

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## APNE NAFS KO BADLO, CHEHRE KO NAHI

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.  
A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. 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-Fa’iz ad-Dāghistāni, Sheikh Muḥammad Nāzim  
al-Ḥaqqānī. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm.

فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ

‘Fa tabārakaLlāhu ahsanu l-khāliqīn’, ‘To Allāh barkat wala hai, sabse behtareen khaliq’ (Qur’ān 23:14). Ṣadaqa Llāhu l-‘Aẓīm. Allāh ‘Azza wa-Jalla ne har cheez ko khoobsurati se banaya hai. Usﷺ ka naam paak hai, hum kehte hain “Tabāraka.” Iss se afzal ya behtar kuch nahi ho sakta. Allāh ‘Azza wa-Jalla ne har cheez ko uski sabse khoobsurat shakal mein banaya hain. Insaan lekin isse na-khush hota hai aur badalna chahta hai. Jab woh badalte hain, toh khoobsurat nahi banta, aur agar khoobsurat lage bhi toh baad mein logon ko nuqsan pahonchata hai.

Isi ko hum aakhir-uz-zamaan kehte hain; log sochte hain, “Hum behtar karenge, sab kuch behtar bana denge.” “Behtar” karne ki koshish mein woh cheezon ko mazeed bura bana dete hain. Phir woh apne purane haal ki taraf lautna chahte hain. Magar ab woh mumkin nahi. Tum ne pehle hi isay barbaad kar diya. Dobara (pehle jaise) nahi kar sakte. Tum Allah ‘Azza wa-Jalla ki takhleeq ki naqal nahi bana sakte.

Lehaza, tumhein mudakhlat nahi karni chahiye. Agar Allah ‘Azza wa-Jalla ne tumhein diya hai, toh us par raazi raho, shukr adaa karo, aur aage badho. “Zyada khoobsurat banne” ke liye bekaar cheezein karne ki zaroorat nahi. Haan, kuch zarooratein paida hoti hain, aur cheezein ki jati hain. Sehat ke liye kuch cheezein ki jati hain, lekin maze ke liye karna achha nahi. Kyunki Allāhﷻ farmata hai, **فَلْيَعِزَّنْ خَلْقٌ**, “Fa-la-yughayyirunna khalqa Llāh”, “Woh Allah ki takhleeq badal denge” (Qur’ān

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04:119). Woh Allāh ﷻ ki banaai hui cheez badal denge. Chhoti cheezain hain, aur badi cheezain bhi. Nauzubillah, aakhir-uz-zamaan mein log mardon ko auraton mein aur auraton ko mardon mein badalne ki koshish kar rahe hain. Iske ilawa, woh apne chehre, aankhein, qad ko badalne, lambaa ya chhota karne ki koshish kar rahe hain. Woh kar sakte hain, lekin nuqsan unpar hi lautega.

Isiliye, Allah ‘Azza wa-Jalla ne jo banaya hai us par raazi rehna aur shukr adaa karna zaroori hai. Aakhir, zindagi kitni lambi hai? Tum hamesha nahi jeeyoge. Pachas saal, sau saal, jitni der jeeyo, sab tumhein jaise ho waise jaante hain, sab qubool karte hain. Tum khud ko kyun badalne ki koshish kar rahe ho? Yeh bilkul bekaar cheezain hain.

Agar tumhein kuch badalna hai toh apna nafs ko badlo. Behtar bano. Apne nafs ki pairvi na karo! Nafs se tum khud apni pairvi karvao. Allāh ﷻ ne humein yeh shakal-o-soorat di hai. “Raazi ho ja, Ae nafs!” Apne aap ko theek karo. Apne andar surgery (ilaaj) karo, buri-khasiatein (buri-aadatein) nikaal kar phenk do. Agar tumhein Allāh ﷻ ki takhleeq, tumhara jism pasand nahi, toh khud ko badlo taake Allāh ﷻ tum se razi ho jaye. Warna aise kaam nahi chalega. Yani, zahiri shakal zaroori nahi. Shaki nahi, andar ki insaaniiyat ahemiyat rakhti hai. Agar tumhare andar ki insaaniiyat durust nahi, toh usay badlo. Agar tum Allāh ﷻ se raazi nahi, toh woh badlo aur Allāh ﷻ se raazi ho jao. Allāh ﷻ ne jo diya us ke liye shukr adaa karo, raazi raho, yehi ahem hai. Bahar ki shakal ahem nahi. Shaki toh mitti ban jayegi; kuch nahi bachega. Lekin tumhara nafs, tumhari rooh, woh bachti hai, tumhein usi ka faida dikhta hai.

Jaise Allāh ﷻ ne logon ko ilm diya hain, waise hi unhein aqal aur samajh bhi di. Woh ﷻ unhein apni aqal aur samajh ka istemaal karne ki taufeeq de taake woh sukoon paa sakein. Warna, logon ko sukoon nahi milega. Woh kisi cheez par raazi nahi honge, kisi cheez se mutmaeen nahi rahenge. Allāh ﷻ logon ki madad ataa farmaye, unhein shayṭānon se hifaazat ataa karein, apne nafs se hifaazat ataa karein, InShaAllah.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
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