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Prophet صلى said: Zamzam's water is for whatever purpose he is drunk for. Before drinking Zamzam's water, make an intention that your consumption is a means to fulfill your desires, whether it be good health, success in this world, or protection against the tribulations of the tgmb. When drinking the water, it is Mustahabb to stand up and face the Kaaba, say Bismillah, pause for a break three times, and say Alhamdulillah after finishing. You can also rub it on your face and body. You can recite the following Dua after drinking the water: عَلَّمَنا نَافِعًا رَؤُفًا وَاسِعًا بِبِئَاءِ مَنْ كُلِّ دَاءٍ Allahumma inná as'aluka 'ilman n'fi'an, wa rizqan w'si'an, wa 'amalan mutaqabbalan, wa shif'an min kulli d'. O Allaah, I ask you to know that it is beneficial, a provision that is abundant and a cure for every disease. You can also make any other du'aa' of your choice, as it is another station where duas are accepted. Multazam Pilgrims clinging to the walls of the Kaaba After having finished drinking water from Zamzam, you can proceed to the Multazam which is the area between Hajar al-Aswad and the gate of the Kaaba. The Multazam is almost impossible to reach during the Hayy season due to the large crowds that gather. However, it is accessible during other parts of the year. If it is possible to reach the Multazam, raise your hands above your head, clinging to the wall and press your chest and cheeks against it. It is a Prophet's صلى and another season where pleas are accepted, so should lengthen your Dua here. If you can't get to multazam because of the crowds, you can look up at it and beg from a distance. Sa'i Main article: Sa'i It is a Sunnah to perform Sa'i immediately after Tawaaf, although you can take a break if you need it. If you feel tired after Tawaaf or your feet hurt, you can rest in the ward until you feel like you're ready. Remember that you'll be covering more than three kilometers during Sa'i, so make sure you have enough energy to complete the rite before you start. For the Sa'i to be considered valid, you need the following: To perform Sa'i yourself. To have entered Ihram before performing sa'i. Stay in Ihram until the Sa'i has been completed. To perform Sa'i at its right time. To start Sa'i in Safa and end up in Marwa. To perform Sa'i after having done Tawaaf. To perform Sa'i on foot, unless you have a valid excuse. To do seven laps. To cover the full distance between Safa and Marwa. Istilam of Hajar al-Aswad before Sa'i, it is Sunnah to make Istilam of Hajar al-Aswad one last time. This will be the ninth time, after istilam's eight times during Tawaaf. If you have forgotten to perform this Istilam, or find it difficult to return to the Hajar al-Aswad line due to agglomeration or tiredness, it can be omitted. However, you can do Istilam anywhere else in Masjid al-Haram, as long as you are in front of Hajar al-Aswad. Proceed to Safa A sign indicating the location of Safa Proceed to Safa Hill, which is located in line with hajar al-Aswad. There's a white sign indicating where it is. As you approach Safa, it is Sunnah to recite the following: إِنَّ الصَّافَا مِنْ شَعَائِرِ اللَّهِ Inna é-afi wa l-marwata min sha"iri lláh(i). In fact, Safa and Marwa are one of God's Signs. [Surah al-Baqarah, 2:158] Then say: بِمَا نَدَّأَ اللَّهُ بِ: Abda'u bim' bad'allahu bihi. I begin with what Allaah has begun with. These should only be recited once before Sa'i and not at the beginning of each lap. Safa Hill is now closed Do Dua in Safa When you reach Safa Hill, look in the direction of the Kaaba and raise your hands in supplication. Your view of the Kaaba will darken, so make an educated guess about its location and in front of this direction. Do not raise your hands to the lobes of your ears or gesture towards the Kaaba as you would have done during Tawaaf. You can say Takbir (All-hu akbar), Tahliil (il'ha il'l'All'h) and send Salawat about the Prophet صلى. It is Sunnah to recite the following Dua: وَلِلَّهِ الْكَثْرُ، وَلِلَّهِ الْكَثْرُ، اللَّهُ أَكْثَرُ، اللَّهُ أَكْثَرُ، ALL-hu akbar, akbar, All-hu akbar, wa lill-hi l'-amd. Allaah is the greatest; Allaah is the greatest; Allaah is the greatest, and all praise belongs to Allaah. وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ il'ha illall'h wa'dahu l'shar'ka lah(u), lahu l-mulku wa lahu l'-amdu yu'yá wa yum't(u), wa huwa 'al'kulli shay'in qad'r. There is no deity except Allaah, only without a companion. The Dominion belongs to Him, and all praise belongs to Him. It gives life and death and has power above all. إِلَهُ إِلَّا اللَّهُ وَحْدَهُ، أَنْجَزَ وَعْدَهُ. L' il'ha illall'hu wa'dah(u), anjaza wa'dahu wa'raara 'abdahu wa hazama l-a-zaba wa'dah. There is no deity except Allaah alone. He kept His promise, supported His servant, and defeated the Confederates alone. After reciting this Dua, you can recite your own du'aa'. Read the Dua a total of three times, making your own pleas in the middle each time, as was the Prophet's Sunnah صلى. Proceed to Marwa from Safa, head for Marwa. Between Safa and Marwa, you will encounter two sets of green fluorescent lights approximately 50 meters away, indicating the distance Hajar ran in order to reach higher ground. These two markers are known as Milayn al-Akhdharayn (the two green mile stalls). Between these two lights, it is Sunnah that men run at an average pace, while women must continue normally. Green fluorescent lights indicating where Hajar ran to reach higher ground Dhikr & Dua There is no fixed Dhikr or Dua that has been prescribed to read during Sa'i, so you can recite any prayer or du'aa' of your choice and send Salawat about the Prophet صلى, raise your hands in supplication and repeat the same du'aa's you recited in Safa. This completes a lap of Sa'i. Returning to Safa is considered a run-by. End of Sa'i Repeat this procedure until you have completed seven laps, at which point you must be on Marwa Hill. A sign indicating the end of Sa'i Dua and Salah It is recommended to make a final Dua here and also perform two Rakahs of Nafl Salah in Masjid al-Haram following Sa'i. Leave the Haram as you leave Masjid al-Haram, come out with your left foot, and recite the following Dua, as was the Prophet's Sunnah صلى as you left the mosque: بِسْمِ اللَّهِ وَالْغَلَاةِ وَالسَّلَامُ عَلَى رَسُولِ اللَّهِ، إِنِّي أَسْأَلُكَ مِنْ فَطْلِكَ Bismi ll'hi, wa á-al-tu wa s-sal-mu 'ala ras-li lláh. All-humma inná as'aluka min faslik. In the name of Allaah, and peace and blessings be upon the Messenger of Allaah. O Allah, I ask you of Your reward. Halq or Taqsir After Sa'i, you must have your hair shaved (Halq) or trimmed by at least an inch (Taqsir) in order to exit Ihram state and complete your Umrah. It's more virtuous for a man to have a completely shaved head. Women can only have their hair trimmed. Be sure to use a licensed barber instead of an uns licensed street barber. There are a number of licensed hairdressers in Mecca, which are open 24 hours a day and usually only close during Salah hours. There are many hairdressers in Zamzam Towers, Hilton Shopping Complex and Al-Safwa Towers. You will also see many barbers located outside Marwah Gate after finishing Sa'i. They are located directly to your left on the ground floor, or to your right if you leave the middle floor. Alternatively, you can shave or trim your own hair to get out of Ihram state. Congratulations on your Umrah! It is now free from Ihram restrictions and can be changed to normal clothing. If you plan to perform another Umrah, you must travel to the haram boundary to enter Ihram once again. Most pilgrims choose to enter Ihram in Masjid Aisha, which is the closest and most convenient location in Masjid al-Haram. Transportation to get there is available near the mosque. Mosque.

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