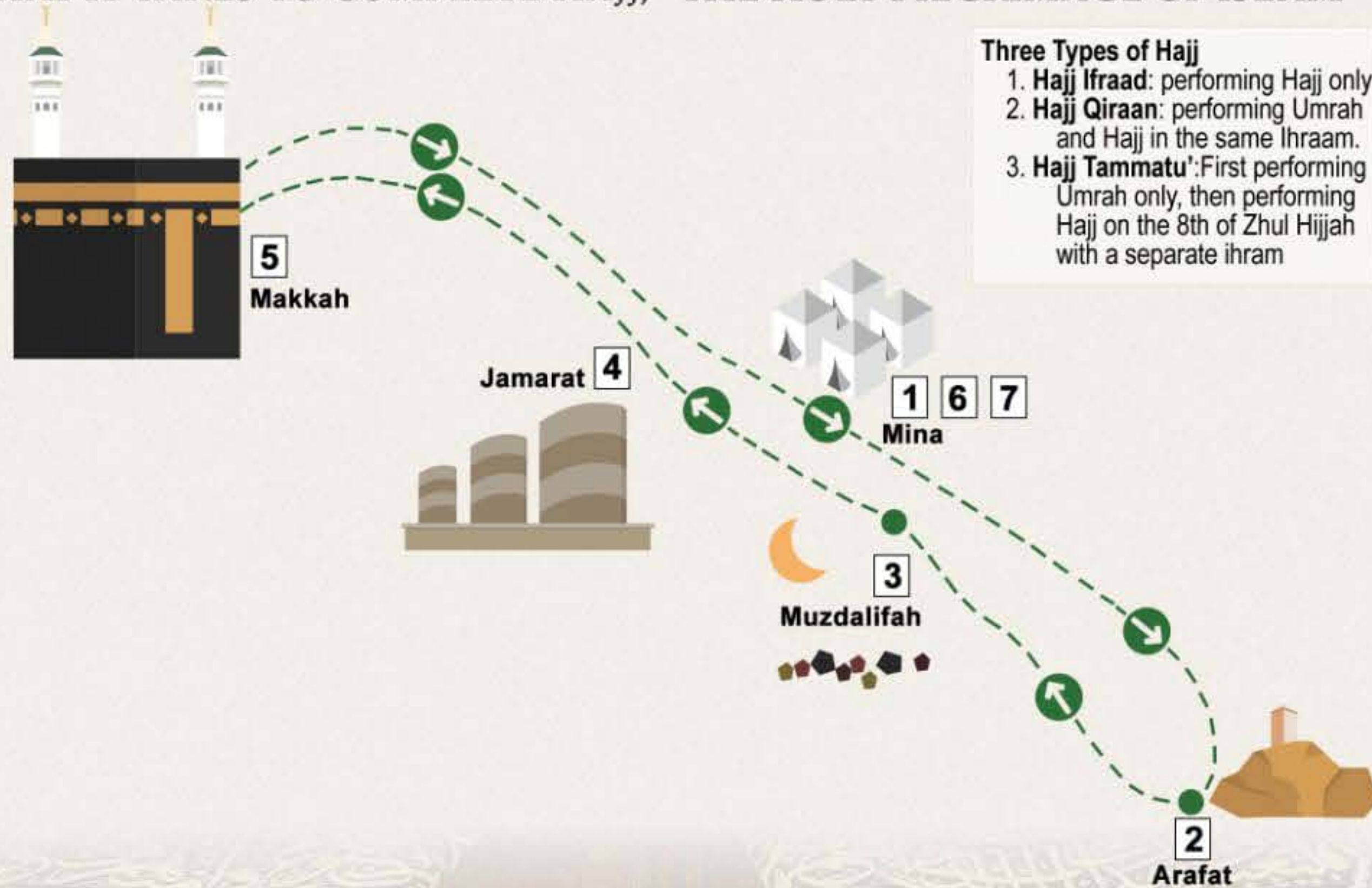


# THE SACRED JOURNEY

WHAT IT TAKES TO COMPLETE HAJJ, THE HOLY PILGRIMAGE OF ISLAM



### Three Types of Hajj

1. **Hajj Ifraad:** performing Hajj only
2. **Hajj Qiraan:** performing Umrah and Hajj in the same Ihraam.
3. **Hajj Tammatu':** First performing Umrah only, then performing Hajj on the 8th of Zhul Hijjah with a separate ihram

### DUAS TO USE DURING HAJJ

The most important dua of Hajj is the Talbiyah. Recite it as much as possible until shaving the hair on 10 Zhul Hijjah. Men should recite it aloud.

At each position of Hajj and 'Umrah, dua is accepted by Allah ta'ala. Praise Allah, send blessings upon Rasoolullah, peace be upon him, and make as much dua in your own language as possible at each place and position, ex: at Muzdalifah, at Mina, on Safa, on Marwah, during Tawaaf, during Sa'ee, etc.

Intention for Hajj: **اللَّهُمَّ إِنِّي أُرِيدُ الْحَجَّ فَيَسِّرْهُ لِي وَتَقَبَّلْ مِنِّي**

"O Allah I intend to perform Hajj, so make it easy for me and accept it from me"

Note: Intention is an action of the heart, not necessary with the tongue.

Talbiyah: **لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ**

**إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ**

Upon entering Masjid al-Haram in Makkah:

**بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ اللَّهِ  
رَبِّ اغْفِرْ لِي ذُنُوبِي وَافْتَحْ لِي أَبْوَابَ رَحْمَتِكَ**

Upon sighting the Ka'bah:

**اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ**

When beginning Tawaaf:

**بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَبِاللَّهِ الْحَمْدُ**

During Tawaaf:

**سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ لَا إِلَهَ إِلَّا اللَّهُ اللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ**

Between Rukn al-Yamani and Hajr Aswad:

**رَبَّنَا إِنَّا فِي الدُّنْيَا حَسَنَةٌ وَفِي الْأَجْرَةِ حَسَنَةٌ وَقَدْ آذَنَّا بِنَارِ الْجَهَنَّمَ وَأَدْخَلْنَا الْجَهَنَّمَ مَعَ الْأَثَرِ يَا غَفَّارُ يَا رَبَّ الْعَالَمِينَ**

While going toward Maqam Ibrahim:

**وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى**

After drinking Zamzam:

**اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ**

While going toward Safa:

**إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ**

During Sa'ee:

**لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْحَرُ وَعُدَّهُ وَنَصْرَ عَبْدِهِ وَهَزَمَ الْأَخْرَابَ وَحْدَهُ**

Between the "Green Lights" while performing Sa'ee:

**رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ الْأَعَزُّ الْأَكْرَمُ**

While at 'Arafah:

**لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ**

For more duas for Hajj and all other purposes, see the famous book of duas, al-Hisn l'Haseen, by Imam al-Jazri, may Allah have mercy on him.

Also, try to learn the meaning of these duas from a proper Alim before you leave.

"There is no reward for a righteous Hajj except Jannah" (al-Bukhari)

# SBNY

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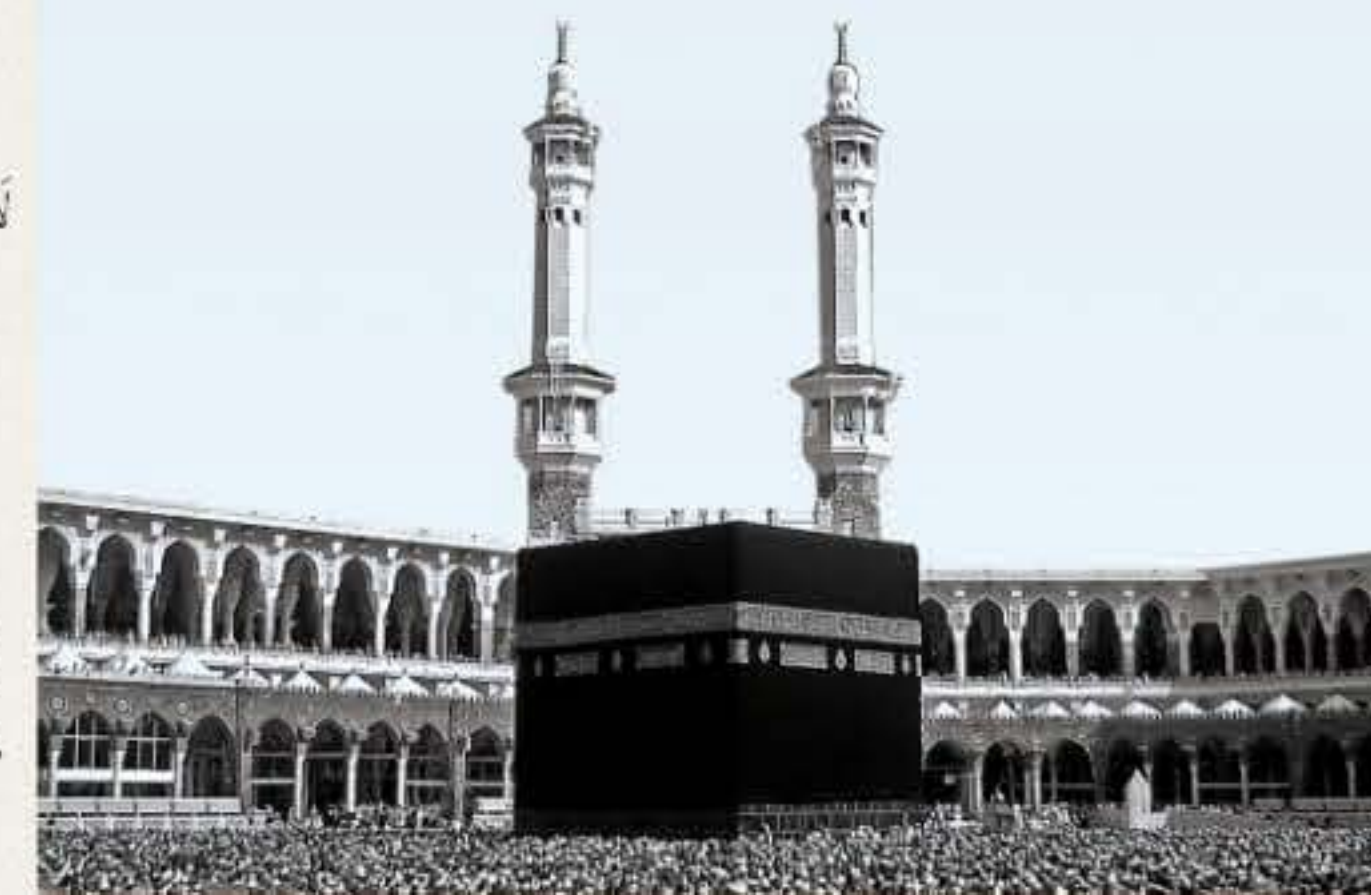
Presents

## Hajj & Umrah Made Easy

What's Inside:

- The "Do's and Don'ts"
- The Five Days of Hajj
- How to Perform Umrah
- Duas to use during Hajj

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# The Do's

## MUST BE DONE

### Fardh

1. Ihraam
2. Wuqoof (being present) at 'Arafah after Zawal (noon) on 9 Zhul Hijjah
3. Tawaaf az-Ziyaarah (circling the Ka'bah)

**WARNING: Leaving one of these out will INVALIDATE Hajj!**

### Wajib

1. Wuqoof at Muzdalifah from Fajr on 10 Zhul Hijjah
2. Sa'ee (walking) between Safa and Marwah
3. Stoning the Jamarat
4. Tawaaf as-Sadr (before returning home) for one who resides outside of the Haram (sacred area)
5. Remaining at 'Arafah until Maghrib (on the 9 Zhul Hijjah)
6. Slaughtering an animal for one performing Qiran and Tamattu' Hajj
7. Shaving or Trimming the head
8. Maintaining the order between stoning, then slaughtering and then shaving the hair
9. Performing Tawaaf az-Ziyaarah within one the Days of Nahr (10 - 12 Zhul Hijjah)
10. Shaving/Trimming within the boundaries of the Haram
11. Shaving/Trimming within one the Days of Nahr (10 - 12 Zhul Hijjah)
12. Performing Tawaaf on foot for those capable

**WARNING: One who leaves out a Wajib MUST give a PENALTY for it. If a Wajib is left out, whether intentionally or accidentally, this penalty will make the Hajj valid but only repentance will wash away the sin of missing out the Wajib act. (Please speak to a proper 'Alim about your individual situations)**

## SHOULD BE DONE (Masnoon)

1. Tawaaf al-Qudoom (when first reaching Makkah Mukarramah)
2. Raml and Idtibaa' (particular way of performing Tawaaf) in those Tawaaf in which one intends to do Sa'ee afterwards
3. Going to Mina on 8 Zhul Hijjah and spending that night there
4. Leaving Mina after sunrise on 9 Zhul Hijjah to go to Arafah
5. Spending the night of 10 Zhul Hijjah at Muzdalifah
6. Performing Ghusl at 'Arafah
7. Spending the nights of 11/12 Zhul Hijjah at Mina

**NOTE: Leaving one of these out DOES NOT INVALIDATE Hajj, however they should be performed to receive the FULL REWARD for Hajj.**

# The Don'ts

**Note: These are the prohibitions while in the state of Ihraam.**

1. Wearing sewn clothing which matches the shape of the body part it covers (for men).
2. Covering the head (for men).
3. Covering the face.

**Note: This means no cloth may touch the face.**

**Women must continue to practice Hijab (purdah) by veiling the face without allowing any cloth to touch it as the women of the Sahabah used to do.**

4. Using scents/perfume on the body, clothes or bedding.
5. Shaving or trimming the hair on any part of the body.
6. Cutting the nails.
7. Hunting and indicating toward the prey.
8. Intercourse and its related actions such as kissing and touching with desire.

**WARNING: One who performs any of the above prohibitions MUST give a PENALTY for it. (Please speak to a proper 'Alim about your individual situations)**

**Note: Fighting, quarrelling and arguing does not mandate a penalty, but prevents the acceptance of Hajj.**



## UMRAH

Umrah is a sunnah mu'akkadah (emphasized sunnah) once in a lifetime.

Those performing Tamattu' or Qiran Hajj must perform Umrah with their Hajj.

### HOW TO PERFORM 'UMRAH

1. Put on Ihraam from outside the boundary of the Haram (sacred area), pray two rakat sunnah of Ihraam, make the intention, and say Talbiyah.
2. Perform Tawaaf (circling around the Ka'bah 7x).
3. Perform sa'ee (total 7x) between Safa and Marwah.
4. Shave or trim the hair. Shaving is better.

# THE FIVE DAYS OF HAJJ



## DAY 1 - 8 ZHUL HIJJAH

### (Yaumut Tarwiyah)

Put on Ihraam, pray two rakat sunnah of Ihraam, make the intention of Hajj, and say Talbiyah.

Go to Mina after sunrise and perform five salat there: Zhuhr, 'Asr, Maghrib, 'Ishaa, and Fajr (of the next day)



## DAY 2 - 9 ZHUL HIJJAH

### (Yaumul 'Arafah)

Go to Arafah (the 2nd fard of Hajj) after sunrise and remain there until sunset. Pray Zhuhr and Asr at Arafah. Remain busy with recitation of the Quran, zhikr, du'aa, etc.

*Read this dua excessively:*

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ



Immediately AFTER sunset, go to Muzdalifah and perform Maghrib and 'Ishaa TOGETHER IN THE TIME OF 'ISHAA. Spend the night at Muzdalifah. Take 49 pebbles from Muzdalifah to use for the stoning of Jamarat on the following three days.



## DAY 3 - 10 ZHUL HIJJAH

### (Yaumun Nahr)

After praying Fajr at Muzdalifah, proceed to Mina. Four important actions on this day:

1. Stone Jamaratul 'Aqabah (the big pillar)
2. Then, slaughter an animal
3. Then, shave or trim the hair AFTER one is CONFIRMED his animal has been slaughtered. Shaving is better.
4. Then, perform Tawaaf az-Ziyaarah (the 3rd fard of Hajj) and sa'ee between Safa and Marwah. This is the best day to perform Tawaaf az-Ziyaarah. It is also permissible until the sunset of 12 Zhul Hijjah.

Tawaaf: Begin at Hajr Aswad by facing it and raising the hands up to the earlobes and read the dua:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Go towards the right until you reach Hajr Aswad again; this is one circle. Perform this seven times.

Then go toward Maqam Ibrahim while reciting:

وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى

Pray two rakat behind Maqam Ibrahim (regardless of how far behind) or anywhere in the Masjid.

Sa'ee: After praying at Maqam Ibrahim, go toward Safa while reciting:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ

Begin walking from Safa toward Marwah. FOR MEN ONLY: When reaching the "Green Lights", fasten the pace of walking until you reach the end of the "Green Lights" [NOT FOR WOMEN].

Once you reach Marwah, you have completed one round. Thereafter, perform the same actions from Marwah to Safa; this is the second round. Complete seven rounds similarly.

## DAY 4 - 11 ZHUL HIJJAH

Stone all three Jamarat AFTER ZAWAL (beginning of Zhuhr time). Earliest time to start is after Sunrise.

Spend the night at Mina.

## DAY 5 - 12 ZHUL HIJJAH

Stone all three Jamarat AFTER ZAWAL (beginning of Zhuhr time). Earliest time to start is after Sunrise.