

COMPLETE 'UMRAH PLANNER WITH DU'ĀS & BODY POSITIONS

PART 1: PREPARATION AT THE HOTEL

1. Perform ghusl (full bath)
2. Wear ihrām
 - Men: two white sheets (one around waist, one over shoulder)
 - Women: normal modest clothing, head covering
3. Use unscented soap/deodorant
4. Optional: pray 2 rak'ahs

Body posture & hands: relaxed, upright, calm. Do not raise hands yet.

! Do NOT make niyyah or talbiyah yet.

PART 2: MIQĀT – MASJID 'Ā'ISHAH (TAN'ĪM)

Transport: taxi from hotel (~10–15 minutes). Tell driver: “*Masjid Aisha, Tan'īm, miqāt.*”

Optional 2 rak'ahs at miqāt

Arabic:

اللَّهُمَّ إِنِّي أُرِيدُ الْعُمْرَةَ فَيَسِّرْهَا لِي وَتَقَبَّلْهَا مِنِّي

Transliteration:

Allāhumma innī urīdul-‘umrata fa-yassirhā lī wa taqabbalhā minnī

Meaning:

O Allah, I intend to perform 'Umrah, so make it easy for me and accept it from me.

Body & hands: stand facing Qiblah if possible, hands relaxed at sides.

Niyah (Intention)

Arabic:

لِيَبِيكُ عُمْرَةً

Transliteration:

Labbayka 'umrah

Meaning:

O Allah, here I am intending 'Umrah.

 You are now in ihrām.

Talbiyah (repeat frequently)

Arabic:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ
 لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ
 إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكُ
 لَا شَرِيكَ لَكَ

Transliteration:

Labbayka Allāhumma labbayk
Labbayka lā sharīka laka labbayk
Innal-ḥamda wan-ni‘mata laka wal-mulk
Lā sharīka lak

Meaning:

Here I am, O Allah, here I am. You have no partner, here I am. All praise, blessings, and sovereignty belong to You. You have no partner.

Body & hands: relaxed at sides. Men walk with **right shoulder uncovered** only during ṭawāf later, not yet here.

Travel to Masjid al-Haram

- Taxi or walk if nearby.
- Continue **talbiyah** until reaching Ka‘bah.

PART 3: ENTERING MASJID AL-HARAM**Entry****Arabic:**

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Transliteration:

Allāhumma iftaḥ lī abwāba raḥmatik

Meaning:

O Allah, open for me the doors of Your mercy.

Body & hands: enter with **right foot first**, head slightly lowered, hands relaxed.

First sight of Ka‘bah**Arabic:**

اللَّهُمَّ زِدْ هَذَا النَّبْتَ تَشْرِيفًا وَتَعْظِيمًا

Transliteration:

Allāhumma zid hādihā al-bayta tashrīfan wa ta‘zīmā

Meaning:

O Allah, increase this House in honor and greatness.

Body & hands:

- Stand facing Ka‘bah
- **Raise both hands**, palms up, elbows relaxed

- Stay stationary while making du‘ā’

PART 4: ṬAWĀF (7 CIRCLES)

Starting ṭawāf

Arabic:

بِسْمِ اللَّهِ، اللَّهُ أَكْبَرُ

Transliteration:

Bismillāh, Allāhu akbar

Meaning:

In the name of Allah, Allah is the Greatest.

Body & hands:

- Ka‘bah on your **left**
- Walk **anti-clockwise**
- Hands relaxed at sides, natural swing
- Men: **right shoulder uncovered (Idṭībā‘)**

At the Black Stone (start of each round)

If reachable:

- Touch/kiss the stone

- **Raise right hand**, say *Bismillāh, Allāhu akbar*

If not reachable:

- Point toward it with right hand
- Say *Allāhu akbar*
- Continue walking

Body: do not block others, continue anti-clockwise

Du‘ā’ between Yemeni Corner & Black Stone

Arabic:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً
وَفِي الْآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ

Transliteration:

*Rabbana ātinā fid-dunyā ḥasanah
Wa fil-ākhirati ḥasanah
Wa qinā ‘adhāban-nār*

Meaning:

Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Body & hands: relaxed, walking normally, shoulders upright.

After 7 rounds

- Pray **2 rak'ahs**, preferably near Maqām Ibrāhīm
- Rak'ah 1: *Qul yā ayyuhal kāfirūn*
- Rak'ah 2: *Qul huwallāhu aḥad*

Body: standard prayer posture, hands folded, head slightly bowed.

PART 5: SA'Y – ŞAFĀ ↔ MARWAH

At Mount Şafā

Arabic:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ
اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ

Transliteration:

Innaṣ-Şafā wal-Marwata min sha'ā'irillāh
Allāhu akbar, Allāhu akbar, Allāhu akbar

Meaning:

Indeed Şafā and Marwah are among the symbols of Allah. Allah is the Greatest.

Body & hands: face Ka'bah, **both hands raised**, palms up.

Walking between Şafā & Marwah

- Distance ~450 m per trip
- **Men:** light jog between green lights
- **Women:** normal walking pace
- Hands relaxed, body upright
- Do not raise hands while walking

Du'ā' suggestion:

Arabic:

رَبِّ اغْفِرْ وَارْحَمْ

Transliteration:

Rabbighfir warḥam

Meaning:

My Lord, forgive and have mercy.

Number of trips

1. Şafā → Marwah
2. Marwah → Şafā
3. Şafā → Marwah
4. Marwah → Şafā

5. Şafā → Marwah
6. Marwah → Şafā
7. Şafā → Marwah

→ End at **Marwah**

PART 6: CUTTING HAIR (EXITING IHRĀM)

- **Men:** shave full head (best) or trim all over
- **Women:** fingertip-length cut

Arabic:

اللَّهُمَّ تَقَبَّلْ مِنِّي

Transliteration:

Allāhumma taqabbal minnī

Meaning:

O Allah, accept from me.

Body & hands: sit or stand calmly, relaxed posture.

→ **‘Umrah complete.**

PART 7: TOILETS & BREAKS

- Allowed anytime

- Wash hands/feet normally
- Can adjust ihrām cloths
- Avoid scented products
- Body comfort is allowed; it does **not** affect validity

✓ QUICK BODY POSITION REFERENCE

Action	Hands	Body/Shoulders	Head
Du‘ā’ at Ka‘bah	Both hands up	Upright	Slightly bowed
Black Stone	Right hand	Relaxed, move anti-clockwise	Neutral
Ṭawāf walk	Relaxed	Men: right shoulder uncovered	Neutral
Sa‘y du‘ā’	Both hands up	Upright	Face Ka‘bah
Sa‘y walk	Hands relaxed	Upright	Forward
Cutting hair	Hands relax	Upright	Neutral

POST-‘UMRAH CHECKLIST

1 Immediate Actions After ‘Umrah

1. Pray 2 rak‘ahs near Maqām Ibrāhīm (if not already done after ṭawāf)

- **Body:** standard prayer posture, hands folded
- **Focus:** sincerity, not speed

2. Make Du‘ā’ facing the Ka‘bah

- **Arabic:**
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ
- **Transliteration:**
Rabbana ātinā fid-dunyā ḥasanah wa fil-ākhirati ḥasanah wa qinā ‘adhāban-nār
- **Meaning:**
Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.
- **Hands:** palms up, elbows relaxed, body upright

3. Dhikr & Remembrance

- Repeat:
 - *SubḥānAllāh* – Glory be to Allah

- *Al-ḥamdu lillāh* – All praise is due to Allah
 - *Allāhu akbar* – Allah is the Greatest
 - *La ilaha illallāh* – There is no god but Allah
- Walk calmly or sit quietly while doing dhikr

2 Optional Acts of Worship

1. Voluntary Ṭawāf (Ṭawāf al-Nafl)

- No iḥrām required
- Same rules as main ṭawāf (Ka‘bah on left, anti-clockwise)
- Can recite any du‘ā’ or dhikr while walking

2. Qur’ān Reading or Listening

- Sit in a quiet corner
- Read or listen quietly
- Reflect on meanings

3. Extra Du‘ā’

- Make personal requests, pray for family/friends, and seek forgiveness

3 Rest & Refreshment

- Sit and relax in Masjid al-Haram or nearby shaded areas
- Drink water, eat lightly
- Reflect on your 'Umrah experience
- Gentle walking around the mosque is encouraged

4 Optional Spiritual Visits (If Energy Permits)

- **Jabal al-Nour** – Cave of Hira
- **Masjid Jinn** – historical site near Masjid al-Haram
- **Souks** – for dates, Zamzam water, or gifts

⚠ Keep energy balanced: spiritual reflection and comfort matter more than sightseeing

5 Physical & Body Guidance

- Keep **hands relaxed** when walking or sitting
- **Raise hands only** during du'ā'
- **Body upright**, shoulders relaxed
- Head slightly bowed for humility during du'ā'

✓ Quick Post-'Umrah Routine (Example)

Time	Activity	Notes
0–15 min	2 rak'ahs near Maqām Ibrāhīm	Standard prayer
15–30 min	Du'ā' at Ka'bah	Hands up, face Ka'bah
30–60 min	Dhikr / Reflection	SubhānAllāh, Al-ḥamdu lillāh, Allāhu akbar, La ilaha illallāh
60–90 min	Optional Ṭawāf al-Nafl	Ka'bah on left, anti-clockwise
90–120 min	Light rest & refreshments	Hydrate, snack, sit quietly
120+ min	Optional visits	Jabal al-Nour, Masjid Jinn, or souks