

Mawlana Shaykh Muhammad Adil ar-Rabbani

NAFS: HAMARA SABSE BADA DUSHMAN

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.
A‘ūdhu BiLlāhi Minash-shayṭāni r-rajim. BismiLlāhi r-Raḥmāni r-Raḥim.
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-Suḥbah wa l-Khayru fi l-Jam’iyyah.*

GrandSheikh, Mawlana Sheikh ‘Abdu Llāh ad-Dāghestānī, farmaya karte thay: “Insaan ke chaar dushman hain.” Chaahe woh insaan aam ho ya phir Musalmaan. Agar koi shaks Musalmaan nahi hai, dushman ho ya koi aur, isse koi farq nahi padta. Yeh roohani dushman hote hain, jismani nahi. Yeh dushman hain: nafs, dunyā, hawa, aur shayṭān. Shayṭān sabse aakhir mein aata hai. Shayṭān in tamaam dushmanon mein sabse kamzor hai. Lekin nafs sabse bada dushman hai; yeh sabse pehle aata hai. Hamaare Rasool ﷺ farmate hain, “أعدى عدو نفسك التي بين جنبيك”, “A’dā ‘aduww nafsuka l-latī bayna janbayk.” “Tumhare andar jo nafs hai, woh tumhara sabse bada dushman hai.” Insaan ko dushman ki madad nahi karni chahiye. Insaan ko woh nahi karna chahiye jo dushman chahta hai. Agar tum kaho, “Tum mera dushman ho, lekin main tumhari khidmat karunga,” to iska koi anjam nahi hoga. Chaahe tum kitna bhi do, woh kabhi mutmaeen nahi hoga. Woh puchega, “Kya aur hai?” Jaise Jahannam kehta hai: “هَلْ مِنْ مَزِيدٍ”, “Hal min mazīd?” (Qur’ān 50:30). Woh puchega, “Kya aur hai, kya aur koi hai?” Chaahe tum ismein kitna bhi daalo, woh kabhi bhi nahi bharega. Nafs bhi aisa hi hai; jaisa ke humne kaha, jitna tum doge utna woh chahega. Chaahe tum kitni bhi badkari karo, woh kabhi bhi mutmaeen nahi hoga, kehta rahega, “Aur do, aur do.”

Hamaare daur ki buraiyyon mein sharaab aur nashe ki cheezein hain. Ab aisi bahot saari cheezein hain; Allāh ﷻ humein in sab cheezo se mehfooz rakhe. Nafs chahta rehta hai, aur agar tum samjhauta kar lete ho toh yeh chhote se shuruwat karta hai, phir kehta hai, “Aur do, aur do,” aur yeh kabhi nahi rukta. Toh iska ilaaj kya hai? Tumhein ise chhote-pan mein hi maar dena chahiye. Tumhein iska sar kuchal dena chahiye. Tumhein iss dushman ka sar kuchal dena chahiye. Tumhein unhein woh nahi dena chahiye joh woh chahta hain, tumhein unse samjhauta nahi karna chahiye. Kabhi kuch log aate hain aur kehte hain: “Mere bachhe mein ek buri aadat ban gayi hai, woh in cheezon ka aadi ho chuka hai, woh (sharaab) peeta hai. Humein kya karna chahiye?”

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Tumhein use paise nahi dene chahiye. Agar tum use paise nahi doge, toh woh ise paa nahi sakta, woh ise kharid nahi sakta. Lekin woh kehte hain, “Nahi, woh ghar tod dega, woh humein maarega.” Aur woh sochta hai, “Woh mujhse waise bhi khaufzada hain,” aur woh unpar aur zyada zor daalta hai. Isiliye tumhein shuruwat se hi kabhi samjhauta nahi karna chahiye. Woh shaks jo iss bala se chhutkara paana chahta hai apne gharwalon se keh de: “Chaahe main kitna bhi ro lu, shorr karu, ya zameen par gir jaao; mujhe kabhi paise mat dena.” Kyunki yeh bala bina paiso ke nahi chalti. Yeh musalsal paise maangti rehti hai. Agar tum use paise nahi doge, toh yeh halaat use kuch hadd tak rok sakti hai aur use bachaa sakti hai.

Haal hi mein, ek shaks jo jua khelne ka aadi tha, hamaare paas aaya. Jua khelna baqiyan se mazeed bura hai, Allāh ﷻ humein mehfooz rakhe. Jua khelne wala shaks bhi apne gharwalon se keh de, taake isse chhutkara paa sake: “Mujhe kabhi paise mat dena. Iss baat ko phaila do; kaho, ‘Main jua khelne wala hu, main in nuqsandeh cheezon ka aadi hu.’ Kaho, ‘Mujhe bilkul paise ya koi aur cheez mat dena taake main in balaon se chhutkara pa saku.’ Yeh kam-az-kam kuch raahat pahochaegi. Ahista-ahista, Allāh ﷻ ki ijazat se, Allāh ﷻ tumhein tumhari niyyat ke hisaab se bachayega, InshaAllāh.

Jaisa ke hum ne kaha, nafs sabse bada dushman hai. Iss dushman ki khidmat mat karo! Iss dushman ko khush mat karo! Iss dushman ko khush mat karo! Iss dushman ko apne haathon mein girne do, naa ke tum iske haathon mein gir jao. Agar tum iss dushman ko, jisey nafs kehte hai, apne qaboo mein kar lo, toh tum sabse buland martabe par pahonch jaoge. Tum insaan ke martabe par pahonch jaoge. Lekin agar tum iski khidmat karoge, toh tum sabse zaleel jaanwar se bhi neech makhlooq ban jaoge. Allāh ﷻ humein mehfooz rakhe.

Iss daur mein, buraai karne ke mauqe bahot zyada hai; pehle aisi cheezein nahi thi. Masalan, jis jagah par hum rehte thay, Allāh ﷻ un par reham kare, wahan sirf ek shaks aadi tha; aur dusra koi peene wala nahi tha. Woh sharaab peeta tha, lekin koi dusri nashe ki cheez istimal nahi karta tha. Ab agar tum dekho, toh har jagah sharaab se hazaar guna buri cheezein bhari hui hain; nasha aur isi tarah ki cheezein har jagah phail chuki hain. Allāh ﷻ unki madad ataa farmaye. Allāh ﷻ humein mehfooz rakhe. Aur Woh ﷻ un logon ko bachaye jo iss bala mein muhtala hain, InshaAllāh.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

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30 June 2026/ 15 Muharram 1448
Fajr Namaaz– Akbaba Dergah, Istanbul