



# **ALI 470: Preparation for 'Umrah Mufradah and Ziyārat to Madinah**

**Academy for Learning Islam (A.L.I.)**

December 2018/Rabi' al-Awwal 1440

# Go beyond the rituals

وَمَا تَفْعَلُوا مِنْ خَيْرٍ يَعْلَمُهُ اللَّهُ ۗ وَتَزَوَّدُوا فَإِنَّ خَيْرَ الزَّادِ التَّقْوَىٰ ۗ وَاتَّقُونِ يَا أُولِي الْأَلْبَابِ

Q 2: 197 *And whatever good you do, Allah knows it. And take provision, for indeed the best provision is Godwariness (taqwā). So be wary of Me, O you who possess intellects!*

'Allāmah Tabātabā'ī: vv. 196 – 203 revealed during *hajjatul-widā'*. It is a reminder that one's actions are not hidden from Allah; it calls one to piety and fear of Allah, so that one's acts of worship might not be devoid of the spirit of devotion; so that one might not go through the external rites of worship with one's mind absent and one's heart forgetful... Knowledge without practice has no value in Islam. That is why this exhortation to piety and fear of God was immediately followed by the words, *and fear Me, O people of understanding* (*Al-Mizan*, v. 3, p. 115)

# InshāAllah we plan to cover

- ▶ Preparations before departure
- ▶ Essential things during the trip
- ▶ Ziyārat of Madinah: significance & recitations
- ▶ Do not abandon Tahajjud salāt on your trip
- ▶ Spiritual benefits of Ziyārat and ‘Umrah
- ▶ Dhikr during ‘Umrah
- ▶ ‘Umrah al-Mufridah – basic Laws
- ▶ Outside Ziyārat in Makkah
- ▶ Questions and answers session

# Before the departure

- ▶ Mental and spiritual preparedness
- ▶ Will and last testament – refer to *Writing an Islamic Will*, 7<sup>th</sup> Ed, Sayyid Muhammad Rizvi. Download sample of the will at <https://www.academyofislam.com/services/>
- ▶ Free from peoples' rights- an opportunity to get free of the people's right over you
- ▶ Read good religious literature & lectures
- ▶ Men folk to practice wearing ihrām

# During the trip to Saudi

- ▶ We need 3 Ps (prayer, patience & perseverance)
  - ▶ *وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ*
- ▶ *Q 2:45 Seek help thru patience and prayer; and truly it is hard except for the humble ones*
- ▶ A lot of dhikr, tasbīh, and istighfār
- ▶ Good reading on board, not film watching, etc.
- ▶ Take a good rest whenever you can
- ▶ Train to be humble (*mutāwadhi'*); Imams used to walk to Makkah for days in hot sun to maintain humility. Symbolically you are going to be in the presence of the Lord of the Universe.

# Obligatory prayers when traveling

Often we lack right facilities when traveling, so some pilgrims delay their daily prayers or sometimes even miss them. This is not permissible in Islam.

حَجَّةٌ أَفْضَلُ مِنَ الدُّنْيَا وَمَا فِيهَا وَصَلَاةٌ فَرِيضَةٌ أَفْضَلُ مِنْ أَلْفِ حَجَّةٍ

Imam al-Sadiq (a): *Performing one Hajj is better than the world and whatever is in it, and saying obligatory prayers is better than one thousand (mustahab) Hajj.* (Tabdhīb al-ahkām, 2:240, H.953; Wasā'il H. 4460)

Read this message from Āyatullāh Sayyid Ali Sistani (dz):

<https://marefatmagazine.wordpress.com/2016/10/31/must-read-message-of-grand-ayatollah-sistani-for-people-going-to-karbala-for-arabeen/>

# Prayer when traveling

**Do we need to say prayers on board or we can do qadhā upon arrival?**

If you are scheduled to arrive at your destination early enough to go through security, perform wudhu, determine Qibla and find a suitable place to say your prayers then you are allowed to say your prayers at the destination, provided they do not get qadhā. Otherwise, you need to say your prayers on board.

# Saying prayers on board - 1

1. Say Qasr salāt on board, except if you are a frequent traveler (*kathīrus safar*).

2. When traveling, it is advisable to maintain the *tahārah* (ritual purity) of your body and clothes till at least prayer time.

For those who can retain their wudhu for longer time, it is advisable to perform the wudhu with the niyyat of *qurbatan ilallāh* earlier. Or perform wudhu on board in the washrooms.

You may do wudhu using spray bottle as demonstrated here:

<https://www.youtube.com/watch?v=7q4pWFseBMk>

3. Ensure that the prayer time has begun before you say prayers. Use of app from [www.halaltrip.com](http://www.halaltrip.com) is helpful in finding prayer times when flying. Alternatively, get info on local sunrise and sunset timings of the nearest city you are passing by.



# Saying prayers on board - 2

4. Face completely towards qibla direction when saying takbīratul ihrām (i.e. the saying of first *Allāhu akbar* after the *niyyat*). Determine Qibla (i) Use of app from [www.halaltrip.com](http://www.halaltrip.com); (ii) use TV screens in the Muslim airlines; (iii) ask a crew about the direction to Makkah. Note: (1) Do not be concerned about the change in direction of the airplane when you are saying your prayers; (2) Again determine qibla when you begin the next prayer, such as ‘asr after zuhr and ‘ishā after maghrib prayer.

# Saying prayers on board - 3

If possible observe all qiyām (standing), rukū (bowing), sajda (prostrating) and qu‘ūd (sitting) positions required in salāt. Use the exit rows or in designated prayer places.

Otherwise, after rising and facing towards Qibla during takbīratul ihrām, say your prayers on the assigned seats. Use gestures (*‘ishāra*) to determine the four position in salat, such as sitting straight in lieu of qiyām, slight tilting for qu‘ud, bending for ruku, further bending for sajdah.

# Saying prayers on board - 4

Scholars differ on whether one should say the prayers in the aisles, washrooms, and serving corners/sections or confine to saying prayers in the designated seats. Please check with a local scholar.

It is essential that a Muslim does not face unnecessary harassments or profiling by airline crew or security officials. Saying prayer is personal devotion between the Almighty Lord and a humble servant. Additionally, its essential to maintain your dignity and well-being when traveling.

# Do not abandon Tahajjud prayers

Ensure not to abandon the Late Night Prayers (Tahajjud/Layl/Shab) during the entire trip. Get a booklet on Tahajjud prayers from:

<https://www.al-islam.org/salatul-layl-h-t-kassamali>.

## Tahajjud Salāt App on Google Play

<https://play.google.com/store/apps/details?id=org.AcademyOfIslam.TahajjudSalat>

## Tahajjud Salāt app on iTunes:

<https://itunes.apple.com/us/app/tahajjud-salat/id479793001?mt=8>

# Spiritual aspects of Ziyārat

- 1) What should be our niyyat? (next slide)
- 2) What are we trying to achieve? (next slide)
- 3) What is the significance of visiting Haram?
- 5) How can ziyārat trip help my spirits?
- 6) Reflect on the passage when going to Haram
- *Bismillahi wabillahi wa-fee sabillahi wa-'alaa millati rasoolillahi (s), rabbigh-firlee, warHamnee, watub 'alayya innaka antat tawwabur raHeem. If possible say: rabbigh firlee, waliwaalidayya wal-mu'mineena warHamnaa, wa-tub 'alaynaa innka tawwabur raheem*

# Niyyat & objective of Ziyārat

Purify your intention. Having *ikhlas* is very important. Hadith in the next slide

The ziyārat should be 100% for the pleasure of Allah and for revering the Ahlul Bayt عليهم السلام. For example, do perform pilgrimage so that:

- ▶ They are called as Hajjis or zā'irs/zawwār
- ▶ They are joining so and so from other caravan or country
- ▶ Spend holidays in a Muslim country, as plenty of halal food

# Hadiths on sincerity

Imam Ja'far al-Sadiq عليه السلام explained: *That He might try you (to see) which of you is fairest in works.* (Q 67:2): “It does not mean one of you whose deeds are more numerous but one who is more rightful in his conduct, and this rightness is nothing but the fear of God and sincerity of intention (*niyyat*) and fear.” Then he عليه السلام added, “To persevere in an action until it becomes sincere is more difficult than (performing) the action itself, and sincerity of action lies in this that you should not desire anyone to praise you for it except God Almighty, and intention supersedes action.

# Imams عليهم السلام on Niyyat

Imam al-Sajjad عليه السلام in Du‘ā Makārimul Akhlāq prays:  
*and take my intention to the best of intentions*

وَأَنْتَ بِنِيَّتِي إِلَى أَحْسَنِ النِّيَّاتِ

Imam al-Ridhā عليه السلام on the objective of Ziyārat  
in ‘*Ilal al-Sharā‘i*’ of Shaykh al-Sadūq :

سَمِعْتُ أَبَا الْحَسَنِ الرِّضَا ع يَقُولُ إِنَّ لِكُلِّ إِمَامٍ عَهْدًا فِي عُنُقِ  
أَوْلِيَائِهِ وَ شِيعَتِهِ وَ إِنَّ مِنْ تَمَامِ الْوَفَاءِ بِالْعَهْدِ وَ حُسْنِ الْأَدَاءِ زِيَارَةَ  
قُبُورِهِمْ فَمَنْ زَارَهُمْ رَغْبَةً فِي زِيَارَتِهِمْ وَ تَصَدِيقًا بِمَا رَغِبُوا فِيهِ كَانُوا  
[كَانَ] أَيْمَتُهُمْ شُفَعَاءَهُمْ يَوْمَ الْقِيَامَةِ



# Rewards of Madinah Ziyārat

The Holy Prophet ﷺ said: **1.** *On Judgment Day, I will visit one who has performed my Ziyārat or the Ziyārat of anyone from my progeny; 2.* *till I save him from the terrors of that day; it will be my duty to save them from their sins ; 3.* *On the Day of Judgment, I will intercede for those who have come to my Ziyārat; 4.* *On the Judgement Day, I will turn away from those who had come to Makkah for Hajj but did not come to Madinah for my Ziyārat; 5.* *Those who die in one of the two Harams (Makkah or Madinah) will be resurrected with the companions of Badr on the Day of Judgement.*

Imam Muhammad al-Bāqir عليه السلام: *Ziyārat of HP is like performing purified Hajj with Rasūlullāh.*

# Paradise for Madinah Ziyārat

Imam al-Sadiq عليه السلام: One day while Imam Husayn عليه السلام was sitting on the lap of Allah's Messenger صلى الله عليه وآله وسلم, he looked up and asked, "Father, what is the reward for one who performs your Ziyārat after your passing away?" Allah's Messenger صلى الله عليه وآله وسلم replied: "My son, one who performs my Ziyārat after my passing away will be rewarded with paradise; one who performs the Ziyārat of your father after his passing away will be rewarded with Paradise; one who performs the Ziyārat of your brother after his passing away will be rewarded with Paradise; and one who performs your Ziyārat after your passing away will be rewarded with Paradise."

# What to recite in Madinah?

Allah's Messenger ﷺ: One who comes to the Ziyārat of my grave after my passing away is like one who has migrated to me during my lifetime. So if you cannot come for my Ziyārat, convey your salutation to me, for it is sure to reach me.

‘Aamir b. Abdullah said to al-Sādiq عليه السلام: I paid two to three extra gold coins to my camel carrier to take me thru Madinah. Imam replied, “You did well. How easy this was for you! And now you can come to the grave of the Rasūlullāh and say salaam to him.” Then Imam continued, “Verily the Rasūlullāh hears your voice from nearby and he will be informed of you from far.”

The last line of a short Ziyārat of Rasūlullāh taught by al-Sādiq (a):  
reads: يَا مُحَمَّدُ إِنِّي أَتَوَجَّهُ إِلَى اللَّهِ رَبِّي وَرَبِّكَ بِكَ لِيَغْفِرَ لِي ذُنُوبِي

- *O Muhammad, I have turned to Allah, Your Lord and mine, thru you, so that He forgives my sins.*

# Du‘ā at the grave of Rasūlullāh



Humble before Allah at the grave of the Prophet

Imam Ali b. Zaynul ‘Ābidīn al-Sajjād عليه السلام used to read

اللَّهُمَّ إِنِّي أَصْبَحْتُ لَا أَمْلِكُ لِنَفْسِي خَيْرَ مَا أَرْجُو لَهَا  
وَلَا أَدْفَعُ عَنْهَا شَرَّ مَا أَخْذُرُ عَلَيْهَا

O Allah I find that I do not have the power in myself to attain  
the good I hope for,

Nor do I have the power to avert the harm I fear.

وَأَصْبَحْتُ الْأُمُورُ بِيَدِكَ وَلَا فَقِيرَ أَفْقَرُ مِنِّي ﴿إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ﴾

And I find that all affairs are in Your hand and that there is  
none more needy than I. *I'm in need of the good that You have given  
me* (Q 28:24).

## Du‘ā at the grave (continued)

اللَّهُمَّ ارْدِنِي مِنْكَ بِخَيْرٍ فَلَا رَادَّ لِفَضْلِكَ اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ أَنْ تُبَدِّلَ اسْمِي  
أَوْ أَنْ تُغَيِّرَ جِسْمِي أَوْ تُزِيلَ نِعْمَتَكَ عَنِّي

O Allah I ask to decree that which is good for me because no one can keep away Your grace. O Allah I seek refuge with You from replacing my name, from changing my body, or from removing Your blessing from me.

اللَّهُمَّ زَيِّنِي بِالتَّقْوَى وَجَمِّلْنِي بِالنِّعَمِ وَاغْمُرْنِي بِالعَافِيَةِ وَاارْزُقْنِي شُكْرَ العَافِيَةِ

O Allah! Adorn me with piety and beautify me with Your blessings. Give me a long, healthy life and sustain me with the ability to thank You for good health.

(All Hadiths on Madinah taken from *Kāmil al-Ziyarat*)

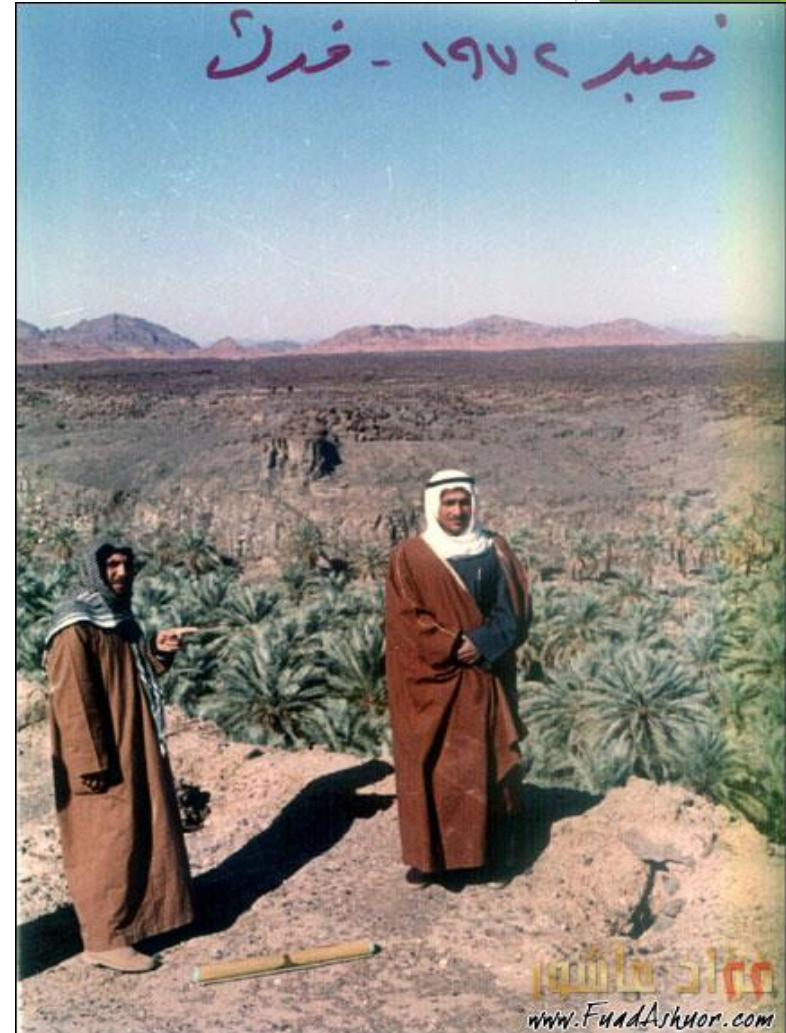
# Essentials at all holy places

- ▶ Ensure that your wājibāt are performed
- ▶ A lot of dhikr, recitation of the Quran
- ▶ Five recommended Dhikrs
- ▶ Reflection & pondering over the holy sites
- ▶ Visit historical sites & know their importance
- ▶ Meet many Muslims from different background
- ▶ Also take the necessary rest – listen to your body.
- ▶ Taking gift back home is recommended but do not spend a lot of time shopping & bargaining

# Az-Zahraa - the Lady of the Radiance



**HOUSE OF BIBI FATIMA(S.A.)  
(MADINA)**



# Madinah al-Munawwara





# How to derive Spirituality?

- ▶ Use the Du‘ās of wudhū to train yourself
- ▶ Dialogue between Imam al-Sajjad & Shibli
- ▶ If Umra trip requires so much preparation imagine the preparation for al-Akhira
- ▶ Desert = Mashhar, Ihram = Kafan, etc
- ▶ You are at the holy place where the Prophets, Imams & millions of Muslims have been. Do we really deserve this?

# Saying Jamaat prayers - 1

## Can we say prayers behind a non-Shi'ī Muslim Imam?

Yes, we can say and inshāAllah we will get the great reward of saying prayers in the holy places in the congregation of Muslim ummah. All jurists are unanimous about this rule.

### Rules on praying Jamaat salāt in the haramayn

Here are a few simple points. For details please seek guidance from a local scholar or refer to Islamic Laws

1. With the exception of Maghrib, all prayers can be said following their timings. Maghrib prayers in the haramayn, in most cases, begin before our scheduled time. Our experience indicate that in Madinah, there have been occasions when the actual prayers begins about 12 minutes after their adhān time at sunset. In this case we can also say Maghrib with them. Otherwise, we have to either wait till the Maghrib time sets in or repeat if you said the prayer with them with the intention of qadhā or qurbat.

# Saying Jamaat prayers - 2

2. Do not do the niyyat of Jamaat. You would say the prayer in furada but have the intention following the Imam in actions, such that one would not go to ruku, sajda, or rise for the next rak'ah before the Imam. This is to maintain the discipline of Jamaat prayers as well respect the procedure of fellow Muslims.

3. In most cases you will notice that your recitations of sūras qirā'at, dhikr in ruku, sajdah, tashahud and salām are done before the Imam. In these, cases recite any sunnat dhikr to fill-in-the-gap.

4. It is permissible due to taqiyya to do sajda on the carpet inside the Masjid of the Prophet and other masjid. This is when it is not possible to do sajdah on the tiles of the masjid. There is no requirement to go and find another place for salāt in order to avoid the situation of taqiyya; similarly it is not mandatory to delay the salāt until one gets out of the taqiyya situation.

# Talbiyya- read & reflect

لبيك اللهم لبيك. لبيك لا شريك لك لبيك،

إن الحمد والنعمة لك والملك، لا شريك لك لبيك

- Here I am, O God, in Your presence
- Here I am, [saying] You have no partner, (whilst) being in Your presence
- Surely all-Praise and Favors are Yours, and so is the Kingdom of the Universe
- You have no partner, here I am

# Spiritual Experience at 'Umrah

- ▶ We are in dire need of food for human soul because we live in a lot materialism
- ▶ Umrah is the best time for spiritualism:
  1. Cut-off from all routine, family & friends
  2. Restrictions of Ihram
  3. Connection with the origins of Islam
  4. There is another world, besides ours
  5. Sense of Qurb (closeness) to Allah

# Dhikr during 'Umrah

وَاعْتَمَرَ عَلِيُّ بْنُ الْحُسَيْنِ ع فِي رَجَبٍ فَكَانَ يُصَلِّي عِنْدَ الْكَعْبَةِ عَامَّةً  
لَيْلِهِ وَنَهَارِهِ وَيَسْجُدُ عَامَّةً لَيْلِهِ وَنَهَارِهِ وَكَانَ يُسْمَعُ مِنْهُ فِي  
سُجُودِهِ - عَظُمَ الذَّنْبُ مِنْ عَبْدِكَ فَلِيَحْسُنِ الْعَفْوُ مِنْ عِنْدِكَ

Imam Ali b. al-Husayn (a) (once) performed the 'Umrah in Rajab. He would pray night and day beside the Ka'bah, and be in prostration during the night and the day. He was heard saying the following *dhikr* in [his] prostration: *'Adumadh-dhanbu min 'abdika ; Falyahsunil-'afwu min 'indika* (Your servant's sin is enormous, So it will be gracious of You to pardon [him]). (*Misbāh* 2: 801)

# ‘Umrah al-Mufradah:Ihram

- ▶ Ihram: niyyah, talbiyah, wear ihram. Wudhū or ghusl not a condition. For male two white pieces of clothes, remain tahir, do not tie the loin cloth, blanket allowed if sewn provided do not cover the head
- ▶ Know the forbidden: looking at mirror, lying, swearing, quarrelling, men to avoid shade when traveling, removing hairs, tooth, nails and blood from the body

# ABC of Muharramaat

By Dr. Murtaza Alidina of Dares salaam

**AFFECTION:** look, touch, kiss, sex,  
masturbation, nikah

**BEAUTY:** surmah, mirror, oil, perfume, nail, hair,  
self-beautification

**CLOTH:** shade, head-cover, face-cover, (glove),  
2piece, footwear

**DEFENSE:** tooth, blood, arms, hurting, hunting

**ETHICAL:** quarrel, lying



# ‘Umrah al-Mufradah: Tawaf

- Wudhu a requirement for wājib tawāf
- Be careful about the number of rounds
- Trade in between the rush & distance
- Begin a little before Hajr Aswad & end a little after; do not haste to end it earlier
- Do not be carried away by the crowd
- Be as calm as possible; it will soon end
- If assisting someone, complete yours first

# No wudhu for mustahab tawāf

السؤال 8: هل يعتبر في الطواف المستحب ما يعتبر في الطواف الواجب أم لا؟

الجواب: يختلف الحال حسب اختلاف الشرائط والأحكام ويعرف بمراجعة رسالة المناسك.

\*مرّ عدم اعتبار الطهارة من الحدث الاصغر والاشكال في اعتبار الطهارة من الحدث الاكبر في (المسألة 295) والظاهر اعتبار باقي الشروط وهي النية والطهارة من الخبث والختان وستر العورة.

واما الواجبات الثمانية المتقدمة فالظاهر اعتبارها عدا العدد كما سيأتي وقد مرّ التصريح باعتبار الموالاة فيه في (المسألة 308) ومرّ فيها وفي (المسألة 310) امتيازها في بعض احكام القطع والبناء وفي (المسألة 320) جواز البناء فيه عند الشك على الاقل.

# ‘Umrah al-Mufradah: Salāt

- ▶ Two rak‘āt like morning prayers
- ▶ After Tawāf immediately
- ▶ As nearer to Maqam-e Ibrahim as possible
- ▶ Ensure you are out of Tawāf area
- ▶ Be ready to be pushed during salāt
- ▶ Have a partner to stand next to you when you are praying

# ‘Umrah al-Mufradah: Sa‘ee

- ▶ Wudhū not a requirement
- ▶ Can be interrupted if salāt of Tawāf forgot
- ▶ No need to climb the hill tops, especially when there is a lot of rush & pushing
- ▶ Men to hasten pace betw the green pillars
- ▶ Many recommended Du‘ās to be read
- ▶ Do not delay it to the next day after Tawāf

# 'Umrah al-Mufradah: Taqseer

- Better to cut hair than nail
  - Can be done back at the residence
  - You can do it for yourself
- 
- After this you are free from Ihram.
  - But Tawāf al-Nisā in Umrah al-Mufradah is must
  - Rest well, enjoy Makkah & the Haram
  - Perform mustahab Tawāf, as many as possible

# ‘Umrah al-Mufradah: Tawaf an-Nisa & Salāt thereafter

- You can use same ihram clothes or change to normal clothes that meet the condition of saying prayers
- This can be done immediately after taqseer or later but within the day or night
- Wudhu required for both tawāf and salāt
- Other conditions of tawāf apply here

# Recommended Books and sites

*Panaroma Madina*

*Pilgrim's Guide: Selected Supplications* - Tr. L Takim

*Hajj & Umrah Made Easy* – Tr. S M Rizvi

[https://www.academyofislam.com/wp-content/uploads/2017/07/Hajj\\_and\\_Umrah\\_simplified.pdf](https://www.academyofislam.com/wp-content/uploads/2017/07/Hajj_and_Umrah_simplified.pdf)

*Guide to Performing Umrah & Hajj*

[www.academyofislam.com/resources/occasion/](http://www.academyofislam.com/resources/occasion/)

<https://www.al-islam.org/articles/spiritual-aspects-hajj>

<https://www.al-islam.org/file/secrets-hajj>