

Mawlana Shaykh Muhammad Adil ar-Rabbani

PARESHANI MEIN ZINDAGI GUZARNE KA SABAB

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.
A‘ūdhu BiLlāhi Minash-shayṭāni r-raġīm. BismiLlāhi r-Raḥmāni r-Raḥīm.
Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akhirin.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi Rasūlillāh, Madad yā Mashāyikhinā,
Dastūr Mawlana Sheikh Abdullah al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Nāẓim
al-Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.*

A‘ūdhu biLlāhi mina sh-shayṭāni r-raġīm. Bismi Llāhi r-Raḥmāni r-Raḥīm.

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا

‘Wa Man ‘Arada an Dhikrī Fa inna Lahu Ma’ishatan Dankāan’, ‘Aur jo koi meri yaad se munh modta hai - yaqeenan uski zindagi pareshaani mein hogi.’ (Qur’ān 20:124). Sadaqa Llāhu l-‘Azīm.

Jo log Allah ‘Azza wa Jalla ko bhool kar duniya mein doob jaate hain, unki zindagi mushkil ho jati hai, Allah ‘Azza wa Jalla farmata hai. Jo shakhs Allah ﷻ ko bhoolta hai woh kabhi khush nahi reh sakta. Kyunke insaan ko chahiye ke woh, agar din mein har lamha nahi, phir kam-az-kam din mein ek martaba Allah ﷻ ko yaad kare. Lekin log to ek din mein bhi Allah ﷻ ko yaad nahi karte; na ek hafte mein, na ek mahine mein. Bahut se log toh puri zindagi Allah ﷻ ko yaad hi nahi karte. Isi wajah se, insaan hamesha pareshani mein mubtala rehta hai.

Aur yehi baat insaano ke liye museebat hai. Kyunke sab kuch Allah ‘Azza wa Jalla ke Hath (ikhtiyaar) mein hai. Woh ﷻ hi hai jo tumhein khoobsurti deta hai. Woh ﷻ hi hai jo tumhein khayr ataa karta hai. Woh ﷻ hi hai jo tumhein barkat ataa karta hai. Magar tumhein kabhi bhi yeh khayal nahi aata ke Allah ﷻ ka shukr adaa karo. Iskay bajaye, tum apni hi pareshaniyo ke baare mein sochte ho, “Yeh mehenga hai, yeh sasta hai. Yeh khoobsurat hai, yeh bura hai.” Tum apni zindagi isi tarah guzaarte ho, lehaza woh bhi pareshaniyo ke saath guzar jaati hai.. Na koi sukoon hota hai. Na koi khoobsurti hoti hai. Hamesha museebatein hi rehti hai, jhagde, mushkilaat, logo se talluq na banna, dusro ko

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gaali dena aur dusre logo ka tumhe gaaliyan dena, shauhar aur biwi ke darmiyan ya gharwalo ke darmiyaan koi khayr na hona. Yeh sab isiliye hota hai ke woh log Allah ‘Azza wa Jalla ko yaad nahi karte.

Agar woh Allah ‘Azza wa Jalla ko yaad karte hain aur Us ﷻ ka zikr karte hain — zikr karne ka matlab Allah ﷻ ke bare mein sochna, Allah ‘Azza wa Jalla ko yaad karna. Jab yeh baat kisi ke zehen mein aayein, woh kehta hai, “Allah ‘Azza wa Jalla mujhe dekh raha hai. Woh ﷻ mujhe sun raha hai.” **‘الله حاضري، الله ناظري، الله معي’**. “Allah ﷻ hādiri, Allah ﷻ nādhiri, Allah ﷻ ma’ī”, maenay ki “Allah ﷻ mere saath maujood hai, Allah ﷻ mujhe dekh raha hai, Allah ﷻ mere saath hai.” Agar koi insaan yeh jaan le, “Allah ﷻ mere saath hai,” phir sab kuch asaan aur khoobsurat ho jayega. Warna, na yeh asaan hoga, na hi khoobsurat.

Yeh museebat, sabse badi museebat yehi hai ke Allah ‘Azza wa Jalla ko yaad na karna aur Us ﷻ ka zikr na karna. Isiliye, aaj kal ki duniya roz-ba-roz badtar hoti ja rahi hai. Kyunke pehle, log Allah ‘Azza wa Jalla ko yaad karte the aur Us ﷻ ka zikr karte the. Ab log **‘ما لا يعني’**, “Ma la yani” fazool aur be-maqсад cheezon mein masroof hogaye hain. Insaan Allah ‘Azza wa Jalla ko bhool kar dusri cheezon mein ulajh jata hai. Aur jab woh kehta hai, ‘Mujhe yeh karne do. Mujhe woh karne do’, phir khud hi museebat mein phans jata hai aur phir koshish karta hai ke kaise nikla jayein. Jitni zyada koshish karta hai, mazeed utna doobta chala jata hai. Allah ﷻ logo ki hifaazat farmaye. Allah ﷻ unhein hidaayat de taake woh khush ho sake, InshaAllah.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

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