

In The Name Of Allah, Most Gracious, Most Merciful

المعهد الإسلامي في تورنتو

Islamic Institute of Toronto

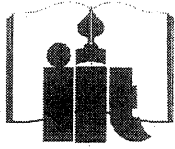
Education for Virtuous Living

**IN THE NAME OF ALLAH THE  
BENEFICIENT THE MERCIFUL**

مناسك الحجّ و العمرة

**THE  
MANAASIK  
OF HAJJ AND  
UMRAH**

**BY: SHAIKH ABDOOL HAMID**



## IN THE NAME OF ALLAH MOST GRACIOUS MOST MERCIFUL

### مناصك الحج والعمرة – The Manaasik of Umrah and Hajj

#### 1. The Mawaaqeeat - المواقيت

a) The **Meeqaat** is the place from which Ihraam must be assumed for Umrah and/or Hajj.

b) **The five Mawaaqeeat:**

- i. Medina - Zuhl-Hulaifah.
- ii. Sham (Syria, Jordan, etc.) - Al-Juhfah/Rabigh.
- iii. Najd (Riyaad) - Qarnul - Manaazil.
- iv. Yemen - Yalamlam.
- v. Iraq - Zhaatu-Irq.

c) **Ihraam at the Meeqaat or before it** - Assuming Ihraam at the Meeqaat is the Sunnah.

However, it is permissible to assume Ihraam before reaching the Meeqaat. This can add difficulties on a person because he/she will have to observe the prohibitions of Ihraam, from even before the Meeqaat. So, there is EASE in following the Sunnah!

#### 2. Ihraam - الإحرام

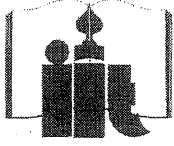
a) **Definition** - to make the intention to perform Hajj and/or Umrah, while in the specified clothes for men, and avoiding certain prohibitions for both men and women.

b) **Etiquettes before assuming Ihraam:**

- i. Cleanliness - clipping nails - trimming mustache, shaving hair under armpit and pubic hair, performing ghusl or at least Wudu.
- ii. Taking off all regular clothing and putting on the Hajj garment (for men only).
- iii. Putting on some perfume.
- iv. Performing 2 rakaats of nafl, before making intention. If a Fard prayer is in progress at this time there is no need for the 2 rakaats.

c) **What is permitted during the state of Ihraam:**

- i. Shower - no perfumed soap, oil, shampoo, powder, etc.
- ii. Changing Ihraam garment and putting on another, but not regular clothing (for men only).
- iii. Brushing teeth with toothpaste.
- iv. Using mouthwash.
- v. Combing Hair.



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d) **Prohibitions of the state of Ihraam.**

- i. No regular clothing for men only. For example; no shirts, pants, undergarments, etc.
- ii. No covering the head for men only - no hats, caps, cloths, etc.
- iii. No perfume.
- iv. No cutting of hair, beard, mustache, etc.
- v. No shaving of armpits and pubic region.
- vi. No clipping of nails.
- vii. No relations with wife (no intercourse, kissing, etc.).
- viii. Cannot propose marriage to anyone.
- ix. Cannot act as the official to marry two other persons.
- x. Women do not cover face, except in the company of strange men.
- xi. Hunting.

f) **The Niyah for Umrah.**

O Allaah! I intend to perform ‘Umrah’ - : لبيك اللهم عمرة : Labbaik Allaahumma ‘Umrah

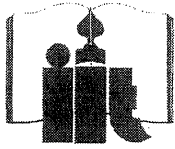
Now, one should add the following condition, to ensure that there is NO penalty if one is not able to complete all the rites of Umrah:

فإن حبسني حابس ، فمحلّي حيث حبستني

If anything should withhold me (from completing the rites), I shall come out of Ihraam at the place where You withhold me.

3. **The Talbiyah - التلبية**

- a) **Its wording** - Labbaik Allaahumma labbaik labbaika laa shareeka laka labbaik innal hamda wan-n'emata laka wal-mulk laa shareeka lak.
- b) **Its Excellence:** This is a Zikr the Prophet (Peace be upon him) chose to recite.
- c) **Aloud or Silent:** Aloud.
- d) **Its Timing:**
  - i. For Umrah - from the meeqaat until entering Al-Masjid Al-Haraam
  - ii. For Hajj - from the meeqaat until just before stoning the Jamarah on the 10th of Zhul-Hijjah.



## Tawaaf - الطواف

a) **Its Excellence** – it is an 'Ebaadah (an act of worship).

b) **Prerequisites of Tawaaf:**

- i. Wudu
- ii. Covering the 'Awrah
- iii. Completing 7 circuits
- iv. Begin and end at the Black stone
- v. Ka'bah on the left
- vi. Around the K'abah (not within the Hijr).

c) **Sunnah of Tawaaf:**

i) It is desirable to say the following at the beginning of Tawaaf:

اللهم إيماناً بك ، و تصديقاً بكتابك ، و وفاء بعهدك ، و اتباعاً لسنة نبيك محمد صلى الله عليه و سلم

O Allaah! I perform Tawaaf as proof of my Faith in You, and my belief in Your Book, and in fulfillment of my covenant with You, and in obedience in following the Sunnah of Your Prophet Muhammad (peace and blessings be upon him).

ii) Face the Black stone, raise hands towards it, say Takbeer.

iii) Al-Idtibaa'- showing the right shoulder for the seven circuits of the K'abah of the **very first Tawaaf, for men only.**

iv) Raml - jogging, if possible, in **the first 3 rounds**, but walk between the Ruknul-Yamaanee (Yemani corner) and the Black Stone.

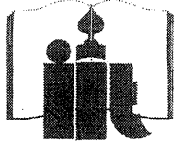
v) Pray 2 rakaats after Tawaaf behind the Maqaam of Ibraheem.

vi) Drinking Zam-Zam water.

vii) Kissing, touching, or pointing to the Black stone, touching the Yemeni corner.

viii) Reciting as much du'a as possible - reciting Qur'an.

ix) If any round of Tawaaf is interrupted, for Salaah, Wudu etc, continue from where the interruption occurred, (B:2:402, Chapter 67)



## 5. Sa'ee - السعي

- a) **History** - Haagar ran between Safa and Marwah 7 times trying to find help.
- b) **Legal Status** - Wajib (Compulsory) in 'Umrah.
- c) **Prerequisites:**
  - i. After Tawaaf
  - ii. 7 times
  - iii. Begin at Safa and end at Marwah
  - iv. Must be performed in Al-Mas'aa (the dedicated place for walking between them).
- d) **Sunnah of Sa'ee:**
  - i. Jogging between two sets of green lights.
  - ii. Making du'a while walking between Safa and Marwah.
  - iii. Making du'a on Safa and Marwah,.

As one walks towards the hill of Safaa for Sa'ee, he should recite the following verse from the Quraan:

Behold! Safa and Marwa are among the Symbols of Allah. So if those who visit the House in the Season or at other times, should compass them round, it is no sin in them. And if any one obeyed his own impulse to good,- be sure that Allah is He Who recognizes and knows it.

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

Q:2:158

Then he should say : نبدأ بما بدأ الله به : "We shall commence with that which Allaah has commenced with". The Prophet (peace and blessings of Allaah be upon him) made this statement, meaning "Sa'ee begins at Safaa as Allaah has mentioned Safaa first in the verse.

Then he should face the Ka'bah and recite the following Zthkir/Du'a:

الله أكبر ، الله أكبر ، الله أكبر . لا إله إلا الله وحده لا شريك له له الملك  
و له الحمد يحيي و يميت و هو على كل شيء قدير .



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Allaah is Great Allaah is Great, Allaah is Great. There is no God but Allaah. He is One and has no partner. To Him belongs all dominion and praise. He gives life and causes death. And He has power over all things.

لا إله إلا الله وحده لا شريك له. أنجز وعده، و نصر عبده، و هزم الأحزاب وحده

There is no God but Allaah. He is One and has no partner. He fulfilled His promise, helped His servant, and He alone completely routed the confederates. (This can be repeated two or three times).

Then, one can make any du'as one wants to.

Then one should begin walking towards Marwah, making as much and any Du'a one wants to make.

At Marwah, one repeats the Zthkir/Du'a recited at Safaa, then proceeds to Safaa, and so on. Every walk from one hill to the other is considered one round. Thus, one begins at Safaa, and should end at Marwah!

After completing the seventh "walking" to Marwah, the rites of Umrah are completed and the only remaining ritual is shaving/shortening the hair.

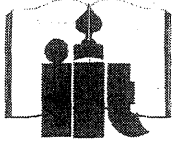
- Men can shave their hair or get a haircut.
- Women simply cut about ½ of an inch from the bottom of their hair.

Now, the Ebaadah of Umrah is finished and all the restrictions are lifted.

## 6. Types of Hajj

### a) Ifraad - الإفراد - Hajj only no Umrah

- i. The intention is: "لبيك اللهم عمرة"; Oh Allah, I intend to perform Hajj only.
- ii. On arrival in Makkah perform Tawaaf al-Qudoom - can perform Sa'ee of Tawaaf al-Efaadah at this time. Remains in Ihraam until Hajj is finished.



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b) **Qiraan - القرآن - combining Hajj and Umrah with one Ihraam.**

- i. The intention is: “لبيك اللهم عمرة وحجًا”.
- ii. On arrival in Makkah perform 'Umrah (Tawaaf and Sa'ee), but do not come out of Ihraam (do not cut hair). No Sa'ee after Tawaaf al-Efaadah.
- iii. Remains in Ihraam until Hajj is finished. This type of Hajj has one condition: must bring sacrificial animal from outside of Makkah.

c) **Tamatt'u - التمتع - separating Hajj and 'Umrah.**

- i) Performing Umrah during the Hajj season, and remaining in a halaal state.
- ii) Reassume Ihraam for Hajj on the 8th of Zhul-Hijjah from Makkah (place of residence).
- iii) This type of Hajj has 2 Sa'ee - one with the Tawaaf of Umrah and the second with Tawaaful-Efaadah.

**Which of the 3 is best?**

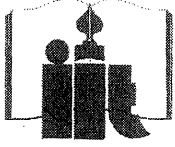
Tamatt'u is, although the scholars have differed.

**Note:** i) In Hajj Ifraad, NO sacrifice is required; in Hajj Qiraan and Tamatt'u, a sacrifice is required.

- ii) If a person cannot afford to purchase an animal for sacrifice, or he /she cannot find one, then he/she is required to fast three days in Hajj (any three days from the first to the eighth of Zhul-Hijjah), and seven more days after he/she returns home after Hajj, to make the total number ten days, (Q:2:196).

**7. The Eight of Zhul-Hijjah**

- a) Its Name: يوم التروية - Day of watering and getting ready for 'Arafah.
- b) Assume Ihraam where ever you are in Makkah and leave for Mina.
- c) Spend this day in Mina.
- d) 5 prayers are offered in Mina - Dhuhr, Asr, Maghrib, Isha and Fajr of the 9th. Pray each prayer in its own time but shorten Dhuhr, Asr and Isha.
- e) Hajj has started - be engaged in as much 'Ibaadah as possible; e.g. du'a, zhikr, reciting Qur'an.



## 8. The Ninth of Zhul-Hijjah

- It's name : يوم عرفة - Day of 'Arafah.
- It is the most important day of Hajj. If missed, it must be repeated.
- Leave Mina after sunrise for 'Arafah.
- Pray Dhuhr and Asr in 'Arafah - combine and shorten them, one Azhaan and 2 Iqaamah.
- Make as much du'a as possible in 'Arafah – this is the day and time for Dua' and Zhikr.
- Remain in 'Arafah until after sunset, then leave for Muzdalifah. **DO NOT leave 'Arafah before sunset.**  
Be sure to remain **within the boundaries of 'Arafah.**
- DO NOT pray Maghrib in 'Arafah.**

## 9. Muzdalifah - المزدلفة – the night before the day of Sacrifice.

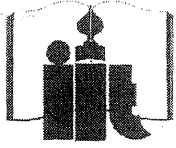
- Upon arrival in Muzdalifah pray Maghrib and Isha, combine them and shorten Isha.
- Spend the night in Muzdalifah - the Sunnah is to sleep after praying.
- After Fajr on the 10th of Zhul-Hijjah, make du'a in Muzdalifah then leave for Mina some time before sunrise.
- It is **convenient** to pick up the pebbles to stone the Jamaraat in Muzdalifah. IT IS **NOT FARD.** The pebbles can be picked up **anywhere in the Haram (Makkah).**

## 10. Tenth of Zhul-Hijjah

- Its name: يوم النحر - Day of Sacrifice.
- Upon arrival in Mina do the following:
  - Pelt the largest Jamarat **only.** (7 pebbles)
  - Offer the Sacrifice (if you have to, Hajj Ifraad does not need a sacrifice).
  - Shave head or shorten hair - this brings the person out of the state of Ihraam. All the restrictions of Ihraam are lifted **except sexual-intercourse.** This is called **“At-Tahallul-Al-Awwal”.**
  - Tawaaful-Efaadhah, after this Tawaaf, sexual intercourse is permitted. This Tawaaf can be performed on the 10th of Zhul-Hijjah or any time afterwards. If you are doing Hajj Tamatt'u, you must also do Sa'ee with Tawaaf al-Efaadah. If you are doing Hajj Qiraan, you do not have to do Sa'ee with Tawaaf al-Efaadah. If you are doing Hajj Ifraad and you did Sa'ee with Tawaaf al-Qudoom, you do not have to do it with Tawaaf al-Efaadah, but if you did not do Sa'ee with Tawaaf al-Qudoom, you must do Sa'ee with Tawaaf al-Efaadah.

Note: The above order is the Sunnah. However, if one is not able to keep the order, there is nothing wrong.





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### 11. Eleventh, Twelfth and Thirteenth of Zhul-Hijjah

- Their names: أيام التشريق - Days of drying the meat.
- On all three days pelt **all 3 Jamaraat, 7 pebbles each**, starting with the smallest. The time for this is from the time of Dhuhr until Fajr the next day.
- One can leave Mina on the 12th with one condition - one must **leave before sunset**. The Sunnah is to stay until the 13th.
- It is **compulsory** to spend the nights of these days in Mina.

### 12. Tawaaf Al-Wadaa - طواف الوداع

- It is **compulsory**. **Women in the menstrual cycle are exempted from this Tawaaf.**
- It must be done **just prior to leaving Makkah**.
- One can delay Tawaaf al-Efaadah until one is ready to leave Makkah and do ONE Tawaaf for al-Efaadah and al-Wadaa.

### Important note:

Every Muslim must strive very hard to ensure that he / she performs Hajj in accordance with the authentic Sunnah of the Prophet (peace and blessings of Allah be upon him).

Jabir (Allah be pleased with him) reported: I saw Allah's Apostle (may peace be upon him) flinging pebbles while riding his camel on the Day of Nahr, and he was saying: Learn your rituals (by seeing me performing them), for I do not know whether I would be performing Hajj after this Hajj of mine”.

### 13. Life After Hajj

If Hajj is performed in the correct manner and is accepted by Allah, then all one's sins are forgiven. Try very hard to preserve that clean and pure state.

May Allaah the Exalted accept our Hajj and make it easy for us.