

How to do *hajj* right

A course presented by
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(Three Sessions)

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Session One

In this session, I wish to cover the following:

- Why this course
- The benefits of *hajj*
- Spirit of *hajj*
- Preparing for *hajj*
- How to do *'umrah* step by step

Why this course

1. *hajj* is the journey of a life-time
2. *'ibaadah* is not valid without knowledge
3. The Prophet (Pbuh) said: Learn your *hajj* from me (*hadith* of Jabir).
4. *hajj* proper has valid form and spirit
5. Allah orders us to ask those who know

The benefits of *hajj*

1. *hajj*: a chance to be like a new born (ref.: *hadith*: Bukhari and Muslim)
2. A virtuous *hajj* merits paradise (B,M,Tirmidhi)
3. The most excellent deed after *jihaad* (B&M)
4. Supreme *jihaad* for women is a virtuous *hajj* (B & Nasa'i)
5. Pilgrims are the guests of Allah; their prayers are heard (IbnMajah&Tabarani)

The spirit of *hajj*

- *hajj* complements the other pillars
- Acts of worship in Islam have two faces: a face toward God, and another toward the creation
- *hajj* deepens our connection with Allah
- Reminds us of our final journey to Allah
- Teaches us to center our lives on Allah

Spirit of *hajj* (continued)

- Teaches the valuable lessons of patience, sacrifice and trust in Allah
- *hajj* connects us with the larger human family
- Connects us with our past
- Helps to relive our sacred history

Preparing for *hajj*

- 1st step: gaining essential knowledge
- Repentance (*tawbah*) to start with a clean slate
- Ensuring that our provision is pure and *halaal* (lawful income)
- Paying off debts and discharging trusts
- Reconciling ourselves with the kith and kin and friends



Preparing for *hajj* (contd.)

- Making an Islamic will: detailing our liabilities, and advising family
- Finally, start visualizing/ experiencing *hajj*
- Practice the essential *du'as*, develop consistency in *dhikr*, attend congregational prayers as best as possible.



The three forms of *hajj*

hajj can be done in one of 3 forms:

1. *Tamattu'* is to do '*umrah* first, release from *ihraam*, and then assume *ihraam* for *hajj* later;
2. *Qiraan* is combining both *hajj* and '*umrah*. Thus one stays in *ihraam* until the integrals of both are done;
3. *Ifraad* is doing *hajj* alone
4. *Tamattu'* and *qiraan* require sacrifice but not *ifraad*



Which of the 3 forms is the best?

- Scholarly opinion varies because of their interpretations of the Prophetic precedents and traditions.
- From a practical point of view, *tamattu*' is preferable for those going to Makkah days before *hajj*.
- It is what the Prophet advised his companions who did not bring sacrificial animals with them.

'*umrah* step by step

- Our choice is *tamattu*'; so we do '*umrah* first
'*umrah* essentially involves:
- *Ihraam* from the *meeqaat* (appointed stations) or before arriving there.
- *Tawaaf* (going around the Ka'bah)
- *Sa'y* (walking briskly between *safa* and *marwah*)
- *Halq* (shaving the hair) or *qasr* (cutting)

Ihraam

- *ihraam* is entering the state of consecration; it is comparable to the opening *takbeer* in *salah*
- *Ihraam* entails the *niyyah* (intention) and *talbiyah* (raising the slogan of *hajj*)
- It has certain conditions, integrals and manners

Things to do before *ihraam*

- It is recommended to shave the armpit and pubic hair, clip the nails, trim the moustache, tidy up the beard etc.
- It is preferable to bathe and/or perform ablutions; you may apply some nice scent (*'itr*)
- Change into the *ihraam* attire: Males should wear two white sheets that are not sewn.
- Females need only avoid glamorous attire

Assuming *ihraam*

- Perform two *rak'ahs* or pray the *fardh* (if it is time)
- Formulate the *niyyah* (intention) for *'umra*; If doing hajj for someone else you should make the *niyyah* accordingly
- Recite the *talbiyah*; continue to do so as frequently as possible
- Engage in *dhikr*
- Observe the restrictions of *ihraam*

Restrictions of *ihraam*

- No cutting, trimming, shaving of hair or clipping of nails, moustache, tidying up beard, etc.
- Men are not allowed to wear sewn clothes, shirts, undergarments; or cover the head, face, wear socks, shoes or gloves
- Women are not to wear face veils or gloves;
- No use of scents or perfumes or any kind of beautifications are allowed: for both males and females.

Restrictions...(contd.)

- No conjugal relations, flirting or sensuous talks, touching, etc.
- No foul, idle talks, acts of lewdness, wrangling or quarrelling
- No hunting or cutting down of trees or plants, etc.
- Mind should be focused solely on worship; and *talbiyah* should be recited frequently

Upon arriving Makkah

- Upon arriving Makkah, one may bathe and perform ablutions, or simply perform ablutions and go to the *haram* for doing the rites of *umrah*. One may rest a while, if exhausted.
- Supplicate upon entering the *haram* as we do upon entering any mosque (see the *du'a* in the handout)
- Upon beholding the Ka'bah supplicate (see the handout); then one should do the *tawaaf*
- *tawaaf* is the greeting (*tahiyah*) of the *haram*.

How to do *tawaaf*?

- Men should expose the right shoulder in the first 3 rounds
- Start *tawaaf* from the *hajar al-aswad*
- Touch or kiss the black stone if possible; otherwise, simply raise the right hand and start *tawaaf* saying *bismillah Allaahu akbar* (see the *du'a*)
- Walk with a brisk pace in the first three rounds (men only)

During *tawaaf*

- There are no prescribed *du'as* for *tawaaf*; therefore one say any *du'as* and read from the Qur'an. For the essential *du'as* (see the handout)
- After having read them, one may supplicate in any language and try to shed tears
- Greet the Yamani corner saying the *du'a* (see the handout)

Tawaaf (contd.)

- After the first three rounds, walk in normal pace
- After completing the seventh, proceed toward *maqaam ibraheem*
- Face the *ka'abah* and pray two *rak'ahs*; in the first *rak'ah* read surah *al-kafiroon* ((Surah:109); and in the second read surah *al-ikhlaas* (112)
- Drink from *zamzam* and pray for healing, cure, etc. (see the handout)

The next step is *sa'y*

- Proceed towards *safa*
- Climb the hillock as best as you can and face the Ka'bah; raise hands and supplicate (see the handout)
- Walk briskly between the two green markers
- Make *dhikr* and *du'a* (choose the same as before)

Complete *sa'y* and release from *ihraam*

- When we reach Marwah, one *sa'y* is complete
- At Marwah, do the same as you did at Safa
- We finish the seventh trip at Marwa;
- Now men are to shave or cut the hair
- Women are only supposed to take a few hair-locks.
- This completes the '*umrah*'; now we are free from the restrictions of *ihraam*; and should change for the normal attire.
