Raise hands to ears, recite **Bismillahi Allahu Akbar Wa Lilla Hil Hamd**, drop hands, then point palms towards the **Black Stone** and kiss palms. **Note:** Repeat step 6 each time Hajar-e-Aswad is passed

7



**CIRCLING THE KABA** – Circle the Kaba counter clockwise 7 times. Recite any Dua' (in any language), Praise and Thank Allah (swt), and Seek Forgiveness.

8



**YAMANI CORNER** – At 4<sup>th</sup> corner raise right hand and say **Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina azabin-ar.** **Note:** Repeat step 8 each time Yamani Corner is passed

# Guide to Perform Umrah – After Tawaf

9



**2 RAKAH AT MAKAM –E-IBRAHIM -**  
Pray 2 rakah at Maqaami-e-Ibraaheem. Suggested Surahs Kafiroon & Ikhlas - Note: Can be prayed anywhere in Haram.

10



**DRINK ZAMZAM -** Before drinking ZamZam: Face the Kaba, make dua' for health, Iman, Knowledge, and cure from ailments.

11



**DUA' AT KABAH DOOR -** If possible: Hang from the Kaba door and make dua' as it is highly accepted.

12



**PERFORM SA'EY -** Complete 7 rounds of Sa'ey (Safa and Marwa). See Diagram below for instructions.

13



**PRAY NAFL SALAH -** After completing Sa'ey find a place close to Tawaf to pray two rakah Nafal Salah.

14



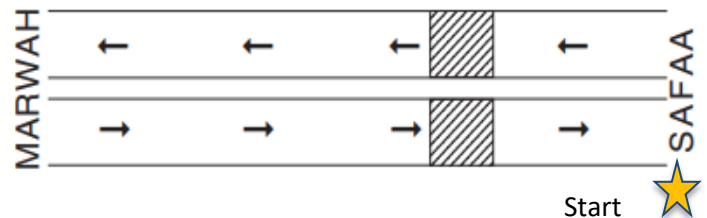
**SHAVE / TRIM HAIR -** Men shave head (or trim hair). Women trim hair only. Ihram is lifted and Umrah is complete.

## Performing Sa'ey (Safa and Marwa)

**Before entering Sa'ey raise hands towards Hajar-e-Aswad and recite:**

**Bismillahi Allahu Akbar Wa Lilla Hil Hamd. Then Recite: Inna as Safa wal Marwah min Sha'airillah.**

**NOTE: Proceed to SAFA first!! At the top of Safa make Intention to perform 7 rounds.**



At Top of Safa	Walking Between Hills	At Top of Marwa	Repeat Steps
<ul style="list-style-type: none"> <li>✓ Say: <b>Allahu Akbar La Ilaha Illallah (3Xs)</b></li> <li>✓ Recite Durood</li> <li>✓ Make Dua</li> </ul>	<ul style="list-style-type: none"> <li>✓ Make Zikar and Dua'</li> <li>✓ <b>Men</b> will run between the two green lights</li> </ul>	<ul style="list-style-type: none"> <li>✓ Say: <b>Allahu Akbar La Ilaha Illallah (3Xs)</b></li> <li>✓ Recite Durood</li> <li>✓ Make Dua</li> </ul>	<ul style="list-style-type: none"> <li>✓ Repeat steps for each round.</li> <li>✓ From Safa to Marwa counts as <b>one round</b>.</li> <li>✓ Start at Safa and End at Marwa.</li> </ul>

\* Talbiya: **Labbaik Allah humma labbaik. Labbaik la sharika laka labbaik. Innal hamda Wan-ni'mata Laka walmulk Laa sharika Lak.** - "Here I am, O Lord, here I am, you indeed have no partner, here I am. No Doubt, all praise and bounties are yours, and so is the absolute Domain. You indeed have no partners, here I am"

**Crated by:** Wahjiuddin Ovaice, Hajji 2014 and Samana Khan, Hajji 2012 (Please remember our families in your Dua's).