Hajj is one of the best forms of worship and is one of the most sublime deeds because it is one of the pillars of Islam that Allah sent Muhammad (may the peace and blessings of Allah be upon him) with. A servant's religion is incomplete without it, therefore we have to perform this ritual properly, to work on making our Hajj accepted by Allah subhanahu wa ta'ala. This means that we fulfill all the requirements and avoid all the actions that nullify our Hajj such that you come back home purified from all sins. This was stated by the Board of Trustees of Mosque Prosperity (DKM) Al-Hurriyyah of IPB, Dramaga Campus, Bogor, Dr.drh Akhmad Arif Amin, as a guest speaker “the Hajj and Umrah Training for 2015”, Friday, 10 April 2015, in meeting room 1, Al-Hurriyyah Mosque.

Dr Amin explained, Hajj or Umrah is a pilgrimage, not merely a sightseeing trip. Therefore let us truly understand and perform this ritual with patience and sincerity. "We must also be willing to abandon what we have, our treasure, our children or wives or husbands. Be mindful of Allah, as Allah will keep our family during our Hajj or Umrah journey, by the grace of Allah Ta'ala, we will be able to visit the holy cities, Makkah and Madinah, "said the lecturer of the Faculty of Veterinary Medicine (FKH) IPB.

Hajj is a beautiful journey. But this journey is a struggle. It is said the greatest physical struggle for a woman is to complete Hajj. Like any journey, being prepared in advance will help to maximize the experience and to deal with challenges. It is said, nearly 70 percent of the ritual procession of the Hajj and Umrah rely heavily on physical endurance, especially because of the hot temperatures and sunny and many rely on walking as when the standing, tawaf and sa'i. You will walk, walk and walk some more. Therefore you are recommended walking regularly in the weeks before Hajj to build endurance. We have to prepare physically, mentally and spiritually explained Dr. Amin.

"After trying and praying, as you keep those steps in mind, remember to continuously ask Allah (swt) to help you in the journey. This important aspect tends to be ignored since many people focus on the external actions of Hajj and then focus on trying to survive the trip. If you make this a priority ahead of time by taking a few steps to prepare then the struggle can be spiritually uplifting and rewarding. Trust will eliminate pessimism, anxiety, and fear of the obstacles. Although Hajj is deemed as the journey of a lifetime, for many it will be a turning point and the beginning of the journey back to their faith, "he concluded.

The free of charge training of Hajj and Umrah has been carried out from 20 March - 12 June 2015, and it is opened for public. It is given routinely every Friday morning, at 9:00 - 11:00 am, at the 1st meeting room, the ground floor of the Masjid Al-Hurriyah, Dramaga Campus. (Wied)