

# Roohani Daak (1)

(Roman Urdu)

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# Roohani Daak

(01)

Compiled

By

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## Aulaad Nahi Hoti

**Sawal** : Meri shadi ko chaar saal guzar gaye hain lekin abhi taq aulaad se mahroom hon. Meri Umar 22 saal aur biwi ki Umar 25 saal hai. Aap se arz hai ke koi ilaaj tajweez farmaen.

**Jawab** : Khalis alsi ka tail aik neelay rang ki bottle nah mil sakay to kisi bhi transparent bottle par woh plastic charha len jo agar btyon ki packet par charhi hui hai. Is tail ko chalees din taq aisi jagah par rakhen jahan din bhar is par dhoop padtee rahay. Agar darmain mein mutala abr alood ho jaye to yeh din shumaar kar ke dinon ki tadaad barha den. Niilii shu-aon se tayyar kardah is tail ko raat ko sotay waqt aur subah nehar mun dairon ki soorat mein kamar par reerh ki haddi ke joor par maalish karen jo dono kullho ke darmain hota hai. Woh tamam hazraat jin mein jrsomon ki kami ho is tareeqay se faida utha satke hain.

## Allergy Ka Ilaaj

**Sawal** : aaj se 2 saal pehlay nazla sun-hwa. Is ke baad saaray jism par surkh surkh nishanaat par gaye, hont neelay ho gaye. Doctoron ney is ko allergy qarar diya aur kaha ke yeh laa ilaaj marz hai. Yakayak yeh marz khatam ho gaya aur nishanaat bhi mit gaye magar 3 mah pehlay yeh marz phir Aud kar aaya hai. Badan par kharish hoti hai aur shaam hotay hi saaray jism par surkh rang ke nishanaat par jatay hain aur un mein jalan hoti hai. Raat bhar yeh takleef rehti hai. Subah ko khud bakhud khatam hoti hai. Albata aankhon, palkon, hathon, peeron aur unglion mein aziat naak kharish hojati hai.

**Jawab** : Marz jis qader paicheeda aur shadeed hai is ka ilaaj itna hi sahal aur aasaan hai. Sonf saaf kar ke rakh lijiye. Subah, dopehar, shaam khanay ke baad chaar chaar mashah yani hatheli bhar kar phaank liya kijiye aur is ke baad name garam pani pi lijiye. Name garam pani piinaa apna mamool bana len.



## Aik So Pachaas Cheenkain

**Sawal** : Pooray saal naak se pani behta hai aur cheenkain aati rehti hain. Yeh subah ke waqt shuru hoti hain aur zawaal ke waqt taq taqreeban so daidh so cheenkain aa jati hain. Sooraj dhalnay ke sath sath yeh cheenkain khatam ho jati hain. Har waqt jism tapta rehta hai. Utthe baithtay larkhara jata hon. Aankhon ke samnay aksar o beshtar andheray ka aik parda aa jata hai. Dimagh sun rehta hai. Maloom hota hai ke jism khokhala hai. Khud ko hua mein urta hua mehsoos karta hon. Gardan ke pathon aur kamar mein shadeed jalan aur dard rehta hai. Hafza Jawab day gaya hai aur sir ke baal taizi se jhar rahay hain.

**Jawab** : Das sair kalay chuney le kar ghar mein saaf kar ke Piswa len. Subah, dopehar, shaam khanay se pehlay is aattay ki aik rootti pkwa kar kha liya karen. Khanay se pehlay rootti par makhan chprh liya karen. Makhan khalis hona chahiye. Das sair chnon ka aatta aap ke marz ka mukammal ilaaj hai.

## Udasi

**Sawal** : Mein aik shadi shuda shakhs hon aur kkhuda ka shukar hai aaj taq mujhe koi gham ya fikar la-haq nahi hui. Is ke bawajood har waqt udaas aur be chain rehta hon. Vahm aur waswason ki yalghaar rehti hai. Be maqsad khayalat aur tasawurat mein dooba rehta hon. Dar aur khauf ke saaye zehan par mandlatay rehtay hain. Is zehni haalat ki wajah se sahet par itna bura assar para hai ke hadion ka dhanca ban gaya hon. Aap koi aisa tareeqa Talqeen farma den jis se mein is gehri daldal se bahar nikal aon.

**Jawab** : Bilkul tanhai mein aik safaid kaghaz lijiye aur is kaghaz ke aik suray se dosray suray taq pooray kaghaz par zarb ka nishaan ( x ) banatay chalay jayen. Yahan taq ke kaghaz khatam ho jaye phir is kaghaz

ko jala dijiye. Yeh aap ki shikayaat ka mukammal ilaaj hai. 41 din amal karen.

## Ungliyan Kashish Ka Zareya

**Jawab** : Subah saweray aur raat ko sonay se pehlay aalti paalti maar kar baith jayen aur dono hathon ko chehray par is terhan phairen ke shuru karte waqt ungliyan maathey par balon ki jaron ko miss karti hon aur angothay dono Kanpatiyon ko chutay hon. Phir hathon ko chehray se judda kari den. Phir Sabiqah amal dohrayen. Paanch minute taq chehray ka massage karte rahen is se nah sirf chehray ki jazbiyat mein izafah ho ga balkay is ki saakht bhi mutanasib ho jaye gi.

## Aulaad Narina

**Sawal** : Ab mein phir umeed se hon. Aap mujhe koi wazifa batlaein ke kkhuda mujhe larka ataa farmaiye. Aap ko kkhuda hamesha khush rakhay. Mere shohar waisay to mujh se bohat acha sulooq karte hain lekin kabhi kabhi nah janey un ko kya ho jata hai ke Talaq taq nobat aa jati hai, bohat ghusse ke maalik hain halaank mein bohat sabr se kaam layte hon. Aap is ke liye bhi koi wazifa batlaein ke mere shohar gussa nah kya karen. Woh pehlay bhi chaar shadian kar chuke hain. Mein chahti hon ke ab woh kabhi doosri aurat ki taraf mael nah hon.

**Jawab** : Zahar ki namaz ke baad aik martaba surah maryam parh kar pani par dam kar ke pi liya karen aur dam kya hua pani apne shohar ko bhi pila diya karen. Allah ke fazl o karam se aap ki dono muradain poori ho jayen gi.

## Aulaad Nahi Hui

**Jawab** : Allah taala ki rehmat se kabhi mayoos nahi hona chahiye. Is liye

ke Allah taala Qadir mutlaq hain. Woh jab chahain aur jo chahain karne par poori qudrat rakhtay hain. Aap ke liye ilaaj tajweez kya ja raha hai. Yaqeen aur dil-jami ke sath is par amal karen. Aik pao Kalonji ( kalay beej jo achaar mein daaley jatay hain ) pani se dho kar dhoop mein sikha len aur khulay mun ki niilii sheeshi mein bhar ko mazboot kaark laga den. Oopar se aik chothai sheeshi khaali rehni chahiye. Raat ko sonay se pehlay wuzu kar ke so martaba

أقرأ باسم ربك الذي خلق ۞ خلق الإنسان من علقٍ ۞

parh kar Kalonji par dam kar ke sheeshi mein band kar den. Yeh sheeshi subah dhoop mein aisi jagah rakh den jahan sara din dhoop rehti ho. Raat ko utha kar phir so martaba amal kar ke is par dam kar den aur aglay roz subah phir dhoop mein rakh den. Isi terhan yeh amal chalees roz taq dohrayen. Amal poora honay ke baad aik chuttki kalvongi subah nehar mun pani se nigal liya karen. Jab taq yeh kalvongi khatam nah ho is amal ko jari rakhen. Aik pao kalvongi khatam honay taq amal ko jari rakhen. Aik pao kalvongi khatam honay se pehlay pehlay inshallah aap “umeed” se ho jayen gi. Dua hai Allah taala aap ko gole matol, khobsorat, hanstaa kheltaa beta ataa karen. Ameen

## Androoni Bukhaar

**Sawal** : Aaj se chay saal qabal jab meri Umar gayarah saal thi to mujhe tie fayid sun-hwa. Bemari ke douran aik jagah gaya jahan kelay taqseem kiye gaye jaisay hi kela mere halaq se neechay Itra mujh par ghashi taari ho gayi, kuch hosh nah raha ke kya sun-hwa. Jab aankhh khuli to hospital mein tha, be hoshi ki haalat mein mujh par kya beete mujhe nahi maloom Albata ghar walay kehte hain ke ankhen charh gayi theen aur gardan akarr gayi thi. Jab hospital se chhutti mili to dr ney bataya ke mujhe dimagh ki tea bi ho gayi hai. Dosray doctoron ney koi wazahat nahi ki, ilaaj hota raha. Aik din jab mein so kar utha to achanak chakra kar gir gaya, ghar walon ney utha kar litaya is waqt mere baen hissa par faalij ka assar sun-hwa. Ilaaj se faalij ka assar khatam ho gaya aur ab mein aaraam se chal phir sakta hon lekin ab bhi sotay waqt ajeeb haalat ho jati hai, dimagh ghoomta hai, dil ghabrata hai aur aisa mehsoos hota hai jaisay bistar hua mein urr raha ho. Aksar is khauf ki wajah se neend kosoon

daur chali jati hai. Jab mein raat ko kisi gaari mein safar karta hon to yahi haalat ho jati hai aur kayi ghanton taq hawaas qaboo mein nahi atay safar ke baad bhi aisa mehsoos hota hai jaisay ab bhi gaari mein safar kar raha hon.

**Jawab** : yeh saari alamaat androoni bukhaar ki hain. Bukhaar ke sath blood pressure ka bhi pata chalta hai. Kela khanay se thand ki wajah se bukhaar dimagh ki taraf chala gaya aur dimagh ke khaliye mutasir ho gaye jis ki binaa par be hoshi taari ho gayi. Ab bhi bukhaar ke asraat mojud hain. Nihayat tavajja aur parhaiz ke sath marz ke khtama ke liye poora ilaaj hona zurori hai. Dawa daroo ke ilaaj ke sath sath Rohani ilaaj yeh hai : jab bhi koi mashroob pani, chaye ya doodh piyen aik baar

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ. هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى

Parh kar dam kar ke piyen. Samandar jhaag, nihayat bareek pees kar kaghaz mein pudiya bana kar takiya ke neechay rakh den. Yeh pudiya har 24 ghantay ke baad tabdeel kar den. Aik pudiya mein aik tola medah ki terhan bareek pissa hua samandar jhaag kaafi hai. Chalees roz ke ilaaj se Insha Allah bukhaar se nijaat mil jaye gi.

## Ehsas Kamtri

**Sawal** : mein ehsas kamtri ka mareez hon. Mujh mein khud itmadi bilkul nahi hai. Chalta hon to aisa mehsoos hota hai ke meri chaal bohat kharab hai..... Log mujh dekh kar Meera mazaq uratay hain. Kisi se baat karta hon to dil mein yahi khayaal rehta hai ke mujh se bara hai. Mein college mein science ka taalib ilm hon class mein sir mujh se koi Sawal karte hain ya haazri ke liye rule number puchte hain to mein bohat ziyada ghabra jata hon, zabaan luknat aa jati hai. Halaq se aawaz nahi nikalti. Azeemi Sahib! Class mein kharray ho kar Jawab dainay ke tasawwur se hi meri rooh fanaa ho jati hai. Mein ghar se bhi bohat kam bahar nikalta hon. Har waqt mayoos aur afsurdah rehta hon.

**Jawab** : ehsas kamtri aur nervous knees ke liye surkh rang bohat mufeed hai. Neez naranji rang bhi jis se dil ki pareshani daur ho kar sukoon milta

hai, istemaal kya jata hai. Aik choti si tokri mein narangiyan bhar kar kamray mein rakh li jayen aur rozana narangiyan par chand minute nighah ko markooz rakha jaye. Is ke sath subah saweray uthte hi aik barray aaiine ke samnay tan kar kharray ho kar apne saraapaa par tik tiki bandh kar dekhen aur do teen minute taq aahista aahista dil mein yeh alfaaz dohraiyee har cheez dilfaraib aur Khushgawar hai' mein kisi se kamtar nahi hon jo chahoon woh kar sakta hon. "yeh amal karne ke baad chand minute taq kamray mein chehal qadmi karen aur phir aaiine ke samnay kharray ho kar wohi amal dohrayen. Is terhan yeh amal rozana teen dafaa kya jaye. Ilaaj ki muddat aik kam chalees roz hai.

## Istaghna Aur Calories

**Sawal** : hamaray ghar mein rupay pesey ki kami nahi hai. Aaraam o asayish ki har cheez muhayya hai lekin phir bhi haal yeh hai ke ghar ka mahol ghata ghata sa maloom hota hai aur is ke makeen bujhe bujhe se lagtay hain. Amraaz aur jismani awarz ney ghar ke logon ko apna mustaqil nishana bana rakha hai. Kabhi koi bemaar ho jata hai aur kabhi kisi ko koi marz aan pokarta hai. Be sukooni ney ghar par dire daal rakhay hain. Afraad khanah par chirchira pan sawaar rehta hai aur baat baat par taiz kalami ki nobat aa jati hai. Aik jan-nay walay ney bataya ke hamaray ghar par kisi ney kuch kara diya hai. Taa ke hum logon ko sukoon nah miley. Hum ney jaadoo ke toar ke liye kayi amal khud bhi kiye aur aamlon se bhi kurwaye lekin abhi taq is ka koi toar nahi ho saka hai. Aap se darkhwast hai ke apne ilm ki roshni mein is sorat e haal ka tadaruk karen.

**Jawab** : ensaan jis mahol mein zindagi guzarta hai is ke asraat ka zehan aur jism par muratab hona laazmi amar hai. Agar mahol mein uljhao nahi hai, zehni istiqamat hai to ensaan ke andar roshiniyon ka zakheera kam kharch hota hai. Yeh wohi roshniyan hain jo life stream ki hesiyat se har aadmi ke andar zakheera hoti hain. Un roshiniyon ka aitdaal se kharch hona hi sahet bakhsh zindagi ki alamat hai. Science bhi hamein batati hai ke tawanai ( calories ) banti aur istemaal hoti rehti hai. Aadmi ko usooli tor par is duniya mein bunyadi zaroriat ke ilawa kuch nahi chahiye.

Ab yeh is ki marzi hai ke woh khud ko kis hadd taq dunewi mamlaat mein uljha laita hai. Maslan aik kamrah jis mein sirf aik charpayee bichi hui hai aur aik dosra kamrah hai jis mein sofa set, dewan, maiz, qaleen waghera hain. Qanoon yeh hai ke jab hum kisi cheez ki taraf mutwajjah hotay hain ya usay dekhte hain to is cheez ka aks hamaray dimagh ki screen par parta hai aur a seen amal mein calories kharch hoti hain. Jab hum dosray kamray mein mojud hotay hain to is waqt woh energy jisay zindagi ka eendhan ban-na chahiye, sofa set aur qaleen waghera ki Nazar ho jati hai. Ali haza al-qayas, zindagi mein kaam anay wali energy be shumaar wasail ke husool, is ki fikar, rakh rakhao aur is ke istemaal mein kharch ho jati hai aur taraqqi aur status ka ifrit aadmi ko nigal kar mout ke mun mein daal deta hai.

Aap ke ghar mein jo sorat e haal darpaish hai is ke tajzia se yeh baat az khud samnay ajati hai ke zindagi ko khusi, sukoon aur sahet se humkenar karne ke liye zurori hai ke aadmi ke andar zehni istaghna mojud ho. Zehan mein istaghna ko jagah dainay ke sath sath muashi wasail aur zaraye ko makhlooq kkhuda ke liye waqf karen taa ke rupay pesey ki taraf se aik tawazun peda ho. Yeh amal istaghna ke husool mein bohat Muawin saabit ho ga.

## Insani Voltage

**Sawal** : mein jis kefiyat se dochar hon woh kefiyat kuch yun hai ke jab mein ghair iradi tor par ankhen band kar ke dekhatii hon to mujhe ajeeb terhan ki cheeze nazar aati hain. Kabhi koi imarat, kabhi insani hayola aur aksar barri barri aur roshan ankhen aur phir yeh shakalain gayab ho jati hain. Lekin meri shiddat se yeh khwahish hoti hai ke woh ankhen phir nazar ayen. Raat ko jab mein sonay ke liye litti hon aur ankhen band karti hon to neend nahi aati, sir dard karne lagta hai. Isi kefiyat mein agar neend aa jaye to aisa mehsoos hota hai jaisay mein tang andheray ghaar se guzar rahi hon. Mera dam ghatney lagta hai. Nabz taiz chalne lagti hai. Ankhen kholna chahti hon to thori si khulti hain lekin mein is kefiyat mein rehti hon, cheekhna chahoon to cheekh nahi sakti. Poori qowat laga kar uthna chahoon tawa th nahi sakti. Mujhe bataiye ke aisa kyun hai aur mein is se kaisay nijaat haasil kar sakti hon ?

**Jawab** : ensaan ke gosht post ke jism ke andar roshiniyon aur lehren se bana hua aik aur jism hota hai. Is jism mein aik makhsoos miqdaar ki voltage gardish karti hai. Agar kisi wajah se barqi ro ka yeh daur taiz ho jaye to aisay halaat bhi peda honay chahiye ke is ro ki taizi shaori duniya mein kahin istemaal ho. Agar aisa nahi hota to asaab par dabao parta hai aur is ki shikast o reekht bhi ho sakti hai. Yahi sorat e haal aap ko darpaish hai. A seen ke tadaruk ke liye rozana raat ko 3 choharey doodh mein bigho den. Bhigonay se pehlay un mein se ghutli nikaal den. Subah nehar mun choharey kha len aur oopar se doodh pi len. Ghiza mein taiz namak aur masalha daar ashya se parhaiz karen. Pandrah dinon mein aap ki haalat mamool par aa jaye gi.

## Aik Laakh Khwahisaat

**Sawal** : shadi ko 27 saal ho gay hain. Yeh kehna mubaligha nah ho ga ke is waqt se le kar aaj taq aik din bhi sukoon se nahi guzra. Shohar aala taleem Yafta aur achi post par Faiz hain. Ghar mein kkhuda ke fazl se khushhali aur farigh albani hai. Magar zehni aasoudgi mafqood hai.

Hum mein se kisi ki sahet theek nahi hai. Shohar mustaqil bemaar rehtay hain. Khauf aur Hazan ka shikaar hain. Chaar larke hain un ko bhi kuch nah kuch laga rehta hai aur khud mein bhi aasabi tanao aur depration ki shikaar hon. Rohani daak ki mustaqil qaari hon. Marwai aloom par dustarus aur masail hayaat par aap ki girift mujhe to heran kiye deti hai. Mere masail ka bhi koi hal nikaliye.

**Jawab** : ensaan ki yeh aadat hai ke woh dosaron se tawaquaat qaim karta hai aur baaz auqaat aisi umeeden wabsta kar li jati hain jin ko poora karna har ensaan ke bas mein nahi hota. Jab tawaquaat poori nahi hoten to baar baar mayoosi hoti hai aur aadmi depration ka mareez ban jata hai. Halaank hona yeh chahiye ke bande ko kisi aisi zaat se tawaquaat qaim karni chahiye jis ke qabza qudrat mein yeh baat hai ke is se agar rozana aik laakh khwahisaat bhi wabsta kar li jayen to usay un ko poora karne ki qudrat haasil hai.



Sukoon aadmi bahar talaash karta hai jabkay sukoon ka talluq kharji cheezon se hargiz nahi hai. Sukoon aik mustaqil aur haqeeqi kefiyat hai jab hum fiction aur ghair haqeeqi wasail mein sukoon talaash karte hain to hamara laa shaor be chain aur muztarib ho kar ehtijaj karta hai. Lashavr ka yahi ehtijaj, depration aur be sukooni hai. Hamaray andar aik haqeeqi agency har waqt, har lamha aur har aan masroof hai. Jab is agency se hamara rishta mustahkam ho jata hai to hamaray oopar se Hazan o malaal aur be yakeeni ki kefiyat khatam ho jati hai. Yeh agency hamari rooh hai. Aur rooh Allah taala se wabsta hai. Isi liye jo bande Allah taala se qareeb ho jatay hain woh hamesha par sukoon rehtay hain. Un ke oopar pareshaniyon aur bimarion ka ghalba nahi hota. Allah taala se qareeb honay aur Allah taala se dosti karne ka muasar zareya muraqba hai. Aap bhi muraqba kya karen, Insha Allah saari pareshaniyon se nijaat mil jaye gi. Raat ko sonay se pehlay ankhen band kar ke yeh tasawwur kya karen ke mujhe Allah dekh raha hai.

## Abnormal Zindagi

**Sawal** : mera chhota bhai jis ki Umar das saal hai aaj se taqreeban aik maheena pehlay apni walida ke sath saddar gaya. Wahan bas stop par bas ke horn se is qader khaufzadah hua ke haath paon sun aur halaq khushk ho gaya, rang bhi peela par gaya. Is ke baad haal yeh hua ke is ka halaq khushk rehne laga aur woh har waqt pani peenay laga. Baar baar pishaab ki haajat honay lagi. Walida ne bhai ko isi waqt hospital pohanchaya lekin doctoron ne usay normal qarar day diya. Dosray teesray din phir bhai par wohi dora para. Aur isi tar h haath paon sun ho gay, halaq khushk ho gaya.

Aik ajeeb baat yeh hai ke agar koi gana doray ke waqt gaaya ja raha ho to wohi gana dobarah suneney par ronay lagta hai. Khaas tor par subah ke waqt yeh dora shiddat ikhtiyar kar laita hai. Aankhon ke papootay bhaari ho jatay hain aur dora shuru ho jata hai, har waqt khaufzadah rehta hai, usay aik vahm yeh bhi hai ke is par assar hai, ghutan ki wajah se har waqt tehelta rehta hai. Kabhi pait mein dard, kabhi seenay mein dard aur kabhi



sir mein dard ki shikayat karta hai. E si jee theek hai. Pishaab aur khoon ke test bhi normal hain. Is ke bawajood bhai har waqt dil par haath rakhay dharkan check karta rehta hai. Dil ki dharkan itni taiz ho jati hai ke aawaz saaf sunai deti hai. Hum se is ki yeh haalat dekhi nahi jati.

**Jawab** : bohat saaray more ke par jama kar ke un paron mein se haddi allag kar li jaye. Naqsh o nigaar se muzayyan jo par baqi reh jayen. Un se quran pak ki aayat ma kazb كَذَّبَ الْفُؤَادُ مَا رَأَى likhain. Tareeqa yeh ikhtiyar karen ke kisi khushnavees se dohrey khat mein motay qalam se yeh aayat chikane kaghaz par likhwa len. Yeh dohra khat itna khula hona chahiye ke is mein more ke par aasani ke sath chipak jayen. Is safaid kaghaz ko siyah makhmal ke kapray par rakh kar frame kara len aur sahibzaday se kahin ke woh din raat mein baar baar kuch waqfa day kar is aayat par nazar jmayin. Khaano mein meethi cheezon ka istemaal ziyada karen aur khaas tor par asar ke baad Sooraj ghuroob honay se pehlay aik chitank garam jalebi khayen. Jalebi thandhi nahi honi chahiye. Aur jalebi mein sheerah ziyada hona chahiye. Dua aur dawa ke usool par is ilaaj se 40 roz mein Insha Allah ( abnormality ) khatam ho jaye gi.

## Ajmeer Shareef Ki Haazri

**Sawal** : aik Sawal le kar haazir khidmat ho raha hon. Darkhwast hai ke is ka Jawab marhamat farmaen. Mashhoor buzurag hazrat baba taaj Aldeen naag poori ki aik karamat yun darj hai ke 1 shakhs ne haazir khidmat ho kar arz kya ke mujhe ajmeer shareef jaane ki ijazat di jaye. Baba sahib ne is ke haath par haath rakh kar kaha kahan jatay ho ajmeer yahin hai. Isi lamhay a seen shakhs ne dekha ke woh ajmeer mein mojud hai aur wahan ki sair kar raha hai. Azrah karam is baat par roshni dalain ke aisa kyun kar hwa ?

**Jawab** : is karamat ke usool ko samajhney ke liye insani zaat aur Zaman o makaan par mukhtasir roshni daalna zurori hai. Ensaan ki zaat ka aik hissa dakhli hai aur dosra kharji. Dakhli hissa wahdat hai jahan nah zamaniyat hai nah makaniyat. Ehsas ke sirf teen hissay Shahid ,

Mashhood aur mushahida paye jatay hain. Zaat ke kharji hissay mein yahi ehsas zamaniyat aur makaniyat dono ko ihata kar ke thos shakal mein zahir karta hai. Kisi shakhs ka batin jo is ki apni zaat hai. Amar rabbi ya rooh kehlata hai aur rooh mein kaayenaat ke tamam ajzaa aur a seen ki harkatein manqoosh aur mojud hain is baat ko aik misaal se smjhye. Hum kisi imarat ki aik simt mein kharray ho kar is imarat ke aik zavia ko dekhte hain. Jab is imarat ke dosray zawiye ko dekhna hota hai to chand qadam chal kar aur kuch faasla tey kar ke aisi jagah kharray ho jatay hain jahan se imarat ke dosray rukh par nazar padtee hai. Nigah ka zavia tabdeel karne mein chand qadam ka faasla tey karna parta aur faasla tey karne mein thora sa waqfa bhi sirf sun-hwa. Is terhan nazar ka aik zavia bananay ke liye makaniyat aur zamaniyat dono wuqoo mein ayen. Zara wazahat se isi baat ko hum yun bayan kar satke hain ke jab 1 shakhs London tower ko dekhna chahay to Karachi se safar kar ke usay London jana parre ga. Aisa karne mein usay hazaron mil ki makaniyat aur kayi dinon ka zamana lagana parre ga. Ab nigah ka woh zavia bana jis se London tower dekha ja sakta hai. Maqsad sirf nigah ka woh zavia banana tha jis se London tower ko dekha ja sakay. Yeh insani zaat ke kharji hissay ka zavia nigah hai agar zaat ke dakhli zavia nigah se kaam lena ho to hum apni jagah baithy baithy zehan mein London tower ka tasawwur kar satke hain. Tasawwur karne mein jo nigah istemaal hoti hai woh apni natwani ki wajah se aik dhundlaa sa khaka dukhati hai lekin woh zavia zaroor bana deti hai jo aik taweel safar kar ke London tower pounchanay ke baad tower ko dekhnay mein bantaa hai agar kisi terhan nigah ki natwani daur ho jaye to zavia nigah ka dhund laa khaka roshan aur wazeh nazare ki hesiyat ikhtiyar kar sakta hai aur dekhnay ka maqsad bilkul isi terhan poora ho jaye ga jo safar ke baad poora hota hai. Asli cheez zavia nigah ka husool hai jis terhan bhi mumkin ho. Baba taaj Aldeen nagpoori ne apni qowat tasarruf se sayel ke andar aik makhsos zavia nigah peda kar ke zehni nazare ko jala bakhsh di. Is terhan masail ne ajmeer ko bilkul isi terhan dekha jis terhan aik taweel safar ke baad woh ajmeer poanch kar wahan ke manazair daikhata hai.

## Aawara Larka

**Sawal** : mera shadi shuda larka hai aur aawara mizaaj ho gaya hai. Har



waqt fahisha aurton ke sath rehta hai. Bohat koshish ki hai lekin raah raast par nahi aata. Ab ghair mulk jaane ki koshish kar raha hai aap se dua hai ke is ke liye koi wazifa tajweez farmaen taa ke is aurat ka khayaal is ke dil se nikal jaye aur buraiee wala rasta chore kar neki ki taraf jaye. Apni mankooha aurat se taluqaat qaim kar le.

**Jawab** : raat ko jab aap ka beta gehri neend so jaye to un ki biwi un ke qareeb baith kar, khari ho kar ya letey letey aik martaba surah tabbet yd abi lahab poori sourat parh diya karen aur khud bhi baat kiye baghair so jayen. Amal ki muddat chalees roz hai.

## Aankhon Ke Samnay Nuqtay

**Sawal** : meri aankhon ko aik ajeeb o ghareeb bemari la-haq ho gayi hai. Pehlay baen aankhh mein do nuqtay se nazar atay they. Phir barhatay barhatay yeh nuqtay se jaaley ki soorat ikhtiar kar gay. Dr kehte hain koi bemari nahi hai lekin meri aankhon mein takleef hai aur ab parhnay mein bhi dushwari paish anay lagi hai. Azrah karam koi ilaaj tajweez karen.

**Jawab** : peeli sarson ka tail apne samnay nklwayin. Woh tail le kar is ke oopar gayarah hazaar martaba gayarah din mein Al Haq al-noor parh kar dam karen aur phir is tail se kajal tayyar kar ke rozana raat ko sotay waqt jist ki silai se aankhon mein lagayen.

## Aankhh Mein Ansoo

**Sawal** : baaz auqaat to choti choti baton par rona aa jata hai lekin kabhi barri se barri baat par bhi aankhh nahi bhiigatii. Aik martaba aisa hua ke mamu jaan Saudi arab ja rahay they, sab ghar walay ankhen num kiye inhen 'alvidah' keh rahay they lekin meri aankhh se aik ansoo nah tapka. Aksar mujhe aisay moqaon par sharminda hona parta hai. Aap barah karam mashwaray se nawaziye. Mein taa zindagi aap ki mamnon rahon gi.

**Jawab** : surah hashar poori surah har namaz ke baad parh kar apne oopar dam kar liya karen. Dil mein gudaaz aur raqt peda ho jaye gi.

## Adhay Jism Mein Dard

**Sawal** : Rohani digest hamein aur hamaray ghar walon ko bohat pasand hai aur hum sab aap ke shukar guzaar hain ke aap logon ko seedhi raah dikha rahay hain. Mein aap ko aik baar phir zahmat day rahi hon. Masla yeh hai ke meri ammi jaan mustaqil bemaar rehti hain. Aik bemari chot'tee hai to doosri lag jati hai. Inhen sir mein aksar dard rehta hai. Kabhi kabhi adhay sir se le kar pooray adhay jism mein nihayat takleef da dard hota hai. Yeh dard dayen taraf ziyada hota hai. Ammi ke mizaaj mein gussa bhi ziyada hai. Tabiyat kharab ho to khaas kar bohat pareshan ho jati hain. Aap se darkhwast hai koi ilaaj bta den jis se meri ammi ko mustaqil sir dard se nijaat mil jaye.

**Jawab** : aik soti romal par

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
رَضَيْنَا بِالْقَضِيَّةِ فَأَتُوا بُرْهَانَ أَلْفِ مَرَّةٍ

parh kar phoonk marain aur girah laga den. Yeh romal sir mein is terhan bandhen ke girah kanpatti ke oopar aa jaye. Yeh romal subah saweray bandh kar raat ko sonay se pehlay chand minute ke liye khol den aur phir bandh len aur kayi roz taq yeh silsila jari rakhen. Wuzu ya ghusal karte waqt romal khol lainay mein koi harj nahi hai. Is ilaaj se aap ki ammi ko sir dard se nijaat mil jaye gi.

## Aasman

**Sawal** : do saal qabal mere zehan mein kuch ajeeb qisam ke khayalat atay they maslan mere qareeb jab koi aisay buzurag baithy hotay jin ka mein be hadd ehtram karta hon to un ke baray mein mujhe achanak

khayaal aata ke mein inhen thapar maar dun aur phir mein sochta ke buzurg ke mutaliq mujhe yeh khayaal aaya hai. Un se to mein mohabbat karta hon. Aakhir yeh khayaal kyun zehan mein atay hain. Hazrat yeh yaqeen karen ke mein is uljan mein girftar ho chuka tha ke kahin mujh se yeh bud ikhlaqi sarzad nah ho jaye. Aakhir-kaar yeh silsila domah guzarnay ke baad khatam ho gaya aur Allah taala ke fazl o karam se woh khayalat mere zehan se nikal gay lekin abhi chand roz qabal phir se wohi shikayat mehsoos kar raha hon. Mein Allah ke fazl vkrn se namaz bhi parhta hon aur apne bhaiyon ko naik kaam ki Talqeen bhi karta hon aur khud bhi hatta almaqdoor buray kamon se bachney ki koshish karta hon. Allah ke fazl o karam se log mujhe izzat ki nigahon se dekhte hain. Is liye kabhi kabhar pareshan ho jata hon ke aakhir aisay khayalat mere zehan mein kyun atay hain. Mein un tamam khayalat ko shaytani waswasa samjhta hon aur kabhi sochta hon ke ho sakta hai koi dosra shakhs mujh par jaadoo waghera kar ke meri izzat ko khatam karna chahta ho ya koi mujhe tally pithi ke zariye tang kar raha ho.

**Jawab** : har namaz ke baad aik so martaba astaghfar parh kar apne oopar dam kar liya karen aur raat ko sotay waqt das minute taq aasman dekha karen.

## Aanten

**Sawal** : aap apne kalmon mein baar baar yeh likhte hain ke ensaan Allah ka naib aur khalifa hai. Niabat ka matlab hai ke jis ki niabat haasil hai is ke ikhtiyarat bhi haasil hon. Aadam zaad ko agar Allah taala ki niabat ke ikhtiyarat haasil nahi hain to woh sr f aur sirf hewan hai, ensaan kehlanay ka mustahiq hargiz nahi. Ensaan ka markazi kirdaar yeh hai ke woh kaayenaat ke Ramooz ko samajh kar kaayenaat par hukmarani kere. Sawal yeh hai ke hamaray ulama ya hamaray Danishwer chodan sadiiyon se hamein jo bta rahay hain, jo sikha rahay hain is ke baray mein aap ki kya raye hai ?

**Jawab** : pehli baat yeh hai ke mein aik faqeer aadmi hon aur Rohani aloom ki ashaat mera maslak hai. Mein hamesha ikhtalafi masail se

guraiz karta hon. Jahan taq taskheer kaayenaat ke Ramooz aur farmolon ka talluq hai. Quran khud is ki shahadat deta hai mutalea kaayenaat ki ahmiyat aur haqeeqat ka andaza is amar se hota hai ke quran kareem mein namaz, roza, hajj, zkoh aur masharti masail se mutaliq taqreeban 150ayatein hain jabkay taskheer kaayenaat se mutaliq 756ayatein hain. Surah airaaf mein hai”kya yeh log aasman aur zameen ki takhleeq par ghhor nahi karte. Maloom hota hai ke un ki mout qareeb aa gayi hai. “surah ankboot mein hai”ae rasool sale Allah aleh o slim aap keh dijiye zameen par chal phir kar dekho ke kkhuda ne kis terhan zameen ki paidaiesh ki hai.”surah Fatir mein Allah taala farmata hai”ghhor karo pahoron mein safaid, surkh, siyah rang patharon ki tahein mojood hain. “surah al-baqrah mein irshad hai ke”asmano aur zameen ki takhleeq mein aur raat din ke ikhtilaaf mein aqal mandoon ke liye nishanain hain.”surah all Imran mein hai “agar tum imaan mein mustahkam ho to duniya mein Sarbuland raho ge.”duniya mein hum kitney Sarbuland hain. Yeh baat hamaray samnay hai. Is silsila mein kuch arz karne ki zaroorat nahi hai.

## Operation

**Sawal** : aik saal qabal raat ko bistar par laitee hui thi ke meri pusht ki taraf se aik kutta aaya aur mere oopar hamla karne ke liye uchhla sath hi mere shohar letey hue they woh taizi se utthay aur kuttay ko zor se haath mara kutta gira aur aik dam gayab ho gaya taqreeban 9 mah pehlay shaam ke waqt lehaaf oorhay so rahi thi ke achanak aik chipkali meri gardan ke qareeb aayi aur kaatna hi chahti thi ke mere bhai ki nazar is par par gayi. Jaisay hi woh usay maarny ke liye barha chipkali gayab ho gayi is ke baad se mujhe dil ki bemari la-haq ho gayi hai. Doctoron ki tashkhees hai ke dil mein khoon le jaane wali koi rug skrh gayi hai, haath paon be jaan mehsoos hotay hain poora jism aik khaali lifafay ki manind maloom hota hai zara sa daur chalti hon to saans ruk jata hai rozana din mein kayi martaba chand second yeh hota hai ke jaisay seenah se koi cheez uchhal kar halaq mein aa rahi hai. Dr is ka ilaaj operation tajweez karte hain lekin itnay barray operation ke akhrajat mere bas se bahar hain. Aik shikayat yeh bhi hai ke kabhi kabhi pasliyon ke neechay dard hota hai is ke mutaliq doctoron ki raye hai ke pait ke andar aant phool gayi hai.

**Jawab** : aik marz hai jis ko “umm subiyān ' kehte hain. Is marz mein dimagh ke andar mojud khalion mein se chand khaliye band ho jatay hain is ki wajah se woh laharen jo aadmi ko zindagi bakhshiti hain mutasir hoti hain aur lehren ka toot kar bikharne ka amal naaqis ho jata hai. Nateeja mein “umm subiyān ' jaisa marz wujood mein aata hai is marz ki bohat si kasmāin hain un mein se aik qisam yeh bhi hai jis ki shikayat aap ko hai. Kitaab Rohani ilaaj mein se “umm subyan”ka naqsh do Adad cheeni ki paletteon par zarda ke rang aur arq ghulaab se likh kar subah shaam pani se dho kar chalees din taq pyin sath sath khameera gayo zabaan jadwaar Aud saleeb, nashta ke aik ghanta ke baad aur raat ko sotay waqt kha len. Is marz mein shehad khana bhi bohat mufeed hai.

## Aath Ilaaj

**Jawab** : raat ko sonay se pehlay gharri dekh kar 11 baj kar 11 second par lakri ki pirhi ya chocky par shumal rukh baith jayen aur wuzu karen. Wuzu mein paiir dhonay ki bajaye peeron ka maseh karen. ( agar paiir ganday hon to wuzu se pehlay dho kar achi terhan saaf kar len. Wuzu mein nah paiir dhowen )wuzu karne ke baad..... Kharray ho kar namaz ki terhan haath bandh len, ankhen band kar ke aik baar”ياودود”parheen aur gayarah baar durood shareef, phir aik dafaa ياودود parheen aur gayarah baar durood shareef isi terhan teesri baar ياودود parh kar gayarah baar durood shareef parha jaye yani teen baar ياودودparhnay ke baad tentees baar durood shareef parhna hai is ke baad pirhi se utar ayen. Takhat ke oopar ya zameen par darri ya chadar bichaa kar is terhan late jayen ke paiir shumal ki janib rahen. Dono haath seenay par rakh kar ankhen band kar len aur yeh tasawwur karen ke gardan se naaf taq pait ke oopar saaf shafaaf safaid rang khulay mun ki aik bottle rakhi hui hai. Is bottle mein roshni bhari hui hai. Zehan ki poori taaqat se bottle mein is roshni ko ghumayen.

1. Muashi darmandgi, badhaali aur pareshani daur karne ke liye jaar mein zard rang roshiniyon ko ghumayen, roshiniyon ko ghumanay ka waqfa das minute kaafi hai.



2. Aisay miyan biwi jo be aulaad hain aur kisi bhi qisam ke ilaaj se un ki morad poori nah hoti ho. Jaar mein bingni rang ki roshiniyon ko ghumayen. Roshiniyon ko ghumanay ka waqfa 15 minute hai.

3. Ehsas kamtarri mein muftala khawateen o hazraat bottle ya jaar mein niili roshiniyon ko ghumayen. Yeh dimaghi kamzoree aur zehni pasmandagi ka bhi moasar ilaaj hai.

4. Aaj kal larkiyon ki shadi aik ghambeer masla bana ho ahe. Is masla ka hal yeh hai ke pehlay miyaar zindagi ke ifrit se khud ko azad kar ke bottle ya jaar mein 5 minute jamni rang ki roshni ko ghumayen aur 5 minute naranji roshiniyon ko gardish den.

5. Talbat aur talba feham o firasat mein izafah aur zehan roshan karne ke liye bottle mein aasmani rang ki roshiniyon ko ghumayen lekin yeh amal koi bhi taalib ilm ya Taliba satrah saal ki Umar se pehlay nah kere. Jin talba o talbat ki Umar 17 saal se kam hai woh esha ki namaz ke baad awwal aakhir gayarah gayarah baar durood shareef ke sath so baar ya Aleem ka vird kar ke dua karen.

6. Hiras aur lalach se nijaat panay ke liye bottle ya jaar mein sunehri rang ki roshiniyon ko gardish den is ke liye 14 minute ka waqfa kaafi hai.

7. Aasabi toot phoot ko control karne ke liye bottle ya jaar mein 5 minute niili roshiniyon ko ghumayen aur 5 minute sabz roshiniyon ko gardish den. Nervous break down agar lau blood pressure ki wajah se ho to pehlay 5 minute bottle mein surkh rang roshiniyon ko ghumayen aur phir 5 minute gehri niili roshiniyon ko gardish di jaye.

8. Barhay hue pait ko kam karne aur motapa kam karne ke liye bottle ya jaar mein siyah rang roshiniyon yani raat ki tareqi ko gardish den. Is ilaaj ka waqfa 15 minute hai.



## Inaa Lillah O Inaa Elaihi Rajiun

**Sawal** : kisi ne Sawal daryaft kya hai ke “zindagi ke maqam aur halaat kahan chalay jatay hain ? “mein ne inhen likh diya hai ke mujh mein itni qabliyat nahi jo is mauzo par kuch keh sakun Albata qibla khwaja sahib ki khidmat mein arz kar sakta hon jaisa Jawab aeye ga tehreer kar dunga. Yahan thora sa arz karne ki jasaarat kar raha hon ke agar is ka Jawab yeh diya jaye ke “waqt ki bisaat par”to waqt khud insani zehan ki pedawar hai. Aap zara is par tafseel se roshni dalain aur ashaat mein shaamil farmaen taa ke aur log bhi mustafeed ho saken.

**Jawab** : hayaat kya hai, barray barray mufakreen, Danishwer aur science daan jin ke suron par daur haazir ke gonago trqyon aur urooj ka taaj hai is Sawal ka Jawab dete hue tifaal maktab nazar atay hain. Jab hum sahayef anbiaye aur ilhaami o aasmani kitabon ka mutalea karte hain. Un Laraib kitabon ka asal mauzo hayaat aur zindagi hi hai. Zindagi kya hai? Is ki ibtida aur is ka zahuur kis terhan hota hai ? Aur yeh madoom ho kar kis terhan apne injaam ko pahunchti hai? Lekin sad afsos ke mazahab ke kuch pirokaron ne un ilhaami kitabon ke asal maqsad “rohaniyat”ke husool ke bajaye un ki talemaat ko toar maror kar paish kya hai ke aam logon ka un talemaat ki haqeeqat taq pohanchna aik masla laa yanhal ban gaya hai maslan mazhab ke kuch pirokaron ne paidaiesh aur mout ke baad ki zindagi ko aawagoon ka masla bana diya hai.

Ya kuch mazhabi molvion ne unhi ilhaami kitabon ke hawalay se Allah ki al-rehman uraheem zaat ko dar o khauf, saza aur azaab ka ( symbol ) ya alamat bana diya. Unhi naaqis aur mehdood soch ke haamil logon ki resha dwanyon ki wajah se makhloq kkhuda, aik kkhuda aur rasoolon ki aik hi talemaat par jama aur muttahid honay ki bajaye mukhtalif mazahab, firqoun aur garohoon mein badi chali gayi lekin aik waqt aisa zaroor aeye ga jab aqwam aalam kisi aik nuqta par muttahid honay par majaboor ho gi aur woh nuqta “qurani wahdat”saabit ho ga. Ab aayye asal baat ki taraf atay hain baat yahan se shuru hui thi ke peda honay ke baad jin halaat mein zindagi guzarti hai woh kahan chalay jatay

hain? Aur agar yeh kaha jaye ke halaat aur aamaal o harkaat waqt ki bisaat par rawan dawaan hain to waqt ki kya hesiyat hai ?

Aasmani kitabon ke nuqta nazar se Allah taala ne waqt halaat aur zindagi ke liye do rukh mutayyan kiye hain aik rukh aala aur dosra rukh asfal, hum jab aala aur asfal rukh mein tafakur karte hain to yeh baat munkashif hoti hai ke aala aur asfal..... Dono rukhon mein amal ki hesiyat aik hi hai sirf niyat se kisi amal ya kirdaar ko aala aur asfal qarar diya jata hai. Aasmani kitaab quran Majeed mein aala aur asfal dono zindagion ko "kitaab almarqoom" yani noshta kitaab kaha gaya hai. Tarjuma..... Aap kya samjhay ileen ( aala zindagi ) sijeeen ( asfal zindagi ) kya hai, likhi hui kitaab hai. Mojooda daur scienci aloom ki roshni mein "film" ka naam den to masla aasani ke sath samajh mein aa jata hai. Aasmani kitabon ke sath sath jo baatein payghambaroon ne wazahat se bayan ki hain un se bhi masla roshan aur wazeh ho jata hai. Huzoor Akram s.a.w ka irshad hai."zamane ko bura nah kaho ( waqt, halaat, zindagi ) Allah hai.' ' ab is mukhtasir tamheed ke baad is baat ko aam feham zabaan mein is terhan kaha jaye ga ke zindagi, hayaat qabal az zindagi aur baad az mout sab maqam aur halaat "kitaab almarqoom" noshta kitaab ya aik film hai. Baat kuch yun bani ke kaayenaat mein jo kuch ho chuka hai, jo kuch ho raha hai aur jo kuch honay wala hai, woh sab ka sab looh mehfooz par naqsh hai. Un nuqoosh ( file ) ko jab Allah taala ki tajallii fade ( feed ) karti hai to yeh nuqoosh mukhtalif screen par mutharrak ho jatay hain. Ghhor talab baat yeh hai ke looh mehfooz par Zaman o makaan ki yeh kefiyat nahi hai jo kefiyat arz ( earth or screen ) par hai. Looh mehfooz ke qanoon ke mutabiq looh mehfooz se nuzool karne walay nuqoosh looh doyam aur barzakh se guzar kar arsh par mutharrak hotay hain. Arz ya zameen par qabil tazkara makhlooq ensaan hai. Rohani nuqta nazar se jab hum insani takhleeq ka tajzia karte hain to hamein teen bisaat ( screens ) nazar aati hain. Pehli bisaat par wahima aur khayalat ka nuzool hota hai. Dosray bisaat par tasawurat aur ehsasat ke nuqoosh bantay hain aur teesri bisaat par muzhairat khadd-o-khaal ki shakal ikhtiyar kar letay hain jis terhan un nuqoosh ka nuzool hota hai. Isi terhan yeh nuqoosh dobarah un teen bisaat se guzar kar looh mehfooz mein chalay jatay hain. Yani zindagi ke maqam aur halaat, paidaiesh aur mout sab aik film ( looh mehfooz ) hai jo musalsal aur mutawatar chal rahi hai. Jin sahib dil logon ko Rohani nuqta urooj naseeb ho jata hai woh is baat ko mushahidati tor

par dekh letay hain ke inaa lillah inaa elaihi rajiun yani har cheez Allah ki taraf se hai aur Allah ki taraf lout rahi hai.

## Islami Libaas Ka Tasawwur

**Sawal** : mein aik taweel arsay se Rohani daak ka mutalea kar raha hon. Sahih maienay mein yeh islami tahazeeb aur Shariat tareqat ka alambardar hai jis ke mutalea se bohat se logon ki sochnay ki tarzein badal jati hain. Bohat si pareshaaniya daur ho jati hain. Mein yahan aap se chand Sawal aat karne ki jasaarat kar raha hon jo hamari roz marrah ki zindagi mein aam tor se kiye jatay hain lekin un ka koi munasib aur qabil qubool Jawab nahi milta nateejan Sawal hamesha Tishna reh jata hai. Sawal yeh hai ke islami libaas kisay kahin ge? Kya khali islami libaas arabi libaas hai? Kya shlwar kameez islami libaas hai? Kya paint shirt aur بلاؤز aur skirt pehnana islami Shariat ke khilaaf hai? Kyunkay woh bachay jo ghair mumalik mein parwarish paate hain un ke liye muqami libaas hi awliyat rakhta hai woh arabi libaas ya shlwar kameez pehnein to inhen bara ajeeb lagta hai.

**Jawab** : aap ka Sawal roz marrah ka masla hai jo baaz auqaat barri sangeen sorat e haal ikhtiyar kar laita hai is silsilay mein arz hai ke kisi bhi cheez ka islami tasawwur aur hesiyat wohi hai. Jis ka bayan Allah taala ne quran pak mein farmaya hai. Quran pak mein, mein ne aisi koi aayat nahi dekhi jis mein darj ho ke arabi libaas ya shlwar kameez ko hi islami libaas qarar diya gaya ho. Nah koi aisi hadees nazar se guzri jis se kisi makhsoos libaas ka islami libaas hona saabit hota ho. Albata quran pak mein surah airaaf ki 36 win aayat mein insanon ke liye libaas ka jo tasawwur ataa kya hai woh kuch is terhan hai :

tarjuma :”ae aulaad aadam! Be shak utaara hum ne tum par libaas jo dhanpta hai tumhari sharam gaahon ko aur baais zeenat hai aur parhaiz gari ka libaas woh sab se behtar hai. “libaas ki jo tareef mazkoora baala aayat mein ki gayi hai. Woh mard aur aurat dono ke liye yaksaa hai. Libaas ki taraash o kharaash, tahazeeb, mulk aur muashray se talluq rakhti hai. Zameen ke har khittay mein moroosi asbaab o awamil

tahazeeb aur mausam ki tabdeeli ki wajah se tarz muashrat mukhtalif hai. Zahir hai ke is ke asraat doosri cheezon ke sath sath libaas par bhi parte hain. Yahi wajah hai ke duniya mein har ilaqay mein mukhtalif libaas pehna jata hai. Arab ka libaas allag chinyon ka libaas allag, japanion ka libaas allag hai, engrazeo ka libaas allag hai, hindostan ka libaas allag hai, Pakistanio ka libaas allag hai. Ali haza al-qayas har ilaqay ke logon ke libaas allag allag hain. Libaas ki taraash o kharaash ensaan ka aik hunar hai aur har hunar ki salahiyaten Allah taala ki sifaat ki Anwaar hain jo Allah taala ki di hui salahiyaton ko is ke hukum aur ijazat ke mutabiq istemaal karta hai. Ghhor talab baat yeh hai ke agar hindu yahodi ya isaai arabi libaas pehan le to woh muslim ban jaye ga? Ya koi muslim, isaai ya yahodi, kameez aur dhoti pehan le to woh hindu kehlaye ga? Isi terhan kya agar koi hindu, yahodi ya muslim, angrezi libaas pehan le to woh angraiz ho jayen ge? Woh log jo angrezi, hindustani, japaani ya cheeni mahol mein janam letay hain aur parwarish panay ki wajah se muqami libaas pehantay hain kya woh muslim kehlanay ke mustahiq hain? Ulmaye karaam se iltamas hai ke woh is silsilay mein apne khayalat ka izhaar karen hum shkrie ke sath un ke granqdr khayalat ko apne Rohani daak ke colum mein shaya kar den ge.

## Arzoo

**Sawal** : khwaja sahib aik larki ke liye is se ziyada azaab ki baat kya hogi ke woh bila waja buray kirdaar ki mashhoor ho jaye. Darasal kuch khangi mamlaat ki wajah se mere khalu jaan ke zehan mein ghalat fehmiya peda ho gayi hain. Un ghalat fehmiyon ki wajah se khalu ne mujhe khuwa makhuwa badnaam karna shuru kar diya hai. Mein agar isi kashmakash mein rahi to zehni mariza ho jaon gi, mein chahti hon ke aap mujh ko koi aisa wazifa bta den jis ke parhnay se khalu jaan ka dil meri taraf se saaf ho jaye aur un ke zehan se mere baray mein saari buraiee nikal jaye aur woh mujh ko itna chahain jis terhan apni sagy beti ko chahtay hain, meri arzoo poori kara den.

**Jawab** : رات سوئے سے پہلے تین سو بار **وَأَقْتِ مَافِيهَا وَتَخَلَّتْ** parh kar ankhen band kar ke apne khalu jaan ka tasawwur karen jab

tasawwur qaim ho jaye to khayaal hi khayaal mein khalu jaan ki peshani par phoonk maar diya karen aur baat kiye baghair so jaya karen. Amal ki muddat nawway ( 90 ) din hai. Nagha ke din shumaar kar ke baad ko pooray kar den is amal se Insha Allah aap ki arzoo पूरी ho jaye gi.

## Andhi Mohabbat

**Sawal** : meri Umar 14 saal hai aur satwen jamaat ki Taliba hon. Mujhe apne khaala zaad bhai se gehri mohabbat ho gayi hai. Khaala zaad bhai mujh se Umar mein 12 saal barray hain aur woh bhi mujh se mohabbat karte hain. Mein un se shadi karne ki hadd taq mohabbat karti hon. Meri shadi honay mein taqreeban chay saat saal ka waqt lagey ga. Mein yeh soch kar pagal ho jati hon ke itna arsa kaisay guzaron. Is soch ki wajah se mere seenay mein dard honay lagta hai. Kisi terhan ki bhi dawa khanay se dard khatam nahi hota. Mein nah to koi wazifa chahti hon nah koi amal parh sakti hon, mujhe to sirf aisa ilaaj bta den ke shadi honay taq dil qaboo mein rakh sakun aur seenah mein dard nah ho kyunkay mein mohabbat mein bilkul andhi ho chuki hon. Aur meri mohabbat sachhi aur pak hai.

**Jawab** : khaano mein namak ki miqdaar kam kar dein. Subah, dopehar aur raat aik aik chamcha shehad par teen baar bsm Allah shareef ke sath yahayu **يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ** parh kar dam kar ke khayen kam se kam chalees roz taq.

## Isstikhara

**Sawal** : pehlay to mere rishte nahi atay they aap ki duaon se aur aap ke batlaye hue amal karne se ab rishte to kayi aa rahay hain magar un mein se teen rishte aisay hain jin mein se selection karna mushkil ho gaya hai. Bohat soch vichar ke baad dobarah aap ko takleef day rahi hon ke aap khud isstikhara kar ke batlaein ke falan falan mein se kis ke sath rishta tey karna munasib hai ya phir koi aasaan sa isstikhara ka amal batlaein.

**Jawab** : raat ko sotay waqt gayarah so martaba **يامهين** parh kar dayen hatheli par dam kar ke dahni karvat late kar haath kaan ke neechay rakh kar so jayen. Jab taq neend nah aeye yeh tasawwur karti rahen ke falan ke sath shadi karna munasib hai ke nahi teen roz ke is amal se aap ko sahih baat maloom ho jaye gi.

## Aik Ajeeb Bemari

**Sawal** : mein arsa satrah saal se aik intahi takleef da bemari mein muhtala hon bemari yeh hai ke raat ke teen bujey ke qareeb aankhh khil jati hai aur naaf ke neechay, Jhangon taq be hadd kharish hoti hai. Aik mah se dono baazuon aur peeth par bhi kharish hoti hai aur badan par patti ki terhan ke surkh, motay jald se ubhray hue dhabbay parte hain o ray intahi kharish hoti hai. Yeh kefiyat do teen ghantay rehti hai. Sooraj nikaltay hi yeh takleef khatam ho jati hai. Darkhwast hai ke aap mujhe dawa aur dua se mstfiz farma den.

**Jawab** : pani mein khoeye ka bera ya cheeni ( sugar ka mareez honay ki soorat mein screen ) ghol kar gayarah martaba **كن فيكون** parh kar dam kar ke subah dopehar aur raat yeh pani pi liya karen. Jis waqt marz ki shiddat ho is waqt bhi aik baar yeh amal kya ja sakta hai. Ilaaj ki muddat 21 din hai. Is ke sath sath rozana das gram pissi hui siyah mirch aik chitank desi ghee mein garam kar ke raat sotay waqt pi len. Aath ghanta baad taq pani nah pyin. Yeh ilaaj sirf saat din kar len desi ghee nah miley to so gram ki makhan ki tikia ko pighla kar aik chitank ghee haasil kya ja sakta hai.

## Ijtimai Khud Kashi

**Sawal** : aap ki khidmat mein zehni kashmakash se majaboor ho kar aik mukhtasir tajurbah paish kar raha hon jis mein khud bakhud chand Sawal aat ubhartay hue mehsoos hunge. Umeed hai ke aap meri is tashnagi ko mukhtasir Jawab se daur kar den ge aur bohat se qaryin jung istifada karen ge. Shayad hamesha se roye zameen par shaytani quwaten ghalib

rahi hain ya phir un ke asraat ziyada mehsoos kiye jatay rahay hain. Duniya mein hassas admion ki tadaad ziyada rahi hai ya be hiss admion ka ghalba numaya raha hai. Kya hassas shakhs duniya aur akhirat dono jagah par be cheeni mein mubtala rahay ga. Hassas tabiyat ke maalik log infiradi ya ijtimai khud kashi se mlitay jaltay feal kyun karne par majaboor karte hain aur is ka haqeeqi zimma daar kon ho sakta hai. Aaya fard khud ya muashra ya hukoomat waqt. Qayamat ke roz kis se baz purse ho gi.

**Jawab** : hum sab jantay hain ke ghup andheray mein diya silai jalayi jaye to andhera gayab ho jata hai aur is ke bar aks din ke ujalay mein agar andhera kya jaye to bohat ziyada ihtimaam ki zaroorat padtee hai maslan kamray ki khirkiyan band kar ke un ke oopar parday dalain ge. Roshan daan ko band karen ge. Darwazon ki darzon par kaghaz chupkayein ge. Waghera waghera.

Is ka mafhuum yeh nikla ke andheray ko daur karne ke liye itna ziyada ihtimaam karna nahi parta hai..... Duniya mein injaam car rahmani quwatoon ka amal dakhil hai. Noo insani ki poori tareekh batati hai. Shaytani aur takhribi quwatoon ne jab bhi sir ubhara aik hadd par ja kar is terhan khatam ho gayeen ke zameen par sirf un ka nishaan hi baqi reh gaya. Shadad , namrud, firaon jaisi barri quwatoon ka hashar tareekh ke safhon par mojud hai. Abhi haal hi mein hamaray samnay shenshah Iran ki misaal hai. Tamam tar quwatoon ke bawajood badshah ko apne watan mein qabar bhi naseeb nahi hui. Aur woh mflok al haal musafir ki terhan mar gaya.

Hassas hona bohat achi baat hai lekin dekhna yeh ho ga ke hassas honay ki noiyat kya hai. Agar hssait taamer ke liye hai to is duniya aur marnay ke baad duniya is ke liye roshni hai aur agar takhreeb ke liye koi shakhs hassas hai yani is ka zehan Siraat mustaqeem se hata hua hai to yeh hssait is bandah ke liye tareqi hai. Roshni taamer hai aur tareqi takhreeb hai. Taamer rehmaniyat hai aur takhreeb shaitaniyat hai..... Hassas tabiyat aadmi ke oopar jab mayoosi ka ghalba ho jata hai to woh khud ko muashra par boojh samajhney lagta hai..... Aur mayoosi usay pehlay na umeedi ke gehray khud mein gira deti hai aur phir dafan karne par mael ho jati hai..... Khud koshi wohi aadmi karta hai jo kuch kar nahi sakta. Jo zindagi ( salahiyaton ) se mayoos ho jata hai aur jis ke andar se apni zaat



ka idraak khatam ho jata hai. Mazhab na umeedi mayoosi ki ijazat nahi deta balkay is baat ki dawat deta hai ke na umeedi se nikal kar haath pair hlaye jayen..... Jo log muashray aur qudrat ko kosnay nahi dete aml jado-jehad karte hain yaqeen aur azm ke sath koshish karte hain..... Woh kamyab ho jatay hain aur khud kashi jaisa ghinauna amal nahi karte. Allah taala ne farmaya hai لا تقتظون من الرحمت الله Allah ki rehmat se mayoos hona kam himmati aur buzdali hai.

## Ijtimai Sukoon

**Sawal** : Khwaja Sahib! Mein ne Rohani silsila ki bohat saari kitaaben parhi hain. Aap ki be shumaar tahreeron ka zakheera mere paas mehfooz hai ab taq jo kuch mein akhaz kar paaya hon woh yeh hai ke aap ka mission duniya walon ko sukoon aashna zindagi se waaqif karna aur sukoon baantna hai. Infiradi hesiyat mein to yeh baat samajh mein aati hai magar ijtimai tor par hum sab dekh rahay hain ke duniya mein afratafri ka aik aalam barpaa hai, har shakhs kisi nah kisi uljan mein girftar hai, zehni sukoon khatam ho gaya hai. Adam tahaffuz ke ehsas se Hazan o malaal ke saaye gehray aur dabeez ho gay hain. Akhbarat mein aeye din hadsaat aur insanon ki qeemti jaanen zaya honay ki khabrain shaya hoti rehti hain kabhi bmon ke dhamakay kabhi fallak bose imaarton ke surangoon honay aur in ke neechay bandgaan kkhuda ke halaak honay ki Dildose aur wehshat assar khabrain hamaray samnay aati hain waghera waghera. Aap se guzarish hai ke un ijtimai tabah kariyon ka uqda bhi to kholiye shayad qomon ke afraad ko aap ki baat samajh aa jaye aur duniya mein pyar o mohabbat aur ygangt jagah le le aur is terhan ijtimai sukoon mil sakay.

**Jawab** : jo kuch aap ne tehreer farmaya hai is se yeh andaza lagana dushwaar nahi hai ke hum afaat arzi o samawi ki yalghaar ki zad mein hain bzahir un alamnaak waqeat ke wuqoo Pazeer honay ki yeh tojihh paish ki ja sakti hai ke taamer knndgan ki hawas zar ki wajah se yeh nobat aayi hai ya zameen ke andar radd o badal is ka sabab hai. Yeh baatein bzahir kitni hi maqool aur wazni hon lekin agar aik Rasikh alaqid\_h musalman ki hesiyat se dekha jaye to farmaan khuda wandi ke



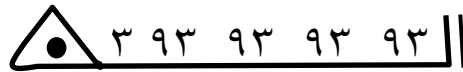
bimohib insani muashra mein abad logon ke juraim aur khatakariyan arzi o samawi afaat aur halakaton ko dawat deti hain. Jab koi qoum qanoon khuda wandi se inhiraf o guraiz karti hai aur kher o shar ki tafreeq ko nazar andaaz kar ke qanoon shikni ka irtikaab karne lagti hai to afraad ke yaqeen ki quwatoon mein azmhlal shuru ho jata hai aakhir aik waqt aisa aata hai ke yaqeen ki quwatoon mein azmhlal shuru ho jata hai. Aakhir aik waqt aisa aata hai ke yaqeen ki qowat bilkul madoom ho jati hai aur aqaed mein shak aur viswas Dur atay hain. Is tashkeek aur be yakeeni ki binaa par qoum tohmat mein mubtala ho jati hai. tuahmati quwatoon ke ghalbay se ensaan ke andar terhan terhan ke andaishay aur was wasay peda honay lagtay hain jis ka mantaqi nateeja hiras o hawas par mntj hota hai. Yeh hiras o hawas ensaan ko is maqam par le jati hai jahan be yakeeni aur tuahmati quwaten mukammal tor par is ko shikanjay mein jakar layte hain. Yahi woh maqam hai jahan ensaan zindagi ki haqeeqi msrton se mahroom ho jata hai aur is ki hayaat ka mehwar Allah taala ki bajaye zahiri aur maadi wasail ban jatay hain aur jab kisi qoum ka inhisaar daro bast maadi wasail par ho jata hai to afaat arzi o samawi ka la-mutnahi silsila amal mein anay lagta hai. Nateejatan afratafri ka aalam barpaa rehta hai. Qomon ke afraad kisi nah kisi shakal mein uljhano ka shikaar rehtay hain. Adam tahaffuz ka ehsas is qader barh jata hai ke bhai bhai se khauf khanay lagta hai. Hatta ke apna saya bhi usay aik drowna hayola nazar aata hai. khoonon ki rangat mein safedi aa jati hai aur bhai bhai ki qeemti jaan zaya karne mein bahana talaash karta hai aur is terhan aik jurm usay kayi ziyada jurm karne ka murtakib karta hai. Ali haza al-qayas, zehni sukoon tabah o barbaad ho jata hai.

Hamein yeh nahi bhoolna chahiye ke Allah taala shak o be yakeeni ko dimagh mein jagah dainay se mana farmatay hain. Yeh wohi shak aur waswasa hai jis se aadam ko baz rehne ka hukum diya gaya tha. Bil akhir shetan ne behka kar aadam ko shak aur be yakeeni mein girftar bulaa kar diya jis ke sabab aadam ko jannat ki nematon se mahroom hona para. Shukook o viswas hi darasal infiradi aur ijtimai zindagion ki tabah kariyon ka sabab hain.

## Umm Subyan

**Sawal** : masla meri behan ka hai. Barri behan ki shadi mamu ke larke se hui hai. Pehla beta jo shadi ke 9 mahinay baad hua tha. Taqreeban 9 mahinay zindah raha. Is arsa mein nah is ki gardan snbhli thi aur nah hi woh normal bachon ki terhan mutwajjah hota tha. Balkay oopar daikhta rehta tha. Meri behan aur behnoi ne duniya Jahan ke doctoron ko dekhaya sab ne yahi kaha ke bacha bilkul theek hai. Is ke baad baji ki doosri beti bilkul theek hai. Magar ab un ki teesri beti jo ab aik saal ki honay wali hai is ke sath phir wohi betay wala masla hai ke nah to woh mutwajjah hoti hai aur nah is ki gardan bachon ki terhan hai aur tamam dr kehte hain ke yeh bilkul normal hai magar sust hai aur har kaam deray se kere gi. Magar Azeemi Sahib! Baaz auqaat woh bohat roti hai aur saans khech kar aik dam sakht aur niilii ho jati hai. Dr hazraat usay fits ( fits ) ki dawa dete hain.

**Jawab** : gilaay mein umm subyan ka taveez daal den. Umm subyan ka taveez yeh hai



rogan surnjan talkh, bachay ki kamar mein poori reerh ki haddi par aahista aahista dairon mein maalish karen. Niilii shu-aon ka tail gardan ke pooray joor par dairon par maalish karen. Maalish dhoop mein luta kar ki jaye. Paseena anay par bacha ko kapray ya kambal mein lapait den taa ke hua nah lagey. Subah shaam shehad chatanien shehad ke oopar aik martaba surah Fatiha parh kar dam kar diya karen. Baar baar bacha ka sadqa den.

## Aawazian Aati Hain

**Sawal** : saat saal pehlay meri behan ke kaanon mein aawazian aana

shuru huien. Pehlay pehal to hamein kuch samajh mein nahi aaya ke asal baat kya hai. Woh kehti theen ke koi tally pithi ke zariye mujh se baat karta hai. Aik do roz taq yuhin aam doctoron ke paas le kar gay. Magar un ki samajh mein kuch nahi aaya. Teesray chouthay roz se inhen nafsiati mualij ke paas le kar gay. Ilaaj karwane se aawazian aana to band ho gayeen magar aahista aahista un ka gussa barhta gaya. Pehlay inhen gussa nahi aata tha. Bemari ke baad kabhi kabhar barron se badtameezi se baat kar layte theen to hamein woh bhi bara bura aur ajeeb sa lagta tha. Magar bemari samajh ke chup rehtay they phir woh bad zubani aur galion par agaien. Aur ab haalat yeh hai ke baat baat par maar pait karne lagti hain. Bila waja hi ulajhti hain. Saat saal se baqaida ilaaj jari hai. Kayi dafaa hasptl mein bhi aydmt karwa chuke hain. Bijli waghera bhi lagti rehti hai magar sirf chand roz sukoon se guzarte hain ke phir wohi haalat ho jati hai. Zehan mein ganday khayalat atay hain. Gandi baatein bhi karne lgtin hain, barron ka koi lehaaz nahi hai. Inhen bhi maarny se guraiz nahi kartin. Gaaliyan dena to un ke liye aam baat hai koi maheman agar aa jaye to chand minute to theek rehti hain phir maheman ki bhi kher nahi hoti.

Is wajah se ab hamaray ghar mein rishta daar kam atay hain. Aap ko kya batau bohat buray halaat hain. Har waqt larai jhagrre ki wajah se parhai bhi theek terhan se nahi ho sakti. Ilaaj to baqaida ho raha hai aur aaj kal phir hasptl mein aydmt hain. Wahan bhi larai jhagra karti hain. Narson waghera ko bhi maarny lagti hain. Aydmt karwane se pehlay yeh haalat thi ke neend bohat kam aati thi. Raat raat bhar jaagti theen. Sukoon aur neend ki golion ke bawajood neend nahi aati thi. Jo log so rahay hotay they baar baar inhen ja ja kar dekhatii theen kabhi maar bhi deti theen.

**Jawab** : teen Adad safaid rang ki cheeni ki paletan par بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ اور اَلرَّضَاعَتْ عَمَانَوِیْلُ۔ Aur arq ghulaab se likh kar niilii shu-aon ke pani 2, 2 oons se dho kar subah shaam pilain. Nafsiati ilaaj jari rakhen. Hamari dua hai Allah taala aap ki barri behan ko sahet ataa karen. Ameen

## Androoni Marz

**Sawal** : mein aik muqami college mein bi ae part one ki Taliba hon.

Meri Umar bees saal hai. College mein mujhe khobsorat aur sahet mand larkiyen dekh kar rashk aata hai. Jismani tor par kaafi kamzor hon aur aaj kal kamzoree bohat ziyada hai. Yaqeen kijiyej ke second air ki chudiyon ke baad college mein meri saheliyo ne dekh kar herat ka izhaar kiya ke tumhe kya bemari ho gayi hai. Haath pairi foran sun ho jatay hain. Kaafi doctoron ko bhi dekhaya, kamzoree aur khoon ki kami batayi gayi. Un ki golian ( iron ki ) istemaal kar rahi hon magar afaqa nahi hai.

**Jawab** : aap “likyorya”ki mariza hain. Ilaaj ke sath sath parhaiz zurori hai. Surkh mirch, anda, garam masalha, ziyada chaye istemaal nah karen. Lady dr ki bajaye yonani ilaaj karayen. Raat ko 100 baar Ya hafeezo parh kar green rang roshni ka muraqba karen. Ghar mein barri borhoon se keh kar gond tayyar karayen aur subah nashta mein khayen. Un se kahin ke gond mein maghziyat shaamil nah karen.

## Imaan Ki Roshni

**Sawal** : mein aik petrol company mein kaam karta hon aur mere sath aik sahib jo India ke hain lekin hindu hain, bohat shareef aadmi hain, khush ikhlaq hain aur woh aik saal se bohat pareshan hain, un ka aik beta hai jis ki Umar 12 saal hai. Is bachay ki aankhh ke andar dard aur pooray sir mein dard hota hai. Aur yeh dard har waqt rehta hai, kabhi sir dard kam hota hai lekin aankhh mein dard rehta hai. Unhon ne bohat ilaaj karwaya. India mein bohat barri barri medical institute mein check up karwaya. Kisi ne bataya ke msqt mein koi dam karta hai. Wahan gay lekin faida nahi hua to hum se kehney lagey ke aap hamaray liye kya kuch kar satke hain to karen. Meharbani ho gi. Mein ne un se kaha ke mein khwaja sahib ka colum parhta hon aur un se logon ko bohat faida hua hai. Mein un ko khat likhta hon aur un ke wazifay qurani ayaat ke hotay hain. Aap kis terhan parheen ge woh kehney lagey ke aap baba jee ko likhain woh jis terhan kahin ge hum is terhan karen ge. Umeed hai aap is maslay ka hal zaroor nikalen ge aur mein aap ke liye dua karta rahon ga. Is aadmi ki pareshani dekhi nahi jati. Aik ghair mazhab ko shayad Allah taala imaan ki roshni day day. ( ameen ). Bachay ka naam rajyo makr jee hai.

**Jawab** : rang aur roshni ke ilaaj ke tareeqa par rajyo makr jee ko chaar qisam ke pani pilain. Niilii shu-aon ka pani subah shaam, zard shu-aon ka pani khanay se pehlay, surkh shu-aon ka pani khanay ke baad, sabz shu-aon ka pani khanay ke baad. Raat ko sotay waqt pani ki khoraak 2, 2 oons honi chahiye no inch baara inch 9 x 12 safaid pakkay sheeshay par neela rang paint kara ke 24 ghantay waqfa waqfa se deikhein. Rozana asar aur maghrib ke darmain Sooraj ghuroob honay se pehlay aik chitank garam garam jalebi khilain. Jalebi ke sath sheerah ziyada hona chahiye. Subah, dopehar, shaam aur raat الحَقُّ النُّورِ parh kar unglio par dam kar ke aankhon par phairen. Ilaaj ki muddat chalees roz hai. Ilaaj ke douran rozana do rupay khairaat karen.

## Iqtidaar Ki Jung

**Sawal** : mein zindagi se bohat mayoos hota ja raha hon. Mein ne bohat koshish ki apne aap ko sudharnay ki lekin nakaam raha. Doston ki ghalat sohbat ne ghalat raah par daal diya. Shuru shuru mein to bohat lutf aaya lekin ab haal bohat kharab hai. Nazar din badan kamzor hoti ja rahi hai. Yad dasht kamzor ho gayi hai. Qowat iraadi bilkul khatam sahet to kher khatam ho gayi hai. Dekhnay walay dekh dekh kar heran hotay hain. Yeh sab kuch mein ne aap ko mufasil tor per likh diya hai. Ab aap ki marzi hai ke mere liye kuch tajweez karen ya saza ke tor par aisay hi chore den. Mohtaram! Agar meri tarbiyat sahih hui hoti to mera yeh hashar hargiz nah hota kyunkay mujhe aur mere jaisay hazaron log jin mein mere dost bhi hain. Jinhein yeh bhi nahi maloom ke namaz esha mein kitni rak-at hoti hain. Is ke bar aks kon kon si nai filme ayen hain aur kon si is mah anay wali hain. Yeh tamam baatein aam maloomat ki terhan maloom rehti hain. Darasal mein kehna chaah raha hon ke agar walidain apne bachon ko shuru se tamam baatein bitayen, inhen achay buray ki tameez skhayin to hum jaisay log yun be raah rawi ikhtiyar nah karen. Hamaray yahan to yeh hota hai ke jab bacha taqreeban mah daidh mah ka hota hai to maa usay ayaan par chore deti hain aur khud function aur partiyan attend karti hain. Ya walidain mein har waqt larai aur nafrat bachon ke zehan ko maflooj kar deti hai. Bachay zehan ko masroof rakhnay ke liye ya to doston mein baithtay hain ya filme dekhte hain. Walidain ko itni bhi

fursat nahi hoti ke woh yahi dekh len ke hamaray bachon ki masrofiyat kya hain. Maa baap ko moorad ilzaam th\_hrati hai aur baap ko maa mein koi khoobi nazar nahi aati. Is terhan bacha bara ho jata hai. Agay aap khud samajh len ke kya haal hota ho ga.

**Jawab** : mein pehlay bhi kayi martaba likh chuka hon ke walidain ki larai jhaggre aur aapas ki takraar se ghar jahannum ban jata hai. Bachon ke andar se Khushgawar zindagi guzaarne ka yaqeen toot jata hai. Bachay sehmay rehtay hain aur kachay zehan, kaj rawi ka shikaar ho jatay hain magar haal yeh hai ke koi ghar aisa nazar nahi aata jahan shohar aur biwi mein Iqtidaar ki jung nah ho. Aap aisa karen ke har namaz ke baad 300 baar ya Shafi ya kaafi parh kar apne oopar dam kar liya karen aur esha ke baad pandrah minute taq sabz roshni ka muraqba karen.

## Aulaad

**Sawal** : meri shadi ko 8 saal ho gay hain magar abhi taq aulaad nahi hui. Jahan meri shadi hui hai. Is ghar mein bhi koi bacha nahi hai. Har terhan ka doctori ilaaj kara chuki hon. Bohat hi mayoos ho kar aap ki khidmat mein haazir hui hon, koi wazifa bitayen ke Allah taala meri goad hari kar day. Aik din mein doctorni ke paas dawai lainay gayi to aik aurat wahan baithi hui thi, kehney lagi : ab aap ke ghar bachay kahan hunge. Aath saal guzar chuke hain.

**Jawab** : raat ko baad az namaz esha awwal aakhir gayarah gayarah martaba durood shareef ke sath 313 martaba”ya awwal”parh kar pani par dam kar ke pi liya karen. Band ghobi salad ya tarkari ke tor par istemaal karen. Jamni shu-aon ke tail ki reerh ki haddi ke oopar 20 minute maalish karen. Post reethey pees kar is ki 8 golian bana len aur jab ayyaam se farigh hon to har roz aik goli subah nehar mun pani ke sath istemaal karen. Is douran parhaiz karen aur aathween din apne khawand se mulaqaat karen. Insha Allah hamal ho jaye ga.

## Bars Ka Ilaaj

**Sawal** : pichlle 4 barson se mere chehray par bars ke daagh hain. Mumkin hadd taq ilaaj ki koshish ki hai magar faida nahi sun-hwa. Yeh daagh shuru mein palkon ke oopar they. Lekin ab yeh aankhon ke atraaf maathey par bhi namodaar hona shuru ho gay hain.

**Jawab** : 9 inch 12 x inch sheesha par slaty rang kralin. Rang daar sheesha par chamak daar rang se mota mota khoshkht "قل هوالمعین یا معروف" likhwa len. Is sheeshay ko 5 foot ke faasley se din raat baar baar dekhte rahen. Yeh ilaaj aap ko chay mah taq karna hai. Ilaaj ke sath sath rozana jis terhan bhi kha saken timatar khaiye.

## Buray Khayalat

**Sawal** : mein masha Allah Hafiz quran hon aur satrah saal ka sahet mand nojawan hon. Ghalat doston ki sohbat mein mujhe aik aisi aadat par gayi hai jis ne meri zehni pakizgee ko khatam kar diya hai. Mein is qabeeh aadat se khud ko bachana chahta hon magar shetan ghalib aa jata hai.

## Ganday Aur Ghaleez Khayalat Se Nijaat Panay Ke Liye Taveez Bhajj Dijiye.

**Jawab** : qowat iraadi se is aadat ko chorra ja sakta hai. Kamzor qowat iraadi ko bahaal karne ke liye sab se acha tareeqa irtkaz tavajja hai. Sonay se pehlay wuzu kar ke aisi jagah baith jayen jahan shore o ghul aur hungama nah ho. Aik so martaba durood shareef parh kar band aankhon se apne dil ke andar dekhney ki koshish kijiyej. Yeh muraqba rozana aadha ghanta aik mah taq kijiyej aur halaat se mutala kijiyej.



## Bijli Ke Jhatkay

**Sawal** : aaj se 3 saal qabal mein aik paicheeda nafsiati bemari ka shikaar sun-hwa. nurologist mujh ko anwaa o aqam ki neend aawar duwaein day kar sulatye rahay. Mujhe baara bijli ke jhatkay bhi lagaye gay. Bil akhir aik taweel arsay ke baad mein tahleel nafsi ke zariye sahet yab ho gaya. Ab mujhe do shikayaat ho gayi hain. Aap koi aisa mo-asar nuskha likh den jis se mujhe faida ho jaye. Pehlay yeh ke meri daur ki nigah bemari shuru honay ke sath achanak kamzor ho gayi. Ab mein chashma utarta hon to tabiyat sust ho jati hai aur sir mein dard honay lagta hai. Dosray mere sir ke adhay se ziyada baal safaid ho gay hain. Kisi ilaaj se faida nahi hota.

**Jawab** : neyolay ke sir ki haddi ( khopdi ) haasil kar len aur is khopdi ko raat ko sotay waqt aur din mein chaar martaba chehray aur seenay par milein.

## Bewa Aurat

**Sawal** : baara saal peshtar mein ne aik bewa aurat se shadi ki thi. Hum dono mein bohat mohabbat thi kuch arsa se mein yeh dekh raha hon ke woh meri zaat se bezari mehsoos kar rahi hai. Baat baat par jhagarna is ka mamool ban gaya hai. Dil chahta hai usay Talaq day dun lekin apni bachi ki khatir khud ko majaboor paata hon. Barah karam koi aisa wazifa ya tareeqa bta dijiye ke hum dono mein pehlay jaisi mohabbat ho jaye.

**Jawab** : jis kamrah mein aap aur aap ki begum soti hain is kamray mein siwaye palang aur aik maiz ke doosri koi cheez nahi honi chahiye. Dosra samaan ho to sab hata dijiye. Bazaar se aik guldaan kharidiye aur sath plastic ki bani hui t\_hnyan. Yeh t\_hnyan guldaan mein daal kar maiz ke oopar rakh dijiye. Rozana ghulaab ka aik phool is guldaan mein rakh lijiye. Har chobees ghantay ke baad ghulaab ka phool badalna bohat



zurori hai. Ghulaab ke phool ka rang halka gulaabii hona chahiye. Is ke sath apna aur apni begum sahibaa ka photo barray size mein banava kar allag frame krwalin aur is photo ko aisi jagah laga dijiye jahan palang par letey waqt baar baar nazar padtee rahay. Insha Allah masla hal ho jaye ga. Allah taala Talaq ko napasand karta hai.

## Bachpan Ka Khawab

**Jawab** : bachpan mein aap ne jo khawab dekha tha is ki tabeer iktalees saal ke baad aap ke samnay hai. Aap yeh kaam karen ke aadhi raat guzarnay ke baad khulay aasman ke neechay kharray ho kar teen so martaba وحلل عقدة من لساني parh kar apne seenay par dam karliya karen. Quran pak parhnay mein jo rukawat darpaish hai Insha Allah daur ho jaye gi.

## Beti Nahi Beta

**Sawal** : mere do bachay hain. Aik beta aur aik beti. Mere khawand ka israar hai ke aur bachay hon aur woh bhi narina aulaad. Kyunkay larkiyon se inhen chirr hai. Chhota bacha saat saal ka hai. Mein aur mere khawand doctori nuqta nazar se bilkul sahet mand hain. Aap se dast basta arz hai ke khudaaraa kuch kijiyej taa ke aindah hamein Allah taala larka ataa karen.

**Jawab** : Fajar ki namaz ke baad aik martaba surah yaseen shareef parh kar pani par dam kar ke khud bhi pyin aur apne shohar ko bhi pilain. Allah taala aulaad narina ataa farmaen ge.

## Be Wafa Shohar

**Sawal** : baji ke shohar kisi nah kisi aawara aurat ke chakkar mein rehtay hain aur ghar se bhi gayab rehtay hain. Sath hi un ki maa behnain, baji

par har terhan ka zulm bhi karti rehti theen. Jab un ki zayad-ti hadd se barhi to hum baji ko apne ghar le aeye. Un ke chaar bachay hain jo un ke sath hi hamaray ghar aa gay hain. Guzashta daidh saal se woh bachon sameit hamaray ghar mein hain aur behnoi ne is arsa mein poocha taq nahi aur nah kabhi koi kharch diya. Aap koi aisa hal bataiye ke behnoi bud chalni chore day aur raah raast par aa jaye, baji ka kaha manay, is ko apne ghar mein basaye. Is ki har baat manay aur bachon ki zimma daari uthaye. Aap khud sochye is mehengai ke daur mein abba sirf kamanay walay aur woh bhi nokari pesha aur do khandano ko paal rahay hain jabkay behnoi ka apna karobar hai aur woh har terhan ka aish o aaraam kar rahay hain lekin biwi bachay do waqt ki rootti ko tarastay hain.

**Jawab** : apni baji se kahiye ke woh aadhi raat guzarnay ke baad do rakat Nafil parh kar aik so martaba بِسْمِ اللّٰهِ الْوَّاسِعِ جَلَّ جَلَالُهُ parh kar bistar mein chali jayen. Ankhen band kar ke apne shohar ka tasawwur karte karte so jayen. Amal ki muddat 90 din hai. Nagha ke din baad mein pooray kar len. Is amal ki barket se aap ki baji shohar ki nazar ka “tara” ban jayen gi.

## Behray Pan Ka Ilaaj

**Sawal** : daur ki aawaz suneney mein diqat hoti hai. Ab bacha college mein hai. Professor faasla se lecture dete hain jo woh sun nahi paata is liye parhnay mein dil nahi lagaata. Sara waqt bahar phirta hai. Mera yeh aik hi larka hai. Is wajah se bohat pareshan hon.

**Jawab** : kisi momi kaghaz par surah maryam ki pehli aayat كهيعص ( kaaf hayaa ain Sad ) likh kar subah nehar mun pani se dho kar pilain. Yahi aayat raat ko is waqt jab larka gehri neend so jaye is ke sarahnay khari ho kar aik martaba is terhan parheen ke parhnay mein lehja barabar ho aur har lafz ada karne ka waqfa barabar ho.

## Bukhaar

**Sawal** : chand mah peshtar mujhe bukhaar ho gaya tha aur mein ne khud is ka ilaaj kya lekin koi afaqa nahi hua aur marz mein zayad-ti ho gayi. To dr se rujoo kya. Taqreeban daidh mah taq ilaaj hota raha lekin kisi qisam ka koi afaqa nahi sun-hwa. Dr ke mashwaray par mein ne maleria check Parasite karwaya aur unhon ne kaha ke aap ko maleria nahi hai. Tie fayid hai. Mujhe barri tashweesh hui, mein ne phir hospital se rujoo kya. Unhon ne mera anti biotec dawa se ilaaj tajweez kya. Taqreeban do mah taq un ke zair e ilaaj raha. Isi douran dr ne mujhe rootti khana bilkul mana kar diya aur mein bilkul dr ki hadaayat par amal karta raha. Saarahay teen mah baad bukhaar to utar gaya lekin mere jism mein bohat kamzoree ho gayi. Ab taqreeban chay mah ho gay hain. Kamzoree ka koi ilaaj nahi ho raha hai aur koi dawa mere oopar assar nahi kar rahi hai. Kabhi qabz ho jata hai, kabhi jigar kharab ho jata hai, kabhi maiday ka nizaam darham barham ho jata hai aur aasabi tanao bhi bohat rehta hai. Aik din tabiyat samnbhalti hai to dosray din bohat ziyada baggar jati hai. Mein jee to raha hon magar murda badast zindah hon. Aisa mehsoos hota hai jaisay mein sadiiyon ka bimariyon. Aaj se taqreeban chay saat mah peshtar meri sahet qabil rashk thi. Dost ahbaab meri sahet par rashk karte they. Bemaar honay se peshtar mein ne aik baar apna wazan karaya tha to 135 pond tha aur ab ghatt kar sirf 115 pond reh gaya hai. Pehlay meri tabiyat mein bara shokh pan tha aur is ke muqablay mein aaj kal mere andar chirchira pan aa gaya hai. Marzi ke khilaaf koi baat hoti hai to dimagh mein ultay seedhay khayalat anay lagtay hain. Khud hi pasheman bhi hota hon. Mera roz marrah kaam aisa hai ke is mein dimagh aur aankhon ka kaam ziyada hai.

**Jawab** : aap ne taiz duwaein ziyada istemaal ki hain. Chunkay aap khud sir aur khud pasand hain is liye is ka har waqt imkaan rehta hai ke aap dr ki hadaayat ke baghair bhi duwaein khatay rahay hain. Har cheez aitdaal mein mufeed hoti hai. Dawaon ka ree action honay ki wajah se yeh soorat e haal waqay hui hai. Aap ke liye mera mahswara hai ke ilaaj mein mualij ki hadaayat par amal karen. Fi al-waqt aap ke liye yonani ilaaj mufeed

saabit ho ga. Doctori ilaaj ki bajaye yonani tareeqa ilaaj se istifada karen.  
Rohani ilaaj yeh hai :

teen Adad safaid cheeni ki paleton par zarfa rang aur arq ghulaab se

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ الرَّتْلُکَ اَیٰتُ الْکِتٰبِ الْمُیْنِ

الرَّحِیْمُ الرَّحِیْمُ الرَّحِیْمُ یَا حَفِیْظُ یَا حَفِیْظُ یَا حَفِیْظُ

likh kar aik subah, aik shaam aur aik raat ko pani se dho kar pyin chalees  
roz taq aap ke liye dawa aur dua dono zurori hain.

## Bachon Ki Nafsiat

**Sawal** : Lahore. Bhai bachpan se mere hi paas pila barha hai. Hamaray waalid mulk ki taqseem ke waqt shaheed ho gay they. Meri shadi hui to mein bhai ko apne sath le kar aayi. Mere shohar bawajood hamdard honay ke bohat ziyada sakht tabiyat hain. Sirf parhai ki khatir bhai ko is qader maartay hain ke is ke haath paon sooj jatay hain. Thprhon se kaanon par waram aa jata hai. Mujh se yeh haalat dekhi nahi jati. Hamari apni koi aulaad nah thi. Aur shohar ko bachon ki nafsiat se daur ka bhi vaastaa nah tha. Nateeja yeh hua ke is ne apni har buraiee ko un se chhupana shuru kar diya. Kkhuda kkhuda kar ke bhai ne f. Ae paas kya lekin buri society ne usay kahin ka nah chorra. Ghar mein der se aata to mein shohar se jhoot bol deti ke woh to kab ka soya hua hai. Aahista aahista woh peenay pilanay laga. Mein ne is ko bohat samjhaya magar be sood. Ab woh pakka sharaabii aur shayad aur bhi bohat kuch hai. Is ki Umar bhi kaafi ho gayi hai. Mein ne is ki shadi nahi ki. Nah hi woh khud shadi mein dilchaspi laita hai. Agar hum is ki shadi kar bhi den to anay wali ki zindagi barbaad ho jaye gi.

**Jawab** : raat ko jab bhai gehri neend so jaye aap apne kamrah mein baith kar teen so martaba **parh** kar bhai ka tasawwur kar ke phoonk maar diya karen aur baat kiye baghair so jayen. Aik neend lainay ke baad baat karne mein koi harj nahi hai.

## Bad Aqeeda

**Jawab** : aqeedah jab kharab ho jata hai to ensaan ke dimagh mein aisay was wasay aur khayalat anay lagtay hain. Jin mein kkhuda rasool aur mazhab se bezari payi jati hai aur yeh bezari ghair ikhtiyaari hoti hai. Aqeedah ki kharabi aur zameer ki malammat se nazar nah anay wala aik mutaffan phora batin mein peda ho jata hai jis ki wajah se aadmi itna be chain ho jata hai ke is ki misaal barri se barri bemari mein bhi nahi millti. Allah taala hum sab ko apne hifz o Amaan mein rakhay. Aap ko aik wazifa likha ja raha hai. Tavajja aur yaksoi ke sath is par amal karen. Dhullay hue khdr ya lthe ka aik karta silwaya jaye. Yeh karta saaray jism par aik aik balisht zayed ho aur takhnon taq pouncha ho aasteenein bhi aik aik balisht khuli hui hon. Kisi aisay kamray mein jis mein andhera ho. ( agar andhera nah ho to kar liya jaye ) yeh karta pehan kar pandrah minute taq tehaliye aur teheltay waqt

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (2) الرَّحْمَنِ الرَّحِيمِ (3) مَالِكِ يَوْمِ الدِّينِ

parthe rahye. Pandrah minute ke baad andheray hi mein karta utaar kar teh kar ke isi kamray mein kisi mehfooz jagah rakh den. Jab taq aqaed durust nah hon is waqt taq yeh amal kya jaye. Sirf andhera shart hai.

## Bhoot

**Sawal** : dekha gaya hai ke ziyada tar aurton aur kisi hadd taq mardon par jab jin aata hai to un ki shakhsiyat mein herat angaiz tabdeeli waqay ho jati hai, aawaz badal jati hai. Herat naak qowat ka muzahira hota hai baaz auqaat asaib zada ya jin zada aisi zabaan boltaa hai jo woh khud nahi jaanta, woh shakhs apna taaruf bhi aik jin ki hesiyat se karata hai waghera waghera. Sawal yeh hai ke aisa kyun hota hai is ki Ilmi tojihh kya hai ?

**Jawab** : poori noo insani mein koi shakhs aisa nahi hai jis ko kabhi nah kabhi is ki salahiyaton ka tajurbah nah hua ho chahay baydaari mein ya khawab mein, insani hawaas do terhan kaam karte hain. Barah e raast aur

bil wasita, bil wasita kaam karne ka matlab yeh hai ke hum aankhon se dekhte, kaanon se suntay, hathon se pakarte aur peeron se chaltay hain. Hawaas ke is barah e raast kaam karne ka matlab yeh hai ke hum baghair jismani nizaam ki madad ke khawab mein khud ko chaltay phirtay gharz har woh kaam karte dekhte hain jo baydaari mein hum se sarzad hota hai. Halaank hamara jism bilkul moattal hai. Kabhi kabhi baydaari mein bhi hawaas barah e raast kaam karne lagtay hain aur aasabi nizaam bilkul moattal ho jata hai. Hatta ke Hafza bhi kaam nahi karta marz ka bose is ki misaal hai.

Sawal marz ka nahi. Hawaas ke barah e raast kaam karne ka hai”kaboos”ki haalat mein aadmi apne bistar se uthta hai, kapray badal kar daftar jata hai, wahan kaam karta hai, wapas aa kar kapray badal kar so jata hai lekin usay yeh qatee yaad nahi rehta mein ne sonay ki haalat mein kya amal kya hai. Yeh bhi hawaas ke barah e raast istemaal honay ki aik tarz hai. Yahi kabooos ki kefiyat hyptanizm ke zariye ensaan par musallat kar di jati hai. To is waqt bhi woh bilkul be iradah ho kar Amel ke hukum ki tameel karta hai. Baydaari mein yeh kefiyat baaz auqaat az khud musallat ho jati hai koi dosra shakhs usay hapnatize nahi karta balkay woh khud hi apne aap ko hapnatize kar laita hai. Yeh is waqt hota hai jab kisi jazba rujhan ya taqaza mein itni shiddat peda ho jaye ke yeh shiddat asaab ko maflooj kar day jaisay hi asaab maflooj hotay hain hawaas ka barah e raast istemaal shro ain ho jata hai. Shiddat ki wajah se hawaas ka rawayya muanidana hota hai. Asaab ke maflooj ho jaane se jin khalion mein yad dasht ka record rehta hai woh apna amal tark kar dete hain aur yad dasht ki tarteeb khatam ho jati hai. Ab hawaas is aadat ki binaa par aik kahani bana letay hain aur apne hi jism par woh kahani amlan istemaal karte hain, kehte hain ke falan jin hon, mera naam yeh hai, mein churail hon, mein falan hon waghera waghera. Barah e raast feal ki wajah se hawaas bohat si aisi baton ka bhi inkishaaf kar dete hain jo pas parda hoti hain.

## Behoshi

paanch saal qabal mein apne chacha ke ghar rehne ke liye gayi. Wahan shabaan ki 14 tareekh ko bahar chandni mein so gayi. Badan to deewar ke

saaye mein tha. Sir f chehray aur sir par chaand ki roshni par rahi thi. Is raat mein bohat be chain rahi. Neend jaisay aankhon se daur thi dar lag raha tha. Subah uthi to sir, ankhen aur tangen dard se phatt rahay they aur gilaay mein bhi dard tha. Dosray din mein apne ghar aa gayi. Wahan do din ke baad phir dard hua aur mein behosh ho gayi. Hosh anay ke baad sardi se bukhaar ho gaya. Bohat ilaaj karwaya. Aamlon se duayen bhi karwaen lekin haal wohi raha. Sardi ke mausam mein dard aur bukhaar rehta hai aur garmi ke mausam mein behosh ho jati hon. Bohat kamzor ho gayi hon, kisi kaam mein dil nahi lagta. Ilaaj yeh hai ke matti ki kori plate par teen baar **اللَّهُمَّ الرَّحْمَنُ الرَّحِيمُ يَا صَبُورُ** kar pani se dho kar pyin. Gayarah din taq ilaaj kar lena kaafi hai.

## Buzdali Ki Tasweer

jis buzdali ki hadd taq sulah jo waqay hua hon agar kahin 2 afraad behas o takraar, talkh kalami ya haath payi kar rahay hon to mera dil zor zor se dharakna shuru ho jata hai aur agar yahi baat mere sath paish aa rahi ho to bas mat puchiye kya haal hota hai. Meri zindagi ke is afsos naak pehlu ki intahaa yeh hai ke mein buzdali ki tasweer ban jata hon. Mera mad-muqabil mujhe sir aam bura bhala kehta hai. Dhmkyan hatta ke gaaliyan day jata hai magar mein Jawab i karwai ki bajaye chup chaap khara rehta hon aur agar koshish kar ke Jawab deta bhi hon to aisa ke jo mad-muqabil ko nagawaar nah guzray aur mere sakht Jawab ki wajah se meri pataayi nah ho jaye bas isi pataayi se khaufzadah rehta hon. Behas o takraar mein bhi mera rawayya intahi mdafaanh hota hai itna ziyada mdafaanh ke suneney walay is baat ko foran bhaanp letay hain aur phir is ke baad un ki nazron mein mere liye tamaskhur ke siwa kuch nahi hota. Mera masla aur soorat e haal dono hi mazhaka khaiz hain magar is ke bawajood hal talab hain aur mein be bas hon. Aaj ki is be izzati ke baad mein ne apne dil mein ehad kya hai ke mein apni is kamzoree par zaroor qaboo paon ga aur is buzdali ko khatam kar ke rahon ga.

**Jawab** : masla ka hal aap ke is khat mein mojud hai.”mein ne ehad kar liya hai ke apni is kamzoree par zaroor qaboo paon ga. “is ehad par qaim



rahen. Masla yaqeenan hal ho jaye ga. Rozana werzish ka ihtimaam bhi kijiyej.

## Barqi Ro Ka Hajhoom

Azeemi Sahib mein aaj aap ke samnay apni aik takleef le kar haazir hon aur aap se yeh iltija karti hon ke aap apne qeemti waqt se kuch waqt nikaal kar mere is tafseeli khat ko parheen aur jald meri is takleef ko daur karne ki koshish karen. Kkhuda ne mujhe do bhai diye hain. Mujh se chhota bhai jis ne bi kaam kya hai. Teen saal pehlay Zahar ke baad ghar aaya to kamray mein aik girgit aa gaya, is ne girgit ko maarny ke liye danda chalaya to girgit bhaag gaya aur woh wahein zameen par gir kar tarpne laga. Is waqt is ki haalat yeh thi ke mun se jhaag nikal rahay they. Ankhen charh gayeen, haath paon akarr gay aur woh be hosh ho gaya. Pandrah minute baad jab usay hosh aaya to ankhen surkh theen aur sir mein shadeed dard tha aur zabaan danoton mein aa kar kat gayi thi aur kandhay par se haath utar gaya tha. Hum log is ko aik haadsa samjhay aur phir woh normal bhi ho gaya lekin is ke baad is ko theek teen mah ke baad phir isi terhan ka dora para aur jo kefiyat pehlay pehlay doray mein hui thi wohi kefiyat hui. Har dafaa haath utar jata tha aur zabaan kat jati thi. Hum logon ne mukhtalif dr, hakeem, aalam, homyo pithk dr gharz har jagah ilaaj karaya. Doctors ka kehna tha ke yeh mirgi ka dora hai, yeh khatam nahi kiya ja sakta sirf control kya ja sakta hai. Aalam ka kehna tha ke un par assar hai. Yeh doray kabhi teen mah baad kabhi chay mah baad aur kabhi saat mah bhi par jatay, kabhi sotay mein, kabhi nahate mein aur girnay ke ad is ko chouten bhi lagti hain. Is ka har mumkin ilaaj karaya lekin koi faida nah sun-hwa. Phir agha Khan hospital le gay. Test hue unhon ne mirgi bataya aur aik dawa likh di ke yeh pabandi se khayen. Is se dora khatam to nahi ho ga control ho jaye ga. Dawa khanay se saat mah taq dora nah para lekin aik din is ne ghar walon ko bataya ke is ke pait mein shadeed takleef hai aur sir mein dard hai. Ankhen laal ho rahi theen, thori der sota raha phir uth kar kisi kaam se seerhi par khara hua aur be hosh ho kar oopar se neechay pakkay farsh par gira. Girnay ke baad wohi doray ki kefiyat ho gayi lekin is dafaa haal ziyada kharab tha kyunkay is ke aik kaan se, naak se aur mun se waafar miqdaar mein khoon aa raha tha, thori der taq tarap kar be hosh ho gaya aur khoon ki



teen chaar barri barri qay bhi hui. Is douran is ko hospital le gay. Rastay mein bhi do teen dafaa doray ki kefiyat hui. Hospital mein do ghantay be hosh raha to dr ne injuction diya to khoon to ruk gaya aur hosh bhi aa gaya. Is dafaa is ka ulta haath nahi Itra balkay seedha haath jo ke kabhi nah Itra tha apni jagah se utar gaya. Do din aayi si you mein raha phir teen din agha Khan hospital mein raha. Sir mein shadeed dard tha. Waisay hosh mein rehta tha kabhi kabhi boltaa tha aur sab ko pehchanta tha. Lekin itna khoon beh jaane ke baais kamzoree se chalna mushkil ho gaya. Is ke ilawa jis kaan se khoon aaya tha is se sunai bilkul nahi deta. Hospital se ghar aa kar is ne garam pani se sir dhoya aur so gaya. Jab so kar utha to is ka mun terha ho gaya. Daant par daant nahi jamta aur aik aankhh band nahi hoti hai. Koi kehta hai ke laqwah ho gaya hai. Dr kehte hain ke khoon ka douran theek nahi hai, taaqat ke injuction lag rahay hain. Dr ne doray ke liye diye jaane wali dawa ki khoraak mazed barha di hai.

**Jawab** : yeh khat chunkay Karachi se likha gaya hai is liye behtar hai ke mareez ko dekhaya jaye. Meri tashkhees ke mutabiq yeh dora mirgi ka dora hai. Khoon anay ki wajah ziyada garam dawaon ka istemaal bhi ho sakta hai. Amel sahib ka yeh kehna hai ke badruh, asaib ya jaanat ka saya hai. Sahih nahi hai. Girgit maartay waqt be hosh ho kar gir jaane ki zahiri wajah yeh maloom hoti hai ke girgit maartay waqt ghabrahat ziyada ho gayi. Aur dimagh par dehshat bhi taari hui. Chunkay marz pehlay se dimagh mein mojud tha. Is liye dimaghi khaliyon mein daur karne wali barqi ro se takra gayi aur barqi ro ne aik hajhoom ki shakal ikhtiyar kar li. Nateeja mein barqi ro jis andaaz se zameen mein arth hoti hai woh silsila toot gaya aur mirgi ka dora par gaya. Mulaqaat se qabal telephone par rabita qaim kar liya jaye.

## Ba Ronaqe Chehra

**Sawal** : mein khobsorat cheharon ki shedai hon lekin khud mere sath almiya yeh hai ke mera chehra be ronaqe aur pheeka sapat hai. Jis ki wajah se mein logon ki be tawajhi ka shikaar rehti hon. Aap jantay hain ke agar koi musalsal aur mutawatar nazar andaaz hota rahay to pust

himmat ho jata hai. Mein apne chehray ko khobsorat jaazib nazar aur purkashish bananay ki ashad khwahish mand hon.

**Jawab** : umdah qisam ki siyah chamakdar roshnaye se full escape safaid art paper ke oopar khush khat likh kar zail naqsh frame kara liya jaye. Is frame shuda naqsh ko raat ko sonay se pehlay teen chaar foot ke faaslay se das ya pandrah minute rozana dekha jaye. Naqsh yeh hai :



## Bhainga Pan

**Sawal** : mein engineering ka taalib ilm hon, meri dayen aankhh mein bhainga pan hai jis ki wajah se sakht ehsas kamtarri ka shikaar hon. Meer a bhi dil karta hai ke meri apni 1 shakhsiyat ho, mein bhi kisi ka ideal banon, mere liye ilaaj bitayen.

**Jawab** : ghar ke kisi fard se kahin ke aap jab seedha dekh rahay hon to aap ko ankhen band kara den aur is aankhh par jo bhangin hai, andheray mein halki si patti bandh den, patti bandhtay waqt yeh tasawwur hona zurori hai ke patti bandhnay wala aur mareez dono arsh ke neechay hain, patti bandhtay waqt yeh bhi khayaal rakhna zurori hai ke nazar seedhi rahay yani aankhh ki patli darmain mein ho. Ikees roz ke is amal se aap ki aankhh ka bhainga pan daur ho jaye ga.

## Bara Sir

**Sawal** : meri barri behan aik mushkil mein grfta hai is ke haan no mahinay ki bajaye aathween mahinay ke aakhri hafta mein betay ki

wiladat hui. Bachay ki kamar par aik zakhm aur sir agay se kuch bara tha. Phir sir jism ke muqaabla mein taizi se bherne laga magar jism itna hi raha jo paidaiesh ke waqt tha. Kayi jagah ilaaj karaya magar afaqa nahi sun-hwa. Hadd yeh hai ke sir musalsal barh raha hai. Umeed hai ke aap hamaray is khat ka Jawab jung ke tavassut se den ge.

**Jawab** : Sooraj makhi ke beej hasb zaroorat le kar medah ki terhan bareek pees kar rakh len. Rozana subah, dopehar aur raat chothai chamcha pissa hua sufoof do chamchay pani mein ghol kar bachay ko pilate rahen. Dil-jami aur tasalsul se yeh ilaaj jari rakhen. Insha Allah bachay ka sir mamool par aa jaye ga.

## Bsm Allah Ki Zakat

**Sawal** : umeed hai aap kheriyat se hunge. Parvar-digaar aalam aap ko sahet inayat farmaiye, aap jis terhan insaanayat ki be los khidmat kar rahay hain is ka ajar Insha Allah bargaah Mohammad s.a.w wa aal e Mohammad s.a.w se zaroor miley ga. Khat tehreer karne ka sabab yeh hai ke mein ne aik kitaab mein aayat bsm allah al-rehman uraheem ke fawaid parhay hain magar is mein tafseel se tehreer nahi kya gaya hai aur baat ko Tishna chore diya gaya hai. Aap se arz hai ke aayat mubarikah ke wazeh fawaid “qaryin Rohani daak” ke istifada ke liye tehreer farma den aur is ke Amel ban'nay ke liye is ki zkoh ka tareeqa tehreer farma den, mein is aayat mubarikah ki zkoh ada karna chahta hon aur aap se ijazat ka taalib hon. Kkhuda hum sab musulman bhaiyon ko sarkar risalat maab hazrat Mohammad s.a.w ke naqsh par chalne ki tofeq ataa farmaiye. “Ellahi ameen”

**Jawab** : bsm allah al-rehman uraheem ke amal se duniya ke bohat se kaam ho jatay hain. Kisi mareez ke oopar dam karne se shiddat marz mein fori tor par kami waqay ho jati hai. Koi muashi kaam poora nah ho raha ho. Bsm Allah ke vird se muaash mein istehkaam peda ho jata hai. Is ke ilawa be thaasha fawaid hain. Zkoh ka tareeqa yeh hai ke raat ke waqt jagah aur waqt ka taayun kar ke rozana teen hazaar aik so pachees martaba parheen. Chalees din mein siwa laakh martaba poora ho jaye ga.

Aur is terhan bsm allah al-rehman uraheem ki زکوبادا ho jaye gi. Agar darmain mein nagha ho jaye to az sir no shuru karna ho ga. Maslan pachees din parhnay ke baad nagha ho jata hai to phir pehlay din se shuru karen. Har jumaraat ko shaam ke waqt siwa gayarah rupay Allah ke naam khairaat karen. Zkoh ada honay ke baad aap kisi ke oopar dam karen to mareez se keh den ke woh do rupay sadqa kar day.

## Be Joor Shadi

**Sawal** : mein sab jagah se mayoos ho gayi hon. Aap is khat ka Jawab jaldi aur tafseel se dijiye ga. Mein bachpan se hi dukh uthaati aa rahi hon. Ab 22 saal ki ho chuki hon. Gayarah saal ki Umar mein maa ne meri shadi kar di thi is waqt shohar ki Umar 23 saal thi. Shohar ka haal yeh hai ke jab mein maa ban'nay wali hoti hon to ghar mein chore kar bhaag jata hai, nah pesey day kar jata hai aur nah koi ration daal kar jata hai. Aik saal chaar mah guzar chuke hain, nah to mujhe service millti hai aur nah behan bhai acha sulooq karte hain. Duniya akailey bhi rehne nahi deti. Mein chahti hon ke shohar agar mujhe rakhna nahi chahtay to haq mohar day day taa ke mein muaash ka koi bandobast kar lon.

**Jawab** : paanch waqt namaz ki pabandi karen aur Fajar ki namaz ke baad 41 baar surah Fatiha parheen. Surah Fatiha mein al-rehman uraheem 100 baar parheen. Yeh amal 90 din taq kar len. Aap khud apna muhasba bhi karen. Aisa to nahi ke shadi ke baad aap ke khayaal mein baar baar yeh baat aa rahi ho ke meri shadi Umar ke hisaab se sahih waqt par nahi hui. Aur is khayaal ne aap ke shohar ki kamzoriyon ko ziyada kar diya ho. Ya yeh bhi ho sakta hai ke aap yeh sochti hon ke bachpan ki shadi theek nahi hoti. Bashaour ho kar shadi ki jaye to ziyada achi zindagi guzarti hai aur aap shohar se haq mohar le kar doosri shadi karna chahti hon, bilashuba kam Umri ki shadi achi nahi hoti lekin jab bachay ho jayen to walidain ko aulaad ke liye eesaar karna chahiye basorat deegar bachay zehni tor par pas mandah reh jatay hain.

## Baal Khoray Ka Ilaaj



**Sawal** : aaj se do mahinay pehlay mere sir mein dayen taraf aik halki halki kharish honay lagi phir wahan ke baal gayab ho gay aur aik दौरa sa ban gaya. Ab isi qisam ka aik दौरa peshani se zara oopar balon mein peda ho gaya hai aur wahan ke baal bhi urr gay hain. Mein is muamlay mein bohat pareshan hon kyunkay is terhan mere saaray baal urr jayen ge.

**Jawab** : anday ka tail le kar jis jagah se baal urr gay hain. Wahan angisht shahadat se is tail ko jazb karen. Baal khoray ka yeh marz khatam ho jaye ga.

## Paragandah Zehni

**Jawab** : zehni uljhano aur waswason se nijaat ke liye aap ka har waqt masroof rehna zurori hai. Khanah daari ke kamon ke ilawa phool poudoun mein dilchaspi lijiye. Ghar ke sehan mein choti si kiyari bana kar is mein phoolon ke pouday اگائے aur un ki dekh bhaal ki taraf poori tavajja dijiye. Raat ko jaldi so jaane ki aadat daal kar subah saweray uth jayye aur makaan ki chhat par chehal qadmi kijiyej. Navlon aur nafsiati jazbaat ko ubhaarne wali kitabon se guraiz karen. Paragandah zehni se jald hi nijaat mil jaye gi.

## Pareshaniyon Ka Hal

**Jawab** : takhleeq ke qanoon ke mutabiq Afaq se aik lehar aati hai jo sir ke zariye daakhil ho kar pooray jism mein taqseem hoti hai aur phir peeron ke rastay zameen mein jazb ya arth ho jati hai. Agar kisi wajah se yeh lehar poori terhan arth nah ho to aadmi ke andar bohat se jismani aur zehni awarz janam letay hain aur mukhtalif pareshaniya la-haq ho jati hain. Is nizaam ko durust karne ke liye aap hazrat o khawateen subah Sooraj niklny se pehlay kachi zameen par akrhon paon baith jayen aur ankhen band kar ke tasawwur karen ke aik lehar aap ke jism se guzar kar zameen mein daakhil ho rahi hai. Yeh amal 3 minute taq karen. 21 roz ke amal se aap ki pareshaniya daur aur masail hal ho jayengay.

## Purani Paichis

**Sawal** : mein pichlle aik saal se pait ki bemari aur yarqaan ka shuka rahon. Sath mein purani paichis bhi hai. Ab haalat yeh hai ke kabhi kabhi pait mein bhaari pan aur jalan hoti hai. Asaab mein tanao, sir mein shadeed dard aur dimagh bhaari ho jata hai. Poooray badan aur haath paon mein soyyan chubhti hui mehsoos hoti hain. Marz ki shiddat hoti hai to fiza dhundli dikhayi deti hai. Har qisam ka ilaaj kara chuka hon aur ab bhi ilaaj jari hai lekin mustaqil faida nahi hua hai. Ajeeb baat yeh hai ke dekhnay mein tandrost nazar aata hon. Lekin un amraaz ne pareshan kar rakha hai koi amal tajweez frmayye jo mein ilaaj ke sath sath jari rakhon.

**Jawab** : raat ko 11 martaba surah ikhlaas parh kar haath ke angothon par dam kijiyej aur aankhon par aik martaba phair lijiye. Seedha anghutha seedhi aankhh par aur ultay haath ka anghutha ulti aankhh par. Yeh amal sotay waqt chalees din taq kijiyej Insha Allah aap ki tehreer kardah shikaytein bohat jald rafa ho jayen gi.

## Polio Ka Ilaaj

**Sawal** : shadi ke teen saal baad aik larka peda hua to usay polio ho gaya. Har terhan ka ilaaj karaya. Aako pnkchr, physiotherapy aur electro therapy lekin faida nahi sun-hwa. Tangen ghutnon se neechay patli aur kamzor hain. Ghatney ki haddi murr gayi hai. Dr ne lohay ke jootay tajweez kiye hain aur kaha hai ke ab tangon mein taaqat aana namumkin dikhayi deta hai. Koi aisa ilaaj tajweez karen ke jis se kam az kam chalne phirnay ke qabil ho jaye. Betay ki bemari se mein zehni tor par maflooj ho gaya hon.

**Jawab** : teen inch choray aur chay inch lambay aaiine ( mun dekhnay ka aaina ) ke chodan tukre banwaen. Aaiine ki choraai ki munasbat se kapray ki aik chorrie si patti len. Is patti mein barabar aaiine ke yeh chodan tukre laga den. Bacha jis palang par sota hai is ki payenti ki taraf

is patti ko is terhan ltkayin ke bacha jis taraf bhi mun kere is ko aaiine mein apni shakal nazar aeye. Dosra kaam yeh karen ke chay inch ouchay murabba lakri ke do gtke banwaen aur yeh dinon gtke sarahnay ki taraf charpayee ke dono payon ke neechay rakh den. Maqsad yeh hai ke sirhana payenti se oucha rahay. Yeh dono ilaaj yaqeen aur dil-jami se is waqt taq jari rakhen jab taq ke Allah taala bachay ko shifaye kalie ataa karen. Hamein yaqeen hai ke Insha Allah aap ka bacha tandrost ho jaye ga.

## Parhnay Mein Dil Nah Lagna

**Sawal** : mein koi bhi kaam yaksoi se nahi kar sakti, nah parhai mein dil lagta hai. Kisi aur cheez mein kaam koi karti hon to dheyaan kahin aur hota hai is liye kaam sahih nahi ho paata. Doosri khaami yeh hai ke kaam shuru to barray zor o shore, jee jaan se karti hon magar aadha bhi nahi kar paati ke chore deti hon. Dilchaspi khatam ho jati hai. Har kaam doray ki shakal mein karti hon, kabhi parhai ka dora parta hai to aik do hafta khoob parhai karti hon phir achanak parhai se dil achat ho jata hai. Isi terhan kabhi ibadat ka dora parta hai to be tahasha namaz, quran aur duayen parhnay lagti hon phir achanak is se bhi dil achat ho jata hai.

**Jawab** : ghar ka mahol sahih nah honay ke sabab bachpan mein zehan mein kuch aisay nuqoosh gehray ho gay jin ki wajah se tabiyat mein tawazun mutasir sun-hwa. Tabiyat mein taqaza ubharta hai ke zindagi mein amla tajarbaat ka izafah ho lekin yeh taqaza Adam tawazun ka shikaar ho kar sard Mehri ke khanaay mein ja parta hai. Bator ilaaj subah bohat saweray uth jayye aur kisi khuli jagah par kharray ho kar daur aasman par tik tiki bandh kar dekhye paanch minute taq aasman ko dekhnay ke baad parindon ko dana khilayiye. Is ki aasaan soorat yeh hai ke kisi khuli jagah ya chhat par baajra bekhair dijiye pehlay din nahi to do teen roz baad chrhyan aur dosray parinday aana shuru ho jayen ge. Un parindon ko rozana dana chugney hue thori der dekhatii rhye. Har apne kamon mein mashgool ho jayye. Do mah taq yeh amal karen.



## Pur Israar Bemari

**Sawal** : taqreeban 21 saal se aik ajeeb vghrib aur takleef da bemari mein muftala hon. Mere sir ki ragon mein zabardast khinchao peda hota hai. Aisa lagta hai jaisay koi khech raha ho. Sath hi sir mein shar shar ki aur kaanon mein bhi isi terhan ki aawazian aati hain. Guzashta do saloon mein be hoshi ke paanch doray par chuke hain. Teen doray bemari ki haalat mein aur do doray sotay mein parre. Doray ki kefiyat yeh hoti hai ke muthiyaan bhinch jati hain. Haath akarr kar ghulail ki terhan ho jatay hain. Mun sakhti se band ho jata hai aur zabaan danoton ke darmain aa kar zakhmi ho jati hai. Mun se aisi aawazian niklny lagti hain jaisay gaaye ko zibah karte waqt nikalti hain. Is waqt meri Umar chalees saal hai aur ikees saal se is bemari ka ilaaj kar raha hon.

**Jawab** : jab aadmi par be hoshi ka dora parta hai. Ibtida kisi terhan ho, khuwa achanak baydaari mein ho ya sonay ki haalat mein is ki wajah yeh hoti hai ke zindagi mein kaam karne wali roshniyan umm al dimagh mein jama ho jati hain aur chunkay un ke niklny ka rasta musadad ho jata hai is liye un roshiniyon ke dabao ki wajah se dimagh mein khalion ke andar ki diivaaren toot jati hain aur rasta kahin kahin se ziyada khil jata hai, khalion mein aik simt ro ka tasarruf barh jata hai yahan taq ke khaliye kisi qisam ki yad dasht se khaali ho jatay hain. Aik taraf to yeh hota hai aur doosri taraf ro ka hajhoom itna ho jata hai ke dimagh kaam karna chore deta hai. Dimagh jab kaam karna chore deta hai aur is ke oopar dabao ziyada hota hai to asaab mutasir ho jatay hain aur un mein tashanuj ki kefiyat waqay ho jati hai. Nateeja mein chehra ke asaab aur jismani dosray pathay khnch jatay hain. Aap ne jo alamaat likhi hain is marz ka naam mirgi hai lekin yeh koi aisa marz nahi hai ke jo na qabil ilaaj ho. 9 inch 12 inch pakkay sheeshay par ( sheesha se morad aaina nahi hai ) surkh rang paint kara len. Aur is sheesha ko aisi jagah rakh den jahan baar baar aap ki nazar padtee rahay. Baar baar nazar parney ke ilawa bhi is sheesha ko gghor se dekhen. Jab taq is baat ka yaqeen ho ke ab dora nahi parre ga. Yeh ilaaj jari rakhen.



## Pait Ki Takleef

**Sawal** : chand mah pehlay mein shadeed bemaar ho gaya. Bemari se nijaat to mil gayi lekin pait ke shadeed dard ne aa pakra. Har terhan ilaaj kya, qisam qisam ki duwaein khayen lekin kisi cheez se faida nah sunhwa. Ab dard mein to kuch kami ho gayi hai lekin chaar chaar roz qabz rehta hai. Dawa istemaal karne se be waqt tamam thori si ajabat ho jati hai. Woh bhi pait mein shadeed dard ke sath is bemari se pehlay mein bilkul theek thaak tha lekin bemari ke baad pait ki takleef ne mera jeena haraam kar rakha hai.

**Jawab** : saaf o shafaaf sheeshay ki safaid rang ki bottle len usay khoob achi terhan taiz garam pani se dho kar dhoop mein sikha len aur is mein aik chothai khaali bottle chore kar aabb muqattar ( distilled water ) bhar kar mazboot kaark laga kar bottle ke oopar zard rang ka celophine paper is terhan chupkayein ke bottle atraaf aur neechay oopar se kaghaz ke andar aa jaye. Is bottle ko subah gayarah bujey se do bujey taq khuli dhoop mein rakha rehne den aur dono waqt khanay se aadha ghanta pehlay yeh pani do do ghoont pi len. Aik martaba ka tayyar kya hua pani do roz taq kaar amad rahay ga. Yeh ilaaj aik mah taq kar len.

## Paseena Aana

**Sawal** : pedaishi tor par mere haath, peeron aur baghlon mein be hadd paseena aata hai yun samajh len ke jism par se pani ke qatray tpkte rehtay hain. Likhnay parhnay ka koi kaam karne mein bohat dushwari paish aati hai. Kaghaz ya gatta haath ke neechay rakh kar likhna parta hai. Garmiyon mein pandrah bees minute mein poora romal tar ho jata hai. Is ke bar aks sardiyoan mein paseena kam aata hai. Mualij kehte hain ke is ka koi ilaaj nahi hai kyunkay aap ki gardan ke paas jo ghudood hain woh bohat hassas hain. Isi liye ziyada paseena aata hai. Mein ne aur bhi hassas logon ko dekha hai. Inhen paseena is terhan nahi aata. Is waqt meri Umar 26 saal hai. Hathon mein paseena nahi aata to is waqt hathelion mein be hadd tapish hoti hai. Aksar log jab mujh se haath milatay hain to kehte

hain kya tumhe bukhaar hai jabkay mein bilkul normal hota hon. Meri is bemari ka Shafi ilaaj bitayen.

**Jawab** : aap jab bhi pani pyin yeh amal parh kar dam kar len

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 یَا بَدِیْعُ الْعَجَّاءِ بِالْخَیْرِ یَا بَدِیْعُ

is ke ilawa 90 din taq namak, mirch, gosht, anda, garam masalha waghera se bilkul parhaiz karen.

## Pedaishi Dimaghi Mazoor

**Sawal** : mera larka zehni tor par mazoor hai. Baat nahi kar sakta, samajh sakta hai lekin zabaan nahi chalti aur jab chalta hai to langra kar chalta hai, tawazun theek nahi rehta. Mein aik fouji pinshnr hon. Aamdani ka zareya bhi acha nahi hai. Mulk se bahar ilaaj nahi kara sakta. Arz hai ke mahswara inayat farmaen.

**Jawab** : kalay tilon ka tail apne samnay nikalwa kar, is tail par gayarah hazaar martaba الرضاعت عما نویل parh kar dam karen. Gayarah hazaar martaba gayarah dinon mein poora kya jaye. Barhoyn roz se raat ko sotay waqt o ray din mein kamar mein reerh ki haddi ke joor par aur gardan ki joor par halkay haath se dairon mein maalish karen. Rozana doodh mein pakka kar umdah qisam ki do khjorin raat ko sotay waqt khilain. Nawway ( 90 ) din taq.

## Pasand Ki Shadi

**Sawal** : mere dil mein aik tufaan barpaa hai. Koi mera nahi hai. Yeh jahan mere liye andher ho gaya hai. Khwaja sahib! Mein 1 shakhs ko pasand karti hon. Woh meri pehli aur aakhri khwahish hai. Khudaaraa mujhe koi aisi dua bitayen jis se is ke aur mere ghar ke logon ke pathar dil mom ho jayen. Aur mein izzat o aabaroo ke sath is ki ho jaoon.

**Jawab** : raat ko sab kamon se farigh honay ke baad so martaba بِسْمِ اللّٰهِ parh kar kisi se baat kiye baghair bistar par chali jayen aur un sahib ka tasawwur karte hue so jayen. Yeh amal nawway roz taq jari rakhen. Nagha ke din shumaar kar ke baad ko pooray kar len. Albata tasawwur nagha ke dinon mein bhi kar sakti hain.

## Pelia

bachay ki paidaiesh ke teen din baad is ko pelia sun-hwa. 6 din ka tha jab hum usay spishlst dr ke paas le kar gay to is ne khoon ki kami batayi, jis ke baad is ne yarqaan ke ilaaj ke sath khoon ki bottle ka chothai hissa do dafaa diya. Aik hafta hospital mein rakh kar aik haftay baad dikhaane ke liye kaha. Lekin jab haftay baad hum dikhaane ke liye gay to bachay ki haalat bohat ziyada kharab ho gayi thi. Douran khoon barh gaya tha. Aur bachay ko jhatkay lagnay lagey they. 20 din ka tha jab doctoron ke zair e ilaaj behosh ho gaya aur taqreeban 17, 16 din behosh raha. Behoshi hi mein baaz auqaat ajeeb o ghareeb aawazian nkalta. Saans ruk jata yani saans ki raftaar bohat sust ho kar gilaay taq mehdood ho jati aur seenay ke andar bilkul nah jati. Kayi kayi ghantay yeh haalat rehti bas aisi hi takaleef mein bachay ko kkhuda ne sahet to di. Lekin ab doctoron ke kehney ke mutabiq dimagh ke is hissay ki jo jism ko control karta hai. Tamam nasain khnch gayi hain. Yarqaan ka assar tamam jism ke sath dimagh par bohat gehra hua hai. Ab bacha oopar ki taraf ziyada daikhta hai. Tamam jism ko akra laita hai kabhi kabhar jism ko dheela chore deta hai. Aawaz ko mamooli samjhta hai. Thori si aawaz se dar jata hai.

Aawaz ke baghair bhi aksar o beshtar darta rehta hai. Sir chhota hai yani shaded beemari ke baad doctori report ke mutabiq sir 4 inch ka tha. Ab dhai saal ki Umar mein bhi itna hi hai. Haath paiir mamooli hilata hai. Rotay waqt bohat lamba saans khech kar bilkul neela ho jata hai. Walker mein bitha den to baith jata hai. Doctoron ke ilaaj ke sath sath Rohani ilaaj bhi hota raha. Allah ke kalaam se ulti aur bukhaar kuch kam hua hai warna ulti aur bukhaar shuru tha. Molvi Sahiban kehte hain ke usay bahar ka assar hai.

**Jawab** : sonay ke patrey par baara martaba teen linon mein 9 ka hindsa sunaar se kunda karayen. Sonay ka yeh naqsh shuda patra baloor ke pyalaa mein pani mein esha ki azaan ke waqt daal den. Raat bhar yeh patra aik piyali pani mein bhega rehne den. Subah pani mein se patra nikaal len aur pani bachay ko subah aur raat ko pila den. Yeh amal teen mah taq barqarar rakhen.

## Purani Paichis

**Sawal** : hum barri hi sakht aur taweel pareshani ke baad aap se rujoo kar rahay hain. Hamara bacha jis ki Umar 9 saal hai is ki sahet bohat kharab aur giri hui rehti hai. Pait ki kharabi dast aur putlaay pakhanay kisi bhi ilaaj se theek nahi hotay.

**Jawab** : rang aur roshni se ilaaj ke tareeqa par zard shu-aon ka pani tayyar karen. Do Adad paleton par khanay ke zard rang aur arq ghulaab se

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

اِنَّ اللّٰهَ كَانَ بِكُلِّ شَیْءٍ عَلِیْمًا

likh kar dono waqt khanay se pehlay zard shu-aon ke pani se dho kar pilain. Khoraak aik aik oons pani hai. Waqt be waqt kuch nah kuch khanay ki aadat intahi nuqsan da hai. Namak baraye naam istemaal karayen. Is ilaaj se cover nuk <sup>ڈسٹری</sup> Insha Allah khatam ho jaye gi.

## Pirsahb

**Sawal** : hum bohat ziyada pareshan hain aur pareshani ka sabab aik paiir sahib hain. Qissa kuch yun hai ke aaj se teen roz qabal aik paiir sahib hamaray ghar mein warid hue. Unhon ne atay hi apna taaruf kuch yun karaya ke Multan mein muqem tumahray bhai sahib ka mein paiir hon aur unhon ne mujh se darkhwast ki hai ke mein Karachi mein aap logon se milon taa ke aap ki pareshaniyon ka tadaruk kar sakun. Hum ne inhen under bula liya. Ghar par is waqt waalid sahib aur deegar tamam ahal khanah mojud they. Subah ka waqt tha. Un buzurag ke sath do larke bhi Multan se aeye they. Larkoon mein se aik ne kaha ke hamaray paiir sahib ka tareeqa kashaf kuch mukhtalif hai. Yeh kehte hue unhon ne samaan ki achi khasi fehrisht muratab ki aur kaha ke bazaar se samaan khareed kar laya jaye. Is samaan mein saat gaz latha. Aik stil ki nai barri balti. Aik naya palang, chairag ke liye aath Adad matti ke koze aur keelen theen. Achi khasi raqam kharch kar ke yeh cheeze faraham kar di gayeen. Kamray mein naye palang par bistar lagaya. Paiir sahib is par baith gay aur kuch parhna shuru kya. Parhte hi woh bistar par gir gay hum pareshan ho gay ke khuda na khwasta un ki rooh nah parwaaz kar gayi ho lekin un ke chile ne kaha, sab kheriyat hai darasal ab un ke andar aik buzurag halool kar gay hain. Aap jis qisam ka Sawal un se poochna chahtay hain poucheen, yeh Jawab deingay. Yeh sun kar waalid sahib ne un se daryaft farmaya ke meri pareshani ka sabab kya hai, sukoon qalb kyun haasil nahi hota. Aap is ka tadaruk bhi frmayye. Jawab un buzurag ne irshad farmaya ke tum se bachpan mein koi ghalti sarzad hui hai. Jis ki saza Allah ki janib se tumhe ab taq mil rahi hai. Tadaruk ke baray mein farmaya ke aap aik Adad kala bakra ghar mein laa kar sadqa karen aur is ka khoon ghar ke charon kono mein daal den. Phir walida ne daryaft kya ke mera beta guzashta chaar saal se Saudi arab mein hai woh Karachi ab taq milnay nahi aaya kya wajah hai? Un buzurag ke andar mojud doosri rooh ne kehna shuru kya ke tumhara beta Karachi nahi aeye ga woh chahta hai ke wahan paisa kamaye aur khoob paisa kama kar aap ko beje lekin woh is koshish mein poori terhan kamyab nahi ho saka. Algaraz bohat se Sawal aat hue bohat se Jawab aat masool hue lekin woh Jawab qatee nah they balkay aisay they ke koi bhi aisay Jawab aat day sakta tha

phir hamari baji ki shamat aayi. Inhen qareeb bulaa liya aur sir ke baal nochnay shuru kiye. Hum herat se yeh sab kuch dekh rahay they. Unhon ne chand baal baji ke sir se akharhe aur aik kaghaz mein lapait diye aur baji se kaha ke bahar gali mein ja kar apne paon ki matti le aao. Chunancha baji ne un ke hukum ki tameel ki aur matti laa kar un ke samnay haazir kar di. Unhon ne is matti ko balon wali prhyan mein dala aur kuch parha aur baji ke hawalay kar diya aur kaha jab bhi koi museebat darpaish ho. Hwamin uuchaal dena, masla hal ho jaye ga. Multan se aeye hue modern buzurag ki dopehar ke khanay par khoob khatir madarat ki gayi. Khanay se farigh ho kar unhon ne taveez likhna shuru kiye jab woh likh rahay they to ammi ne un se poocha aap ka Hadia kya hai. Is par woh muskuraye aur farmaya ke tumhara bhai mera mureed hai is liye tumahray liye koi Hadia nahi. Ammi mutmaen ho gayeen. Ab stil ki nai balti mein unhon ne pani mngwaya aur aik taveez likh kar pani mein ghol diya kuch parha phonka, dewaron par pani ke cheentay maaray aur baqiya pani ko abba ke oopar undail diya. Hamein hansa bohat aayi lekin dar ki wajah se khamosh rahay. Aik taveez unhon ne apne paas mojud hiran ki khaal par tehreer kya aur woh bhi hamein day diya. taveezon se farigh ho kar matti ke koze ki janib mutwajjah hue. Chaar koozon par mukhtalif amliyaat tehreer kiye, aapas mein aattay se inhen joor diya aur bhai jaan se kaha ke sehan mein chaar garhay khoud ke plastic ki theli mein rakh kar dafan kar dein. Hukum ki tameel hui. Ab kilon ki baari aayi, kilon par dam karne ke baad inhen bhi sehan mein thonk diya gaya. Un amliyaat se farigh ho kar paiir sahib hamaray bhai jaan ki janib mutwajjah hue inhen sehan mein le gay aur sehan mein koylay se aik bara sa दौरا banaya aur bhai jaan ko is dairay mein bitha kar dairay mein chaar chairag roshan kar diye gay. Ab unhon ne is dairay ke atraaf mein dorna shuru kya. Hum sab tamash bain banay yeh sab dekhte rahay. Haan aik baat yeh ke unhon ne chairag jalanay ke liye bhai jaan ko laaye hue lthe mein lapait kar dairay mein bitha diya tha. Woh dorrtay rahay aur dorrtay dorrtay danday ki madad se chairag ko bhujaty rahay. 15 minute ke baad yeh khail khatam ho gaya. Pirsahb hanptay hue dobarah palang par aa baithy. Aur kaha is larke par assar hai aur rozgaar mein rukawat hai. Mein ne rozgaar ki rukawat khatam kar di hai. Phir woh dobarah bistar par giray un ke cheelon ne kaha ab un par aik aur buzurag ki haazri hui hai. Aur yeh buzurag badruh ka amal jantay hain. Un pirsahb ne kehna shuru kya ke tumahray ghar mein badruh ka saya

hai. Aur isi terhan unhon ne roohon ki daastaa'n suna daali. Raat kaafi ho chuki thi. Un tamam amliyaat ke douran ( yani subah no bujey se raat taqreeban saarhay baara bujey taq ) unhon ne dopehar ka khana, shaam ki chaye, raat ka khana aur phal waghera nosh jaan kiye. Raat kaafi honay ki wajah se unhon ne kaha ke hum raat yahin qiyam karen ge. Hum bohat pareshan hue kyunkay hamara ghar do kamron par mushtamil chhota sa ghar hai. Algaraz waalid sahib ne Heel o Hujjat se kaam liya. Woh jaane par raazi ho gay lekin unhon ne farmaya ke Multan mein meri fees das hazaar rupay hai. Yeh sun kar waalid sahib par taqreeban satke ki si kefiyat taari ho gayi. Hamari barri darkhwaston par woh das hazaar se do hazaar rupay par israar karne lagey. Ammi ne dabey lafzon mein do so rupay dainay ki peshkash ki. Inhen jalal aa gaya aur unhon ne kaha do hazaar rupay se aik paisa kam nah ho ga aur agar raqam mujhe nah mili to mein istadraj amal ke zariye aap ke ghar ko tabah kar dun ga. Algaraz bohat angaron mein lipti hui dhmkyan den. Dhmkyan dete hue woh utthay aur ghar ke darwazay se bahar nikal gay. Un ke jaane ke baad hum ne sukh ka saans liya aur das minute baad woh dobarah darwazay se andar daakhil hue aur ammi se kaha. Acha aap do so rupay hi den aur do so rupay le kar raphoe chakkar ho gay. Barah karam aap bataiye ke yeh sab drama kis ilm ki kari hai. Un taveezon, kilon aur charaghoon ka kya karen. Hamein dar mehsoos ho raha hai. Aaya woh hum se intiqam to nahi len ge.

**Jawab** : Allah ka shukar ada kijiyej ke baat do so rupay par khatam ho gayi. Jis terhan no sir baz logon ko be waqoof bana kar rupay ainth letay hain isi terhan yeh pirsahb bhi apne amal ke zariye haath ki safai dikha gay hain. Jo taveez unhon ne diye hain woh sab be assar hain. Un ko jama kar ke bahtay hue pani mein daal den aur bilkul pareshan nah hon. Insha Allah aap ko koi takleef nahi ho gi. Aaj kal Amel hazraat ne aik waba ki soorat ikhtiyar kar li hai jagah jagah dewaron par ishtihar aur nihayat khobsorat dafatir is ka mun boltaa saboot hain. Be chaaray seedhay saaday log un ke fraib mein aa kar khoon paseenay ki kamaai barbaad kar dete hain. Doulat parasti Allah ke oopar aqeedah ki taaqat ko kamzor kar deti hai aur jab aadmi ke andar aqeedah ki taaqat kamzor ho jati hai to aadmi saharay talaash karna shuru kar deta hai. Chalaak log naye naye roop mein Allah ki makhloq ko be waqoof bana kar aish karte hain. Yeh baat yaad rkhiye ke agar kisi aadmi mein duniya ka lalach hai to woh



hargiz Rohani aadmi nahi ho sakta. Paiir woh nahi hota jo mureed bana dete hain mohtaram mein aap se aik ahem maslay par Sawal karna chahti hon jo hamaray liye pareshani ka baais hai. Umeed hai ke aap Rohani aur islami nuqta nazar se Jawab day kar mamnon farmaen ge. Masla yeh hai ke mein aur mere shohar Karachi mein rehtay hain jabkay mere sasural walay Punjab mein rahaish Pazeer hain. Mere sasural walay nakhawanda hain yani woh taleem Yafta nahi hain aur jo taleem Yafta hain woh bhi purani rasam o rivaaj ke qaail hain. Jin ki aik rasam hai ke jab bacha peda hota hai to is ke baal do teen chaar mah baad ya phir saal baad ktwate hain aur un ka tareeqa yeh hai ke apne Rohani peshwa jo shaheed hain un ke mazaar par ja kar bachay ke baal kaatetay hain. Poori baradri ke log jatay hain, khushi manate hain aur digin waghera pkti hain aur wahein sab ko khana khilaya jata hai, wahein mazaar par baal katay jatay hain. Agar wahan ja kar baal nah katay jayen to bakol mere sasural walon ke ya to bacha mar jata hai ya bachay par koi aafat aa jati hai aur jab taq baal nah katay jayen bachay ki maa kisi bhi qisam ka gosht nahi kha sakti. Aap ko yeh bhi batati chaloon ke mere sasural walay batatay hain ke shaheed buzurag ke sath aik kutta bhi tha jo un ke shaheed honay ke baad un ki laash ke paas betha raha aur laash ki nigrani karta raha. Jab shaheed ke waris aeye to kutta mar gaya. Aqeedat mandoon ne kuttay ki qabar bhi bana di aur un buzurag ko aik do nahi lakhon ki tadaad mein log apna peshwa mantay hain aur un ke mazaar par haazri dete hain. Aur apne tamam bachon ke baal mazaar par hi ktwate hain jabkay mein aur mere shohar un khurafaat ko nahi mantay. Hamaray pyare nabi s.aw ne bhi apne nwason ke baal satwen din ghar mein ktwa diye they magar khandan walay kehte hain ke aisa nah kya to bacha mar jaye ga waghera waghera. Jabkay mout kkhuda ke haath hai lekin hum un baton se bohat pareshan hain. Khudaaraa hamari rahnumai farmaen. Aap se istada hai ke is Sawal ka mujhe tasalii bakhsh Jawab den.

**Jawab** : yeh baat ke mazaar par haazri dainay ke baad hi bacha ka aqeeqa hota hai ya ghar mein baal kaatnay se bacha faut ho jata hai sahih nahi hai. Farsi ki aik kahawat hai.

Peer nahi urta Albata mureed is ki shaan mein qaseede parh kar usay ura dete hain.



Aqeedah ke silsila mein aik baat ziyada tavajja talab hai ke jab kisi baat par yaqeen ho jata hai to woh baat ho bhi jati hai maslan agar maa baap aur dosray qareebi rishta daar yeh baat zehni tor par tasleem kar len ke falan kaam nah karne se nuqsan ho ga to nuqsan ho jaye ga aur agar Allah ke oopar yaqeen hai to nuqsan nahi ho ga. Islam ne is hi baatil aqeedah ko khatam karne ki dawat di hai. Khanah kaaba mein teen so saath buut rakhay hue they. Jab wahdaniyat ki taleem di gayi to log is wajah se bhi ghabra gay ke un ke zehnon mein yeh waswasa yaqeen ka darja haasil kar chuka tha ke agar buut naraaz ho gay to tabahi phail jaye gi aur jab yeh waswasa ya shaytani aqeedah baatil ho gaya to teen so saath buut khatam ho gay, koi tabahi nahi phaily balkay wahid zaat Allah ka fazl aam ho gaya.

## Problem

**Sawal** : hum dono miyan biwi aapas mein rishta daar hain. Hamara pehla bacha hai, normal nahi hai woh apni Umar se bohat peechay hai. Nah hi baatein karta hai nah hi chalta hai sirf saharay se chal laita hai. Thori bohat baat bhi samajh laita hai. Dr ka kehna hai ke yeh normal kabhi nahi ho ga. Aap aapas mein cosuon hain ho sakta hai ke dosray bachay mein bhi aisi koi prablm ho. Bacha ko har waqt goad mein uthany se mere pooray pooray wujood mein dard rehne laga hai.

**Jawab** : yeh zurori nahi hai ke aapas ki rishta daari mein bacha ab normal peda ho. Aap Allah ke oopar bharosa rakhen Insha Allah aindah bachay normal hunge. Waisay ahtiyatan dono miyan biwi apna khoon test kara len aur mujhe report bhaj den. Esha ki namaz ke baad 300 baar ya awwal ya aakhir ya zahir ya batin parh kar pani par dam kar ke dono miyan biwi pyin. Har jumaraat ko siwa paanch rupay khairaat kar den.

## Purkashish Chehra

**Sawal** : mein chahti hon ke mera shumaar mukammal, khobsorat aur par kashish shaksiaat mein honay lagey. Meri shakal jawani mein bhi

bachpan jaisi hai. Haath, paiir, klayyan sookhi, sookhi aur chehra hadd se ziyada patla hai. Ghiza jism ko nahi lagti. Baraye meharbani aap mujhe koi aisa amal bata den jis ke karne se meri yeh khamiyan khatam ho jayen. Muraqba aur rang aur roshni se ilaaj mat tajweez kijiyej ga, meharbani hogi.

**Jawab** : hooshiyar aur tajurbah car lady dr se likyorya ka ilaaj karayen. Kamzoree ki bunyadi wajah khatam ho jaane se jismani sahet khud bakhud bahaal ho jaye gi. Garam ashya aur surkh mirch khana aap ke liye muzir hai, jab bhi pani pyin بسم الله الرحمن الرحيم يا حفيظ يا شافي يا كافي parh kar dam kar liya karen. Karhna aur baat baat par gussa karna chore den.

## Paiir So Jatay Hain

**Sawal** : mere pait mein har waqt be cheeni rehti hai, gur gur ki aawazian aati rehti hain, baithta hon to pait andar ko jata hai, ziyada der baith nahi sakta agar ziyada der bethnay ki koshish karta hon to paon mein dard honay lagta hai aur paon so jatay hain aur kabhi kabhi achanak seenay mein kamar mein ya phir pasliyon mein dard honay lagta hai. Pait mein kabhi hua bhar jati hai aur pait sakht ho jata hai aur phir kuch der baad naram ho jata hai. Neend nahi aati, saari raat jaag kar aankhon mein guzarta hon. Dar bohat lagta hai sab ghro iley honay ke bawajood bhi dar lagta hai. Agar raat ko kisi cheez ke girnay ki aawaz aeye to dil aik dam dhadakne lagta hai. Gilaay mein khushki rehti hai. Kisi se baat karne ko dil nahi chahta, ziyada tar khamosh aur udaas rehta hon.

**Jawab** : yeh sab habs reah ki alamaat hain. Zard shu-aon ka pani 2, 2 oons dono waqt khanay se pehlay pyin. Jab koi mashroob, pani, chaye, sharbat, doodh, kook waghera pyin bsm Allah ke sath 9 baar Riyaheen ماء parh kar dam kar ke pyin. Khaano mein chiknai bara gosht anday aur ziyada masalha daar ghzaon se parhaiz karen. Muqami tor par kisi yonani dawakhana se gas ka baqaida yonani ilaaj karayen.

## Pich-Hattar Hazaar Rupay

**Sawal** : meri walida pichlle aath so saal se bemaar hain aur bemari bohat barri hai. Doctoron ne maayne ke baad bataya ke meri walida ke dil ka aik walo ( value ) kharab ya tang hai. Chay saal pehlay hi dr ne operation ka mahswara diya tha. Lekin ammi operation nahi kara saken. Maali istetat ki wajah se shuru shuru mein to ammi ko yeh takleef teen chaar mahino mein aik baar hoti thi lekin jaisay saal guzarte gay, bemari bhi barhti gayi. Ab to haal yeh hai ke do kamron ke ghar mein woh aasani aur himmat ke sath chal nahi sakteen. Agar tabiyat theek rahi to ziyada se ziyada sabzi bananay taq to baith jati hain lekin ziyada der baith bhi nahi sakteen. Baaz auqaat to tabiyat is qader kharab ho jati hai ke ghar mein rona peetna shuru ho jata hai. Mere waalid government service karte they ab retired ho chuke hain lekin is ke bawajood hum ammi ko mehngay dr jin taq hum poanch satke they wahan le gay. Sab ne aakhri ilaaj operation bataya hai. Is ke ilawa ammi ko blood pressure, gas aur androoni shikayat hai. Dr ne is ka bhi operation tajweez kya hai lekin jab taq dil ki takleef bilkul theek nahi ho jati woh operation karne ka rissk nahi le satke. Dil ke operation mein walo tabdeel karne ke liye 75 hazaar rupay ki zaroorat hai baqi operation ka kharch allag hai. Is ke bawajood agar hum makaan waghera farokht kar ke operation karwa bhi len to dr zamanat nahi dete. Meri walida sochti bohat ziyada hain. Har dr ne inhen sochnay se mana kya hai lekin gharelo pareshaaniya aur maali pareshaaniya har waqt walida ke dimagh par haawi rehti hain. Hum behnoon ke baray mein sochti hain to aur ziyada bemaar ho jati hain. Un tamam halaat ki roshni mein hamari ammi ka Rohani ilaaj tajweez kar den.

**Jawab** : ensaan ke andar agar yaqeen ho to har pareshani khatam ho jati hai aur laa ilaaj marz se bhi Shifa mil jati hai. Mein aisay logon ko jaanta hon jin ko dil ki takleef hui. Aur woh apni qowat iraadi aur yaqeen se theek ho gay. Unhon ne parhaiz kya. Dr ki hadaayat ke mutabiq werzish ki aur ziyada se ziyada shehad khaya. Hamaray liye yeh bara almiya hai ke medical science ne taraqqi to bohat ki hai magar is ka faida ghareebon

ko nahi pouncha. Jin logon ke paas wasail hain woh is ilaaj se faida uthatay hain aur jin logon ke paas wasail ya doulat nahi hai medical science ki pewand kaari un ko koi faida nahi pohanchati. Taraqqi ka matlab to yeh hona chahiye ke is taraqqi se poori noo insani ko faida puhanche. Rohani ilaaj yeh hai ke teen waqt aadha glass pani par teen teen baar بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ یا حی قبل کل شیء یا حی بعد کل شیء parh kar dam kar ke walida ko pilain. Ghzaon mein parhaiz ke sath rozana inhen chillate phiratey rahen. Aahista aahista chalne ki aadat par jaye gi. Aayat kreema ke khatam ke baad Insha Allah dua kara di jaye gi.

## Taraqqi Nahi Hoti

**Sawal** : chand saal pehlay mein ayob ka majmoa tha lekin shukar hai ke ab mein un ko daur karne mein kamyab ho gaya hon. Bhmdllh mere andar ab koi khaami nahi rahi lekin is ke bawajood mushkil yeh darpaish hai ke mere halaat kharab tar hotay ja rahay hain aur taraqqi ke bajaye tanzuli ki taraf mael hain, aisa kyun hai ?

**Jawab** : Allah taala ne aap ko is baat ki tofeq di ke aap apne ayob ko daur karne mein kamyab ho gay. Yeh Allah taala ki karam nawazi hai lekin aap ka yeh sochna ke aap ayob se bilkul pak ho gay hain aur aap se ghalti ka Sadoor mumkin nahi hai, qudrat ke liye napasandedah hai. Qudrat aisi tarz fikar ko بنظر Istahsan nahi dekhatii. Aap apni tarz fikar ko badal len aur har namaz ke baad aik tasbeeh astaghfar ki parha kijiyej. Halaat theek ho jayen ge.

## Taqdeer

**Sawal** : meri Umar is waqt 33 saal hai. Awail Umar se namaz ka paband raha hon, saarhay teen saal se batadreej namaz se shughaf kam hotay hotay ab nah rehne ke liye barabar hai. Logon ke darmain hota hon to namaz parh laita hon. Niyat yeh hoti hai ke meri wajah se log namaz ki taraf se la parwah nah ho jayen. Is liye bhi namaz parhta hon ke meri

munafiqana namaz se shayad koi Allah ka bandah sachha namazi ban jaye aur is namazi ki namaz hi meri mughfirat ka zareya ban jaye. Zabaan se namaz aur islam ki Azmat ka har waqt parchaar karta raha hon, andar ki haalat yeh hai ke rooh zakhmi ho chuki hai, musalsal iztiraab mein aur be cheeni ka shikaar hon. Islaah haal ki koi tadbeer bataiye. Yeh bhi wazeh kar dun ke mein taqdeer ka shiddat se qaail hon. Samjhta hon ke mein jo kuch kar raha hon taqdeer mein isi terhan likha hua hai.

**Jawab** : ensaan sirf waardaat hai. Yeh waardaat aankhon, kaanon aur feham ke zariye banti hai. Jab yeh waardaat ban chukti hai to kharch ho jati hai. Yeh banti rehti hai aur kharch hoti rehti hai. Is waardaat mein aisay waqfon ko bohat bara dakhil haasil hai. Jab ensaan fitrat se qareeb hota hai. Agar ensaan fitrat se munqita ho jaye aur qareeb hi nah ho to dimaghi aur aasabi kamzoree la-haq honay lagti hai. Fitrat se qareeb honay ka matlab khaali ulzehan hota hai. Khaali ul zehan honay ke liye chobees ghantay mein koi nah koi waqfa zurori talaash karna chahiye is ka behtareen tareeqa andheray ya jhatpatey mein tehalna hai. Raat ko zara jald so jayye aur saweray uthney.

## Teesri Aankhh

**Sawal** : muraqba mein dekha ke mere dimagh mein roshniyan bhari hui hain. Aik din dimagh ko halka sa jhatka laga aur roshni ki ro nikal kar samnay fiza mein gayab ho gayi. Dekha ke mere maathey par roshiniyon se bani hui aik aankhh hai. Kisi ne kaha ke yeh teesri aankhh hai. Sonay ke liye leyta to dekha ke meri nighain deewar ke peechay dekh rahi hain. Mujhe drawing room mein rakhi hui maiz dikhayi di lekin aglay hi lamhay manzar nigahon se oojhal ho gaya. Aap se darkhwast yeh hai ke un kaifiyat ki roshni mein rahnumai se nawaziye aur yeh bhi bataiye ke yeh kefiyat khayaali thi ya waqai is ka koi wujood hai.

**Jawab** : Allah taala ne quran pak mein farmaya hai ke hum ne aasman ko bruj se zeenat bakhsh aur chhupa liya usay har shetan mardood se, rohaniyat mein bruj ka matlab woh abadiyaan hain jo sayyaron aur dosray kheekashani nizamon mein phaily hui hain. Rohaniyat hamein rahnumai

faraham karti hai ke hum kis terhan Allah taala ki peda kardah un makhloqaat se muta-arif hon. Un ki tarz rahaish aur maeeshat ko dekhien aur is terhan khaaliq kaayenaat ki snaay o hikmat ko samajhney ki koshish karen. Jab koi shakhs la shaori waardaat o kaifiyat mein daakhil hota hai to jahan is par be shumaar baton ka inkishaaf hota hai un mein se aik aasmani aabadyon ka mushahida bhi hai. Jaisay jaisay aadmi apni salahiyaton se waaqif hota rehta hai ya is ki salahiyaton mein izafah hota rehta hai woh aur ziyada wazahat aur geherai se un baton ko samajhney lagta hai.

## Tasawwur Sheikh

**Sawal** : tasawuf mein tasawwur Sheikh ko barri ahmiyat hai kya aap is silsila mein kuch batana pasand karen ge ke Rohani seekhnay ke liye tasawwur Sheikh kyun zurori hai kya rohaniyat tasawwur Sheikh ke muraqba ke baghair haasil nahi ho sakti.

**Jawab** : ensaan ka zehan aur tarz fikar mahol se bantaa hai jis qisam ka mahol hota hai is hi tarz ke nuqoosh dar o bast ya kam o besh zehan mein naqsh ho jatay hain. Jis hadd taq yeh nuqoosh gehray ya halkay hotay hain isi munasbat se insani zindagi mein tarz fikar yaqeen ban jati hai. Agar koi bacha aisay mahol mein parwarish paata hai. Jahan walidain aur is ke ird gird mahol ke log zehni paicheedgi, bddyanti aur tamam aisay aamaal ke aadi hon jo dosaron ke liye na qabil qubool aur napasandedah hain. To bacha laazmi tor par wohi tarz qubool kar laita hai isi terhan agar kisi bacha ka mahol pakeeza hai to woh pakeeza nafs ho ga. Aam mushahida yeh hai ke bacha wohi zabaan seekhta hai jo maa baap boltay hain. Wohi aadaat o atwaar ikhtiyar karta hai jo is ke walidain se virsa mein usay muntaqil hotay hain. Bacha ka zehan aadha walidain ka virsa hota hai aur aadha mahol ke zair assar bantaa hai. Yeh misaal sirf bachon ke liye makhsoos nahi. Afraad aur qomon par bhi yahi qanoon nafiz hai. Ibtidaye afrnish se ta edam jo kuch ho chuka hai. Ho raha hai ya aindah ho ga woh sab ka sab noo insani ka virsa hai aur yahi virsa qomon aur afraad mein muntaqil ho raha hai aur hota rahay ga.

**Qanoon** : bacha jab peda hota hai to shaori aitbaar se bilkul gora hota hai lekin is ke andar shaor ki daagh bail par chuki hoti hai. Shaor ki yeh daagh bail maa baap ke shaor se banti hai yani maa ka shaor ( + ) baap ka shaor ( = ) bachay ka shaor, yahi shaor batadreej zindagi ke taqazoon aur halaat ke radd o badal ke sath zarb hota rehta hai.

1. Bacha ka shaor ( + ) mahol ka virsa ( = ) fard ka shaor
2. Tareekhi halaat o waqeat ka shaor ( + ) islaaf ka shaor ( = ) qoum ka shaor
3. Tareekhi halaat o waqeat ka shaor ( + ) aadam ka shaor ( = ) islaaf ka shaor

batana yeh maqsood hai ke hamaray shaor mein aadam ka shaor shaamil hai aur yeh jama Dur jama ho kar irtiqa shakal o soorat ikhtiyar kar raha hai. Do cheeze jab aik dosray mein baahum dagar mil kar jazb ho jati hain to nateejay mein teesri cheez wujood mein aa jati hai. Jaisay pani mein shukar milaane se sharbat ban jata hai. Pani mein itni hararat shaamil kar di jaye jo aag ke qareeb tareen ho to pani ki wohi sifaat ho jayen gi jo aag ki hoti hain aur agar pani mein itni sardi shaamil kar di jaye jo barf ki hai to pani ki wohi khususiyaat ho jayen gi jo barf ki hoti hain. Isi terhan jab maa aur baap ka shaor aik dosray mein jazb hota hai to nateeja mein teesra shaor wujood mein aata hai jis ko hum bacha kehte hain. Abhi hum ne insani irtiqa ka tazkara kya hai. Yeh irtiqa shaori hawaas par qaim hai is irtiqa mein har aan aur har lamha tabdeeli ho rahi hai baalfaz deegar yun kaha ja sakta hai ke aan aur lamhaat ki tabdeeli ka naam irtiqa hai. Fitrat mein koi tabdeeli waqay nahi hoti. Albata jibillat tabdeel hoti rehti hai. Bacha jab peda hota hai to is ke andar fitrat aur jibillat dono cheeze hoti hain. Bacha ke oopar jibillat ke muqablay mein fitrat ka ghalba hota hai jaisay jaisay walidain ke shaor ka haasil shaor, mahol ke shaor se zarb hota hai. Asal shaor mein izafah hota rehta hai aur jaisay jaisay zamana guzarta hai bacha ke oopar jibillat ghalib aa jati hai aur jab aisa hota hai to jibillat ka ghalba fitrat ke liye parda ban jata hai aur jon jon yeh parda dabeez hota hai aadmi fitrat se daur hota chala jata hai. Quran pak mein jin anbiaye aleh salat valslam ka tazkara Allah taala ne farmaya hai is par mamooli samajh boojh ka aadmi bhi ghor kere to yeh baat samnay aa jati hai ke un paighambran karaam ka silsila aik hi khandan se wabsta hai ( tazkara un payghambaroon ka ho raha hai jin ka tazkara quran pak mein kari Dur kari kya gaya hai ) quran pak ke irshad ke mutabiq arab ki sarzamen par jitne paighambar maboos hue



woh sab hazrat ibrahim ki aulaad hain. Allah taala ne aik qanoon bana diya hai. Is liye qudrat is qanoon par amal daraamad karne ki paband hai.

Allah taala ke irshad ke mutabiq zameen ke har hissay mein paighambar maboos hue hain. Rivayet yeh bayan ki jati hai ke aik laakh chobees hazaar paighambar maboos hue. Lekin sarzamen arab par jo paighambar maboos hue aur jin ka tazkara quran mein kya gaya hai woh sab hazrat ibrahim ki aulaad hain. Is baat ko is terhan bhi bayan kya ja sakta hai ke hazrat ibrahim ki tarz fikar un ki aulaad ko hoti rahi. Hum yeh baat wazeh kar chuke hain ke insani irtiqa musalsal aur mutawatar shaoor ki muntaqili ka naam hai aik zay manh tha ke log gharon mein rehtay they. Phir log pathar ke zamane mein aa gay aur zaroriat zindagi ka samaan doosri dhaton mein muntaqil hota chala gaya.

Ali haza al-qayas noo insani isi virsa par chal rahi hai jo is ko aadam se muntaqil hua hai. Aadam ne nafarmani ki, aulaad ko nafarmani ka virsa bhi muntaqil ho gaya. Aadam ne ijaz o inkisar ke sath Afoo o dar guzar ki darkhwast ki. Yeh tarz fikar bhi aadam ki aulaad mein muntaqil ho gayi. Un tamam baton ka haasil yeh hai ke aadam ki aulaad ko wohi virsa milta hai jis mahol mein woh parwarish paata hai. Tarz fikar do hain. Aik tarz fikar bande ko apne khaaliq se daur karti aur doosri tarz fikar bande ko khaaliq se qareeb karti hai. Hum jab kisi aisay inaam Yafta shakhs se qurbat haasil karte hain jis ko woh tarz fikar haasil hai. Jo khaaliq se qareeb karti hai to qanoon qudrat ke mutabiq hamaray andar wohi tarz fikar kaam karne lagti hai aur hum jis hadd taq is inaam Yafta shakhs se qareeb ho jatay hain itna hi hum is ki tarz fikar se aashna ho jatay hain. Aur intahaa yeh hai ke dono ki tarz fikar aik ban jati hai.

Looh mehfooz ke qanoon ke mutabiq dekhney ki tarzein do hain. Aik dekhna barah e raast hota hai aur aik dekhna bil wasita, barah e raast dekhney se Mansha yeh hai ke jo cheez barah e raast dekhi ja rahi hai woh kisi medium ke baghair dekhi ja rahi hai. Bil wasita dekhney ka matlab yeh hai ke jo cheez hamaray samnay hai woh hum kisi parday mein, kisi zareya se ya kisi wastay se dekh rahay hain.

Ab hum nazar ke is qanoon ko doosri terhan bayan karte hain. Kaayenaat mein jo kuch hai jo kuch tha jo kuch ho raha hai. Ya aindah honay wala hai woh sab ka sab looh mehfooz par naqsh hai. Is ka matlab yeh hua ke ensaan bazat khud aur insani tamam hawaas bhi looh mehfooz par naqsh



hain. Looh mehfooz par naqsh hona yeh hai ke ensaan aur insani takazay jis terhan looh mehfooz par naqsh hain is mein un taqazoon ki kuhna mojud hai. Kuhna yani aisi bunyaad jis mein choo chura nifi asbat aur ainch paich nahi hai bas jo kuch hai woh hai. Looh mehfooz par agar bhook pyaas ke hawaas mojud hain to sirf bhook o pyaas ke hawaas mojud hain. Jab yeh hawaas looh mehfooz se nuzool kar ke looh doyam mein atay hain to un mein manviat peda ho jati hai. Yani pyaas pani se bujhti hai aur bhook ka madawa ghiza se hota hai waghera waghera. Barah e raast nazar ke qanoon mein sirf bhook pyaas ka taqaza aata hai. Yeh nahi hota ke bhook pyaas ke takazay pooray kiye jayen. Bhook aur pyaas ko kis terhan rafa kya jaye, yeh bil wasita nazar ke qanoon mein aata hai yani aik ittila hai aur jab taq woh mehez aik ittila hai, yeh barah e raast tarz fikar hai aur jab is ittila mein ma-ani shaamil kar liye jatay hain to yeh bil wasita tarz fikar ban jati hai. Is ki misaal bohat saada aur aasaan hai.

## Takhleeqi farmole

**Sawal** : Allah taala ka irshad hai ke mein takhleeq karne walon mein behtareen khaaliq hon. Is aayat mubarikah se yeh baat samnay aati hai ke takhleeq ka Wasf Allah taala ke ilawa bhi kisi ko haasil hai. Agar yeh Wasf Allah ke ilawa bhi kisi ko haasil hai to is ki kya hesiyat hai kyunkay zahir hai ke Allah taala ki sift takhleeq mein koi un ka sani nahi.

**Jawab** : Allah taala ne jahan kaayenaat ki takhleeq ka tazkara kya hai wahan yeh baat irshad ki hai ke mein takhleeq karne walon mein sab se behtar hon. Allah taala ba-hasiat khaaliq aik aisay khaaliq hain ke jin ki takhleeq mein wasail ki pabandi zair behas nahi aati. Allah taala ke iraday mein jo cheez jis terhan aur jis khadd-o-khaal mein mojud hai jab woh is cheez ko wujood bakhsnay ka iradah karte hain. To hukum dete hain aur is hukum ki tameel mein takhleeq ke andar jitne wasail zurori hain woh sab wujood mein aa kar is takhleeq ko amal mein le atay hain jo takhleeq Allah taala ke zehan mein mojud hai. Khalqin ka lafz hamein batata hai ke Allah taala ke ilawa aur bhi takhleeq to karne walay hain lekin Allah taala ki takhleeq ke ilawa doosri har takhleeq wasail ki paband aur

mohtaaj hai. Is ki misaal aaj ke daur mein bijli se di ja sakti hai. Jab ensaan ne bijli se doosri zeli tkhliqat ko wujood mein lana chaha to arbon, khrbon cheeze wujood mein aa gayeen. Allah taala ka yeh Wasf hai ke Allah taala ne aik lafz "kin" keh kar bijli ko wujood bakhsh diya. Aadam ne ikhtiyaari tor par bijli ke ilm ke andar tafakkar kya to is bijli se hazaron cheeze wujood mein aa gayeen. Bijli se jo qeemti cheeze wujood mein ayen woh ensaan ki takhleeq hain. Maslan radio, TV aur be shumaar doosri cheeze. Rohani nuqta nazar se Allah ki is takhleeq mein se doosri zeli tkhliqat ka Mazhar ban-na darasal aadam zaad ka bijli ke andar tasarruf hai. Yeh wohi ilm hai jo Allah taala ne aadam ko sikha diya tha. Ilm ulasma se morad yeh hai ke Allah taala ne aadam ko aik aisa ilm sikha diya jo barah e raast takhleeqi farmolon se murakkab hai jab ensaan is ilm ko geherai ke andar ja kar haasil karta hai aur is ilm ke zariye tasarruf karta hai to nai nai cheeze samnay aati hain. Ilm ulasma asal ilm hai aisa ilm jis ki bunyaad aur haqeeqat se Allah taala ne bundon ko waqoof ataa kar diya hai lekin is waqoof ko haasil karne ke liye zurori qarar day diya gaya hai ke bande ilm ke andar tafakkar karen. Allah taala ne quran pak mein farmaya ke hum ne loha nazil kya aur is ke andar logon ke liye be shumaar faiday mehfooz kar diye. Jin logon ne lohay (yani dhaat) ki hesiyat aur taaqat ko tasleem kar ke lohay ke andar geherai mein tafakkar kya to logon ke samnay lohay ki laa-mehdood salahiyaten aa gayeen aur jab un salahiyaton ko istemaal kar ke lohay ki sifaat ko mutharrak kar diya to loha aik aisi azeem shye ban kar samnay aaya ke jis se mojudaa science ki har taraqqi kisi nah kisi terhan wabsta hai. Yeh aik tasarruf hai ke jo wasail mein kya jata hai yani un wasail mein jin wasail ka Zahira wujood hamaray samnay hai jis terhan loha aik wujood hai isi terhan roshni ka bhi aik wujood hai. Wasail ki hudood se guzar kar ya wasail ke aloom se agay barh kar jab koi bandah roshiniyon ka ilm haasil karta hai to jis terhan lohay mein tasarruf ke baad woh azeem mashinen, kal purzey, jahaaz, rail gariyaan, khatarnaak aur barray barray bomb, rocket waghera mein lohay ko istemaal karta hai isi terhan roshiniyon ka ilm haasil kar ke woh roshiniyon ke zariye bohat saari tkhliqat wujood mein laa sakta hai. Wasail mein mehdood reh kar hum sonay ke zarraat ko akhatta kar ke aik khaas prosis se guzaar kar sona banatay hain. Lohay ke zarraat akhatta kar ke khaas prosis se guzaar kar hum loha banatay hain to is ko wasail mein tasarruf ka naam diya jata hai lekin woh bandah jo roshiniyon mein tasarruf karne ka ikhtiyar rakhta hai is ke liye sonay

ke zarraat ko mehfooz prosis se guzaarna zurori nahi hai. Woh apne zehan mein roshiniyon ka zakheera kar ke en miqdaron ko allag kar laita hai jo mqdarin mil kar sonay ke andar kaam karti hain aur en miqdaron ko aik nuqta par markooz kar ke iradah karta hai. Sona aur sona ban jata hai. Hum bta chuke hain ke Allah taala apni takhleeq mein kisi ke mohtaaj nahi hain. Jab woh koi cheez takhleeq karte hain to takhleeq ke liye jitne wasail mojud hona zurori hain woh khud bakhud mojud ho jatay hain. Bande ka tasarruf yeh hai ke woh Allah taala ki banai hui takhleeq mein tasarruf karta hai. Is tasarruf ke do tareeqay hain. Aik tareeqa wasail mein mehdood reh kar wasail ko mujtma kar ke koi nai cheez banana aur dosra tareeqa roshiniyon mein tasarruf karna hai. Yani koi cheez jin roshiniyon par qaim hai un roshiniyon ko harkat day kar tasarruf kya jata hai aur tasarruf ka yeh tareeqa ensaan ke andar nisma se mutaliq hai. Nisma ke is ilm ko samajhney ka naam hi rohaniyat hai. Ensaan Allah taala ki aik aisi takhleeq hai jo Allah taala ki takhleeq mein tasarruf karne ki qudrat rakhti hai. Chunkay yeh ilm usay Allah taala ki taraf se muntaqil hua hai aur yeh baat Allah taala ke ilm mein hai ke ensaan se zeli tkhliqat wujood mein aati rahen gi. Is liye Allah taala ne apne liye “Ahsan ul khaliqeen” irshad farmaya hai.

## Tanhai Ka Ehsas

**Sawal** : arsa daraaz se khauf aur ajeeb qisam ki wehshat ka shikaar hon. Walidain ki wafaat ke baad tanhai ka ehsas bohat ziyada hota hai, tabiyat mein har waqt be cheeni rehti hai, mizaaj mein thehrao aur sukoon bilkul nahi hai. Bohat jald khufzada ho jati hon, har waqt nabz par haath rehta hai. Nafsiati tor par dharkan ko bohat mehsoos karti hon. Yun lagta hai ab meri jab meri, zindagi ke baray mein be yakeeni ka shikaar hon. Arsa hua ghar se niklana chore diya hai. Kkhuda maloom kab yeh khauf hawaas bakhta kar day. Ab yeh takleef meri bardasht se bahar hoti ja rahi hai yun lagta hai ke agar ghar se niklee ya seedhiyan charhi to mar jaoon gi. Kkhuda ke wastay mujhe jald az jald muraqba ke zariye ilaaj bitayen.

**Jawab** : har waqt wuzu be wuzu “ya Hafeez “ka vird karti raha karen. Raat ko andheray mein baith kar bees martaba surah Fatiha parh kar

ankhen band kar ke baith jayen. Band aankhon se tasawwur karen ke aasman par setaaray jhilmil kar rahay hain aur poora aasman saaf hai. Jab aasman par roshni aur Munawar sitaron ka tasawwur qaim ho jaye to muraqba khatam kar den aur baat kiye baghair so jayen. Khaano mein chiknai aur namak se parhaiz karen. Parhaiz se morad bilkul chhorna nahi hai. Maqsad yeh hai ke kam se kam istemaal karen. Ilaaj ki muddat chalees roz hai.

## Tiefayid Ke Asraat

**Sawal** : mera chhota bhai jis ki Umar taqreeban 25 saal hai. Aaj se 5? Saal pehlay usay tie fayid hua tha. Tie fayid se pehlay is ki yeh haalat thi ke safai ke liye teen teen martaba haath dhota tha lekin phir bhi is ko safai ka yaqeen nahi aata tha. Tie fayid ke baad haalat yeh ho gayi hai ke agar haath dhoney baithta hai to kehta hai null kaisay band karoon. Agar koi samajhata hai to kehta hai ke tum ne darmain mein kyun dakhil diya. Lehaza mein haath dobarah pak karoon ga. Is terhan sirf haath dhoney mein 15 minute lag jatay hain. Agar beet al khala mein jaye to kam az kam aik ghantay se pehlay bahar nahi nikalta. Agar bahar jana ho to kehta hai ke gate se bahar kaisay niklon ga. Ruk ruk kar kaafi der baad bahar nikalta hai. Agar koi cheez rakhnay ko ya uthany ke liye kaha jaye to kehta hai kaisay rakhon ya kaisay uthaoun. Kabhi yeh kehta hai ke acha mein dil mazboot kar ke utha leta hoon ya phir kehta hai ke nahi uthata khud utha lau, ammi is ko samajhtee hain to kabhi maan jata hai aur kabhi kehta hai ke kya karoon mein jaldi kaam karna chahta hon lekin hota nahi agar ammi is ki baton se naraaz ho jayen. To ronay lagta hai aur kehta hai ke ammi mein kya karoon karna chahtahon lekin hota nahi hai.

**Jawab** : ghar mein Sooraj makhi ka poda laga len. Maali se kahin ke bara poda muntaqil kar day. Subah Sooraj niklny se pehlay bhai ko Sooraj makhi ke samnay bitha den aur is se kahin ke phool ki taraf daikhta rahay. Do ghantay taq yeh amal jari rakhay. Yeh koi pabandi nahi ke kursi ya charpayee par baithy, jaisay bhi aaraam miley woh do ghantay taq baith kar phool ko daikhta rahay. Ilaaj ki muddat do mah das din hai.

## Terha Mun

**Sawal** : aap ne Rohani daak ke zariye bohat se mayoos logon ki madad farmai hai, umeed hai ke aap mera bhi masla hal farmaen ge. Samajh mein nahi aata ke kis terhan bayan karoon ke mujhe apne is aib ki wajah se kis qader mazaq ka nishana ban-na parta hai aur mein ehsas kamtri mein muftala rehti hon. Pata nahi aap meri madad karen ge ya nahi. Mera baen taraf wala hont baat karte waqt ya hanstay waqt terha sa ho jata hai ya thora sa khham aa jata hai. Jabkay baen taraf walay jabray mein aksar o beshtar dard rehta hai. Aur baaz auqaat itna shadeed dard hota hai ke ronay lag jati hon. Khamosh baithi rahon to nuqs ka pata nahi chalta.

**Jawab** : Binola ka khali tail, subah nashtay ke waqt aur raat ko baasi rootti ke oopar chprh kar kha len. Aik rootti ke oopar binola ka tail chprh lena kaafi hai. Baqi khoraak hasb dastoor istemaal karen. Ilaaj ki muddat do mah hai. Allah taala apna fazl farmaen ge.

## Tangen Kapkapati Hain

**Sawal** : zehan maooft rehta hai. Kaam karne mein dil nahi lagta. Kisi mehfhil mein aur khaas kar agar kisi larki se baat karne lagun to ghabrahat taari honay lagti hai aur tangen kapkapaney lagti hain. Lekin kabhi kabhi apne andar aik josh sa mehsoos karne lagta hon aur phir barray barray faislay bhi kar laita hon ke yeh karoon ga, woh karoon ga. Lekin thori der ke baad sab thanda par jata hai aur pehlay jaisi haalat ho jati hai.

**Jawab** : aik 9 inch 9 x inch ka safaid gata le kar is par apne haath se naranji rang kar den. Chahay water colour istemaal karen ya aayil paint, maqsad yeh hai ke rang kuch dinon ke baad madham nah par y. Is rang shadeed gte ko apni khawab gaah mein kisi aisi jagah latka den jahan aap

ki nazar baar baar padtee ho. Atay jatay aradtan is gte ko dekha karen. Khaas tor par raat ko sonay se pehlay das se pandrah minute taq is ko nazar jama kar dekhen. Teen mah taq is mamool par karband rahen ghair mustaqil mizaji, mustaqil mizaji mein tabdeel ho jaye gi. Har namaz ke baad do minute taq ankhen band kar ke ya Allah parha den.

## Telepathi

**Sawal** : mein ne kahin parha tha ke tally pithi seekhnay ke zimm mein shama beeni ki kamyabi ke baad agar kashaf samii ki mashq ki jaye to sahib mashq kisi ka zehan parhnay ke qabil ho jata hai. Kashaf samii mein sahib mashq zehan mein phaily hui hazaron awazon ko suneney ki koshish karta hai aur phir un mein se kisi aik aawaz ko apne liye muntakhib kar ke usay suneney ki mahaarat haasil karta hai. Mein ne aap ke colum mein tally pithi ke unwan se jo ngarshat parhi hain. Un mein ab taq kashaf samii ki mashq ka zikar nahi parha, aaya is mashq ka koi wujood nahi ya phir is ka zikar nah karne ki koi aur wajah hai is mashq par aap apne ilm ki roshni mein kuch tehreer farma den to inayat ho gi.

**Jawab** : Rohani daak ke colum mein ab taq tally pithi ke mauzo par jo kuch likha gaya hai. Is ki hesiyat Ilmi thi. Ilmi pehluo par qalam nahi uthaya gaya hai. Aap ke Sawal aat ke Jawab mein chand baatein tally pithi ke silsilay mein paish karni zurori hain. Teeli pithi ke murawaja maienay khayalat ka aik zehan se dosray zehan taq kisi maadi waselay ke baghair pouncha dena hai lekin ilm Rohani mein tally pithi ke ma-ani wusat rakhtay hain. Rohaniyat ki thyori mein sara ilm khayaal ki karfrmayi hai. Mojoodaat khayalat ke tane banay ke zariye aik dosray se bandhay hui hain aur khayalat hi un ki zindagi ko tehreek dete hain. Khayalat ko iraday aur ikhtiyar ke tehat aik jagah se doosri jagah pohanchanay ki mahaarat haasil karne ke liye zehni yaksoi aur mrkzit haasil karna zurori hai. Jab koi shakhs zehni mrkzit haasil kar laita hai to is ke andar intqaal khayaal ki salahiyat bhi mutharrak ho jati hai. Zehan ko yaksu karne ke liye bohat se tareeqay istemaal kiye jatay hain aur bohat si mashqen rob\_h amal layi jati hain lekin kisi course ke mutaliq yeh nahi kaha ja sakta ke sirf yahi course aisa hai jis par amal kar ke

intqaal khayaal mein mahaarat haasil ki ja sakti hai. Kyunkay har shagird ki zehni salahiyaton ko samnay rakhtay hue mashqon mein tarmeem o tanseekh o izafah zurori ho jata hai. Yahi wajah hai ke tally pithi ki mashqon ko colum mein bayan nahi kya gaya hai. Jahan taq kashaf samii ka talluq hai to jaisa ke hum abhi arz kar chuke hain ke zindagi khayalat ke dosh par safar kar rahi hai. Khayalat ke andar hawaas ke tukre jurey hotay hain, Basarat samaat lams, Shamah yeh sab khayalat ke ajzaa hain. Aadmi kis khayaal ko un saari hisson ki tafseeli aur tosiay andaaz mein daikhta hai. Is behas ko samnay rakhtay hue hum yeh keh satke hain ke khayaal khud ko aawaz ki soorat mein dhaal sakta hai ya hum kisi khayaal ko aawaz ki shakal mein mehsoos kar satke hain. Aisa koi shakhs jis ke andar zehni yaksoi ki salahiyat beedar ho gayi ho, khayalat ko awazon ki soorat mein sunna chahta hai to sun sakta hai.

## Tution

**Sawal** : mein aik majaboor aur be kis aurat hon. 1963 hamza se 1980 hamza ho gaya magar meri pareshani daur nahi hui. Baara saal se walidain se judda hon. Phopphi ne apne paas rakha. Kuch din to phopphi mere sath theek rahen. Phir phopha aur phopphi ne zulm karne mein kami nah ki. Phopphi ne meri shadi aik aisay shakhs se kar di jo bachpan se hi bud-zaat tha. Shadi ko abhi kal chaar hi roz hue they. Is ne mere oopar sakhti shuru kar di. Is waqt meri Umar sirf 13 saal thi. Mein apne naseeb par aaj taq ro rahi hon. Mera shohar zaef alamr hai jo munshi ki hesiyat se kaam karta hai jo kuch milta hai woh nasha mein khatam kar ke ghar chala aata hai. Mein tution parha kar aur silai waghera kar ke guzara karti hon. Mere aath bachay hain. Sab se bara larka khalandrey qisam ke doston ki sohbat nahi chhorta. Bzahir koi bemari nazar nahi aati magar jab koi kaam karta hai to bemaar par jata hai. Bukhaar itna taiz hota hai ke pandrah din kaam par nahi jata. Har waqt ghar mein udaas rehta hai ya doston ke sath ghoom phir kar waqt barbaad karta hai. Baa-mushkil saat class taq parha hai. Mein chahti hon ke kam se kam metric kar le to mustaqbil sanwar jaye ga. Sochta bohat hai magar kuch kar nahi sakta. Chhota larka bars ke marz mein muftala hai. Silai karte karte meri seedhi aankhh mein jala aa gaya hai. Ulti aankhh ziyada kaam nahi karti. Ulti taraf dimagh aur peeth mein dard rehta hai. Baaz dafaa dimaghi pareshani



se doray parte lagtay hain. Apne par qaboo nahi raha. Hichki bndh jati hai. Har raat mere shohar afiyoon ke nashay mein behosh rehtay hain. Subah tauba karte hain. Shaam ko phir apni dagar par chal kharray hotay hain. Hum aik aik saal taq nahi mlitay. Sunthee hon ke yeh gunah hai. Nikah toot jata hai. Mein kya karoon jab shohar ko hi hosh nahi to biwi kya kar sakti hai. Allah jaanta hai ke hum log aisi zindagi guzaar rahay hain ke deen ke hain aur nah duniya ke.

**Jawab** : bohat ziyada geherai mein ja kar halaat ka tajzia karne se dimagh ki screen par jo film display ( display ) hui hai. Is ke krdaron mein aik bara kirdaar yeh hai ke aap ke waalid sahib se danista aur na danista logon ki haq talfi hui hai woh zaroor kisi aik mehakma mein mulazim rahay hain, jahan logon ki dil aazari karna aik mashgala ban jata hai. Kisi baap ke is kirdaar ki wajah se aulaad ke oopar badbakhti ke baadal chhaa jatay hain. Yahan yeh aitraaz ho sakta hai ke baap ki ghaltion ka khmyazh aulaad kyun bardasht kere. Is ka Jawab yeh hai ke jab aulaad baap ya maa ke virsa se faida athati hai to baap ya maa ke ghalat tarz fikar ka nuqsaan hona bhi ain insaaf par mabni hain. Aap ka khat parh kar bohat ranj sun-hwa. Allah taala aap ko un kharab halaat se rstgari day.

Rohani ilaaj yeh hai :

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

یَا وَدُودُ یَا وَدُودُ یَا وَدُودُ

اللّٰهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ۝ قُلْ هُوَ اللَّهُ أَحَدٌ ۝ يُجِبُّ نَهْمَ كَحُبِّ اللَّهِ وَالَّذِينَ آمَنُوا أَشَدُّ حُبًّا لِلَّهِ ۝

esha ke badayk so aik martaba parh kar hathon par dam karen aur haath teen baar chehray par phair len. Yeh amal nawway din taq jari rakhen. Naghe ke din shumaar kar ke baad ko pooray kar len.

**Tangen Kamzor Hain**



**Sawal** : mera aik mamu zaad bhai hai jis ka pedaishi tor par dimaghi tawazun theek nahi hai. Nah to bol sakta hai aur nah **Jawab** day sakta hai Albata baat samajh laita hai. Aur apne rishta daaron ko bhi pehchanta hai. Kabhi kabhi to bohat tang karta hai. Koi dr, hakeem aur darwaish nahi chorra. Lekin koi faida nahi sun-hwa. Aaj kal mamu usay ilaaj ke liye Holland le gay hain. Magar wahan is ki haalat pehlay se bhi ziyada baggar gayi hai. Tangen is hadd taq kamzor ho gayi hain ke is ke liye ab khaas qisam ke boat bnwaye gay hain. Doctoron ka khayaal hai ke booton se chalne mein madad miley gi. Mere mamu ab bilkul mayoos ho chuke hain aur likhte hain ke ab woh pehlay se bhi ziyada tang karta hai aur haatha payi taq par utar aata hai. Is waqt is ki Umar pandrah saal ke qareeb hai. Mere mamu ko duniya ki har cheez muyassar hai. Magar do din raat apne is betay ki fikar mein ghul rahay hain. Baraye meharbani aap mere is bhai ke liye ilaaj bitayen. Agar hamara bhai theek ho jaye to yeh hamaray liye duniya ki sab se barri Nemat ho gi.

**Jawab** : gayarah hazaar martaba **يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ بَعْدَ كُلِّ شَيْءٍ** parh kar Zaitoon ke tail par dam kar ke reerh ki haddi ke joor par jo kullho ke darmain hoti hai maalish karen. Aur taang ki joron par bhi maalish ki jaye.

## Tonsils

**Sawal** : mein masail ki gthrhi le kar aap ki khidmat mein haazir hui hon. Mein jab naveen ya dasvin class mein thi to mere chehray par kaafi danay aur keelen nikal aayi theen jo ke maathey par ziyada hoti theen. Mein inhen nikaal diya karti thi. Is douran terhan terhan ke nuskhay aazamaa\_e, magar ab jabkay mein bi s si mein poanch chuki hon, keelen aur danay to kam ho gay hain magar nikaltay ab bhi rehtay hain. Mere chehray par daano ke nishaan is terhan par gay hain jaisay cheechak niklee ho. Kalay kalay nishaan aur chhootay chhootay garhay par gay hain. Garmiyon mein aisa lagta hai ke chehray se tail nikal raha hai. Kalay nishaan galoon aur thorhee par ziyada hain. Dosra masla yeh hai ke 3 saal pehlay mere baal cholhe se jal gay they jo mein ne neechay se ktwa

diye. Phir is qader taizi se baal jhartay chalay gay ke ab chothai baal bhi nahi rahay. Khushki sir mein allag ho gayi hai aur neechay se balon ke do do mun nikal atay hain. Mein khali khoprey ke tail mein homyo pithk dawa daal kar istemaal kar rahi hon magar nah sir ki khushki khatam ho rahi hai aur nah baal jharna band ho rahay hain. Teesri uljan yeh hai ke jab mein subah ya din mein ya Sooraj ki roshni mein padti hon to copy ke oopar kalay bareek bareek se nishanaat gardish karne lagtay hain. Mein jab copy par seedhi aankhh band kar ke daikhon to aik khaas ke qisam ke nishanaat copy par nazar atay hain aur agar ulti aankhh band kar ke daikhon to doosri terhan ke nishanaat copy par dornay lagtay hain. Aik saal pehlay mujhe lagta tha ke yeh nishanaat neechay ki taraf gir rahay hain. Magar ab to jidhar aankhon ko ghumaon yeh nishanaat wahan pouncha jatay hain. Is se meri parhai mein bhi harj parta hai. Mein parhnay ke bajaye un lakiron ka khail dekhnay mein lag jati hon aur agar aankhon ko deewar takiye ya chhat par markooz kar dun to yeh nishaan wahan bhi poanch jatay hain. Aik martaba mein din mein aasman ki taraf ghor se dekh rahi thi to mujhe laga ke jaisay chhootay chhootay safaid nuqton ka aik jaal mere samnay hai. Mujhe yeh soch kar hanshi bhi aayi ke mujhe din mein tarre kyun nazar aa rahay hain. Raat ke waqt yeh nishaan itnay ziyada nazar nahi atay sirf ulti aankhh wala nishaan nazar aata hai aur woh bhi gehra nahi hota.

**Jawab** : chehray par daano ka masla yun hai ke aap ne shuru se ahthyat nahi ki. Aur aap daano ko torti rahen jis ke nateejay mein daano ki jagah daagh baqi reh gay. Danay niklny ki wajah yeh maloom hoti hai ke ghzaon mein aitdaal qaim nahi rakha gaya. Andon, khataas, chaye aur chiknai ka ziyada istemaal kya gaya hai. Aankhon ke samnay lakiron ke raqs ki wajah yeh maloom hoti hai ke aap ka gala kharab hai aur bad parheizi ki binaa par tonsils kharab hain. Tonsils kharab honay se kayi paicheeda bemariyan peda ho jati hain maslan qabz, alsar, paichis, gurdon ki takleef, piyoria, jaryaan, likorea waghera. Aap tonsils ka ilaaj karen Insha Allah aap ki bayan kardah shikayaat rafa ho jayen gi. Is ke sath sath aankhon ke dr se mahswara karna zurori hai. Chehray par se daagh dhabbay daur karne ki fikar baad mein karen. Pehlay gilaay ka ilaaj karen. Warna khuda na khwasta kayi bemariyan la-haq ho sakti hain. Ilaaj ke sath parhaiz bhi zurori hai. Nariyal ka tail sir mein jazb karna aap ke

liye mufeed nahi hai. Imiltas ka goda aik chamach doodh mein pakka kar chhaan kar raat ko aur subah gharare 21 roz taq karen.

## Transparent

**Sawal** : fi zamana science is baat ki koshish kar rahi hai ke pata lagaya jaye ke hamaray sayaray ke ilawa kisi dosray sayaray par abadi hai ya nahi. Aap se Sawal hai ke rohaniyat is baray mein kya kehti hai? Mein ne aisay sadhoon, jogiyon aur sanyasion ke mutaliq parha hai jo apni rooh ko jism se judda kar ke kaayenaat mein safar karte hain kya is Rohani safar ke zareya dosray sayyaron ki makhloqaat ko dekha ja sakta hai ?  
**Jawab** : sitaron aur sayyaron ka la-mutnahi phela hua silsila be abad, weraan aur khaali nahi hai. Balkay un mein beshtar sayaray abad hain. Khaaliq kaayenaat ne yeh wasee o Areez kaayenaat peda hi is liye ki hai ke makhloqaat is baat ko jaanen ke koi un ka khaaliq hai aur woh is ko pehchanney ki koshish karen.

Hamein jo sayaray nazar atay hain aur jo nigahon se oojhal hain, un mein se aksar par ensaan aur jaanat abad hain. Yahi do makhloq hain jo is kaayenaat ke nizaam mein bunyadi kirdaar ada karti hain Albata har sayaray mein makhloqaat ki harkaat o saknaat aur shakal o soorat ki miqdaron mein farq hota hai. Kisi sayaray mein ensaan roshni ka bana hua hayola nazar aata hai to kisi sayaray mein ensaan transparent nazar aata hai yani aisay sayaray ka aadmi hamaray samnay aa jaye to hamein is ke are paar nazar aeye ga. Kisi sayaray mein ensaan ka rang sonay ki terhan sunehra hai, waghera waghera. Yeh baat dilchasp aur tahayur khaiz hai ke jis sayaray par jis noo ki makhloq abad hai is sayaray mein zeli makhloq yani hewanat, nabataat waghera bhi isi makhloq ki terhan takhleeq ki gayi hain maslan jis sayaray mein insani makhloq transparent hai to is saari sir zameen par peda honay wali har shye transparent hai. Darakht ka tana is terhan hai ke jaisay sheeshay ka aik sutoon. Lekin is sheeshay ke sutoon mein darakht se mutaliq ragein aur lakri ke joor sab mojud hain. Pattay bhi mojud hain. Woh bhi sheeshay ki manind shafaaf hain.

Har sayaray mein waqt ki pemaiesh aur darja bandi bhi allag allag hai. Is ki misaal hum is terhan day satke hain ke jaanat ki noo mein bhi wiladat

ka silsila jari hai. Un ke haan bhi paidaiesh 9 mah baad hoti hai lekin farq yeh hai ke agar hum apne mah o saal se is ki pemaiesh karen to woh muddat 9 saal banti hai yani hamara aik mah jaanat ke aik saal ke barabar hai. Isi munasbat se un ki umrein bhi hoti hain. Chunancha bohat se buzurgon ke aqval mein yeh baat millti hai ke unhon ne aisay jaanat se mulaqaat ki jinhon ne huzoor akram s.a.w ki ziyarat ki thi. Agar aik ensaan 100 saal ki zindagi paata hai to is hisaab se aik jin ki Umar baara so saal ho gi.

Har sayaray mein abad ensaan aur jaanat mein masharti aur mazhabi qadren raaij hain aur woh is terhan zindagi guzartay hain jis terhan zameen ke baasi apni zindagi guzaar rahay hain. Albata kashish saqal ki miqdaron mein farq ki wajah se har sayaray ka waqt aur is ki tarz takhleeq allag allag hai. Sayyaron aur khekashani nizamon se muta-arif honay aur un ki tarz hayaat ka muaina karne ke liye zurori hai ke hamaray zehan ki woh salahiyat mutharrak ho jo hamein Zaman o makaan ki hudood se azad karti hai chunancha hum apne zehan ki raftaar ko mutaghayyar kar ke kisi sayaray ki hudood yaas ke ( atmosphere ) mein daakhil ho satke hain. Zehan ko Zaman o makaan se azad karne ki yeh koshish rooh ki salahiyaton ko istemaal karne ka naam hai kyunkay rooh Zaman o makaan ki girift se azad hai. Quran pak mein Allah taala ka irshad hai :

" ae giroh jaanat aur ensaan agar tum zamiinon aur asmano ke kinaroon se nikal satke ho to nikal jao tum nahi nikal satke magar Sultan se."

rohaniyat aur tasawuf mein Sultan ka matlab rooh hai. Zehan ko time space se aaza daal karne ka aasaan tareeqa kisi ustaad ki nigrani mein muraqba hai. Koi bhi shakhs musalsal muraqba ki mashq kar ke apne zehan ko kashish saqal se azad kar sakta hai. Quدرات ne yeh salahiyat har shakhs ko vdiat ki hai yeh kisi khaas giroh ya tabqa ka hissa nahi hai.

## Jaadoo Ka Toar ( ? )

**Sawal** : mere larke ka accident hua to jummay ki subah ko aik bakra sadqa kar diya. Isi din jummay ki namaz parhnay ke liye mard bahar niklay to dekha ke sehan mein do momi theliyion mein chaar kalay bkron

ke sir parre hue hain. Unhon ne utha kar bahar rakh diye. Lekin jab wapas aeye to dekha aik lifaafa phir andar para hua hai. Woh bohat daur ja kar pheink aeye. Raat ko darwaaza band kya to nahi they. Lekin subah jab darwaaza khoola to dono thelay mojud they. Is waqea ke baad se ghar ke sab afraad bohat jhagarte hain aur aik dosray se nafrat karte hain. Ghar ka aik fard bemaar hai. Ajeeb baat yeh hai ke har shakhs kisi nah kisi aisi bemari mein mubtala hai jis ka talluq sir ke dard se hai. Agar yeh jaadoo hai to is ka aasaan toar bitayen.

**Jawab** : kor ya lobaan hawandasta mein pees kar aik dubba mein rakh len aur is ke oopar aik so gayarah martaba surah falaq parh kar dam karen aur yeh lobaan raat ko sotay waqt pooray ghar mein jalayen, Insha Allah ghar jaadoo ke asraat se mehfooz ho jaye ga. Jummay ke roz chaar Adad bkron ke sri paye pakka kar ghareebon ko khula den. Subah, shaam, raat ko aik aik baar surah falaq parh kar pani par dam kar ke saaray ghar walay pyin.

## Joron Ka Dard

**Sawal** : mein guzashta chaar saal se bemaar hon. Bachay ki paidaiesh ke baad reerh ki haddi ke oopri hissa mein dard shuru hua aur phir jhatkay se lagnay lagey. Kaafi ilaaj ke baad yeh jhatkay to khatam ho gay lekin reerh ki haddi mein dard dobarah shuru ho gaya. Yeh dard barh kar shaanon aur unglio ke joron mein bhi honay laga hai. Gardan ke pathon mein tanao aur jabron mein aksar khichao rehta hai. Har waqt halki neend musallat rehti hai jaisay koi nasha aawar cheez kha li ho. Ziyada der baithy rehne se gardan katti hui mehsoos hoti hai. Ilaaj mualjay par aik kaseer raqam sirf kar chuki hon aur ab halaat mazed ilaaj ki ijazat nahi dete.

**Jawab** : sirf aik kaam kijiyej woh yeh ke aindah thanda pani piinaa bilkul band kar dijiye. Jab bhi pani pyin name garam pyin. Kalie Shifa ke liye sirf yahi ilaaj kaafi hai. Ziyada se ziyada aik haftay mein afaqa shuru ho jaye ga aur Insha Allah 2 mah mein takaleef se nijaat mil jaye gi phir bhi yeh ilaaj ( parhaiz ) aik saal taq jari rkhye.

## Jism Mein Current Lagta Hai

**Sawal** : meri hamsheerah jin ki Umar 35 saal hai, arsa daraaz se musalsal bemaar chali aa rahi hain. Sab se pehlay inhen bukhaar sun-hwa. Phir khasra niklee, is ke baad tie fayid ho gaya. Phir qay aur matli ki shikayat ho gayi. Tamam jism mein dard ne apna ghar bana liya hai. Dono hathon ki ungliyo mein shiddat se dard hota hai. Jab glass, katora, plate ya koi bhi cheez haath mein layte hain to saaray jism mein current dornay lagta hai bilkul isi terhan jaisay bijli ke taar chone se jism mein current lagta hai. Baaz auqaat yeh current itna zabardast jhatka deta hai ke gir kar behosh ho jati hain. Ilaaj musalsal ho raha hai lekin jism mein current kyun lagta hai. Yeh kisi ki samajh mein nahi aata.

**Jawab** : maloom yeh hota hai ke wazifay bohat ziyada parhay gay hain jin mein aayat al kursi aur surah waqea ke ziyada imkanaat hain aur wazeefon ki wajah se zehan mein roshniyan bohat ziyada zakheera ho gayi hain. Allah taala ke qanoon ke mutabiq yahan har cheez roshni hai. *الله نور السموات والارض* jab koi cheez pakri jati hai to is ki roshniyan dimagh se ja kar takrata hain. Aur dimagh mein roshiniyon ka zakheera over flow ( over flow ) ho jata hai. Roshiniyon ke zakheeray mein jaisay hi hejaan peda hota hai jism mein yeh roshniyan current ki soorat mein dornay lagti hain. Agar koi aisi cheez jis mein roshniyan ziyada hon maslan katora ya glass jis mein pani bhara hua ho to dimagh par ziyada dabao parta hai aur yeh dabao jism ko jhatka day deta hai. Jism is jhatkay ki taaqat bardasht nahi kar sakta aur gir kar moattal ho jata hai yahi behosh hona hai. Ilaaj bohat aasaan hai. Wazifay parhna chore den, namak ki miqdaar kam se kam kar den. Jootay, chappal ya sandle rubber ke soul ke istemaal kiye jayen, leather soul ke jootay qatan nah pehnein. Is tarz amal se jism mein current lagnay ki shikayat aur doosri sab takaleef khatam ho jayen gi.

## Jaadoo Ka Toar ( ? )

**Sawal** : mere aik Aziz ko din mein kayi dafaa aisa mehsoos hota hai jaisay is ki tangon, peeron aur kamar par keeray ring rahay hon. Badan

mein soyyan chubhti mehsoos hoti hain. Woh is bemari se nijaat haasil karne ke liye har mumkin tadbeer kar chuke hain. Aaj kal taveez bhi pehnay hue hain aur vzayf bhi parhte hain. Koi aisa ilaaj tajweez frmayye jis se inhen mustaqil aaraam aa jaye.

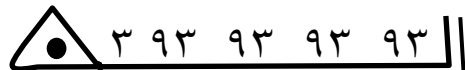
**Jawab** : apne Aziz se kahin ke subah bohat saweray uth kar Fajar ki namaz parheen aur surah falaq parhte parhte kashti mein sawaar ho kar aik saahil se dosray saahil taq darya paar kar len. Douran safar baat karna mana hai. Darya paar karne ke baad pani ke kinare mashriq ki taraf mun kar ke akrhon baith jayen aur angisht shahadat se Haman , harwat, Maruat likh kar haath se mita den. Likhnay aur mitanay ka yeh amal har haal mein Sooraj niklny se pehlay kya jaye. Agar yeh nah ho sakay to abadi ke bahar kunwein ke pani mein apna chehray ka aks dekha ja sakta hai. Karachi mein rehne walay koi sahib agar is kefiyat mein muhtala hon to woh kimarhi se kashti mein baith kar manora taq safar kar satke hain aur wahan saahil samandar par amal kar satke hain. Ali haza al-qayas Lahore mein dareaye Ravi ke aik kinare se dosray kinare taq aur dosray daryaaon ke qareeb rehne walay hazraat darya ke aik kinare se dosray kinare taq safar kar ke yeh amal kar satke hain. Khuda na khwasta agar kisi ke oopar jaadoo ya sehar ka assar ho gaya hai to woh bhi is amal se khatam ho jata hai. Is amal ke liye paishgi ijazat lainay ki zaroorat nahi hai. Har shakhs ko khuli ijazat hai. Allah taala hum sab ka haami aur madadgaar hai.

## Jism Chhota' Sir Bara

**Sawal** : meri aath mah ki larki jismani lehaaz se bohat kamzor hai. Paidaiesh ke waqt woh bohat dubli patli thi aur ab aath mah guzarnay ke baad bhi wohi haalat hai. Jism bohat dubla patla hai aur jism ki munasbat se sir bara hai. Hum ne is ka bohat ilaaj karwaya lekin is ki haalat mein koi farq nahi para. Mein bachi ki bemari se bohat pareshan rehti hon aur sochti hon ke kahin doosri paidaiesh mein bhi yahi nuqs nah ho. Aap se darkhwast hai ke koi ilaaj bitayen jis se meri bachi ki sahet bahaal ho jaye.



**Jawab** : mandarja zail taveez zard rang se paleton par likh kar din mein do dafaa bachi ko pilain.



## Jald Baazi

**Sawal** : mein bohat jald baz aur jazbati hon. Har kaam aur har baat mein taizi se karta hon, jis ki wajah se umooman logon se larai ho jati hai. Baad mein apni ghalti par afsos karta hon. Barah karam koi wazifa bitayen taa ke mujh mein soch samajh kar kaam karne ki salahiyat peda ho jaye.

**Jawab** : subah Sooraj niklne se pehlay aur raat ko sotay waqt 21, 21 martaba ya Aleem parh kar pani par dam kar ke pi liya karen. Amal ki muddat 90 din hai. Jo kaam karen pehlay soch liya karen. Ghor o fikar ke baghair koi kaam nah kya karen.

## Jism Mein Aag

**Sawal** : mere ghar mein bohat pareshani hai. Meri biwi bemaar hai. Usay bemaar hue taqreeban teen mah honay ko hain. Is ke dil mein dard rehta hai aur baen janib pasliyon ke neechay bhi kabhi kabhi kamar mein bhi dard honay lagta hai. Lekin ziyada takleef seenay aur baen janib pasliyon ke neechay hoti hai. Dard jounhi shuru hota hai kehti hai ke dil ghabra raha hai. Aur yun mehsoos hota hai jaisay jism mein aag lagi hui hai. Ziyada ghabrahat dil par mehsoos hoti hai. Is ke sath hi behosh ho jati hai aur behoshi ke aalam mein kabhi do ghantay guzar jatay hain, kabhi teen din mein aik do baar takleef hoti hai. Baqi waqt bilkul theek rehti hai. Behoshi ke douran daant aapas mein mil jatay hain aur laakh koshish ke bawajood mun nahi khilta. Agar kisi tareeqa se mun mein pani



waghera dala bhi jaye to halaq se neechay nahi utartaa. Kaafi ilaaj mualja kara chuka hon lekin koi faida nahi sun-hwa. Teen saal pehlay bhi usay is qisam ke dard hue they. Lekin behosh nahi hoti thi. Is waqt woh aath mah ki haamla thi. Doctoron ne kaha tha ke is ke pehphron mein pani ka assar ho gaya hai aur bacha peda honay ke baad bilkul theek ho gayi thi. Taqreeban teen saal baad phir takleef shuru ho gayi hai. Is martaba bhi woh paanch mah ki haamla hai. Lekin pareshan kin baat yeh hai ke is ki behoshi aur ilaaj se pareshan aur tang aa chuka hon. Kisi ki samajh mein nahi aata ke bemari kya hai? Har dr ki tajweez kardah dawai dosray se mukhtalif hoti hai. Allah taala ne aap ko bohat khoobiyon aur hikmat se nawaza hai. Mujhe koi mukammal aur faida mand ilaaj bta kar ghareeb parwari karen taa ke meri gharelo pareshani khatam ho.

**Jawab** : fullscape art paper ( safaid chamakdar kaghaz ) ke oopar siyah chamakdar roshnaye aur motay qalam se

الطُّرُقُ النَّاسُ وَالْأَجِنَّةُ ۖ وَالرُّوحُ الْعِبَادِ الصَّالِحِينَ فِي الْكُونِ

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kisi khush nawees se lkhwa kar frame kar ke is kamrah mein latka den jis kamrah mein aap ki begum soti hain. Un se kahiyeke is naqsh ko iradah baar baar dekhatii rahen. Aisi ghzaon se parhaiz lazim hai jo baadi aur saqeel hain aur jin se gas ki shikayat peda hoti hai. Chiknai kam se kam nah honay ke barabar istemaal ki jaye. Ziyada munasib yeh hai ke rfnan istemaal kya jaye.

## Jinsi Masail

**Sawal** : fahash litriachr parh kar mein ne khud ko barbaad kar diya hai. Kayi baras se apne aap ko zaya kar raha hon aur nuqsanaat se aagah honay ke bawajood is qabeeh aadat ko tark karne se aajiz hon. Is aadat ke nateeja mein mera wazan qad ki nisbat bohat kam hai. Chehra zard aur khushk hai. Aankhon ke gird gehray halqay par gay hain. Uthte baithtay sir chakrata hai aur aankhon taley andhera chhaa jata hai. Lillah koi aisa

tareeqa bta den ke mein is qabeeh aadat se nijaat haasil kar lon. Aap ka mere oopar bohat bara ahsaan ho ga.

**Jawab** : har waqt bawazo rahen lekin bawazo rehne ke liye apne oopar jabar nah karen kyunkay fitrat amal ( bol braaz aur reah ) roknay se aadmi bemaar ho jata hai. Aur is ka dil o dimagh par bohat bura assar parta hai. Jab wuzu saqt ho jaye, dobarah wuzu kar len. Chaltay phirtay, uthte baithtay ya Hafeez ka vird karen. Khaano mein aitdaal ko mad e nazar rakhen. Aisi ghizayein nah khayen jo jazbaat mein hejaan peda karti hain aur maida ke oopar baar banti hain.

### Jaadoo Khatam Karne Ke Liye ( ? )

**Sawal** : mein aap ko aik beti ki hesiyat se khat likh rahi hon umeed hai ke aap bhi aik baap ki hesiyat se mujhe Jawab se Sarfraz karen ge. Baara saal pehlay mere waalid sahib par aik aurat ne safli amal karaya tha. Jab taq waalid sahib is aurat ki shakal nahi dekh letay they un ko chain nahi aata tha aur jis din aurat ko nah dekh satke they to un ke oopar itna junoon sawaar ho jata tha ke meri walida ko maarna shuru kar dete they. Bohat se molvi hazraat ko dekhaya gaya sab ne yahi kaha ke un par safli amal ka assar hai. Paan mein kuch khilaya gaya hai aur taveez qabrustan mein dabaya gaya hai. Sab ne apne apne tareeqa par ilaaj kya lekin faida kisi se nahi sun-hwa. Pehlay to woh aurat qareeb rehti thi. Ab daur chali gayi hai aur waalid sahib ki haalat yeh ho gayi hai ke raton ko do do bujey taq jagna un ka mamool ban gaya hai. Rozana raat ke das bujey se un ka dimagh ghoomna shuru ho jata hai aur ankhen laal surkh ho jati hain. Jab un ko gussa aata hai to bas yeh chahtay hain ke har cheez ko khatam kar den aur phir khoob rotay hain aur jab un ka dimagh theek hota hai to walida sahibaa se kehte hain ke mein jaan boojh kar tumhe raton ko pareshan nahi karta. Pata nahi mujhe kya ho jata hai, mera dil chahta hai ke mein tumhe khatam kar daloon.

**Jawab** : esha ki namaz ke baad apne waalid sahib ko zameen par khara kar len. Aik martaba ياودود parh kar hathon par dam kar ke dono haath apne waalid sahib ke sir par rakh kar aik phoonk peshani par maar den

aur haath pooray jism par se phair kar peeron taq le ayen aur peeron ke oopar se zameen par aik minute taq haath rakhay rehne den. Isi terhan 3 martaba amal karen. 21 roz ke amal se jaadoo safli ka assar poori terhan khatam ho jaye ga.

## Jigar Ka Mutasir Hona

**Jawab** : ziyada hiddat, maida aur jigar ki musalsal kharabi se aap nazlay ki mariza ban gayi hain. Seenay ke oopar balgham ki tahein jami hui hain kyunkay ilaaj sahih nahi hua aur aap ne anti bayotk duwaein ziyada istemaal ki hain is liye aasabi nizaam darham barham ho gaya hai. Haath peeron par waram anay ki wajah aik to jigar mein kharabi hai aur dosray taiz dawaon ka rad-e-amal hai. Aap ke liye mera mahswara yeh hai ke aap har qisam ki duwaein khana chore den. Jaisay hi taiz dawaon ka ree action khatam hoga, aap ki sahet bahaal hoti chali jaye gi. Is parhaiz ke sath sath Rohani ilaaj karen. Woh yeh hai :

teen Adad safaid cheeni ki paletan par zrde ke rang aur arq ghulaab se bsm Allah al-rehman alrhim aur 9 martaba Ya faraq likh kar aik plate subah nehar mun, aik shaam aur aik raat ko sonay se pehlay pani se dho kar pyin.

## Jism Uchhal Uchhal Jata Hai

**Sawal** : teen saal se is marz mein muhtala hon ke jab raat ko sota hon to thori der baad mere paon se le kar sir taq kabhi sir se seenah taq koi nadeedah cheez mujhe dbati hai. Is waqt mujh mein bistar par hilnay ki ya aawaz nikaalte ki taaqat bhi nahi rehti aur yeh soorat aik do minute se do teen minute taq rehti hai. Kabhi kabhi aik raat mein teen chaar martaba bhi aisa hota hai. Dabanay ke waqt to koi cheez ya soorat nazar nahi aati Albata aik aawaz suneney mein aati hai. Agarchay is waqt behosh hota hon phir bhi kuch hosh rehta hai jis se pata chalta hai ke ab mujh par yeh ho raha hai is waqt mein dil mein aayea al kursi parhta rehta hon. Aur jab yeh chore deta hai to sara jism uchhal jata hai jaisay sakht museebat se

azaadi mili ho. Aur jab kabhi achanak neend se beedar ho jata hon to kamrah mein har cheez insani soorat mein nazar aati hai.

**Jawab** : jitne khaliye dimagh mein routine ki zindagi guzaarne ke liye khulay hue hotay hain un se ziyada khaliye khil gay hain. Is ka ilaaj namak ke istemaal mein kami aur rozana shehad ka istemaal hai. Din mein teen martaba shehad khaiye aur chand roz ke liye namak chore dijiye.

## Jin

**Sawal** : mein Hafiz quran hon. Kabhi kabhi raat ko aisa hota hai ke koi cheez daba layte hai. Mehsoos hota hai ke mein jaag raha hon magar is cheez ke difaa ki qowat bilkul slb ho jati hai aur is douran yun hota hai ke mein apna haath mun mein daal kar ungli ko danoton se چباتا hon to yun lagta hai ke jaisay mere haath mein khoon nahi aur kabhi is douran rota hon, aawaz nahi nikalti, khofnaak aawazian nikalti hain. Agar koi aawaz day to jaldi chhutkara ho jata hai wagerna mere andazay ke mutabiq kam az kam paanch minute taq is azaab mein mubtala rehta hon. Raat sotay waqt 6 kalme, surah Fatiha , surah baqra ki ibtidayi ayaat, aayat al kursi taa khatam ruku aur surah baqra ki aakhri ayaat parh kar sona hamaray saaray ghar walon ka mamool hai balkay hamaray khandan ke bachay ko sab se pehlay yaad karaya jata hai aur bachay bhi parhte hain. Haan agar maloomat ke sath surah jin parh liya karen to bilkul theek rehta hon agar kisi din parhna bhool jaye aur jaldi neend aa jaye to is dabao ka hona laazmi amar hai. Is dabao ke baad surah jin parh kar sota hon yani surah jin laziman parhna padti hai. Jawab irshad farmaen.

**Jawab** : surah jin parhnay se jab aap theek rehtay hain to surah jin parh liya karen, pareshan honay ki kya baat hai.

## Junjlahat Kaisay Daur Ho ?

**Sawal** : aap ki tasaneef ka mutalea kar raha hon aur herat zada hon ke aap din raat kaam mein masroof rehtay hain. Hazaron khutoot ke Jawab aat dete hain. Shagrdon ki rahnumai karte hain. Taqreeban 12 kitaaben tasneef ki hain. Mulk aur beron mulk se bhi rabita qaim hai. Surjani town mein aik bara Rohani markaz qaim kya hai wahan har jummay ko senkron admion ka muft ilaaj karte hain. Androon o beron mulk barray barray muraqba hall ki bhi nigrani karte hain lekin is ke bawajood aap ka chehra har waqt ghulaab ke phool ki terhan khula hua aur tar o tazah rehta hai. Har aik se nihayat ikhlaq aur mohabbat ke sath paish atay hain. Jab koi aap ke paas baithta hai to usay aik ajeeb qisam ka sukoon aur itminan qalb ka ehsas hota hai.

Is ke bar aks hum log jo ke nojawan hain aur har qisam ki taaqatwar duwaein khasosan vitamins waghera istemaal karte rehtay hain, phir bhi mehnat aur mushaqqat ke kaam karne ke baad gussa ya jhunjlahat ka shikaar ho jatay hain aur sukoon aawar dawaon ka sahara dhoondtay hain is ke bawajood sukoon se mahroom hain aur jab aap ki Umar taq pohchain ge to maloom nahi kya hashar ho ga. Aap se sirf mein hi nahi balkay har sukoon aur sahet se mahroom shakhs zaroor yeh poochna chahay ga ke woh kya amal hai aur woh kon se halaat hain jin ki wajah se aap musalsal mehnat ke bawajood is zaefi mein bhi sahet mand chaaq o choband aur par sukoon rehtay hain umeed hai ke sukoon aur sahet ka raaz tasht azbam farmaen ge.

**Jawab** : meri sahet aur sukoon qalb ka raaz yeh hai ke mein ne jaan liya hai ke yeh duniya fraib nazar ke siwa kuch nahi hai. Aap yahan kitni doulat jama kar len, barray barray aalishaan mehlaat taamer karen lekin bil akhir yeh sab mout aap se chean le gi. Mein daikhta hon ke hum mein se har shakhs apne jism ke aik aik uzoo ko apni khoraak banayen ge. Hum apni avladon ke liye agar apne apne zameer ke khilaaf doulat jama karte hain to marnay ke baad yeh aulaad hamaray kisi kaam nahi aeye gi. Aulaad aish kere gi aur be zameer logon ko farishtay azaab jahannum mein dhakel den ge. Yeh baat bhi mere mushahida mein hai ke jab koi

baat ya waqea purana ho jata hai to duniya bhool jati hai. Yeh mehez hamara khayaal hai ke duniya kya kahe gi saath saal se ziyada zindagi mein, mein ne yeh to suna hai ke duniya kya kahe gi yeh nahi suna ke kkhuda kya kahe ga. Mein khush rehta hon ke mera talluq mere khaaliq Allah se qaim hai ke alhamdollah mein duniya mein rehtay hue is baat par yaqeen rakhta hon ke meri zindagi earzi hai aur mujhe bohat jald apne pyare aur شرفاؤں se ziyada mohabbat karne walay Allah ke paas jana hai.

## Jahez Ka Masla

**Sawal** : jis waqt mere waalid par faalij ka hamla hua is waqt logon ne meri walida ko yeh keh kar pareshan kar diya ke chay baityon ki shadian kis terhan hongy. Is ke baad humaara karobar band ho gaya aur halaat bigarna shuru ho gay, zahir hai ke hum logon ki tawaquaat ke mutabiq jahez nahi day satke they, is liye rishta daaron ne hamein qubool karne se inkaar kar diya. En halaat ne meri ammi ko aur pareshan kar diya. Hamaray liye do chaar rishte bhi aeye. Lau g barray khuloos se kayi kayi dafaa aeye aur hamein bhi madoo kya magar har martaba pehlay hi koi nah koi rukawat haail ho gayi. Kkhuda behtar jaanta hai ke kya ho jata hai ab jon jon hum logon ki umrein guzarti ja rahi hain walida ki pareshani barhti ja rahi hai. Woh isi wajah se bemaar rehne lagi hain. Halaank Allah taala ka shukar hai ke is ne mere walidain ko tofeq di ke unhon ne hamein aala taleem dilwai magar jab log meri ammi ko kisi bhi taqreeb mein taanay dete hain ke is ne apni betiyan ghar bthayi hui hain to ammi sadme se nidhaal ho jati hain.

**Jawab** : raat ko sonay se pehlay har behan allag allag 41 baar surah ikhlaas parh kar dua kere.

## Chokor Kaghaz

**Sawal** : meri walida arsa paanch saal se sakht bemaar hain har barray dr aur hakeem se ilaaj karaya lekin koi faida nahi sun-hwa. Bohat mehngi

mehngi duwaein khayen lekin nateeja sifar raha. Walida ki pasliyon, seedhi taang aur tangon ke joor mein dard rehta hai. Mukhtalif doctoron ne mukhtalif bemariyan batlaein hain kisi ne jigar par waram, kisi ne gurdon mein pathri, kisi ne hadion mein waram kisi ne haddiyan bherne ka khadsha bataya hai, kisi ne kaha ke pishaab mein peep aati hai. X-ray kurwaye bohat paisa kharch hua lekin ab bhi wohi haalat hai. Sotay hue karvat nahi le sakteen. Das minute ka rasta adhay ghantay mein tey karti hain. Bhook nahi lagti, rukhsaar aur hont siyah par gay hain. Amel kehte hain ke kisi ne jaadoo karaya hai.

**Jawab** : butter paper ke chhootey chhootey chokor kaaghzon par بِسْمِ اللّٰهِ  
( surah yaseen ki aakhri aayat se pehli aayat )

إِنَّمَا أَمْرُهُ إِذَا أَرَادَ شَيْئًا أَنْ يَقُولَ لَهُ كُنْ فَيَكُونُ ۝

piyali pani mein bigho den. Kuch der ke baad kaghaz dho kar subah nehar mun aur isi terhan shaam ko raat ko dho kar pila den. Raat ko walida jab gehri neend so jayen un ke sarahnay khari ho kar aik baar surah falaq poori surah parh diya karen. Itni aawaz se ke neend kharab nah ho. Ilaaj ki muddat chalees roz hai.

## Chamghadar

**Sawal** : mein aaj se dhai saal pehlay India gayi wahan hamaray khalu ka intqaal ho gaya. Woh bemaar they aur marnay se chaar paanch din pehlay inhen chamghadar se bohat khauf aata tha. Is din se mujh par har waqt khauf musallat rehta hai. Aur mein pareshan rehti hon. Aisa lagta hai ke aglay lamhay mar jaoon gi. Jab bhi kahin qabrustan ya koi gaari dekhatii hon to khayaal aata hai ke mein marnay wali hon. Avrmira janaza isi gaari mein jaye ga. Har waqt faut shuda logon ka khayaal rehta hai ke jis terhan woh shakhs mra tha mein bhi isi terhan mar jaoon gi. Mein sara sara din pareshan rehti hon aur neend bhi theek terhan se nahi aati. Bohat dubli ho gayi hon aur zehan ne kaam karna chore diya hai.

**Jawab** : din raat mein ziyada waqt andheray mein guzariye yani neend

ke dorania ke ilawa bhi jis jagah rhye wahan andhera hona chahiye. Hatta al amkan is baat ki koshish kijiyej. Kisi zaroorat se roshni mein jana par jaye to koi harj nahi. Andheray mein jitna ziyada ho sakay ya hi ya qayum ka vird karen. Insha Allah pandrah din mein zehan khauf aur mout ke ehsas se nijaat haasil kar le ga. Agar ghiza mein namak ka istemaal kam kar diya jaye to bohat jald assar ho ga.

## Chaand Girhan

**Sawal** : mere baen paon ki pindli dayen paon ki nisbat bohat patli hai. Walida mrhomh ke kehney ke mutabiq jab mein chhota tha to chaand girhan mein aa gaya tha. Jis ki wajah se yeh nuqs peda ho gaya. Mein ne Karachi ke aik maahir dr ko dekhaya. Unhon ne dekhney ke baad kaha ke paon ke azlaat kamzor reh jaane ki wajah se yeh nuqs peda ho gaya hai. Lekin ilaaj se bhi koi farq nahi hua.

**Jawab** : kalay tilon ka tail apne samnay nklwayin. Tail ki miqdaar kam se kam aadh sair honi chahiye. كل شئ يرجع الى اصله 11 hazaar martaba parh kar is tail par dam karen aur tail ko kisi bottle mein mehfooz kar den. Bottle par kaark laga kar dkhin. Mandarja baala aayat rozana aik nashist mein aik hazaar baar parhna zurori hai. Jab nashist khatam karen to kaark khol kar bottle mein dam kar den aur kaark laga den. Rootti par chprh kar khayen aur yeh tail 3 mashah rozana halkay haath se mutasirah azlaat par maalish karen.

## Chehray Par Danay

**Sawal** : mera masla bzahir aam sa maloom hota hai magar mere liye aik bara hi paicheeda masla hai. Kahin aana jana to drknar ghar mein bhi logon se baat karte hue sharam aati hai aur sara din sir par chadar lapete rehti hon taa ke mera chehra chadar se dhakka rahay. Is ki wajah yeh hai ke das saal se mere chehray par mahasay nikaltay hain. Mein ne hakeemi, doctori, homyo pithk sab ilaaj karliya hai. Mere chehray par bareek bareek sorakh ho gay hain. Jo kaafi badnuma lagtay hain. Jab yeh danay



nikaltay hain to shuru mein surkh dhabba namodaar hota hai jo do chaar din mein danay ki shakal ikhtiyar kar laita hai. Jis ka koi mun nahi hota. Is ko dabanay se mawaad aur khoon nikalta hai jo baad mein apna nishaan chore jata hai jis mein shadeed takleef hoti hai. Aakhir yeh konsi bemari hai ke ilaaj se faida nahi hota.

**Jawab** : chehray par se danay khatam nah honay ki wajah yeh maloom hoti hai ke aap daano ko phore deti hain aur is terhan chehray par daagh aur sorakh ban jatay hain. Ab taq jo daagh dhabbay par chuke hain. Is ka ilaaj koi nahi hai Albata aindah agar aap daano ko unglia se daba kar phorna chore den to chehray par mazeed daagh nahi parrin ge. Raat ko saat danay unaab pani mein bigho den. Subah nehar mun Sooraj tulu honay se qabal unaab nichor kar pani pi len aur phuk pheink den. Yeh ilaaj chalees roz taq karen. Chehray par danay niklana band ho jayen ge. Sardi agar ho to pani ko halka name garam kar len. Surkh mirch, garam masalha, anday aur gosht se chalees roz taq parhaiz rakhen. Sirf dalain aur tarkariyan khayen.

## Chehray Par Chaiyan

**Sawal** : meri Umar pachees saal hai aur ghair shadi shuda hon. Teen chaar saal pehlay mera rang bohat surkh aur safaid tha. Chehray par koi daagh aur dhabba nahi tha lekin ab mera rang kharab ho gaya hai. Chehray par kaafi daagh aur dhabbay ho gay hain. Naak aur kaanon par jhaiyan par gayi hain. Vitamin ki golian istemaal karoon to jhaiyan saaf ho jati hain aur chore dun to phir par jati hain. Chehray par kalay aur bhooray rang ke tall bhi hain. Jo kabhi kam aur kabhi ziyada ho jatay hain.

**Jawab** : rozana maithi ka saag pakka kar dono waqt khaano ke sath khayen. Yeh zurori nahi hai ke sirf maithi ka saag hi khaya jaye. Parhaiz kisi cheez ka nahi hai sab kuch khayen lekin dastarkhawan par maithi ke saag ki dish zaroor ho. Raat ko sotay waqt do injeer doodh mein pakka kar injeer kha kar oopar se doodh pi liya karen. Injeer khanay ke baad koi

cheez nah khayen. Jab taq chehra poori terhan saaf nah ho jaye yeh amal jari rakhen.

## Chipkali Ka Khauf

**Sawal** : Allah taala aap ke ilm mein barket ataa farmaiye, ameeen. Aik masla paish khidmat hai. Yun to bohat mamooli magar mere liye masla sangeen hai. Mujhe chipkali se bohat dar lagta hai. Jab kabhi chipkali par nazar padtee hai to saans rukta hua mehsoos hota hai. Jis jagah chipkali ho idhar se guzarna mere liye namumkin ho jata hai. Garmi ke dinon mein aksar ghar mein nazar anay lagti hai. Agar kisi waqt raat ko kamray mein aa jaye to poori raat aankhon mein kat jati hai. Agar bawarchi khanaay ya ghusal khanaay mein aa jaye to ghanton idhar ka rukh nahi kar sakti. Zehan par khauf musallat rehta hai ke kahin chipkali nazar nah aa jaye.

**Jawab** : matti ki kori katori ( jis mein firni khayi jati hai ) le kar is mein pani bhar kar do chamchay arq ghulaab daal den aur teen martaba **يَا حَيِّ قَبْلَ كُلِّ شَيْءٍ** parh kar dam karen aur nehar mun pi liya karen. Adhay ghanta taq koi cheez nah khayen aur nah pyin. Das hafton taq namak nah honay ke barabar istemaal karen.

## Choti Begum

**Sawal** : mein apne shohar ki biwion mein sab se choti hon. Doosri biwiyon wajib shakal o soorat rakhti hain aur ikhlaq, rakh rakhao mein mera muqaabla nahi kar sakteen. Hoshiyari, makkari aur jhoot mein mahaarat rakhti hain. Meri sokanein Ameer ghranon se talluq rakhti hain jabkay mein aik ghareeb gharane ki larki hon. Shohar ne meri khoobiyon ko nazar andaaz kar ke ghar se nikaal diya hai. Ab nah mere shohar mere paas hain aur nah mere paas ghar hai. Sach yeh hai ke dukh ke siwa mere paas kuch bhi nahi hai. Mujhe barri sharmindagi aur dukh se yeh batana par raha hai ke mere shohar bohat husn parast aur aish pasand hain,

doulat itni hai ke barray barray shehron aur ghair mumalik ka dora karte rehtay hain aur is doray mein kisi nah kisi ko sath rakhtay hain phir bhi un ko taskeen nahi hoti. Itnay aish parast honay ke bawajood mujhe “mahroom” rakhtay hain. Meri har zaroorat se ghaafil rehtay hain. Aur mere bachay ka khayaal bhi nahi karte. Koi wazifa aisa bitayen ke shohar apni buri aadato ko tark kar den aur mujh se aur bachay se mohabbat karne lagen.

**Jawab** : yeh baat aap ne khud likhi hai ke aap ke shohar doulat mand hain aur un ki kayi biwiyan hain. Haqeeqat yeh hai ke kayi biwiyan hotay hue bhi aap ki shadi un se doulat ke lalach mein hui. Aap kisi ghareeb shakhs se bhi shadi kar sakti theen. Aisay doulat mand ghranon mein jahan mazhab se doori aur azaadi ho un baton ko koi ahmiyat nahi di jati jin par aap kurh rahi hain. Aap ki saari takaleef ka sabab yahi hai ke aap khud ko is mahol mein adjust nahi kar saken. Allah taala ka qanoon hai ke deen mein jabar nahi yani koi rasta ikhtiyar karne mein qudrat ki taraf se koi pabandi nahi hai. Aap ne apne rastay ka khud intikhab kya hai. Behar haal Allah taala se dua kijiyej, woh Qadir mutlaq hai.

## Chehray Par Baal

**Sawal** : mere chehray par bohat baal hain aur kalay bhi hain jis ki wajah se sakht pareshan hon. Meharbani farma kar koi ilaaj ya wazifa bitayen ke chehray par baal khatam ho jayen ?

**Jawab** : aik pao kalvanji pani se dho kar sikha len aur khulay mun ki saaf shafaaf neelay rang ki sheeshi mein bhar len. Esha ki namaz ke baad so martaba fi **مسنته** ayyaam sm parh kar kalvanji par dam kar den aur sheeshi dhaanp kar rakhen. Is terhan ikees roz taq karen. Bayisoyen roz se rozana subah nehar mun chothai chaye ka chamcha kalvanji teen ghoont pani se nigal len. Aadh ghanta baad taq koi ghiza nah khayen. Poori kalvanji khatam honay taq yeh amal jari rakhen. Surkh mirch aur tali hui cheezon se parhaiz karen.

## Hazrat Khizar Se Mulaqaat

**Sawal** : aaj se das baara saal qabal ka waqea hai ke mere dada jaan tahajud ki namaz parhnay ke liye utthay aur wuzu karne ki khatir ghusal khanah mein gay. Mein under kamrey mein leyta tha. Sardiyoon ke din they. Mein ne lehaaf mein se mun nikala to kya daikhta hon ke aik sahib hain jo tahajud aur jacket pehnay hue hain aur sir se nangay hain, safaid daarhi hai aur chehra noor se chamak raha hai. Mein ne to dekhte hi samgha ke koi chor hai. Dar ke maaray lehaaf ke andar mun lapait kar late gaya. Sakht sardi ke bawajood mein paseenay se sharabor ho gaya. Thori der ke baad phir mein ne lehaaf se mun nikala to woh meri taraf dekh kar muskurany lagey. Un ke haath mein aik khaali changheir, rootti rakhnay wali thi.

Mein dobarah khauf ke maaray mun andar kar ke dubak kar late gaya. Thori der baad aisa mehsoos hua ke paon ki taraf se koi lehaaf hata raha hai isi kashmakash mein, mein so gaya. Subah uth kar waalid sahib ko is baray mein bataya to woh kehney lagey woh buzurag hazrat khizar aleh salam they. Doosri raat yeh buzurag walida sahibaa ko khawab mein aeye aur bataya ke hum tumahray larke ko kuch dena chahtay they magar yeh dar gaya hai.

Ab das saal baad usay den ge. Is ke baad kisi ne kaha ke kunwein par jo hamaray sehan mein tha magar ab nahi hai, aur band kar diya gaya hai, ghee ka chairag jalao to mulaqaat hazrat khizar aleh salam se ho jaye gi. Mein har jumaraat ko yeh amal karta raha magar un ki ziyarat nah ho saki. Kya hazrat khizar aleh salam se meri mulaqaat ho sakti hai? Is ke liye mein kya amal karoon ?

**Jawab** : aap ka dil kamzor hai. Kamzordil aadmi ka shaoor bhi taaqatwar nahi hota. Pehlay aap ko is baat ki koshish karni chahiye ke aap ka dil mazboot ho jaye. Aur yeh shaoor mein itni sakt ho ke woh Rajal الغيب is ke samnay aa jayen to shaoor maghloob nah ho. Is ke liye kisi Rohani ustaad ki nigrani mein is ke betaye hue asbaq ki takmeel ki jaye.

Raat ko sonay se pehlay kasrat se durood Khizry parha jaye. Durood Khizry yeh hai

صَلِّ اللّٰهُ تَعَالٰى عَلٰى حَبِيْبِهِ مُحَمَّدٍ وَّ سَلِّمْ

## Hasad Ki Aadat

**Sawal** : mujhe hasad karne ki aadat hai. Bohat koshish ke bawajood aadat nahi chhoot'tee. Aap koi amal bataiye jis se yeh aadat chhuut jaye. Dosra masla yeh hai ke jab koi museebat ya imthehaan sir par atay hain to mujhe namaz parhnay ka khayaal aata hai aur mein namaz parhna shuru kar deta hon aur jab museebat tal jati hai to mera dil namaz se hatt jata hai.

**Jawab** : Fajar ki adaye namaz ke baad ya raat ko sonay se pehlay teen so martaba **نَصْرُكَ مِنَ اللّٰهِ وَ فَتْحُكَ قَرِيْبٌ** parh kar apne oopar phoonk maar liya karen. Quran pak ki is aayat ki barket se hasad jaisi Rohani bemari se aap ko nijaat mil jaye gi.

## Harf Muqateaat

**Sawal** : mein ne huroof muqateaat ki Tafseer o tojihh ke silsilay mein jab mukhtalif mfsrin aur ulama ki tshrihat ki taraf rujoo kya to mujhe tasalii o tshfi nahi hui. Maslan aik mashhoor aalam deen aur Mufassir ne likha hai ke zamana jahliat mein arab ke shouraa apne shairoon mein ajeeb o ghareeb alfaaz stamal karte they. Jin ke koi ma-ani nahi hotay they. Is liye Allah taala ne apne kalaam ki bartari saabit karne ke liye is qisam ke alfaaz ( huroof muqateaat ) baaz soorton ke shuru mein istemaal kiye hain. Un alfaaz ke koi ma-ani nahi hain. Un ka mazed kehna hai ke kyunkay un alfaaz ki Tafheem se aur un alfaaz ko samajhney se imaan ka koi talluq nahi hai ya un alfaaz ke ma-ani samajhney ya nah samajhney se hum par koi assar nahi parre ga. Is liye un par ghor karna be car hai.

Yeh parh kar mein mutmaen nahi hua is liye ke is se quran pak ki Azmat par harf aata hai. Huroof muqateaat ko arab shouraa ke kalaam ko Jawab keh kar navz ballh quran pak ko aik sheri majmoa ke barabar qarar diya gaya hai. Halaank quran pak ka khud kehna hai ke hum ne Mohammad sale Allah aleh o slim ko shairi nahi sikhayi. Dosray yeh khayaal ke huroof muqateaat ke koi ma-ani nahi aur hamein un par tavajja dainay ki koi zaroorat nahi hai goya quran pak ke aik hissay ko be maienay samjhta hai. Barah karam aap is baat ki wazahat karen ke huroof muqateaat kya hain ?

**Jawab** : huzoor qalandar baba aulia ne apni tasneef “looh o qalam” mein bataya hai ke huroof muqateaat darasal noori tehreer ki mukhtasir shakalain hain. Jab ilm rabbi ka koi aalam huroof muqateaat par apna zehan markooz karta hai ya is ko parhta hai to poori tafseel is ki nigahon ke samnay ajati hai. Jis ki yeh mukhtasir shakal hai maslan woh alum parhta hai to is waqt ko darmain mein laaye baghair woh tamam asaraar o Ramooz munkashif ho jatay hain jo Allah taala ne surah baqra mein bayan farmaiye hain. Aur is ko dhai paaray mein parhnay ki zaroorat nahi rehti.

Agar is baat ko mojooda Ilmi zehan ke mutabiq samajhney ki koshish ki jaye to yeh kaha ja sakta hai ke huroof muqateaat mein se har harf aik microfilm ki terhan hai jis mein hazaar ha tasaveer aur zeli tafseelaat jama kar di jati hain aur time space ki aik bohat barri fasal ko samaitt kar aik nanhay se nuqtay mein mehfooz kar diya jata hai.

Is terhan huroof muqateaat ke khoal mein bhi asaraar o Ramooz ki aik poori film band kar di gayi hai aur jis shakhs ko Allah taala apne fazl o karam se ilm لدنى ataa karte hain woh un ke mafhuum ko jaanta hai aur is ilm ko dekh aur parh sakta hai. Kaayenaat mein do aloom raaij hain.

1. Rashd o hadaayat aur buraiee aur bhalai ka ilm aur is par amal kar ke apne liye manzil ka taayun karna.
2. Takveen. Un qaidon aur zabton ka ilm jinke oopar yeh duniya aur dosray kekhshani nizaam chal rahay hain. Intizami umoor mein jo bande kaam karte hain. Un ke zehan ki raftaar aam zehan se taqreeban saath hazaar gina ziyada hoti hai. Aisay bundon ko jab intizami umoor

mein quran pak se hadaayat lena hoti hai to woh huroof muqateaat se roshni haasil karte hain.

## Halaat Ki Sitam Zrifi

**Sawal** : jab mera koi bacha tandrost hota hai aur mamool ki zindagi guzaarne lagta hai to achanak mera dil waswason se bhar jata hai aur woh bemaar ho jata hai. Mere paanchon bachay bemaar hain sab ke jigar kharab hain aur lagar hain. Goya pait bhar kar khanay ko nahi milta halaank aisa nahi koi jee laga kar nahi parhta. Jounhi koi bacha dil laga kar parhna shuru karta hai mera jee dhuk se ho jata hai aur woh bacha parhnay mein dilchaspi lena chore deta hai. Tution parhwati hon lekin bachon ke number zara achay aeye aur mujhe Allah jaane kya hota hai aur is ke baad bachay parhna chore dete hain. Ab to yeh cheez barh kar roz ka mamool ban gayi hai. Meri apni sahet bohat kharab hai, zara theek hoti hai to yakayak khayaal aata hai ke arrey mein to theek hon aur phir meri sahet gir jati hai aur bistar par daraaz ho jati hon. Pehlay mere shohar par is cheez ka assar nahi hota tha lekin ab un par bhi assar honay laga hai. Un ki nokari chhuut gayi hai. Dukaan kholi thi achi chal rahi thi ke aik rishta daar ne ghaban kar diya. Mein ne barket ke liye wazifa parha to dukaan ke halaat theek hue lekin aik mulazim ne safli amal kara diya aur kaarobar thap ho gaya. Un dinon mere shohar aur larke ka accident bhi ho gaya. Mein ne sehar tornay ke liye wazifa shuru kya to aamdani mein izafah hona shuru hua lekin yeh dekh kar halaat mein sudhaar aa raha hai mera dil shak aur tazabzub mein girftar ho gaya hai. Phir koi jaadoo nah kar day jaisay yeh khayalat aeye dukaan ki sale phir kam ho gayi. Dukaan ke sath sath mere shohar nokari bhi karte hain. Mere shohar ko jaisay hi nokari milnay ki umeed bndh jati hai to mera dil dhuk se ho jata hai aur maamla khatam ho jata hai. Aik zamana tha ke log khud mere shohar ke paas kaam ki peshkash le kar atay they aur back waqt un ke paas kayi pishkshin hoti theen lekin ab woh kaam ke liye mukhtalif jaghon par jatay hain lekin kaam nahi milta.

**Jawab** : halaat kharab honay ki wajah aap ki apni zaat hai. Kyun hai is ke liye bohat tafseel darkaar hai. Ilaaj tajweez kya ja raha hai is par amal



karen. Raat ko sonay se pehlay ankhen band kar ke apne dil mein jhankein aur tasawwur karen ke dil mein aik siyah nuqta hai. Is nuqta ko zehan ki qowat se mukhalif gharri اوار anticlock wisegardish den. Pehlay aik haftay paanch minute taq yeh tasawwur karen aur is ke baad do hafton taq tasawwur ka dorania das minute kar den. Teen hafton ke baad aap ke andar se aik nai shakhsiyat janam le gi. Aisi shakhsiyat jis ko halaat mutasir nahi kar saken ge Albata aap ki shakhsiyat dosaron ko mutasir kere gi jab halaat ki sitam zrifi khatam ho jaye to apne mushkilaat ke daur ko faramosh nah karen aur aisay logon ki eaanat ko apna shoar bana len jo imdaad ke mustahiq hon, dil khol kar zaroorat mandoon ki khidmat karen. Khidmat aik Wasf hai jo Allah ke liye sab se ziyada pasandeeda amal hai. Jo log khidmat Khalq karte hain woh kabhi nakhush nahi rehtay.

## Hasad

**Sawal** : hum sab apne behnoi ki wajah se bohat pareshan hain. Unhon ne hum sab ka jeena haraam kar diya hai. Jhoot bolna aur gheebat karna un ki adaten hain. Bohat ganday rehtay hain. Maikay aur sasural mein har kisi se un ki larai rehti hai. Bdnzr bhi hain. Bohat fuzool kharch aur bad andaish aadmi hain. Haasid bhi hain, karzzzz le kar kabhi wapas nahi karte. Wapas manga jaye to larnay lagtay hain. Khudaaraa aap mujhe parhnay ke liye koi aisa wazifa bitayen jis se hamaray behnoi raah raast par aa jayen.

**Jawab** : Allah taala ne syedna huzoor aleh salato walslam se farmaya hai ke tumhe Darogha bana kar nahi bheja gaya. Aap bhi khuwa makhuwa behnoi ki islaah ka bera nah uthayen. Apni tavajja apni islaah ki taraf mabzol karen. Behnoi khud apne aamaal ke zimma daar hain. Albata un ki begum agar apne shohar ki islaah karna chahti hain to woh raat ko sotay waqt awwal aakhir gayarah gayarah baar durood shareef ke sath 41 martaba surah ikhlaas parh kar baat kiye baghair bistar mein chali jayen aur apne shohar ka tasavur karte karte so jayen..... Is amal ki muddat nawway din hai. Nagha ke din shumaar kar ke baad mein pooray kar len.



## Hasb Mansha Shadi Ke Liye

**Jawab** : hasb Mansha shadi ke liye baad namaz esha gayarah so baar پياودودparh kar dua kya karen. Awwal o aakhir gayarah baar durood shareef parheen. Amal ki muddat teen haftay hai.

## Haqeeqat Aagahi

**Sawal** : aan noo insani jis zehni kashakash aur dimaghi toot phoot ka shikaar hai' is ki asal wajah kya hai? Rohani tarzon mein is rahnumai ko aashkaar kar dijiye jis se aaj ki pareshani zehan aur paragandah dil, nasal apne mustaqbil ko sanwaar sakti hai ?

**Jawab** : noo insani ki nasal mein zehan kashakash aur dimaghi toot phoot ka shikaar honay ki asal wajah yeh hai ke is ke andar anbia ki tarz fikar ka inikaas kam se kam hota ja raha hai aur is ke apne banaye hue mafrooza hawaas ne usay haqeeqat aagahi se mahroom kar diya hai. Minarh noor hadaayat syedna huzoor aleh salato valslam ke waris huzoor qalandar baba aulia rehmat Allah aleh farmatay hain. Anbia karaam jab kisi cheez ke mutaliq sochte they to is cheez ke aur apne darmain koi rishta barah e raast qaim nahi karte they hamesha un ki tarz fikar yeh hoti thi ke kaayenaat ki tamam cheezon ka aur hamara maalik Allah taala hai. Kisi cheez ka rishta hum se barah e raast nahi hai balkay har cheez ka rishta Allah taala ki Maarfat hai jab kisi cheez ki taraf mukhatib hotay they to is cheez ki taraf khayaal jaane se pehlay Allah taala ki taraf khayaal jata tha inhen kisi cheez ki taraf tavajja dainay se peshtar yeh ehsas aadtan hota tha ke yeh cheez hum se barah e raast koi talluq nahi rakhti is cheez ka aur hamara vaastaa mehez Allah taala ki Maarfat hai. Allah taala yeh ba-hasiat mehsoos ke un ka mukhatib aur mad e nazar qarar paata tha aur qanoon ki ro se Allah taala ki sifaat hi un ka ehsas banti theen aur un ka zehan Allah taala ki sifaat ka qaim maqam ban jata tha. Aaj ki noo insani chunkay anbia ki tarz fikar se be behra hai aur fiction hawas se maghloob hai madah yani matter پر is ka yaqeen

ghalib aur madah ke khaaliq par is ka yaqeen kamzor hai. Is liye dimaghi toot phoot ka shikaar hai.

Jahan taq nasal insani ko apna mustaqbil sanwarnay ke liye rahnumai ka talluq hai to yeh gir bhi huzoor qalandar baba aulia rehmat Allah aleh aashkaar farma gay hain. Is jamal ki tafseel mein aap ne farmaya "agar hum kisi shakhs se qurbat haasil karna chahtay hain to hamein bhi wohi karna ho ga jo matloob karta hai agar hum Allah se dosti aur qurbat haasil karna chahtay hain to hamein bhi wohi karna ho ga jo Allah taala karte hain maslan Allah taala har waqt aur har aan apni makhlooq ki khidmat mein mashgool rehtay hain, makhlooq ki hifazat karte hain lekin is muamlay mein makhlooq se koi sila ya badla nahi chahtay bandah agarchay khaaliq ki satah par makhlooq ki khidmat nahi kar sakta lekin apni har haajat aur zaroorat ko Allah taala ki zaat akbar se se wabsta kar sakta hai. Is tarz amal ki wajah se Allah taala ki badshahat ka aik rukan ban jata hai.

Huzoor qalandar baba mazeed farmatay hain ke "har kaam poori jad-o-jehad aur koshish se kya jaye lekin nataij ko Allah taala ke oopar chore diya jaye.''

## KhauF

**Sawal** : baat karte hue khud bakhud mun bhinch laita hon. Bohat koshish karta hon magar is harkat se nijaat nahi millti. Koi kaam karte waqt ya khaali bethnay par bhi terhan terhan ke mun banata rehta hon jo dekhnay mein bohat bura maloom hota hai. Har waqt aik intzaar ki kefiyat mein rehta hon. Jaisay koi achi baat wuqoo Pazeer honay wali ho. Aik anjaana khauf bhi taari rehta hai ke mulazmat chaatt jaye gi. Mere bachon ka kya ho ga. Gharz ke har terhan se pareshan rehta hon aap ko Allah taala is ka ajar day. Aap mujhe kuch aisa bta dijiye ke meri ( khud par taari ki hui ) pareshaaniya daur ho jayen aur mein Allah par bharosa kar ke duniya ka saamna bahaduri se kar sakun aur yeh ehsas kamtarri, mun banana, mun ka bhinch lena sab khatam ho jaye.

**Jawab** : subah saweray kisi darakht ke tanay se take laga kar kharray ho jayen. Is terhan ke poori reerh ki haddi darakht ke tanay se miss hoti rahay. Is waqt nangay paiir rahen aur nazrain seedhay paiir ke angothay par rahen. Das minute taq isi terhan kharray rahen aur phir apne aur kamon mein mashgool ho jayen. Aik dafaa jis darakht ka intikhab kar len. Chalees din taq isi ko istemaal karen.

## Khud Se Baatein Karna

**Sawal** : mein apne aap se baatein karta rehta hon. Un baton mein kabhi kisi dosray farzi mukhatib se khitaab karta hon aur kabhi apna mukhatib khud hota hon. Baatein karte hue mahol ki khabar nahi rehti aur baad mein jab apni is harkat ki taraf khayaal jata hai to gussa aur jhunjlahat mein khud ko malamat karta hon. Har waqt apne aap ko yeh samajhata rehta hon ke mujhe apne aap se baatein nahi karni chahiye aur yeh pagal pan hai waghera waghera. Khud ko samgha kar itminan haasil ho jata hai lekin kuch der baad guftagu ka silsila dobarah shuru ho jata hai.

**Jawab** : subah saweray aik aaiine ke samnay baith jayen jis mein aap apne saraapaa ko kam az kam seenay taq zaroor dekh saken. Ab aaiine mein apne aks ko mukhatib kar ke guftagu shuru kar dijiye. Qareeban pandrah minute taq aap apne aks se koi farzi ya jo bhi dil mein aeye baatein karte rahen. Is ke baad uth kar roz marrah ke kamon mein mashgool ho jayen. Pandrah din mein aap khud kalami ki mushkil se nijaat pa len ge. Yeh ilaaj parasycology ke aik usool ki bunyaad par Talqeen kya ja raha hai.

## Khoon Ki Boond

**Sawal** : aisay halaat se guzar rahi hon ke dimagh soch soch kar maooof ho gaya hai is pareshani ka silsila is terhan shuru hua ke barray larke ki shadi ke theek 5 mah baad mein ne aik din braamde mein khoon ki aik boond dekhi jisay nazar andaaz kar diya. Do teen roz guzarnay ke baad

phir braamde mein taaza taaza khoon dekha aur is ke baad yeh silsila mustaqil tor par shuru ho gaya aur ab braamde ki bajaye yeh khoon sehan mein girnay laga. Khayaal aaya ke chhat par se kisi janwar ka khoon gira ho ga. Mein ne kisi se is ka tazkara nahi kya ke ghar walay khamkhuwa pareshani mein muftala ho jayen ge. Meri baho ne mujhe bataya ke mein bohat dinon se khoon dekh rahi hon. Bachon se kaha to unhon ne hum dono ka khoob mazaq uraya. Aik din hum sab baithy baatein kar rahay they ke din ke waqt khoon ki aik boond giri aur itni zor se aawaz aayi ke hum sab dar gay. Khwaja sahib hamari rahnumai karen ke yeh sab kya hai. Kkhuda jaanta hai ke mein ne kabhi kisi ke sath buraiee nahi ki jis terhan mumkin hota hai logon ke kaam aati hon. Jab se yeh silsila shuru hua hai hamaray halaat rozbroz kharab hotay chalay gay aur ab hum nihayat museebat aur pareshani mein zindagi busr kar rahay hain.

**Jawab** : log is terhan jaadoo karte hain aur jaadoo ke zair assar kamon mein kharabian peda hoti hain. Subah, shaam aur raat aik aik baar surah falaq aur surah al naas parh kar pani par dam karen. Ikees roz taq pyin.

## Khofnaak Shakalain Nazar Aati Hain

**Sawal** : kuch arsa pehlay mein ne aik sahib ke betaye hue wazifa ka vird shuru kya kuch din baad mein ne mehsoos kya ke wazifa parhte waqt mere jism mein sansani si dornay lagti hai. Pehlay pehal mein ne is par koi tavajja nah di lekin baad mein yeh kefiyat barh gayi. Aik din mehsoos kya ke douran vird mera jism hua mein urr raha hai. Goya is mein wazan nahi hai. Mein ne ghabra kar qareeb rakhi hui maiz ka sahara liya. Isi waqt meri kefiyat bahaal ho gayi. Raat ko jab mein sonay ke liye leyta to yun mehsoos hua jaisay khawab aik rail ki terhan nigahon ke samnay se guzar rahay hain. Mein raat bhar nah jaane kya kya daikhta rehta. Pahar, darya, baagaat aur aasmani manazair aik din letey letey yun jhatka laga jaisay bijli ka shaaq lag jata hai. Dimagh sun ho kar reh gaya is ke baad raat ko yun mehsoos hota jaisay koi mere kamray ke bahar chehal qadmi kar raha ho. Mein qadmon ki chaap wazeh santa tha. Baithy baithy lagta ke koi pusht ki taraf se guzar gaya hai. Dekhnay par koi nazar nah aata. Aik din wazifa parhte parhte ajeeb o ghareeb shakalain nazar anay

lagen. Un shaklon ko dekh kar mein dar gaya aur wazifa parhna band kar diya.

Agarchay ab un kaifiyat o tajarbaat ki shiddat mein kami aa gayi hai. Lekin ab bhi kabhi kabhi nmat naye tajarbaat aur mehsosaat ho jatay hain.

Aap se is maamla mein rahnumai ka taalib hon.

**Jawab** : aap ne jo wazifa parha tha is ki rajat ho gayi thi. Wazifa ki rajat ka matlab la shaori kaifiyat ka shoor mein aa jana hai. Yeh bohat acha hua ke aap ne wazifa ka vird tark kar diya warna agar musalsal vird jari rakha jata to kisi barray nuqsan ka sabab ban sakta tha. Isi liye kaha jata hai ke koi wazifa kisi aisay ustaad ki nigrani aur ijazat ke baghair nahi parhna chahiye jo vaqata vzayf ka Amel ho. Aap ko chahiye ke mazed kisi wazifay ko nah parheen.

## Khayaali Palao

**Sawal** : mera zehan har waqt be car baton mein uljha rehta hai. Kuch yaad karne bhethon to jmayyan bohat aati hain. Har waqt kahili aur susti chhai rehti hai. Zehan har waqt khayaali palao pakata rehta hai ke yeh ho jaye ga woh ho jaye ga. Baaz auqaat to zehan mein itna inteshaar peda ho jata hai ke dil chahta hai ke sir deewar se day maroo. Is khat ka Jawab day den kyunkay agar mera yahi haal raha to kisi din mera sir phatt jaye ga. Kkhuda ke wastay mere mustaqbil ko tabah honay se bacha lijiye.

**Jawab** : raat ko esha ki namaz ke baad aik so aik baar”ya Aleem “parh kar muraqba karen. Mraqbe mein band aankhon se naranji roshiniyon ka tasawwur karen. Tasawwur yeh hona chahiye ke naranji rang ki roshniyan sir mein daakhil ho kar pooray jism mein se ho kar peeron ke zariye zameen mein arth ho rahi hain. Yeh amal rozana bilanagah teen mah taq karen.

## Khoon Mein Kamzoree

**Sawal** : mere shohar pichlle teen chaar saal se aik ajeeb kefiyat se dochar hain. Is marz ya kefiyat ki sahih tashkhees nahi ho payi kyunkay mukhtalif andazon se ab taq jo ilaaj hua hai is ke hosla Afza nataij muratab nahi hue. Maamla yeh hai ke mere shohar ki kohniyon, hathon ki unglio aur ghutnon mein itna shadeed dard hota hai ke woh chalne phirnay se mazoor ho jatay hain. Woh kehte hain ke kabhi aisa mehsoos hota hai ke koi un ke paas leyta hua hai ya bahar se andar aa raha. Kabhi yun lagta hai ke kisi ne inhen zor se dhaka diya hai kyunkay woh zor se gir jatay hain.

**Jawab** : guzashta daur mein namak bohat ziyada istemaal kya gaya jis ki wajah se khoon mein aur gurdon mein kamzoree waqay ho gayi hai. Aik hafta taq namak bilkul tark karen. Aur aik haftay ke baad medicated salt istemaal karayen. Insha Allah chand hafton mein saari shikayaat raphoe ho jayen gi.

## Khud Targheebi

**Sawal** : mein aik taleem Yafta larki hon aur service bhi karti hon. Masla yeh hai ke mere kisi kaam mein kashish nahi hai. Writing bhi itni kharab hai ke mujhe khud sharam aati hai. Aksar mera mazaq urta hai is ke ilawa meri banai, silai mein khuwa mein kitni hi mehnat se karoon. Koi khobsorat nahi hoti. Meri shakhsiyat mein bhi koi kashish nahi hai. Un masail ka hal bta kar mashkoor farmaen.

**Jawab** : aap ki tehreer ka tajzia karne par lashavr ne is baat ki taraf rahnumai ki hai ke aap ehsas kamtarri ke shikaar hain. Aap ke andar salahiyaten to mojud hain lekin woh ehsas kamtarri ke dhair mein dubi hui hain. Ehsas kamtarri ne aap ki shakhsiyat ko madham kar diya hai. Aap apne zehan se yeh baat nikaal den ke aap ke andar kashish nahi hai aur aap ka koi kaam namukammal hai. Salahiyaton ko mutharrak karne

ke liye raat ko sonay se pehlay pusht ke bil late kar yeh jumlay dil hi dil mein dohrayen. Meri salahiyaten jaag rahi hain aur mere andar kashish roz burrows barh rahi hai. Aik mah baad aap ki jumla pareshaniyon ka tadaruk ho jaye ga. Insha Allah.

## Khud Gharzi

**Sawal** : meri barri behan ki Umar 1415 ½ saal thi aur naveen jamaat mein parh rahi theen. Unhon ne aik baar shikayat ki ke peechnay darakhton se aawazian aati hain phir woh barri par asaraar awazon ka zikar karne lagen. Aik roz waalid ko bataya ke qareebi dukanon par baithy hue log usay gaaliyan day rahay they. Is baat ka yaqeen is liye nahi aaya ke hamaray muhallay ke dukan dar bohat shareef hain. Walidain ne behan ki yeh baat sun kar usay ghar mein bitha liya. Is waqt ke baad meri behan par kayi daur aeye. Bemari ne kayi naye roop ikhtiyar kiye. Yeh to mein aap ko batata bhool hi gayi ke is waqt se pehlay meri behan nihayat hayadaar, tamezdaar khamosh tabiyat aur samajh daar mashhoor thi. Khandan mein is ki misalein di jati theen. Pehlay usay vahm hua ke sab ghar walay is ke dushman hain aur usay bura bhala kehte hain. Aik baar is ne meri ammi aur abba ke naye silay hue kapray is terhan kaat diye ke woh dobarah pahannay ke qabil nah rahay. Phir aahista aahista is ki harkato ki wajah se maar pait bhi karna pari. Har qisam ke ilaaj kiye gay. Dr, hakeem, paiir faqeer koi nah chorra lekin kuch nah bana. Aik baar chand dinon ke liye dimaghi amraaz ke hospital mein daakhil karana para.

Phir chand baras ke baad kuch arsa aisa aaya jab woh bilkul to nahi kaafi hadd taq normal ho gayeen lekin kisi kisi waqt un ke mun se aisi baat nikal jati hai ke hum sab sharminda ho jatay hain. Is arsay mein walidain is ke liye rishte ki koshishen bhi karte rahay lekin yeh kaam aasaan nah tha kyunkay un ki tawaqaat bohat ziyada theen aur woh apne se kamtar rishte ka tasawwur bhi nahi kar sakti theen. Aakhir-kaar aik parhay likhay aur khush shakal aur munasib mulazmat walay larke ne sab halaat jantay hue bhi apni chahat se rishta talab kya. Kaafi tawaquf ke baad aur behan ki razamandi se un ka nikah kar diya gaya lekin baaz maslehton ki binaa par rukhsati nah ki gayi. Larka hamaray ghar anay jaane laga baad mein



kisi ghalat fehmi ki wajah se behan apne shohar ke khilaaf ho gayi aur is ki soorat se nafrat karne lagen. Is larke ke behnoi aur mere walidain ne bharpoor koshish ki ke kisi terhan se meri behan raazi ho jaye lekin koi nateeja nahi nikla. Aakhir-kaar rishta toot gaya jis se mere maa baap ko sakht sadma pouncha. Is baat ka mein zikar zaroor karoon gi ke behan ka nikah bohat shaan o Shaukat se kya gaya tha taa ke woh khush ho jaye aur is liye bhi ke woh mere maa baap ki sab se barri aulaad thi. Mera bhai aur mein jo behan se chhootay hain is waqt taq shadi ki Umar ko poanch chuke they lekin maa baap meri behan se pehlay hamari shadian nahi karna chahtay they taa ke woh mehsoos nah karen. Ab jabkay un ko Talaq ho gayi hai aur doosri jagah shadi ka imkaan nahi raha to unhon ne hum dono bhai behan ki shadi kar di.

Hum dono se aur khasosan mujh se woh bohat hasad karti hain. Walidain ki koshish hamesha se yeh rahi hai ke mujh se behtar un se sulooq kya jayetaa ke woh mehsoos nah karen lekin woh mujhe mere miyan aur bachon ko bohat bura samjhti hain halaank hum log un se bohat mohabbat karte hain lekin woh hamari shakalain bhi dekhna pasand nahi kartin.

Ab teen chaar saloon se un ki haalat bigarti ja rahi hai. Pehlay woh kuch azeezon, rishta daaron ko pasand karti theen aur kuch ko nahi lekin ab kisi se bhi milna aur baat karna pasand nahi kartin. Pehlay apne libaas ka khayaal rakhti theen aur fashion ke mutabiq malbos hoti theen. Ab bhi woh samjhti hain ke mera libaas make up fashion ke mutabiq hai lekin haqeeqat mein aisa nahi hai. Bemari ke douran un ki aik salahiyat ne bohat jala payi hai. Inhen painting ka shoq hua aur Pakistan ke aik naamwar musawir se unhon ne tarbiyat haasil ki. Arts council mein bohat arsa taq jati rahen aur is maidan mein bohat naam paaya hai. Pakistan ke barray barray shehron mein un ki banai hui tasweeron ki numaish bhi ki gayi. Aik baat yeh hai ke kehney ko to bemaar hain lekin be hadd khud gharz ho gayi hain. Apne khanay aur apne aaraam o asayish ka poora khayaal rakhti hain aur har waqt apne haqooq ke liye lardte rehti hain. Walidain bhi yahi chahtay hain ke is se barabari se barh kar sulooq ho lekin woh hamesha yahi samjhti hain ke un ke sath zayad-ti ki ja rahi hai. Un ke is tarz amal aur har waqt ke larai jhagrrre ne pooray ghar ka sukoon barbaad kar diya hai.



**Jawab** : aap ki behan nafsiati mariza hain. Ilaaj yeh hai. Un ke balai jism ka aik barray se bara photo banava kar subah Sadiq ke waqt is photo par pencil se dairay banaye jayen aur dairay is terhan se banaye jayen ke sir aur seenah dairon ke andar aa jaye. Daira ke oopar daira aeye to koi harj nahi hai. Pencil ka sikka nah to ziyada sakht ho aur nah ziyada naram ho kyunkay sakht ho ga to photo par kharashein par jayen ge aur naram ho ga to pencil toot jaye gi aur is terhan amal mein khlal waqay ho jaye ga. Amal ki muddat rozana pandrah minute, chalees roz hai.

## Khoon Ki Kuliyan

**Sawal** : hamari bhanji ki Umar das saal hai. Paanch saal pehlay is ki tabiyat kharab ho gayi thi. Subah se shaam taq mun se aur pishaab ke rastay musalsal khoon behta raha. Chaar saal ke baad wohi bemari Aud kar aayi lekin ab sirf mun se khoon aata hai aur khoon itna ziyada hota hai ke woh kaliyan bhar bhar kar thookti rehti hai. Is ke saaray jism par neelay neelay chakatay par jatay hain. Doctoron ki tashkhees yeh hai ke is bachi ko kisi ne zeher diya hai ya is ne koi zahrili cheez kha li hai. Doctoron ka yeh bhi khayaal hai ke usay tea bi ho gayi hai. Jab bhi hamari baji kisi hospital mein dikhaane ke liye jati hain to sab se pehlay dr yeh puchhte hain ke aap souteli maa to nahi hain. Hum bohat dukhi aur pareshan hain. Hum se apni bhanji aur baji ki yeh haalat dekhi nahi jati. Yeh baat aur arz kar dun ke mujhe yeh baat maloom hai ke Allah taala ke fazl o karam se aap ke zirsayh kayi insani jaanen bachi hain. Lillah hamein mayoos nah kijiyej ga.

**Jawab** : dimagh, halaq, masoorho aur pehphron ke mutasir hojane se din ya raat ko sotay waqt mun mein khoon bhar jata hai. Ilaaj yeh hai ke umdah qisam ki roi le kar do phoyon par aik martaba

سَمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

سَبِّحْ اسْمَ رَبِّكَ الْأَعْلَى. الَّذِي خَلَقَ فَسَوَّى. وَالَّذِي قَدَّرَ فَهَدَى. وَالَّذِي أَخْرَجَ الْمَرْعَى. فَجَعَلَهُ غُثَاءً أَحْوَى.

Parh kar dam karen aur aik aik phoya dono kaanon mein raat ko sotay waqt rakh den. Agli raat yeh phoyey nikaal kar dosray do phoyon par dam kar ke kaanon mein rakh den. Amal ki muddat saat roz hai. phoye jama kar ke bahtay pani ya kunwein mein daal den. Is ke ilawa puranay se purana, bohat purana taat talaash kar ke is ko jala len. Jab jal jaye is ko unglio se masal kar bareek powder bana len aur shehad mein mila kar subah shaam bachi ko chatayein. Sirf teen din. Teen din maadi ilaaj saat din Rohani ilaaj se yeh marz Insha Allah hamesha hamesha ke liye khatam ho jaye ga. Yeh baat zehan se nikaal di jaye ke bachi ko kisi ne zeher diya hai.

## Khaala Ki Rooh

**Sawal** : mein maloom karna chahti hon ke meri khaala zindah hain ya mar chuki hain.

**Jawab** : raat ko sonay se pehlay wuzu kar ke shumal rukh mun kar ke baith jayen. So martaba نويت سكراتة فصيح parh kar baat kiye baghair bistar par chali jayen aur dil mein yeh khayaal karen ke”khaala jaan yeh bataiye ke aap zindah hain ya murda”aur so jayen. Gayarah roz ke is amal ke nateejay mein aap ki khaala jaan aap ko bta den gi ke woh kis haal mein hain.

## Khlafshar

**Sawal** : Umar 20 saal hai. Bi ae ki Taliba hon. Taqreeban paanch saal se is azaab mein muhtala hon ke jab mein koi naik khayaal dil mein latayen hon to foran ghair ikhtiyaari tor par bura khayaal dil mein aa jata hai. Mein Allah aur is ke rasool s.a.w par Sadaq dil se imaan rakhti hon lekin jab bhi Allah ya is ke rasool s.a.w ka khayaal dil mein warid hota hai navz billah yeh khayaal neki se badi ki taraf chala jata hai. Allah taala se har waqt tauba astaghfar karti rehti hon. Aksar raat mein aankhh khil jati hai to ro ro kar is ke agay haath judte hon ke mujhe is azaab se chhutkara

day. Be adbi ke khauf se woh alfaaz tehreer nahi kar sakti. Sochti hon khud kashi kar lon lekin aison ke liye to duniya bhi azaab aur akhirat bhi jahannum. Kisi ko numaz parhtey dekhatii hon to be ikhtiyar ansoo behnay lagtay hain ke kaisi badnaseeb hon ke mujhe yeh bhi muyassar nahi. Jahan zikar Ellahi ya zikar rasool s.a.w hota hai, aisi aisi fehesh aur ghatiya baatein aur khayalat zehan mein ubhartay hain ke mein khud ko nanga aur uryaan mehsoos karti hon. Apne aap ko nochti hon, martii hon aur roti hon lekin is azaab se chhutkara nahi milta. Samajh mein nahi aata ke kahan nikal jaon jo mujhe is aziat se nijaat miley.

Jab mein choti thi to aksar napasandeedah kahaniyan aur risalay hamaray ghar mein atay they kyunkay mere mamu nnat nai kahaaniyon ke bohat shoqeen they. Meri ammi ne mujhe aik dafaa aisa digest parhte dekh kar mara tha magar mein tajassus mein sab se choup choup kar padti thi. Goya nai nai baatein millti theen jin se baaz dafaa to dimagh mein dhamakay se hotay they aur tamam jism ki sansanhat jata tha jaisay qubool karne se inkaar kar raha ho. Mujhe is tajassus ne kahin ka nahi chorra. Kash mein apni ammi ki baat maan layte. Ab to azaab meri zindagi ka aik hissa ban gaya hai. Har qisam ki mazhabi mehafilon mein jana tark kar diya hai. Jab talawat hoti hai to uth aati hon ke bhethon gi to gustaakhi ho gi.

Do saal se apne walidain ke sath middle east mein muqem hon. Log kehte hain ke barri khush qismat ho ke aasani se maqamat Muqaddisa ki ziyarat kar sakti ho. Sunthee hon to ro padtee hon ke aap daur hotay hue bhi kitney qareeb hain aur mein badnaseeb qareeb hotay bhi kitni daur hon. Aaj kal Pakistan aayi hui hon.

**Jawab** : makhrab ikhlaq novel, afsaanay aur digest parh kar aadmi ke jazbaat mein aik aisa hejaan peda ho jata hai ke is se muashray mein raaij qadren toot jati hain. Aur jab yeh qadren toot jati hain to aadmi ultay seedhay khayalat mein ulajh jata hai aur bil akhir un napasandeedah aur ulje khayalat se aqeedah bhi kharab honay lagta hai to ensaan ke dimagh mein aisay was wasay anay lagtay hain jin mein kkhuda, rasool s.a.w aur mazhab se be zaari payi jati hai aur yeh bezari ghair ikhtiyaari hoti hai. Aqeedah ki kharabi aur zameer ki malammat se nazar nah anay wala aik mutaffan phora is ke batin mein peda ho jata hai. Is ki wajah se woh itna

be chain rehta hai ke is ki misaal barri se barri bemari mein bhi nahi millti. Allah taala hum sab ko apne hifz o Amaan mein rakhay. Is takleef da kefiyat se nijaat panay ke liye kore ya dhullay hue khdr ya lthe ka aik kurta silwaya jaye. Yeh kurta saaray jism par aik aik balisht zayed ho aur takhnon taq neecha ho.

Aasteen bhi aik aik balisht khuli hui ho. Kisi aisay kamray mein jis mein andhera ho ( andhera nah ho to andhera kar liya jaye ) yeh karta pehan kar pandrah minute taq tehaliye aur teheltay waqt

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ (2) الرَّحْمَنِ الرَّحِيمِ (3) مَالِكِ يَوْمِ الدِّينِ

Parhtee rhye. Pandrah minute baad karta utaar kar teh kar ke isi kamray mein kisi mehfooz jagah par rakh dijiye. Jab taq aqaed durust hon is waqt taq amal karti rahen. Amal ke waqt kamrah mein andhera hona zurori hai.

## Khoon Ki Ultian

**Sawal** : mere larke ke mun se kaafi khoon aata hai. Koi bhi bemari doctoron ki pakar mein nahi aayi. Agar koi dawa den to foran khoon anay lagta hai. Khoon aik dam hi aana shuru ho jata hai aur phir khud hi band ho jata hai. Pehlay thora khoon aata tha magar ab khoon ki ultian shuru ho gayi hain. Saans bhi khch khch kar laita hai. Jawan beta hai aur mera ro ro kar bura haal ho gaya hai. Mayoos ho kar aap ke Dur par dastak day rahi hon. Koi aisa hal ya ilaaj batlaein ke mera beta theek ho jaye.

**Jawab** : kahin se purana taat talaash kar ke jala len aur is ki raakh shehad mein mila kar rakh len. Rozana subah, dopehar aur raat raakh miley shehad ka aik chamcha le kar bsm Allah shareef ke sath يا شافى يا شافى يا شافى parh kar dam kar ke betay ko khelate rahen, qaabiz aur garam ashya se parhaiz karayen.

## Khushki Ka Ilaaj

**Sawal** : arsa hua mein ne sakht garam aur khushk dwayyan istemaal ki hain. Un dawaon se mera poora jism sir se paon taq jhulas gaya.

Nazar kamzor hoti ja rahi hai. Poora jism aur pait andar se tan chuka hai aur akra rehta hai. Bas khushki hi khushki ne mujhe kisi kaam ka nahi chorra. Mere pooray jism balkay poori machinery se khushki daur honay ka Rohani ilaaj bitayen.

**Jawab** : esha ki namaz ke baad aik so aik baar surah lahab ki ayaat tabbet da se le kar o wamratahoo taq parh kar pani par dam karen aur chobees ghanay yahi pani istemaal karen. Rozana ka bacha hua pani kiyari mein baha den. Ilaaj ki muddat 21 din hai is douran koi dosra pani .nah piya jaye

## Khushk Kharish

**Sawal** : tamam jism mein aur sir mein intahi khushk khujli hai, guchay ke guchay baal bhi girtay hain. Ilaaj ailoo pithk, homyo pithk karwa kar thak chuki hon. Barah karam akhbar jung ke zareya koi mufeed nuskha batlaein, mashkoor hon gi. Sakhti pareshan hon.

**Jawab** : gayarah danay umdah qisam annab raat ko garam pani mein bigho den. Subah annab nichor kar bhook pheink den aur name garam pani pi len. Badan aur sir par khalis sarson ka tail mil kar dhoop mein baith jayen taa ke paseena aa jaye name ke pattoun ke pani se teen ghanay ke baad ghusal karen. Khaano mein garam masalha, surkh mirch, ziyada namak aur har qisam ke gosht se parhaiz karen. Gosht mein anda bhi shaamil hai.

## Khawab Aur Hamari Zindagi

**Sawal** : khawab ki kya ahmiyat hai? Kya khawab mehez khayalat ka silsila nahi hota? Kyunkay khawab ke aamaal ka hamari jeeti jaagi zindagi se koi vaastaa nazar nahi aata. Magar jab hum huzoor suroor konain sale Allah o aala o slim ka farmaan parhte hain ke khawab nabuwat ka chaleeswa hissa hai. To roye hadees khawab ki intahi ahmiyat

nazar aati hai. Magar tajurbah is ki tasdeeq nahi karta. Aap se is muamlay mein rahnumai ki darkhwast hai.

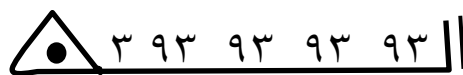
**Jawab** : khawab dekhnay ka amal hamein rooh aur rooh ki salahiyaton ka suraagh deta hai. Woh is terhan ke hum soye hue hain tamam jismani aaza bilkul moattal hain. Sirf saans ki aamad o shud jari hai. Lekin khawab dekhnay ki haalat mein hum chal phir rahay hain, baatein kar rahay hain, soch rahay hain, ghumzdaa aur khush ho rahay hain. Koi kaam aisa nahi hai ke jo hum baydaari ki haalat mein karte hain aur khawab ki haalat mein nahi karte.

Yeh aitraaz kya jata hai ke khawab dekhnay sirf aik khayaali cheez hai aur khayaali harkaat hain kyunkay jab hum jaag uthte hain to kiye hue aamaal ka koi assar baqi nahi rehta. Yeh baat bilkul laa yani hai. Har shakhs ko zindagi mein aik, do, chaar, das, bees aisay khawab zaroor nazar atay hain ke jaag uthnay ke baad ya to usay nahanay aur ghusal karne ki zaroorat padtee hai ya koi drowna khawab dekhnay ke baad is ka poora khauf aur dehshat dil aur dimagh par musallat ho jata hai ya jo kuch khawab mein dekha hai wohi chand ghantay chand din ya chand mahinay ya chand saal baad mann o an baydaari ki haalat mein paish aata hai. Aik fard wahid bhi aisa nahi miley ga. Jis ne apni zindagi mein is terhan ka aik khawab ya aik se zayed khawab nah dekhe hon. Is haqeeqat ke paish e nazar is baat ki tardeed ho jati hai ke khawab mehez khayaali hesiyat rakhta hai jab yeh maan liya gaya hai ke khawab mehez khayaal nahi hai to khawab ki ahmiyat wazeh ho jati hai. Ab hum baydaari ke aamaal aur waqeat neez khawab ke aamaal aur waqeat ko samnay rakh kar dono ka mawazna karte hain. Yeh roz marrah hota hai ke hum ghar se chal kar bazaar poanch gay. Kisi aik khaas dukaan par kharray hain. Aur aik soda khareed rahay hain. Agar is waqt koi shakhs hum se Sawal kere ke dukaan par pounchanay taq rastay mein aap ne kya kya dekha to hum foran yeh Jawab dete hain ke hum ne kuch khayaal nahi kya. Baat yeh maloom hui hai ke baydaari ki haalat mein hamaray ird gird jo kuch hota hai agar hum poori terhan mutwajjah nah hon to kuch nahi maloom hota ke kya hua kis terhan hua aur kab hua ? Is misaal se yeh maloom hua ke baydaari ho ya khawab, jab hamara zehan kisi cheez ki taraf ya kisi kaam ki taraf mutwajjah hai to is ki ahmiyat hai warna baydaari aur khawab

dono ki koi ahmiyat nahi hai. Baydaari ka barray se bara waqfa be khayaali mein guzarta hai. Aur khawab ka bhi bohat sa hissa be khaberi mein گزر جاتا hai. Kitni hi martaba khawab ki barri ahmiyat hoti hai aur kitni hi martaba baydaari ki bhi koi ahmiyat nahi hoti phir kyun kar munasib hai ke hum khawab ki haalat aur khawab ke ajzaa ki jo zindagi ka nisf hissa hai nazar andaaz kar den. Baais takhleeq kaayenaat fakhr mojoodaat syed al-mursaleen huzoor sale Allah aleh wasallam ka farmaan hai ke khawab ilm nabuwat ka chaleeswa baab hai. Is se khud bakhud khawab ki ahmiyat wazeh ho jati hai. Paighmbran aleh salam aur Allah taala ke woh bargzida bande jinhein Allah taala ne ilm ulasma yani apni sifaat ke ilm se jisay ilm laduni bhi kehte hain, nawaza hai. Woh bande har shakhs ke dekhe hue khawab ki tabeer aur khawab mein mojoood ghaibi arshadat o کنايات ka mafhuum poori terhan wazeh karne ke ahal hotay hain. Is ke sath sath koi bhi shakhs jo paighambran aleh salam ke aloom aur salahiyaton se istifada karna chahta hai. To is ka husool khawab hi ki salahiyaton ke zariye mumkin hai. Hum kisi khaas tareeqay se is ka suraagh laga satke hain aur is salahiyat ko baydaari mein istemaal kar satke hain. Anbia aleh salam ka amal yahin se shuru hota hai aur yahi woh ilm hai jis ke zariye anbia karaam ne apne shagrdon ko yeh bataya hai ke pehlay ensaan kahan tha aur is aalam nasoot ki zindagi poori karne ke baad woh kahan chala jata hai. Khawab ki salahiyat ko baydaari mein istemaal karne ka pehla sabaq”muraqba “hai.

## Dimaghi Khaliye Aur Paidaiesh

**Jawab** : aap ki begum sahibaa waza hamal ke marahil se is liye bakhair o khoobi nahi guzarateen ke un ke woh dimaghi khaliye jin par toleed tanasul ka inhisaar hai, theek terhan se kaam nahi kar rahay. Un khalion ki karkardagi ko theek karne ke liye aik momi kaghaz par



likh kar mom jama kar ke aasmani rang kapray mein si kar gilaay mein daal den. Hafta mein aik baar kapray ke khoal se nikalay baghair taveez

ko lobaan ki dhoni zaroor den. Paanch jumaraat taq har jumaraat ko asar aur maghrib ke darmain do rupay khairaat kar diya karen.

## Dil Mein Sorakh

**Sawal** : hamari choti behan ki Umar taqreeban 18 saal hai. Is ke dil mein pedaishi sorakh hai jab se peda hui hai ilaaj ho raha hai lekin sorakh band nahi sun-hwa. Hum dawa ke sath dua ke tareeqa par amal karna chahtay hain. Koi Rohani ilaaj tajweez farmaen aur sath mein mehfil muraqba mein dua karen ke Allah taala Shifa ataa farmaen.

**Jawab** : awwal aakhir gayarah gayarah martaba durood shareef ke sath gayarah hazaar baar

فَأَوْحَىٰ إِلَىٰ عَبْدِهِ مَا أَوْحَىٰ مَا كَذَبَ الْفُؤَادَ مَا رَأَىٰ ۖ

aik nashist mein parh kar aadh sair khalis shehad par dam karen aur yeh shehad subah shaam aur raat ko khilain. Miqdaar chaye ke chamchay ke barabar honi chahiye. Ilaaj ki muddat 6 mah hai.

## Duniya Bezari

**Sawal** : mein bohat dukhi aur ghareeb aadmi hon. Berozgaar hon aur kaafi arsa se bemaar hon. Mein ne doctoron aur hakeemon se bohat ilaaj karaya hai lekin kuch faida nahi sun-hwa. Din badan kamzor ho raha hon aur kabhi to mein apne aap ko tea bi ka mareez samajhney lagta hon. Mera khayaal x-ray karanay ka hai lekin gareebi ka yeh haal hai ke x-ray ke liye pesey nahi hain. Nakami ne mujhe duniya se bezaar kar diya hai. Mere waalid itnay khushk mizaaj aur aqibat na andesh hain ke meri shadi ki fikar mein hain. Mein yeh shehar chore dena chahta hon. Mujhe koi aisa nuskha ya wazifa bataiye ke jis ki barket se Allah taala sahet ataa farmaen.

**Jawab** : aap ko koi aisi bemari la-haq nahi ke aap khud kashi ke baray mein soch kar apna waqt kharab karen. Aap ke gurdon aur masanay mein



garmi ho gayi hai. Is ka ilaaj bohat aasaan hai. Asar ke baad gajron ke qatlay chips bana kar pani mein isqadr pakayen ke qatlay achi terhan Gul jayen. Inhen saari raat aasman ke neechay rakha rehne den. Subah doodh aur cheeni shaamil kar ke nehar mun kha len. Adhay ghantay taq koi cheez nah khayen. 21 roz ke is ilaaj se aap sahet mand ho jayen ge.

## Dimaghi Amraaz

**Sawal** : meri satrah sala beti arsa aath saal se nafsiati o dimaghi aarzh mein muftala hai. Jab woh teesri jamaat ki Taliba thi to aik din achanak khamoshi ikhtiyar kar li. Idhar se idhar mutawatar tehalne lagi. Aur aksar anjanay khauf se dar jati baghair kisi jagah ki tameez ke pishaab waghera kar deti. Is ke baad bachi par cheekhnay chalanay ka dora parney laga aur badhawasi mein chhootay behan bhaiyon ko maarny lagi. Aaj kal aksar is ko ajeeb o ghareeb shakalain nazar aati hain aur kehti hai ke falan mujhe maar raha hai aur kehti hai ke ghar se nikal jao. Is aath saal ke douran naamwar mahireen nafsiat aur dimaghi doctoron ka ilaaj karaya aur ab bhi ilaaj jari hai magar khatir khuwa faida nahi hua hai. Barah karam koi aisa Rohani ilaaj tajweez kar den jis se meri beti ki shakhsiyat mamool par aa jaye aur woh shaori haalat mein wapas aa jaye.

**Jawab** : aik sahet mand dunba khareed kar is ki oon ktwa kar allag kar len. Kachi zameen mein garha kho den. Aur yeh oon is garhay mein rakh den. Saari oon garhay mein nah aeye to jitni aa jaye rakh den. Ab dunba ko is terhan zibah karen ke sara khoon oon mein jazb hojaye aur oon ko saya mein sikha kar matti ke kore bartan mein rakh den. Bartan bara aur khula hua hona chahiye taa ke oon mein se hua ka guzar hota rahay. Dunba ka gosht, khaal, sri paye, sab sadqa kar den. Raat ko sonay se pehlay jis kamrah mein bachi soti hai. Koylay dhaka kar yeh oon jalayen aur yeh poori oon 90 din mein jalayen. Oon jalanay se pehlay gayarah baar bsm Allah al-rehman uraheem parheen. Douran ilaaj taiz namak, mirch, khataas, qabz aawar ghzaon se parhaiz karayen. Dimagh ke oopar khoal charh gaya hai.

**Sawal** : mujhe yun mehsoos hota hai jaisay mere dimagh par aik khoal

charh gaya hai aur saari salahiyaten is mein muqeed ho gayi hain, bahar nahi aa sakteen. Pehlay jaisi yad dasht nahi rahi aur nah hi dimagh mein woh taizi hai jo kisi kaam ko karne ke liye zurori hoti hai. Har waqt be khayaali rehti hai aur dimagh thaka hua mehsoos hota hai.

**Jawab** : nisf shab guzarnay ke baad tanhai mein aasman ke neechay nangay paiir aur nangay sir kharray ho jayen. Dono haath sir par rakh len aur ankhen band kar ke taqreeban 10 minute kharray rahen. Insha Allah do hafton mein zehni salahiyaten mamool ke mutabiq kaam karne lagen gi.

## Dastakhat Kijiyej Aur Masla Hal

**Sawal** : bachpan aur jawani ke ibtidayi daur mein mujhe har qisam ki Rohani musarrat haasil thi. Lekin pichlle chaar paanch saloon se mein sakht zehni kashmakash mein mubtala hon. Mujhe yeh rog khaye ja raha hai ke taleemi maidan mein mujhe woh darakhshan kamiyabiyen haasil nahi huien jo guzashta daur mein mera khaasa theen. Mujhe yeh bhi ilm hai ke meri zehni nashonuma mein koi farq nahi aaya kyunkay meri maloomat aama herat angaiz tor par barh chuki hai. Taleemi lehaaz se ost kamyabion ne mujhe zehni mareez bana diya hai. Nateejatan mojudaa daur ki mamooli si na insafi bhi bardasht nahi kar sakta.

**Jawab** : raat ko sonay se pehlay aadh ghanta taq mukhtalif zawiyon se apne dastakhat kijiyej. Ziyada se ziyada chalees roz mein masla hal ho jaye ga.

## Dupatta Mein Joyen

**Sawal** : walida sahibaa do mah se ajeeb marz ka shikaar hain. Pehlay kharish hui aur is ke baad aik din bohat ghabrahat hui. Kehti hain ke aisa mehsoos hua ke jaisay kisi ne jaye namaz agay se khech li. Mein ne mehsoos kya ke mein halki hoti ja rahi hon. Paiir thanday rehtay hain.

Bohat dafaa kaho to namaz padti hain. Woh bhi aik sath do teen waqt ki namaz padti hain. Har cheez se khauf aata hai. Do teen doctoron ko dekhaya. X-ray karaye hain sab normal hain. Aik molana ko dekhaya hai woh kehte hain ke kisi ne safli amal kara diya hai. Chaar saal pehlay hamaray ghar se aik dupatta mein bohat saari joyen nikleen jo hum ne jala diya. Baraye meharbani mujhe bataiye ke yeh kya marz hai aur agar marz nahi hai to kya hai ?

**Jawab** : safli wafli kuch nahi hai. Baat itni si hai ke aap ki walida ka dil kamzor ho gaya hai. E si jee kara lijiye aur qalb ke spishlst ki Hadayat par amal karen. Dr ke mashwaray se teen waqt shehad khayen. Shehad ke oopar teen baar

يَا حَرَّ قَبْلَ كُلِّ شَيْءٍ يَا حَرَّ بَعْدَ كُلِّ شَيْءٍ

parh kar dam kar diya karen.

## Dil Mein Dard

**Sawal** : eid ke dosray din mein ghar ki safai kar raha tha ke achanak dil mein halka sa dard utha. Mein samgha mamooli baat hai thora din ke baad phir dard utha to mein ne doctoron se ilaaj karwaya aur dard band ho gaya. Magar kuch din ke baad phir dard honay laga to dosray dr ko dekhaya. Is ne kaha ke pathay charh gay hain magar jab faida nahi hua to teesray dr ko dekhaya aur dard theek ho gaya. Magar kuch din ke baad itna shadeed dard utha ke lagta tha ke koi cheez dil mein se oopar se neechay ki taraf takra rahi hai. Aur dil aag ki terhan garam ho gaya hai. Barah meharbani koi Rohani ilaaj bitayen. Mein aap ka bohat shukar guzaar hon ga. Yaqeen janye mein jitna pareshan hon kabhi zindagi mein itna pareshan nahi hua.

**Jawab** : jab bhi pani, chaye, doodh ya sharbat pyin teen baar ”رياحين ماء“ parh kar dam kar ke pyin. Zurori hai ke heart aspishlst se e si jee kara len aur is ke mashwaray par poora amal karen.

## Asthma

**Jawab** : qanoon takhleeq ke tehat aadmi darasal roshiniyon ka majmoa hai aur un roshiniyon ke tawazun ka naam hi sahet hai. Roshni aik qisam ki nahi hoti balkay insani zindagi mein daur karne wali roshiniyon ki be shumaar kasmain hain. Samajhney ke liye hum un roshiniyon ko mukhtalif rangon ka naam day satke hain. Yeh roshniyan dimagh mein toot kar bikhrti hain aur totnay aur bikharne ke baad dimagh ke kayi arab khaliye un se mutasir ho kar hawaas ki takhleeq karte hain. Asthma aur zeek al-nafs ka marz bhi roshiniyon mein Adam tawazun ki binaa par hota hai. Woh roshniyan jo pooray jism mein khoon ko gardish dainay ki zimma daar hain un mein tawazun nahi rehta nateeja mein khoon ki kasafat jo masamaat ke zariye nikalnee chahiye woh poori terhan kharij nahi hoti aur jab yeh khoon pooray jism mein daur kar ke pehphron mein pohanchana hai to pehphron ki jalyon mein yeh kasafat jama hona shuru ho jati hai. Is kasafat mein ibtida taffun hota hai aur phir virus peda ho jatay hain. Jab phephray un keeron se bhar jatay hain to phephray ka pmpng system kharab ho jata hai jis ki wajah se saans lainay mein dushwari paish aati hai. Yeh to dammey ki Rohani tashreeh hui, ilaaj is ka yeh hai ke rang aur roshni ke ilaaj ke tareeqa par naranji rang ki shu-aon se tayyar kya hua alsu ka tail seenay par pehphron ki jagah dairon mein maalish karen. Maalish raat ko sotay waqt aur subah paanch paanch minute halkay haath se karen. Is ke sath sath naranji rang aur gehray neelay rang ka pani tayyar kar ke aik aik oons subah shaam pyin. Tail aur pani tayyar karne ka tareeqa pichlle dinon kayi baar shaya ho chuka hai. Ghzaon mein khatti aur thandhi cheezon se parhaiz karen aur saaf aur khuli hua mein raha karen.

## Darya Aur Sabza Zaar

**Sawal** : chand saloon se meri dimaghi haalat ajeeb ho gayi hai. Yun lagta hai ke khayalat yalghaar kar rahay hain. Aur mera dimagh khayalat

ki moajoon mein be bas idhar idhar beh raha hai. Is bulaye nagehani se meri qowat faisla aur salahiyaten maflooj ho gayi hain. Khuwa koi jagah ho, is ki koi bhi ahmiyat ho, khayalat mein ghira rehta hon. Un khayalat ki ro se mujhe zalalat aur gumraahi mein daal diya hai. Be ikhtiyar pakeeza nafs aur muqaddas hazraat ke mutaliq aisay buray buray khayalat ke darya par band bandhna chahta hon lekin kamyabi nahi hui. Waisay mein har lehaaz se aik normal shakhs hon, meri sahet bhi theek hai lekin un khayalat ke hathon be bas aur majaboor hon.

**Jawab** : apne pooray saraapaa ka aik post card size negative banwaiye. Photo grapher ko hadaayat kar den ke woh is negative par kisi qisam ka nishaan ya rang nah lagayen. Apne is negative ki photo ki terhan frame kar ke deewar par latka kar chaar foot ke faaslay se din raat mein waqfa waqfa se 2 ghanay taq dekha karen. Khayalat ki yalghaar se dimagh ko nijaat mil jaye gi. Is amal ke douran agar chaltay, uthte, baithtay koi makoos khayaal aeye to usay “radd hargiz nah karen” aata hai to anay den khud hi guzar jaye ga. Qanoon yeh hai ke jab kisi khayaal ko radd kya jata hai to woh aur ziyada gehra ho jata hai. Jab bhi is qisam ka koi khayaal aeye zehan ko dosray kisi khayaal ki taraf murr den maslan aap ko aag ka khayaal aata hai aap yeh nah karen ke aag ka khayaal nahi aana chahiye balkay aap is khayaal ko radd karne ki bajaye kisi baagh, darya ya sabza zaar ke baray mein sochna shuru kar den. Is tareeqa car aur negative beeni se aap makoos khayalat ke hamlon se mehfooz ho jayen ge. Ilaaj shuru karne se pehlay maahir nafsiat ki ijazat le len.

## Dawaon Ka Reaction

**Sawal** : aik saal se meri behan bemaar hai. Shuru mein usay bukhaar aana shuru sun-hwa. Phir is ke gaal surkh ho gay. Ghar walon ne samgha ke bukhaar ki wajah se gaal surkh ho gay phir usay ultian aana shuru ho gayeen. Tangon ki ragein khech gayeen aur woh chalne phirnay ke qabil nahi rahi. Dr ne bataya ke kisi dawa ka ree action ho gaya hai. Hospital mein do mahinay daakhil rahi aur theek ho gayi. Lekin thoray dinon ke baad phir bemaar ho gayi. Sirf gaal surkh hotay they lekin is ke baad pooray jism par danay nikal aeye jo ab kalay daagh ki shakal mein baqi

reh gay hain. Tashkhees hui to pata chala ke jald ki koi bemari lag gayi hai. Baazu par se khaal kaat ke jald ke surgeon ko test karanay ke liye bhaije gayi. Lekin report bilkul theek thi. Ab phir is ki tabiyat kharab ho gayi hai. Kamar mein se gosht kaat kar test karaya to report aayi ke is bemari ko koi ilaaj nahi hai. Hum sab ghar walay pareshan hain. Kkhuda ke liye koi dua aisi bataiye ke hamari mushkilaat hal ho jayen. Doctoron ne Jawab day diya hai. Lekin phir bhi hum kkhuda ki zaat se na umeed nahi hain. Yeh baat hamaray ilm mein hai ke aap ke mashwaron se barray barray paicheeda amraaz theek ho gay hain. Behan ko khanay se shadeed nafrat ho gayi hai. Doodh ka cupp samnay aata hai to qay ho jati hai. Gosht pkta hai to kehti hai ke badboo aa rahi hai. Lillah aisi tadbeer kijiyej ke khana khanay lagey taa ke kamzor y nah barhay.

**Jawab** : saat rang ke reshmi kapray ke chhootay chhootay tukre bachi ke samnay phela kar rakh den. Bachi se kahin ke un tukron mein se jo tukda usay khobsorat aur acha lagey utha le. Reshmi kapray ke is rangeen tukre par charon kono par chaar setaaray banayen aur darmain mein

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

یَا رَحِیْمُ یَا اللّٰهُ یَا مُرِیْدُ یَا رَحِیْمُ یَا اللّٰهُ

یَا مُرِیْدُ یَا رَحِیْمُ یَا اللّٰهُ یَا مُرِیْدُ

یَا بَدِیْعُ الْعَجَّاءِ بِالْخَیْرِ یَا بَدِیْعُ

یَا مَهْلَءِیْلَ یَا تَمْنَاءِیْلَ یَا مِیْکَءِیْلَ یَا جِبْرَءِیْلَ

kasheeda kaari se likh kar is kapray ko frame kara len. Aur frame ko maiz par aisi jagah rakh den jahan bachi ki baar baar nazar padtee rahay. Jis taar se kasheeda kaari karen woh chandi ke rang ka hona chahiye. Khaano mein fridge mein rakhi hui cheeze, taiz namak mirch ki cheezon aur baadi, baasi cheezon se parhaiz zurori hai. Ilaaj shuru karne se pehlay paanch rupay pachees pesey kisi ghareeb ko khairaat kar den.

## Duwaain

**Sawal** : mein arsa daidh saal se shadeed bemaar hon aur bistar par pari hon. Har qisam ka ilaaj nakaam ho gaya hai. Rohani mahswara day kar meri madad farmaen arsa 5-4 saal se mein ne namaz baraye taskheer din ke taqreeban 11 bujey haftay bhar ke liye parhi thi. 4-3 roz baad mujhe aisa mehsoos hua jaisay kisi ghaibi taqat ne mere saaray jism ko oopar se neechay gole dairay mein jhulay ki terhan ghuma diya. Mein bohat ghabrayi lekin namaz poori kar li. Isi raat neend mein mujhe ghabrahat hui aur mein chhootay bachay ki terhan choank kar uth baithi. Glucose aur sharbat mein barf daal kar piya jis se ghabrahat mein kami mehsoos hui. Namaz taskheer mazeed chand din parh kar saat din pooray kiye ghabrahat ki yeh kefiyat mujhe aksar hoti aur mein thanday mashroob mein barf daal kar pi layte thi. Ab meri tabiyat be chain rehne lagi aur high blood pressure ka aarza ho gaya. Yeh kefiyat kayi saloon taq rahi lekin ramadaan shareef ke rozay ke douran aur siwa laakh kalma shareef ya durood shareef ya bsm Allah parhnay ke douran yeh kefiyat nahi hui. High blood pressure ki wajah se khana piinaa kam kar liya jis ki wajah se kamzoree ki shikayat rehne lagi. 1983 hamza mein dopehar ka khana pakanay ke douran meri aankhon ke agay siyah parda sa chhaa gaya aur baen aankhh ki benaye mukammal aur dayen aankhh ki taqreeban aadhi benaye khatam ho gayi. Aankhon ko dhoney aur dawa daalnay se benaye khud bakhud bahaal ho gayi is ke aik hafta baad raat ko bukhaar charha aur phir shadeed bemaar par gayi. Shadeed ghabrahat, khauf, pareshani aur dehshat ki kafiyeton ne ghair liya. Raton ki neendain bilkul khatam ho gayi phir aankhon mein “motiyan utar aaya doctoron ki dawaon se koi faida nahi ho raha. Dr heran hain ke aaraam kyun nahi aa raha. Mein aap se iltamas karti hon ke apne ilm ki roshni mein koi Rohani ilaaj tajweez karen.

**Jawab** : aap jo vzayf o Adrad padti hain inhen foran band kar den. Sirf paanch waqton ki namaz ada karna na kafi hai yahi aap ki takaleef ka bunyadi parhaiz hai. Aik mah taq namak bilkul nah khayen is ke baad qaleel miqdaar mein khana shuru karen. Subah shaam aik chamchi shehad ka istemaal bhi mufeed rahay ga. Rozana 3 tola tarbooz ke beej



nehar mun khayen. Har roz taaza tarbooz ke beej liye jayen. Is ghizai parhaiz aur istemaal ke sath sath rozana raat ko sonay se pehlay late kar muraqba karen ke aap ke sir par neelay rang ki roshniyan barish ki terhan baras rahi hain. Yeh muraqba karte karte neend ki agosh mein chali jayen. Insha Allah aik mah ke andar aap ki sahet bahaal ho jaye gi.

## Dimagh Ke Asaab

**Sawal** : mere bhai ko chakkar atay hain aur be hosh ho jata hai. Batata hai ke koi usay maarny aa raha hai. Kaafi der taq is ki yahi haalat rehti hai. Doctoron ko dekhaya, hakeemon aur muallanaon ka bhi ilaaj karaya lekin koi faida nahi sun-hwa. Ab bilkul na umeed ho kar aap ko likh rahi hon ke aap koi wazifa bta den.

**Jawab** : aap ke bhai ka dil kamzor ho gaya hai. Is ki wajah se dimagh ke asaab bhi mutasir hotay hain. Is ka ilaaj yeh hai. Aik sair khalis shehad par teen hazaar martaba مَا كَذَّبَ الْفُؤَادُ مَا رَأَى parh kar dam karen aur yeh shehad teen waqt aik aik chamchi subah shaam raat khilain. Neend ka khaas khayaal rakhen. 24 ghantay mein das ghantay sona zurori hai.

## Daant Peesna

**Sawal** : arz hai ke kaafi arsa se mujh ko khawab ki haalat mein daant chabanay ki yani daant peesnay ki aadat hai. Mein is aadat ko chorney ki kayi shaori aur la shaori trkibin aazma chuka hon. Lekin kamyabi naseeb nahi hoti. Log kehte hain ke jis ke dushman ziyada hon wohi log daant peestey hain. Barah karam is aadat ko chorney ki tarkeeb batla kar ahsaan azeem farmaen.

**Jawab** : jab aap raat ko gehri neend so jayen ghar ke koi sahib aap ke sarahnay kharray ho kar itni aawaz se ke neend mein khlal waqay nah ho. Aik martaba surah maryam ki pehli ayaat كَهَيَعَص ( kaaf ha ya ain Sad ) parh diya karen. Is ilaaj ki muddat ikees roz hai.



## Doosri Shadi

**Sawal** : meri shadi ko dhai saal ho chuke hain. Jis mein se sirf do teen mah mein ne shohar ki chahat ke dekhe hain. Is ke baad samajh lijiye ke mein kanwari larki ki terhan zindagi guzaar rahi hon. Mere shohar mujhe mere maa baap ke ghar chore gay. Le kar bhi nahi jatay. Kkhuda ke liye meri madad kijiyej. Woh aik doosri aurat se shadi karna chahtay hain. Aap ki madad se mera ghar ajrhne se bach jaye ga. Koi aisa wazifa bitayen jis se un ke dil mein mere liye mohabbat peda ho jaye. Aur woh mujhe apne ghar le jayen. Aap ko payarey habib, suroor kaayenaat sale Allah aleh o slim ka vaastaa aap mujhe mayoos nah lotayein.

**Jawab** : sab kamon se farigh honay ke baad raat ko sonay se pehlay awwal o aakhir gayarah gayarah martaba durood shareef ke sath surah al khusar poori surah 41 martaba parh kar baat kiye baghair bistar par chali jayen, ankhon band kar ke apne shohar ka tasawwur karte karte so jayen, nawway din taq. Nagha ke din baad mein pooray kar len. Bilkul be fikar ho jayen. Allah ke kalaam ki barkat se aap ke shohar doosri shadi nahi karen ge aur aap un ki aankhon ka tara ban jayen gi.

## Dimaghi Tawazun

**Sawal** : nihayat dukh ke sath likh raha hon. Mere waalid sahib 12 saal se pagal hain. Mein ne Pakistan ki koi aisi jagah nah choari jahan en ko le kar nah gaya hoon. Lahore ke pagal khanaay mein bhi teen saal taq daakhil rakha. Bohat taveez gunday kurwaye lekin koi afaqa nahi sunhwa. Waalid sahib ki kefiyat yeh hai ke akailey baatein karte rehtay hain, khud Sawal kar ke khud hi Jawab dete hain. Waisay kisi ko kuch nahi kehte. Albata raton ko uth kar bhagtay hain. Kabhi ghar ke sehan hi mein aisay bhagtay hain goya kisi ka taqub kar rahay hon. Jaib baat yeh hai ke hamaray gaon mein un ka pagal pan ziyada numaya hota hai. Kisi aur jagah pagal pan mein khaas kami aa jati hai.

**Jawab** : zafran, arq ghulaab mein hal kar ke is se safaid cheeni ki plate par bsm Allah al-rehman uraheem likh kar, dho kar subah nehar mun waalid sahib ko pilaya karen. Bsm Allah shareef ki barket se un ka dimaghi tawazun durust ho jaye ga. Yaqeen rakhen Allah taala Qadir mutlaq hain. Un ke liye koi kaam mushkil nahi.

## Dukhi Larki

**Sawal** : ehsas kamtarri din badan apni jarrain gehri karta ja raha hai. Aur mein andar se roz burrows khokhli hoti ja rahi hon. Hadd yeh hai ke mein kisi se nazar mila kar baat nahi kar sakti kyunkay jab koi ghar mein se ya Aziz rishta daar ya mohalla daar koi bhi mujh se mamooli si baat bhi kere to mujhe foran yeh ehsas hota hai ke is ke samnay mera wujood kitna haqeer aur kam tar hai. Mein bohat lagar aur kamzor si hon. Abhi kahin mera mukhatib kahin mujh se yeh nah pooch le ke tum din badan kamzor kyun ho rahi ho. Yeh tamam baatein mere dimagh mein aik second ke andar yakke baad deegray aati hain aur mere dimagh mein aik ajeeb sa chakkar aata hai aur mein apne mukhatib ki baat ka Jawab nahi day paati. Khuwa mera mukhatib koi bhi ho..... Koi meri hum Umar larki ho, koi paros ki aurat ho, koi yeh pooch le ke aaj kya pakao gi ya kya kaam kar rahi ho. Mere dimagh mein wohi chakkar aata hai aur dil zor zor se dhadakne lagta hai. Mein is marz mein is qader grfta ray hon ya is marz ke punjay mein is buri terhan jkrhi hui hon ke subah se shaam taq mere dimagh mein yahi ehsas rehta hai ke mein kitni kam tar aur haqeer hon, badshakal hon. Mein chahti hon ke apne dimagh ki tavajja hataon magar meri tavajja kisi terhan un khayalat se nahi hti. Yahi wajah hai ke un dimaghi pareshaniyon ki wajah se mein din badan kamzor hoti ja rahi hon. Mujhe koi aur bemari nahi hai. Lekin yeh har waqt ki dimaghi pareshani deemak ban kar mujhe chaatti ja rahi hai. Mein aik baar phir aap se darkhwast karti hon ke khudawand Quddoos aur payarey nabi ke sadqy aur tamam avlyaye karaam ke sadqy mein mujhe koi aisa wazifa tajweez kar dijiye jis se mujhe koi faida ho.

**Jawab** : : اقرا باسم رب الذی خلق : poori surah parh kar Fajar ki namaz ke baad

aur esha ki namaz ke baad pani par dam kar ke pi liya karen. Chalees roz raat ko sotay waqt kamray mein roshni nah ho, andheray mein soya karen. Din mein bhi ghar ke tamam kamon se farigh honay ke baad koshish karen ke andheray mein rahen. Aap ke liye har waqt masroof rehna nihayat mufeed aur kamyaab ilaaj hai. Buzurgon ke halaat par mabni qisson par kitabon ka mutalea kijiyej.

## Darakht Boltay Hain

**Sawal** : pichlle dinon tally vision par aik programme mein yeh bataya aur dekhaya gaya ke pouday aur darakht bhi sochnay, samajhney aur guftagu karne ki salahiyat rakhtay hain. Ilm rohaniyat is mauzo par kya kehta hai. Agar yeh baat durust hai to hamein un ki guftagu sunai kyun nahi deti.

**Jawab** : jis terhan ensaan alfaaz ke zariye apne jazbaat aur ehsasat kaa zhar karte hain bilkul isi terhan darakht aur dosray hewan apne jazbaat o ehsasat ka izhaar alfaaz ka sahara liye baghair karte hain. Jazbaat o ehsasat ke is izhaar ko fareeq sani pooray ma-ani ke sath samjhta hai. Quran pak mein choonti aur hazrat Sulaiman aleh salam ki guftagu ka tazkara bohat ghor talab hai. Choonti aur hazrat Sulaiman aleh salam ne aik dosray se guftagu ki aur baat ko poori terhan samgha. Zahir hai choonti ne alfaaz mein guftagu nahi ki balkay is ke khayalat ki lehon ko hazrat Sulaiman aleh salam ke zehan ne qubool kya aur un ko samgha. Qanoon yeh hai ke khayalat apne ma-ani aur mafhoom ke sath noo insani aur doosri tamam nuaon mein radd o badal hotay rehtay hain. Alfaaz ka sahara dar haqeeqat aik shaori kamzoree hai is liye ke shaoor alfaaz ka sahara liye baghair kisi cheez ko samajh nahi paata. Ensaan ke tamam hawaas gungay behray aur andhay hain. Tafakur hawaas ko samaat aur Basarat deta hai. Samgha yeh jata hai ke hawaas tafakur se allag koi cheez hai halaank tafakur se allag un ka koi wujood nahi hai. Kaayenaat ka har fard aik tafakur hai. Hamaray tafakur mein bohat si cheeze ubharti rehti hain. Darasal woh bahar se aati hain, ensaan ke ilawa kaayenaat mein aur jitne tafakur hain un se ensaan ka tafakur bilkul isi terhan mutasir hota rehta hai jis terhan ensaan khud apne tafakur se mutasir hota

hai. Qudrat ka yeh chalan hai ke woh laa mutnahi tafakur se tenhayee tafakur ko Faizan pohanchati rehti hai. Poori kaayenaat mein agar qudrat ka yeh Faizan jari nah ho to kaayenaat ke afraad ka darmiyani rishta kat jaye. Aik tafakur ka dosray tafakur se khayalat ki lehren ke zariye artbat qudrat ke is tarz amal ka jazo hai. Aam zabaan mein tafakur ko anaa ka naam diya jata hai aur anaa ya tafakur aisi kaifiyat ka majmoa hota hai. Jis ko majmoi tor par fard kehte hain. Hamaray tasawwur mein yeh baat to bilkul hi nahi aati ya bohat kam aati hai ke tafakur ke zariye sitaron, zarron aur tamam makhloq se hamara tabadlah khayaal hota hai. Un ki anaa yani tafakur ki laharen hamein bohat kuch deti hain. Aur hum se bohat kuch layte hain. Tamam kaayenaat is waza ke tabadlah khayalat ka aik khandan hai. Koi ensaan jab muraqba ke zariye apne andar is salahiyat ko beedar kar laita hai to jo alfaaz ka sahara liye baghair khayalat ka mafhoom aur maienay samjhti hai to nah sirf yeh ke darakhton ki baatein sun laita hai. Balkay doosri guftagu bhi is ke kaan mein parney lagti hai. Tally pithi kya hai? Tally pithi aik aisi salahiyat ka naam hai jis ke zariye aadmi alfaaz ka sahara liye baghair apne khayaal ko dosray taq pouncha deta hai. Aam zindagi mein bhi is ki bohat misalein hamaray samnay aati rehti hain. Hum baarha is tajarbay se guzarte hain ke talluq khatir ki binaa par hamara koi qareeb dost ya rishta daar daur daraaz maqam par pareshani ke aalam mein hamein yaad karta hai to is ke khayalat hum taq poanch jatay hain aur is ki takleef se hum ghair iradi tor par pareshan ho jatay hain aur phir uqda khil jata hai ke is ke pareshan kin khayalat ne hamaray dimagh ko bakhabar kya tha. Lekin hum khayalat ke tabadlay ke qanoon se nawaqfit ki wajah se hatmi mani nahi pehna satke. Darakhton ki aapas mein is guftagu ko hum is liye nahi samajte ke hum alfaaz ka sahara liye baghair baat karne ke qanoon se nawaqif hain.

## Dhoka

**Sawal** : mein pehli martaba khat likhnay ki jasaarat kar rahi hon. Allah kere ke yeh khat aap taq poanch jaye. Mein bohat dukhi aur pareshan haal larki hon. Mere sath bhi wohi masla hai jo ke aaj kal har larki ke sath darpaish hai. Meri Umar tees saal ho gayi hai. Shadi nahi hui. Mera rishta mere apne hi khandan mein tey tha lekin ain mauqa par larke ne inkaar

kar diya. Aur jagah is ko larki pasand aa gayi. Aur is ne shadi kar li. Ab woh apni biwi ke sath khush hai, bachay bhi hain. Lekin is ne mujhe to tabah kar diya. Mere sath mere walidain ke sath is ne dhoka kya.

**Jawab** : raat ko baad az namaz esha awwal o aakhir gayarah gayarah martaba durood shareef ke sath 313 martaba “ya Wahab “parh kar Allah taala se dua karen. Kasrat se wuzu ya baghair wuzu”ya hi ya qayum”ka vird karen. Hum agar mayoos ho bhi jayen tab bhi der sawair isi aik zaat Allah ki taraf haath uthana parte hain. Navz billah koi dosra Allah to hai nahi ke aik jagah se kaam nahi sun-hwa. Dosra darwaaza khatkhata den ge. Din raat mein jab bhi waqt mil jaye wuzu aur baghair wuzu ya hi ya qayum parha karen. Ghareebon ki dastgeeri Karen.

## Hassad

**Sawal** : hum sab apne behnoi ki wajah se bohat pareshan hain. Unhon ne hum sab ka jeena haraam kar diya hai. Jhoot bolna aur gheebat karna un ki adaten hain. Bohat ganday rehtay hain. Maikay aur sasural mein har kisi se un ki larai rehti hai. Bdnzr bhi hain. Bohat fuzool kharch aur bad andaish aadmi hain. Haasid bhi hain, karzzzz le kar kabhi wapas nahi karte. Wapas manga jaye to larnay lagtay hain. Khudaaraa aap mujhe parhnay ke liye koi aisa wazifa bitayen jis se hamaray behnoi raah raast par aa jayen.

**Jawab** : Allah taala ne syedna huzoor aleh salato vavslam se farmaya hai ke tumhe Darogha bana kar nahi bheja gaya. Aap bhi khuwa makhuwa behnoi ki islaah ka bera nah uthayen. Apni tavajja apni islaah ki taraf mabzol karen. Behnoi khud apne aamaal ke zimma daar hain. Albata un ki begum agar apne shohar ki islaah karna chahti hain to woh raat ko sotay waqt awwal aakhir gayarah gayarah baar durood shareef ke sath 41 martaba surah ikhlaas parh kar baat kiye baghair bistar mein chali jayen aur apne shohar کاتصور karte karte so jayen..... Is amal ki muddat nawway din hai. Nagha ke din shumaar kar ke baad mein pooray kar len.

## Hasb Mansha Shadi Ke Liye

**Jawab** : hasb Mansha shadi ke liye baad namaz esha gayarah so baar پياره parh kar dua kya karen. Awwal o aakhir gayarah baar durood shareef parheen. Amal ki muddat teen haftay hai.

## Haqeeqat Aagahi

**Sawal** : aan noo insani jis zehni kashakash aur dimaghi toot phoot ka shikaar hai' is ki asal wajah kya hai? Rohani tarzon mein is rahnumai ko aashkaar kar dijiye jis se aaj ki pareshani zehan aur paragandah dil, nasal apne mustaqbil ko sanwaar sakti hai ?

**Jawab** : noo insani ki nasal mein zehan kashakash aur dimaghi toot phoot ka shikaar honay ki asal wajah yeh hai ke is ke andar anbia ki tarz fikar ka inikaas kam se kam hota ja raha hai aur is ke apne banaye hue mafrooza hawaas ne usay haqeeqat aagahi se mahroom kar diya hai. Minarh noor hadaayat syedna huzoor aleh salato valslam ke waris huzoor qalandar baba aulia rehmat Allah aleh farmatay hain. Anbia karaam jab kisi cheez ke mutaliq sochte they to is cheez ke aur apne darmain koi rishta barah e raast qaim nahi karte they hamesha un ki tarz fikar yeh hoti thi ke kaayenaat ki tamam cheezon ka aur hamara maalik Allah taala hai. Kisi cheez ka rishta hum se barah e raast nahi hai balkay har cheez ka rishta Allah taala ki Maarfat hai jab kisi cheez ki taraf mukhatib hotay they to is cheez ki taraf khayaal jaane se pehlay Allah taala ki taraf khayaal jata tha inhen kisi cheez ki taraf tavajja dainay se peshtar yeh ehsas aadtan hota tha ke yeh cheez hum se barah e raast koi talluq nahi rakhti is cheez ka aur hamara vaastaa mehez Allah taala ki Maarfat hai. Allah taala yeh ba-hasiat mehsoos ke un ka mukhatib aur mad e nazar qarar paata tha aur qanoon ki ro se Allah taala ki sifaat hi un ka ehsas banti theen aur un ka zehan Allah taala ki sifaat ka qaim maqam ban jata tha. Aaj ki noo insani chunkay anbia ki tarz fikar se be behra hai aur fiction hawas se maghloob hai madah yani matter per is ka yaqeen ghalib aur madah ke khaaliq par is ka yaqeen kamzor hai. Is liye dimaghi

toot phoot ka shikaar hai. Jahan taq nasal insani ko apna mustaqbil sanwarnay ke liye rahnumai ka talluq hai to yeh gir bhi huzoor qalandar baba aulia rehmat Allah aleh aashkaar farma gay hain. Is jamal ki tafseel mein aap ne farmaya”agar hum kisi shakhs se qurbat haasil karna chahtay hain to hamein bhi wohi karna ho ga jo matloob karta hai agar hum Allah se dosti aur qurbat haasil karna chahtay hain to hamein bhi wohi karna ho ga jo Allah taala karte hain maslan Allah taala har waqt aur har aan apni makhlooq ki khidmat mein mashgool rehtay hain, makhlooq ki hifazat karte hain lekin is muamlay mein makhlooq se koi sila ya badla nahi chahtay bandah agarchay khaaliq ki satah par makhlooq ki khidmat nahi kar sakta lekin apni har haajat aur zaroorat ko Allah taala ki zaat akbar se se wabsta kar sakta hai. Is tarz amal ki wajah se Allah taala ki badshahat ka aik rukan ban jata hai. Huzoor qalandar baba mazeed farmatay hain ke “har kaam poori jad-o-jehad aur koshish se kya jaye lekin nataij ko Allah taala ke oopar chore diya jaye.”

## khauf

**Sawal** : baat karte hue khud bakhud mun bhinch laita hon. Bohat koshish karta hon magar is harkat se nijaat nahi millti. Koi kaam karte waqt ya khaali bethnay par bhi terhan terhan ke mun banata rehta hon jo dekhnay mein bohat bura maloom hota hai. Har waqt aik intzaar ki kefiyat mein rehta hon. Jaisay koi achi baat wuqoo Pazeer honay wali ho. Aik anjaana khauf bhi taari rehta hai ke mulazmat chaatt jaye gi. Mere bachon ka kya ho ga. Gharz ke har terhan se pareshan rehta hon aap ko Allah taala is ka ajar day. Aap mujhe kuch aisa bta dijiye ke meri ( khud par taari ki hui ) pareshaaniya daur ho jayen aur mein Allah par bharosa kar ke duniya ka saamna bahaduri se kar sakun aur yeh ehsas kamtarri, mun banana, mun ka bhinch lena sab khatam ho jaye.

**Jawab** : subah saweray kisi darakht ke tanay se take laga kar kharray ho jayen. Is terhan ke poori reerh ki haddi darakht ke tanay se miss hoti rahay. Is waqt nangay paiir rahen aur nazrain seedhay paiir ke angothay par rahen. Das minute taq isi terhan kharray rahen aur phir apne aur



kamon mein mashgool ho jayen. Aik dafaa jis darakht ka intikhab kar len. Chalees din taq isi ko istemaal karen.

## Khud Se Baatein Karna

**Sawal** : mein apne aap se baatein karta rehta hon. Un baton mein kabhi kisi dosray farzi mukhatib se khitaab karta hon aur kabhi apna mukhatib khud hota hon. Baatein karte hue mahol ki khabar nahi rehti aur baad mein jab apni is harkat ki taraf khayaal jata hai to gussa aur jhunjlahaat mein khud ko malamat karta hon. Har waqt apne aap ko yeh samajhata rehta hon ke mujhe apne aap se baatein nahi karni chahiye aur yeh pagal pan hai waghera waghera. Khud ko samgha kar itminan haasil ho jata hai lekin kuch der baad guftagu ka silsila dobarah shuru ho jata hai.

**Jawab** : subah saweray aik aaiine ke samnay baith jayen jis mein aap apne saraapaa ko kam az kam seenay taq zaroor dekh saken. Ab aaiine mein apne aks ko mukhatib kar ke guftagu shuru kar dijiye. Qareeban pandrah minute taq aap apne aks se koi farzi ya jo bhi dil mein aeye baatein karte rahen. Is ke baad uth kar roz marrah ke kamon mein mashgool ho jayen. Pandrah din mein aap khud kalami ki mushkil se nijaat pa len ge. Yeh ilaaj parasycolgy ke aik usool ki bunyaad par Talqeen kya ja raha hai.

## Khoon Ki Boond

**Sawal** : aisay halaat se guzar rahi hon ke dimagh soch soch kar maooof ho gaya hai is pareshani ka silsila is terhan shuru hua ke barray larke ki shadi ke theek 5 mah baad mein ne aik din braamde mein khoon ki aik boond dekhi jisay nazar andaaz kar diya. Do teen roz guzarnay ke baad phir braamde mein taaza taaza khoon dekha aur is ke baad yeh silsila mustaqil tor par shuru ho gaya aur ab braamde ki bajaye yeh khoon sehan mein girnay laga. Khayaal aaya ke chhat par se kisi janwar ka khoon gira ho ga. Mein ne kisi se is ka tazkara nahi kya ke ghar walay khamkhuwa pareshani mein muftala ho jayen ge. Meri baho ne mujhe bataya ke mein



bohat dinon se khoon dekh rahi hon. Bachon se kaha to unhon ne hum dono ka khoob mazaq uraya. Aik din hum sab baithy baatein kar rahay they ke din ke waqt khoon ki aik boond giri aur itni zor se aawaz aayi ke hum sab dar gay. Khwaja sahib hamari rahnumai karen ke yeh sab kya hai. Kkhuda jaanta hai ke mein ne kabhi kisi ke sath buraiee nahi ki jis terhan mumkin hota hai logon ke kaam aati hon. Jab se yeh silsila shuru hua hai hamaray halaat rozbroz kharab hotay chalay gay aur ab hum nihayat museebat aur pareshani mein zindagi busr kar rahay hain.

**Jawab** : log is terhan jaadoo karte hain aur jaadoo ke zair assar kamon mein kharabian peda hoti hain. Subah, shaam aur raat aik aik baar surah falaq aur surah al naas parh kar pani par dam karen. Ikees roz taq pyin.

### Khofnaak Shakalain Nazar Aati Hain

**Sawal** : kuch arsa pehlay mein ne aik sahib ke betaye hue wazifa ka vird shuru kya kuch din baad mein ne mehsoos kya ke wazifa parhte waqt mere jism mein sansani si dornay lagti hai. Pehlay pehal mein ne is par koi tavajja nah di lekin baad mein yeh kefiyat barh gayi. Aik din mehsoos kya ke douran vird mera jism hua mein urr raha hai. Goya is mein wazan nahi hai. Mein ne ghabra kar qareeb rakhi hui maiz ka sahara liya. Isi waqt meri kefiyat bahaal ho gayi. Raat ko jab mein sonay ke liye leyta to yun mehsoos hua jaisay khawab aik rail ki terhan nigahon ke samnay se guzar rahay hain. Mein raat bhar nah jaane kya kya daikhta rehta. Pahar, darya, baagaat aur aasmani manazair aik din letey letey yun jhatka laga jaisay bijli ka shaaq lag jata hai. Dimagh sun ho kar reh gaya is ke baad raat ko yun mehsoos hota jaisay koi mere kamray ke bahar chehal qadmi kar raha ho. Mein qadmon ki chaap wazeh santa tha. Baithy baithy lagta ke koi pusht ki taraf se guzar gaya hai. Dekhnay par koi nazar nah aata. Aik din wazifa parhte parhte ajeeb o ghareeb shakalain nazar anay lagen. Un shaklon ko dekh kar mein dar gaya aur wazifa parhna band kar diya. Agarchay ab un kaifiyat o tajarbaat ki shiddat mein kami aa gayi hai. Lekin ab bhi kabhi kabhi nnat naye tajarbaat aur mehsoosat ho jatay hain. Aap se is maamla mein rahnumai ka taalib hon.

**Jawab** : aap ne jo wazifa parha tha is ki rajat ho gayi thi. Wazifa ki rajat ka matlab la shaori kaifiyat ka shaor mein aa jana hai. Yeh bohat اچھا ہوا ke aap ne wazifa ka vird tark kar diya warna agar musalsal vird jari rakha jata to kisi barray nuqsan ka sabab ban sakta tha. Isi liye kaha jata hai ke koi wazifa kisi aisay ustad ki nigrani aur ijazat ke baghair nahi parhna chahiye jo vaqata vzayf ka Amel ho. Aap ko chahiye ke mazeed kisi wazifay ko nah parheen.

## Daraonay Khawab

**Sawal** : raat ko sonay ke baad thoray thoray waqfay se aankhh khil jati hai aur cheekh maar kar uth baithta hon. Barah karam koi dua ya wazifa bitayen ke is marz se jaan chhuut jaye. Khawab mein daikhta hon ke chand aadmi mera gala ghoont rahay hain aur mein un se faraar chahta hon magar yeh mujhe nahi chortay.

**Jawab** : sab se pehlay yeh baat zurori hai ke aap apni tarz fikar ka muhasba karen. Jin baton ko zehan ghalat kehta hai un ki taraf se poori terhan apni tavajja hata len. Mahol ke achay asraat ko qubool kijiyej. Har waqt bawazo r̄ye. Raat ko sonay se pehlay bhi wuzu kar liya karen. Mere mashwaray ko baghore parhiye, smjhye aur is par amal kijiyej. Insha Allah aap uljan se nijaat haasil kar len ge. Subah ki namaz se pehlay ya namaz ke baad kam az kam do mil tehaliye. Subah ki namaz se pehlay tehal saken to ziyada acha hai. Teheltay waqt Allah ke naamon ka vird kijiyej.

## Zehni Sukoon

**Sawal** : mein soutelay pan ka bachpan se shuka rahon. Yani maa ki maamta se mahroom raha. Jaisay tise pal kar jawan ho gaya. Metric taq taleem sirf apni Liaqat ki binaa par haasil ki. Gharelo bud sulooki ki wajah se bahar nikla to aik private service mil gayi. Jis se meri zindagi ke

kuch saal par sukoon guzray kyunkay thankhowa maqool millti thi lekin 1971 hamza ke aakhir mein dukhi aur mazloom bhayon ka dard le kar uth khara sun-hwa. Jis ka sabab meri Sabiqah gharelo zindagi hi thi. Is kaam mein mera zameer bohat mutmaen raha lekin be los koi bhi kaam kya jaye to is mein nibaah bohat mushkil hota hai. Lehaza chaar saal baad service taq se haath dho betha. Phir udhaar waghera le kar arab chala gaya. Wahan bhi qismat ne sath nah diya aur aik saal baad taqreeban kore ka kora wapas lout aaya. Wapas anay ke baad aik rickshaw qiston par le liya. Jis ka kabhi haadsa kabhi fani kharabi, kabhi mein khud bemaar... do dhayee saal ke baad asaab Jawab day gay. To usay bhi onay pauney beech diya. Aur rupay karzzzz khuwahon ko ada kar diye. Phir bhi kayi hazaar ka karzzzz sir par raha. Aik saal mara mara phirnay ke baad taqreeban aik mah se pauney chaar so rupay mahwar par aik private service mili hai jab ke kkhuda ne do bachon se bhi Nawaz rakha hai. Jab apne biwi bachon ke mustaqbil ka khayaal aata hai to khud kashi jaisay haraam feal taq ke mutaliq sochnay par majaboor ho jata hon. Kabhi kabhar zehan mein bohat bura khayaal aata hai ke jab se shadi ki hai un dinon se ziyada nakamian hi dekh raha hon. Kahin shadi hi manhoos nah ho. Kkhuda ke liye mujhe jeeney ke qabil banaiye. Sab se bara masla ba izzat rozgaar ka hai. Mein apne liye nah sahi biwi bachon ke liye to kuch kar sakun.

**Jawab** : aap Fajar ki ada namaz ke baad so martaba ya Wahab parh kar dua kya karen. Is wazifay ko nawway din taq jari rakhen. Insha Allah aap ko zehni sukoon naseeb ho jaye ga.

## Zehni Mariza

**Sawal** : meri walida ki tabiyat aksar kharab rehti hai agar koi aik marz ho to arz karoon. Aik takleef khatam hoti hai doosri shuru ho jati hai. Gharz ke kisi nah kisi marz mein mubtala rehti hain. Is ke sath sath woh zehni mariza bhi hain. Aksar dimaghi doray parte rehtay hain. Jab dimaghi dora parta hai to har aik ko bura bhala kehna shuru kar deti hon. Tamam barray barray doctoron se ilaaj kara liya hai lekin earzi tor par

faida hua hai. Ilaaj ke baad phir wohi kefiyat ho jati hai. Koi aisa wazifa bta den ke walida ki tabiyat hamesha ke liye theek ho jaye.

**Jawab** : surah الكوثر ( poori surah ) parh kar subah, shaam, raat pani par dam kar ke pilain. Khaano mein namak kam se kam kar den.

## Zehni Uljhanein

**Sawal** : bachpan se hi meri aadat hai ke mein bohat ziyada sochta hon yani bohat ziyada balkay hadd se ziyada sochnay ka aadi hon. Koi bhi waqea ya koi bhi mamooli baat ho ya koi bhi chhota sa masla aik dafaa mere zehan mein aa jaye to bas is se peecha chhurana mushkil ho jata hai. Is par sochta rehta hon. Khoob ghhor o khoz karta hon aur sochte sochte bilkul geherai mein doob jata hon. Bas yun smjhaye ke soch soch kar aik rai ke danay ko bhi pahar bana laita hon aur yeh to aap jantay hain ke jo jitna ziyada sochta hai itna hi ziyada dobtta hai. Bas yahi maamla mere sath hai. Sochte sochte aik mamooli sa masla bhi aik bohat barri uljan ban jata hai aur phir jaisay jaisay sochta hon waisay waisay aur ziyada uljhano mein phnsta jata hon. Yani uljhanein yakke baad deegray barhti chali jati hain. Jis ki wajah se zehni sukoon bilkul khatam ho gaya hai aur mein mustaqil tor par zehni uljhano ka mareez ban gaya hon.

**Jawab** : qanoon takhleeq ke tehat insani zehan teen parat ka majmoa hai. Har parat ke mehsosaat aik dosray se bilkul allag hain. Un tenu mein aik parat woh hai jo khayaal ko tasawwur bana kar jsd khaki mein muntaqil karta hai. Jsd khaki tasawurat ko maienay ka libaas pehna kar khusi aur gham ke naqsh o nigaar tarteeb deta hai. Is ko agar aisi maloomat faraham ki jayen jo khusi ka paish khaima hon to is ke andar khusi ke tufaan uth kharray hotay hain. Agar aisi it-tila-aat faraham ki jayen jin ka talluq ranj o gham se ho to is ke andar mayoosi, be kaify, ehsas kamtri, zindagi se bezari aur nnat nai uljhanein Najam lainay lagti hain. Yeh parat bilkul ghair janabdaar rehta hai. Is ko jaisi it-tila-aat faraham kar di jati hain woh un ko Mazahir mein paish kar deta hai. Ittila faraham karne wala parat jab fitrat se kat jata hai ya is mein fitrat ke usoolon se doori waqay ho jati hai to woh aisi it-tila-aat dena shuru kar deta hai jo fitrat ke

khilaaf aur ghair haqeeqi hoti hain. Fitrat mein mayoosi, ehsas shikastagi, khud kashi ka rujhan khud ko aur logon se kamtar ya bartar samjhna, khuwa makuwa ki uljhano mein girftar rehna, kahin nahi hai. Yeh sab ghair fitri cheeze hain. Fitrat hamesha par sukoon rehti hai. Fitrat se doori hi insani mushkilaat o masaaib ka sabab banti hai. Fitrat se qareeb aa jaiye, saaray masail khud bakhud hal ho jayen ge. Tareeqa yeh ho ga ke subah andheray uthiye aur jhat pitay mein kam se kam do mil rozana tehaliye. Ziyada se ziyada teen haftay mein aap uljhano se nijaat haasil kar len ge. Lekin fitrat se qareeb honay ka yeh tareeqa kam se kam teen mah jari rkhye.

## Zehni Mareez

**Sawal** : meri behan ( sh ) jis ki Umar 24 saal hai. Kaafi khobsorat aur daraaz qad hai. Woh pehli nazar mein pasand kar li jati hai magar is ki purkashish soorat ne jo masla peda kya hai woh kaafi aziat naak hai. Do teen shadi shuda mard bhi is ki taraf mutwajjah hue aur shadi ke khawahish mand hue. Zahir hai ke shadi shuda se is ki shadi mumkin nahi thi. Aik larka meri behan se shadi ka khawahish mand hua kyunkay larke ki taleem kam hai aur zareya muaash bhi nahi hai. Sohbat bhi buray logo n ki hai. Larke ke pas manzar ko dekhte hue munasib tareeqay se inkaar kar diya chunkay yeh larki Umar bhar ka maamla tha magar woh larka aapay se bahar ho gaya. Rozana nah jaane kin kin jaghon se phone kar ke is ne naak mein dam kya hua hai. Ulti seedhi dhmkyan deta hai. Meri behan ne kabhi phone par baat nahi ki. Kehta hai aghwaa kar a dun ga waghera waghera. Taa ke tum ruswa ho jao ( khandan ki aik taqreeb mein is ki behan aur meri behan ki mushtarqa taswerain hain ) woh is hawala se mukhtalif qisam ki khatarnaak aur ghalat dhmkyan deta hai. Is qisam ki baton se izzat daar logon ko din raat kin aziyatoun se guzarna parta hai woh aap samajh gay hon ge. Khud meri behan kis sorat e haal se dochar hai woh qabil tehreer nahi. Mein ne ikhtisaar ke sath yeh soorat e haal bayan kar di hai. Buzurgon ne aur ghar walon ne larke ko bohat samjhaya magar woh kisi soorat baz nahi aata. Samajh len ke hamara gharana mout ke dahana par khara hai. Aap se moudbana iltija hai ke aap koi aisa qurani wazifa tehreer farmaen ke meri behan ki shadi behtar aur maqool jagah ho jaye aur is larke ko hadaayat naseeb ho ke woh apne shaytani

aur makrooh feal se baz aa jaye. Aindah woh kabhi phone karne, khutoot likhnay ya dhmkyan dainay ki koshish nah kere aur hamein bhi zehni o qalbi sukoon naseeb ho. Mujhe kkhuda ki zaat par yaqeen kaamil hai ke woh hamein is mushkil se nijaat dilaiye ga. Mohtaram is dukhi beti ko mayoos nah kijiyej ga aur koi aisa amal bitayen ke jis ko mein khud parhon kyunkay behan mandarja baala wajohaat ki binaa par zehni paagandgi ka shikaar hai. Behan ka kabhi bhi is ke sath koi talluq hargiz nahi raha kyunkay hamaray gharane mein larkiyon ko mazhabi taleem di jati hai.

**Jawab** : ab hamara muashra is qader ghinauna ho gaya hai ke ab shareef logon ka dam ghatney laga hai. Walidain azaadi ke ghalat mafhuum se jab bachon ki tarbiyat karte hain to bachay gumraah ho jatay hain. Shareef ghranon mein larkiyon ko telephone karna ab aik waba ki soorat ikhtiyar kar gaya hai. Ab to mehakma tally phone bhi aajiz aa gaya hai. Qanoon ko tahaffuz dainay walay idaray, muashra ke is ghnaone kirdaar se pareshan hain. Mein ne is silsila mein bohat ghor kya hai. Meri samajh mein yeh baat aati hai ke aisi harkat woh larke karte hain jo muashra mein koi maqam haasil nahi kar sakay. Mehnat mazdoori ko kasar shaan samajte hain. Walidain ki doulat par zindagi ki asaishen haasil karna chahtay hain bilashuba yeh log mental hotay hain jo aadmi khud pagal hai jisay yeh bhi ehsas nahi ke is ki bhi behnain hain. Is se aur kya tawaqqa kya ja sakti hai. Allah taala sab shareef khandano ki hifazat farmaiye. Ameen. Aap har namaz ke baad 100 baar Nasar mann allah o fatah qareeb parh krdaa karen. Tally phone anay se aap khud ko kyun mujrim mehsoos karti hain? Ab to yeh har teesray ya chouthay ghar ka masla ban gaya hai aur log khoob jaan gay hain ke ghalat telephone karne walay larke ehsas mehroomi ke maaray hue zehni mareez hain.

## Rooh Se Mulaqaat

**Sawal** : 10 mahinay hue ke 36 ya 37 saal ki aurat se meri shadi ho gayi. Woh pehlay bhi do jagah shadi kar chuki hai magar har do jagah se Talaq hui. Mere ghar aa kar usay doray parney lagey to zameen par lotney lagi ke mein nahi rehti. Mein Shah Aqeeq ke mazaar par jaoon gi. Mein usay

mazaar par le gaya. Paanch mahinay se musalsal wahein par hai. Is ka kehna hai ke mojooda ghar nahi jaoon gi. Is par kisi ne taveez gundha kar diya hai. Mein jab is ghar mein jati hon to mera dil chahta hai ke kapray phaar dun aur kahin bahar chali jaoon. Pehli dafaa ke baad bhi woh yahi sab kuch kar chuki hai. Ghar mein kayi dafaa kapray phaar diye hain. Usay lohay ki zanjeer se bandh diya gaya. Phir taveez gndon se theek ho gayi. Jab se mera nikah hua hai mein tangdast rehne laga hon. Chand logon ka kehna hai ke tum is aurat ke sath pareshan raho ge jabkay mujhe apni biwi se bohat mohabbat hai aur mein is ke baghair ghar mein ghamgeen rehta hon. Woh bhi kehti hai ke tum mujhe Talaq mat do tum bhi barbaad ho jao ge aur mein bhi barbaad ho jaoon gi. Mein ghar mein rehne ke liye kehta hon to ronay lagti hai.

**Jawab** : aap Shah Aqeeq ke mazaar par chalay jayen. Wahan kuch din qiyam karen aur kasrat se durood shareef parhte rahen. Rozana Fajar aur esha ki namaz ke baad mazaar ke seedhi taraf baith kar muraqba karen. Muraqba mein yaksoi ke baad jab Shah Aqeeq ki rooh se mulaqaat ho to un se dua ki darkhwast karen. Insha Allah yeh masla Ahsen tareeqa se hal ho jaye ga.

## Rang O Noor Ka Shehar

**Sawal** : mein teen mah se muraqba ki mashq kar raha hon aur is douran mere andar kaafi tabdeeli aa gayi hai aur mein bohat se ajeeb o ghareeb waqeat se guzra hon. Shuru shuru mein to khayalat ki yalghaar ka saamna karna para. Jon hi muraqba karne ke liye ankhen band karta. Fuzool aur laa yani khayalat ki ro hamla kar deti lekin rafta rafta khayalat ka zor toot gaya aur batadreej yaksoi peda hoti gayi. Ab jab muraqba karta to kabhi kabhi yun daikhta ke mere khayalat film ki soorat mein mere samnay atay ja rahay hain. Yani jo kuch zehan mein aa raha hai woh tasweerai shakal mein hai.

**Jawab** : baaz auqaat jism mein keemiyai tabdeelian hoti hain. Yeh zehan nasheen karna zurori hai ke chimiavi tabdeelian ya roshiniyon mein tabdeelian aik hi baat hai. Jismani tabdeelian chimiavi kehlati hain aur



rooh mein tabdeelian roshiniyon ki tabdeelian samjhi jati hain. Baat aik hi hai. Maienay mein koi farq nahi sirf tarz bayan ka farq hai. Jab koi shakhs muraqba karta hai ya marwai aloom se mutaliq koi doosri mashq karta hai to chimiavi aur Rohani roshiniyon ko khaas therikaat ki wajah se ensaan ki samaat o raye soorat awazon ko sunna shuru kar deti hai.

## Rooh Ka Alaram

**Jawab** : raat ko sunay se pehlay buland aawaz se 10 martaba kahiye: Mohammad tarek! Mujhe falan waqt, itnay baj kar itnay waqt par jaga dena. Yeh keh kar kisi se baat kiye baghair so jayye. Muqarara waqt par zaroor aankhh khulay gi. Lekin jounhi aankhh khulay foran utha jayye, phir letey nah røye. Is terhan aap namaz Fajar bhi ada kar saken ge aur waqt muqarara par muraqba bhi kar saken ge.

## Rohani Ghiza

**Sawal** : guzarish hai ke manfi khayalat, shaytani waswason, nagehani afaat, logon ke hasad waghera se mehfooz rehne ke liye kuch vird tehreer farma den taa ke dil ko taqwiyat rahay ke Rohani ghiza mil rahi hai. Kamzor dil ensaan mayoosi ke darya mein doob jata hai. Mujhe hazaron qisam ke logon se Sabiqā parta hai. Koi tareef karta hai, koi nuqsaan pohanchanay ki dhamki deta hai, koi court mein case karne ki dhamki deta hai, koi wakeel ke zariye notice bhejta hai. Un sab se Mamoon rehne aur dil ko taqwiyat haasil hona zurori hai.

**Jawab** : har namaz ke baad so martaba Nasar mann allah o fatah qareeb padkar apne oopar dam kar liya karen. Insha Allah aap dushmanon ke shar aur hasad se mehfooz rahen ge.

Paros ke logon ki kharab zehniyat se bachney aur dushmanon ke shar se mehfooz rehne ke liye Fajar ki ada namaz ke baad so martaba Nasar mann allah o fatah qareeb parh kar pani par dam karen aur apne sab



bachon ko pila diya karen. Insha Allah aap ke bachay dushmanon ke shar se mehfooz rahen ge.

## Rishta Ki Talaash

**Sawal** : hum chaar behnain hain aur jawan hain. Hamara talluq aik Mutwast gharane se hai. Baap aur bhai jo kama kar laatay hain sab ka sab mehngai ki bent charh jata hai aur pesey ke baghair koi larki nahi laita. Hum aaj paanch chay saal se barri behan ke liye rishta talaash kar rahay hain lekin kamyabi nahi hoti. Mere walidain bohat pareshan hain aur chahtay hain ke is farz se jald subukdosh ho jayen. Aap Allah taala se hamari pareshani daur honay ke liye dua karen aur aisa wazifa bitayen ke jis ki barket se hamara yeh masla hal ho jaye. Yaqeen hai Allah taala aap ke zariye se hamari mushkilaat daur farma den ge. Ameen !

**Jawab** : har namaz ke baad so martaba ان الله يرزق من يشاء بغير حساب parh kar hathon par dam kar ke haath teen baar chehray par phair kar dua kya karen. Insha Allah muashi halaat durust ho jayen ge aur phir bakol aap ke paisa aeye ga to shadi ho jaye gi.

## Roshan Mustaqbil

**Sawal** : mein chahti hon ke mera mustaqbil roshan ho. Mein pi aayi ae mein security force mein admission lena chahti hon aur har soorat mein service karna chahti hon. Aap se iltamas hai ke aap mujhe koi amal ya wazifa bitayen jis se mera yeh kaam bakhooobi injaam paye aur mera mustaqbil roshan ho. Aap ke wazeefon aur amal se Allah ke fazl vkrm se be intahaa log Faiz yab ho chuke hain. Mere liye dua karen ke Allah taala mujhe neki ki raah par chalne ki tofeq day aur mere kaam ko takmeel taq ponchaye.

Aap mere buzurag hain lehaza is jazbay ko mojooda daur ke halaat dekhte hue ghalat maienay nah day dijiye ga ( gustaakhi maaf ) mein 1 shakhs jin ki tareekh paidaiesh 4 May hai. Andazan Umar 23 / 24 saal

hai, pasand karti hon. Woh bhi mujhe pasand karte hain. Kkhuda gawah hai ke hamaray darmain koi ghalat qisam ke marasim nahi hain aur nah hi koi ghalat aghraaz o maqasid hain. Shadi nah honay ki wajah sirf yeh hai ke mazkooah shakhs memon hain, un ki ammi nahi mantin. Hum dono yeh chahtay hain ke un ke ghar walay aur mere ghar walay is shadi par raazi ho jayen kyunkay shadi to honi hai lehaza hum chahtay hain ke sharai aur qanooni tor par shadi hasb Mansha ho aur hum shadi ke bandhan mein bndh jayen. Hamari zindagi aik dosray ke baghair adhuri rahay gi. Kkhuda ke liye mera yeh kaam poora karne ke liye aap mehfil muraqba mein zaroor dua mangiye ga. Neez mujhe mere dono kamon ke liye amal ya wazifa bitayen. Mein har kaam karne ko tayyar hon. Kkhuda se umeed hai ke woh aap ke saharay mere dono kaam takmeel taq ponchaye ga. Mera naam aur pata hargiz hargiz shaya nah karen.

**Jawab** : aap dono Sahiban raat ke waqt 12 bujey ke baad wuzu kar ke musaley par baith kar awwal aakhir gayarah martaba durood shareef ke sath 100 martaba surah yasin انما امره انا ارادا شيئاً ان يقول له كن فيكون parh kar maqsad haasil karne ki dua karen. Amal ki muddat 90 din hai. Nagha ke din baad mein pooray kar len.

## Rooh Aur Islam

**Sawal** : Azeemi Sahib! Tarz fikar kya hoti hai ?

**Jawab** : aik aadmi aankhon par chashma nahi p\_hnta woh jo kuch daikhta hai barah e raast daikhta hai. Dosra aadmi chashma lagaata hai. Woh jo kuch dekh raha hai is ke dekhnay mein glass medium ban jata hai. Ab isi misaal ko aur ziyada geherai mein bayan kya jaye to is terhan kaha jaye ga ke aainak mein agar surkh rang ka glass hai to har cheez surkh nazar aeye gi. Neela glass hai to har cheez niilii nazar aeye gi. Jis terhan insani takazay aur ensaan ki nazar looh mehfooz par naqsh hai. Jab hum kisi rangeen sheeshay ko apna medium banayen ge to nazar wohi dekhe gi jo hamein sheesha dukhaay ga.

Baat tarz fikar ki ho rahi thi. Tarz fikar aur nazar ka qanoon aik hi baat hai. Tarz fikar hi barah e raast aur bil wasita kaam karti hai. Aik tarz fikar aisi hai jo bil wasita kaam karti hai aur aik tarz fikar yeh hai ke jo barah e raast kaam karti hai. Koi aadmi agar aisay shakhs ki tarz fikar ko apne liye vaastaa banata hai jis ki tarz fikar barah e raast kaam kar rahi hai to is shakhs ke andar wohi tarz fikar muntaqil ho jati hai jis terhan rangeen sheesha aankhh par laganay se har cheez rangeen nazar aati hai. Rohani taleem darasal tarz fikar ki is salahiyat ko apne andar muntaqil karne ka aik amal hai.

Jab koi bacha ustad ki shagirdi mein aata hai to ustad is se kehta hai ke parh alif, bay, jam. Bachay ko is baat ka ilm nahi hota ke alif jam kya hai. Woh apni laa Ilmi ki binaa par jo ustad usay sakata hai qubool kar laita hai lekin agar yahi bacha alif, bay, jam ko qubool nah kere to ilm nahi seekh sakta. Mafhuum yeh hai ke bachay ki la ilmi is ka ilm ban jati hai. Woh ba-hasiat shagird ustad ki rahnumai qubool kar laita hai aur darja badarja ilm seekhta chala jata hai.

Aik aadmi jo bashaour hai aur woh kisi nah kisi darja mein dosray aloom ka haamil bhi hai. Rohaniyat ka ilm haasil karna chahta hai to is ki position bhi aik bachay ki si hoti hai. Rohaniyat mein shagird ko mureed aur ustad ko morad kaha jata hai. Mureed ke andar agar bachay ki aftad tabiyat mojud nahi to woh morad ki batayi hui kisi baat ko is terhan qubool nahi kere ga. Jis terhan koi bacha alif, bay, jam ko qubool karta hai chunkay Rohani aloom mein is ki hesiyat aik bachay se ziyada nahi hai is liye usay wohi tarz fikar ikhtiyar karna parre gi jo bachay ko alif, bay, jeem sikhati hai.

Rohani ustad apne shagird se kehta hai ke ankhen band kar ke baith jao. Kyun baith jao? Is ke baray mein woh kuch nahi batata. Bilkul is terhan jis terhan koi ustad bachay se kehta hai ke parho alif aur yeh nahi batata ke alif kya hai aur kyun hai? Phir woh kehta hai ankhen band kar ke Sheikh ka tasawwur karo lekin yeh nahi batata ke tasawwur Sheikh kya hai aur kyun kya jata hai? Agar ibtida mein hi shagird apne ilm ke zeam mein is baat ko samajhney ki koshish kere ke ankhen kyun band ki jayen. Tasawwur Sheikh kyun kya jaye aur is se kya haasil ho ga to yeh tarz fikar shagird ke amal ke manafi hai kisi ilm ko seekhnay mein sirf aur sirf yeh tarz fikar kaam karti hai ke ustad ke hukum ki tameel ki jaye aur ustad ki tameel hukum yeh hai ke la ilmi is ka shoar ban jaye.

Imam ghazali ka aik bohat mashhoor waqea hai. Aap apne zamane ke yakta e rozgaar they. Barray barray Jayyad ulama un ke ilm se istifada karte they. Baithy baithy un ko khayaal aaya ke khanqahi nizaam ko bhi dekhna chahiye. Woh arsa daraaz taq logon se mlitay rahay aur is silsilay mein unhon ne daur daraaz ka safar bhi kya. Bil akhir mayoos ho kar baith gay. Kisi ne poocha aap abbu baker shibli se bhi miley hain? Imam ghazali ne farmaya ke ab taq Rohani maktaba fikar ka koi mashhoor aadmi nahi chorra. Jis se mulaqaat nah ki ho. Mein is nateejay par pouncha hon ke yeh sab kahaniyan hain. Jo fukra ne apne baray mein mashhoor kar rakhi hain phir inhen khud hi khayaal aaya ke aik mashhoor aadmi reh gaya hai kyun nah mulaqaat kar li jaye ?

Qissa kotah, woh mulaqaat ke liye Azim safar hue. Mukhtalif tazkaron mein yeh baat millti hai ke jis waqt woh Azim safar hue to un ka libaas aur sawari mein ghoray ke oopar zain waghera ki maliyat is zamana mein bees hazaar ashrafi thi. Yeh kehna ke vaqata yeh sahih hai is ke baray mein hum kuch nahi kehte lekin itna zaroor hai ke imam ghazali bohat shaan o Shaukat ki zindagi busr karte they. Manzilain tey karkay jab hazrat abbu baker shibli ki khidmat mein haazir hue to aap aik masjid mein baithy gadri si rahay they. Imam ghazali hazrat abbu baker shibli ki pusht ki janib kharray ho gay. Hazrat abbu baker shibli ne peechay murr kar dekhe baghair farmaya. "Ghazali ! Aa gaya to ne bohat waqt zaya kar diya hai.

Shariat mein ilm pehlay hai amal baad mein aur tareqat mein amal pehlay hai ilm baad mein hai. Agar to is baat par qaim reh sakta hai to mere paas qiyam kar warna wapas chala ja. Imam ghazali ne aik minute tawaquf kya aur kaha ke mein qiyam karoon ga. Yeh baat sun kar hazrat abbu baker shibli ne farmaya ke samnay masjid ke konay mein ja kar kharray ho jao. Imam ghazali modab eistaada ho gay. Kuch der ke baad hazrat shibli ne un ko bulaya aur apne sath ghar le gay. Bohat khatir madarat ki. Imam ghazali bohat khush hue ke mujhe bohat acha Rohani ustaad mil gaya hai. Jis ne mere oopar aaraam o asayish ke darwazay khol diye hain. Chand roz baad hazrat shibli ne imam ghazali se farmaya, bhai ab kaam shuru ho jana chahiye. Aur kaam ki ibtida yeh hai ke aik bori khajoor le kar shehar ke bazaar mein jao aur bori khol kar yeh elaan kar do ke jo aadmi mere sir par aik chapat lagaye ( raseed ) kere ga usay aik khajoor miley gi. Imam ghazali shaam ko jab khjorin taqseem kar ke wapas aeye to poocha.

Hazrat yeh kaam mujhe kitney arsay taq karna parre ga. Hazrat abbu baker shibli ne farmaya aik saal aur woh aik saal yeh khidmat sir injaam dete rahay. Saal poora hua to imam ghazali ne yadd\_hani karai ke huzoor aik saal poora ho gaya. Hazrat abbu baker shibli ne farmaya aik saal aur, do saal pooray honay ke baad farmaya ke aik saal aur jab teen saal pooray ho gay aur imam ghazali ne is silsilay mein koi baat nahi ki to hazrat abbu baker shibli ne un se poocha ke kya abhi saal poora nahi sunhwa. Imam ghazali ne farmaya ke saal poora hua hai ya nahi is se kya farq parta hai. Yeh sun kar hazrat ne farmaya ke kaam poora ho gaya hai. Ab khjorin le kar jaane ki zaroorat nahi aur unhon ne Ghazali ko woh ilm jis ki talaash mein woh salhasal se srgrdan they, muntaqil kar diya. Imam ghazali jab watan wapas puhanche to sorat e haal yeh thi ke mamooli kapray Zaib tan they. Haath mein aik doll tha aur doll mein rassi bandhi hui thi. Shehar walon ko jab ilm hua ke imam ghazali wapas tashreef laa ye hain to un ke istaqbaal ke liye poora shehar umadd aaya. Logon ne jab un ko phatay puranay libaas mein dekha to heran o pareshan hue aur kaha yeh aap ne kya soorat bana rakhi hai? Imam ghazali ne farmaya ke Allah ki qisam agar mere oopar yeh waqt nah aata to meri saari zindagi zaya ho jati. Imam ghazali ke yeh alfaaz bohat fikar talab hain. Apne zay manay ke yaktaa aalam fazil Danishwer yeh keh raha hai ke “yeh ilm agar haasil nah hota jo teen saal taq sir par chapat kha kar haasil hua hai to zindagi zaya ho jati.” imam ghazali agar is waqt jab un se kaha gaya tha ke sir par aik chapat khanay ke baad aik khajoor taqseem karo. Yeh Sawal kar dete ke janab is ki Ilmi tojihh kya hai aur sir par chapat khanay se rohaniyat kaisay haasil ho sakti hai to inhen yeh ilm haasil nahi ho sakta tha. Yahi sorat e haal Rohani ustaad ( morad ) aur shagird ( mureed ) ki hai. Mureed ke und Rajab taq apni anaa ka ilm mojud hai woh morad se kuch nahi seekh sakta. Hum jab kalma tayyiba parhte hain to pehlay Allah ki nifi karte hain aur phir Allah ka iqraar karte hain. Lailaha koi mabood nahi illallaha magar Allah. Is ki aam Tafseer to yeh hai ke Huzoor s.a.w ki bassat ke zamane mein buton ki pooja hoti thi. Log buton ko kkhuda mantay they. Laa elah ka mafhoom yeh hua ke yeh buut mabood nahi magar Allah mabood hai. Lekin bareek bain nazar aur gehray tafakur aur sanjeeda feham se ghor kya jaye to is ki tashreeh is terhan ho gi ke hamaray shaori aloom ke ihatay mein Allah ke jan-nay ki jo tarz hai, hum is ki nifi karte hain aur Allah ko is terhan tasleem karte hain jis terhan Allah khud ko Allah kehlata hai aur Mohammad s.a.w

Allah ke qasid hain. Yani Mohammad s.a.w ba-hasiat qasid Allah ko jis terhan bataya hum isi terhan terhan Allah ko tasleem karte hain. Batana yeh maqsood hai ke pehlay hum ne ilm ki nifi ki aur phir ilm ka asbat kya. Jab ilm ki nifi ki to apni nifi ki aur jab apni nifi ki to Allah ke siwa kuch baqi nah bacha. Hum jab kisi cheez ko apnate hain to is mein tarz fikar ko pehlay dakhil hota hai. Rohaniyat ka agar majmoi tor par koi dosra mutradif lafz ho sakta hai to woh tarz fikar hai. Chunkay aam aadmi tarz fikar qaim karne ke usool o qawayed se waaqif nahi hota is liye usay aisay aadmi ki talaash hoti hai jo tarz fikar qaim karne ke qanoon se waqfiyat rakhta ho. Ibtida is terhan hoti hai ke aik bande ne aisa bandah talaash kya jis ki tarz fikar syedna huzoor aleh salato valslam se wabsta hai. Is ki qurbat mein bande ko wohi tarz fikar muntaqil ho jati hai aur jab is bande ko rasool Allah sale aleh o slim ka Urfan naseeb ho jata hai to is ki tarz fikar mein geherai peda ho jati hai. To is tarz fikar se bhi aashna ho jata hai jo Allah taala ki qurbat ka zareya hai. Zindagi mein agar Allah taala ka Urfan haasil ho jata hai. To zindagi kamyab hai warna poori zindagi khasaray aur nuqsan ke ilawa koi hesiyat nahi rakhti.

## Raat Bhar Roti Hon

**Sawal** : yeh dekh kar aur parh kar khusi hoti hai ke aaj bhi duniya mein kuch aisay log baati hain jin ke paas aisa ilm mojud hai jo is madah parasti ke daur mein bhi aulaad aadam ko masail se nijaat dlwa satke hain. Pareshan zehnon ko agar sukoon nahi hai to sukoon haasil karne ka tareeqa bta dete hain. Kkhuda aap ke ilm mein taraqqi ataa farmaiye. Aur pareshan insanon ko pareshaniyon se nijaat day, ameen. Masla yeh hai ke mein bohat bhatki hui hon. Zehan har waqt shadeed uljhao mein rehta hai. Har baat ka manfi pehlu pehlay sochti hon, misbet pehlu par shazo nadir hi nazar padtee hai. Intahi ghair mustaqil mizaaj hon. Un tamam buraiee ke ehsas ke bawajood apni aadato ko sanwarnay mein nakaam rehti hon. Maazi par nazar daalti hon to andaza hota hai ke bachpan hi se ziddi chirchiri aur ehsas mehroomi ka shikaar rahi hon. Bachpan mein walidain ko itni fursat nah mil saki ke woh un buri aadato ki wajah maloom kar saken Albata yeh zaroor hua ke mujhe bad tameez aur laraka keh kar baqi behan bhayon ko mujh se alehda rehne ko kaha gaya nah



tum is ke sath khelo ge nah is se larai ho gi. Is tareeqay ne mujh se tamam behan bhaiyon ko rafta rafta daur aur mujhe tanha kardiya. Mein sab behan bhaiyon mein barri hon.

Joon joon hosh snbhalti gayi isi qader ehsas mehroomi barhta gaya aur zehni dabao ki mustaqil mariza banti gayi. Taleem sath sath jari rahi go ke muashi masla shadeed raha. Magar kkhuda ke fazl o karam se jaisay tise grijoyshn achay nmbroon se kar hi liya. Meri gharelo shakhsiyat ghar se bahar wali shakhsiyat se yaksar mukhtalif hai. Ghar mein hadd se ziyada zehni dabao rehta hai. Tanhai pasand ho gayi hon. Ghar walon se rabita rehta hai aur nah woh log mujh se talluq rakhtay hain. Yeh tareeqa car to bachpan se hi hai. Albata ab mein agar koshish bhi karti hon ke bachpan ki talkh kalami khatam kar ke un ke sath mil jaoon magar nakaam rehti hon. Kyunkay un ki taraf se koi acha ta-assur nahi milta. Jabkay ghar se bahar aik intahi khush ikhlaq aur purkashish shakhsiyat ki maalik hon. Mere milnay walon ka halqa khaasa wasee hai. Kuch arsa sahaafat se kamyab talluq raha. Mukhtalif samaji tanzeemon se wabsta rahi. Mere milnay walon mein parhay likhay har Umar se talluq rakhnay walay log shaamil hain.

Jin ke paas baith kar aadmi kuch seekhta sakta hai. Herat ki baat yeh hai ke mere milnay walay aisay log kaafi tadaad mein hain aur apne barray se barray raaz apni pareshaaniya taq mujhe bta dete hain jabkay khud mein aaj taq kabhi kisi ko apna dukh apni pareshani nahi bta saki. Mere milnay walay jo nah sirf mujh se achay balkay ilm mein bohat barray hain aksar apni pareshani mein mujh se mahswara mangte hain. Lekin mein khud aaj taq nah apne aap ko koi mahswara day saki nah apne masail ka hal talaash kar saki. Pichlle aik saal se to mera zehni uljhao is qader barh gaya ke soch soch kar aankhon ke gird halqay parney lagey hain. Neend ki golian khanay ke bawajood neend nahi aati. Raat bhar roti rehti hon. Kkhuda taala se dua karti hon ke parvar-digaar is zehni karb se nijaat day. Mere gunaaho ko bakhash jis terhan yeh dukh mujhe hai kisi larki ko nah dena. Meri koi aisi dost nahi jis ko apna dukh suna sakun. Kisi ke sath baith kar kuch der baat kar sakun.

**Jawab** : aap ka masla yeh hai ke koi masla nahi hai. Albata aap khud apne masail ki daldal mein utar gayi hain. Nihayat aasaan hal hai ke makhlooq ko Aziz karen aur logon ke kaam ayen. Woh kaam shuru kar

den jo Allah karta hai. Samnay ki baat hai ke Allah nah khata hai aur nah Allah ko pyaas lagti hai. Allah ko neend bhi nahi aati. Magar is ke bawajood Allah apni makhlooq ke liye har qisam ke wasail muyassar karta hai. Aur makhlooq ki kisi baat ki parwah nahi karta. Makhlooq Allah ke wujood se inkaar kere. Makhlooq Allah ke betaye hue qanoon par amal nah kere is ki ibadat kere ya nah kere. Allah kisi ke oopar zindagi ke wasail pani, hua aur rizaq band nahi karta aur makhlooq se koi tawaqqa bhi nahi rakhta. Aap bhi tawaqqa qaim kiye baghair apni istetat aur salahiyat ke mutabiq Allah ki makhlooq ki khidmat karen. Zindagi aap ke samnay raqs kere gi aur aap khush rahen gi.

## Zanani Aawaz

**Sawal** : mein larka to hon lekin meri aawaz bilkul larkiyon jaisi patli, bareek aur halki hai. Mein ziyada taiz bol hi nahi sakta. Jitna taiz bolnay ki koshish karta hon aawaz itni hi halaq mein ataaq jati hai aur agar nikalti bhi hai to larkiyon ki terhan bareek hoti hai. Sab rishta daar aur dost mujhe filmi glokaraon ke naam se bulatay hain. Noor Jehan aur naheed Akhtar se meri aawaz milatay hain. Do chaar logon mein baith kar baatein nahi kar sakta. Is wajah se mein ziyada tar ghar par para rehta hon. Aur shadeed ehsas kamtri ka shikaar ho gaya hon. Har woh larka jis ki aawaz mardon jaisi ho mujhe apne aap se buland lagta hai. Aur mein apne aap ko is se kamtar samjhta hon. Isi liye college mein dakhla nahi liya kyunkay shool mein hi sab larkoon ki aawaz badal gayi thi lekin mein aik badnaseeb tha jis ki aawaz wohi rahi. Doctoron ko bhi mein ne apna halaq dekhaya lekin koi faida nahi sun-hwa. Ab kabhi do aawazian nikalti hain. Aik bareek aur aik zara mouti. Woh bhi halaq ka poora zor laganay se jis se halaq dikhne lagta hai. Is ke ilawa mujh se aik barri ghalti yeh hui ke mein deomalai kahaaniyon par mushtamil digest parh kar mein behak gaya aur mein ne apne aap ko zaya karna shuru kar diya. Yani mein apni mardana qowat zaya karne laga lekin kuch hi dinon mein ne is buri aadat se tauba kar li.

**Jawab** : aik khulay mun ka kora ghara lijiye. Subah saweray uth kar is waqt jab sab ghar walay so rahay hon chhat par ya kisi makhsos kamray



mein aur gharrey ke andar mun daal kar dono haath gharrey ke kinaroon par is terhan rakh len ke chehrey ka aadha hissa hathon ke andar aa jaye aur buland aawaz se surah rehman ki talawat karen. Surah rehman agar yaad nah ho to hifz kar len. Koi barri surah nahi hai. Aasani se yaad ho jaye gi. Jab taq aap ki aawaz ki niswaniat khatam nah ho yeh amal jari rakhen.

## Zindagi Ka Saathi

**Sawal** : mein choti Umar mein aik larke se mansoob kar di gayi thi. Saaray khandan walay bhi yeh baat jantay they. Jab mein ne hosh sanbhala aur yeh baat mere kaan mein pari to khud-bakhud mere dil mein un ke liye jagah peda ho gayi aur mein ne zehni tor par inhen qubool kar liya kuch arsa pehlay baaz rishta daaron ne mukhalifana kirdaar ada kar ke hum dono ke khandan ke darmain ikhtilaaf peda kar diya hai. Jis ka nateeja yeh nikla hai ke ab hamari zindagi ke hamwar rastay mein yakayak aisay kantay agg aeye hain jin mein se guzarna mushkil hai. Soorat e haal yeh hai ke aana jana bhi mukammal band ho gaya hai. Zara tasawwur kijiyej woh shakhs jisay mein ne hamesha apni zindagi ke saathi ki hesiyat di aur jis ka tasawwur mere zehan mein poori terhan bas gaya hai woh kuch hi der mein mere liye ajnabi kar diya gaya hai. Mein yeh sochti hon to un ki jagah kisi aur ke lainay ka khayaal bhi sohan rooh ban jata hai. Larka barsar e rozgar hai aur is ki bhi yahi khwahish hai ke hum dono bandhan mein bndh jayen lekin khandan walon ke rawayya se dono majaboor hain. Azeemi Sahib! Is muamlay mein shara mein sharam nahi hai. Mein aap se darkhwast karti hon ke mujhe aisa amal bta den. Jis se mujhe mera haq mil jaye. Mein ne tahiya kar liya hai agar meri shadi wahan nah hui to.....

**Jawab** : esha ki namaz ke baad aik so martaba ان الله على كل شئ محيط muheet awwal aakhir gayarah gayarah bar drood hareef ke sath parheen aur is wazifa ko chalees roz taq karen. Bilkul mutmaen rahen. Insha Allah halaat aap ke haq mein sazgaar ho jayen ge.

## Zabaan Sath Nahi Deti

**Sawal** : mein apni jaan khatam karne ke Dur pay hon agar aap ne bhi mayoos kya to mujhe koi nahi bacha sakta. Mein bachpan hi se ehsas mehroomi ka shikaar hon. Thori si daant par ro parta hon. Kisi ko mujh se pyar nahi hai. Khobsorat hon nah hi mere chehray par koi ronaqe hai. Dubla patla sa larka hon, koi mujh se seedhay mun baat taq nahi karta. Har waqt log mujh par tanz ke zahreeley teer chillate hain.

Aap khud andaza kar len ke is waqt meri kya haalat hoti ho gi kamzor dekh kar har koi larna shuru kar deta hai. Agar koi ghar mein maheman aeye to mein sharmaa kar dosray kamray mein chala jata hon. Agar koi maheman larki baat kere to bhi sharmaa jata hon. Is liye har koi mujh se bhagta hai. Kisi larki se majaboori ki haalat mein baat karta hon to zabaan sath nahi deti, larakharaane lagti hai. Is waqt meri haalat dekhnay ki hoti hai. Bohat ilaaj karaya magar koi faida nahi sun-hwa. Mujhe apna mustaqbil tareek nazar aa raha hai. Umar 2324 يا saal hai lekin lagta hai ke mein das baara saal ka hon. Ghar mein har waqt larai jhagra rehta hai.

**Jawab** : raat ko sonay se pehlay awwal o aakhir gayarah gayarah baar durood shareef ke sath 100 baar لا اله الا هو الحي القيوم parh kar bistar mein late jayen. Ankhen band kar len aur gulaabii rang roshni ka muraqba karte karte so jayen. Subah nehar mun aur raat ko wazifa parhnay se pehlay umdah qisam ki aik do khjorin khayen. Yeh amal teen mah taq bilanagah karen. Har jumaraat ko shaam ke waqt do rupay khairaat karen.

## Zabaan Khul Jaye Gi

**Sawal** : is saal eid ul fittar ke panchwin ya chhatay roz mere waalid sahib par faalij ka hamla hua jis se baen taraf ka sir se le kar paon taq ka sara jism nakara ho gaya lekin har waqt ilaaj karanay par aahista aahista taang aur dhar bhi theek ho gaya lekin baazu bilkul nakara ho gaya is



Mawrah cheez ko haasil karne ke liye zurori hai ke maadi cheezon ko zindagi ka maqsad nah banaya jaye. Khusi aur sukoon abdi aur lafani cheez hai is lafani cheez ko haasil karne ke liye finayat ke tane banay se azad hona ho ga. Azad honay ka wahid rasta yeh hai ke hum apne andar is cheez ko talaash karen jo kabhi fanaa nahi hoti aur woh cheez hamari rooh hai jab taq bandah apni rooh se waaqif nahi hota woh sukoon ki duniya mein daakhil nahi ho sakta.

## Sir Aur Maida

**Jawab** : baal taizi se zhadane aur sir mein khushki ki wajah se maiday mein kharabi aur tezabiyat ki islaah ke liye kalvanji dijiye. Khushki aur baal girna band ho jayen ge. Raat ko sotay waqt rozana sir mein badam, roghan jazb kijiyej. Khaano mein ziyada chit patti cheeze nah khayen. Daal aur tarkariyan ziyada khayen.

## Sotay Mein Pishaab Nikal Jata Hai

**Sawal** : mere tamam chhootay bhai behan raat ko jab sotay hain to sonay ke do ghanta ke baad bistar par pishaab kar dete hain. Taajjub ki baat yeh hai ke woh sonay se pehlay pishaab kar ke sotay hain phir bhi bistar par pishaab kar dete hain. Itni gehri neend sotay hain ke agar inhen pishaab karne ke liye uthaya bhi jaye to woh uth nahi satke. Pishaab ki miqdaar kabhi kam, kabhi ziyada hoti hai. Mere walidain ne har qisam ka doctori, hakeemi aur homyo pithi ka ilaaj karwaya magar faida nahi hua.

**Jawab** : aap ke bhai aur behan raat ko jab gehri neend so jayen un ke qareeb sarahnay ki taraf kharray ho kar aik martaba surah baqra ki aayat alum se yuminoon bil ghaib taq parh kar suna diya karen. Itni aawaz se ke neend kharab nah ho. Yeh amal 21 roz taq kar lijiye. Insha Allah faida ho ga.

## Saya

**Sawal** : mera larka ghulam Hussain jis ki Umar taqreeban 12 saal hai. Raat ko dar jata hai halaank mere sath kamray mein sota hai mein ne usay samjhaya hai ke darny aur khaufzadah honay ki koi zaroorat nahi, mein mojud hon. Darna kam himmat aur buzdil logon ka kaam hai lekin woh kehta hai ke yeh sab theek hai lekin mujhe nazar aata hai ke kamray ke bahar koi khara hai aur kabhi daikhta hon ke koi sehan mein chal raha hai phir yakayak yeh saya gayab ho jata hai. Pehlay mein usay vahm samjhtha tha lekin larka barabar yeh shikayat kar raha hai.

**Jawab** : aisa kyun hota hai aur saya kya hai? Is par Insha Allah aindah roshni daali jaye gi. Aap bachay ko ghzaon mein namak kam se kam khilain aur ho sakay to aik hafta mutlaq namak nah khilain. Phir aahista aahista namak khilain lekin kam. Is ke bar aks meethi cheeze qadray ziyada khilain. Hafta das din mein saya nazar aana aur dar khauf ki kefiyat khatam ho jaye gi.

## Seep Ki Potli

**Sawal** : taqreeban dhai mah pehlay mere haath par chand danay niklay jo baad mein barh kar saaray jism par phail gay. Shuru mein to yeh danay garmi daano ki terhan hotay hain lekin baad mein phail kar bohat barray ho jatay hain aur kharish bhi bohat hoti hai. Dhai mah se is ka ilaaj karwa rahi hon lekin puranay danay theek honay ke aik do din baad itnay hi danay mazed nikal atay hain aur un ke daagh bhi reh jatay hain. Jo dr ki batayi hui krimon se kuch to daur ho jatay hain lekin naye danay phir woh masla peda kar dete hain. Yeh silsila musalsal chal raha hai ab to mein sakht pareshan ho gayi hon. Aap se iltamas hai ke koi aisa ilaaj bitayen jo mujhe is marz se mukammal nijaat dilay.

**Jawab** : aadha pao samandari seep le kar taiz garam pani se dho len. Phir inhen khushk kar ke hawan dasta mein mota mota coat len. Kute hui seep

ke barray barray tukre kapray ki potli mein bandh kar kisi barray bartan mein pani bhar kar is mein daal den aur pani ko khoob achi terhan ubaal len. Peenay aur khanay pakanay ki tamam zaroorat ke liye yeh pani istemaal karen. Stin lais stil ya matti ke bartan mein chobees ghantay ke baad naya pani pakaya jaye taa hum seep ki aik potli chodan din taq istemaal ki jaye. Ilaaj ki muddat seep ki chaar potliyon ke mukammal istemaal taq hai. Ilaaj ke douran laal mirch aur garam cheezon se parhaiz kya jaye. Daano aur sookhi kharish se nijaat mil jaye gi.

## Sir Ke Baal Gir Rahay Hain

**Sawal** : meri Umar solah saal hai aur mere sir ke baal khushk ho kar girnay shuru ho gay hain. Haath lagao to toot jatay hain. Tail bhi kaafi lagaya lekin koi assar nahi sun-hwa. Baraye meharbani koi aisa wazifa ya azmooda nuskhah bitayen jis se mere sir ke baal dobarah mulaem aur mazboot ho jayen.

**Jawab** : saaf shafaaf safaid rang ke pakkay sheeshay ki aik barri bottle le kar is ke oopar neelay rang ka transparent kaghaz is terhan chipka den ke bottle oopar neechay aur atraaf se kaghaz ke andar aa jaye. Ab to is bottle mein aik chothai oopri hissa khaali chore kar khali tilon ka tail bhar den. Aur bottle mein gayarah Adad zard rang Chanbeli ke phool daal den. Mazboot kaark laga kar dhoop mein aisi jagah rakh den jahan sara din dhoop rehti ho. Shaam ke waqt bottle utha kar kamrah mein lakri ke stool par ya lakri ki kursi par rakh den. Subah phir dhoop mein rakhen. Yahi mamool chalees roz taq barqarar rakhen. Chalees din pooray honay ke baad raat ko sotay waqt is tail ko sir mein khoob achi terhan jazb karen. Baal ghany aur chamak daar ho jayen ge aur tootna bhi band ho jayen ge.

## Saans Ki Bemari

**Sawal** : mein guzashta 18 mah se saans ki bemari mein muftala hon ilaaj kya lekin dawaon se ree action ho gaya. Pareshan ho kar dawaon ka istemaal chore diya hai. Raat gay taq intahi takleef aur ghabrahat ke

aalam mein pooray ghar mein ghoomta rehta hon. Aisa lagta hai ke mere gilaay mein mojudood ghudood aur saans ki naali mein intahi lais daar koi shye jami hui hai. Jo pehphron taq gayi hui hai is lais daar ratobat ki wajah se saans lena mere liye intahi dushwaar hota hai. Yeh takleef khaas tor par raat ke waqt ziyada ho jati hai ajeeb baat yeh hai ke balgham gilaay mein se nahi nikalta.

**Jawab** : rang o roshni se ilaaj ke tareeqay par naranji rang ka pani tayyar kar ke subah shaam 2, 2 oons pyin is ke sath sath

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cheeni ki paleton par zrde ke rang se likh kar pani se dho kar din mein teen martaba pyin. Aisi fiza mein waqt guzaraian jo gird o gubhar se bilkul pak ho. Khatti aur sard cheezon se parhaiz karen. Ziyada garam aur ziyada sard jagah par rehna bhi is marz mein nasazgar hai.

## Seenay Mein Dard

**Sawal** : mein bohat sakht pareshan hon. Pata nahi mujhe konsi bemari ho gayi hai. Ilaaj musalsal jari hai. X-ray, khoon aur deegar test sahih aeye to doctoron ne mujhe nafsiat ke maahir ke paas bhaj diya. Mera dil Shahid hai ke mujhe nafsiati bemari nahi hai. Koi kehta hai ke tum sochti ziyada ho. Koi kehta hai ke kamzoree hai, jaane kitney dr badal daaley, hazaron rupiya kharch kya gaya aur yeh silsila abhi jari hai. Shohar bhi ab mujh se tang ho gay hain woh be chaaray kya karen har dosray din doctoron ke paas jati hon. Koi din acha nahi guzarta, dil bujh kar reh gaya hai. Seenay ke beech mein dard mehsoos hota hai aur kayi kayi din rehta hai kabhi sir mein sansnahat honay lagti hai. Dil aik dam dhuk sa ho jata hai aur dharkan taiz ho jati hai. Yeh sab kuch mujhe waqfa waqfa se hota

hai. Kisi ki bemari ke baray mein sun nahi sakti. Haalat foran kharab ho jati hai. Aap ko aakhri sahara samajh kar khat likh rahi hon.

**Jawab** : raat ko sonay se pehlay aur subah saweray Sooraj niklny se pehlay kisi aisi jagah par late jayen jo hawadaar ho naak ke dono nathnon se aahista aahista saans andar khinchin aur sath mein tasawwur karen ke sahet aur Shifa yabi aik niili shua ki soorat mein aap ke saans ke sath sath seenay mein daakhil ho rahi hai. Jab seenah saans se bhar jaye to aahista aahista is tasawwur ke sath saans bahar nikaal den ke aap ki tamam bemariyan saans ke sath fiza mein tahleel ho rahi hain. Gayarah martaba yahi amal karen aur rozana aik aik chakkar ka izafah kar ke 23 martaba taq le jayen aur phir is ko mamool bana len. Ghiza mein namak kam kar ke chothai kar den aur bazaar ka pissa hua namak istemaal nah karen. Masalha daar, saqeel aur chikni ghzaon se parhaiz karen. Subah aur shaam aik aik chamcha shehad istemaal karen.

## Saans Ruk Jati Hai

**Sawal** : aap ne aik aisay bacha, jis ki rotay rotay saans ruk jati hai aur be hadd nidhaal ho jata hai ke liye shahadat ki ungli par ya hi ya qayum parh kar 21 roz taq shehad chataney ke liye bataya hai. Arz hai ke mere bachay ki bhi yahi kefiyat hai. Is ki Umar do saal hai. Jab rota hai to bohat der mein saans aata hai. Haath paiir balkay poora jism dheela chore deta hai aur hont uday ho jatay hain. Peeth par haath maarny se kaafi der baad saans aata hai. Aap baraye meharbani Jawab mein yeh farma dijiye ke kya mein bhi yeh ilaaj kar sakti hon.

**Jawab** : aap apne bachay ka mazkooah tareeqa par ilaaj karen. Allah taala Shifa ataa karaingay. Is ke ilawa raat ke waqt jab bacha gehri neend so jaye to itni aawaz se ke neend kharab nah ho aik martaba surah falaq poora surah parh diya karen, chalees roz taq.

## Sanwla Rang



**Sawal** : bachpan mein khasra niklee thi jis ki wajah se mera rang sanwla ho gaya hai. Bachpan se ab taq har qisam ka ilaaj kara chuki hon magar rang saaf nahi hota. Koi aisa wazifa bta den ke jis ki barket se mera rang saaf ho jaye.

**Jawab** : aik tashtari par zarda ke rang aur pani se

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likh kar doodh se dho kar subah nehar mun chalees roz taq pyin. Is amal se Insha Allah rang o roop nikhar aeye ga.

## Sardi Ka Paseena

**Sawal** : meri Umar athaara saal hai mujhe garmi bohat lagti hai. Sakht se sakht sardi mein bhi meri naak par paseena aata rehta hai aur garmi mein to shakal hi baggar jati hai. Chehray par charkh charh jata hai, rang siyah ho jata hai. Aankhon ke samnay andhera anay lagta hai. Rang din badan kala hota ja raha hai. Jis ki wajah se mein ehsas kamtri ka shikaar ho gayi hon. Khobsorat larkiyon ke samnay uthnay bethnay mein shadeed ehsas kamtri hota hai. Kkhuda ke liye koi aisi tajweez kar den ke meri mushkil aasaan ho jaye. Jab subah so kar uthti hon ya raat ko sotay mein aankhh khil jati hai to aik qisam ka khauf mujh par taari rehta hai aur har waqt yeh sochti rehti hon ke mein boorhi hoti ja rahi hon.

**Jawab** : rozana teen Adad cheeni ki paletan par zarda ke rang aur arq ghulaab se بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ۔ کان البحر مناد الكلمات ربی likh kar aik plate subah, aik shaam aur aik raat ko pani se dho kar bilanagah chalees roz taq pyin.

## Sochon Mein Doobe Rehna

**Sawal** : mere bhai un dinon pareshan hain. Har waqt sochon mein doobe

rehtay hain aur sahet roz burrows kharab hoti ja rahi hai. Un ki is haalat ka zimma daar un ka aik dost hai jisay woh bohat chahtay hain lekin woh dost hadd se ziyada khud gharz hai. Bhai ki wajah se poora ghar is shakhs ki be intahaa izzat karta hai lekin is ka haal yeh hai ke nah sirf yeh bhai se seedhay mun baat nahi karta balkay deegar doston ke samnay un ke sath nihayat tauheen aamaiz andaaz mein paish aata hai. Un sab baton ke bawajood bhai shaam ko thakey hare wapas atay hain to aaraam ke bajaye apne matlab parast dost ki aik jhalak dekhnay nikal jatay hain aur phir raat gay ghar lottay hain. Tashweesh-naak baat yeh hai ke dost ki be rukhi ke bawajood bhai ghar walon se daur is namaqool shakhs ki taraf khinchtey ja rahay hain. Mein aap se dast basta iltija karti hon ke koi aisa Rohani ilaaj bta den ke hamara khoya hua bhai hamein wapas mil jaye warna un ka mustaqbil barbaad ho jaye ga aur is baat ka walidain ko kis qader sadma ho ga is ka andaza aap bakhooobi kar satke hain.

**Jawab** : jab taq aap ke bhai ka zehan normal ho rozana raat ko sotay waqt 41 martaba aayat al kursi azeem taq parh kar pani par ya doodh par ya chaye par dam kar ke pila diya karen.

## Siyah Rang Chehra

**Sawal** : aaj se chaar saal pehlay meri sahet bohat achi thi. Chehray par noor aur chamak thi, baal lambay ghany aur khobsorat they. Rang bhi gora tha, shakhsiyat bhi par kashish thi jo daikhta tha pasand karta tha magar ab yeh haal hai ke nah meri sahet achi hai aur nah chehray par woh noor aur chamak hai. Baal do saal se gir rahay hain har jatan kar liya magar koi faida nahi sun-hwa. Chehray ki rangat bilkul siyah par gayi hai. Shakhsiyat mein bhi koi kashish baqi nahi rahi. Jism mein haddiyan nikal aayi hain. Har aadmi yahi kehta hai ke tum ko kya ho gaya tum to woh larki hi nahi rahen. Jab mein yeh sunthee hon to rona aata hai. Apne sath ki larkiyan ko dekh dekh kar dil bohat kurhta hai. Bohat se doctoron ko bhi dikha chuki hon. Sab yahi kehte hain ke sab theek hai. Khoon bhi test karwaya woh bhi theek hai. Apne aap ko dekh kar yun mehsoos hota hai jaisay saloon ki bemaar hon. Kkhuda ke liye is masla ko apni beti ka masla samajte hue koi mufeed mahswara den. Mere bohat se rishte atay

hain lekin log dekh kar kehte hain ke larki mein koi khaas baat nahi hai jabkay yeh haal honay se pehlay log mera rishta toot toot kar manga karte they.

**Jawab** : is marz ke muharikaat yeh hain ke aap musalsal zehni dabao ka shikaar hain. Aur is dabao ki wajah se be khwabi aap ke oopar musallat ho gayi hai. Matlab yeh hai ke aap bharpoor neend nahi sotin. Mumkinaat mein hai ke aap niswani marz ki bhi mariza hon. Aaraam o sukoon agar mil jaye to aap ki sahet bahaal ho jaye gi. Depration aur dimaghi khlfshar se nijaat ka mo-asar tareeqa yeh hai ke aap is baat ki mashq karen ke har baat ka rukh Allah ki taraf murr diya karen. Allah miyan farmatay hain ke “aur woh log jo ilm mein mustahkam hain kehte hain hamara yaqeen yeh hai ke har cheez Allah ki taraf se hai.”

kisi aalim se yeh aayat maloom kar ke har namaz ke baad aik so baar teen mah taq vird karen.

## Psychology

**Sawal** : mere bachay ki Umar ab saarhay chay mah hai. Paidaiesh ke baad se hi woh bohat ziyada rota tha. Mukhtalif doctoron ko dikhaya kisi ne kaan ki dawa di to kisi ne pait ki lekin bachay ko koi afaqa nahi sun-hwa. Hum ne aspishlst ko bhi dekhaya lekin bacha poori terhan se theek nahi sun-hwa. Ab is ki haalat yeh hai ke ronay mein kaafi kami waqay ho gayi hai. Aam tor par apne baazu aur tangen akra kar rakhta hai. Chay mah hojane ke baad bhi bilkul nahi baithta. Tangen kaafi kamzor lagti hain. Aawaz do to koi rad-e-amal zahir nahi karta. Kabhi kabhi daikhta hai aawaz bhi nahi nkalta. Koi cheez dikhao to itafaqan nazar parre to daikhta hai aur is ki taraf haath badhaane ya pakarney ki koshish nahi karta. Mun par haath laga kar hansaney ki koshish karo to kabhi kabhi hanstaa hai. Kabhi to mamooli shore se hrhbrha jata hai aur waisay bhi sotay mein hrhbrha kar hilta rehta hai. Jab taq is ki tangon aur pait par takiya nah rakho woh sukoon se nahi sota aur isi terhan sota aur isi terhan uthta rehta hai. Aik aspishlst ka kehna hai ke paidaiesh ke baad is ke dimagh mein munasib miqdaar mein oxygen nah pounchanay ki wajah se



bukhaar ho jata hai. Aap koi aisa ilaaj bitayen jis se paiir bhi theek ho jaye aur roz roz ke bukhaar se bhi jaan chhuut jaye.

**Jawab** : teen chhootay kaaghzon par

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likh kar aik taveez subah, aik shaam aur aik raat pani se dho kar pilain. Ilaaj ki muddat chalees roz hai.

## Sukoon

**Sawal** : is duniya mein har ensaan zindagi ko behtareen bananay ke liye har terhan se koshishen aur jad-o-jehad karta hai. Magar dekha yeh jata hai ke agar kisi ko har terhan ki dunewi asaishen muyassar aa jayen tab bhi woh be itmenani aur Adam tahaffuz ke ehsas mein muftala rehta hai jo ke umooman be ikhtiyaari ho taa hai. Hum is be sukooni, be itmenani, pareshan khayaali aur Adam tahaffuz ki kefiyat ko kis terhan khatam kar satke hain aur is silsilay mein kya mazhab ensaan ki madad kar sakta hai? Kyunkay mazhab ke pirokaron ki aksariyat ko jab hum dekhte hain to be sukooni aur Adam itminan ka itna hi ehsas inhen bhi rehta hai jitna dosray logon ko hota hai.

**Jawab** : kaayenaat mein be shumaar noyein hain. Har noo aur noo ka har fard nooi aur infiradi hesiyat se khayalat ki lehren ke zariye aik dosray se musalsal pihm rabt hi afraad kainat ke darmain taaruf ka sabab hai. Khayalat ki yeh laharen darasal infiradi aur ijtimai ittilaaat hain jo har lamha aur har aan kaayenaat ke afraad ko zindagi se qareeb karti hain. Haqeeqat yeh hai ke hamari poori zindagi khayalat ke dosh par safar kar rahi hai aur khayalat ki karfirmayi yaqeen aur shak par qaim hai. Yahi nuqta aaghaz mazhab ki bunyaad hai.

Haqeeqat yeh hai ke ensaan jo kuch hai khud ko is ke khilaaf paish karta hai. Woh hamesha apni kamzoriyon ko chupata hai aur un ki jagah mafrooza khoobiyan bayan karta hai jo is ke andar mojud nahi hain. Aadmi jis muashray mein tarbiyat pa kar jawan hota hai woh muashra is ka dushman ban jata hai. Is ka zehan is qabil nahi rehta ke is aqeday ka tajzia kar sakay. Chunancha woh aqeedah yaqeen ka maqam haasil kar laita hai. Halaank woh mehez fraib hai is ki barri wajah hum oopar bta chuke hain ke aadmi jo kuch khud ko zahir karta hai haqeeqatan woh aisa nahi hai balkay is ke bar aks hai.

Is qisam ki zindagi guzaarne mein usay bohat si mushkilaat paish aati hain. Aisi mushkilaat jin ka hal is ke paas nahi hai. Ab qadam qadam par usay khatrah hota hai ke is ka amal talaf ho jaye ga aur be nateeja saabit ho ga. Baaz auqaat yeh shak yahan taq barh jata hai ke aadmi samajhney lagta hai ke is ki zindagi talaf ho rahi hai aur agar talaf nahi ho rahi hai to sakht khatray mein hai aur yeh sab kuch un dimaghi khalion ki wajah se hai jin mein taizi se toot phoot waqay ho rahi hai.

Jab aadmi ki zindagi woh nahi hai jisay woh guzaar raha hai ya jisay woh paish kar raha hai to jis par is ka amal hai is amal se woh nataij muratab karna chahta hai jo is ke hasb khuwa hon lekin dimaghi khalion ki taizi se toot phoot aur radd o badal qadam qadam par is ke amla raastoon ko badalti rehti hai aur woh ya to be nateeja saabit hotay hain ya un se nuqsan pohanchana hai ya aisa shak peda hota hai jo qadam uthany mein rukawat bantaa hai. Aadmi ke dimagh ki saakht darasal is ke ikhtiyar mein hai. Saakht se morad dimaghi khalion mein taizi se toot phoot, aitdaal mein toot phoot ya kam toot phoot hota hai. Yeh mehez ittifaqia amar hai ke dimaghi khalion ki toot phatt kam se kam ho jis ki wajah se woh shak se mehfooz rehta hai lekin jis qader shak aur be yakeeni dimagh mein kam ho gi isi qader aadmi ki zindagi kamyab guzray gi aur jis munasbat se shak aur be yakeeni ki zayad-ti ho gi zindagi nakamiyoo mein busr ho gi. Iradah ya yaqeen ki kamzoree darasal shak ki wajah se janam layte hai. Jab taq khayalat mein tazabzub rahay ga yaqeen mein kabhi bhi pukhtagi nahi aeye gi. Mazahir apne wujood ke liye yaqeen ke paband hain kyunkay koi khayaal yaqeen ki roshniyan haasil kar ke Mazhar bantaa hai. Mazhab hamein yaqeen ke is patteren ( pattern ) mein daakhil kar deta hai jahan shak o shubhat aur was wasay khatam ho jatay hain. Ensaan apni baatini nigah se ghaib ki duniya ke mshahdat se bande

ka apne rab ke sath aik aisa talluq peda ho jata hai ke woh khaaliq ki sifaat ko apne andar muheet daikhta hai. Rohani nuqta nigah se agar kisi bande ke andar baatini nigah mutharrak nahi hoti woh imaan ke दौरa mein daakhil nahi hota. Jab koi bandah imaan ke दौरa mein daakhil ho jata hai to is ki tarz fikar mein se takhreeb aur shaitaniyat nikal jati hai aur agar bande ke oopar yaqeen ( ghaib ki duniya ) munkashif nahi hai to aisa bandah har waqt takhreeb aur shaitaniyat ke jaal mein giraftar rehta hai. Yahi wajah hai ke aaj ki taraqqi Yafta duniya mein be shumaar ayjadat aur la-mutnahi aaraam o asayish ke bawajood har shakhs be sukoon pareshan aur Adam tahaffuz ka shuka rahay. Science chunkay madah ( matter ) par yaqeen rakhti hai aur madah earzi aur fiction hai is liye science ki har taraqqi, har ijaad aur aaraam o asayish ke tamam wasail earzi aur fanaa ho jaane walay hain jis shye ki bunyaad hi toot phoot aur fanaa ho is se kabhi haqeeqi musarrat haasil nahi ho sakti. Mazhab ke woh peirokaar ya ulama jo ebadaat ki rasoom ki hadd taq pabandi karte hain aur zahiri aamaal ko hi ahem samajte hain. Woh imaan yani ghaib ki duniya ke mshahdat se mahroom rehtay hain. Nateejatan un ki zindagi bhi be sukooni, be itmenani aur Adam tahaffuz se dochar rehti hai. Mazhabi aur la mazhabiyat mein yahi bunyadi farq hai ke la mazhabiyat ensaan ke andar shukook o shubhat, was wasay aur ghair yakeeni ehsasat ko janam deti hai jabkay mazhab tamam ehsasat, khayalat, tasawurat aur zindagi ke aamaal o harkaat ko aik qaim bil zaat aur mustaqil hasti se wabsta kar deta hai. Jis ki wajah se ensaan par se be sukooni, be itmenani aur Adam tahaffuz ke baadal chaatt jatay hain. Aur woh par sukoon zindagi guzarta hai. Khush rehta hai, is ke khush rehne se mahol mein bhi sukoon aur musarat ki laharen daur karti rehti hain.

## Seerat Tayaba

**Sawal** : mein bohat haasid hon aur mere andar hawas bohat ziyada hai, lehjey mein taizi aur talkhi hai aur sab se barri buraiee yeh hai ke mein bohat oucha bolti hon. Barron aur choton ka lehaaz bilkul nahi karti. Mein ne grijoyshn kya hai aur ab kuch arsa ke baad shadi honay wali hai, sochti hon dosray ghar mein kis terhan guzara ho ga. Plzzzz kkhuda ke liye aap mujhe koi mahswara den. Namaz pabandi se padti hon aur quran



bhi padti hon. Namaz aur quran parhte hue duniya jahan ke khayaal dil mein atay hain aur yeh bhoor jati hon ke kya parh rahi thi. Yahi haal urdu aur english ki reading ka hai. Samnay likhi hui cheez nazar aa rahi hai magar dimagh kahin rehta hai kuch ka kuch parh deti hon. Koi yaqeen nahi karta ke parhi likhi hon, jhoot bohat bolti hon, gheebat suneney aur dosaron ki gheebat karne mein bohat maza aata hai. Dosaron ko pareshan kar ke mujhe taskeen millti hai. Aankhon mein ansoo dekh kar khush hoti hon. Mujhe aap ke mashwaray ki ashad zaroorat hai taa ke mein is praml kar ke shadi ke baad ki zindagi bohat tareeqa se guzaar sakun. Mein ne apne rawayya ke baray mein jaissa likha hai is se aap khud andaza kar len ke dosray ghar mein mera guzara bohat mushkil hai.

**Jawab** : masha Allah aap musalman hain. Huzoor pak s.a.w ki seerat tayaba s.a.w ka mutalea karen. Din bhar kasrat se ya hi ya qayum parheen. Raat ko 100 baar durood shareef parh kar rasoolallah s.a.w ke roza Aqes ka tasawwur kar ke muraqba kya karen. Bachon mein ziyada dilchasp len. Ghar mein jagah ki munasbat se phool ya koi bail lagayen aur pabandi waqt ke sath un Gul booton ko pani den. Surah falaq ka tarjuma zabani yaad kar len.

## Shadi Ke Masail

**Jawab** : Zahar ki namaz ke baad الشمس والضحى awwal aakhir 11 baar durood shareef ke sath 21 martaba parh kar muraqba karen. Aur muraqba mein is taraf dheyaan karen ke mere oopar roshiniyon ka bana hua aik jism mojud hai. ( larkiyan mard ka tasawwur karen aur larke aurat rukh ka tasawwur karen ) jab nazar ki mrkzit qaim ho jaye. Roshni ke is rukh ko apne apne se allag kar ke khud se kuch daur le jayen. Aur phir qareeb le ayen. Yeh amal teen baar karen. Is amal ki Ilmi tojihh yeh hai ke fard bashar do rukhon se murakkab hai. Aik rukh ghalib rehta hai aur dosra rukh maghloob rehta hai. Jins ka taayun ghalib rukh se hota hai maslan aurat mein maghloob rukh mard hota hai aur mard mein maghloob rukh aurat hota hai. Maghloob rukh shaor ki aankhh se nazar nahi aata. Is ko la shaori aankhh dekh sakti hai. La shaori aankhh se dekhi



hui cheez ka shaor mein muzahira ho jata hai. Is amal se shadi ke aur gharelo masail hal ho jatay hain.

## Shadi

**Sawal** : janab aliiii! Aap ne jo wazifa mujhe tehreer farmaya tha o hay meri naaqis aqal mein nahi aa raha hai ke kisi terhan parhon, mujhe aap ko dobarah takleef dena par rahi hai. Aap ne tehreer farmaya tha ke har namaz ke baad aik tasbeeh durood shareef ke sath 66martaba “Allah” ka vird kar ke dua karen. Is mein aik tasbeeh se kitni martaba morad hai. Kya so martaba ya is se kam ya ziyada. Doosri baat yeh hai ke durood shareef ke sath 66 martaba “Allah” ka vird kis terhan kya jaye yani aik martaba durood shareef parhnay ke baad 66martaba vird phir aik martaba durood shareef aur phir 66bar vird ki gardaan karen ya durood shareef ki tasbeeh ( muqarara miqdaar ) parh kar aakhir mein 66martaba Allah ka vird kar ke dua mangeen. Hum jo namaz mein durood shareef parhte hain wohi durood shareef parheen ya koi aur makhsos durood shareef parhna ho ga. “shadi mein rukawat”ka yeh wazifa jo ke larka larki ya phir walidain ke parhnay ke liye hai. Kya mein apni nand ke liye wazifa parh sakti hon kyunkay meri paanch nandain hain jin mein se sirf aik ka nikah hua baqi sab ki umrein ziyada ho gayi hain.

**Jawab** : aap apni nand ke liye wazifa parh sakti hain “Allah” 66martaba is terhan parheen ke har baar Allah ke sath durood shareef parheen. Yani durood shareef bhi 66martaba parha jaye. 66bar Allah ka vird karne ke baad mazeed 24 martaba durood shareef parh kar dua mangi jaye. Namaz wala durood shareef parha ja sakta hai.

## Shohar London mein hain

**Sawal** : umeed hai ke apni gham zada behan samajh kar meri madad farmaen ge. Aap mujh jaisay hazaron be sahara logon ke dukh banttay hain. Meri bhi madad karen. Meri kahani yun hai ke meri shadi ko paanch saal ho gaye hain magar aik din sukoon nahi mila hai. Shadi ke teen mah

taq mere shohar theek rahay is ke baad ulthi seedhi baatein karne lagey. Maa baap ko gaaliyan dete. Dewaron ke sath baatein karte phir un ke waalid ne un ko London bhaj diya. Saat mah baad bachi peda hui to phir un par dora para ke quran pak ghrse utha kar masjid ki deewar par rakh diye. Ghilaaf utaar pheink diya. Jaye namaz, tasbeeh jungle mein pheink aeye. Pardon ke kapray aur islami kitabon ko aag laga di. Din ke waalid ne un ko dobarah London bhaj diya hai. Mera koi aasra nahi hai. Aik walida theen woh Allah ko pyari ho gayeen. Ab meri bachi bhi chay mah ki ho gayi hai.

**Jawab** : aap ke shohar dimaghi mareez hain un ka baqaida ilaaj hona chahiye. Mehez dam durood se ilaaj par takiya nah karen. Hospital mein daakhil kara ke ilaaj karayen. Aap ke shohar Bartanwi shehriat rakhtay hain. Un ka wahan behtareen ilaaj ho sakta hai. Is ke bajaye ke aap inhen yahan bulayen. Koshish kar ke aap wahan chali jayen aur wahan reh kar un ka poora ilaaj karayen. Sahet yabi ke liye har namaz ke baad aik so aik baar ya allah ya Rehman ya Raheem parh kar dua kya karen.

## Shabab Aamaiz Kahaniyan

**Sawal** : meri Umar 17 saal hai aur mein taalib ilm hon. Mere zehan mein terhan terhan ke mazhabi aur is ke sath sath ghalat qisam ke khyalat atay hain. Jis ki wajah se mera zehan bhaari rehne laga hai. Mein har waqt udaas rehta hon kisi kaam mein jee nahi lagta. Mehsoos hota hai ke zabaan gang ho gayi hai. Haath paiir thanday par gaye hain. Baaz auqaat itnay chakkar atay hain ke mein sir pakar kar baith jata hon. Namaz mein dil lagana chahta hon magar khayalat ki yalghaar mein izafah ho jata hai.

**Jawab** : pandrah bees saal ki Umar mein chunkay aadmi ke andar mikanki tabdeelian hoti rehti hain. Is wajah se khayalat ayb normal ho jatay hain. Yeh koi tashweesh-naak baat hargiz nahi hai. Aap ko jab jinsi jazbaat se mutaliq khayalat ayen to un se ghabriye nahi un ko khusi khusi qubool kijiye kyunkay yeh fitri taqaza hai. Albata yeh kaam aap zaroor karen ke jab jazbaat mein shiddat peda ho to khayalat ki ro mein behnay ki bajaye zehan ka rukh qudrat ki phailai hui nshanyon ki taraf murr den

maslan yeh ke aap phoolon, darakhton, parindon, nadiyon, sirsabz pahariyoon, darya aur samandar ki lehron mein dilchaspi lijiye kyunkay yeh khayalat ghair fitri nahi hain is liye aap ka fitrat se qareeb aa jana aap ke zehni baar ko khatam kar day ga. Is silsilay mein Rohani ilaaj yeh hai ke aap raat ko sonay se pehlay shabab aamaiz kahaniyan, Roman parwar novel aur fehsh litreture hargiz nah parheen. Ziyada se ziyada waqt apne aap ko mashgool rakhen. Jis cheez mein bhi aap ki dilchaspi ho maslan khelna, drawing, painting, mutalea, sair o tafreeh waghera.

## Shohar Shakal Nahi Daikhta

**Sawal** : mein aik shadi shuda aurat hon aur kayi bachon ki maa hon. Ibtidayi saloon mein shohar ne mujhe bharpoor pyar diya. Meri asayish o aaraam ka har terhan se khayaal rakha. Lekin ab un ki tavajja mujh se hti ja rahi hai. Aisa lagta hai ke woh meri soorat taq dekhna gawara nahi karte. Raton ko der se ghar aana un ka mamool ban gaya hai. Ghar ke kisi muamlay mein woh dilchaspi nahi letay. Kisi bemaar ke ilaaj se gharz hai nah bachon ki taleem o tarbiyat se dilchaspi. Aakhir is ravayye ki kya wajah hai ?

**Jawab** : gharelo sukoon ke liye zurori hai ke miyan biwi mein zehni hum ahang ho. Jis terhan biwi shohar se iltifaat chahti hai is terhan shohar bhi chahta hai ke shareek hayaat is ki fitri zaroriat ka khayaal rakhay. Yeh durust hai ke bachay ho jany ke baad aurat khawand ki nisbat bachon ke sath ziyada waqt guzarne par majaboor hai. Bachon ki nighdasht aur dekh bhaal mein is ki sahet kisi nah kisi hadd taq mutasir hoti hai. Is ke andar woh walwalah aur josh bhi nahi rehta jis ki khawand tawaqqa karta hai. Lekin har zaheen biwi shohar aur bachon ke sath zindagi guzarne mein tawazun barqarar rakhti hai. Khat ka tajzia yeh zahir karta hai ke aap ne apni saari tavajja bachon par markooz kar di hai aur aap ke shohar aap ke is tarz amal ko napasand karte hain. Mera mahswara hai ke aap shohar ke haqooq ka bhi khayaal rakhen. Baat be baat par larna jhagarna aur inhen baar baar is baat ka ehsas dilana ke woh aap mein aur bachon mein dilchaspi nahi letay. Sahih tarz amal nahi hai. Shohar ke haqooq

pooray karen aur un ki zehni, jismani zaroraton ka pooraa pooraa khayaal rakhen.

## Shifa Dena Allah Ka Kaam Hai

**Sawal** : mere bachay ki paidaish qutar mein hui. Saat din ke baad baal utarwa kar bacha ko is ki maa ke sath Pakistan bhijwa diya. Taqreeban saarhay teen mah baad bacha wapas qutar lota. Jab paanch mah ki Umar taq bachay ne apni gardan nah sambhali to hamein fikar la-haq hui. Is douran bacha agarchay apne haath paon kabhi kabhi akra laita tha. Aik din bacha tma m din aanso-on ke sath rota raha to hum pareshan ho gaye. Dosray din bacha ko hospital le jaya gaya to doctoron ne muaina karne ke baad bachay ko hospital mein daakhil karliya. Aur bemari ko bachon ki mirgi ka naam diya. Phir aik khaas test kya gaya jis mein zehan ko computer ki madad se test kya jata hai. Report mein kaha gaya ke Umar ke lehaaz se bachay ka zehan nashonuma nahi pa raha hai. Jis ki wajah se is ki gardan be qaboo rehti hai aur doray parte hain. Phir bachay ko hospital se farigh kar diya gaya. Hum ne bachay ko watan laane ka programme banaya ke achanak shaam ko is qader shadeed dora para ke bayan se bahar hai. Bachay ko shadeed jhatkay lagey. Hospital le gaye aur musalsal chaar ghanton ki koshish se bacha ko kuch sukoon aaya. Dosray din hum bachay ko Lahore le aeye. Aik Shah sahib ne bataya ke bachay ki maa par taweezat ka assar hai jis ka assar bachay par aa gaya hai. Phir aik tarik al-dunia aurat ke paas bacha le jaya gaya jis ne kaha ke bachay par do Adad deoniyan hain waghera waghera. Unhon ne ilaaj ke liye kaafi pesey kharch karwa diye. Bachay ko is aik mah mein paanch doray parre aur bukhaar ho gaya. Jab meri chhutti khatam ho gayi to bachay ko wapas lana para. Yahan atay hi bachay ko nmonih ho gaya. Ab woh nmonih se nijaat haasil kar chuka hai. Ankhen mutawatar dayen se baen harkat karti rehti hain. Zara si aawaz se bacha dar jata hai. Apne hathon ke angothon ko shahadat aur darmain wali ungli mein day kar mukka bana laita hai aur baazu akra laita hai. Isi terhan tangen kamaan ki terhan tedhi kar laita hai. Is waqt jabkay is ki Umar gayarah mah honay ko aayi hai woh gardan taq nahi sambhaalta. Aawazian den to kabhi notice laita hai aur kabhi nahi laita. Doodh bohat mushkil se peeta hai. Bachay ki haalat ne hamein sakht zehni karb mein muhtala kar rakha hai.

**Jawab** : maa ke pait mein bachay ke zehan ki nashonuma poori nahi hui jitni nashonuma hui hai is munasbat se duniya ki fiza ko zehan ne qubool kya aur jab qowat mudafat kamzor ho gayi to dimagh ke woh khaliye jo asaab ko control karte hain mutasir ho gaye. Nateejay mein aasabi nizaam mein khlal waqay ho gaya. Bacha ke oopar asaib ya deoniyon ka assar nahi hai. Yeh mehez bewaqoof bananay wali baat hai. Tashkhees ke mutabiq aisa ilaaj kya jaye. Jis se dimaghi nashonuma bahal ho jaye. Kisi tareeqa ilaaj mein abhi taq meri nazar se aisa ilaaj nahi guzra jo pedaishi dimaghi kamzoree ko khatam kar ke poori terhan sahet bahaal kar day Albata Rohani ilaaj mein aisi tadabeer hain jin ko mustaqil kayi mah taq amal karne se yeh kamzoree rafa ho jati hai. Aap mujhe bachay ke do photo bhaj den. Aik is waqt ka jab dora nahi para tha aur aik dora parney ke baad ka ilaaj tajweez kar dena mera kaam hai, Shifa dena Allah ka kaam hai. Alhamdollilah Rohani ilaaj ke is tareeqa se bohat se bachon ko Shifa haasil hui hai.

## Shaytani Waswasay

**Sawal** : mein paanch waqt namaz parhta hon lekin shetan mere dil o dimagh par is terhan chaaya hua hai ke kisi waqt zehan paragandah khayalat se azad nahi hota. Shetan ne mujhe apna mamool bana liya hai. Woh jo kuch kehta hai mein karne par majaboor ho jata hon.

**Jawab** : Allah taala ne shetan ko azaadi di hai ke woh Siraat mustaqeem par chalne walay logon ko b\_hka sakta hai lekin sath hi ensaan ko ikhtiyar diya hai ke woh rahmani aur shaytani raastoon mein se aik rasta ka intikhab kar le. Jab khuloos niyat, yaqeen mohakam, azm Rasikh aur Allah taala ki ataa kardah naik seerat se koi shakhs Siraat mustaqeem ka intikhab kar laita hai shaytani quwaten is ka kuch nahi bigaar sakteen agar ensaan ka yaqeen pukhta nah ho to qanoon kaayenaat is ko is ke haal par chore deta hai. Shaytani waswason se nijaat haasil karne aur apne andar yaqeen mohakam peda karne ke liye har waqt bawazo rhye. Raat ko sonay se pehlay bhi wuzu kar liya karen. Aik baat yaad rkhye khayalat

atay hain laaye nahi jatay. Ensaan ka kaam sirf itna hai ke woh khayalat ko qubool kere ya radd kar day. Khayalat ko radd karne ka yeh tareeqa ghalat hai ke aap napasandeedah khayalat ko jadakna shuru kar den. Jitna aap khayalat ko Jhatkein ge un ki taaqat barhti chali jaye gi. Ghair pasandeeda khayalat se azaadi haasil karne ka tareeqa yeh hai ke khayaal ko radd karne ki bajaye zehan ko dosaron kamon par laga den maslan aap ke zehan mein yeh waswasa aata hai ke Allah o rasool s.a.w ki qaim kardah ikhlaqi qadren ensaan ko buland aur zindagi ki lzton se mahroom kar deti hain. Is waqt aap ka yeh amal hona chahiye ke aap is waswasa ko radd karne ki bajaye koi aur baat sochna shuru kar den. Yeh ke agar muashray se ikhlaqi qadren khatam kar daal y jayen to hewan aur ensaan ki zindagi mein koi farq nahi reh jaye ga. Aap apne zehan ka rukh qudrat ki be shumaar la-mutnahi nshanyon ki taraf phair satke hain. Parindon, phoolon, darakhton, sitaron, chaand, Sooraj , din, raat, mausam ke radd o badal mein ghor o fikar kijiyej. Kisi bhi qurani ayaat ka tarjuma parh kar is ki hikmat par ghor kijiyej. Yeh tarz amal apna lainay ke baad koi bhi ensaan shaytani waswason se ba aasani nijaat pa sakta hai.

## Shadi Aur Sharam

**Sawal** : mera is duniya mein kkhuda ke siwa koi sahara nahi hai. Koi aisa nahi hai jo mere dukh dard baant le. Mein hauslay se jee rahi hon ke shayad koi soorat Allah nikaal den. Mere walidain nahi hain. Behan bhai ki shadi ho chuki hai. Woh log meri zaat mein dilchaspi nahi letay. Mein chahti hon ke kisi naik aur shareef parhay likhay aadmi se mera rishta ho jaye. Woh log apni duniya mein bohat ziyada magan rehtay hain. Apni larkiyan ki shadi kar rahay hain aur agar mein kabhi apne baray mein un ko ehsas dilaau to mujhe be sharam keh kar mera mazaq uratay hain. Kabhi Umar ka tana dete hain. Mein hadd se ziyada pareshan hon. Saheliyo se agarchay yeh kehney ki baat to nahi lekin phir bhi kayi saheliyo se mein ne rishta talaash karne ko kaha lekin koi dilchaspi nahi laita. Mein ne bohat saaray vzayf bhi parhay hain. Surah الضحی waghera.

**Jawab** : aadhi raat guzarnay ke baad nangay sir nangay pair aasman ke neechay khari ho kar dono haath sir ke oopar rakh len. Ankhen band kar

ke taqreeban das minute kar (سورة النساء) الرجال قوفرن على النساء padti rahen aur dua kar ke so jayen. Amal kamyabi honay taq karti rahen.

## Shohar Ka Mizaaj

**Sawal** : mere shohar bohat be hiss hain. Gayarah saal ke arsay mein do teen baar aeye hain magar aisay jaisay koi ghair ho. Nah bachon se dilchaspi aur nah mujh se baat cheet. Siwaye larai jhagrre ke aur jany ke liye aisay be chain ho jatay hain jaisay ghar baar yahan nahi wahan ghair mulk mein hai. Agar kuch dinon ke liye yahan rehtay bhi hain to sochon mein mashgool, nah bachon se baat karna, nah hi ghar mein kisi zaroorat ka khayaal rakhna aur ab ke chaar saal baad aeye they. Magar barri mushkil se do haftay rahay aur aik din pehlay airport chalay gaye. Aur wahan karaye ka kamrah le kar rahay magar raat ghar par nahi guzari. Woh jab bhi atay hain isi terhan peecha churatye hain jaisay hum koi cheez nahi hain. Afsos is cheez ka hai ke duniya mein mera koi nahi. Pandrah saal ki Umar mein is shakhs se shadi hui thi. Is waqt un ki Umar chalees saal ho gi. Gayarah baara saal se mein aath bachon ki dekh bhaal khud kar rahi hon aur mere shohar bilkul be talluq ho gaye hain. Mein ne kaha mujh se akelay itna kaam nahi hota, nah hi mein ab logon ki baatein sun sakti hon. Is ka Jawab yeh diya ke koi nokari kar le ya kisi se nikah kar le. Mein kisi ko rakh lon ga, ghar ki fikar nah kar, sab kuch ho jaye ga. Is din se meri sahet har waqt kharab rehti hai aur dil udaas rehta hai. Aap kkhuda ke liye koi aisi cheez deen ke is shakhs ke dil mein mohabbat aur hamdardi peda ho. Woh bohat kachay kaanon ke maalik hain jo bhi sikhayiye isi ki sun letay hain aur waisay hi karte hain. Har aik ke samnay sachey ban jatay hain aur mujhe bura bana dete hain. Jis ki wajah hai ke mein kuch bhi nahi kar sakti. Yateem be sahara jo hui. Agar koi sahara hota to shayad woh aisa nah karte. Khud bhi qader karte aur ouron se bhi karate. Mein jis ke sath achhai se paish aati hon, wohi mera dushman ban jata hai. Wajah samajh mein nahi aati. Ghar mein bhi aeye din kuch nah kuch vardatin hoti rehti hain. Nah ghar mein dil lagta hai aur nah hi kisi aur jagah.

**Jawab** : aadhi raat guzarnay ke baad wuzu kar ke musaley par baith



jayen. So martaba durood shareef aur so martaba ya hi ya qayum ka vird kar ke musaley par hi chit late jayen. Ankhen band kar ke yeh tasawwur karen ke gilaay se naaf taq aap ke oopar sheeshay ka aik jaar rakha hua hai. Is jaar mein roshniyan bhari hui hain. Jab roshniyan samnay aa jayen, yeh dekhen ke aap ke shohar is jaar ke andar mojud hain jaisay sheeshay ke kisi barray bartan mein machhli nazar aati hai. Teen chaar hafton ke is amal se aap ke shohar ka mizaaj aap se hum aahang ho jaye ga.

## Shohar Ne Ankhen Badal Leen

**Sawal** : mere shohar bohat achay they. Mujhe chahtay bhi bohat they lekin jab se kkhuda ne mujhe maa banaya hai un ka rawayya mere sath pehlay jaissa nahi raha. Mein inhen is liye bura nahi kahoon gi ke yeh baat Shariat ke khilaaf hai. Maa ban'nay se pehlay shohar mera itna khayaal rakhtay they ke ghar ka sara kaam khud injaam dete they. Yahan taq ke mujhe khana pakka kar khelate they. Ab nahi maloom inhen kya ho gaya hai ke woh mera pehlay jaissa khayaal nahi rakhtay. Zara zara si baat par naraaz ho jatay hain. Halaank mujhe apne shohar se be panah mohabbat hai aur mein un ke liye apni jaan bhi qurbaan karne ko tayyar hon. Mein chahti hon ke mere shohar waisay hi ho jayen jaisay pehlay they.

**Jawab** : sab kamon se farigh honay ke baad raat ko sonay se pehlay awwal o aakhir gayarah gayarah martaba durood shareef ke sath so martaba بِسْمِ اللّٰهِ اَلْوٰسِعُ جَلَّ جَلَالُهُ parh kar baat kiye baghair bistar mein chali jayen. Ankhen band kar ke apne shohar ka tasawwur karte karte so jayen aur yeh tawaqqa apne zehan se nikaal den ke shohar aap ko khana pakka kar khilain. Danishwaron ka qoul hai ke khush zayega aur lazeez khana mard ki sab se barri kamzoree hai. Aap achay achay khanay pakka kar apne shohar ke samnay rakhen aur kabhi kabhi inhen apne haath se luqmay bana kar khilain. Is amal se mohabbat barhti hai.



## Shakki Shohar

**Sawal** : meri shadi ko gayarah saal ho gaye hain. Shadi ke pehlay din se le kar aaj taq mere miyan mujh par shak karte hain. Baat baat par jhagarte hain. Kabhi pyar se koi baat nahi ki. Mein un ko kitna hi khush karna chahti hon lekin woh ziyada khafa ho jatay hain. Inhen ghair aurtain bohat achi lagti hain. Aik rishta daar aurat ke samnay meri be hadd be izzati karte hain. Aap koi wazifa bta den taa ke mere shohar mere sath mohabbat se rahen aur is aurat ka khayaal dil se nikaal den.

**Jawab** : sab kamon se farigh honay ke baad raat ko sonay se pehlay 41 martaba surah Fatiha parh kar baat kiye baghair bistar par chali jayen. Ankhen band kar ke apne shohar ka tasawwur karen aur tasawwur karte karte so jayen. Jab aap ke shohar ka dil ghair aurat ki taraf se hatt jaye to is amal ko tark kar den.

## Shadi Roknay Ke Liye

**Sawal** : aik be sahara larki, kuch samajh mein nahi aata ke mein apni daastaa'n gham kahan se likhon. Har taraf andhera hi andhera nazar aata hai. Apni zindagi se bezaar aa gayi hon. Mout ke siwa koi nijaat nazar nahi aati. Kkhuda ke liye meri madad kijiyej. Mein ne aaj taq apni zindagi sabr o shukar se guzari hai. Is ka badla yeh mila hai ke zindagi mein gamoon ke siwa kuch bhi nahi. Yeh likhte hue mujhe rona aa raha hai ke mere liye aik boorhay shakhs ka rishta aaya hai. Kkhuda ke liye koi aisa wazifa bta dijiye ke meri shadi is budhay se nah ho. Mujhe dar hai ke mere walidain is ka rishta qubool kar len ge kyunkay woh bohat doulat mand aur hum ghareeb hain. Agar walidain ne meri shadi is se tey kar di to mein zindah nahi bachon gi. Jab se yeh manhoos khabar suni hai meri raton ki neend urr gayi hai. Sab ghar walay to mazay se sotay hain aur mein raat raat bhar roti rehti hon. Mein ne inkaar kar diya hai lekin ghar walay nahi mantay, kehte hain boorha hai to kya sun-hwa, Ameer to hai.

**Jawab** : aadhi raat guzarnay ke baad nangay paiir aur nangay sir khulay aasman ke neechay khari ho kar namaz ki terhan haath bandh kar aik so aik martaba ya raqeeb parh kar dua karen. Insha Allah aap ki marzi ke khilaaf shadi nahi ho gi. Himmat aur hosla se bhi kaam lainay ki zaroorat hai. Aap ko Shariat ne yeh haq diya hai ke shadi ke muamlay mein aap ghar walon ko apna faisla suna den aur is par qaim rahen.

## Shohar Ki Mohabbat

**Jawab** : sab kamon se farigh honay ke baad raat ko sonay se pehlay gayarah martaba surah الكوثر पूरी surah parh kar baat kiye baghair bistar par chali jayen aur seedhi karvat late jayen. Ankhen band kar len aur apne shohar ka tasawwur karte karte so jayen. Is amal ki barket se aap ke shohar ke dil mein aap ki tasweer naqsh ho jaye gi aur woh aap ki marzi ke khilaaf koi kaam nahi karen ge. Aap ko itna bharpoor pyar den ge ke aap purani saari takleifein bhool jayen gi.

## Shariat Aur Tareqat

**Sawal** : mera aap se do toak Sawal yeh hai ke kya tareqat aur Shariat allag allag rastay hain? Zara wazahat se Jawab dijiye taa ke Rohani shagird samajh saken.

**Jawab** : tareqat aur Shariat koi allag allag rastay nahi hain. Shariat mein pehlay ilm hai aur amal baad mein lekin yeh baat apni jagah muslim hai ke is ilm ki bunyaad bhi laa Ilmi par hai. Tareqat mein amal pehlay hai aur ilm baad mein. Rohani taalib ilm ko kuch seekhnay ke liye har haal mein pehlay apne ilm ki nifi karni padtee hai.

## Shajar Mamnooa Ki Rohani Tafseer

**Sawal** : mazhabi riwayaat mein yeh baat warid hui ke aadam pehlay jannat mein they magar baad mein apni ghalti ke baais zameen par aa gaye. Aadam aleh salam ko jannat mein aik darakht ke qareeb jany se mana kya gaya tha magar shetan ne inhen behkaya aur unhon ne is darakht ka phal kha liya. Koi kehta hai ke yeh darakht gheehon ka tha, kisi ke nazdeek yeh saib ka darakht tha. Darkhwast hai ke aap is baat par Rohani nuqta nazar se roshni dalain ke yeh kon sa darakht tha? Aur is ke qareeb jany se aadam aleh salam kyun zalim qarar day diye gaye ?

**Jawab** : quran pak mein is darakht ka koi naam nahi liya gaya hai. Sirf darakht ke naam se yaad kya gaya hai. Rohani nuqta nazar se jab la shaori waardaat o kaifiyat mein is darakht ka mushahida kya jata hai to darasal yeh tarz fikar ka symbol hai. Is baat ko samajhney ke liye hamein aadam aleh salam ki un dono halaton ka tajzia karna parre ga jo jannat aur zameen par hain. Is liye ke woh darakht hi hai jis ne aadam aleh salam ko aik haalat se doosri kefiyat mein daakhil kar diya. Surah baqra mein Allah taala ka irshad hai : " ae aadam! Tum aur tumhari biwi jannat mein jahan chaho raho aur khush o Khurram jahan se jee chahay khao Albata is darakht ke qareeb nah jana warna zulm ke khasayel mein girftar ho jao ge. "حيث شتما" jis jagah chaho ( his bah maienay space ) un do lafzon se maloom hota hai ke space ko aadam aleh salam ka mehkoom kar diya gaya tha. His ya space kaayenaat ki har cheez par muheet hai chunancha jannat mein aadam aleh salam ki yeh hesiyat thi. Allah taala ne aadam aleh salam ko jannat ke laa-mehdood raqbay par tasarruf ataa kar diya tha yani aadam aleh salam ke liye jannat ka wasee o Areez Raqba , time aur space se azad tha lekin phir..... " shetan ne un ko gumraah kar diya aur jis aaraam mein woh they is se mahroom kar diya. Hum ne kaha tum sab asfal mein dafaa ho jao kyunkay tum aik dosray ke dushman ho aur tumhe aik muayana muddat taq zameen ko mstqr bana kar chalana ho ga."( alquraan )

lekin jab yahi aadam asfal mein pohanchana hai to is ki position bilkul mutazaad ho jati hai. Is terhan ke space is par haawi hai. Qadam qadam

par is ko wasail ki pabandiyan ghairay hue hain. Yahan taq ke ensaan wasail ke haath kath patli ban kar reh gaya hai. Jannat mein yeh ho raha hai ke jo kuch jannat mein mojud hai woh dar o bast aadmi ke iraday ke tabay hai. Aadmi ka dil chaha ke woh saib khaye lekin saib ka kaasht karna aur torna zair behas nahi aata. Saib khanay ko dil chaha aur saib mojud ho gaya. Pani peenay ko dil chaha pani mojud ho gaya. Is tarz fikar mein tasarruf ki do tarzein samnay aati hain. Tasarruf ki aik tarz yeh hai ke aik bandah saib ka darakht lagaata hai is ki nashonuma ka intzaar karta hai. Taweel arsay ke baad saib ka darakht is qabil hota hai ke is par phal lagey. Is ke andar saib khanay ki khwahish peda hoti hai woh darakht ki taraf chalta hai aur darakht par se saib toar kar kha laita hai. Tasarruf ka dosra tareeqa yeh hai ke saib, darakht par lagey hue hain. Is darakht ko nah kisi bande ne zameen par boya ho nah is ki nighdasht ki hai nah is darakht ko parwan charhanay mein koi khidmat injaam di hai aur nah usay darakht par se saib tornay ki zahmat karni pari hai. Dil chaha ke saib khaoun aur saib mojud ho gaya.

Is tafseel ka khulasa yeh hai ke jab taq insani salahiyaten Zaman o makan ki hadd bandion se azad ho kar kaam karti hain. Woh sab jannat ki zindagi hai aur jab insani salahiyaten space mein band ya qaid ho kar kaam karti hain to yeh saari zindagi asfal ki zindagi hai. Har ensaan ke andar jannat aur asfal ki zindagi har lamha mutharrak rehti hai. Kabhi jannat ki zindagi yani space ( makaan ) se azad zindagi ka ghalba ho jata hai aur kabhi asfal zindagi yani makaniyat mein qaid zindagi hawaas par ghalib aa jati hai. Rohani ensaan asfal zindagi ke ghalba ko khatam kar ke, aala aur jannat ki zindagi ke hawaas ko ghalib karne ki jad-o-jehad karte hain. Is jad-o-jehad mein pehla sabaq ya pehli class ko “muraqba”ka naam diya jata hai.

## Shikwah

**Sawal** : yeh waqea ramadaan al mubarak ki pehli tareekh ka hai. Hum sab TV dekh rahay they ke elaan hua ramadaan ka chaand ho gaya hai, kal roza hai. Sab ghar walay oopar chhat par chaand dekhnay chalay gaye, mein drawing room mein sofay par late kar Allah se shikwah karne lagi. Allah miyan aap sab jantay hain mein kitney shoq se rozay rakhti

hon magar aap hamaray sath kya karte hain, eid ke roz hamein naye kapray nahi dete. Dosray gharon ki terhan hamaray ghar mein ronaq nahi hoti. Jab hum pooray rozay rakhtay hain to hamaray liye eid khusiyan kyun nahi latayen. Aap se ehtijaj karti hon ab rozay nahi rakhon gi. Subah beedar ho kar aaina ke samnay kharray ho kar baal banaye, thori der baad baath room mein mere peeron ko jhatka laga. Barri behan ne mujh ko sanbhala. Aisa lagta tha ke mein zameen se oopar uth rahi hon aur kashish saqal khatam ho gayi hai. Mera rang peela par gaya. Ghar walay samjhay mujhe current lag gaya hai. Dosray din bhi paiir kaanpay aur phir pooray jism ko jhatkay lagey. Dil doobnay laga aur mein cheekhain maar kar ronay lagi. Ammi abbu ne jaldi jaldi doodh mein glucose mila kar pilaya. Kuch sukoon mila. Jab yeh silsila daraaz hota gaya to ilaaj se faida nah hua to ammi aik Amel khatoon ke paas le gayeen. Jo har terhan ka ilaaj karti hain aur mareez ka chehra dekh kar marz bta deti hain. Mujhe dekha to poocha tumahray kitney bachay hain? Ammi ne kaha abhi shadi nahi hui. Amel khatoon jalal mein aa gayeen aur farmaya tum apni beti ko tabah karna chahti ho. Hum is baat ka mafhoom bilkul nahi samjhay. Qissa mukhtasir ilaaj hota raha lekin nah to marz ki tashkhees hui aur nah hi ilaaj sun-hwa. Hospital mein daakhil kya gaya to wahan bhi marz ki koi khaas nishandahi nahi hui. Ab soorat e haal yeh hai ke mein peeron ke bil baith nahi sakti. Ankhen band kar ke litti hon to jism ko jhatka lagta hai.

**Jawab** : aisa lagta hai ke aap ko blood pressure ka aarzah hai. Jis ki taraf tavajja nahi di gayi. Is ke ilawa aap androoni zanana bemari mein bhi aik arsay se muhtala hain is taraf bhi tavajja nahi di gayi. Is ka matlab yeh hua ke aap ne bimarion ko apne jism mein la parwahi se parwarish kya hai. Foran kisi achay aur tajurbah car hakeem se rujoo karen aur yonani ilaaj karayen. Rohani ilaaj yeh hai ke jab bhi pani pyin teen martaba bsm Allah Al Rehman alrhim parh kar pani par dam kar ke pyin. Hakeem sahib se apne liye ghiza ka chart banwaen. Is chart ke mutabiq ghizayein istemaal karen. Marz paicheeda nahi hai. Insha Allah bohat jald Shifa ho jaye gi. Meri dua hai Allah taala aap ko sahet o tandrusti ataa farmaen. Ameen. Har namaz ke baad aik tasbeeh astaghfar parheen.

## Ziddi Bacha

**Sawal** : mera bacha Mohammad Kamraan jis ki Umar 3 saal hai. Intahi ziddi hai. Hum is ki har khwahish पूरी karne ki koshish karte hain. Is ke bawajood woh apni har khwahish ke liye intahaa pasandi ka muzahira karta hai. Is ki do adaten junoon ki hadd taq pohanchi hain aik yeh ke woh har waqt bahar jana chahta hai. Ghar ka koi fard is ke samnay ghar se niklne ki jurrat nahi kar sakta. Hadd yeh ke koi ghair bhi bahar jana chahay to zid karta hai ke “mein bhi jaoon ga” darjanon khilonay is waqt is ki khwahish ke samnay heech hain. Doosri baat yeh hai ke jo cheez is ko achi lag jaye is ko apni bana dalta hai, kehta hai yeh cheez meri hai. Apne samnay kisi ko koi ahmiyat nahi deta. Subah laazmi tor par rota hua uthta hai. Mukhtalif firmayshin karta hai aik ki takmeel hoti hai to doosri tayyar hua karti hai. Is ki ziddon ne usay intahi chirchira bana diya hai. Isi binaa par intahi kamzor hai. Hamein is ki ziddon se nahi is ki kamzoree se tashweesh hai. Wazeh rahay ke Mosoof har qisam ki dawa intahi aaraam se kha jatay hain.

**Jawab** : aap apne bacha ke sath dosti nahi, dushmani kar rahay hain. Aap ne is ki har khwahish ko poora kar ke ziddi bana diya hai. Agar aap ki yeh rawish nah badli to woh zehni mareez ban jaye ga. Aulad ki tarbiyat walidain ke oopar farz hai. Be ja ziden aur ja be ja tamam khuwaishe पूरी karna faraiz mein daakhil nahi hai. Bacha shaori tor par wohi seekhta hai jo usay maa baap sikha dete hain. Ensaan ka shaor do akaeyo mein bana hua hota hai. Is ka nisf shaor maa baap aur qareebi ahal mohalla ke aamaal o harkaat aur tarz fikar se bantaa hai aur nisf par mahol ka assar ghalib rehta hai, kitni ajeeb baat hai ke aap kehte hain”hamein is ki ziddon se nahi kamzoree se tashweesh hai “yaad rkhye agar aap ne apni tarz fikar ka muhasba kar ke is mein aitdaal peda nahi kya to aap ko aik bacha ki ghalat tarbiyat karne ka kkhuda k haan Jawab da hona parre ga. Aahista aahista pyar vmhbt ke sath bacha ki tabiyat mein tabdeeli lana aap ka farz hai. Is farz mein hargiz kotahi nah kijiyej. Abhi kuch nahi bigra, woh kachi lakri hai aap usay bohat aasani se sudhaar satke hain. Rohani ilaaj tehreer hai is par amal kijiyej aur aindah

apni rawish fikar ko sahih khadd-o-khaal dijiye. Bacha raat ke waqt jab gehri neend so jaye to is ke qareeb kharray ho kar aik hafta taq ibaatat parhiye.”Kamraan tum bohat Saadat mand larke ho. Zid nahi karte. Tumhara dimagh bohat sahet mand hai. Tamam baatein honahaar aur hooshiyar bachon ki terhan sochte ho. Khailtay ho aur khush rehtay ho. “yeh ibaatat parhte waqt agar bacha neend se beedar ho jaye to is waqt taq intzaar kijiye jab taq ke woh dobarah gehri neend so jaye.

## Talba Mutwajjah Hon

**Sawal** : mein taalib ilm hon, parhnay mein bilkul dil nahi lagta. Jaisay hi kitaab kholta hon sir chakranay lagta hai. College mein lecture suntay waqt dimagh sun ho jata hai. Agarchay taleemi kaam dilchaspi aur zouq o shoq se karta hon lekin muntashir khayaali aur dimaghi boojh ki wajah se Ahsen tareeqa se injaam nahi day paata. Mukhtalif ilaaj karaye lekin faida nahi hua.

**Jawab** : sab kamon se farigh ho kar jab aap sonay ke liye bistar par laiteyn to chit late kar ankhen band kar len aur samnay nazar jama ke khud ko dekhnay ki koshish karen aur aap ka chehra samnay aa jaye to bohat acha hai warna apna poora naam le kar yeh jumlay teen baar dohrayen. " ae..... ( poora naam ) parhnay likhnay mein tumhara dil lagta hai. Nihayat tavajja aur zouq o shoq se parhte ho aur jo kuch parhte ho usay samajte ho ya daal rakhtay ho.' ' yeh jumlay dohranay ke baad guftagu kiye baghair so jayen. 21 roz ke andar aap ki mojudaa uljan bilkul khatam ho jaye gi. Khanay mein garam jalebi aur is ka sheerah faida mand hai. Jalebi aur is ke sath thora sa sheerah zaroor istemaal Karen.

## Tlismi Saanp

**Sawal** : aap ne tally pithi aur deegar Rohani aloom aur marwai aloom ki taleem ka silsila shuru kya hai jo ke yaqeenan aik bilkul munfarid silsila



hai. Pakistan mein hi kya pooray asia mein aisa koi idaara nahi hai jahan awam ko baqaida Rohani aloom sikahnay ka baqaida intizam aur nigrani ho. Hum aksar tally pithi ke talba o talbat ki Rohani waardaat parhte hain. Hum ne ziyada tar yeh dekha hai ke aksar taalib ilmooon ki waardaat mein naik arwah, aulia Allah aur maqamat Muqaddisa ki ziyarat hoti hai. Sawal yeh hai ke naik arwah marwai makhloq mein shaamil hain. Farishtay bhi marwai makhloq mein shaamil hain, isi terhan shyatn, iblees aur bad roohein bhi to marwai makhloq mein shaamil hain. Un se marwai aloom ke talba ki mulaqaat kyun nahi hoti. Barah karam is baray mein wazahat frmayye.

**Jawab** : tamam sri aloom jin mein tally pithi ya intqaal afkaar ka ilm bhi shaamil hai, ko samajhney, seekhnay aur un aloom se istifada karne ki do tarzein hain. Aik rahmani tarz hai aur doosri tarz ka naam istadraj hai. Kulia yeh hai ke agar aloom ki manwi hesiyat taamer hai to woh haq hai aur agar ilm ki manwi hesiyat takhreeb hai to woh shaitaniyat hai. Haq aur shaitaniyat dono ka talluq tarz fikar se hai. Rahmani aur shaytani dono garohoon ki tarz fikar aur kalma tareeq judda judda hain. Kalma tareeq tarz fikar ko mutharrak karne ke liye istemaal kya jata hai. istadrajee tarz se wabsta logon ke kalma tareeq, "DIWA AUR KALI WAH" hain. Yeh alfaaz syriani zabaan se bhi pehlay ke hain. Hazrat Nooh aleh salam ke baad "TAKHIYA AUR TAKHA" haq parast logon ko kalma tareeq ho gaya. "DIWA AUR KALI WAH" ءو؁ mansookh kar diya gaya magar kuch logon ne is mansookhi ko tasleem nahi kya aur apni takhribi tarz fikar ke liye isi ko kalma tareeq banaye rakha aur un logon ke inkaar ki wajah se yeh istadraj ka kalma tareeq ban gaya. Phir hazrat ibrahim aleh salam se kayi sadiyan pehlay Allah aur ila Allah ko kalma haq qarar diya gaya. "TAKHIYA AUR TAKHA" ko mansookh qarar day diya gaya. Is waqt se ab taq haq parast logon ka kalma tareeq Allah aur ila Allah hai aur qayamat taq barqarar rahay ga. Is ke bar aks Zaryat iblees aur shaitaniyat ke pirokaron ne abhi taq "DIWA AUR KALI WAH" ءو؁ ko apna kalma tareeq banaya hua hai. Ilm aur is ki tarzon ki tashreeh quran pak mein hazrat moose aleh salam ke waqea mein ki gayi hai. Jab hazrat moose aleh salam ko haq ka numainda bana kar firaon ki taraf bheja gaya to firaon ne paighambar e khuda ke Muajzaat ko istadraji ءaloom par qiyaas kya chunancha is ne hazrat moose aleh salam ko jaadoo gir qarar

day kar apne mulk ke tamam barray barray jadoogaron ko jama kar liya taa ke woh hazrat moose aleh salam se muqaabla kar ke inhen zair karen. Muqablay ke din maidan mein aik taraf Allah ke paighambar haq ke numainday hazrat moose aleh salam aur hazrat Haroon aleh salam kharray they aur doosri taraf Zaryat iblees istadraj ke numainday jadugar. jadoogaron ne apni rasiyaan, baan aur lathyan phinkin jo saanpon aur azhdahon ki soorat ikhtiyar kar gayeen is ke muqablay mein wahi Ellahi ke mutabiq hazrat moose aleh salam ne apna asa zameen par phenka aur woh asdeha ban kar tamam tilismi saanpon aur azhdahon ko nigal gaya. Tavajja talab nuqta yeh hai ke jaadoo gir apni rasiyaan phenkhte hain to yeh saanpon aur azhdahon ki soorat ikhtiyar kar layte hain aur hazrat moose aleh salam apna asa zameen par daaltay hain to woh Assah ban jata hai. Yahan taq to jadoogaron ke fun aur hazrat moose aleh salam ke moajezae mein koi farq nazar nahi aata lekin aik qadam agay barh kar hum yeh dekhte hain ke moose aleh salam ka moujza jadoogaron ke fun par ghalib aa jata hai. jadoogaron aur hazrat moose aleh salam ka yeh muqaabla istadraji aur rahmani aloom ke darmain farq ki aik wazeh tashreeh hai. Is waqea se yeh baat samnay aa jati hai ke jadugar apne ilm se firaon ki khushnodi chahtay hain. Is ke bar aks hazrat moose aleh salam ka mission makhlooq kkhuda ki khidmat aur razaye Ellahi ka husool hai. Un ko jo aloom miley hain woh Allah ke Urfan taq rasai haasil karne ka zareya hain. Kitaab tally pithi mein hum ne jo kuch paish kya hai woh is kalma tareeq aur tarz fikar ke tehat hai jo anbiaye aur aulia Allah ki tarz fikar hai. Kyunkay waardaat o kaifiyat se pehlay tally pithi ke taalib ilm ke zehan mein tameeri tarz fikar ka patteren bana diya jata hai is liye jo kuch waardaat o kaifiyat mein samnay aa jata hai woh is patteren ke mutabiq hota hai. Yahi taleem agar koi shakhs Zaryat iblees ke kalma tareeq ke mutabiq haasil kere to yeh sab ilm rohaniyat ki bajaye ilm istadraj ban jata hai. Tamam payghambaroon hazrat ibrahim aleh salam se hazrat moose aleh salam aur hazrat eesa aleh salam se syedna huzoor aleh salato valslam taq sab ki talemaat yahi rahi hai ke ensaan istadraj se quwatoon se mehfooz rahay aur rahmani quwatoon se muta-arif ho kar apna Urfan haasil kar le. Is liye ke rahmani qowat aur tarz fikar mein taamer hai. Is ke bar aks takhreeb toar phore, safaki, darindgi aur noo insani ko takleef pohanchanay ka naam istadraj hai.

## Aqeedah Ki Kharabi

**Sawal** : jis baat se mein bohat tang hon woh mera paragandah zehan hai. Mein islam ke usoolon ki bohat paband thi. Aaj se teen saal pehlay jab meri Umar pandrah saal thi, raat ke waqt ibadat kya karti thi. Aahista aahista Allah taala ke baray mein mujhe ajeeb o ghareeb khayalat anay lagey ( kkhuda mujhe maaf kere ). Mein sochti hon ke Allah mard hai aur mein aurat hon aur sochte sochte nah jany kahan poanch jati hon. Mujhe to likhte hue bhi sharam aati hai. Mein ne kayi baar khud kashi ke mutaliq socha magar phir khayaal aaya ke mujhe apne khayalat par qaboo nahi hai. Is ka ilaaj karwana chahiye. Is ke ilawa mujhe apni walida se bhi nafrat hai. Un ki taraf se mera dil mela ho chuka hai. Dil har waqt bujha bujha rehta hai. Kisi cheez mein dil nahi lagta. Mein apni zindagi behtar banana chahti hon. Khudaaraa mujhe koi hal bataiye. Mein ne aap ko apna samajh kar yeh sab kuch likha hai. Walida sahibaa se nafrat karne ki wajah yeh hai ke un ki Umar chalees saal hai, das saal se bewa hain, is ke bawajood jab koi mard un se muskura kar baat karta hai to woh samjhti hain ke woh un ke oopar aashiq ho gaya hai. Maa ke is ravayye se mujhe barri kofat hoti hai.

**Jawab** : aqeedah jab kharab ho jata hai to ensaan ke dimagh mein aisay was wasay aur khayalat anay lagtay hain. Jin mein kkhuda, rasool aur mazhab se bezari be ikhtiyaari hoti hai. Aqeday ki kharabi aur zameer ki malammat se nazar nah anay wala aik mutaffan phora is ke batin mein peda ho jata hai jis ki wajah se woh itna be chain rehta hai ke is ki misaal barri se barri bemari mein bhi nahi millti. Allah taala hum sab ko apne hifz o Amaan mein rakhay. Is takleef da kefiyat se nijaat panay ke liye kore ya dhullay hue khdr ya lthe ka aik karta silwaya jaye. Yeh karta saaray jism par aik aik balisht zayed ho aur takhnon taq neecha ho. Aasteenein bhi aik aik balisht khuli hui hon. Kisi aisay kamray mein jahan andhera ho ( andhera nah ho to kar liya jaye ) yeh karta pehan kar pandrah minute tehaliye aur teheltay waqt

Parhti rahiye. Pandrah minute ke baad andheray mein karta utaar kar teh kar ke isi kamray mein kisi mehfooz jagah par rakh den. Jab taq aqeedah durust nah ho is waqt taq yeh amal kya jaye. Sirf andhera shart hai.

## Ishhq Ka Samandar

**Sawal** : do saal qabal apne college ki aik larki se junoon ki hadd taq mohabbat kar betha aur apne ghar walon ko is ke ghar bhaj kar baat paki kar li. Larki bhi shadi ke liye tayyar thi. Aur mein to bazat khud ishq ke samandar mein dooba hua tha magar chunkay mein intahi mazhabi aur mashriqi hon is liye mein nahi chahta ke meri mangetar college mein ya doosri jagah make up kar ke jaye. Mein ne abhi taq usay mana bhi nahi kya hai. Doosri taraf meri haalat yeh hai ke jab woh make up karti hai to mein samjhta hon ke kisi dosray mard ke liye hai, kahin aati jati hai to dil ko khatka hota hai ke kahin kisi dosray mard ke sath shadi nah ho jaye. Samajh mein nahi aata ke kya karoon. Mujhe apni mangetar ka gaari chalana bhi pasand nahi hai. Aik wajah yeh bhi hai ke woh har atay jatay mard ko ghour kar dekhatii hai. Hum dono dr hain aur bohat jald hamari shadi honi wali hai.

**Jawab** : aap nafsiati mareez hain. Jab taq is marz ka ilaaj nah ho jaye shadi nah karen. Warna bohat ziyada mushkilaat paish ayen gi. Aik tareeqa yeh bhi hai ke apne khayalat aur apni haalat se mangetar ko bakhabar kar den taa ke agar woh aap se shadi karna bhi chahay to khud ko aindah paish anay walay halaat ke liye tayyar kar le. Khudaaraa baghair ilaaj ke apni zindagi aur mangetar ki zindagi ko azaab naak nah banayen.

## Aloom Aur Salahiyat

**Jawab** : Allah taala ne har ensaan ko kaayenaat mein mojud tamam aloom haasil karne ki salahiyaten ataa ki hain halaat se aur mahol ke assar

se kuch salahiyaten ziyada numaya hojati hain aur baqi salahiyaten dab jati hain. ( khatam nahi ho jatein ). Jab koi aik salahiyat ziyada numaya ho jati hai to is salahiyat ko browe car laane ke liye ensaan ke andar zouq o shoq peda ho jata hai lekin is ka matlab yeh nahi hai ke doosri moattal salahiyaton ko ujar kya jaye to is mein ensaan kamyab nahi ho sakta. Is qanoon ki roshni mein yeh kehna ke mere andar musawari aur soul engineering seekhnay ki fitri salahiyat mojud nahi hai. Ghalat hai, mera khayaal hai ke soul engineering aur musawari ko farogh dainay wali salahiyat aap ke andar doosri salahiyaton se ziyada taaqatwar hai. Sirf zouq o shoq ke sath mehnat karna zurori hai. Aap agar is taraf poori tavajja ke sath lag gaye to Insha Allah aap ka shumaar naamwar anjinyron mein ho ga. Chaltay phirtay wuzu aur baghair wuzu har haalat mein har waqt ya hi ya qayum ka vird karen.

## Ilaaj Ki Zaroorat Nahi Hai

**Sawal** : Mera choutha bacha jis ki Umar 14 saal hai. Peda honay ke chay din taq bilkul theek raha. Jab meri dewrani aayi to is ke baad mera beta bemaar ho gaya. Sookh kar kaanta ho gaya. Aik saal taq mein ne is ke ilaaj mein koi kasar nah choari. Barri takleef utha kar bara hua is ke baad beti peda hui jis ki Umar 12 saal hai. Woh bhi mouti tazi hui thi magar aahista aahista sookh kar kaanta ho gayi. 14 saal ho gaye hain, mein sahet ke liye taras gayi hon. Bohat ilaaj kya, lady dr, dr, hakeem, homyopithk sab ka ilaaj karaya. Aisa lagta hai jaisay dawaiyon mein assar hi nahi. Paanchon waqt ki namaz ada karti hon. Yaseen parh kar dam kar dam karti hon ke ya Allah to Shifa day. Tujhe kisi cheez ki kami nahi, Shifa to tairay haath mein hai. Yahan yeh batati chalon ke jo dewrani mere yahan aayi thi is ke haan jitne bachay hotay hain, theek hotay hain. Phir inhen bhi sokhey ki bemari lag jati hai. Mere chalay mein is ke anay se mere sath bhi yahi sun-hwa. Dr kehte hain ke anton aur maida par waram hai, zabaan par safaid teh si jami rehti hai. Mun se badboo aati hai, qabz rehta hai.

**Jawab** : khuwa makhuwa tohmat mein muhtala nah hon. Seedhi si baat hai ke aap ke khoon mein koi nuqs hai. Is nuqs ki wajah se bachon ne

chunkay naaqis doodh piya hai is liye un ke maida aur anton mein bemari peda ho gayi hai. Nateeja mein dast anay lagey. Zahir hai jab ghiza hazem nahi ho gi to dast atay rahen ge. Bacha sookh jaye ga. Aisa lagta hai ke aap ke yahan ghizayein saaf suthree nahi khayi jatein aur khanay peenay mein poora ghar be etdaali ka shikaar hai. Aap aur aap ki dewrani aap ke bachay sab is be etdaali ki wajah se bemaar hain. Ilaaj yeh hai ke ghiza ke baray mein muqami tor par kisi hakeem ya dr se mahswara kar ke ghiza mein aitdaal qaim karen. Sahet khud bakhud theek ho jaye gi. Kisi ilaaj ki zaroorat nahi hai.

## Amliyaat Ka Shoq

**Sawal** : mujhe amliyaat waghera ka bohat shoq hai. Kayi aamlon se istifada karne ki koshish ki aur kayi amal kiye lekin kamyabi nahi hui. Shayad Amel log bukhal se kaam letay hain aur sahih amal nahi batatay, saari mehnat akart ho jati hai. Aap mujhe hamzaad tabay karne ka amal bta den. Neez moklon ko qaboo karne ka amal bta den. Neez moklon ko qaboo karne ki kya tarkeeb hai ?

**Jawab** : aap ka shoq apni jagah lekin pehlay yeh bitayen ke aap yeh sab kuch kyun karna chahtay hain? Mehez shoq ki bunyaad par a seen terhan ke amal ko parhna ya karna aur hamzaad, mokl ko apne qaboo aur tabay karne ki koshish karna aap ke liye kamyabi ke bajaye be shumaar mushkilaat aur musibaton ka paish khaima saabit ho sakti hai. Mera aap jaisay tamam doston ko mahswara hai ke bila waja mehez shoq ki bunyaad par woh bhi kisi Amel ki nigrani ke baghair is terhan amliyaat hargiz nah karen. Jis se hamzaad moklon ka qaboo mein aa kar tabay hona mumkin ho. Is ke bajaye aisay kamon aur aisay mashaghil ki taraf tavajja den jo aap ke liye musarrat aur Khushgawar kamyabi ka baais ho. Hamzaad aur mokl Allah ki makhlooq hai. Khuwa makuwa kisi ki azaadi ko slb kar ke ghulam bana lena bara jurm hai. Farz kijiyej agar koi sahib aap ki azad zindagi ke azad khayalat o tasawurat aur aamaal ko aap se chean kar aap ko apna ghulam banalen. Ya is ki koshish karen to is waqt aap ki raye aur aap ka amal is shakhs ke baray mein kya ho ga? Isi

baat ko apne zehan mein rakhen aur bila waja is terhan ke amliyaat se khud ko baz rakhen. Yahi aap ke haq mein behtar hai.

## Ghalti Ka Aitraaf

**Sawal** : bi ae ka imthehaan dete hi meri shadi ho gayi. Nateeja se qata nazar mere sasural walon ne yeh mashhoor kar diya ke dulhan bi ae hai lekin mein do prchon mein feel ho gayi. Mere shohar ne doctori paas ki hai aur bahar jany ka iradah rakhtay hain. Woh kehte hain ke hum dono sath ja kar mazeed taleem haasil karen ge. Un sab baton ko dekhte hue mujh mein yeh jurrat nahi hai ke mein apne shohar ko haqeeqat haal se bakhabar kar sakun. Haqeeqat ke izhaar se azdawaji zindagi mutasir honay ka khadsha hai.

**Jawab** : haqeeqat haal ko kabhi nahi chhupana chahiye. Aap poori soorat e haal shohar se mann o an bayan kar dijiye aur keh dijiye ke ab taq mein baa-mushkil is boojh ko bardasht karti rahi hon lekin ab yeh baar meri bardasht se bahar ho gaya hai. Aur mein ne aap ko sahih sahih baat bta di hai. Dimagh ko halka karne ka yeh tareeqa bilkul aasaan hai. Is ko uljan bananay ki zaroorat hi nahi thi agar aadmi koi ghalti karta hai to foran ya jis waqt dimagh ziyada baar ko bardasht nah kar sakay ghalti ka aitraaf karlena chahiye warna asaab kisi marz mein mubtala ho jatay hain, bilkul mutmaen rye. Is tarz amal se aap ke shohar aur aap ke darmain kisi qisam ka ikhtilaaf peda nahi ho ga.

## Fridge Mein Rakha Hua Khana

**Sawal** : mujhe arsa daraaz se jaldi bemari hai. Taqreeban 26 saal guzar gaye. Jab yeh bemari shuru hui thi to hum bahawalpoor mein apne nanhiyal mein muqem they. Mein apni behnoon ke sath kapaas chunnay gayi to wahan khait mein mujhe kharish ho gayi aur barray barray laal dhapar jism par nikal aeye. Kabhi kisi jagah aur kabhi kisi jagah dhapar parte rahay. Phir shadi ho gayi aur mein Africa chali gayi. Wahan aik



dafaa phir chhootey chhootey makayi ke daano ke barabar laal laal danay nikal aeye to dr ne golian den aur aaraam aa gaya. Africa mein kkhuda ne hamein teen biton se nawaza. Kisi doosri androoni bemari ki kabhi kabhar koi dawai le layte to jism par danay aur kharish honay lagti. Garam dawai na muwafiq thi. Aik dafaa to saari jald kharab ho gayi. Pani behnay laga. Phir ankhen oopar aur neechay se phool gayeen. Cheenkain bhi anay lagen. Sir mein dard bhi honay laga. Naak ka operation kar aya. Ab naak theek rehti hai. Lekin subah shaam saat aath cheenkain aati hain. Gala ziyada kharab rehne laga hai. Baaz dafaa naak soch kar mouti ho jati hai aur harkat bhi nahi kar sakti. Naak ke andar chhalay par jatay hain.

**Jawab** : maadi ilaaj badastoor jari rakhen. Rohani ilaaj tajweez kya ja raha hai :

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chandi ke patrey par kunda kara lein. Yeh patra raat ko garma garam pani mein bujha len aur halka garam pani raat ko sotay waqt pi len. Fridge mein rakhi hui cheezon se parhaiz karen. Har cheez taaza istemaal karen. Fridge mein rakhi hui cheeze taaza cheezon ki terhan nahi rhtin. Aur un ashya ke andar farn bodies ka izafah ho jata hai. Misaal ke to ray par taaza gosht agar kayi ghantay taq khuli hua mein rakha jaye to kharab nahi hota. Lekin fridge mein rakha hua gosht fridge mein se bahar nikaal kar aik ghantay se bhi kam bahar rakha jaye to is ke andar taffun peda ho jata hai. Gur, tail, khatai se parhaiz karen.

## Fehash Khayalat

**Sawal** : mein bohat se amraaz ka shikaar hon. Mere andar khoon ki kami hai. Mein dosaron se kamzor hon, kam santa hon, nazar mein zeaf

hai aur yad dasht kamzor hai. Mere zehan mein fehsh khayalat ghumte rehtay hain jis ki wajah se sahet par Bura asar par raha hai mein har waqt sahet achi bananay ki fikar mein rehta hon. Lekin kamyabi nahi hoti agar koi bta day ke yeh cheez faida mand hai to woh cheez rozana istemaal karta hon. Mein foot baal ka be hadd shoqeen hon aur bohat achi foot baal kheltaa hon. Mein aik achay club ki numaindagi bhi karta hon. Chahta hon ke aik behtareen khilari ban jaoon aur mulk o millat ka naam foot baal mein roshan karoon.

**Jawab** : aap ke masail ki bunyadi wajah khud itmadi ki kami hai. Adam aetmaad ne aap ke zehan mein be yakeeni ka aik aisa jaal ban diya hai. Jis se aasabi toot phoot ziyada hoti hai aur yahi aasabi dabao bimarion ka sabab ban gaya hai. Aap apni salahiyaton par aetmaad karte hue is tareeqa par amal karen. Chay inch chorrie aur munasib lambi naranji rang ki do pattiyan len aur inhen dono baazuon par lapait kar bandh len. Sirf nahate hue pattiyan utarain baqi auqaat bandhay rahen. Do mah ke andar aap ki takaleef ka azaala ho jaye ga.

## Faalij

**Sawal** : mere aik Aziz jin ki Umar taqreeban 35 saal hai. Mulazmat ke silsilay mein Saudi arab gaye they. Chand mahino baad un par faalij ka hamla hua aur shadeed bemari ki haalat mein inhen wapas laya gaya. Har qisam ka ilaaj karwaya gaya lekin arsa 2 saal se un ke jism ka baayaan hissa maflooj hai. Do mah qabal ilaaj ki gharz se Lahore gaye wahan jism ka dayan hissa bhi maflooj ho gaya. Aaj kal woh Karachi mein hain. Ab un ke jism ka dayan hissa kisi qader kaam karne laga hai lekin baayaan hissa badastoor maflooj hai is ke sath sath arsa 2 saal se inhen doray bhi parte hain. Jism akarr jata hai. Ankhen ubal padtee hain aur pyaaz snghane se afaqa hota hai. Agar aap faalij aur doray ke liye ilaaj tajweez karen to hum hamesha aap ke mamnon rahen ge.

**Jawab** : marz purana ho gaya hai chunkay mareez ki dekh bhaal timardari aur ilaaj insani fareeza hai. Is se mayoos kabhi nahi hona chahiye. Allah taala Raheem o kareem hai. Kabhi kabhi un ki qudrat

kamila se moujza ka zahuur bhi hojata hai. Saabit Lahori namak ( sheesha namak ) ki chokor dalian bana len. Namak ki un daaliyon ko pakkay sheeshay ki aik barni mein bhar den. Aur gayarah din mein gayarah hazaar martaba ( yani rozana aik hazaar baar )

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parh kar namak ke oopar dam kar den. Aur mazboot dhakkan laga den. Sheeshay ki yeh barni mareez ke sarahnay lakri ke ouchay stol par rakh den. Apne Aziz se kahin ke iradah ke sath baar baar barni ke andar rakhay hue namak ko dekha karen.

## Qalb Ki Siyahi

**Sawal** : mein paanch waqt ka namazi tha. Mazhabi mehafilon mein shirkat karta tha. Quran bhi kuch yaad tha. Phir waqt ne aisa palta khaya ke ab paanch waqt mein se aik waqt ki bhi namaz ada nahi karta. Nah quran yaad raha hai nihayat ghaleez gaaliyan zabaan par charh gayi hain jo har waqt bikta rehta hon. Itnay gunah kiye hain ke dil siyah ho gaya hai. Mein aap ko kkhuda ka vaastaa deta hon mujhe koi aisa tareeqa bitayen ke mere qalb ki siyahi dhul jaye.

**Jawab** : apni walida ya kisi aur se kahin ke jab aap raat ko gehri neend so jayen to woh aap ke sarahnay kharray ho kar aik baar surah Fatiha ( alhmd shareef ) poori surah itni aawaz se parh den ke aap ki neend kharab nah ho. Aur is wazifa ko chalees roz taq bilanagah jari rakhen.

## Qowat Iraadi

**Sawal** : meri qowat iraadi be hadd kamzor hai aur isi terhan aik haadsay mein khud itmadi ko bhi shadeed dhachka laga hai. Maslan ungelian chtkhane ki intahi aadat hai lekin be hadd koshish ke bawajood is aadat se chhutkara nah pa saka jo bhi programme banata hon usay poora nahi kar sakta chobees ghanay apne aap se larta rehta hon. Raqam bawajood

koshish ke haath mein nahi rehti. Fuzool kharchi ke be hadd aadat hai yahi wajah hai hamesha maqrooz rehta hon.

**Jawab** : chandi ki angothi mein chamakdar neela Nagina pehaniye angothi mein neechay ka hissa khaali rehna chahiye taa ke Nagina ungli se miss hota rahay.

## Qabz Aur Gas

**Sawal** : mein taqreeban char ya paanch saal se samajh nah anay wali uljan mein grfta ray hon. Mere dil mein houille uthi rehti hai, dil ghbrata rehta hon, kabhi dil taiz taiz chalay lagta hai, kabhi dil dohta mehsoos hota hai, haath peeron mein paseenay atay hain. Shadeed ghutan hoti hai dam ghat-ta hai. Dimagh bhaari maloom hota hai, sun rehta hai, kaan saaien saaien karte hain. Dimagh mein buray khayalat atay hain. Na umeedi nazar aati hai. Kabhi neend aati hai, kabhi neend nahi aati. Dil o dimagh par anjaana khauf o hraas taari rehta hai. Duniya mein dil nahi lagta koi umang nahi hai. Zindagi boojh maloom hoti hai. Achay khayalat khatam ho gaye hain. Sara badan khaas tor se tangen larazti hain. Mujh se achay to budhay log hain jo chal phir letay hain. To budhon se bhi badter ho gayi hon. Pait aur seenah mein shadeed jalan hai. Apna chehra dekhatii hon to khauf aata hai ke mein roz burrows kamzor aur naatvaan ho rahi hon, rona aata hai aur roti hon. Bachon ko sambhaal nahi sakti nah shohar ki khidmat kar sakti hon. Mere masha Allah chay bachay hain. Tamam barray barray doctoron hatta ke agha Khan hospital Karachi mein bhi dekhaya magar koi dawa faida nahi karti. Aap Allah ke wastay meri uljan aur pareshan ka hal bta den.

**Jawab** : qabz aur gas ka ilaaj ho jany se aap ki tamam takleifein khatam ho jayen gi. Aap ko gas aur qabz ki takleef hai. Muqami tor par kisi tabeb se ilaaj karayen. Chiknai aur fridge mein rakhi hui cheezon se parhaiz karen. Dil khol kar khairaat kya karen.

## Karzzzz

**Sawal** : hamaray khandan ka peshha tijarat hai. Kayi saal pehlay hamara kaarobar acha tha aur hum sahib hesiyat logon mein shumaar hotay they. Mazhabi aitbaar se bhi hamaray buzurag som o salaah ke paband aur mut-taqi hain. Nah jany kya hua ke hamaray kaarobar ko din badan zawaal anay laga jo bhi faisla kya jata soch samajh kar kya jata hai lekin nataij is ke bar aks nikaltay. Haal yeh ho gaya ke hum lakhon rupay ke maqrooz ho gaye hain. Hamaray buzurgon ne hamesha yeh usool apnaya aur hamein bhi Talqeen ki ke koi kaam bhi najaaiz zaraye se nah kya jaye aur is par amal bhi kya lekin phir bhi halaat hum se ruthe hue hain. Ab hum par do zehni kefiyat musallat ho gayi hai. Aik rasta yeh hai ke hum bhi muashray ki ghalat qadron ko apna len aur kaarobar ko wusat den, dosra rasta yeh hai ke Allah prbhrosh kar ke kaam karte rahen lekin dosray tareeqa car ko ikhtiyar karne mein qabahat yeh hai ke ab taq is ke nataij karobari hesiyat se manfi nikaltay rahay hain.

**Jawab** : Allah taala jab kisi bandah par fazl farmata hai to is ke oopar Allah ki makhloq ke haqooq bhi aed hotay hain. Khat ka baghore tajzia karne se yeh baat samnay aati hai ke aap se haqooq al ibad poora karne mein bohat ziyada kotahyan waqay hui hain. Das duniya sattar akhirat wali baat to aap ne suni ho gi jis terhan Allah ke liye kharch karne mein aik ke badlay mein das mlitay hain isi terhan agar Allah ke diye hue maal se Allah ke liye kharch nah kya jaye to aik ke badlay das kam ho te rehtay hain. Yahi soorat aap hazraat ke sath bhi paish aayi hai aur paish aa rahi hai. Nafsiati tor par is maslay ka hal yeh hai ke aap som o salaah ki pabandi ke sath Allah ki makhloq ke liye eesaar ki tarz bhi apnayen. Fi al-waqt eesaar ke maamla mein shaor ke andar jo jamood peda ho gaya hai is ko khatam karne ke liye aisi tarzon mein eesaar peda karna chahiye jahan badal aur naffa ka jazba car farma ho. Is ke tareeqa bohat aasaan hai. Aap apne qareeb koi talaab, nadi ya neher talaash kijiyej. Aisi nadi, aisa talaab ya neher jis mein machhliyan hon. Pani saaf ya ganda hawas se koi farq nahi parta. Aap jab yeh talaash kar len to pehlay siyah roshnaye aik dawaat mein bana kar rakh len. Patang ka bareek kaghaz takhton ki shakal mein aik do chaar takhtay le len. Ab qalam jo bareek ho

aur kaghaz par kharaash peda nah kere faraham kar ke subah ki namaz ke baad kisi se guftagu kiye baghair qalam dawaat aur kaghaz le kar chhootey chhootey alif likhna shuru kar den. Is terhan ke har alif ko qainchi se allag allag kaat saken. Alif ka likhna ilm nafsiat ki roshni mein shaor ke oopar kya asraat muratab karta hai. Yeh wazahat talab hai jis ki is colum mein gunjaish nahi hai. Un katay hue tukron ko murr kar bareek bareek goyan bana len. Gondha hua aatta pehlay se tayyar rakhen. Kaghaz ki golian aattay ke andar lapeit'tey jayen. Khushk honay par un sab ko aik hatheli mein bhar len aur jis pani mein machhliyan hon wahan le ja kar daal den. Is kaam se farigh ho kar apne kamon mein lag jayen. Lekin likhnay, golian bananay aur golian pani mein daalnay ke douran baat nah karen, siwaye kisi shadeed zaroorat ke yeh amal aap ke khandan mein koi bhi kar sakta hai. Ziyada behtar hai ke is amal ko teen mahinay jari rakhen. Is ka matlab yeh nahi ke 3 mah ke andar halaat rob\_h taraqqi hunge. Is ka inhisaar shaor ke andar eesaar ke khilaaf girah khilnay par hai. Yeh chand roz mein bhi khil sakti hai Albata 3 mahinay mein laazmi tor par shaor bahaal ho jaye ga.

## Kar Bhala' Ho Bhala

**Sawal** : mein bzahir theek hon lekin kamar mein halka sa dard hota hai. Ya koolhay ki haddi mein dard hota hai aur kabhi ghatney ke oopar chubhan si hoti hai. Saaray jism mein khichao sa mehsoos hota hai. Dr se check up karwaya to is ne kaha tha ke koi wazni cheez aik dam uthany ki wajah se aisa hua hai. Is ne dawa ke sath yeh bhi kaha tha ke seedhay farsh par sona, mein farsh par soti hon. Is ke ilawa agar mein apne jism par dabao daloon to yun mehsoos hota hai jaisay mera jism kanp raha ho. Is marz ko taqreeban chay saat mah ho gaye hain. Is ke bawajood mujhe aaraam nahi aaya.

**Jawab** : surkh shu-aon ka tail, kamar par dard ki jagah dairon mein maalish karen. Tail jism mein dard ke liye aik akseeri dawa hai. Is tail ko dard ki jagah raat ko sotay waqt aur din mein aik martaba dairon mein das das minute maalish karen. Basa auqaat sirf aik martaba maalish karne se

barson purana dard khatam ho jata hai. Tail tayyar honay ke baad aasabi dard ke mareezon ko yeh tail muft taqseem kya jaye. Kar bhala ho bhala.

## Kanjoos Sasural

**Sawal** : meri cosuon mera rishta maang rahi hain. Lekin un logon se mujhe sakht nafrat hai. Anho n ne meri walida aur hum se acha sulooq nahi kya. Woh bohat ziyada matlab parast hain. Hamaray ghar walay shuru se inhen pasand nahi karte. Yahi suntay aeye hain ke be aqal aur phoohar hain. Bachpan se zehnon mein nafrat hai. Ab jabkay woh hamaray ghar aati hain to aisi nazron se dekhatii hain jaisay log qurbani ka bakra dekhte hain. Aaj kal doulat ki devi un par farifta hai aur mere walidain un ki doulat par reejh rahay hain. Larka bas younhi sa hai. Kher, jaisa bhi ho mujhe aik aankhh nahi bhaata. Mera dil chahta hai meri shadi kisi ghareeb ensaan se ho jaye magar yahan nah ho. Kkhuda nah kere agar aisa ho gaya to mein tabah ho jaoon gi. Woh log be hadd kanjoos bhi hain.

**Jawab** : teen so martaba **وَأَلْقَتْ مَا فِيهَا وَتَخَلَّتْ** parh kar dua karen. Allah taala aap ki dua qubool karen ge, Insha Allah.

## Kiraya daar ( ? )

**Sawal** : 1970 hamza se mein pareshan hon. Armaan bohat they ke apni maa ko aaj taq sukhi nahi dekha, mein yeh karoon ga, woh karoon ga. Magar qudrat ko shayad Manzoor nah tha aaj taq aik bhi khusi zindagi mein naseeb nahi hui. Meri sab se barri pareshani ka hal agar aap bta den to barri meharbani ho gi. Warna kkhuda jany mein kab dilbardashat ho kar mout ki talaash mein nikal khara hon. Meri walida sahibaa India mein rehti hain. Wahan un ka aik makaan hai. Is makaan mein chay kiraya daar hain. Woh karaye daar bohat kam kiraya dete hain. Chay rupay mahana par basey hue hain. Makaan bilkul toot phoot gaya hai. Walida baichari meri behnoon ke sath meri aik khaala ke haan rahaish Pazeer hain. Mere taya ke larke chahtay hain ke kiraya daar zameen chore den to makaan



dobarah banava kar kiraya par utha den. Akhrajaaat ke liye kiraya kaafi ho ga lekin kiraya daar kisi haalat mein bhi zameen nahi chore rahay hain. Hum log is zehni aziat mein do saal se girftar hain. Un kiraya daaron mein aik sahib khud ko paiir jee kehlate hain aur un ki kaafi jaedad hai. Ab woh jagah khaali karne ke das hazaar maang rahay hain. Baqi saaray kiraya daaron ko bhi unhon ne hi behkaya hai. Warna woh to chore bhi dete. Hamari walida ko woh kehte hain ke budiya ke paas lakhon rupay parre hue hain. Kkhuda ke naam par aap hamari madad karen.

**Jawab** : esha ki namaz ke baad teen so martaba **وَأَلْفٌ مَا فِيهَا وَتَخَلَّتْ** parh kar ankhen band kar len aur kiraya daaron ka tasawwur kar ke phoonk diya karen. Amal ki muddat nawway din hai.

## Colour Therapy

**Sawal** : aaj se taqreeban 4 saal pehlay mere dada ne aankhh ka operation karwaya tha. Aankhh ka operation to kamyaaab raha magar tab se ab taq woh kaan ke dard ki shadeed takleef mein muftala dard ki noiyat kuch is qisam ki hoti hai ke kaan mein tees uthti hai. Aur phir yeh tees kanpatti aur adhay sir mein phail jati hai kuch khanay ke liye mun taq nahi khol satke. Do teen din taq aisa hota hai phir khud bakhud do teen din aaraam rehta hai. Shuru mein to sahet achi thi is liye dard bardasht kar liya, magar ab burhapay aur kamzoree ke baais saari raat jaag kar guzartay hain. Is chaar saal ke arsay mein be shumaar doctoron ka ilaaj ho chuka hai. Ilaaj ke douran takleef mein kuch kami hoti hai magar takleef dobarah shuru ho jati hai. Ab aap ki khidmat mein haazir hue hain.

**Jawab** : rang o roshani se ilaaj ke zareya par subah shaam niili shu-aon ka pani aur dono waqt khanay se qabal naranji shu-aon ka pani 2, 2 oons aik mah taq pilain.

## Kashaf Ul Qaboor

**Sawal** : colum Rohani daak mein aksar muraqba ka zikar hota hai maslan muraqba aur namaz, muraqba aur dua ki qabuliat aur zehni yaksoi ka muraqba waghera. Barah karam is muraqba par bhi roshni dalye jo buzurgon ke mzarat par kya jata hai taa ke maloom ho sakay ke yeh muraqba kis terhan kya jata hai aur kis maqsad ke liye kya jata hai ?

**Jawab** : yeh aik haqeeqat hai ke gosht post ke jism ke fanaa honay ke baad bhi zindagi ka silsila jari rehta hai aur zindagi is maadi duniya se roshni ki duniya mein muntaqil ho jati hai. Yahi hamara mazhabi imaan hai. Ensaan ke andar yeh salahiyat mojud hai ke woh is gosht post ke jism mein rehtay hue bhi is duniya se muta-arif ho sakta hai, is duniya se talluq qaim kar sakta hai, jo pas parda mojud hai. Woh hazraat jinhon ne is maadi duniya se parda farma liya hai. Un se mulaqaat aur husool Faiz o barket ke liye muraqba kya jata hai. Is muraqba mein maadi duniya se tavajja hata kar marnay ke baad ke aalam mein markooz ki jati hai jisay airaaf kehte hain. Jab zehni yaksoi aur mrkzit qaim ho jati hai to sahib muraqba mutaliqa rooh se mulaqaat karne mein kamyaab ho jata hai. Tasawuf mein is muraqba ka istilahi naam “kashaf ulqaboor” hai. Muraqba kisi bhi qabar par kya ja sakta hai. Farq yeh hai ke kisi aam qabar par yeh is liye kya jata hai ke sahib qabar ki agli zindagi ka inkishaaf ho jaye. Lekin aulia karaam ke mzarat par un se Faiz o barket ke husool ke liye kya jata hai. Kashaf ulqaboor ka aik tareeqa yeh hai ke qabar ki payanti ki taraf baith kar chand gehray saans aahista aahista liye jayen aur phir ankhen band kar ke zehan ko qabar ke andar is terhan markooz kya jaye ke jaisay woh geherai mein safar kar raha hai. Zehni qowat aur mrkzit ki munasbat se chand minton mein bhi kamyabi ho sakti hai aur kayi baar bhi yeh amal karna par sakta hai. Yeh baat bta dainee zurori hai ke kashaf ulqaboor ke amal ko baghair ijazat qatee nahi krnachahye.

## Kasrat Aulaad Se Pareshani

**Sawal** : mera masla judaghana qisam ki hesiyat rakhta hai aur yeh masla kasrat aulaad hai. Shohar mamooli thankhowa paate hain, chaar bachay hain do larke aur do larkiyan. Ab panchwin baar phir umeed se hon. Shadi ko taqreeban chay saal pooray hon ge to mein paanch bachon ki maa ban chuki hon gi. Family planning ki hadaayat ke mutabiq kaafi ahthyat bhi karti hon is ke bawajood bachon ki paidaiesh ka yeh aalam hai ke pareshan hon. Mamooli thankhowa, kamar toar mehngai, is par bachon ki afraat, aik lamha bhi sukoon naseeb nahi hota. Nah achi khoraak hai nah muashi aasoudgi, zehan paragandah rehta hai. Azeemi Sahib aap se nihayat aajzi se iltamas hai ke bas aap itna bta den ke meri qismat mein kitni aulaad hai aur yeh aulaad ki paidaiesh ka silsila kab taq chalay ga taa ke mein sukoon ka saans le sakun. Mehngai aur muashra ka bigartaa wataira dekh kar houille aata hai ke khudaaya un bachon ki parwarish kis terhan ho gi aur jo zimma daari to ne un ki parwarish ki mere kandhon par daal di hai woh mein poori bhi kar sakun gi ya nahi.

**Jawab** : qismat ya taqdeer do hoti hain. Mubrem aur muallaq. Taqdeer muallaq mein ensaan apne ikhtiyarat istemaal kar sakta hai. Taqdeer Mubrem , mein zaati ikhtiyar ko koi dakhil nahi hai. Shadi aur aulaad ka talluq taqdeer muallaq se hai. Paidaiesh aur mout ka talluq taqdeer Mubrem se hai. Aap ko yeh baat ajeeb maloom ho gi ke jab paidaiesh taqdeer Mubrem hai to phir aulaad ka hona, taqdeer muallaq kis terhan hua ? Peda hona, taqdeer Mubrem hai lekin kis ke batan se peda sun-hwa, yeh baat taqdeer muallaq hai. Quadrat kuliwatan khud mukhtaar hai. Woh jis batan se chahay paidaiesh kar sakti hai. Quadrat ka chalan yeh hai ke woh infiradi tor par aurat aur mard ko nahi dekhatii, is ki nazar mein sab ensaan aik hain. *هو الذى خلقكم من نفس واحدة* woh zaat jis ne tumhe “aik nafs”se peda kya. Asal aik hai aur baqi sab taswerain is asal ke photo print hain. Paidaiesh ke silsila mein walidain apne ikhtiyarat istemaal kar satke hain aur jis qader chahain waqfa barh sakta hai. Aap aik Sawal yeh kar sakti hain ke bohat se log dil o jaan se chahtay hain ke woh sahib aulaad ho jayen. Lekin har qisam ki koshish ke baad un ke yahan aulaad

nahi hoti. Walidain jab apne ikhtiyarat aulaad ke husool ke liye istemaal karte hain aur is ka talluq taqdeer muallaq se hai to yeh aulaad se kyun mahroom rehtay hain? Irshad baari taala hai aur har cheez takhleeq karta hai, jore dohray. “jore dohray” bohat ziyada fikar talab hai. Har unit ke do rukh hotay hain aik zahir aur dosra batin. Aurat aik unit hai is ka zahiri rukh aurat aur batin mard hai. Mard ka zahiri rukh mard aur chhupa hua rukh aurat hai. Qanoon yeh hai ke jab do batin rukh ( roshniyan ) aik dosray mein jazb ho jayen to un roshniyon ke istajzab se aik teesra unit wujood mein aata hai. Aur is ke bhi do rukh hotay hain. Un mein se jo ghalib hota hai wohi sanaf qarar paati hai. Maslan agar mard ka rukh ghalib hai to bacha muzakar hai aur agar aurat ka rukh ghalib hai to bacha monas hai. Jin logon ke chahanay ke bawajood aulaad nahi hoti. Un ke sath hota yeh hai ke ya to un ke andar koi kamzoree hoti hai jo girift mein nahi aati ya phir zan o shohar ke batin rukh aik dosray ke mutazaad hotay hain. Is ko is terhan kaha ja sakta hai ke mard ke andar aurat aur aurat ke andar mard ki roshniyan itni taaqatwar nahi hoten ke aik dosray mein poori terhan jazb ho jayen kyunkay aam aadmi is baat ko nahi jaanta is liye is ki nazar is taraf jati hi nahi hai aur jab yeh baat zair behas nahi aati to is ka tadaruk bhi nahi hota.

## Kaanon Mein Seetiyan

**Sawal** : mere kaanon mein kuch arsa se seetiyan si bajne lagi hain. Agar mein apne dono kaan band kar lon to bhi dimagh mein seetiyan bajti hain. Kabhi kabhi to mukhtalif aawazian bolnay ki ya TV ki kaanon mein itni taizi se anay lagti hain, lagta hai kaan ke parday phaar den gi. Har waqt kaanon mein saaien saaien hota rehta hai. Barah karam mere is marz ko daur karne ke liye Rohani ilaaj bitayen.

**Jawab** :

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

یَا مَهْلَآءِیْنِ یَا ثَمْتَا یَا مِیْکَا یَا جِبْرَآءِیْنِ

likh kar saaf shuda roi mein lapait kar do batian bana len. Aik batii subah Sadiq ke waqt aur aik batii raat ko sonay se pehlay matti ke chairag mein Zaitoon ka tail ( olive oil ) daal kar is mein dalain aur jala den. Jab taq chairag jalta hai, chairag ke paas laitee ya baithi rahen. Poora ilaaj 40 roz ka hai.

## Ghar Ka Fasaad

**Sawal** : sara haal maloom sun-hwa. Ab mein apna haal ahwaal bta rahi hon. Hum paanch behnain theen sab se choti mein thi. Lekin mujhe maa baap ne bohat laad pyar se paala posa. Aur meri shadi ho gayi. Aik saal bohat khushi se guzra. Is ke baad ghar ke halaat bigartai hi chalay gay. Ab mein to bilkul hi rootti ki mohtaaj hon. Saas nand pehlay apne makaan mein thi. Mera haal kuch theek ho gaya tha. Ab un logon ne apna makaan beech diya hai aur mere sir par aakar baith gay hain. Maa baap ne jo kuch diya tha woh bhi unhon ne chean liya hai. Ghar mein har waqt fasaad rehta hai. Barri barri gaaliyan deti hain. Agar mein Jawab dun to mera khawand mujhe maarta hai. Chup rahon to un ko mana nahi karta. Saas nandain kehti hain ke hum bhai ki doosri shadi kar len ge. Khawand ki thankhowa barri behan ki tehweel mein rehti hai. Mein apna guzara karne ke liye silai karhai ka kaam karti hon. Yun mehsoos hota jaisay mera ghar mera nahi hai mein is ghar ki faqeeran hon. Aur to aur ab mein maikay bhi nahi ja sakti. Behan bhai mujh se milnay nahi aa satke. Itni sakht pabandiyan aur sakhtiyani bardasht karte hue saloon guzar gay hain. Mein ne bohat sabr kya hai ab baat bardasht se bahar ho gayi hain. Yeh log kisi terhan baz nahi aeye mujhe aisa wazifa bta den ke yeh log apne ghar chalay jayen nahi to mein apne hathon apna gala ghoont lon gi.

**Jawab** : aadhi raat guzar jaane ke baad neend se beedar ho kar ghusal kijiyej aur do Nafil ada kar ke musalley par baithy baithy 141 martaba ya raqeeb parh kar ankhen band kar len aur yeh tasawwur karen ke aap ke seenay mein roshniyan bhari hui hain aur ghar ke afraad ke oopar yeh roshniyan barish ki terhan baras rahi hain. Is amal se Insha Allah aap ka apna ghar ban jaye ga aur roz burrows ki zayadtio se aap ko nijaat mil jaye gi. Amal ki muddat chalees roz ya nawway din hai.

## Gosht

**Sawal** : doctoron aur hakeemon ki tashkhees yeh hai mere pait mein keeray hain lekin is tashkhees ka kya karoon ke mujhe kisi dawa se faida nahi hota. Haal yeh hai ke nigah roz burrows kam ho rahi hai. Jism mein khoon khushk ho gaya hai, taaqat Jawab day gayi hai. Jism ki aik aik pasli aur jism ke joron ki haddiyan allag allag nazar aati hain. Har qisam ke maadi ilaaj se aajiz o mayoos ho kar aap ki khidmat mein haazir hon. Darkhwast hai ke koi Rohani ilaaj tajweez farma den.

**Jawab** : raat ke waqt jab aap gehri neend so jayen. Ghar ke koi sahib seedhi taraf aap ke sarahnay kharray ho kar itni aawaz se ke neend kharab nah ho surah الكوثر parh diya karen. Is amal ki muddat chalees roz hai. Insha Allah aap ki hadion aur pasliyon par gosht aa jaye ga.

## Gurdon Mein Pathri

**Sawal** : mein kayi mah se gurday ki pathri ke marz mein muftala hon, Umar 62 saal hai. Doctori ilaaj kya lekin koi faida nahi hua. Pishaab ruk kar aata tha kamar mein dard tha. Dayen janib gurday ke maqam par bhi dard tha. Chand mah pehlay yonani dawa ka nuskha akhbar mein shaya hua tha. Mein ne bhi yeh nuskha kuch din istemaal kya jis se mujhe bohat faida sun-hwa. Is nuskhay ko mein ne aik batway mein rakh liya tha. Abhi dawa jari thi ke aik jaib ktre ne batwa chura liya aur is terhan nuskha bhi mere paas nahi raha. Agar aap is nuskhay ko dobarah Rohani daak mein shaya kar den to nah sirf mujhe faida ho ga balkay dosray zaroorat mand bhi faida utha saken ge. Mein aap ka be hadd mashkooz hon ga.

**Jawab** : hijr yahood, sang sirmahi, shoora qalmi juakhar, har aik aik mashah nihayat bareek pees kar motay kapray mein chhaan kar medah ki taraf kar len. Yeh miqdaar aik khoraak hai subah o shaam arq gayo

zabaan arq badyaan sharbat bazori har aik paanch paanch tola ke sath pandrah roz taq istemaal karen.

## Gas Ka Marz

**Sawal** : raat ko sota hon to kabhi yun mehsoos hota hai ke zabaan par danay nikal aeye hain aur kabhi lagta hai ke zabaan par soojan aa gayi hai. Aisa bhi hota hai ke zabaan khushk ho kar jagah jagah se kat jati hai. Sotay mein dam ghat-ta mehsoos hota hai aur lagta hai ke kisi ne poora jism shikanjay mein jakar liya hai.

**Jawab** : aap ko gas ki shikayat hai is ke tadaruk ke liye khana khanay ke baad aik chuttki kalvanji kha liya karen. Pani ke sath is ilaaj ko teen mah jari rakhen, chahay takleef pehlay hi khatam ho jaye.

## Lambey Baal

**Sawal** : meri sahet bohat umdah thi. Kabhi sir mein dard bhi nahi hota tha. Be shumaar kaam karti thi aur thakte nah thi. Maa to thi nahi. Sab kuch khud karna parta tha. Guzashta 89 ۛ saal se mein mustaqil bemaar hon. Doctoron ke paas jati hon to woh khoon ki kami batatay hain aur kamzoree ke liye taaqat ki dawa likh dete hain. Lekin ab meri yeh haalat ho gayi hai ke koi mujhe pehchan nahi sakta. Rang bilkul zard hai baal jo kabhi itnay lambey they ke takhat par baith kar dhoti thi bilkul khatam honay par hain.

Bimarion ne mera Hafza aur asaab is qader kamzor kar diye hain ke taleem bhi mutasir hui. Pehlay mera Hafza misali tha aur hamesha first aati thi. Aik dafaa parhnay ke baad bhulte nah thi. Ab baat karte karte bhool jati hon ke kya baat kar rahi thi. Darkhwast hai ke yeh zaroor bitayen ke mujhe konsa marz la-haq hai aur maadi ilaaj jari rakhon ya chore dun.



**Jawab** : surah falaq, poori surah aik baar parh kar pani par dam kar ke rozana subah, shaam, raat piya karen. Jism mein khoon ki kami daur karne ke liye bsm Allah shareef ke sath teen martaba **يَا حَيُّ قَبْلَ كُلِّ شَيْءٍ يَا حَيُّ** **بَعْدَ كُلِّ شَيْءٍ** parh kar pani chaye, sharbat, doodh ya jo bhi mashroob ho is par dam kar ke piyen. Aap ki anton ke andar luaab toot gaya hai. Anton mein hiddat bohat ziyada hai yeh maloom hota hai ke maida ka nizaam tltpt honay ke sath sath zanani bemari likorea ka marz bhi la-haq hai. Aalam alghaib Allah hai magar Allah taala ne apne is bandah ko apni Nemat khaas se roshni di hai. Is roshni mein jo kuch samnay aaya hai arz kar diya gaya. Dawa aur dua ke usool par Rohani aur maadi dono ilaaj karen. Ilaaj karana sunnat rasool sale Allah aleh o slim hai, achay muallij se purani paichis aur zanani bemari likyorya ka ilaaj karayiye. Aap ke liye yonani ilaaj acha rahay ga.

## Luknat

**Sawal** : shuru hi se mere bolnay mein ravani nahi. Baat karti hon to alfaaz theek tareeqay se ada nahi hotay kehna kuch chahti hon aur keh kuch aur deti hon. Kisi se dhang se baat nahi kar sakti. Kisi Sawal ka Jawab dete waqt zabaan sath nahi deti aur ghabrahat hoti hai. Mein chahti hon ke meri guftagu mein tasalsul peda ho jaye aur mein har mauzo par ravani se bol sakun baaz auqaat be ikhtiyar mazhaka khaiz baat keh deti hon jis par baad mein be hadd sharmindagi hoti hai. Is ke ilawa mujh mein qowat iraadi ka fuqdan hai. Koi kaam shuru karoon to mein usay poora nahi karti. Dil jald ukta jata hai kisi kaam mein dil nahi lagta. Mein chahti hon ke aqalmand ho jaoon baat soch samajh kar karoon aur mujh mein feham o firasat peda ho jaye.

**Jawab** : raat ko sonay se pehlay bistar par pusht ke bil late kar yeh tasawwur karen ke dil se aik shua nikal kar dimagh mein jazb ho rahi hai. Goya dil dimagh ko fade kar raha hai das minute taq tasawwur karne ke baad so jayen. Aik mah ke is amal se Insha Allah aap apni jumla khamion se nijaat haasil kar len ge.

## Langri Ka Dard

**Sawal** : Taqreeban 6 mah se baen taang mein koolhay se le kar eirhi taq dard hota hai yeh dard is waqt hota hai jab khara rahon ya kuch daur taq chaloon, taang sun ho jati hai aur is shiddat se dard mehsoos hota hai ke chal nahi sakta. Khara bhi nahi hua jata. Is dard ney mujhe majaboor aur be bas kar diya hai.

**Jawab** : yeh arq al-nisaa ka dard hai is ke liye saaf o shafaaf harey rang ki sheeshi mein gardan taq khali alsi ka tail bhar kar aisi jagah rakh den jahan sara din dhoop rehti ho pooray 40 din raat sheeshi ko is jagah rehne den. Chalees roz ke baad sheeshi ko utha len baal aa jayen ya barish aa jaye to yeh din chalees din mein shumaar nahi hongy. Tail tayyar honay par mutasirah taang ke ghatney par maalish karen. Allah ne chaha to aik hafta maalish ke baad kabhi phir dard nah ho ga.

## Mulazmat Mein Taraqqi

**Sawal** : mein solah saal se mulazmat kar raha hon. Mere kaam se daftar ke mutaliqa hakkaam nah sirf mutmaen hain balkay tareef karte hain lekin itni muddat guzarnay ke baad mujhe abhi nah mustaqil kya gaya hai, nah taraqqi di gayi hai. Meri samajh mein yeh baat nahi aati ke mein namaz panjgana ada karta hon aur jab se mujh par rozay farz hue hain aaj taq koi roza qaza nahi sun-hwa. Is ke bawajood mujhe nakamiyoo ka saamna karna parta hai.

**Jawab** : agar aap namaz roza ke is liye paband hain ke is tarz amal se saaray masail aap ke hasb Mansha nateeja khaiz hon ge to yeh rawish fikar ghalat aur nadurust hai. Namaz roza ensaan ke oopar farz hai, zindah rehne ke liye khana piinaa bhi faraiz mein daakhil hai. Khurd o nosh ka fareeza hamaray jismani nizaam ko bahaal rakhta hai. Namaz roza aur arkaan islam ki baja aawri se hamari rooh taqwiyat haasil karti hai. Hum is terhan bhi keh satke hain ke namaz roza ki adaigi

khaaliq aur makhloq ke darmain qurbat ka zareya hai lekin agar hum namaz is liye ada karen ke hamari pareshaniya daur ho jayen to yeh naaqis amal ho ga. Allah taala ne quran pak mein irshad farmaya hai pas numaz parhney walon ke liye un ki namazain halakat ka mojab hoti hain jabkay woh namazain parhte hain aur be khabar hain ke woh kya kar rahay hain. Aap ki tehreer is baat ki ghmazi karti hai ke namaz roza ki taraf aap ki tavajja khalstan Allah ke liye balkay dunewi uljhano aur pareshaniyon se nijaat haasil karne ke liye hai. Jab yeh tarz kisi zehan mein Dur aati hai to namaz ka masla faut ho jata hai aur rooh ke oopar jamood taari ho jata hai. Rooh ka yeh jamood insani shaoor ko be chain aur be qarar kar deta hai. Shaoor ki betabi insani salahiyaton ko is hadd taq mohtaaj kar deti hai ke woh apne masail o mamlaat mein be bas ho kar reh jata hai. Yahi soorat aap ke sath darpaish hai. Aap apni tarz fikar ka muhasba kijiyej. Namaz sirf Allah ke liye parhiye balkay qaim kijiyej. Insha Allah tarz fikar ki tabdeeli se aap ke saaray masail khud bakhud hal ho jayen ge.

## Mustaqil Kharish

**Sawal** : mein guzashta kayi saloon se kharish ke marz mein muhtala hon. Barray barray aspishlst ko dekhaya magar har jagah se mayoos sunhwa. Marz yeh hai ke mere jism par baal bohat hain aur balon ki jaron mein har waqt kharish hoti rehti hai. Dekhnay mein jald bilkul normal nazar aati hai baaz hisson mein halki halki surkh rangat aa jati hai khaas tor par seenay aur sir mein sir ke balon ki jaron mein se har waqt aik safaid safaid ratobat nikalti hai. Yeh ratobat sooji ki terhan se jim jati hai aur is se kharish hoti hai. Mere sir ke tamam baal gir chuke hain go yeh ke ab bhawo aur daarhi se baal bhi girna shuru ho gay hain. Har jagah se mayoos ho kar aap ka sahara talaash kya hai.

**Jawab** : surkh mirch aur har qisam ka gosht, gosht mein anda bhi shaamil hai, khana chore den. Khaano mein namak nah honay ke barabar khayen. Raat ko sotay waqt aik chamcha Zaitoon ka tail piyen aur rozana saaray jism par roghan Zaitoon ki maalish karen. Aik ghanta guzarnay ke baad ghusal karen. Sabun kisi bhi qisam ka istemaal nah karen. Sabun ki

jagah besan istemaal karen. Name ke pattay pani mein khoob achi terhan josh kar ke is pani se ghusal karen. Name ke pattay agar dastyab nah hon to nahate waqt pani mein dettol daal len.

## Maali Pareshaniya

**Sawal** : meri Umar taqreeban pachaas saal hai. Hosh sanbhalne ke baad se zindagi ka beshtar hissa pareshaniyon mein guzaraa hai. Allah ka shukar hai ke achi jagah mulazim hon. Maqool thankhowa hai lekin maali pareshaniya peecha nahi chhorhtin. Sahet bhi girty ja rahi hai jab bhi behtar soorat e haal peda honay ke امکانات hotay hain kuch aisay masail peda ho jatay hain ke pareshaniyon se nijaat ki rahein masdood ho jati hain. Koi kaam baghair uljan ke injaam Pazeer nahi hota. Is waqt jis makaan mein rahaish Pazeer hon usay farokht karna chahta hon, gahak atay hain wada karte hain lekin dobarah soorat nahi dikhata. Lehaza guzarish hai ke koi aisa wazifa tajweez farmaen ke makaan hasb khwahish jald farokht ho jaye. Doum koi aisa wazifa mustaqil vird ke tor par tajweez farma den jis ke zareya Allah sahet o tandrusti ataa farmaiye aur kashakash rizaq aur kher o barket ataa farmaiye.

**Jawab** : Allah taala fir mataa hai ae all dawod, shukar ko apna mamool bana lau kyunkay shukar karne walay bande bohat qaleel hain. Yeh bhi farmata hai ke Allah taala israaf karne walon ko napasand karta hai. Baat talkh hai lekin is ka izhaar zurori ho gaya hai. Aap ke andar yeh dono baatein mojud hain. Aap shukar nahi karte, shukar yeh hai ke Allah taala ki Nemat ka sahih istemaal kya jaye. Aap se danista ya ghair danista haq talfi hui hai. Nemat ka sahih istemaal nah honay se aap israaf ke murtakib hotay hain. Wazifa parhnay ki zaroorat nahi hai. Apni tarz fikar ka muhasba kijiyej. Halaat khud bakhud theek ho jayen ge.

## Murdy Nazar Aana

**Sawal** : mere barray bhai jin ki Umar 28 thi. Teen mah qabal Allah ko pyare ho gay. Zehni lagao ki wajah se din raat inhen ka khayaal dimagh

par chaaya rehta hai. Is zehni dabao ki wajah se alsar ka mareez ho gaya hon. Charon taraf apne bhai ki tasweer nazar aati hai aur aik pal ko sukoon nahi aata. Un ki wafaat ka aik aik manzar meri aankhon ke samnay ghoomta hai. Koi aisa wazifa bitayen jis se zehni haalat mamool par aa jaye.

**Jawab** : rozana baad namaz esha 100 martaba kal nafs zayega ulmaut parheen. Ziyada se ziyada do hafton mein bhai ki mout ke sadme ki shiddat kam ho jaye gi.

## Mout Ke Khauf Se Nijaat

**Sawal** : mujhe koi aisa wazifa bta den jo mein raat ko sotay waqt parh lon aur mujhe mout ke khauf se nijaat mil jaye.

**Jawab** : subah Sooraj niklny se pehlay aik ghoot pani le kar is mein se droper se aik qatra pani le kar aadhi chitank pani mein daal den. Is aadhi chitank pani mein se aik qatra pani le kar dosray aadhi chitankh pani mein daal den. Phir is aadhi chitank pani mein se aik qatra le kar aik chamchi khali shehad par daal kar yeh shehad kha len. Yeh amal subah nehar mun karen. Shehad khanay ke baad adhay ghantay taq koi cheez nah khayen. Shehad khanay se pehlay aik martaba anaa lillah o anaa ilaihi rajiun parh kar dam karlen. Amal ki muddat do mahinay aik roz hai. Khaano mein namak ki miqdaar kam kar ke chothai kar den.

## Muraqba Ki Sharaait

**Sawal** : mein har hafta colum Rohani daak baqaidagi aur dilchaspi se parhta hon. Meri khwahish hai ke mein bhi muraqba se faida uthaoun. Is ke liye mujhe aap ki rahnumaiye ki zaroorat hai. Aap se guzarish hai ke muraqba karne ke liye jin lawazmaat, auqaat aur jin cheezon ki zaroorat hoti hai un par roshni dalain.

**Jawab** : muraqba ke liye sab se zurori cheez kisi ustaad ki rahnumaiye hai. Auqaat aur sharait ka taayun bhi hatmi nahi kiya ja sakta. Aam usool ke mutabiq muraqba ka behtareen waqt raat ko sonay se pehlay ya subah Sooraj niklne se pehlay hai. Muraqba aisi jagah karna chahiye jo hawadaar ho aur jahan andhera ho. Nashist woh ikhtiyar ki jaye jis mein jism mein takleef aur asaab mein khinchao nah ho. Muraqba late kar nahi karna chahiye. Muraqba mein kya tasawwur kya jaye is ka taayun bhi aik ustaad fun hi kar sakta hai. Tasawwur ke lehaaz se muraqba ki bohat si kasmain ho jati hain. Maslan tasawwur ism zaat, tasawwur Sheikh , tasawwur rasool s.a.w , tasawwur qalb, tasawwur latayef e sita roshiniyon ka muraqba, noor ka muraqba waghera waghera. Aap ko muraqba karne ki ijazat hai, tasawwur karen ke aap apne dil ke andar jhaank rahay hain, aur dil ke andar aik siyah nuqta hai jab yeh nuqta nazron ke samnay aa jaye to ba zarea to ba zarea khat mutala karen.

## Marz Ka Ilaaj Shadi

**Sawal** : mujhe doray parte hain jis ka mere maa baap ne bohat ilaaj karwaya hai. Meri dadi babon ke paas bhi le jati theen. Doctori, homyo pithi ka bhi ilaaj kara chuki hon. Ilaaj chay mah ka bataya tha lekin aik saal taq hota raha. Is bemari ki wajah se mein ne taleem bhi chore di. Aarsay se mein ghar mein baithi hui hon, nah kahin akeli ja sakti hon, nah kisi parosi ke yahan ja sakti hon, nah kisi ke samnay baith sakti hon. Yeh bemari mujhe 15 saal se hai. Jab dora parta hai to shuru mein mujhe pata chalta hai lekin baad mein kya hota hai mujhe kuch maloom nahi hota, ghar walay batatay hain ke mein behosh ho jati hon aur agar khari hui hoti hon to gir jati hon. Kal rootti pakanay ke douran aisa hua jab mein bawarchi khanaay mein baithi hui thi baithy baithy gir gayi aur behosh ho gayi. Mein kanwari hon shuru se mera koi rishta bhi nahi aaya.

**Jawab** : aap histeria ki mariza hain. Aap ko chahiye ke mahana nizaam ki kharabi aur kami ka ilaaj karwaen. Is marz ka ilaaj ho jaane ke baad doray nahi parrin ge. Aap ke liye yonani ilaaj mufeed rahay ga. Aik ilaaj yeh bhi hai ke aap ki shadi ho jaye.





vird kya karen. Jab dimagh se yeh waswasa nikal jaye is amal ko tark kar den.

## Neend Mein Jhatkay Lagna

**Sawal** : saat saal se mein aik marz mein mubtala hon aur yeh marz kisi ki bhi samajh mein nahi aata. Marz yeh hai ke so kar jab uthti hon to mujhe jhatkay lagtay hain aur zordar cheekh nikalti hai. Haath paon akarr jatay hain. Zabaan danoton ke neechay aa kar kat jati hai. Dimagh mein jo baatein hoti hain woh bhool jati hon. Koi baat karta hai to samajh mein nahi aati, doray ke baad sardi lagti hai.

**Jawab** : dawa ke sath sath chaltay phirtay, uthte baithtay, wuzu baghair wuzu Ya salam ka vird karti rahen. Sooraj ki tamazat khatam honay ke baad zawaal shuru hota hai to zameen ke andar se aik gas kharij hoti hai. Yeh gas is qader zahrili hoti hai ke aadmi ke oopar assar andaaz honay se qisam qisam ki bemariyan peda kar deti hai. Baaz auqaat dimaghi nizaam is hadd taq darham barham ho jata hai ke doray parney lagtay hain. Jab koi bandah zehni tor par yaksu ho kar Zahar ki namaz mein mashgool ho jata hai ke namaz ki noorani lehren is zeher naak gas se mehfooz rakhti hain. Aap Zahar ki namaz mein taweel sriday kya karen yani subhan rabbi al aala teen martaba kehney ke bajaye gayarah martaba kaha karen.

## Nafsiati Bemari

**Sawal** : meri Aziza ko aik burhenapa shakhs nazar aata hai. Is mein baydaari aur khawab ki koi qaid nahi hai. Woh baydaari mein bhi har waqt gaaliyan bikti hain. Inhen woh shakhs ankhen band rakhnay par bhi nazar aata hai. Amel hazraat kehte hain ke yeh koi asaib hai. Maahir nafsiat is ko nafsiati bemari batatay hain. Hum dono ilaaj kara chuke hain magar faida nahi hua hai.

**Jawab** : ilaaj bohat aasaan hai. Aik mah taq kisi bhi cheez mein namak nah den aur rozana subah, shaam, chaye ka aik chamcha shehad khilain.

## Namaz Parhnay Ko Dil Nahi Chahta

**Sawal** : mein paanchon waqt ki namaz aur quran Majeed pabandi se parhta tha lekin do baras se nah namaz parhnay ko jee chahta hai aur nah quran pak ki talawat ki taraf tabiyat mael hoti hai. Meri khwahish hai ke pehlay ki terhan namaz aur quran ka paband ho jaoon.

**Jawab** : subah saweray uthiye jis terhan se bhi mumkin ho. 90 roz taq rozana pabandi se namaz Fajar bajmaat ada kijiyej aur jamaat se farigh ho kar thora thora quran pak ki talawat masjid ke sehan mein baith kar kijiyej. 100 roz ke baad aap hamesha ke liye namaz aur quran pak ki talawat ke aadi ho jayen ge.

## Nemat Ya Zahmat

**Sawal** : pichlle chand mah se mere sath gaahay gaahay jo sorat e haal paish aa rahi hai is ne mujhe heran o shashdar kar diya hai. Aksar yeh hota hai ke mein tanhai mein leyta hon aur kisi mauzo par soch raha hon. Yakayak koi ghair mutawaqqa aur ghair mamooli khayaal zehan mein warid hota hai phir kuch din baad woh khayaal herat angaiz tor par haqeeqat ka roop dhaar laita hai. Do misalein haazir khidmat hain. Aik din yakayak khayaal aaya ke mujhe apne samnay walon se baat cheet band kar dainee chahiye. Mein heran reh gaya ke yeh ajeeb o ghareeb khayaal mere zehan mein kahan se aa gaya. Chand roz baad samnay walon ne kisi baat par kaha ke tum aindah hum se baat nah karna aur is terhan hamari baat cheet band ho gayi. Pichlle dinon mein ne aik factory mein mulazmat ke liye interview diya. Mujhe interview mein kamyab qarar dete hue dosray din kaam par anay ke liye kaha gaya. Jab mein ghar aaya to letey hue achanak khayaal aaya ke kahin factory mein aag nah lag jaye aur mein is aag mein nah phas jaoon. Yeh soch kar nah jaane kyun

khauf ki aik halki si lehar mere andar daud gayi. Phir bhi himmat kar ke aglay roz factory chala gaya. Kaam karte hue thori der guzri thi ke achanak aag aag ka shore utha aur mein jis hissa mein kaam kar raha tha woh hissa aag ki lapait mein aa gaya. Aag bohat taiz thi. Mein himmat se kaam letay hue aag ke halqay se bach niklne mein kamyab ho gaya. Meri kashfi qowat mere liye zehni inteshaar ka sabab ban gayi hai. Aik taraf yeh aik aisi salahiyat hai jo lakhoon mein kisi ke paas hoti hai aur doosri taraf is se peda honay wali zehni kashmakash mujhe sakht heran o pareshan rakhti hai. Aap se rahnumaiye ki darkhwast hai.

**Jawab** : kitni ajeeb baat hai ke woh salahiyat aur qowat jis ke liye log barson riyazat aur mashqen karte hain. Aap ke andar qowat ki taraf se kisi mehnat o mushaqqat ke baghair beedar ho gayi hai lekin wajah pareshani bani hui hai. Rohaniyat mein yeh baat ibtidayi qanoon ki hesiyat rakhti hai ke agar shagird ki fikri aur zehni tarbiyat ke baghair is ke andar salahiyat beedar kar di jaye to yeh salahiyat is ke liye sakht zehni khlfshar ka sabab ban sakti hai. Baalfaz deegar aisi haalat mein Nemat zahmat ka roop dhaar sakti hai yahi wajah hai ke kisi bhi marwai ilm ko seekhnay ke liye kisi maahir ustaad ki nigrani zurori hoti hai aisa ustaad jo insani zehan ki juzziyat ka zurori ilm rakhta ho.

## Neend Nahi Aati

**Sawal** : meri beti ki Umar 29 saal hai aur teen bachon ki maa hai. Dhai saal se aik takleef mein mubtala hai jis ki wajah se hum sab pareshan hain. Tabeb kehte hain ke koi marz nahi lekin is ki haalat din badan kharab hoti ja rahi hai. Aaj se dhai saal qabal bachi ki paidaiesh se paanch mahinay pehlay larki kehti thi ke aadhi raat ko tahajud ke waqt koi mujhe aawaz day kar uthata hai ke utho aur namaz parho. Woh uth kar allag kamray mein namaz padhtien aur quran shareef aur choti choti soorton ki talawat karti thi. Yeh maamla kayi din hota raha phir aik din is ghaibi aawaz par larki soorton ki talawat kar rahi thi ke aandhi chali aur bulb bujh gaya phir bhi woh mom batii jala kar padhtien rahi. Parhte parhte dar lagnay laga aur yun mehsoos hua jaisay koi kaali si cheez is ke kaan mein ghis gayi hai woh kanpnay lagi aur ja kar so gayi. A seen waqea ke baad

se woh koi kaam nahi karti. Aksar o beshtar khamosh rehti hai. Kehti hai ke adhay sir mein koi sara din baatein karta rehta hai ke aisa karo aisa nah karo. Sir khaali khaali sa mehsoos hota hai aur kabhi kabhi dil bethnay lagta hai. Aksar shakalain bhi nazar aati hain. Yun lagta hai ke sara badan kisi ne jakar rakha hai. Raat ko neend bhi nahi aati pehlay paanch waqt ki namazain padhtien thi, namaz bilkul nahi padhtien. Sara din bistar par pari rehti hai lekin neend nahi aati.

**Jawab** : aik kaghaz par

يَا مَهْلَايِلُ

يَا ثَمَنَائِلُ

يَا مَيْكَائِلُ

يَا جِبْرَائِلُ

likh kar kaghaz ko mourr kar batii bana len. Is muray hue kaghaz ko roi mein lapait len. Roi aur kaghaz ki bani hui batii ko ghee ya Zaitoon ke tail mein aisi jagah jalayen jahan se dhuwan larki ke paas poanch sakay. Yeh amal raat ke waqt karen. Subah Sooraj niklny se pehlay surah falaq parh kar pani par dam kar ke nehar mun pilain. Woh haftay taq namak bilkul band kar den. Aur do haftay ke baad aik arsa taq namak kam se kam istemaal karayen. Teen waqt shehad ka istemaal bohat mufeed ho ga.

## Wazifa Ki Rajat

**Sawal** : meri ammi jaan ki Umar pachaas baras se ziyada hai. Pata nahi un ko konsi bemari la-haq hai. Khana piinaa taqreeban band hai. Is bemari ki wajah se woh baatein bohat karti hain. Kabhi kehti hain ke mujhe churail chimti hui hai kabhi kehti hain ke jin mere andar halool gir gaya hai. Aksar peeron faqero ka naam layte rehti hain ke aaj falan paiir sahib aeye hain aaj falan faqeer sahib ayen ge. Hamaray liye ziyada pareshan kin baat yeh hai ke woh aksar tulu aftaab se pehlay kamray se nikal jati hain. Barri mushkil se dhoond kar laatay hain. Bachpan se mein

yeh marz daikhta chala aa raha hon, kkhuda ke liye bitayen ke kya marz hai.

**Jawab** : aap ki walida sahibaa ne kisi ki nigrani ke baghair koi wazifa parha tha. Is wazifay ki rajat ho gayi thi jis ka ilaaj nahi ho saka. Yahi arz hai, meri dua hai ke Allah taala inhen sahet ataa farmaiye. Koi wazifa kisi Rohani ensaan ki nigrani ke baghair nahi parhna chahiye aur ziyada wazaif parhnay se bhi guraiz karna chahiye. Ziyada wazaif aur vird se zehni, jismani aur muashi halaat kharab ho jatay hain. Har ism aur har aayat aur har surah mein aik khaas taaqat, energy hoti hai. Ensaan ke andar taaqat aur energy zakheera honay ke baad jab taaqat ka tawazun baggar jata hai. To terhan terhan ki bemariyan aur pareshaaniya peda ho jati hain. Quran pak ki taaqat ke baray mein Allah taala farmatay hain. Agar hum quran ko pahoron par nazil kar dete hain to pahar rezah rezah ho jatay. Quran pak ki ayaat mein agar tafakar kya jaye to taaqat ka tawazun bahaal rehta hai.

## Watta Satta Ki Shadi

**Sawal** : bhai ki shadi mere shohar ki behan ke sath hui thi. Aur bhawaj mein ikhtilafat ka assar meri azdawaji zindagi par bhi par raha hai. Meri bhawaj apne bhai ke ghar chali gayi hain aur mujhe mere bhai ke ghar bhaj diya gaya hai. Mere sasural mere bhai par zor daal rahay hain ke woh apne biwi ko Talaq day den. Agar aisa hua to intiqami karwai ke tor par mere shohar bhi mujhe Talaq day den ge halaank nah mere bhai is baat par tayyar hain aur nah mere shohar. Aap kkhuda ke wastay bitayen ke mein kya karoon.

**Jawab** : raat ko sonay se pehlay 41 martaba surah ikhlaas parh kar baat kiye baghair bistar mein chali jayen. Ankhen band kar ke apne shohar ka tasawwur karte karte so jayen aur aap ke bhai yahi surah 41 baar parh kar baat kiye baghair bistar mein seedhay late kar aankhon se apni biwi ka tasawwur karte karte so jayen. Jab taq maamla tey ho yeh amal jari rakha jaye. Mutmaen rahen Talaq nahi ho gi aur dono ghar abad rahen ge.

## Herjaai Shohar

**Sawal** : mein ne dil ke hathon majaboor ho kar aap ko apna baap keh kar puraka hai kyunkay baap ke zindah hotay hue bhi maloom nahi ke baap ki mohabbat kya hoti hai. Mere baap aik aawara aurat ke chakkar mein buri terhan phas gay hain. Poora bachpan rotay guzra jab kisi baap ko apni aulaad se mohabbat ka izhaar karte hue dekhatii hon to rona aa jata hai. Khat par jagah jagah pani ke dhabbay mere woh ansoo hain jo meri aankhon se gir rahay hain. Kkhuda ke liye koi aisi dua bta den ke jis ki barket se mere baap is aurat ke chungal se nikal jayen.

**Jawab** : rozana baad namaz esha teen martaba surah rehman poori surah ( Parah 27 ) parh kar kisi se baat kiye baghair bistar par chali jayen aur apne waalid ka tasawwur karte karte so jayen. Yeh amal nawway roz karen. Nagha ke din shumaar kar ke baad ko pooray kar len. Albata nagha ke dinon mein sirf tasawwur jari rakhen. Aap yaqeen rakhen aap ko baap ki mohabbat mil jaye gi aur aap ki walida sahibaa ko bulaa shirkat ghairy shohar ka iltifaat naseeb ho jaye ga. Insha Allah

## Hadion Ki Bemari

**Sawal** : hum apne barray bhai ki takleef se bohat pareshan hain. Mere bhai ke jigar par waram aa gaya tha. Lekin phir yeh bemari theek ho gayi. Is ke do ya teen saal ke badan ke takhnnon ki hadion mein dard ho gaya. Jo abhi taq mojud hai. Kaafi ilaaj karwaya magar koi faida nah hua. Zehan bhi bohat kamzor hai. Likhna parhna sikhaya magar yeh sab bhool jatay hain. Koi cheez yaad nahi rehti. Gussa be hadd aata hai. Chirchira pan bhi bohat ziyada hai. Hanstay bhi bilkul nahi, kabhi kabhi bas muskura dete hain. Iltija hai ke koi aisa ilaaj bitayen ke woh poori terhan sahet mand ho jayen.

**Jawab** : bhai ko peenay ke liye jab bhi koi mashroob den is ke oopar aik

martaba bsm allah Al Rehman uraheem. ان الله على كل شئ قدير parh kar dam kar diya karen. Ilaaj ki muddat nawway din hai.

## Hamzaad Aur Jaanat

khawab darasal looh mehfooz ka saya hai. Allah taala ne quran pak mein irshad kya hai "hum ne har cheez ko jore jore banaya hai." 'chunancha aik saya zameen ke oopar parta hai aur dosra saya is ke bil-muqabil aasman par parta hai. Aadmi baydaari ki haalat mein zameen ke oopar saya ko daikhta hai maslan aik makaan ka saya makaan ki soorat mein nazar aata hai. Aik darakht ka saya darakht ki soorat mein nazar aata hai. Aik aadmi ka saya aadmi ki soorat mein nazar aata hai waghera waghera. Lekin khawab mein bil-muqabil saya ko woh aasman ki taraf daikhta hai. Aasman ke oopar se bilkul baydaari ki terhan yahi saya nazar aata hai. Beedar honay ke baad yeh saya gayab ho jata hai. Is liye ke yeh aasman par hota hai aur aasman nigah ki girift se bahar hai. Hum jis ko aasman dekhna kehte hain yani yeh neela neela aasman jo hamein nazar aata hai, aasman nahi hai balkay hadd nazar hai. Tasawuf ne ensaan ki saakht ko teen hisson mein taqseem kya hai. Rooh Azam , rooh insani aur rooh hewani, qalandar baba ne un tenu hisson ke istilahi naam nuskha mutlaq, nuskha mufrad aur nuskha murakkab rakhay hain. Nuskha murakkab yani rooh hewani ko hamzaad kehte hain. Hamzaad jab looh mehfooz ke saya ko zameen par daikhta hai to usay baydaari aur jab is hi saya ko aasman par daikhta hai to khawab ka naam diya jata hai. Hamzaad darasal roshiniyon se murakkab aik mukammal ensaan hai jo gosht post ke jism ke oopar muheet hai.

## Haath Lagaye Khujli Hoti Hai

**Sawal** : mere marz ki shuruvaat kuch is terhan se huien ke aaj se chaar paanch saal pehlay sardiyoon mein sirf ghutnon par khujli hoti thi. khujaney se dana ho jata tha aur phir khud hi theek ho jata tha lekin ab haalat yeh hai ke agar chehray par sir ke baal lag jayen to bohat khujli hoti hai. Honton ke ird gird ka hissa thorhee taq kala ho gaya hai jabkay



bhawo ke ird gird ka hissa safaid hai. Koi zor se haath ya jism ka koi hissa pakar le to bhi khujli ho jati hai aur khujaney se woh hissa kala par jata hai is ke ilawa kaandhon, Eiriyon par baithi rahon to bhi yeh takleef ho jati hai. Ab to yeh takleef kaandhon se barh kar neechay kamar taq aati ja rahi hai.

**Jawab** : khaal ke teen parat hotay hain agar khaal ke androoni teesray parat mein khoon ke andar zahreeley maday sarayat kar jayen to yeh soorat waqay hoti hai. Khoon ke andar zahreeley maday sarayat kar jayen to yeh soorat waqay hoti hai. Khoon ke andar zahreeley maday kyun bantay hain aur un zahreeley madon ka qudrati ikhraj kyun nahi hota? Yeh aik allag mauzo hai. Khawateen mein khoon ki kasafat ka bara dar-o-madar mahana nizaam ke oopar se. Mahana nizaam ka baqaida parhaiz ke sath ilaaj karayen.

## Heroen

**Sawal** : mera manjhla beta jis ki Umar taqreeban baaes saal hai kuch arsa pehlay taq bara naik tha aur farmanbardar tha. Sab ke liye is ke dil mein mohabbat thi. Magar ab buray larkoon ki sohbat ne usay bhi kharab kar diya hai, kisi ka kehna nahi maanta, yahan taq ke maa baap ke samjhane bujhanay se bhi is par kuch assar nahi hota. Narmi se sakhti se har terhan samgha ke dekh liya magar woh wohi karta hai jo chahta hai. Buray larkoon ki dosti ne is ko manshiat ki aadat mein muftala kar diya hai. Ziyada mana karne aur samjhane se gussa ho jata hai. Cheekhnay chalanay lagta hai. Mrjane ki dhamki deta hai. Apne aap ko kosnay lagta hai. Pehlay is ki sahet achi thi magar ab kaafi gir yi hai. Do aik baar heroen peelay rangay hathon barray bhai ne pakra to kehney laga mein aadi nahi hon. Bas yuhin dost ne pila di. Do chaar kash kabhi kabhar shoq mein laga laita hon. Is ke baad is ko nasha ke mohlik asraat betaye aur buray doston ki buri sohbat ke nataij se aagah kiya. Har terhan samjhaya. Narmi se bhi, pyar se bhi, sakhti se bhi aur daant dapat kar ke bhi gharz yeh ke jo bhi tareeqa samajh mein aaya. Isi terhan samjhaya magar woh kisi terhan nahi maanta. Ab to kaam kaaj mein bhi pehlay jaisi dilchaspni nahi laita. Dard mandana guzarish hai ke aap koi aisa Rohani ilaaj bitayen

ke jis ki barket se mera beta naik rastay par wapas aa jaye aur pehlay ki terhan is ke dil mein ghar ke afraad ke liye pyar o mohabbat peda ho jaye. Tamam buri adateen chore day aur mein jis aziat naak pareshani mein muftala hon. Is se mujhe sukoon naseeb ho.

**Jawab** : raat ko jab aap ka beta gehri neend so jaye, 19 martaba surah لہب पूरी parh kar betay ka tasawwur kar ke dam diya karen. Chalees roz taq is ke sath sath nasha chhuranay ke hospital mein ilaaj karayen aur hospital se farigh honay ke baad kisi dosray shehar le jayen taakay doston ki sohbat se kam az kam teen mah taq bacha rahay. Hospital mein douran ilaaj is ke paas 24 ghantay ghar ka koi aadmi sath sath rahay. Hota yeh hai ke dost mizaaj pursi ke bahanay wahan aa kar nasha aawar cheez day jatay hain aur ilaaj poora nahi hota. No inch baara inch pakkay safaid sheeshay ke oopar neela rang paint kara ke, betay ko baar baar deikhein.

## Hadion Ka Pinjar

**Sawal** : mujhe baat be baat gussa aata hai. Isi gussa ki wajah se meri sahet din badan kamzor hoti ja rahi hai. Aisa amal bitayen mein gussa karna chore dun.

Doosri baat yeh hai ke mein har gham ko apne seenay se laga layte hon. Har waqt khud hi apne aap se baatein karne lagti hon. Is aadat ko chorney ke liye bhi koi amal bitayen. Taa Umar ahsaan rahon gi.

Teesri baat yeh hai ke bachi ki paidaiesh ke baad mein kamzor ho gayi hon halaank shadi ke waqt meri sahet bohat achi thi magar bachi ki paidaiesh ke baad badan hadion ka dhancha ban gaya hai. Is ke liye koi hal bitayen.

**Jawab** : subah Sooraj niklny se pehlay beedar ho kar Fajar ki ada namaz ke baad gayarah martaba ya Hafeez ya Shafi ya kaafi parh kar pani dam kar ke pi liya karen. Khaano mein meethi cheeze ziyada aur namkeen kam istemaal karen. Jab taq sahet पूरी terhan bahaal ho yeh amal jari rakhen.

## Humnawa Dil

**Sawal** : mein namaz ka paband hon. Gunaaho se hatta ulwasay bachney ki koshish karta hon lekin zehan mein buray buray khayalat atay hain aur dil bhi un khayalat ka humnawa ban jata hai. Mera zameer mujhe bohat sharminda hay karta hai. Khudaaraa koi aisa amal bta den jis se namaz mein yaksoi aur buray khayalat se chhutkara mil jaye.

**Jawab** : aik roz huzoor suroor kaayenaat sale Allah aleh o slim sahaba karaam ke samnay anay wali ummat ke fazail bayan farma rahay they. Majlis mein se kisi hazrat ne kaha ya rasool allh s.a.w hamaray maa baap aap par qurbaan kya. Hamaray baad anay walay musalman hum se bhi achay hon ge? Rasool Allah sale Allah aleh wasallam ko yeh baat nagawaar guzri aur farmaya. Allah ki qisam! Agar tum log gunah karna chore do to Allah taala tumhari jagah doosri qoum peda farmaiye ga. Mere Aziz ! Hamari sarshat mein gunah ka irtikaab daakhil hai agar hamaray andar gunah ka irtikaab nikal jaye to hamaray andar ehsas nedamat nahi rahay ga. Ehsas nedamat se hi bandah Allah ke samnay aajzi aur inkisari karta hai. Namaz mein yaksoi aur khayalat mein kami ke liye namaz se pehlay ( 100so ) martaba ya hayuu ya qayum parh kar paanch minute ankhen band kar ke yeh tasawwur karen ke Allah aap ko dekh raha hai. Jaisay jaisay waqt guzray ga namaz mein gudaaz peda ho ga aur zehan yaksu ho jaye ga.

## Honton Par Daagh

**Sawal** : mein choti si thi, honton ke oopar paseena aa raha tha. Jis ko mein ne istemaal shuda blade se saaf kar diya. Is ke baad honton ke oopar kala nishaan ban gaya. Plzzzz koi aisi tarkeeb bataiye jis se yeh daagh khatam ho jaye. Honton ke oopar yeh daagh bohat bura lagta hai. Dosra masla yeh hai ke pehlay mera rang sanwla tha ab kala hota ja raha hai. Koi ilaaj bataiye jis se mera rang saaf ho jaye.

**Jawab** : aik saib ki paanch qaashein kar ke cheeni ki tashtari mein raat ko khulay aasman ke neechay rakh den aur bareek chhalni se dhaanp den. Subah mun saaf kar ke saib ki qaashein kha kar oopar se doodh pi len. Hont ke oopar daagh ki jagah surkh shu-aon ka tail din mein aik baar aur raat ko sotay waqt maalish karen tail tayyar karne ki tarkeeb yeh hai. Khalis alsi ka tail, safaid rang ki pakkay sheeshay ki bottle mein daal kar bottle ko surkh rang celophine paper aur kaghaz jo agar batii aur tail ki bottlon par khoubsurti ke liye chipkaya jata hai, lapait len. Mazboot clark laga kar lakri ke oopar dhoop mein aisi jagah rakh den. Jahan sara din dhoop rehti hai. Chalees din taq is bottle ko dhoop mein rakha rehne den. Chalees roz mein tail tayyar ho jata hai.

## Yeh Mast Aur Malang Bande

**Sawal** : aksar aisay bachay aur barray dekhney mein atay hain jin ki shakhsiyat dosaron se kuch allag thalag hoti hai maslan inhen kapray pahannay ka hosh nahi rehta, khanay peenay ka koi saleeqa nahi aata, guftagu be tukki hoti hai aur un ki zindagi bhi be tarteeb aur inteshaar ka shikaar hoti hai. Choo ko ab normal keh kar ilaaj mualja kya jata hai. Khawateen par junoo, bhooton aur roohon ka saya keh kar amliyaat ka sahara liya jata hai ya inhen un ke haal par chore diya jata hai. Umooman aisay logon se ghair mamooli waqeat bhi mansoob kiye jatay hain. Maslan ghaib ki baatein batana, un ki kahi hui baton ka poora hona waghera waghera. Kuch log inhen Allah wala samajte hain aur kuch log fraud aur dhako sulaa qarar dete hain. Magar haqeeqat kya hai? Is par se parda aap hi utha satke hain. Barah karam is ki Ilmi tojihh se awam al naas ko mustafeed farmaiye.

**Jawab** : jismani afkaar o aamaal, dimagh aur zehan ke tabay hai. Dimagh mein shaoor aur lashavr do hissay hain. Zehan insani unhi do rukhon par safar karta hai. Insani dimagh mein khaliye hotay hain. Insani shakhsiyat, salahiyat aur afkaar o aamaal ka dar-o-madar unhi khalion par hota hai. Aam tor par logon ke dimaghi khaliye khulay hotay hain lekin agar khaliye ziyada tadaad mein khil jayen to aisa aadmi besh baha

salahiyaton ka maalik hota hai. Jin logon ke dimagh ke do so khaliye khil jatay hain un ka shumaar duniya ke barray barray science daano aur mfkron mein hota hai. Lekin aisay log bohat kam hotay hain. Lekin is ke liye zurori hai ke khalion ke khilnay ke sath sath shaoor aur lashavr dono ka balance qaim rahay lekin agar woh khaliye jin ke oopar hawaas ke balance ( mutawazan ) rehne ka inhisaar hai zaroorat se ziyada charge charge پر kar khil jayen aur mutharrak ho jayen to shaoor ka tawazun barqarar nahi rehta. Aisa tab hota hai jab ensaan ke andar marwai salahiyaten kisi wajah se beedar ho jati hain aur marwai ya la shaori salahiyaten, shaori salahiyaton ki nisbat ziyada kaam karne lagti hain lekin un mein tawazun nahi hota. Is liye yeh kefiyat bemari aur ( abnormal ) shumaar ki jati hai. Is ka wahid ilaaj yeh hai ke Rohani salahiyaton ka haamil koi maahir, dimagh ke un khalion ko jo zaroorat se ziyada mutharrak ho gay hain, tasarruf kar ke mutawazan aur normal kar day. Yeh kaam aulia Allah aur wohi log kar satke hain jo rohaniyat, Rohani taqaton aur salahiyaton ka ilm rakhtay hon, un ke istemaal aur un ke zariye ilaaj muajjay ke tareeqon se waaqif hon. Basorat deegar aisay logon ko un ke haal par chore den aur maarny peetnay aur kisi bhi terhan se gznd pohanchanay se guraiz Karen.