

Mawlana Shaykh Muhammad Adil ar-Rabbani

TAMBAKOO-NOSHI KE KHILAAF APNE NAFS SE JIHAAD KARO

*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 Abdullāh al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Nāẓim
al-Ḥaqqāni. Madad. Tarīqatunā aṣ-Ṣuḥbah wa l-Khayru fi l-Jam‘iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm:

وَمَنْ جَاهَدَ فَإِنَّمَا يُجَاهِدُ لِنَفْسِهِ

(Qur’ān 29:06). ‘Wa Man Jāhada Fa’innamā Yujāhidu Linafsihi’, ‘Aur jisne jihaad kiya to woh sirf apne nafs ke liye jihaad karta hai.’ Ṣadaqa Llāhu l-‘Azīm.

Ab, jihaad hamaare nafs ke khilaaf hai. Kyunke ek shakhs akela jihaad nahi kar sakta. Jab hamaare Rasool sallallahu alayhi wa sallam ek jang se, jihaad se lautay, aap ﷺ ne irshaad farmaya, “Hum chhote jihaad se baday jihaad ki taraf aaye hain.” Hamaare Rasool sallallahu alayhi wa sallam yeh samjhana chahte thay ke dushman se ladaai karna apne nafs se ladaai karne se zyada asaan hai. Ek shakhs ko har cheez mein apne nafs ki khwaahish poori nahi karni chahiye, balki uss ka muqabla karna chahiye.

Ab insaan ko apne nafs ke khilaaf bahot si cheezon mein muqabla karna chahiye aur uss ke khilaaf jihaad karna chahiye. Inn mein se ek buri cheez hai jiska bilkul bhi koi faida nahi. Grand Shaykh Mawlana Shaykh ‘Abdu Llāh ad-Dāghestāni farmate thay ke yeh cheez shaytan ki najaasat se bani hui hai, uss ki gandagi se. Aur woh cheez hai tambaaku. Tamaam tambaaku se bani hui cheezein cigarette, aur isse banne wali har qism ki cheezein. Yeh ek aisa paudha hai jiska bilkul bhi koi faida nahi. Yeh sirf bura hai. Yeh har qism ki bimariyaan paida karta hai. Yeh aas-paas ke logon ko takleef deta hai, khud ko bimaar banata hai, aur doosron ke liye bhi bura hai, yani aas-paas walo ke liye bhi yeh nuqsan-deh hai.

Mawlana Shaykh Muhammad Adil ar-Rabbani

Isiliye, Allah ﷻ humein isse mahfooz rakhein. Jo shakhs iss mein mubtila hojata hai woh iss ka qaidi ban jata hai. Isse nijaat pana bahot mushkil hojata hai. Bahot kam log hi isse nijaat haasil kar pate hain. Lekin nafs ke khilaaf jihaad, Allah ﷻ ke hukm ke liye jihaad har momin ka farz hai. Yeh Islam mein karna zaroori hai. Bila-shubha, kyuake hum akelay jihad nahin kar sakte, lehaza humein apne nafs ke khilaaf jihad karna chahiye; kam-az-kam apne aap ke khilaaf, apne nafs ke khilaaf. Humhein iss se azaad hone ki koshish karni chahiye. Humhein iss se chhutkara pa lena chahiye.

Yeh koi aisi cheez nahi jo kisi faide ki ho. Koi nahi keh sakta ke iss mein koi faida hai. Jahan jahan yeh lagai jati hai, woh zameen tabah kar deti hai. Us zameen ko dobara theek hone mein kayi saal lag jate hain, taake koi doosri mufeed poudha ug sake. Allāh ﷻ ka shukr, ab halaat badal gaye hain. Pehle, woh hazaron, lakhon acre iss gandey poudhe ko lagate thay. Phir iss ki fasal kaat-te, godamon mein bharte, aur kisaan ko paise dete. Kuch saal baad, kyunke yeh koi befaida cheez thi, kisi aur kaam ki nahi, woh isay samandar mein phenk dete thay. Allāh ﷻ ka shukr, unhone yeh kaam chhod diya. Iss ki jagah, kam-az-kam zyada mufeed poudhe, insaanon ke faide wale poudhe lagaye gaye. Allāh ﷻ ka shukr, woh masla khatam ho gaya. Jaisa hum ne kaha, yeh har taraf se nuqsan deh thi; isay lagana nuqsan deh hai, iss ke liye paisay barbad hue tel, machiney, godaam waghera par. Itni saari zameen bekar kharab hui us gande poudhe ko lagane mein. Allāh ﷻ ka shukr, unhone isay lagana band kar diya. InShaAllah, log bhi iss se bach jayenge.

Magar jo bhi hikmat ho, shayṭān kabhi thakta nahi. Abhi bhi dekhte ho bachay cigarette pine lagte hain, jaise ke unhone duniya bachali ho jab cigarette jalate hain. Aur khair... woh bait-ul-khala (toilet) mein phoonkte hain. Cigarette peene walon ki sab se pasandida jagah bait-ul-khala hai, us gandi badboo'on ke beech. Yeh tambaku ki gandi badboo doosri badboo'on se bhi zyada gandi hai; yeh mazeed gandi hai. Isiliye, woh iss se sab se zyada khush hote hain.

Beshak, kuch logon par asar nahi karta, aur doosron par karta hai. Aksar logon par karta hai. Ab, yeh 99% logon ko nuqsan pahonchata hai bilkul. Ho sakta hai 1% ko nuqsan na ho. Maslan, kayi saal pehle, hum Cyprus mein ek masjid mein wuzu kar rahe thay. Wahan ek boodha aadmi cigarette pee raha tha. Hamaare marhoom Ahmet Salman

Mawlana Shaykh Muhammad Adil ar-Rabbani

Efendi, jo khud bahot cigarette peete thay magar chhod chuke thay, unhone uss aadmi se pucha, "Chacha, isay mat piyo, yeh tumhein nuqsan pahonchayegi. Agar nahi piyoge to lambi umar paoge." Phir poocha, "Tumhari umar kitni hai?" "Main 95 saal ka hoon." "Kab se pee rahe ho?" "Chhoti umr thi tab se. Bachpan se pee raha hoon," us aadmi ne kaha. Kuch logon par yeh iss tarike se asar nahi karta. Magar bahot saari logo ke liye nuqsan deh hai, aur un ke aas-paas walon ko bhi nuqsan pahonchata hai. Woh gandi badboo aadmi par chipak jati hai aur har jagah phail jati hai. Log un se door rehne ki koshish karte hain. Jab tum un ke qareeb jao to raakh-daani (ashtray) ki boo aati hai. Isiliye nuqsan be-inteha hain, faide nahi. Log kehte hain inn cheezon ke bare mein, "Faide be-inteha hain." Tambaku ke nuqsan aur buraiyyan be-inteha hain. Allāh ﷻ hamein bachaye. Allāh ﷻ hamein hifazat ataa farmaye. Allāh ﷻ hamein iss sharr mein girne se, is haalat se bachaye, InShaAllah. Allāh ﷻ madad ataa farmaye. Bahot se log hamare paas atay hain kehte hain, "Humein is se bachne ke liye dua karen." Hum dua kar rahe hain, InShaAllah. Allāh ﷻ hamein shayṭān ke iss jaal se bachaye.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
17 December 2025/ 26 Jumada al-Thani 1447
Fajr Namaaz— Akbaba Dergah, Istanbul