



Departing the Haramayn

- Prior to leaving the blessed cities of Makkah & Madinah, one should supplicate for the following:
 - Acceptance of the journey
 - Forgiveness for (1) mistakes made and (2) any less than ideal behaviors/manners
 - An invitation to return in the future

Channeling Momentum

- One typically returns from the Haramayn in an elevated spiritual state. This state quickly dissipates and there is a limited window to channel momentum:
 - **Within 3 days** of returning, establish **one consistent daily** deed, with the intention that this be maintained long-term.
 - One may consider selecting a deed they performed consistently during the trip, or they may introduce a new deed altogether. It should be both simple and practical.
 - Examples include:
 - Regularly performing the 5 prayers
 - Spending 3 minutes in dua' daily
 - Sitting 5 minutes after maghrib in dhikr
 - Sleeping in a state of wudu
 - Reciting 5 minutes of Qur'an daily
 - Setting up a weekly charity deduction

Revisiting Our Goals

Upon returning, one should revisit the goals they had set for themselves prior to the journey:

- Did I definitively gain the **one thing** I was most seeking from Umrah?
 - If yes, express gratitude (shukr) to Allah (SWT) for the opportunity
 - If no, supplicate to Allah (SWT) in the days following one's return, as duas are generally accepted upon returning from the Haramayn
- Am I maintaining the three things I hoped to maintain as a part of my routine?
 - Consider placing the pre-trip goal-setting document on a wall/fridge, and for the weeks after Umrah, review it regularly.
 - It may take several weeks for these to be engrained in routine, but regularly viewing the document serves as a reminder, and with the help of Allah (SWT), one will be able to incorporate these goals.