



MATHABAH
INSTITUTE

-Step by Step Series -

‘Umrah in Four Steps

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‘Umrah Procedure

‘Umrah entails 4 major steps:

1. *Iḥrām* (intention and getting into the required state for pilgrimage)
2. *Ṭawāf* (circling the Ka’abah in the Grand Mosque at Makkah)
3. *Sae’ie* (pacing between the two hills)
4. *Ḥalaq/ Qasr* (shaving or trimming the hair on the head)

Step 1, *Iḥrām*

Approximately two hours prior to landing or crossing the *miqāt* (designated borders before entering the sacred lands), put on your *Iḥrām* garments. Men will wear two unstitched sheets. One sheet wrapped from the navel down. The other draped around the top of the upper body, covering the back and the arms. No headgear. Women will wear their regular loose Islamic clothing covering the entire body, apart from the face and hands.

Once the garments of *Iḥrām* are on, be sure to have *wudū* (ritual ablution). Perform 2 units of prayer. Thereafter make the intention to be in the blessed state of *Iḥrām* and to perform ‘Umrah. Now consistently, whenever possible, recite the ‘*talbiyah*’ (the statement of pilgrimage, “*Labbayk...*”).

Remember, while in the state of *Iḥrām*, clipping nails, trimming hair, applying perfumes and scents, marital relations are temporarily prohibited.

Step 2, Ṭawāf

When ready, proceed to the Grand Mosque in Makkah. Enter with your right foot. Say, “*Allāh Akbar*” (God is the Greatest) upon seeing the Ka’abah for the first time. Make some supplications.

One must be in the state of ritual purity (*wudū*) in order to complete the ṭawāf. Start your ṭawāf (circumambulating) in line with the black stone. This is the corner of the Ka’abah that has the most embroidery. You will walk anti clockwise, seven times around the Ka’abah. Each time you reach the corner of the black stone, you will raise your hands making *istilām* (indicating with a wave, the start of the next round), while looking at the corner.

During each round of the ṭawāf, one can recite supplications, words of God’s praises and recitation of the Qur’ān.

One may talk if necessary. One may also hold the hands of family members to stay together in the crowds. Once 7 rounds are complete, drink the blessed *Zam Zam* water.

Now to complete the ṭawāf, offer 2 units of prayer anywhere in the Grand Mosque, if the preferred location near the Station of Ibrāhīm is not possible [due to crowds]. This completes the ṭawāf. All praise to the Almighty!

Step 3, *Sae'ie*

Sae'ie is the ritual of pacing between the two hills named *Şafā* and *Marwa*. The pilgrim starts the *Sae'ie* at Mount *Şafā*. The pilgrim will commence by facing the Ka'abah while on the *Şafā* hill. Supplicate and begin by walking towards *Marwa*.

In between, while pacing towards the *Marwa* hill from *Şafā*, there are green lights above. In this area, the male pilgrim is encouraged to walk a faster pace. The same on the way back, under the green lights, from *Marwa* to *Şafā*. The pilgrim will complete 7 rounds. Reaching at each hill means one is complete. Thus, walking from *Şafā* to *Marwa* is one, then from *Marwa* to *Şafā* is two, so on and so forth. Thus, the 7 rounds commence at *Şafā* and conclude at *Marwa*.

While pacing in between these two hills, any recitation, dhikr and or supplication may be recited.

If required, one may also talk. It is best to occupy oneself in reflection and in chants of the Almighty's praises and supplications to Him. The seventh round of the *Sae'ie* will conclude this third step of 'Umrah, the *Sae'ie*. May the Almighty accept.

Step 4, Ḥalaq or Qaşr

The final step to conclude ʿUmrah is to trim (*qaşr*) or shave (*ḥalaq*) the hair of the head. Sisters will trim approximately an inch from the bottom of their hair in a line. Brothers have the option of either trimming one inch of most of the head hair or preferably shaving all the hair on their head. This is highly recommended as there are triple the blessings in this. The Prophet Muḥammad (*peace and blessings upon him*) also shaved his hair during his pilgrimage.

After trimming or shaving, you have completed all the steps of ʿUmrah. You are now released from the state and clothing of *Iḥrām*. May the Almighty accept your ʿUmrah and prayers.