

## Detailed Hajj tipsheet – part 3: The 5 days of Hajj

Note: Visit <http://dreamlife.wordpress.com> for the Madinah and Makkah tipsheets. Alternatively, if you'd like to download the entire e-book which these tips are extracted from, get it [here](#).

### General advice:

- A general and very important principle to CONSTANTLY keep in mind throughout: the best provision for this is taqwa. So, for everything you now face, keep in mind: "This is for Allah." For everything difficult, all your sacrifices and dealing with it with patience – it's all for Allah.
- If you haven't already written / prepared your dua list for Arafah by the time you arrive on Mina, do it as soon as possible. And when it comes to people that asked you to make specific duas, if you can't / didn't write down those duas, you can summarise them to a general dua asking Allah to fulfill the duas that others asked you to make for them.

### Day 1: Yaum-al-Tarwiyah

- Take time to accustom yourself to your surroundings on Mina – but don't go overboard. You won't be here long before leaving for Arafah – and you'll be back here after Muzdalifah, so minimize your 'exploration time', and maximize your personal reflection and preparation for Arafah,
- If possible, try to get good companionship in your tent – especially your immediate neighbours. Try to be with those that will encourage you to do beneficial things, and avoid those that have a habit of being overly-social, too joking, and inclined towards wasting time.
- Make sure you bring your own unscented soap (and other unscented toiletries you may need). Always take it with you to the toilets, and share it with others if they need it. (Which is why you may want to take extra soap.)
- The toilets may not feel clean, but that doesn't give you an excuse to be dirty. Always try to be clean, and if you accidentally mess an area you shouldn't, clean it up – as a courtesy to the next person that'll use that stall.
- In Mina (and around *any* Eastern toilet), DO NOT take *anything* of value to the toilet. Leave it all behind in the tent. Your possessions are usually safe there.
- When unpleasant things happen, let your first (and instant) reaction be one of acceptance. It's Allah's will that's transpiring, so thank Him for it and be grateful – whether you initially see it as a calamity or not.
- Keep yourself occupied with beneficial activities on that day – even if it's just sleeping, or having spiritual discussions with your neighbours. Don't allow boredom to overcome you.
- In your tent, let the constriction of your personal space remind you of the grave that awaits you.
- On this day, you'll notice the small space allocated for each person in the tent; and hopefully you'll be around people that are focusing their effort and time on deen rather than dunya. Let these thoughts remind you of your true priorities in life: we are only here for a short time, and in it we have to prepare for the biggest meeting of our lives. Today, it's preparing for Arafah – but on the whole, we're preparing for Qiyamah.
- Let the simplicity of ihram clothing remind you of the only material items you'll take to that grave. What counts most in this life is NOT the external, but what's inside, and the state of your heart. Strive for a clean and pure heart – which is your ticket to an easier journey to Jannah.
- Allow these thoughts and experiences on Mina to sink deep into your psyche so that they'll be a lifelong reminder of the Hereafter that awaits you. While you're alive, you have abundant chances to improve your position with your Lord. Use these opportunities while you can.
- You may find yourself around people that want to do things you don't really benefit from – such as worldly conversation, congregational thikr, or singing naats. If you know these things aren't the best use of your time, leave them and try to find another place / other people who will be more conducive to your spiritual preparation for tomorrow. It's hard to find private space on Mina – but make dua for it, and ask Allah to guide you to what / who is best.
- Don't over-exert yourself today. Do your preparation, but ensure you get enough rest – because you may not get to sleep for a while.
- Pack your bag for Arafah & Muzdalifah – taking only essentials. You'll be travelling a long time, so don't take unnecessary things.

## Day 2: Arafah

- There will be times when you're waiting for transport, your group, etc. Don't waste this time in idle chit chat or other non-beneficial activities. Use it for dua, Quran recitation, or anything else productive.
- If possible, try to leave Mina only *after* having made Fajr – because if you're on the bus through Fajr, you may miss the waqt. (Yes – it can happen.)
- If you get carsick during the bus rides, try facing backwards. Also, always keep a sick bag with you in case you need to vomit. (Keep the ones from your plane rides.)
- If possible, find out from your group the schedule for the day – including when they plan to leave Arafah (which may well be before sunset). Plan your toilet breaks around that – bearing in mind that you will probably face long queues for the toilets.
- Get your rest in the morning when you're waiting for wuqoof to begin. Aside from physical rest, also get some mental rest: don't force yourself to make constant ibadah and don't keep your mind constantly occupied; but rather give your mind a break to simply 'breathe' and relax.
- Before wuqoof (and even during it), enjoy the atmosphere on Arafah and savour all the beautiful thoughts and realisations that come to you. Keep pen and paper handy (or electronic versions if you prefer) and don't be afraid to write down your thoughts and feelings.
- At lunchtime, don't go overboard and don't waste time. Eat something – but only what you need, and be quick. Over-eating may make you bloated, tired, and in need of the toilet – which would ruin your chances of making the most of your wuqoof. Lunch comes during wuqoof time – so you want to maximize dua time, and minimize other things.
- I probably don't need to remind you, but **DO NOT WASTE EVEN ONE MINUTE** of your wuqoof time. Spend it in dua (or whatever other ibadah you plan to do), and steer clear of people that gossip and waste your time.
- If your group is having a program at some point during wuqoof, and you don't want to be part of it because you want to focus on your own duas, don't be afraid to go off on your own. Tell someone you're going to find private space, keep your phone on (silent) in case they need to contact you, then go to find place. It may take a little while, but insha-Allah you can find a private spot.
- Wuqoof is the biggest meeting of your life – the most important dua time of your life; so be alone with Allah and pour your heart and soul out to Him. Use your dua list, but don't be limited by it. Make dua for whatever you want – even if it isn't on the list.
- If you're with your spouse, take some time to find a quiet spot and you and your wife/husband make duas **TOGETHER** – for your marriage, family, and whatever else. It's a great blessing to be on Arafah together, so take advantage of it by supplicating to Allah as the couple that you are.
- As for personal duas, you may have trouble finding a secluded spot to be alone. Don't spend *too* much time looking – just get away from the crowds and find a spot where that's good enough (i.e. minimal interruptions / distractions from others).
- If you're not yet finished with your duas and your group wants to leave for Muzdalifah, before sunset, stay behind – and go with a later walking group) if you have the option. They may tell you that you can make dua as you walk – since it's a long walk to get off Arafah – but that walk can be crazy and stressful, so the conditions aren't very good for making your duas. Rather stay and get the most time out of your wuqoof – because it's the whole essence of Hajj; so you don't want to be robbed of that just because of the group's logistical convenience.
- If your wuqoof doesn't live up to your expectations, don't lose hope and don't let negativity overwhelm you. Just be grateful for the experience you did have, ask Allah to accept and fulfil all your duas, and be confident that He will do so – regardless of the shortcomings.
- Before leaving Arafah, make sure you use the toilet (since there are none on the road to Muzdalifah) and pack enough provisions (water and a few snacks).

## Evening 2: Arafah to Muzdalifah

- A mobile phone is essential for the 5 days of Hajj. If possible, get a very basic model that has a long battery life, a torch, and minimal distractions (such as email and Internet access). You'll appreciate that extended battery life once you leave Mina (on Day 2).
- As far as possible, stick with your group when you leave Arafah. Don't assume that you can't get lost, because it can easily happen – especially if you're leaving with large crowds around

you. Husbands and wives should stick together, even if they get separated from the rest of the group.

- Shaytaan is at his lowest, most embarrassed point after Arafah – because all his work of trying to mislead for so many years you is undone when Allah completely forgives you during wuqoof. Shaytaan will, therefore, be waiting for you on that road from Arafah – so be aware of this enemy, and try to keep your thoughts clean and fill your heart, mind, and tongue with remembrance of Allah.
- If things go wrong, try not to panic, and don't let hopelessness or desperation overcome you. Stay calm, turn to Allah for help, and recognise that this might be His way of trying to teach you important lessons.
- If you end up walking from Arafah to Muzdalifah alone, know that there's a pedestrian route and a bus route. Keep an eye out for a turnoff (or ask others where it is), since this is probably the route your group will take if they're walking.
- Whatever seemingly-unfortunate experience befalls you, know that it's Allah's plan for you. So go forward with confidence that this is not a disaster, but something you're meant to benefit from – even if you can't see the lessons immediately.
- Also remember that no matter how 'bad' your misfortune may seem, it could be worse. So be thankful that it is what it is, and not even more difficult. (This is also a good general principle for life: look at those less fortunate than you, as it'll help you to appreciate what you have – rather than envying those that have more / seem to be better off.)
- Be mindful of Allah, and He will be with you. Always.
- Turn to Allah alone, having complete and utter reliance (*tawakkul*) on Him. Put your complete trust and reliance in Allah, and watch the miracles that occur before your very eyes.
- If you're walking, keep your garbage with you (in your bag or in a dirt packet). Don't just throw it on the road, like so many other people. Just because the masses are doing it, doesn't make it acceptable. You've just completed the highlight of Hajj, so don't start your 'new life' being dirty.
- Take in the sights and sounds (and smells!) of that journey to Muzdalifah. Unless you go on Hajj again, it's not likely you'll ever be in such a large and diverse gathering of people headed in a single direction. (But do be careful of those crazy men on bikes. You don't want to get knocked or injured on the walk.)
- Men: *especially* if you'll be doing the walking Hajj, put (unscented) Vaseline / lubricant on the insides of your thighs while you're in ihraam. Don't just assume that you won't chafe in that area, because if it happens, you're in for a painful few hours.
- While you'll want to get some rest on Muzdalifah, do take some time to walk around and observe what's going on, how people are spending their time, etc. Unless you perform Hajj again, you'll never experience an open-air camp this big – so take it all in and appreciate the moments you have there. But when you're walking around, be careful so that you don't disturb others that are resting.

#### **General advice after Muzdalifah:**

- Just because you've completed Hajj (Arafah being the main part of it), doesn't make you better than other Muslims. Don't ever let the title "Hajji" make you arrogant or delude you into thinking you're somehow superior to others. If anything, you should be even more humble and even more fearful of slipping up – because Allah has given you this incredible experience, so you now have the added responsibility of living up to the high standards your Hajj for the rest of your life – whereas those who haven't been aren't in that situation.
- Many people live in or near Makkah, yet they cannot make Hajj with you. Accept whatever help they try to give you, and make dua for them. You have this amazing opportunity to perform Hajj whereas they don't, so appreciate what you have and ask Allah to reward their contributions to the event.
- If you're keeping a journal of your Hajj, write your experiences and feelings as soon as you can – even if it means you'll miss a few more hours of sleep. Capture everything while it's fresh, because you never know if you'll get another chance, and with so much happening, the important memories may fade sooner than you think.
- Savour the feeling of purity and lack of sin after Arafah, but remember that you can't retain that feeling forever. You will slip up and sin / make mistakes, but now, it's so much easier to wipe them away – via wudu, salaah, istighfaar, and good deeds. Stay clean by performing these actions regularly and abundantly in these days, and make it a habit to repent immediately after you do something wrong, and beyond that, regularly – even when you can't explicitly recognise any wrongs you've committed.

- The soul *loves* to worship Allah, and is nourished by these acts of worship. While your soul is in its pure state of fitrah, feed it abundantly via these actions, and savour the beauty of worshipping Allah *without* the baggage of sin.
- You may feel like you can now relax, since Arafah is over. But don't fall into that trap. While you're on a high, and still on this sacred journey, use the remaining days and nights of Hajj to build up a mountain of good habits, good deeds, good character, and other spiritual provisions – which will serve as a much-needed protection for you once you get back to the challenges of normal life back home.

### Day 3 to 6: Eid and days of tashreeq

- **Be smart:** Day 3 (Eid ul-adha) is the biggest day in terms of what you need to do: Stoning, Tawwaf ifadah and Sa'i, and cutting / shaving the hair. For all these actions, be sensible and take the advice of your trusted and knowledgeable group leaders. For example, remember that if the haram is too packed, you don't *have* to do your ifadah on this day – you can delay it to a better time.
- For men, if you start getting hit with stones at the jamaraat, the top piece of your ihraam makes an excellent shield.
- If you've got a room in Aziziah and are heading back there right after pelting, make sure you know the direction to go. After pelting, you won't be able to turn back and exit Mina through the same tunnel where you came in – you'll be walking quite far and then exiting through an unfamiliar place. So, make a special effort *before* Hajj to find out the route from that exit to your accommodation in Aziziah.
- **Don't be fooled – stay clean:** Once the stress of getting all that is done, it may finally sink in that you've pretty much completed Hajj. You may find a much more relaxed atmosphere in the tents on Mina and among your companions. While that's fine, *don't* let shaytaan fool you into thinking you've completed your mission in life and you can now relax. You've now been cleared of your lifetime's mountain of sin and mistakes, but it's so easy to start building them again. Shaytaan is angry that all his hard work of corrupting you was wiped out on Arafah – so he'll come at you with a vengeance from now on. So in these days especially, be on guard. And remember that whatever sins you accumulate can be easily wiped out by the simple acts of Islam – wudu, salaah, istighfaar, etc; so try to keep 'cleaning' yourself spiritually with these a few times a day. You won't stay clean your whole life once you get home, but for now – and while these feelings are high – try to stay pure.
- **Stick to Mina:** You still have a few days of pelting and being on Mina. You may get to go to your room in Aziziah at times, but try to get a lot of time in on Mina – because the comforts of Aziziah can be found at home or elsewhere, but anywhere else, you CANNOT attain the spiritual benefits that you get from Mina in these days of Hajj. And try not to over-indulge on food and drink. Just like Ramadan is supposed to be a time of spiritual exertion rather than worldly indulgence, treat these days on Mina the same – and more so, since you might never go on Hajj again in your life.
- A mobile phone – while very useful – can also be a tremendous timewaster if you're not careful. On Hajj especially, be very mindful of how much time you spend using the phone (whether talking, chatting online, or using the Internet). The moments of Hajj are precious and extremely limited. Don't waste them on things you could do any other time back home.
- The ulama teach that the way you live is the way you'll die; and the way you die is the state you'll be resurrected in. Strive to live a righteous, God-conscious life and always make dua that your moment of death will come at a time when Allah is pleased with you.
- **Build a mountain:** Once we leave these blessed lands – challenges and devils (both of man and jinn) and our own bad inclinations will dirty these souls of ours again. So in these days – still on the incredible, blessed journey of Hajj and in this amazing state of purity – build a mountain of good deeds to act as protection against the sins and mistakes that await you in future. Others may be relaxing - but you should gather as much of this spiritual provision, good habits, etc, as you can - to take home with you as a stockpile. (And encourage others to do the same.) As time and situations erode away at your purity later on, this stockpile will insha-Allah help protect you from ever getting spiritually low (or even reaching a zero balance or deficit). We need those personal mountains so that every time we lose a degree or step of the height of that mountain, the goodness we get from this journey reminds us to do good – whether through action, thikr, or other – to replace that lost step with a new one. Insha-Allah we'll not only stay at the high level, but even build more and more – a slow but steady progress to better and better states of our souls.
- On the way to the jamaraat each time, try to retain high taqwa – consciousness of Allah. Don't waste the time having social conversations or doing other spiritually-unproductive things.

You're about to go perform a tremendous act of worship, with both immediate and long-term significance. So immerse yourself in dua, reflection, and dhikr so that you can make the most of the experience.

- In life, generally, people won't remind you to do good. You have to remember on your own. Always try to be conscious of Allah and of what you're doing – i.e. whether it's pleasing to Him or not – even if others are heedless at the time.
- **Pelting for life:** Remember the spiritual significance of pelting the jamaraat. And with each time, make an intention that this pelting should also serve as a protection – a self-purification; a CHOICE inside – to cast away the evils of your own souls inside, and keep the devils away from you. So when – in future – temptation comes, in your mind you can imagine this shaytaan trying to tempt you, remember your pelting, and remember that as you pelted him in Makkah – so too can you symbolically pelt him now and chase him away.

### Leaving the Kabah for the last time:

- **Impact:** It's very, very sad to leave – especially the last time you tawwaf and leave the haram. Let those feelings make a deep impact on your heart and soul and mind, and build a commitment that you want to be back here. And a gratitude for what Allah has allowed you to experience. That gratitude must be more than just words, though: if you want to come back again, APPRECIATE what you had by trying to LIVE your Hajj. Like a verse in the Quran says – if you're grateful, Allah will give you more. So move beyond just nostalgia and emotional yearning to come back again; make it a practical exercise that will please Allah and insha-Allah earn you an invitation to come back here.
- As a comforting thought on your last time at the Kabah, remember that Allah is closer than your jugular vein. You may feel very close to Him in Makkah, but remember that He is *always* close to you – no matter where you are in the world.
- Before you leave the haram for the last time, take some time to make a last dua while looking at the Kabah. It's a memory you'll forever treasure, and insha-Allah the sheer gratitude of the experience will bring your heart forever closer to Allah.
- **Plan ahead:** *Living* your Hajj is the challenge for the rest of your life, so while you're still pure and fresh from Hajj, plan how you can maintain your Hajj. For example:
  - Hajj is the ultimate form of repentance, and one of the greatest ways to maintain the Hajj is to live a life of repentance – each day seeking Allah's forgiveness for the wrongs you may have done, and each day returning to your covenant with Him.
  - Focus on maintaining and improving your salaah – as it's a critical pillar of deen.
  - Try to regularly take account of yourself – seeing where you were, where you want to be, and what you can do to be better.
  - Strive to improve in character, and repairing your relationships with others.

### Your final moments on Mina:

- Even if you're not fond of group gatherings, spend some time with the group in your final days and nights of Hajj. Appreciate the fact that Allah has specifically chosen each of you to be companions on this journey.
- In the takbiers after salaah, reflect on the meaning of what you're reciting. Think through all the experiences you've had, and let them fuel the sincerity of what you're saying: you're testifying to Allah's greatness.
- Also during those takbiers, take mental snapshots of the scene. In later years, when you're home for Eid ul-Adha, replay those scenes in your mind, and let them remind you of this journey.
- If other people's bad moods / anxieties threaten your special moments, don't react instantly. Rather, see it as a test from Allah, keep calm, do what you can to avoid conflict, and savour whatever you can of the moment.
- When it's all over, thank Allah – again and again and again – for granting you this journey.
- In the journey of Hajj, and the journey of life, try to always be conscious of Allah. Taqwa is the very best provision.

### Going home:

- In the airports and once you're back home, you may be shocked by the spiritual filth of the rest of the world – the music, indecency, sexual advertisements and perversion, etc. This is what the world – outside of Madinah and Makkah – is largely flooded with, and you have to

learn to live in this world trying to not fall into those evils, and trying to not let them influence you. Protect your senses from those things – for example stay away from sights and sounds that would corrupt your heart, and if you do see or hear them, immediately try to replace those experiences with something better. For example, if you see a non-mahram of the opposite sex in indecent clothing, immediately look at something else (halaal) and try to make THAT the image that sticks in your mind so that you forget the haram image. If you hear dirty music, listen to Quran immediately (or soon) and let THAT push the music out of your memory. Remember that your enemy – shaytaan – is going to work on you, and he'll use your senses as the gateway to corrupting your heart in a slow, gradual but effective way. Close those gates, and be on guard.

Also, make frequent and sincere duas asking Allah to protect you, help you live your Hajj, and help you make a positive impact in helping to clean up the society you live in – even if it's in a small way that you yourself won't notice.

- When you go home, you don't just return as 'Hajji'; you go back as an *ambassador* of Hajj. Your job is to now inspire others and encourage them to make the journey themselves.
- When you're telling other people your Hajj stories (back home or even still on Hajj), make it a point to emphasise the *lessons* you learned.

May Allah grant you immense benefits and lessons from this Hajj, and make it the fuel that'll drive you to Allah's pleasure, and into Jannah.