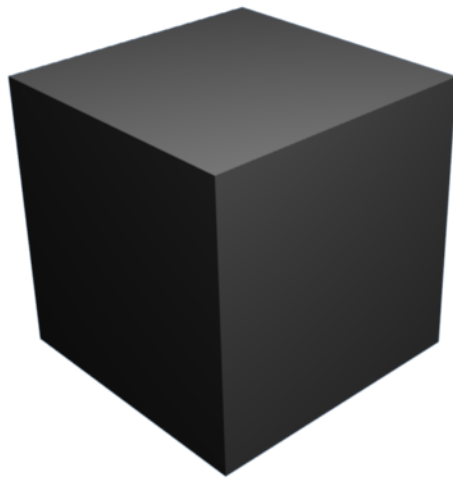




REFINED HEART

UMRAH COMPANION



TO BE SUPPLEMENTED WITH:

THE *journey* HOME

A COMPREHENSIVE UMRAH PREPARATION SEMINAR
BY SHAYKH ASHHAR ALI



AVAILABLE ON THE REFINED HEART APP

How to Use the Umrah Companion

The journey to the most sacred of spaces, the *Haramayn Shareefayn*, is undoubtedly enriched with preparation. As such, we have developed an online Umrah classroom, available on the Refined Heart website and app, which contains resources to facilitate your spiritual preparation for this journey. This includes:

- (1) *The Journey Home*- a comprehensive video seminar
- (2) *Travelers to the Haramayn*- an audio series covering various spiritual dimensions of the journey
- (3) Access to the 6-week preparatory curriculum (for individuals accompanying the Refined Heart Immersive Umrah)
- (4) A printable copy of this *Umrah Companion*

The *Umrah Companion* is designed to support you before, during, and after your journey. It is divided into 3 sections:

- (1) **Journaling**- This section encourages you to (1) document your reflections as you study the various phases of the journey and (2) prepare lists of duas you intend to make. Emotionally overwhelmed, we may otherwise struggle to recollect these in the moment.
- (2) **Umrah Pocket Guides**- These are single-page pocket guides to ease the stresses often associated with certain central junctures along the journey.
- (3) **Umrah Supplements**- These documents serve as guides to support one's overall preparation ranging from pre-travel to returning home. In particular, the "Guide to Visiting Sites" should be carefully reviewed.

We humbly request your duas as you prepare for this incredible, potentially life-changing journey!

Ashhar Ali
Refined Heart

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JOURNALING

Umrah Preparation

Goal-Setting

From this upcoming Umrah trip, I am most in need of the following:

If there is one thing I can definitively gain from Umrah, I would want it to be*:

** Examples: Allah's (SWT) complete forgiveness, a new perspective on life, deeper connection with Haramayn, abandonment of a particular sin, Allah's (SWT) continuous presence*

Upon my return from Umrah, I hope to maintain the following as a part of my routine**:

*** These should be specific, attainable, and measurable. For instance, instead of "consistency in salah", consider "consistently praying isha' in the masjid". Instead of "maintain a connection with Qur'an, consider "reciting 5 minutes of Qur'an daily".*

JOURNEY BEGINS

Reflections

Duas

ENTERING IHRAM

Reflections

Duas

ENTERING THE HARAM

Reflections

Duas

SIGHTING THE KA'BAH

Reflections

Duas

TAWAF (1)

Reflections

Duas/Dhikr Each Round

1

2

3

4

5

6

7

SA'EE (1)

Reflections

Duas/Dhikr Each Circuit

1

2

3

4

5

6

7

TAWAF (2) [OPTIONAL]

Reflections

Duas/Dhikr Each Round

1

2

3

4

5

6

7

SA'EE (2) [OPTIONAL]

Reflections

Duas/Dhikr Each Circuit

1

2

3

4

5

6

7

JOURNEY TO MADINAH

Reflections

Duas

RAWDAH

Reflections

Duas

MEETING RASULULLAH (S)

Salam of Others

Items to Communicate

MADINAH- FAREWELL & SALAM

Reflections

Duas

ZIYARAH (1)

Reflections/Seerah Notes

Duas

ZIYARAH (2)

Reflections/Seerah Notes

Duas

ZIYARAH (3)

Reflections/Seerah Notes

Duas

ZIYARAH (4)

Reflections/Seerah Notes

Duas

ZIYARAH (5)

Reflections/Seerah Notes

Duas

[illegible]

[illegible]



UMRAH POCKET GUIDES

Entering Ihram

Step-by-step

1. Make *wudu* (for cleanliness)
2. Change into *ihram* clothing
3. Apply deodorant (males and females) and fragrance (males only) to the body
4. Perform 2 *rak'ah* nafl
 - 1st *rak'ah*: Surah Al-Kafiroon (optional)
 - 2nd *rak'ah*: Surah Al-Ikhlās (optional)
5. Before crossing *meeqat*:
 - Make intention (silently)
 - Renew overall intention of journey
 - Make intention for entering *Ihram* for 'Umrah
 - Make dua' for Allah's acceptance
 - Recite the *talbiyah* (below) verbally once, which enters you into the state of Ihram

Labbayk, Allahumma Labbayk
Labbayka laa shareeka laka labbayk
Innal hamda, Wan-ni'mata, laka wal-mulk
Laa shareeka lak

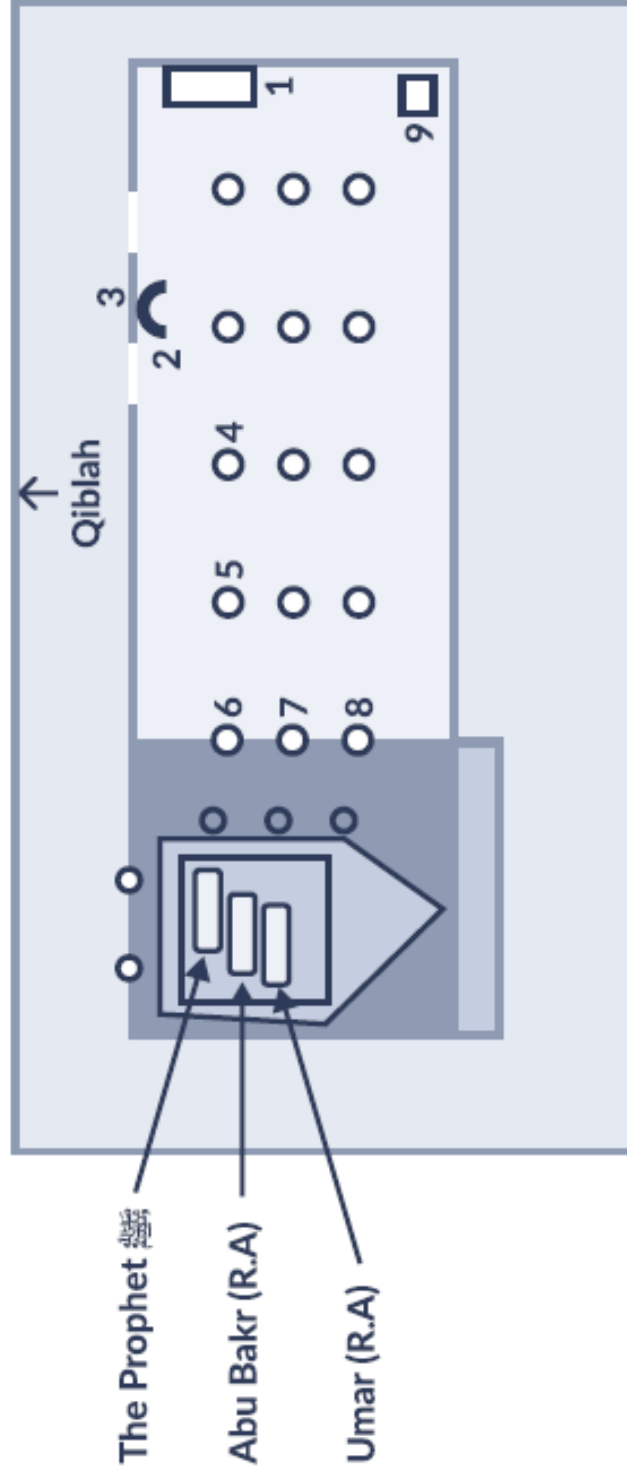
Notes:

- If traveling by air (e.g., DTW-AMM-JED) → step 1-3 will be performed at the layover. Step 4 may be performed at the layover or on the plane. Step 5 will be performed on the plane, a few minutes before crossing the *meeqat*.
- If traveling from Madinah via high-speed rail → step 1-3 will be performed in hotel (ghusl should replace wudu). Step 4 may be performed in hotel or on high-speed rail. Step 5 will be performed soon after train has departed Madinah.
- If traveling from Madinah via bus/car → step 1-3 will be performed in hotel (ghusl should replace wudu). Steps 4-5 will be performed at masjid *Dhul Hulaifah*.

Performing Umrah

Step-by-step

1. Proceed toward Masjid Al-Haram while reciting the *talbiyah*
 - Enter with right foot and recite dua' for entering the masjid
 - Find space in the *mataaf*, lift gaze toward ka'bah, and make dua'
2. Locate *Hajr-ul-Aswad* (Black Stone) and walk toward the tawaf starting point
 - Males should now expose their right shoulder (*idtibaa*)
 - Face the black stone, raise hands as if performing takbir of salah, and recite "Bismillah, Allahu Akbar, Wa Lillahil Hamd"
 - Gesture toward the black stone as if kissing it (*istilaam*), and recite "Bismillah, Allahu Akbar" and begin tawaf
3. Circle the ka'bah 7 times
 - Males should march (*ramal*) for first 3 rounds
 - Greet the black stone (*istilaam*) after each round
4. Perform 2 rak'ah (*waajib*) of *maqaam Ibrahim*
 - 1st rak'ah: Surah Al-Kafiroon (sunnah)
 - 2nd rak'ah: Surah Al-Ikhlās (sunnah)
5. Drink Zamzam and sprinkle some onto the body
6. Proceed toward Mount Safa to begin Sa'ee
 - Perform one final *istilaam* of the black stone
 - Face qiblah, make dua', and begin walking toward *Marwah*
 - Walk 7 stretches, and pause to make dua' after each stretch
 - Increase pace between the 2 green lights (males only)
7. Shave or trim hair to exit state of ihram



1. The Mimbar (pulpit) of the Prophet ﷺ
2. The Mehrab of the Prophet ﷺ
3. Pillar of Al-Mukhallaqah
4. Pillar of 'Aisha
5. Pillar of Taubah (Abu Lubabah)
6. Pillar of As-Sareer
7. Pillar of Hirs
8. Pillar of Al-Wufud
9. Muezzin's platform

Meeting Rasulullah (S)

Step-by-step

1. Give *sadaqah* (charity) before ziyarah
 - Can be done electronically if in-person is difficult
2. Enter Masjid An-Nabawi with right foot and recite dua' for entering the Masjid
3. Find a place to perform 2 rak'ah of *tahiyyatul masjid* (prayer for greeting the Masjid)
 - Follow with dua', asking Allah (SWT) to bless your upcoming meeting with Rasulullah (S)
4. Proceed toward the grave of Rasulullah (S)
 - Greet Rasulullah (S) by conveying salam
 - Recite shahadah in front of Rasulullah (S)
 - Present gift/offering (if prepared)
 - Ask Rasulullah (S) to make dua' for you
 - Ask Rasulullah (S) to intercede for you on the Day of Judgement
 - Convey salam of others that have asked you
5. Proceed toward the right and greet Abu Bakr (RA) and Omar (RA)
 - Convey salam
 - Thank them for their service to the ummah



UMRAH SUPPLEMENTS

Electronic copies (PDF) available at



<https://refinedheart.com/umrah>

Umrah Supplement # 1

Salah Whilst Traveling

Shortening Prayer

A believer becomes a *musaafir* (traveler) when they leave their home and intend to travel at least 48 miles. As such, the following applies to anyone traveling for umrah:

- The fard prayers that contain 4 rak'ah (Dhuhr, Asr, Isha) are reduced to 2 rak'ah.
 - If one is praying their fard salah individually or with a group of travelers (e.g., on the plane or at an airport layover), they will reduce their prayer to 2 rak'ah.
 - If one is joining a congregation and the Imam is praying 4 rak'ah, they will pray the complete 4 rak'ah with the congregation (as is the case in Masjid Al-Haram and Masjid An-Nabawi).
- The sunnah prayers are downgraded whilst actively traveling (i.e., ok if not performed).
 - The 2 raka'ah of sunnah before Fajr is highly regarded and rewarded, and should ideally not be missed even when actively traveling.
 - When stationary (e.g., in Makkah and Madinah), it is recommended to perform all of the sunnah prayers.
- The 3 rak'ah of witr after Isha prayer are *wajib* (required) and should be performed even as a traveler.

Wudu on Plane / At Airport

Performing wudu on a plane or in the airport can be technically challenging. Hence, one may consider the following:

- Perform only the 4 *fard* (required) components of wudu, which include (1) washing the face (2) washing the hands and forearms up to and including the elbows (3) wiping at least ¼ of the head (4) washing the feet.
 - The above need only be performed once (not three times).
 - Step 4 can be replaced by wiping over approved wudu socks, or *khuff*. For instance, if one performs a complete wudu (including washing the feet) at home or in their hotel, then puts on wudu socks, they only need to wipe once over the top of these socks in order to refresh their wudu. This can be repeated as needed for the duration of travel (up to 72 hours).

Salah on Plane

Salah must be performed at its assigned time, even when traveling and on a plane.

- One can estimate the salah time by either (1) looking out the window and assessing the time of day (2) using mobile apps (e.g., HalalTrip) that provide an estimate of salah timings during one's specific flight.

- It is advisable that one, prior to travel, also look up current salah times at their gateway, layover, and destination. This can be searched online (e.g., www.islamicfinder.org).

As *qiyam*, or standing, is a requirement for the *fard* prayer, one must ideally perform salah while standing on a plane. Given current airlines rules, however, this is usually not possible.

- If it is not possible to perform the prayer standing, one may perform salah in their seat. In this case, they will gesture with their head for ruku, and gesture slightly more when performing sajdah. A surface (e.g., pillow or tray table) is not needed, as the gesturing is minimal.
- Many scholars are of the opinion that any seated *fard* prayers on a plane need to be repeated after arrival at one's final destination. This can be discussed with one's local scholar/mufti prior to traveling.
- As supererogatory (non-*fard*) prayers can be performed seated and in any direction (as evidenced by *ahadith* of the Prophet [S]), one can perform *nafl* prayers in their seat. This includes voluntary tahajjud prayers, and the 2 raka'ah that is recommended prior to entering the state of Ihram.

UMRAH SUPPLEMENT # 2

JANAZAH PRAYER

“Whoever follows the funeral of a Muslim, in faith and seeking reward, and remains with it until the prayer is offered and the burial ceremony is finished, he will return with two great rewards. Each reward is like the size of Mt. Uhud. Whoever offers [only] the funeral prayer and returns before the burial, then he will return with one great reward.” [Bukhari & Muslim]

Prior to Starting

- Make the intention for the janazah prayer. This can be done verbally or silently, in any language.

Step 1 – 1st Takbeer

- Raise your hands and tie them, while reciting the takbeer “Allahu Akbar” as you would for the start of any salah.
- Recite the *thanaa*:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَى جَدُّكَ وَلَا إِلَهَ غَيْرُكَ

Step 2 - 2nd Takbeer:

- Recite the takbeer (without raising hands) and recite *salah ibrahimiyyah*, similar to what is recited toward the end of any salah:

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

Step 3 – 3rd Takbeer

- Recite the takbeer (without raising hands), and recite the following dua':

اللَّهُمَّ اغْفِرْ لِحَيِّنَا وَمَيِّتِنَا وَشَاهِدِنَا، وَغَائِبِنَا وَصَغِيرِنَا
وَكَبِيرِنَا، وَذَكَرِنَا وَأُنْثَانَا. اللَّهُمَّ مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى
الْإِسْلَامِ، وَمَنْ تَوَفَّيْتَهُ مِنَّا فَتَوَفَّهُ عَلَى الْإِيمَانِ

“Oh Allah, forgive our living and our dead, those who are with us and those who are absent, our young and our old, our men and our women. Oh Allah, whoever you give life from among us, give him life on Islam, and whoever you take away from among us, take him away on Iman.” [Tirmidhi, Abu Dawud]

Step 4 - 4th Takbeer

- Recite the final takbeer (without raising hands), and conclude with the *salam* twice (turning head to right and then left), as you would conclude any salah:

السلام عليكم ورحمة الله

Notes:

- A) The hands are only raised with the first takbeer. With any subsequent takbeer, the hands remain tied.
- B) Even if the Imam only performs the concluding salam once, you may complete the janazah prayer with the 2nd salam.
- C) There are additional duas that can be learned and recited in step 3, for when the deceased is a child.
- D) Wudu is required for the janazah prayer.

Umrah Supplement # 3

Guide to Visiting Sites

Background

1. One unique aspect of Umrah is the opportunity to visit historical sites (*ziyarah*) as a part of the journey.

- Sites in and around **Makkah** relate to either Prophet Ibrahim (AS) and his family, or to Prophet Muhammad (S) and his noble companions.
- Sites in and around **Madinah** relate to Prophet Muhammad (S) and his noble companions (RA).

Note: Many of these sites are away from Masjid Al-Haram and Masjid Nabawi. Others, however, are contained within the current masjid compounds and hence are not physically preserved; however, their general locations are known.

2. It is important to understand the purpose of visiting these sites, which is twofold.

1. Express our appreciation for the sacrifices of our pious predecessors
2. Create a unique opportunity for dua' (see **Appendix A**).

Note: Amongst the sites often visited are battlefields (e.g., Badr & Uhud) and graveyards (e.g., Jannatul Baqee'). These sites are particularly noteworthy as it gives us the additional opportunity to (1) convey our salam to the Sahabah buried here and (2) thank them for their sacrifice.

4 Steps to Maximize on the Opportunity

1. Learn

- This is the only step that occurs **prior** to the journey of Umrah. We should inquire from our travel agent or group leader the sites that are intended to be visited.
- Then, we should study the history of this space, review the sacrifices that were made here, and journal a list of duas we intend to make when visiting.
 - This preparatory step is key. It is unbecoming of us to “show up” as tourists, hoping to gain enlightenment from a past occurrence.

2. Appreciate

- Upon arrival to the site, we should silently appreciate the sacrifice that was made here. This can be done by making dua' for the individuals that made contributions here, or by envisioning the scene(s) as it may have played out.

3. Reflect

- We should then reflect upon the relevance of this space as it relates specifically to us.
 - Listed in **Appendix B** are examples of sites we may visit, and the types of reflections that may arise within the heart. These reflections are personal and will vary from person to person.

4. Make Dua'

- Finally, we should make dua' to Allah (SWT) in these spaces, recognizing that duas are most effective when they are tied in to a particular circumstance.
 - Dua is particularly effective if steps 1-3 above have been taken, as we have now demonstrated to Allah (SWT) that we genuinely appreciate the sacrifices of his chosen pious servants and we recognize the relevance of their efforts to us. We, too, now seek a portion of Allah's special mercy.
- These duas should be personalized. **Appendix C** lists examples of sites we may visit and sample duas we can use to help us formulate our own.

Appendix A

The following highlights the benefit that arises from tying duas into the circumstance of a situation. It is an excerpt taken from “Perfecting the Journey”, a hajj and umrah guidebook written by my teacher, Shaykh Husain A. Sattar:

Asking according to the circumstance of a situation is ideal. An example of this is present in the Holy Quran. Maryam (upon her be peace) was once eating fruits outside of their season. Prophet Zakariya (upon him be peace) found her in this state and inquired ‘From where have you attained these provisions?’ She responded, ‘This is from Allah.’ Prophet Zakariya quickly recognized that if Allah could give her fruits out of season, then He could similarly give him a child despite his barren old age. So, he immediately supplicated, ‘O my Lord! Grant me from Your presence a righteous offspring.’ An angel then called out, while he was still standing and praying, ‘Allah gives you glad tidings of Yahya’ [Quran 3:37-41]. From this example, we learn that duas made according to circumstance are accepted quickly. This is also the beauty of the duas present in the sunnah. The Prophet (S) would ask according to circumstance. For example, when he saw himself in a mirror, he would supplicate, ‘O Allah, just as you made my outer form beautiful, also make my manners and character beautiful’ [Ahmad]. This is one of the benefits of regularly and A Guidebook to Hajj, Umrah, and Visiting Madinah 53 consistently making those duas that are found in the sunnah

Appendix B

- **Birthplace of Rasulullah (S)**

- If it weren’t for this space and for its facilitation of the coming of Rasulullah (S), how lost would I be today? Without my faith, without a perfect example to follow...

- **Well of Zam Zam**

- Because of the unearthing of this blessed water, the city of Makkah became alive. And it’s through this source of nourishment that so many settled here, and allowed this city to become the spring of Islam. This pure message then took the most unlikely channels to eventually reach me today...

- **Hudaybiyah**

- What a difficult day this must have been for the sahabah! They intended to approach the kaa’ba and perform umrah in a state of ihram, just like me! Yet they were unable to carry forward beyond this space. How patient must they have been? And it was here that the Prophet (S) taught us the reality of patience in Allah’s will and the long-term benefit that arises from it. How much trust have I placed in Allah’s long-term plans? And, what beautiful advice our mother Umm Salamah (RA) gave to Prophet Muhammad (S)? What role do I play as an advisor to those around me?

- **Battlefield of Uhud**

- What incredible sacrifices Rasulullah (S) and his companions made on this day! How selfless must the companions have been, that they were willing to protect this deen with their own life! And, this entire battle served as a reminder for all of the subsequent ummah to never leave the instruction and command of Rasulullah (S). What has my relationship with the instruction of the Prophet (S) been? And what difficulties have potentially arisen in my life as a result of neglecting his advices and instructions?

Appendix C:

- **Sites of Hajj (Mina, Muzdalifah, ‘Arafah & Jabal Rahma)**

- Oh Allah! It is in these special places that millions of your servants are invited annually to receive complete forgiveness and start anew. Oh Allah, through the barakah of this invitation, and the incredible Mercy that you have always shown in this place, please include me as amongst those who are completely forgiven! Oh Allah! It was at this site (Jabal Rahma) that your Messenger (S) gave his final advices to the ummah. Oh Allah, allow me to internalize these advices and act upon them [ideally one should reflect upon each advice and make dua’ accordingly].

- **Badr**

- Oh Allah! It was in this place that your Messenger and his companions were outnumbered, and defeat seemed apparent. Oh Allah, through the barakah of the events that occurred here, and the beseeching of Rasulullah (S) in this space, allow me, too, to succeed in the face of any difficulty, and provide me with the same assistance you provided the blessed companions on that day!

- **Travel from Makkah to Madinah**

- Oh Allah! It was through this journey of the sahabah (hijrah) that you granted them peace and safety and a space to comfortably practice and express their deen. Oh Allah, I too am now taking this journey. Please make the deen alive and comfortably expressed both in my home and in my community!

- **Masjid Quba’**

- Oh Allah! As your qur’an mentions, this masjid was built upon taqwa, and it was constructed by the hands of Rasulullah (S). Oh Allah, make taqwa the foundation of my local masjid, and grant me the ability to contribute to it in the most effective way!

Umrah Supplement # 4

Zamzam

Benefits of Zamzam

The Prophet (S) stated:

“The best water on the face of the earth is the water of Zamzam. In it is nourishment and healing from sickness” [Tabarani]

“The water of Zamzam provides whatever you intend” [Ibn Majah]

As such, we should implore Allah (SWT) when partaking of Zamzam

- Any dua’ can be made, recognizing that its reach is to the extent of our intention
- One such example, which we can incorporate, is the dua’ of Abdullah Ibn Abbas (R), a close companion of the Prophet (S). He would recite the following while drinking Zamzam:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

Etiquettes of Drinking Zamzam*

When drinking Zamzam:

1. Face in the direction of the qiblah
2. Make an intention / dua’ (see above)
3. Say “Bismillah” and drink abundantly, in 3 sips
4. Say “Alhamdulillah” when finished

Drink Abundantly

- A visitor to the Holy Cities should drink Zamzam abundantly.
 - Several Zamzam taps and coolers are present throughout both Masjid Al-Haram and Masjid An-Nabawi.
 - Additionally, consider purchasing a large bottle of Zamzam (available in official, sealed containers at shops around Masjid Al-Haram) for your hotel room. Drink as much as possible, especially during meals.

* These etiquettes are taught to us by the Prophet (S) as recorded in a Hadith of Ibn Majah. Furthermore, you may wipe a small amount over your face and head, taking care to avoid water falling on the floor. It is narrated that the Prophet (S) performed tawaf, and then “went to Zamzam and drank from it and poured some over his head” [Ahmad].

Umrah Supplement # 5

Guide for Repeat Visitors

Background

1. Umrah supports the goals of believers at every stage of their journey to Allah (SWT).
 - It opens the doors to faith, inspiration, and awe with Allah (SWT)
 - It presents the opportunity to make amends with Allah (SWT)
 -
 - It assists one in elevating rank and station with Allah (SWT)
2. For the repeat visitor, it is not uncommon to take the journey for granted and overlook its true potential.
 - For some, it can shift from “journey of a lifetime” to a recurring family vacation, an opportune layover, a display of self-righteousness, and/or an opportunity to publish on social media.

Making Sense of the Invitation

1. A visit to Allah’s home requires an invitation.
 - Each individual trip to the *Haramayn* requires a unique **invitation** from Allah (SWT), which is actively sought through (1) supplication, (2) yearning, (3) and planning.
 - Each **invitation** is a sign of His love.
2. A sign of progress or a sign of need?
 - The **repeat visitor** may therefore think that perhaps they are more beloved to Allah (SWT), as they are repeatedly receiving invitations to His home, while others are not.
 - If/when this thought settles in, one should adopt and internalize the following attitude:

What lesson(s) must Allah (SWT) be trying to teach me? With others, He brings them to His home once and they are forgiven, their lives are forever changed, and the objective is met. Here I am, repeatedly being called back to His home to receive yet another cleansing, be given yet another reminder. When is it that I will finally take heed of Allah (SWT) and become a true servant of His?
 - The true reason for any of Allah’s invitations are known to Him alone. It may be to reward us, or it may be to rectify us. In either circumstance, we should welcome the opportunity with humility and open arms.

Note: Most believers (throughout history) have received no more than one invitation in their lifetime. The opportunity to repeatedly visit the Haramayn is unique to this era, and the believer should be immensely grateful for the support Allah (SWT) has given the struggling ummah (community) of Rasulullah (S).

Revisiting Our Purpose & Goals

1. Approaching Umrah as a needed “reset”, while important, may only have a temporary effect.

- The **repeat** visitor should instead seek more enduring goals when visiting the *Haramayn*, which may differ from the goals of first-time visitors.

Note: It is acceptable to have multiple goals, and the primary goal of Umrah (e.g., fulfilling a sunnah, attaining Allah’s forgiveness, etc.), will always remain.

2. The repeat visitor should view each journey as a growth opportunity.

- One’s **focus** should be on spiritual growth and advancement, and the **seeking of**:
 - Higher station and rank before Allah (SWT)
 - A deeper relationship with Rasulullah (S).

3. Below are select goals and approaches the repeat visitor may consider (while recognizing the actual list is exhaustive); preparation is required.

- **Learn** from enthusiasts of the past
 - Study the travels of our scholars and mashai’kh, and the fervor with which they would approach the blessed cities of Makkah and Madinah.
 - Implement the *aadaab* (etiquettes) of the *Haramayn*, as exemplified by the pious before us. This includes expressions of humility, neediness, and determination.
- **Create** an immersive experience
 - Cover the seerah *in depth* (pre-trip), and link this preparation with immersive experiences at sites not often visited (see: Umrah Supplement, Guide to Visiting Sites).
- **Become** a close friend of Rasulullah (S)
 - Recognize that the *sahabah* (companions) who *frequently* visited the Prophet (S) are those whose names we remember today, who the Qur’an places its attention on, and who took the most from Rasulullah (S). With repeat greetings of Rasulullah (S) in the noble *rawdah*, our companionship with him should also evolve.
- **Be mindful** of “*ghayrah*”, or competing intentions
 - Limit indulgences that are widely available (e.g., hotel amenities, food options, shopping). These may serve as a needed attraction for first-time visitors, but the repeat visitor should recognize that only Allah (SWT) is worth pursuing in His home. Seeking to fulfill any other desire only competes with this.

Umrah Supplement # 6

Returning Home

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.