

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

ALI 645: Essential Rules on 'Umrah Mufradah and Etiquette of visiting Madinah

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

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Ensure that the rituals have the spirit

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 righteousness (taqwā). So be mindful 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-Mizān*, v. 3, p. 115)

InshāAllah, we plan to cover

- ▶ Preparations before departure
- ▶ Essential things during the trip
- ▶ Spiritual benefits of Ziyārat and ‘Umrah
- ▶ Ziyārat of Madinah: significance & recitations
- ▶ ‘Umrah al-Mufradah – essential rules
- ▶ 7 wājibāt of ‘Umrah al-Mufradah
- ▶ Dhikr during ‘Umrah
- ▶ Do not abandon Tahajjud salāt on your trip
- ▶ Questions and answers session

Before the departure

- ▶ Mental and spiritual preparedness
- ▶ Refer to *Writing an Islamic Will*, 7th Ed by S M Rizvi and/or visit <https://al-m.ca/will/>
- ▶ Download samples of Islamic will from <https://www.academyofislam.com/services/>
- ▶ Contact family, friends & peers to forgive your errors, mistakes & excesses.
- ▶ Read relevant literature & or listen to lectures
- ▶ Men folk need to practice being in ihrām

As you fly to Jeddah or Madinah

- ▶ You need 3 Ps (prayers, 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, avoid film watching to pass time
- ▶ 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 closest or in the presence of the Lord of the Universe.

Obligatory prayers when traveling

Often, we lack the right facilities when traveling, so some delay daily prayers or even miss them. This is not permissible/harām.

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

Imam al-Sadiq (a): *Performing one Hajj is better than the world & whatever is in it, and the 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 (*dama zilluhu*):

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

WHEN TO SAY SALAT ON BOARD?: 1) If you are scheduled to arrive at your destination early enough to go through security, perform wudu, 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 qadā. Otherwise, you need to say your prayers on board. 2) You can also say the prayers on board once the time arrives even if you know that you may reach the destination before it gets qadā.

Spiritual aspects of Ziyārat

- 1) What should be our niyyat?
- 2) What are we trying to achieve?
- 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 *ikhblās* 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

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 وَشِيعَتِهِ 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/ accepted Hajj with Rasūlullāh.*

What to recite in Madinah?

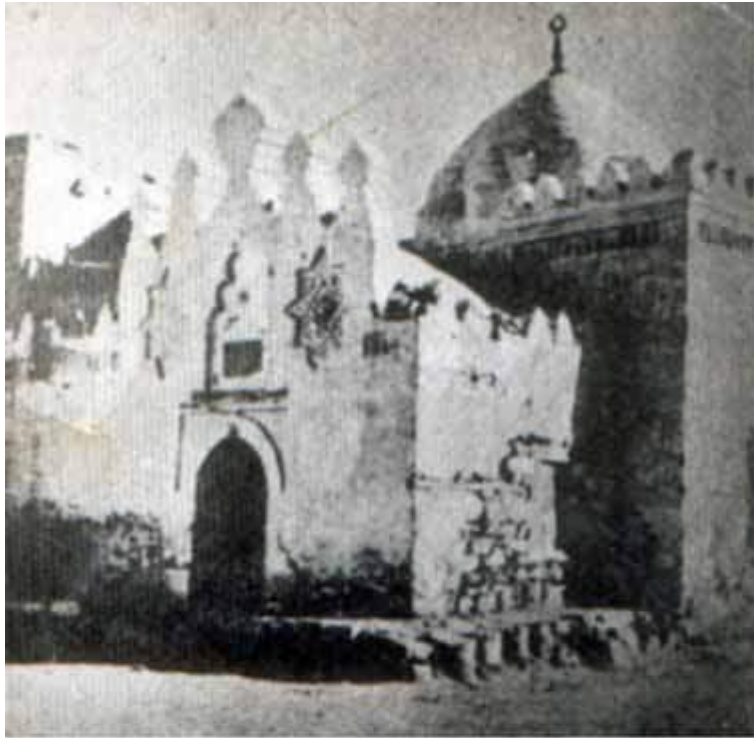
Allah's Messenger ﷺ: One who comes to the Ziyārat of my grave after my passing away is like one who has migrated to me during my lifetime. So if you cannot come for my Ziyārat, convey your salutation to me, for it is sure to reach me.

‘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

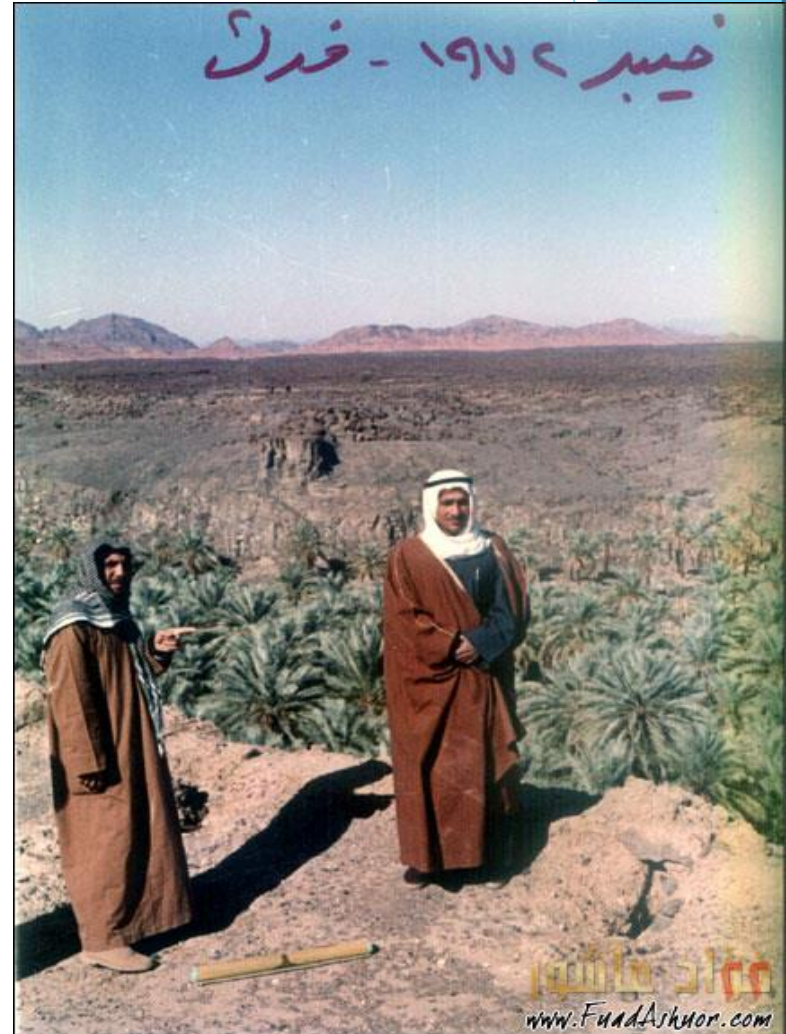
- O Muhammad, I have turned to Allah, Your Lord and mine, thru you, so that He forgives my sins.

Visit Fātima al-Zahrā عليها السلام & Aimmah عليهم السلام at Baqī



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

ALI 645: Essential Rules on Umrah Mufradah



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

‘Umrah al-Mufradah: Ihrām

- ▶ Ihrām: niyyah, talbiyah, wear ihrām. Wudū or ghusl not a condition for ihrām. **For male:** two white pieces of clothes, do not tie the loin cloth, blanket allowed if sewn provided do not cover the head. Using safety pin or clip to tie the two side of upper clothes is fine. Also using money belt or ordinary stitched belt on the waist to hold is allowed. **For women:** their own dress suffices.
- ▶ **For both:** ihrām must remain tāhir/pāk throughout.
- ▶ **Know the forbidden:** looking at mirror, lying, swearing, quarrelling, men to avoid shade when traveling, removing hairs, tooth, nails and blood from the body. (the next slide has more info).

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), 2
pieces, footwear

DEFENSE: tooth, blood, arms, hurting, hunting

ETHICAL: quarrel, lying

Talbiyya- read & reflect

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ. لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ، لَا شَرِيكَ لَكَ لَبَّيْكَ

- ▶ 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
- ▶ Ensure that the recitation is correct, including the pronunciation of **highlighted**.

It is recommended to repeat the talbiyya as much as possible, especially after every obligatory prayer, while getting on or off the vehicle, while ascending or descending (in the plane), and at time of dawn. Men (and not women) should say the talbiyya loudly. Continue this till you see the houses of old Makkah.

After wearing the ihram at Masjid al-Shajarah, you can go to Madinah to take your flight or train. But men should refrain from travelling under a cover which is harām, so must travel at night when it is not raining.

‘Umrah al-Mufradah: Tawāf

- Wudu a requirement for wājib tawāf
- Although ‘umrah is mustahab, once you wear ihram, tawaf, salat, sa‘ee, taqsir, tawaf al-nisa & salat become wājib.
- Be careful about the number of rounds
- Trade in between the rush & distance (Note: rush is less post pandemic)
- 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. Recite lot of dhikr
- If assisting someone, complete your tawaf first.

‘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 the Tawāf area
- ▶ Be ready to be pushed during salāt
- ▶ Have a partner to stand next to you when you are praying (situation may have changed post pandemic)

‘Umrah al-Mufradah: Sa‘ī

- ▶ Wudū 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 between the green pillars
- ▶ Recite recommended & beautiful Du‘ās
- ▶ Do not delay it to the next day after Tawāf

‘Umrah al-Mufradah : taqsīr

- Better to cut hair than nail. Hair from head, beard or moustache. Cutting nail must follow a cutting a little hair.
- Cutting of hair is necessary – not simply pulling the hair.
- Can be done back at the residence/hotel. Ladies to be careful not to bare their heads before ghayr-mahram men.
- Ask someone else who is not in ihram to do taqsīr on you.
- After this you are free from items forbidden in ihram exception of sexual relation and applying perfume.
- But Tawāf al-Nisā in ‘Umrah al-Mufradah & salat is must
- Rest well, enjoy Makkah & the Haram
- Perform mustahab Tawāf, as many as possible

‘Umrah al-Mufradah: Tawaf al-Nisā’ & Salāt thereafter

- You can use same ihrām clothes or change to normal clothes that meet the condition of saying prayers. (See the note below).
- This can be done immediately after taqsīr or later but within the day or night
- Wudu required for both tawāf and salāt
- Other conditions of tawāf apply here

Note: Post pandemic, only people performing ‘umrah are permitted to be in the matāf area. So, do not remove your ihram before completing Tawaf al-Nisā’ and salat after that. -

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 - عَظْمَ الذَّنْبِ 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)

Do not abandon Tahajjud prayers

Ensure not to abandon the Late Night Prayers (Tahajjud/Layl/Shab) during the entire trip. Get a free 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>

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 furādā 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.

A few closing points

Download the following book on your tablet or phone. *Hajj and Umrah Made Easy*, in accordance with fatāwā of Ayatullah Sayyid Ali al-Husayni al-Sistani. Compiled by Dr ‘Abdul Hadi al-Hakim and translated by Sayyid Muhammad Rizvi. Here is the link to it:

<https://academyofislam.com/ali-645/>

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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 is helpful in finding prayer times when flying. Alternatively, get info on local sunrise and

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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; (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.

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 أَخْذَرُ 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.

وَأَصْبَحَتِ 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 أَرِدْنِي 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 وَاارزُقْنِي 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

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?

Recommended Books and sites

Panaroma Madīna

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

Guide to Performing Umrah & Hajj

www.academyofislam.com/resources/occasion/

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

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