

The Ultimate Hajj & ‘Umrah

*Achieving your most rewarding pilgrimage
by adopting the **Pilgrim Mindset***

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Contents



- 6 ■ Author's Note
- 10 ■ Leading up to your Pilgrimage
- 12 ■ Your Pilgrimage
- 14 ■ Your Renewal
- 16 ■ Opening Prayer
- 18 ■ PHASE 1: Adopting the Pilgrim Mindset
- 61 ■ PHASE 2: Being in the Pilgrim Zone
- 110 ■ PHASE 3: Staying Mindful
- 120 ■ Closing Prayer
- 123 ■ Du'as for Tawaf and Sa'i (Makkah)
- 129 ■ Sending Blessings upon the Prophet ﷺ (Madinah)
- 136 ■ The Last Sermon

Leading up to your Pilgrimage



Pilgrimage is a spiritual journey that you go on for tranquillity – the feeling of peace and calm that descends when you are in the holy cities. Just like the experience of Ramadan, you can feel your spiritual motivation levels increase. You are planning to leave your daily routine behind, family members and loved ones. You may have saved for years to make your pilgrimage dream a reality. You are aiming to focus your time and worship solely for His sake whilst helping those that may be with or around you.

To get the most out of your pilgrimage, think about what you want this spiritual journey to look like. Think about how you want it to be different from any previous experience you may have had. Everyone wishes for their pilgrimage to be accepted but what else do you wish to gain? What impact would you like it to have on you or your family?

Would you like to become closer to Allah, deepening your relationship and your sense of gratitude? Would you like your belief and consciousness to develop to a higher level? Are you aware of what Allah tells us about pilgrimage? Do you know what He wants from you or is it all about what you want from Him?

If you wish to achieve the best possible pilgrimage then the time leading up to it is crucial. Do not wait until you get there or worse still, until you get back, to work out what difference your pilgrimage needs to make in your life. Now is the time to learn and reflect. A time to ponder on what you want to achieve, aside from forgiveness. A time to nurture a healthy mindset so that once you are there, it means so much more.

The section **Phase 1: Adopting the Pilgrim Mindset** will get you in the Pilgrim Mindset for your most rewarding pilgrimage, insha'Allah.

Your Pilgrimage

You have made it! You are either on the plane with other pilgrims and it is now feeling real, or in a state of Ihram about to stand in front of the Ka'bah, or sitting in the Prophet's ﷺ Mosque with a feeling of disbelief.

The section **Phase 2: Being in the Pilgrim Zone** offers meaningful guidance on performing your pilgrimage mindfully:

- How to let go of everything around you and open your heart to focus on the Creator
- What feelings you might experience
- How to conduct yourself in the best of manners.

It will help you reflect on the history and messages associated with pilgrimage, allowing you to fully appreciate and benefit from this blessed journey and its lasting impact. Your pilgrimage journey is not limited to performing

the rites. It is about embracing the experience, thinking differently about each of the steps, and purifying yourself. It is about renewing your intentions and spending time in reflection, whilst asking The Almighty for much needed guidance. It is about carving out some time to think of where your life is heading and if it is heading in the right direction. It is intending to initiate positive change – in some shape or form.

You may be going to perform Hajj. How do you feel about the lack of comforts you are used to, while on the plains of 'Arafat and Muzdalifah? Are you looking forward to the stoning of the devil? Or are you nervous about what to expect or how you will cope?

Maybe you would love to go to Hajj, but it is not your time this year. How can you feel connected to the millions of pilgrims from the comfort of your own home? How can you display patience and resist temptations as if you are on pilgrimage?

This section will, insha'Allah, get you in the Pilgrim Zone maximising your experience – both physical and spiritual – in a manner that is pleasing to Allah.

Your Renewal



Your pilgrimage is complete, and you are back home. Alhamdulillah. What happens now?

- Do you feel closer to Allah and the Prophet Muhammad ﷺ?
- Are you feeling at peace? Better from within?
- Are you spiritually refreshed?
- Are you wondering how to hold onto the renewed sense of purification?
- Are you thinking of how to sustain the pilgrim mindfulness and patience you developed?
- Are you inspired to worship more consistently?

- Are you contemplating how to achieve that and where to begin?
- Do you feel some regret that you could have done more?

Amongst all these thoughts, as you pushed yourself during your pilgrimage, you may be physically exhausted. You also might be missing being in the holy land with the desire and longing to go back.

The section **Phase 3: Staying Mindful** explores how to maintain the momentum from your pilgrimage while settling back into your daily routine, whether it is school, work, or family responsibilities. It helps you carry the Pilgrim Mindset into your daily life.

Opening Prayer



- I pray that Allah ﷻ instils the love of the blessed lands in all our hearts, that He invites us through His mercy and gives us the opportunity and desire to fulfil this pillar of our faith.
- I pray that Allah ﷻ allows us to perform pilgrimage to the best of our ability – with humility, sincerity, and complete gratitude for Allah's mercy.
- I pray that Allah ﷻ heightens our consciousness so that we prioritise Him above our own preferences.
- I pray that Allah ﷻ helps us to prepare for the journey of a lifetime in a manner that is most pleasing to Him.

- I pray that Allah ﷻ accepts our pilgrimage and devotion and forgives us for our shortcomings.
- I pray that Allah ﷻ guides us to make positive changes and grants us a new beginning, in addition to wiping our slates clean.

Ameen