

## The Method of Adopting Ihrâm

It is Mustahab to:

- a) Clip the nails
- b) Clip (trim) the moustache
- c) Remove all unwanted hair from the body

It is *Sunnah* to make *ghusl* and apply *itr* that will not leave any material substance on the *Ihrâm*.

*Wudhu* will suffice.

---

### **Men:**

- Cover yourself with two sheets.
- Men must wear sandals (preferably beach-tongs)
- The metatarsals should remain open.

---

### **Women:** Normal clothing

- Read two Rak'ats (*Nafl Salâh*) with the head covered.
- After *Salâh* remove your Topee or headgear.
- **After making *salâm*, make niyyah [intention] of Umrah or Haj.**
- **Thereafter, recite *Labbaik* three times, having in mind the intention for *Umrah or Haj***
- **Men should read loudly whilst females should recite softly.**
- Read *Durûd Sharîf* silently and make *Du'â*.

### **Refrain from the following whilst in the State of Ihrâm**

- Sexual intercourse and all utterances and actions leading to it.
- Fighting, quarrelling and the use of abusive language.
- Applying perfumes.
- Fragrant soap and creams fall in this category.
- Trimming or shaving the hair.
- Covering of the head for men and direct covering of the face for men and women.
- Clipping of toe/finger-nails.
- Wearing sewn garments. This applies to men only.
- Killing lice. The killing of mosquitoes and flies is permissible.
- Breaking plants or trees within the Haram.

### Method of Performing the Tawâf

1. Stand facing the Hajr-Aswad in such a manner that the Hajr-Aswad remains on your right (On the left-hand side of the starting line).
2. Make *Niyyah* [intention] of making Tawâf.
3. Move a little to your right so that you are standing on the beige marble (line) directly opposite the Hajr-Aswad.
4. Raise your hands as you raise them in Salâh and say:  
**Bismillâhi Allâhu-Akbar; Lâ ilâha illallâhu walillâhil hamd.**
5. Make *Istilâm* of the Hajr-Aswad i.e. kiss as described or stretch hands towards the Hajr-Aswad.
6. Turn to the right and start walking so that the Ka'bah is on your left. Recite a *du'â* or the third *Kalimah*.
7. When you reach the third corner known as Rukne Yamâni read RABBANÂ-ÂTINA (till the end) until you reach the Hajr-Aswad. One circuit is complete.
8. On coming to the Hajre Aswad, once again kiss the Hajre Aswad or make *Istilâm* by stretching the hands towards the Hajre Aswad saying **Bismillâhi Allâhu-Akbar** and complete as above, till you complete the second circuit.
9. Complete seven rounds in this manner, kissing the Hajr Aswad or making *Istilâm* before commencing every circuit.
10. Then kiss the Mre Aswad or make *Istilâm* for the 8 time and read 2 Rak'ats Wâjibut Tawâf. Perform these 2 rak'ats behind the Maqâm-Ibrâheern if there is space or anywhere on the Matâf, or anywhere else in the Haram.
11. Proceed to the *Multazam* and make *Du'â*, if this is not possible or there is fear of coming into contact with any fragrance, then make *du'â* anywhere close. Thereafter, drink Zam-Zam water available in the canisters in the Haram and make *Du'â*. The *Tawâf* is now complete.

## The Method of Making Sa'î Between Safâ And Marwah

- **Wudhu is NOT a condition for the validity of Sa'î. However, it is preferable to be in the state of *wudhu*.**
- A Sa'î between Safâ and Marwah must be preceded by a *tawâf*. There is no *Nafl* Sa'î.
- Kiss the Hajr Aswad for the ninth time (this is *Mustahab*) before making Sa'î between Safâ and Marwah. To perform Sa'ee is *Wâjib*.
- Go to Mount Safâ and face in the direction of the Ka'bah.
- Recite: **Bismillâhi Allâhu Akbar. Lâ ilâha illallâhu walillâh-hamd** thrice loudly and raise your hands as you raise them in *Du'â* . Thereafter read *Durûd Sharîf* silently and make *Du'â*.
- Descend from mount Safâ and walk towards Marwah at your usual pace. One circuit is now complete.
- On the stretch between Safâ and Marwah there are two green lights. Men must jog /walk briskly between these two lights and then walk normally after passing the lights. Recite: *Rabbighfir-warham-antal-âzzul-akram*
- On reaching Marwah face the Ka'bah and say BISMILLÂffi ... thrice, in a raised voice, as above. Then read *Durûd Sharîf* silently and make *Du'â*.
- Walk back to Safâ. The second round is now complete. Complete SEVEN circuits in this manner. You will begin at Safâ and end at Marwah.
- Thereafter return to Masjid-ul-Harâm and perform two Rak'aats ***Nafl Salâh***.
- Shave or cut your hair and now you are out of *Ihrâm*. Shaving is preferred for men.
- The Umrah is now complete.

### N.B. MEN ONLY

**Any *Tawâf*** that is followed by Sa'î between Safâ and Marwah must be done **in such a way that the right shoulder remains open** (for the entire duration of the full *Tawâf*). This is known as ***Idh'tiba*** and in the first three rounds one must march like a soldier. This is known as ***Ramal***. At no other time must a person's right shoulder remain open.

## THE FIVE DAYS OF HAJ

### **The First Day (8th Dhu-al-Hijjah) Yaumut Tarwiyah**

Adopt the Ihrâm for Haj on the morning of the 8th, preferably in the Haram. Adopting the Ihrâm is a **CONDITION** for the validity of Haj. Then, after sunrise proceed to Mina where Zuhr, Asr, Maghrib, Eshâ and the Fajr of the 9th must be performed. It is Sunnat to spend this night in Mina.

### **The Second Day (9th Dhu-al-Hijjah) – Yaumul Arafat**

- After sunrise of the 9th, proceed to Arafât, recite Talbiyah along the way.
- It is **wâjib** to remain in Arafât until sunset. Zuhr and Asr must be performed in their respective times, if performed in the various camps. However, if they are performed in Masjid Namirah behind the Imâm, then Zuhr and Asr will be combined and performed during the time of Zuhr.
- After Zawâl make Wuqûf - make *du'â*, *tilâwat* of Qur'ân, *Tasbîh*, etc.
- It is **FARDH** to be in Arafât even for a little while, otherwise the Haj will be invalid. (Duration of *Wuqûf*: After Zawâl of the 9th until Subh Sâdiq of the 10th).
- Maghrib must not be performed in Arafât.

### **The Second Night: 10th Dhu-al-Hijjah**

After sunset proceed to Muzdalifah, where Maghrib and Eshâ must be performed during the time of Eshâ with one *Adhân* and one *Iqâmah*.

No Sunnah or *Nafl Salâh* must be read between the two *Fardh Salâh*, they must only be read after both the *Farâ'idh* have been performed.

It is *Mustahab* to pick up seven pebbles from Muzdalifah. The remaining 42 or 63 pebbles may be picked up anywhere else but NOT from the Jamarât.

It is *Sunnat-Muakkadah* to spend this night in Muzdalifah. It is *Mustahab* to engage oneself in *Ibâdah*.

The *Wuqûf* is *Wâjib*. The duration is from Subh Sâdiq until sunrise.

### The Third Day: (10th Dhu-al-Hijjah)

At sunrise or after, start moving off to Mina. **FOUR** rites must be performed on this day (**PQST**).

- **Pelting:**

It is **wâjib** to pelt the Jamaratul Uqbah (the big Shaytân) with 7 pebbles on this day.

*Masnûn* time is from sunrise to Zawâl. After *Zawâl* till sunset, is permissible. After sunset it is *makrûh*, but not for the weak, feeble, the sick and womenfolk.

Recite ***Bismillâhi-Allâhu-Akbar*** with each throw of a pebble. Recitation of *Talbiyah* ends with the pelting of the first pebble.

- **Qurbâni:**

After pelting, an animal must be slaughtered. **wâjib** for a *Mutamattî* or *Qârin*.

- **Shaving or Cutting:**

After fulfilling the rite of sacrifice, one will have to shave or cut the hair. This is **wâjib**. This can be delayed till the sunset of the 12th. After shaving, have a bath and wear normal clothing, either in Mina or Makkah.

- **Tawâf-Ziyârah:**

The fourth rite of this day. This is **fardh**.

The time for this *Tawâf* is from *Subh Sâdiq* of the 10th up to the setting of the sun on the 12th.

If it is delayed further, then *Damm* will have to be given. In the case of women there is no *Damm* if it is delayed due to menstruation.

Make *Sa'î* if it was not performed prior to Haj. This *Sa'î* is performed in normal clothing.

**N.B.:** Sexual intercourse with one's spouse is not permissible until after *Tawâf-Ziyârah* is performed.

### The Fourth Day (11th Dhu-Al-Hijjah)

- On this day it is **Wâjib** to pelt the three Jamarât with 7 pebbles each, beginning with the Jamaratul Úlâ (small) then Jamaratul Wustâ (middle) and finally Jamaratul Uqbah (big).
- The time for pelting begins after Zawâl to sunset.
- Pelting is *Makrûh* after sunset, except for the old, weak, feeble and womenfolk.
- If due to some reason one did not pelt after sunset, one may pelt till before the break of dawn on the 12th. If one delays further, *Damm* must be given.

### **The Fifth Day (12 Dhu-al-Hijjah)**

- The same procedure should be followed as the 4th day. After this pelting, one may either depart for Makkah or spend the night in Mina.

### **13 Dhu-al-Hijjah (Optional)**

- If a Hajî is in Mina at the break of dawn on this day (13th), then it becomes **wâjib** to pelt the three Jamarât (with 7 pebbles each).
- The duration and time limits are the same as described for the 12th. However, one is permitted to pelt before *Zawâl* - though it is *Makrûh*.

### **Tawâf-e-Widâ:**

- Prior to departure for home, one must perform *Tawâf-e-Sadr* or Farewell *Tawâf*. Also known as *Tawâf-e-Widâ*.
- This is **wâjib**. In the case of women, this *Tawâf* is excused during menstruation. She may stand outside the doors of the Masjid-ul-Harâm and make *du'â* there.