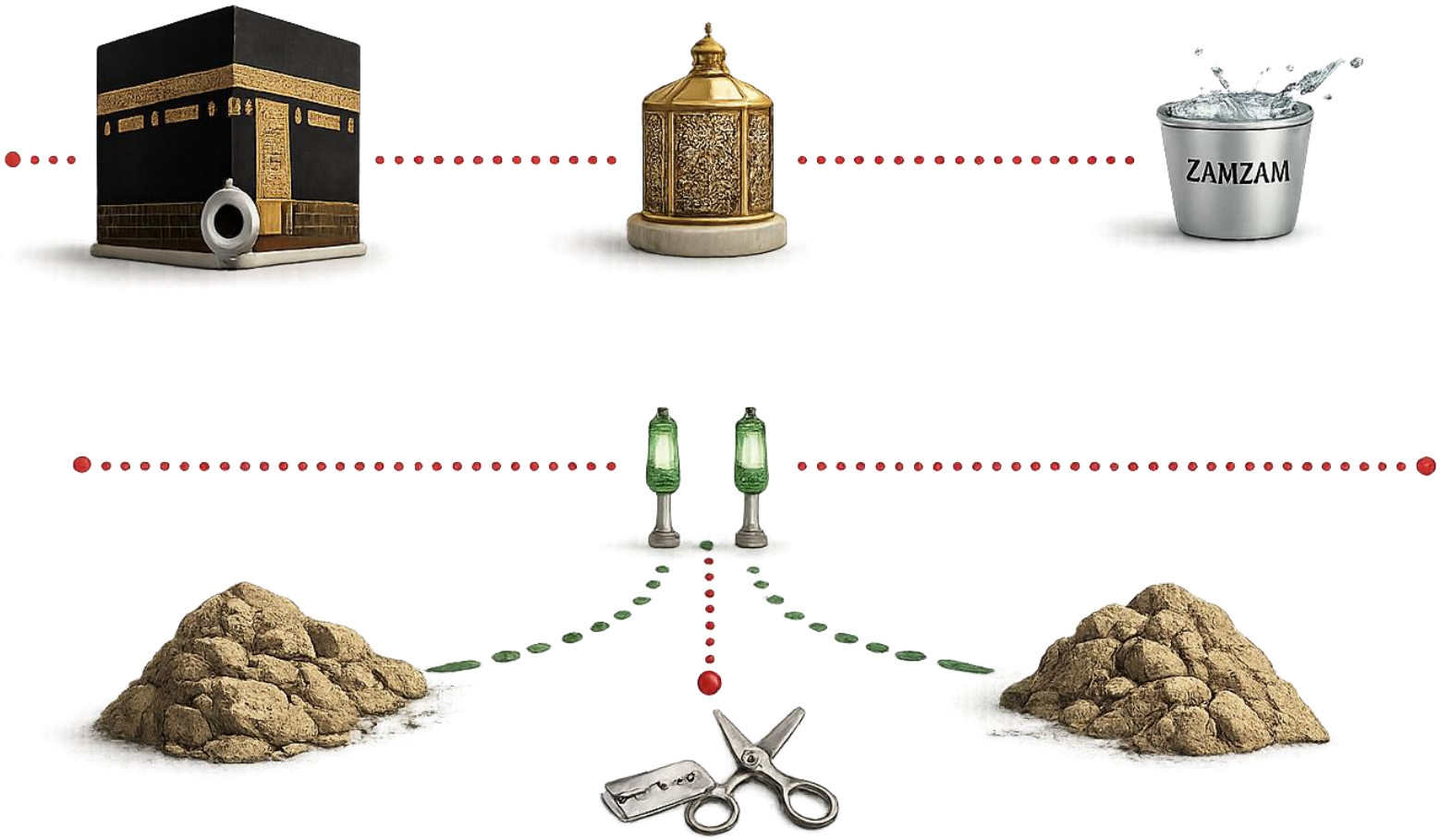
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PERFORMING 'UMRAH



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ENTER THE STATE OF IHRAAM

- Take a Ghusl
- Wear Your Ihraam
- Perform 2 units of prayer *(nafl - optional)*
- Make your intention (any language)
- Recite the Talbiyah ***in Arabic*** abundantly until Tawaaf commences.

PERFORM TAWAAF

- Be in Wudhu
- Tawaaf begins & ends at Hajr Aswad
- Brisk walk ***(Raml)*** & expose right shoulder ***(Idhtibaa’)*** for first 3 circuits ***(men only)***
- Make ***Istilaam*** - palms facing towards Hajr Aswad & recite ***Bismillaahi Allaahu Akbar***
- Recite Takbeer, Tahleel, Qur’aan or any Du’aa during Tawaaf.

7 CIRCUITS = 1 TAWAAF

POST-TAWAAF | PRE SA’EE

- Pray 2 units behind *Maqaam Ibraaheem* or anywhere in Masjid Al-Harãm
- Make Du’aa at the Multazam (area Between Hajr Aswad & the door of the Ka’ bah)
- Drink Zam-Zam & make Du’ aa

Due to the Ka’bah being regularly perfumed, we are recommended not to touch whilst in the state of Ihraam.

PERFORM SA’EE

Sa’ee begins at Safa & ends at Marwa | Safa to Marwa = 1 circuit, complete 7 circuits.

- ***At Safa;*** face the Ka’bah & recite Takbeer & Tahleel loudly & Salawaat softly
- ***Meelain-Akhdarain;*** the area between 2 green lights where men walk faster.
- Do the same at Marwa as was done at Safa.
- Recite masnoon Du’aas & Aayaat | engage in fervent Du’aa, this is a place of acceptance

EXITING THE STATE OF IHRAAM

Men are recommended to shave (greatest reward).
Hair may be trimmed, provided it is cut evenly.

Women should trim approximately 1 inch (2.5 cm), or one finger-wrap of hair.