HAJJ
NASEEHA

AMINA'S HAJJ

A Brief Explanation Of The Rulings Of Menstruation During Hajj



USTADHA SUMIYYA IQBAL

Some important notes

Amina's Hajj: A Brief Explanation of the rulings of Menstruation During Hajj
Written by Ustadha Sumiyya Iqbal

Checked by Mufti Liaquat Zaman (As-Suffa Institute, Birmingham UK)

© Dhul Qa'dah 1437/2016, Hajj Naseeha
www.hajjnaseeha.com |hajjnaseeha16@gmail.com

Recommended reading:
A Women's Guide to Hajj and Umrah complied by Mufti Muhammad Faruq

This book contains fiqh rulings according to the Hanafi School of Thought. We recommend you to speak to a scholar from your school of thought if you feel rules may differ. Please note it is important for you to read a detailed work on Fiqh of Hajj and Umrah and the Fiqh of Menstruation for further understandings.

All rights reserved. No part of this publication may be reproduced, stored in any retrieval system, or transmitted in any form or by any means, electronic or otherwise, without written permission of the publishers.

AMINA'S HAJJ

By Ustadha Sumiyya Iqbal

GOOD NEWS!

Amina has just received a phone call this morning from her travel agent informing her that her and her husband's Hajj visas have arrived. The hotel and flight bookings are confirmed and she is jumping up and down with excitement! She cannot contain herself and calls all her family and friends to share the good news. The preparations for her journey of a lifetime begin.

She starts by choosing the Hijabs and Jilbabs which she will be wearing for the days of Hajj and learns that Islam does not specify the colour or type of clothing women should wear to enter into the state of Ihram. She arranges to have the necessary Hajj vaccinations at her local GP and educates herself about relevant travel advice. She speaks with family and friends who have previously been on Hajj and gets advice on what to pack. They advise her to pack light and only take the necessary items as there will be a lot of travelling throughout the journey. The most important advice she is given is to find a comfortable pair of shoes to take with her.

Amina sets out to educate herself fully about Hajj before the journey begins to ensure she performs all the rituals correctly. She attends local Hajj seminars, gets hold of and reads available literature on Hajj, and listens to talks online given by reputable scholars.

--- ✻ ---

PREPARATIONS

As the days get closer, the preparations intensify with Amina preparing her dua lists, setting herself goals for her visit; and ensuring she has all the essential documentation, medication, snacks, toiletries and clothing items needed for her journey.

She is informed by her travel agent that she will be performing Hajj-Tamattu in which Hajj and Umrah are both performed but each is performed with a separate intention. She is told that she will leave the restrictions of Ihram after performing Umrah and later will come back into Ihram for Hajj.

--- ✻ ---

THE BIG DAY!

On the day of departure, Amina has a Sunnah shower, performs two units of optional prayer for forgiveness and a further two units of prayer for departure (ensuring it is not one of the three disliked times of prayer). She makes dua to Allah to ease the journey and accept her Hajj. She renews her intention to perform Hajj for the pleasure of Allah, meets her family and asks for forgiveness from the young and old as she begins her journey to the house of Allah.

At the airport Amina finds the prayer room and prays her two units of Ihram Salah reciting Surah Al-Kafiroon in the first unit and Surah Ikhlas in the second. However, she delays making the intention for now and boards the plane. She makes intention for entering into Ihram mid-flight as her plane approaches the Miqaat and she begins reciting the Talbiyah. She now cannot use scented items, remove any hair or have marital relations with her spouse until she comes out of the state of Ihram. Throughout her journey Amina is mindful of how she uses her time. She continuously recites the Talbiyah softly, preparing herself for arrival of the days of Hajj. As the plane lands in Jeddah airport her heart is beating with excitement and she is not able to believe that her dream is coming true!

--- ✻ ---

ARRIVAL

When arriving in Makkah, she stops by her hotel to have a rest and freshen up with a simple shower (water only) before she makes her way to Masjid Al-Haram for her Umrah. As she enters Masjid Al-Haram she is amazed by the sight of the beautiful Ka'bah and thousands of people circumambulating around it. Amina completes her first ever Tawaf with her husband, walking around the Ka'bah seven times and the Sa'e (walking between the hills of Safa and Marwa seven times).

She returns back to her hotel room where she holds her hair together and cuts one inch off the bottom. She now automatically leaves the state of Ihram and all restrictions are removed. She has four days until the days of Hajj begin. She uses her time in a productive manner, reciting as much Qur'an as possible, completing optional Tawafs and keeping herself busy in the Dhikr of Allah. She keeps her focus on the goal and is not distracted by the shops and restaurants.

--- ✻ ---

MENSTRUATION

A day before the first day of Hajj Amina sees some blood and has realised that her menstruation cycle has started a week early. This could be due to the change in climate and routine. Amina does not become disheartened or worried as she learnt at her Hajj seminar that something similar had happened to one of the mothers of the believers Aisha (ra). Aisha (ra) had her menses before completing the rites of the Umrah and Prophet Muhammad (May Allah's peace and

blessings be upon him) told her to enter the state of Ihram for Hajj and not to circumbulate the Ka'bah until she was pure.

Aisha (ra) said, "We set out with the sole intention of performing Hajj and when we reached Sarif (a place six miles from Mecca) I got my menses. Allah's Messenger (May Allah's peace and blessings be upon him) came to me while I was weeping. He said, 'What is the matter with you? Have you got your menses?' I replied, 'Yes.' He said, 'This is a thing which Allah has ordained for the daughters of Adam. So do what all the pilgrims do with the exception of the Tawaf around the Ka'bah." (Bukhari)

Even though Amina has started her menstruation she is still able to carry out all the rituals of Hajj except Tawaf of the Ka'bah and Sa'e.

--- ✠ ---

HAJJ

On the 8th of Dhul–Hijjah, the day of departure to Mina, Amina has the Sunnah bath, enters into the state of Ihram by making the intention of Hajj and begins reciting the Talbiya. She recites "O Allah, I intend to perform Hajj. Make it easy for me and accept it from me." She knows that she can enter into the state of Ihram during menstruation because the Imam at the Hajj seminar had quoted this Hadith:

Abu Bakr As-Siddiq (ra) narrates that he left Medina to perform Hajj with Prophet Muhammad (May Allah's peace and blessings be upon him) at the time of the Farewell Hajj and his wife Asma bint Umais (ra) was with him. When they reached Dhul-Hulaifah she gave birth to Muhammad bin Abu Bakr. Abu Bakr (ra) says: I went to Prophet Muhammad (May Allah's peace and blessings be upon him) to give him the news and Prophet Muhammad (May Allah's peace and blessings be upon him) said: "Tell your wife to take a shower and come into Ihram for Hajj and do (everything) what the pilgrims do but do not do the Tawaf of the house." (Abu Dawood).

Amina is taken back by the awe-inspiring sight of hundreds upon hundreds of white tents in Mina. She is careful to note down her camp number and street as everything looks identical and the last thing she wants to do is get lost amongst millions of people. Amina utilises her Salah times to make an abundance of Dhikr to Allah and starts to read the translation of the Qur'an instead. She is adamant not to allow the unexpected arrival of her menstruation to distract her from her goal and make her lazy.

--- ✠ ---

HEADING TO ARAFAH

The following morning Amina is awoken by the sound of Adhan for Fajr prayer. The big day is here: the day of Hajj, the day of Dua, the 9th of Dhul-Hijjah, the day of Arafah! She starts to recite the Talbiyah and packs her essential items needed for the next two days in a small bag. She

packs her dua list, dua books, translation of the Qur'an, toiletries, mobile phone, charger, some snacks, sleeping bag, pillow and a small bag to keep pebbles in.

Arriving in Arafah, Amina knows that the time for dua on this day is from Dhur until Sunset. She finds a comfortable and quiet spot in her tent and plans out how she will make productive use of this time. She endeavours to use every moment in dua and not waste it in idle talk with other women. She spends this time making dua for herself, her family, her friends, her teachers, the Prophet (May Allah's peace and blessings be upon him), his companions (ra) and the Ummah. She recites duas from the dua book and makes dua on behalf of all the people back home who requested duas. She also reads the supplications that are in the Qur'an as being on her menses does not prohibit her from doing so.

After sunset, Amina makes her way to Muzdalifah where she will spend the night sleeping under the stars. Before retiring into her sleeping bag Amina collects 70 pebbles needed for the days of stoning. The next morning, Amina is back at her camp in Mina and is excited for her first ever experience of pelting the Jamarat. However, the walk to the Jamarat will be long so Amina ensures she is well rested and fully hydrated. On returning back to the tent from Jamarat Amina receives a phone call saying that her sacrifice has been carried out. This allows Amina to cut her hair and exit the state of Ihram. All restrictions are lifted from her except having marital relations with her spouse.

--- ✻ ---

COMPLETION

Amina is not able to perform the Tawaf-e-Ziyarah (also called Tawaf-e-Ifadah) but she must still accompany her husband to Makkah and wait for him at the hotel as she cannot enter Masjid Haram. So she uses this time to reflect on her journey so far.

With her husband, she then returns back to Mina and completes the stoning for the 11th and 12th of Dhul-Hijjah. She is careful to not be distracted or involve herself in idle talk with others in the campsite and makes the most of these blessed days by making dua and dhikr.

On the 12th day of Dhul-Hijjah Amina finishes her menstrual cycle, she then takes the compulsory shower and is able to use shampoo and scented soap. Amina does not need to come into the state of Ihram again for the Tawaaf-e-Ziyarah. She makes her way towards Makkah and is grateful to Allah for blessing her with this opportunity. Her husband accompanies her and makes the intention of Nafl Tawaf. She prays her two Rakahs of Tawaf Salah and then performs the Sa'e. There is no Nafl Sa'e but her husband has been advised to walk with her due to the sheer number of people. Marital relations become lawful after Tawaf-e-Ziyarah.

--- ✻ ---

DEPARTURE

The day to depart Makkah has arrived. Amina has been overwhelmed by her amazing experience. She performs her farewell Tawaf and makes her final duas at Masjid Haram. She is sad to leave the house of Allah but at the same time is grateful to Allah to have blessed her with this opportunity to visit His house. She makes a firm intention to return to the House of Allah soon and is determined to change her lifestyle back in London for the sake of Allah.

May Allah accept Amina's Hajj! Aameen