

Mawlana Shaykh Muhammad Adil ar-Rabbani

WASWASAH EK KHATARNAK BIMAARI HAI

As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.

A‘ūdhu BiLlāhi Minash-shayṭāni r-raḥīm. BismiLlāhi r-Raḥmāni r-Raḥīm.

Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akḥirīn.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi Rasūlillāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Sheikh Abdullah al-Fa’īẓ ad-Dāghistāni, Sheikh Muḥammad Nāẓim

al-Ḥaqānī. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.

Bismi Llāhi r-Raḥmāni r-Raḥīm.

فَلْ أَعُوذُ بِرَبِّ النَّاسِ (1) مَلِكِ النَّاسِ (2) إِلَهِ النَّاسِ (3) مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (4)
الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ (5) مِنَ الْجِنَّةِ وَالنَّاسِ (6)

“Qul ‘A‘ūdhu Birabbi An-Nās (1) Maliki An-Nās (2) Ilahi An-Nās (3) Min SharriAl-WaswāsiAl-Khannās (4) Al-Ladhī Yuwaswisu Fī ṢudūriAn-Nās (5) Mina Al-Jinnati WaAn-Nās (6)”, “Kaho ke, “Main insaano ke Rab se panaah mangta hoon (1) Insaano ke Baadshah se (2) Insaano ke Rab se (3) Chhup kar waswase failane wale ke shar se (4) Jo insaano ke dilo mein waswasa daalta hai (5) Jinnato aur insaano mein se (6).” (Qur’ān 114). Ṣadaqa Llāhu l-‘Aẓīm.

Har aadmi ko waswase aate hai; yeh shaytan ki taraf se aate hain. Waswasa matlab cheezon ko waise naa dekhna jaise ki woh haqeeqat mein hoti hain, balke unhein mushkil karne ki khwahish rakhna. Yehi waswasa hota hai. Waswase bahot si qism ke hote hain. Kuch paak-safaai ke bare mein, aur wagaira. Kuch hain joh logon ke darmiyaan khud ko deendar zaahir karte hain lekin doosron ke liye mamlaat ko mushkil karte hain. Woh kehte hain, “Namaaz Khushu (aajzi) ke saath padho. Tumhein isay aahista-aahista padhna chahiye. Do rakaat sau se behtar hain.” Ab jab tum aisa kehte ho, koi shakhs yeh keh sakta hai, “Main namaaz nahi padh sakta,” aur do-teen baar mushkil se koshish karta hain. Phir shayad woh namaaz bilkul hi padhna chhod de. Woh keh sakta hai, “Main gusl/wuzu nahi kar saktā,” aur lehaza jab woh yeh naa kar sakein phir namaaz bhi nahi padh sakega.

Mawlana Shaykh Muhammad Adil ar-Rabbani

Aise bahot se nadaan log hain. Bahot se logon mein hikmat ki kami hai. Allāh ‘Azza wa-Jalla farmata hain doosro ke liye aasaani faraham karo. Hamaare Rasool ṣallā Llāhu ‘alayhi wa-sallam farmaate hain doosro ke liye assaani faraham karo. Maamlaat ko mushkil mat karo. Jo kuch woh padhna chahein unhein padhne do. Phir chahein woh isay samajhker padhein ya ba-gair samjhe, yeh mouzu samajhne ke baare mein nahi hain. Yeh aisa hain ki- jaise woh kehte hain— yeh khud-ba-khud ho jana chahiye. “Nahi, tumhein yeh karna hi hoga.” Hum kis zamaane mein jee rahe hain?! Yeh ek aisa zamaana hai jahaan log kuch bhi theek se karte hi nahi hain. Aur tum kehte ho, “Nahi, tawajjoh do, yeh achha tha, yeh qubool hua, yeh nahi hua.” Allāh ‘Azza wa-Jalla ke banaaye huye asaan maamlaat ko mushkil banane wale tum hote kaun ho!

Aasaani faraham karo, aasaani karo. Kisi bhi waswase mein mat phanso. Yeh ek khatarnaak bimaari hai. Ek baar insaan ko lag gayi, kyunke yeh shayṭān ki taraf se hai, phir woh namaaz chhod dega, aur aqal bhi kho dega. Sab kuch, har cheez buri ho jayegi, khair ke badle. Jo jis tarah bhi padh sakta hain padh le! Isme Khushu ya kuch aur zaroori nahi. Jo “khushu” ke liye kehte hain wo munaafiq hain. Hamaara deen bahot aasaan hai, aasaani faraham karo. Mushkil mat karo. Allāh ‘Azza wa-Jalla ka banda bano. Mat socho, “Main behtar karunga, iss aadmi ne, iss ‘ālim ne yeh kaha, usne aise kiya, Main isay aise karunga.” Aisa mat karo, bas namaaz padho. Apni namaaz adaa karo. Wuzū jaldi kiya karo. Namaaz jaldi se padho. Kabhi-kabhi log poochhte hain, “Tum itni jaldi kyun padh rahe ho?” Jaldi padho phir dimagh mein koi waswasa nahi aata. Jaldi padho aur apna farz adaa kar do, bas. Yeh bhi unhein pasand nahi, “Ab tum apne faraiz kaise adaa kar rahe ho?” Allāh ‘Azza wa-Jalla isay qubool farmata hain, lekin tum nahi.

Yeh nadaan log iss aakhir-zamaane mein bahot zyada hogaye hain. Deen aur haq ke raaste se bhatkaane ke liye har qism ke shayṭān maujood hain. Aur agar tum aisa karoge, khud ko ‘ālim ya ustaad zaahir karte huye— Log pehle hi bhatke hue hain, phir woh bilkul hi chhod denge to aur bhi buraa hojayege. Allāh ﷻ hamaari hifazat ataa farmaaye.

Lehaza, waswase mein mat phanso. Ek baar yeh (waswase) kisi jagah se dākhil ho gaye to isse nijaat haasil karna mushkil hai. Phir tum ek doctor se doosre doctor, aalim se dusre aalim tak bhaagte rahoge, pata nahi kaha se. Isilye, khayal rakho. Asaani

Mawlana Shaykh Muhammad Adil ar-Rabbani

faraham karo. Un baato par dhyan mat do, “Yeh tumhare liye qubool hua, yeh nahi.” Allāh ﷻ qubool farmaayein, InShaAllāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
07 February 2026/ 19 Sha’ban 1447
Fajr Namaaz– Akbaba Dergah, Istanbul