

Pass a ribbon or string
to hang around neck



UMRAH
duas

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1. Before setting off from home

- Make Ghusl (full body wash)
- Trim your nails, and remove your pubic hair.
- Whatever Salah is due at the time of travel, ensure it has been prayed in full before setting off
- Read 2 rakaats of Travelling Salah before setting off
- When going out of your house/hotel, say:

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ
وَلَا قُوَّةَ إِلَّا بِاللَّهِ

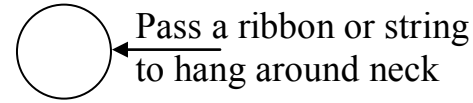
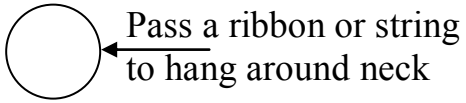
*In the name of Allaah, I place my trust in Allaah,
and there is no might nor power except with Allaah)*

STEP-BY-STEP: UMRAH GUIDE

Umrah Duas with English Translation

Compiled by Dr. Farooq Akbar M.D

<http://umrahduas.org>



- Read Du'aa of Travelling, before setting off in car

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ
سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ
مُقْرِنِينَ وَإِنَّا إِلَىٰ رَبِّنَا لَمُنْقَلِبُونَ

Allaah is the greatest x3, How perfect He is, The One Who has place this (transport) at our service, and we ourselves would not have been capable of that, and to our Lord if our final destiny.

- At a journey break, you may say:

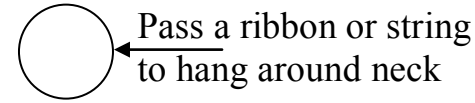
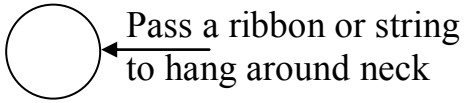
أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ
مِنْ شَرِّ مَا خَلَقَ

I take refuge in Allaah's perfect words from the evil that He has created.

NB. During your journey keep yourself in the remembrance of Allah (make dhikr, make dua, read quran, read Islamic Book etc).

Remember this is the start of your journey to the House of Allah, and you have been given an invitation from Málik Al-Mulk

✂ (Owner and King of all Kingdoms), so Praise and Glorify Him.



Once you are a traveller (having left your areas of residence), and the next Salah is due, you can combine and shorten them as this is a concession from Allah.

- Dhur (2 Rakaats) & Asr (2 Rakaats) together
- Maghrib (3 Rakaats) & Isha (2 Rakaats) together
- Read as many sunnah/nawafil as you like, there is no restriction.

2. Before passing the Meeqat – (the place where the Umrah starts, and one enters the state of Ihram)

- Men to get changed into their Ihram (2 pieces of white cloth), preferably after one of the 5 daily prayers
- Make niyyah (intention) for Umrah

لَبَّيْكَ اللَّهُمَّ عُمْرَةً

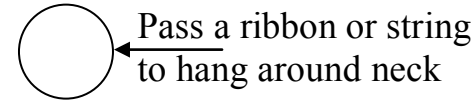
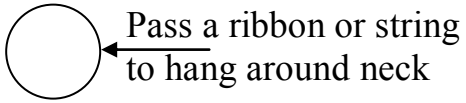
Here I am O Allah making 'Umraah



- Make the Talbiyah (men to raise their voices) and continue making the Talbiyah until you reach the Kaba and start your Tawaf

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَكَ
لَبَّيْكَ، اِنَّا لِحَمْدِكَ، وَالنِّعْمَةُ لَكَ وَالْمُلْكُ،
لَا شَرِيكَكَ

Here I am, O Allah, here I am. Here I am. You have no partner. Here I am. Surely all praise, grace and dominion is yours, and you have no partner.



3. Entering Masjid Al Haram - (in Makkah, Saudia Arabia)

- Enter with your right foot
- Make dua of the Masjid

بِسْمِ اللَّهِ، وَالصَّلَاةُ وَالسَّلَامُ عَلَى
رَسُولِ اللَّهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

In the name of Allaah! O Allaah! Exalt the mention of your Messenger. O Allaah! Forgive my sins, and open the gates of Your mercy for me.

4. Upon your first sight at Kaaba for the first time, it is a Solemn state: Pray whatever comes to your heart

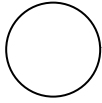
5. Tawaf (7 rounds around the Ka'bah) - You must be in Wudu (ablution)

Men to leave their right shoulder bare ONLY during the entire Tawaf, this is called Idtiba'a, after the tawaf men need to cover both shoulders.

Start at the Black Stone, either

- Kiss it if you can, if not
- Touch it with your right hand, if not
- Face the Black Stone and point at it with your right hand
- Say Bismillah, Allahu Akbar



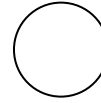


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First Circuit (Circle) Dua

سُبْحَانَ اللَّهِ، وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ
أَكْبَرُ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ،
وَالصَّلَاةُ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ صَلَّى اللَّهُ
عَلَيْهِ وَسَلَّمَ. اللَّهُمَّ إِيْمَانًا بِكَ، وَتَصَدِيقًا
بِكَلِمَاتِكَ، وَوَفَاءً بِعَهْدِكَ، وَاتِّبَاعًا لِسُنَّةِ نَبِيِّكَ
وَحَبِيبِكَ مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، اللَّهُمَّ إِنِّي
أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ وَالْمُعَافَاةَ الدَّائِمَةَ فِي
الدُّنْيَا وَالْآخِرَةِ، وَالْفَوْزَ بِالْجَنَّةِ وَالنَّجَاةَ
مِنَ النَّارِ.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ، وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ،
يَا عَزِيزُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.



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All Glory is to Allah! All Praises is to Allah, There is none worthy of the worship but Allah. Allah is the Greatest. There is no power, nor strength except that from Allah, The Most High, The Greatest! Blessings and Peace be upon the Prophet of Allah,

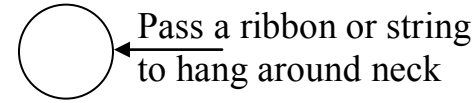
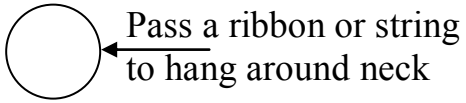
Muhammad ﷺ

O Allah! By my faith in Thee, and by my belief in Thy Book, and in fulfillment of the vows I made to Thee and following the Sunnah of Thy beloved Prophet Muhammad ﷺ

(I perform the Tawaf of Holy Kabah). O Allah, Truly I ask Thy forgiveness, and Thy protection, and everlasting fondness in Faith in this world and in Hereafter, and that I be granted Paradise and be freed from the fires of Hell.

Our Lord! Grant us good in this world and good in the Hereafter, and save us from the chastisements of fire, and let us enter Paradise with the righteous ones. O Glorious One! O All Forgiving! O Lord of the Universe!





Second Circuit (Circle) Dua

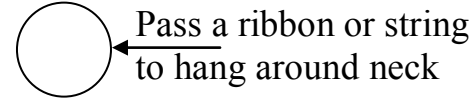
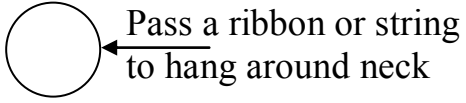
اللَّهُمَّ إِنَّ هَذَا الْبَيْتَ بَيْتِكَ، وَالْحَرَمَ حَرَمُكَ،
وَالْأَمْنَ أَمْنُكَ، وَالْعَبْدَ عَبْدُكَ، وَأَنَا عَبْدُكَ وَأَبْنُ
عَبْدِكَ، وَهَذَا مَقَامُ الْعَائِدِ بِكَ مِنَ النَّارِ، فَحَرِّمْ
حُومَنَا وَبَشَرَتَنَا عَلَى النَّارِ. اللَّهُمَّ حَبِّبْ إِلَيْنَا
الْإِيمَانَ وَزَيِّنْهُ فِي قُلُوبِنَا، وَكَرِّهْ إِلَيْنَا الْكُفْرَ
وَالْفُسُوقَ وَالْعِصْيَانَ، وَاجْعَلْنَا مِنَ الرَّاشِدِينَ.
اللَّهُمَّ قِنِي عَذَابَكَ يَوْمَ تَبْعَثُ عِبَادَكَ، اللَّهُمَّ
ارزُقْنِي الْجَنَّةَ بِغَيْرِ حِسَابٍ.
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ، وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ،
يَا عَزِيزُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.

O Allah! This House is Thy House, and this Sanctuary is thy Sanctuary and this security is thy security, and this slave is thy slave. I am Thy slave and the son of Thy slave. And this place is a refuge from the fires of Hell for him who seeks Thy protection, Forbid our flesh and our bodies to the Fire. O Allah! Endear to us the Faith, and adorn with it our hearts and make hateful to us disbelief, Wickedness and transgression, and cause us to be among those who are rightly guided.

O Allah! Protect me from Thy Punishment on the Day when Thou shalt resurrect Thy slave. O Allah! Allow me to enter Paradise without any accounting.

Our lord! Grant us good in this world good in the Hereafter, and save us from the chastisement of fire and allow us to enter Paradise with the righteous ones. O Glorious One! O All Forgiving! O Lord of the Universe!





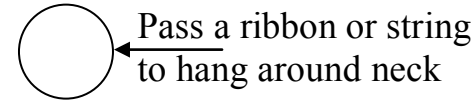
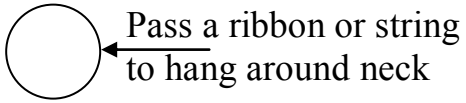
Third Circuit (Circle) Dua

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشُّكِّ وَالشَّرِكِ،
وَالشَّقَاقِ وَالنَّفَاقِ، وَسُوءِ الْأَخْلَاقِ، وَسُوءِ
الْمَنْظَرِ وَالْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ وَالْوَالِدِ،
اللَّهُمَّ إِنِّي أَسْأَلُكَ رِضَاكَ وَالْجَنَّةَ، وَأَعُوذُ بِكَ مِنْ
سَخَطِكَ وَالنَّارِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ
الْقَبْرِ، وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الْمَحْيَا وَالْمَمَاتِ.
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ، وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ،
يَا عَزِيزُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.

O Allah Truly, I seek refuge in Thee from doubt and from associating with Thee others (in worship), and from discord, hypocrisy, and immorality, and from returning home to see my family and my children in evil state of affairs. O Allah! Truly I ask Thee for Thy pleasure and that I be allowed to enter Paradise. O Allah! I take refuge in Thee from falling from Thy grace in my grave and from the temptations in this life and trials at the time of death.

Our Lord! Grant us good in this world and good in the Hereafter, and save us from the chastisement of fire, and allow us to enter Paradise with the righteous ones. O Glorious One! O All Forgiving! O Lord of the Universe!





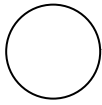
Fourth Circuit (Circle) Dua

اللَّهُمَّ اجْعَلْهُ حَجًّا مَبْرُورًا، وَسَعْيًا مَشْكُورًا
وَذَنْبًا مَغْفُورًا، وَعَمَلًا صَالِحًا مَقْبُولًا، وَتِجَارَةً لَنْ
تُبُورَ، يَا عَالِمَ مَا فِي الصُّدُورِ، أَخْرِجْنِي يَا اللَّهُ
مِنَ الظُّلُمَاتِ إِلَى النُّورِ. اللَّهُمَّ إِنِّي أَسْأَلُكَ
مُوجِبَاتِ رَحْمَتِكَ، وَعَزَائِمِ مَغْفِرَتِكَ، وَالسَّلَامَةَ
مِنْ كُلِّ إِثْمٍ، وَالْغَنِيمَةَ مِنْ كُلِّ بَرٍّ، وَالْفَوْزَ
بِالْجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ. رَبِّ قَنِّعْنِي بِمَا
رَزَقْتَنِي، وَبَارِكْ لِي فِي مَا أَعْطَيْتَنِي، وَاخْلُفْ عَلَيَّ
كُلَّ غَائِبَةٍ لِي مِنْكَ بِخَيْرٍ.
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
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يَا عَزِيزُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.

O Allah! Allow this pilgrimage to be accepted, and this endeavor to be rewarded, and my sins to be forgiven, and my good deeds to be approved and cause my business to flourish; O Thou, who knoweth all that is in our hearts! O Allah Take me out of darkness into light. O Allah! I ask Thee, that I be worthy of Thy Mercy, and certain of Thy Forgiveness, and immune to all sins, and be worthy of rewards for all my virtues, and be worthy of entering Paradise and be immune from Hell. O my Lord! Make me content with what Thou hast bestowed upon me. And let Thy Blessing be with what Thou hast given me. And compensate all that I lack with Thy own favor.

Our Lord! Grant us good in this world and good in the Hereafter, and save us from the chastisement of fire, and allow us to enter Paradise with the righteous ones. O Glorious One! O All Forgiving! O Lord of the Universe!

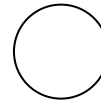




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Fifth Circuit (Circle) Dua

اللَّهُمَّ أَظْلِنِي تَحْتَ ظِلِّ عَرْشِكَ يَوْمَ لَا ظِلَّ إِلَّا
ظِلُّكَ، وَلَا بَاقِيَ إِلَّا وَجْهَكَ، وَأَسْقِنِي مِنْ حَوْضِ
نَبِيِّكَ سَيِّدِنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ شَرِبَتْهُ
هَيِّنَةً مَرِيئَةً، لَا تَظْمَأُ بَعْدَهَا أَبَدًا. اللَّهُمَّ إِنِّي
أَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ سَيِّدُنَا مُحَمَّدٌ
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا
اسْتَعَاذَكَ مِنْهُ نَبِيُّكَ سَيِّدُنَا مُحَمَّدٌ صَلَّى اللَّهُ عَلَيْهِ
وَسَلَّمَ. اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَتَعِيمَتَهَا وَمَا
يُقَرِّبُنِي إِلَيْهَا مِنْ قَوْلٍ أَوْ فِعْلٍ أَوْ عَمَلٍ، وَأَعُوذُ
بِكَ مِنَ النَّارِ وَمَا يُقَرِّبُنِي إِلَيْهَا مِنْ قَوْلٍ أَوْ فِعْلٍ
أَوْ عَمَلٍ.
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ، وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ،
يَا غَزِيذُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.



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O Allah! Bestow upon me the shade of Thy Throne on
the Day when there shall be no shade except Thine.
And there shall be no countenance except Thine. And
allow me a drink from the cistern of Thy Prophet, Mu-
hammad صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

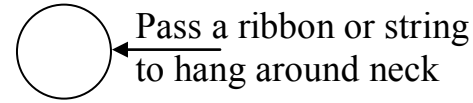
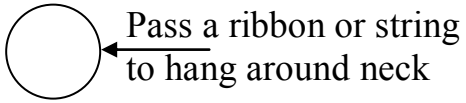
a drink so pleasant that it my quench my thirst for ever.
O Allah! I ask Thee the best of that Which Thy Prophet,
our Master Muhammad صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

has asked of Thee. And I seek refuge in Thee from in
the evils from which Thy Prophet, Our master Muham-
mad صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

has sought refuge in Thee. O Allah! Truly I Beseech
Thee to grant me Paradise and its delights and whatever
may bring me nearer to it whether by word, or by act,
or by deed. And I seek refuge in Thee from the fires of
Hell and whatever may bring me nearer to it whether
by word, or by act or by deed.

Our Lord! Grant us good in this world and good in the
hereafter, and save us from the chastisement of fire, and
allow us to enter Paradise with the righteous ones. O
Glorious One! O All Forgiving! O Lord of the Uni-
verse!





Sixth Circuit (Circle) Dua

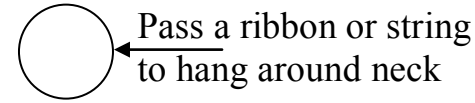
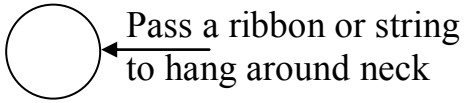
اللَّهُمَّ إِنَّ لَكَ عَلَيَّ حُقُوقًا كَثِيرَةً فِيمَا بَيْنِي
وَبَيْنَكَ وَحُقُوقًا كَثِيرَةً فِيمَا بَيْنِي وَبَيْنَ خَلْقِكَ.
اللَّهُمَّ مَا كَانَ لَكَ مِنْهَا فَاغْفِرْهُ لِي، وَمَا كَانَ
لِخَلْقِكَ فَتَحَمَّلْهُ عَنِّي، وَأَغْنِنِي بِحَلَالِكَ عَنِ
حَرَامِكَ، وَبِطَاعَتِكَ عَنِ مَعْصِيَتِكَ، وَبِفَضْلِكَ عَنِ
مَنْ سِوَاكَ، يَا وَاسِعَ الْمَغْفِرَةِ. اللَّهُمَّ إِنَّ بَيْتَكَ
عَظِيمٌ، وَوَجْهَكَ كَرِيمٌ، وَأَنْتَ يَا اللَّهُ حَلِيمٌ كَرِيمٌ
عَظِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ، وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ،
يَا عَزِيزُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.

O Allah! Thou hast many claims on me in my relations to Thee, and many claims in my relations to Thy creatures. O Allah! Release me of those which I own to Thee, and give me the strength to bear those which I own to Thy creatures. Make me content with what Thou hast made lawful and enable me to reject what Thou hast declared forbidden. And make me content with obedience to Thee, and let me beware of disobeying Thee. And make me content with Thy favor so that I may not seek favor from anyone else, O Thou, whose Mercy is All Embracing. O Allah! Truly Thy House is Glorious and Thy countenance Benign, and Thou, O Allah! art Clement, Noble and Great. Thou lovest forgiveness so forgive me.

Our Lord! Grant us good in this world and good in the Hereafter, and save us from the chastisement of fire, and allow us to enter Paradise with the righteous ones. O Glorious One! O All forgiving! O Lord of the Universe!





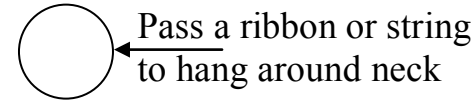
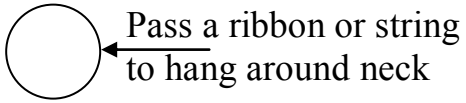
Seventh Circuit (Circle) Dua

اللَّهُمَّ إِنِّي أَسْأَلُكَ إِيمَانًا كَامِلًا، وَيَقِينًا صَادِقًا،
وَرِزْقًا وَاسِعًا، وَقَلْبًا خَاشِعًا، وَلِسَانًا ذَاكِرًا،
وَرِزْقًا حَلَالًا طَيِّبًا، وَتَوْبَةً نَصُوحًا، وَتَوْبَةً قَبْلَ
الْمَوْتِ، وَرَاحَةً عِنْدَ الْمَوْتِ، وَمَغْفِرَةً وَرَحْمَةً
بَعْدَ الْمَوْتِ، وَالْعَفْوَ عِنْدَ الْحِسَابِ، وَالْفَوْزَ
بِالْجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ، بِرَحْمَتِكَ يَا عَزِيزُ يَا
غَفَّارُ، رَبِّ زِدْنِي عِلْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ.
رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً، وَفِي الْآخِرَةِ حَسَنَةً،
وَقِنَا عَذَابَ النَّارِ، وَأَدْخِلْنَا الْجَنَّةَ مَعَ الْأَبْرَارِ،
يَا عَزِيزُ يَا غَفَّارُ، يَا رَبَّ الْعَالَمِينَ.

O Allah! I Seek from Thee a faith that is perfect a conviction that is true, a heart that is full of devotion towards Thee, and a tongue that is forever engaged in Thy remembrance; and provision that are vast, lawful and clean and a repentance that is sincere: a repentance before death, peace at the time of death and Thy Benign Forgiveness and Mercy after death, and Thy pardon at the time of reckoning, and the reward of Paradise and a reprieve from the fires of Hell. Accept my prayers .O The Mighty One! O The Forgiver! O My Lord! Increase me in my knowledge and may I be counted among the righteous.

Our Lord, Grant us good in this world and good in the Hereafter, and save us from the chastisement of fire. And allow us to enter Paradise with the righteous ones. O Glorious One! O All Forgiving! O Lord of the Universe!





5. After Completing Tawaf, proceed to Maqaam-e Ibraaheem - (Prophet Ibraaheem's station)

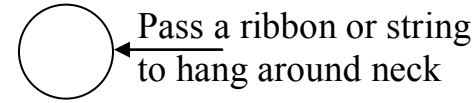
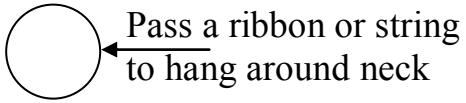
Recite this verse (which means):

﴿وَاتَّخِذُوا مِنْ مَّقَامِ إِبْرَاهِيمَ مُصَلًّى﴾

And take you (people) the Maqaam (place) of Ibraheem as a place of Prayer. [Quran; 2:125]

- Pray two short Rak'ahs, as close as conveniently possible behind Maqaam-e Ibraheem. If it is not possible then you can pray them anywhere in the sacred mosque.
 - It is preferred to recite during the first Rak'ah (after Surah Al Fatiha), Surah Al-Kafiroon and
 - during the second Rak'ah (after Surah Al Fatiha) Surah Al-lkhlaas





6. Go to Zam Zam Wells

- Make dua before drinking
- Drink Zam Zam water
- Pour water over your head
- Return to the Black Stone touch it with your right hand (as before), **if it is not convenient do nothing**, and proceed to do Sai.

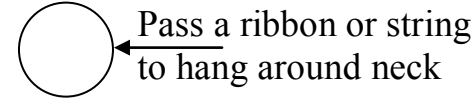
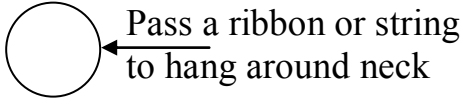
7. Sai (7 circuits) - having wudu is highly recommended, but not compulsory

As you leave the boundary of the Masjid, you can say (as prescribed for all Masaajid):

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَيَّ
رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ
فَضْلِكَ، اللَّهُمَّ اعْصِمْنِي مِنَ الشَّيْطَانِ
الرَّجِيمِ.

In the name of Allah, and prayers and peace be upon the Messenger of Allaah. O Allaah, I ask You from Your favour. O Allaah, guard from the accursed devil.





أَبْدَأُ بِمَا بَدَأَ اللَّهُ بِهِ

I begin with what Allaah began with.

- Then ascend upon Mount Safaa, face the Qiblah, raise your hands and recite 3 times:

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ

Allaah is the Greatest, Allaah is the Greatest, Allaah is the Greatest.



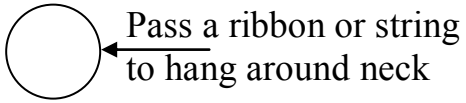
- Upon approaching Mount Safaa, the following ayaat (verse) is recited

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ

الْبَيْتِ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ

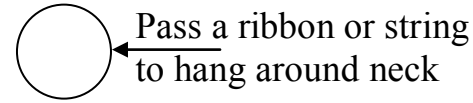
يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

Verily, As-Safaa and Al-Marwah are from the symbols of Allaah. So it is not a sin on him who performs Hajj or 'Umrah of the house (ka 'bah) to perform the going (tawaaaf) between them. And whoever does good voluntarily, then verily, Allaah is the All-Recognizer, All-Knower. [Quran; 2:158]



لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ،
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ أَنْجَزَ
وَعْدَهُ، وَنَصَرَ عَبْدَهُ وَهَزَمَ الْأَحْزَابَ
وَحْدَهُ

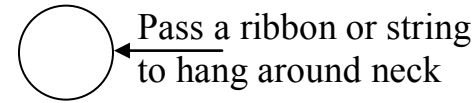
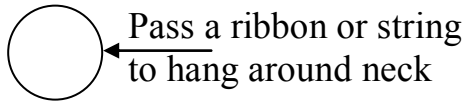
There is nothing worthy of worship except Allah, Alone. He has no partner, To Him belongs the kingdom, & all praise belongs to Him, & He has power above all things, There is nothing worthy of worship except Allah, He fulfilled His promise, Granted victory to His servant, And alone He defeated the allied army.



- Then you Praise Allah, Send Salaam upon Muhammad (sa) and then make as much personal Du'as as you like. Pray for anything from the goodness of this life and the next, pray for both yourself and others.
- Then descend from Mount Safaa and go walking towards Mount Marwah
- When you reach the green sign, men are to hasten their walk for a while, but do not run. Then return to your normal phase of walk at the next green sign.
- Upon reaching Mount Marwah repeat the same procedure as when ascending Mount Safaa (face the Qibla, raise your hands and repeat what was said on Mount Safaa.) This completes one circuit.
- Continue and complete in total 7 circuits, ending the last one on Mount Marwah.

Enjoy the process. You've come all this way, open your heart in glorification and Dua to Allah!

See duas on Page 33



NB. There are no particular supplications to be recited between Safaa and Marwah. It is up to the worshipper to praise Allah or supplicate Him in his own words, or he may recite portions of the Our'an.

Suggested Duas please see page# 33

8. After Completing Sai, Trim/Cut the hair

It is recommended for men are to shave all their hair, but they can trim it all the way round

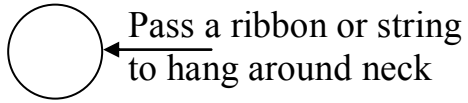
Women are to shorten their hair by a finger tip.

Now all Ihraam rules are lifted, and your Umrah is completed. May Allah accept your Umrah, Ameen!!



Duas

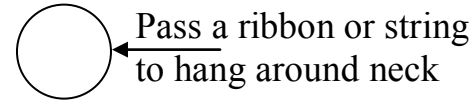
May be recited anywhere and at anytime.



#1 **أَسْتَغْفِرُكَ يَا إِلَهَ الْإِلَهِاتِ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ
الْقَيُّومُ ذُو الْجَلَالِ وَالْإِكْرَامِ وَ أَتُوبُ إِلَيْهِ.**

I seek forgiveness of Allah Who, there is no deity other than He, the Ever-Living the Self-Subsistent the Glorious and the Gracious. I turn unto Him (repentant)

#2 **بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. يَا اللَّهُ يَا اللَّهُ يَا اللَّهُ
الْأَمَانُ الْأَمَانُ الْأَمَانُ مِنْ زَوَالِ الْإِيمَانِ
يَا دَائِمَ الْمَعْرُوفِ يَا قَدِيمَ الْإِحْسَانِ وَ يَا هَادِيَ
نَسْتَعِينُ وَ صَلَّى اللَّهُ عَلَي خَيْرِ خَلْقِهِ مُحَمَّدٍ وَآلِهِ أَجْمَعِينَ.**

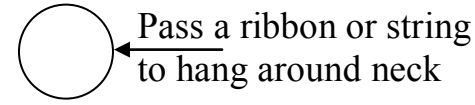
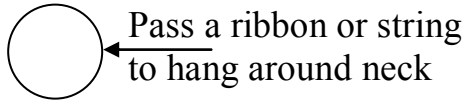


In the name of Allah the Beneficent the Merciful O Allah! O Allah! O Allah! The Security, the Security the Security from the vanishment of the faith. O the Eternally Known! O the Eternally Obliging and O the Guide of those gone astray, Thee alone do we worship and of Thee (only) do we seek help. May Allah's blessings be upon His best creation Mohammed and all his (pure) progeny.

#3 **الْحَمْدُ لِلَّهِ عَلَى كُلِّ نِعْمَةٍ كَانَتْ أَوْ هِيَ كَانَتْ**

All praise is due to Allah for every past bounty and every nature (bounty).





#4

هُوَ اللهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ، عَالِمُ الْغَيْبِ

وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ.

هُوَ اللهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ، الْمَلِكُ الْقُدُّوسُ السَّلَامُ

الْمُؤْمِنُ الْمُهَيَّمِنُ الْعَزِيزُ الْجَبَّارُ

الْمُتَكَبِّرُ، سُبْحَانَ اللهِ عَمَّا يُشْرِكُونَ

هُوَ اللهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى،

يُسَبِّحُ لَهُ مَا فِي السَّمَاوَاتِ وَالْأَرْضِ،

وَ هُوَ الْعَزِيزُ الْحَكِيمُ.

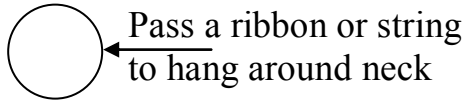
He is Allah There is no god. Save He: The Knower of the unseen and the seen He is the Beneficent The Most Merciful. He is Allah There is no god Save He: the king the Holy, the peace loving (the Bestower of) conviction. The Guardian (over all) the Ever-Prevalent. The Supreme, the Great Absolute! Hallowed is Allah from what they associate (with Him). He is Allah the Creator, the Maker, The Fashioner. His are all the Excellent names: Halloweth Him whatsoever is in the heavens the earth: and He is the Ever Prevalent the All-Wise

#5 فَسُبْحَانَ اللهِ حِينَ تُمْسُونَ وَ حِينَ تُصْبِحُونَ.

وَ لَهُ الْحَمْدُ فِي السَّمَاوَاتِ وَ الْأَرْضِ وَ عَشِيًّا وَ حِينَ تُظْهِرُونَ.

So Glory be to Allah when you enter evening and when you enter the morning, and for Him (alone) is all the praise in the heavens and the earth. At the sun's decline and when you enter the noon.





#6

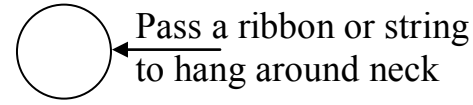
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ إِلَهًا
وَاحِدًا أَحَدًا صَمَدًا لَمْ يَتَّخِذْ صَاحِبَةً وَلَا وَلَدًا.

I bear witness that there is no deity but Allah He is alone and without any partner. He is (the only) Deity Single, Peerless and Independent. He neither took a wife nor begot any child.

#7

أَسْأَلُ اللَّهَ الْجَنَّةَ وَ أَعُوذُ بِاللَّهِ مِنَ النَّارِ.

I beseech Allah (to grant me) Paradise and I seek protection of Allah from the (Hell) Fire: at this the Hell Says: O Allah grant him/her Protection.



#8

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

O our Lord ! accept (this service) from us, verily You and You (alone) are the Hearer, the Knower

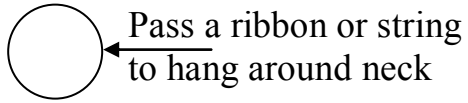
#9

رَبَّنَا ءَاتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ

حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord ! grant us good in this world and good in the hereafter and save us from the torment of the Fire





10

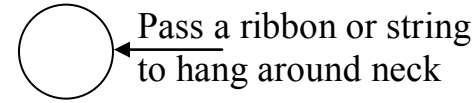
سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ

We hear and obey ,our Lord, grant us Thy forgiveness and to Thee is the end of all journeys.

11

رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا

Our Lord ! do not lay on us a burden as Thou did lay upon those before us



12

رَبَّنَا إِنَّا ءَامَنَّا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

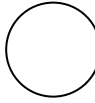
Our Lord! surely we believe, therefore forgive us our faults and save us from the chastisement of the fire

13

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ ءَامِنُوا بِرَبِّكُمْ فَءَامَنَّا

Our Lord! surely we have heard a preacher calling to the faith, saying: Believe in your Lord, so we did believe





Pass a ribbon or string
to hang around neck

14

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا

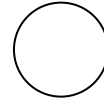
وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخُسْرَيْنِ

'Our Lord ! we have sinned against ourselves and unless You grant us forgiveness and bestow Your mercy upon us ,we shall most certainly be lost

15

رَبَّنَا أفرغ عَلَيْنَا صَبْرًا وَتَوَقَّنَا مُسْلِمِينَ

Our Lord: Pour out upon us patience and cause us to die in submission



Pass a ribbon or string
to hang around neck

16

رَبِّ قَب لِي مِنَ الصَّالِحِينَ

My Lord ! grant me (offspring) from the righteous

17

رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ إِنَّ عَذَابَهَا كَانَ غَرَامًا (٦٥)
إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا

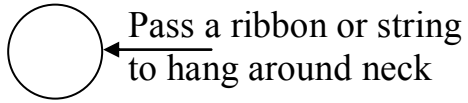
O our Lord ! turn away from us the punishment of Hell, surely the punishment thereof is a lasting. Surely it is an evil abode and (evil) place to stay

18

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

There is no God but Thou, glory be to Thee, surely I am of those who make themselves to suffer loss





19

رَبِّ زِدْنِي عِلْمًا

O my Lord ! increase me in knowledge

20

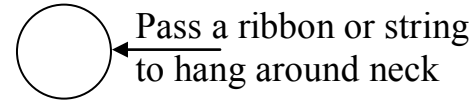
رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

O my Lord ! forgive and have mercy and
Thou art the best of the Merciful ones

21

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

"MY LORD ! surely I have wronged myself , forgive me"



22

رَبِّ إِنِّي لِمَا أَنْزَلْتَ

إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

O my Lord ! Truly I am in need of whatever good
You bestow on me

23

الْحَمْدُ لِلَّهِ الَّذِي أَذْهَبَ عَنَّا

الْحُزْنَ إِنَّ رَبَّنَا لَغَفُورٌ شَكُورٌ

Praise belongs to Allah who has removed all sorrow
from us. Indeed, our Lord is the Forgiver, the Multiplier
of the rewards

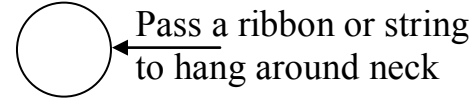
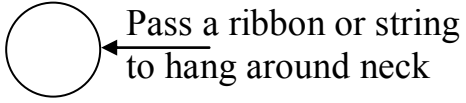
24

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ

وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

O our Lord! forgive me and my parents and (all) the
believers on the day when the reckoning will be established





25

رَبِّ ابْن لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ

My Lord! Build for me a home with You in Paradise

26

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا

O my Lord! have compassion on them, as they brought me up (when I was) little

27

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي
الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

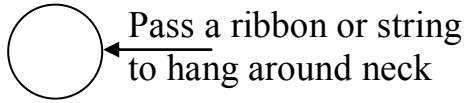
Our Lord! Grant us good in this world and good in the life to come and keep us safe from the torment of the Fire

28

رَبَّنَا فَاعْفُ عَنَّا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

10. Our Lord! Forgive us our sins and efface our bad deeds and take our souls in the company of the righteous.





29

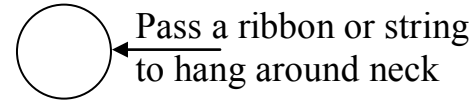
رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

Our Lord! Place us not among the people who have been guilty of evil doing.

30

رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنِ
الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ
مِنْ آبَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ
إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ

Our Lord! Make them enter the Garden of Eden which You have promised to them, and to the righteous from among their fathers, their wives and their offspring, for verily You are alone the Almighty and the truly Wise.



31

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنبَأْنَا وَإِلَيْكَ الْمَصِيرُ

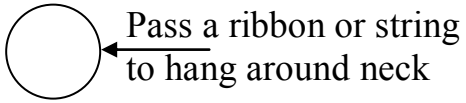
Our Lord! In You we have placed our trust, and to You do we turn in repentance, for unto You is the end of all journeys.

32

رَبَّنَا أَتِمِّمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ

Our Lord! Perfect our light for us and forgive us our sins, for verily You have power over all things.





Pass a ribbon or string
to hang around neck

Additional Duas

#1

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ
لَدُنْكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ ۝

(S:3, a:8)

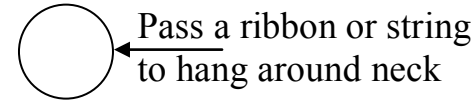
Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower.

#2

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا
تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَؤُوفٌ
رَّحِيمٌ ۝

(S:59, a:10)

Our Lord! Forgive us and our brethren who have preceded us in Faith, and put not in our hearts any hatred against those who have believed. Our Lord! You are indeed full of Kindness, Most Merciful.



Pass a ribbon or string
to hang around neck

#3

رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا مِنَ
الْأَبْرَارِ ۝ رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا
تُخْزِنَا يَوْمَ الْقِيَامَةِ ۝ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ ۝

(S:3, a:193, 194)

Our Lord! Forgive us, our sins and expiate from us our evil deeds, and make us die (in a state of righteousness) along with (the pious and righteous).

Our Lord! Grant us what You promised unto us through your Messengers and disgrace us not on the Day of Resurrection, for You never go against (your) promise.

#4

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ ۝

(S:21, a:89)

O My Lord! Leave me not single (childless), and You are the Best of the inheritors.



○ Pass a ribbon or string
to hang around neck

#5

(S:28, a:24) رَبِّ إِلِي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ ۝

My Lord! Truly, I am in need of whatever good that You bestow on me.

#6

(S:26, a:83 to 85, 87) رَبِّ هَبْ لِي حُكْمًا وَارْحَمْنِي بِالصَّالِحِينَ ۝ وَاجْعَلْ لِي
لِسَانَ صِدْقٍ فِي الْآخِرِينَ ۝ وَاجْعَلْنِي مِنْ وَرَثَةِ جَنَّةِ
النَّعِيمِ ۝ وَلَا تُخْزِنِي يَوْمَ يُبْعَثُونَ ۝

My Lord! Bestow religious knowledge, right judgement of the affairs and wisdom on me, and join me with the righteous. And grant me an honourable mention in the later generations. And make me one of the inheritors of the Paradise of Delight. And disgrace me not on the Day when all will be resurrected.

○ Pass a ribbon or string
to hang around neck

#7

رَبِّ أَنْزِلْنِي مُنْزَلًا مُبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ ۝

(S:23, a:29)

My Lord! Cause me to land at a blessed landing-place, for You are the Best of those who bring to land.

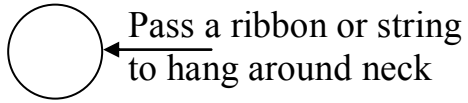
#8

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ
وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي
فِي ذُرِّيَّتِي ۙ إِلَهِي تَبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ ۝

(S:46, a:15)

My Lord! Grant me the power and ability that I may be grateful for Your Favour which You bestowed upon me and upon my parents, and that I may do righteous good deeds, which may please You, and make my off spring good. Truly, I have turned to You in repentance, and truly, I am one of those submitting to Your Will.





Pass a ribbon or string
to hang around neck

#9

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ
لَدُنْكَ رَحْمَةً ۗ إِنَّكَ أَنْتَ الْوَهَّابُ ۝

(S:3, a:8)

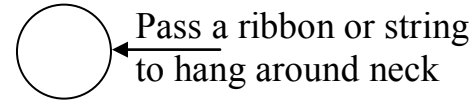
Our Lord! Let not our hearts deviate (from the truth) after You have guided us, and grant us mercy from You. Truly, You are the Bestower.

10

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا
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رَّحِيمٌ ۝

(S:59, a:10)

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Pass a ribbon or string
to hang around neck

11

رَبَّنَا فَاعْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَقَّنَا مِنَ
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(S:3, a:103, 104)

Our Lord! Forgive us, our sins and expiate from us our evil deeds, and make us die (in a state of righteousness) along with (the pious and righteous).

Our Lord! Grant us what You promised unto us through your Messengers and disgrace us not on the Day of Resurrection, for You never go against (your) promise.

12

رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ ۝

(S:21, a:89)

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○ Pass a ribbon or string
to hang around neck

13

(S:28, a:24) رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ ۝

My Lord! Truly, I am in need of whatever good that You bestow on me.

14

(S:26, a:83 to 85, 87) رَبِّ هَبْ لِي حُكْمًا وَالْجَنَّةَ بِالْطَّالِحِينَ ۝ وَاجْعَلْ لِي
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My Lord! Bestow religious knowledge, right judgement of the affairs and wisdom on me, and join me with the righteous. And grant me an honourable mention in the later generations. And make me one of the inheritors of the Paradise of Delight. And disgrace me not on the Day when all will be resurrected.

○ Pass a ribbon or string
to hang around neck

15

رَبِّ أَنْزِلْنِي مُنْزَلًا مُبْرَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ ۝

(S:23, a:29)

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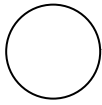
16

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ
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فِي ذُرِّيَّتِي ۙ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ ۝

(S:46, a:15)

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Pass a ribbon or string
to hang around neck

17

رَبِّ اسْرَحْ لِي صَدْرِي ۖ وَيَسِّرْ لِي أَمْرِي ۖ
وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي ۖ يَفْقَهُوا قَوْلِي ۖ

(S:20, a:25 to 28)

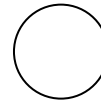
O my Lord! Open for me my chest (grant me self-confidence, contentment, and boldness). And ease my task for me. And loose the knot (the defect) from my tongue. That they may understand my speech.

18

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً
وَقِنَا عَذَابَ النَّارِ ۝

(S:2, a:201)

Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!



Pass a ribbon or string
to hang around neck

19

رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ ۚ إِنَّ عَذَابَهَا كَانَ
غَرَامًا ۝ إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا ۝

(S:25, a:65, 66)

Our Lord! Avert from us the torment of Hell. Verily its torment is ever (an inseparable) a permanent punishment. Evil indeed it (Hell) is as an abode and as a place to rest in.

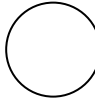
20

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا
لَنَكُونَنَّ مِنَ الْخَاسِرِينَ ۝

(S:7, a:23)

Our Lord! We have wronged ourselves. If You forgive us not, and bestow not upon us Your Mercy, we shall certainly be one of the losers.





Pass a ribbon or string
to hang around neck

21

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا
عَلَى الْقَوْمِ الْكَافِرِينَ ○

(S:2, a:250)

Our Lord! Pour forth on us patience, and set firm our feet and make us victorious over the disbelieving people.

22

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا ○

(S:18, a:10)

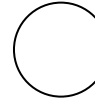
Our Lord! Bestow on us mercy from Yourself, and facilitate for us our affairs in the right way.

23

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ○ وَنَجِّنَا
بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ ○

(S:10, a:85, 86)

Our Lord! Make us not a trial for the folk who are wrong doers And save us by Your Mercy from the disbelieving folk.



Pass a ribbon or string
to hang around neck

24

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنْتَبْنَا وَإِلَيْكَ الْمَصِيرُ ○

(S:60, a:4)

Our Lord! In You (Alone) we put our trust, and to You (Alone) we turn in repentance, and to You (Alone) is (our) final Return.

Now all Ihraam rules are all lifted and your Umrah is completed. May Allah accept your Umrah, Ameen.

Please pray for
Sheikh Ghulam Mohyuddin
as Sadaqa e Jaria

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