



فیراؤن کا خواب

# FIRAUN KA KHUWAB

(ROMAN)



فرعون کا خواب

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*Roman-Urdu*

Yeh risala Shaykh-e-Tariqat Ameer-e-Ahl-e-Sunnat, baani-e-Dawat-e-Islami, Hazrat 'Allama Maulana Abu Bilal Muhammad Ilyas Attar Qadiri Razavi **دَامَتْ بَرَكَاتُهُمُ الْعَالِيَهُ** nay Urdu zaban mayn tahreer fermaya tha, Majlis-e-Tarajim nay is risalay ko **Roman-Urdu** may compose kiya hay. Agar is risalay may kisi bhi tarah ki kami-bayshi paye to neechay diye gaye postal ya e-mail address per Majlis-e-Tarajim ko aagah ker kay Sawab kay haqdar banye.

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
أَمَا بَعْدُ فَأَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## Kitab perhnay ki Du'a

deeni kitab ya Islami sabaq perhnay say pehlay zayl mayn di huyi Du'a perh li-jiye إِنَّ شَاءَ اللَّهُ عَزَّوَجَلَّ jo kuch perhayn gey yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

### Tarjama:

Ay Allah عَزَّوَجَلَّ! Ham per 'ilm-o-hikmat kay derwaazay khhol day aur ham per Apni rahmat naazil ferma! Ay 'azamat aur buzurgi waalay!

(Al-Mustatraf, vol. 1, pp. 40)



**Note:** Awwal aakhir aik baar Durood Shareef perh layn.

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## FIRAUN KA KHUWAB

Shaytan lakh susti dilaye magar aap sawab ki niyyat say  
yeh risalah mukammal perh lijiye

### Durood Shareef Ki Fazeelat

Farman-e-Mustafa صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ: jis nay mujh per ayk baar  
durood-e-pak parha Allah عَزَّوَجَلَّ us per 10 rehmatayn bhejta hay

*(Muslim, pp. 216, Hadees. 408)*

### Fir'awn Ka Khuwab

Fir'awn nay ayk martaba khuwab daykha kay “Bayt-ul-Muqaddas” ki taraf say ayk aag nikli jis nay saaray misar ko ghayr liya aur tamam qibtiyo`n ko jalaa daala magar bani israay`il ko aag say koi nuqsan na pohncha.” Ye ‘ajeeb-o-ghareeb khuwab daykh kar Fir'awn pareshan hogaya. Is nay najoomiyo`n say ta'beer ma'loom ki tu unho nay bataya kay

“Bani Israay`il” mayn ayk larka payda hoga jo teri badshahat khatam hojanay ka sabab banay ga.” Ye sun kar Fir'awn nay hukum diya kay bani israay`il mayn jo bhi larka payda hoga usay

qatal kardiya jaye. Is tarha Fir'awn kay hukum say 12 hazaar ya 70 hazaar larkay qatal kardiye gaye. (*Tafseer-e-Khazin, vol. 1, pp. 52*)

## Fir'awn Ka Asli Naam Kiya Tha?

Meethay meethay Madani Munno`n aur Madani Munniyo`n! poranay zamanay mayn “misar” kay badshahon ka laqab “Fir'awn” hua karta tha, isi tarha “room” kay badshahon ka Qaysar, “Faras”(iraan) kay badshahon ka “kisraa,” yaman kay badshahon ka (Tubba’), “Turk” badshahon ka khaqaan aur habshah kay badshahon ka laqab Najjashi tha. Misar kay jitnay bhi badshah guzray in sab mayn Hazrat-e-Sayyiduna Moosa Kaleem ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** kay daur ka Fir'awn sab say ziyada bad ikhlaq, sakht dil aur zalim tha, Fir'awn ka naam Waleed Bin Mus'ab bin Rayyan aur is ka ta'lluq qabila-e-Qibtiyya say tha. Hazrat-e-sayyiduna Yusuf **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** kay daur kay Fir'awn ka naam Rayyan Bin Waleed tha jo kay Imaan lay aye thay. Hazrat-e-Sayyiduna **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** aur Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** kay daur kay fir'awno`n kay darmiyan 400 saal say ziyada ka fasla tha.

## Hazrat-e-Moosa (عَلَيْهِ السَّلَامُ) Ko Jaltay Tandoor Mayn Daal

### Diya

Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** ki wiladat ka waqt jab qareeb aya tu Apki ammi jaan **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا**

kay pas wo **daayi** (nurse/midwife) ayi jisay Fir'awn nay Bani Israay'il ki 'aurto'n kay liye muqarrar kar rakha tha. Jab Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** payda huway tu apki dono'n ankho'n kay darmiyan say **Noor Ki Kirnayn** nikal rahi thi, jin ko daykhtay he "daayi" ka jorr jorr kanpnay laga aur us kay dil mayn Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** ki mohabbat payda hogayi , us nay Ap **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا** **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** say kaha: mayn tu is liye ayi thi kay agar "larka" payda hota tu isay zibah ki tarkeeb karun lekin is bacchay say mujhay bohat mohabbat ho chuki hay is liye ap apne bacchay ko chupa lijiye taa-kay fir'awniyo'n ko pata na lag sakay. Ye keh kar wo daayi chali gayi. Fir'awn kay jasooso'n nay daayi ko Ap **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** kay ghar say nikaltay daykha tu darwazay per pohnach gaye, Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** ki behen (mariyam) nay foran apni ammi jaan **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا** ko jasooso'n ki ittila' di. Ap **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** ki ammi jaan ko jaldi mayn kuch samajh na ayi, ghabra kar unho nay bacchay ko kapray mayn lapayt kar jaltay huway tandoor mayn daal diya! Fir'awniyo'n nay aa kar ghar ka kona kona chhaan maara magar koi baccha nazar na aya, tandoor ki taraf in ka dhiyaan he na gaya, wapis chalay gaye. Aur ammi jaan **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا** ki jaan mayn jaan ayi itnay mayn tandoor say ahista ahista ronay ki awaz anay lagi, ja kar daykha tu Allah Ta'ala nay (bacchay yani Hazrat-e-Sayyiduna Moosa **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام** per aag thandi aur salamti wali bana di ti chunacha ammi jaan **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا** nay Ap



عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ko tandoor say saheeh salamat bahar nikal liya. (*Tafseer-e-Baghawi, vol. 3, pp. 373*)

## Carpenter Goonga Hogaya!

Hazrat-e-Sayyiduna Moosa Kaleem-ullah ﷺ ki ammi jaan رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا ayk carpenter kay pas sandooq(box) lenay gayi. Us nay pocha: tum nay lakri kay sandooq ka kia karna hay? Tu unho nay such such bata diya kay apne baytay ko is mayn daal kar dariya mayn daalna hay, ho sakta hay wo fir'awniyo'n say bach jaye. Us carpenter nay unko sandooq tu baych diya lekin uski niyyat kharab hogayi aur wo fir'awn kay in bay-raham jallaado'n kay pas pohanch gaya jo bani israay`il kay baccho'n ko zibah karnay per muqarrar thay taa-kay inhay nay'e payda honay walay bacchay kay baray mayn bata sakay. Jab carpenter in kay pas pohncha tu Allah Ta'ala nay uski zaban band kardi, us nay hath kay ishara say samjhana chaha tu fir'awniyo'n nay usay (pagal samajh kar) maara aur wahan say bhaga diya. Jab wo wapis apne ghar pohncha tu Allah Ta'ala nay uski zaban khol di, wo dubara fir'awniyo'n ki taraf gaya taa-kay inhay bata sakay magar phir goonga hogaya, hathon say ishara karnay ki waja say phir unho nay (pagal samajhtay huway) usay dubara maara jab wo ghar lauta tu uski zaban phir theek hogayi, jab wo Teesri martaba inhay batanay kay liye pohncha tu zaban phir band hogayi aur andha hogaya, pitaayi kar kay phir usay bhaga diya. Is per us nay

sacchay dil say tauba ki kay Ya Allah **عَزَّوَجَلَّ**! Agar tu mujhay ab ki baar zaban aur beenayi day dayga tu phir kisi ko us bacchay(yani Hazrat-e-Sayyiduna Moosa **عَلَى تَيْبَتَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام**) kay baray mayn nahin bataunga. Allah Ta'ala nay uski tauba qabool farmayi aur is ki bolnay aur daykhnay ki taaqat laut ayi. (Ayzan)

## **Hum Tu Bura Kisi Ka Daykhayn Na Sunayn Na Bolayn**

Meethay meethay Madani Munno`n aur Madani Munniyo`n! is hikayat say ma'loom hua kay buri niyyat ka phal hamesha bura hota hay. Ye bhi ma'loom hua kay Allah Ta'ala dushmano`n say bachanay per qudrat rakhta hay, ye bhi jannay ko mila kay buri niyyat say tauba kar lenay per uski waja say ayi hui museebat Allah Rabb-ul 'Izzat chahay tu wo door hojati hay. Ap sab achay banjaiye aur apna zehen bana lijiye kay hum tu kisi musalman ka bura daykhayn sunayn, na bolayn.

*Hum Tu Bura Kisi Ka Daykhayn Na Sunayn Na Bolayn*

*Acchi hi baat bolay jab bhi zaban kholayn*

Yani hum kisi bhi musalman ka 'ayb na daykhayn aur agar ma'loom ho tab bhi kisi ko na batayen aur agar koi sunaye tu sunnay say bhi bachayn har musalman kay baray mayn shari'at kay daaye`ray mayn reh kar sirf achi baat karayn.

## Dariya Ki Moujo'n Say Maa Ki Godh Mayn

Fir'awn kay hukum say jin dino`n Bani israay`il mayn payda honay walay larkay bay-dardi say zibah kiye ja rahay thay. Un he dino'n Hazrat-e-Sayyiduna Moosa Kaleem-ullah عَلَى نَبِيِّتَا وَ عَلَيْهِ الصَّلَاةُ وَالسَّلَام payda huway. Apki ammi jaan رَضِيَ اللهُ تَعَالَى عَنْهَا nay (ayk riwayat kay mutabiq 4 mah tak chupa kar rakha phir) fir'awn kay khauf say ap عَلَى نَبِيِّتَا وَ عَلَيْهِ الصَّلَاةُ وَالسَّلَام ko ayk sandooq mayn rakh kar Dariya-e-Neel mayn baha diya. Dariya-e-neel say nikal kar ayk nayhar fir'awn kay mahal kay qareeb behti thi, ye sandooq dariya-e-neel say behta hua nahar mayn chala gaya, fir'awn aur uski biwi Hazrat Bibi Aasiya رَضِيَ اللهُ تَعَالَى عَنْهَا jo kay ba'ad mayn Hazrat-e-Sayyiduna Moosa Kaleem-ullah عَلَى نَبِيِّتَا وَ عَلَيْهِ الصَّلَاةُ وَالسَّلَام per emaan lay ayi thi) donon mahal mayn baythay nahar ka nazara kar rahay thay. Jab un donon nay sandooq behta daykha tu nokro'n ko bhej kar sandooq mangwa liya, jab sandooq khola gaya tu us mayn say ayk nihayat khubsoorat baccha nikla. Fir'awn aur Bibi Aasiya donon kay dilo'n mayn us bacchay ki mohabbat payda hogayi! Hazrat-e-Bibi Aasiya nay fir'awn say kaha:

قَرَّتْ عَيْنِي لِيْ وَ لَكَ لَا تَقْتُلُوهُ ۗ عَسَىٰ اَنْ يِّنْفَعَنَا

اَوْ نَتَّخِذَهُ وِلْدًا وَ هُمْ لَا يَشْعُرُوْنَ ﴿٦٠﴾

*Tarjumat-ul-kanz-ul-emaan: "Ye baccha meri aur teri ankhon ki thandak hay isay qatal na karo shayad ye humay nafa' day ya hum isay bayta bana layn aur wo bay-khabar thay."*

Unho nay bacchay ko apne pas rakhliya. Hazrat-e-Sayyiduna Moosa **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** abhi doodh peetay bacchay thay is liye in ko kisi doodh pilanay wali ‘aurat ki talash hui magar Ap **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** kisi ka doodh peetay he nahin thay. Udhar Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** ki ammi jaan **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا** bay-had pareshan thi kay na ma’loom mera baccha kahan aur kis haal mayn hoga! Akhir kaar unho nay Hazrat-e-Sayyiduna Moosa **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** ki behen “Mariyam” ko halaat ki ma’loomat kay liye fir’awn kay mahal mayn bheja, mariyam nay jab ye haal daykha kay baccha kisi ‘aurat ka doodh nahin peeta tu unho nay fir’awn say kaha: “mayn ayk ‘aurat ko laati hun shayad kay ye uska doodh peenay lagay.” Chunacha “Mariyam” Hazrat-e-Sayyiduna Moosa Kaleem-ullah **رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا** ko fir’awn kay mahal mayn lay gayi aur unho nay jaysay he doodh pilaya tu Ap **(عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ)** doodh peenay lagay. Is tarha Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** ki ammi jaan ko in ka bicchra hua laal mil gaya! (*Ajaib-ul-Quran, pp. 171*)

## **Moosa (عَلَيْهِ السَّلَامُ) Kay Maa Bap Ka Naam**

Meethay meethay Madani Munno`n aur Madani Munniyo`n! Hazrat-e-Sayyiduna Moosa Kaleem-ullah **عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** ki ammi ka naam “yuhaanaz” aur abbu ka naam ‘Imran hay, bayan karda emaan afroz hikayat say dars mila kay Allah Ta’ala jo chahta hay wo karta hay. Jis fir’awn nay jis “bacchay” kay

khauf say hazaaro'n bacchay zibah karwa diye, Rabb-ul-'izzat nay usi bacchay ki parwarish ki khidmat usi fir'awn kay zimmay laga di! Ye bhi pata chala kay Allah Rabb-ul-'izzat jis ki hifazat farmana chahay tu dariya ki Moujo'n mayn bhi usko koi aanch nahin ati, jaysa kay Hazrat-e-Moosa Kaleem-ullah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا ko dariya-e-neel ki Moujo'n say utha kar dubara Ap رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا ko apni ammi jaan رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا ki godh mayn pohncha diya.

*Tu nay kis shan say Musa ki bachaye hay jaan  
Tayri qudrat pay Mayn Qurban Khuda-e-Rahman*

صَلَّى اللَّهُ تَعَالَى عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

## Fir'awn Ki Bemar Bayti

Ayk riwayat mayn ata hay: Hazrat-e-Sayyiduna Moosa Kaleem-ullah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا ki ammi jaan رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا nay Ap رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهَا ko sandooq mayn daal kar dariya kay hawalay kardiya. Fir'awn ki sirf ayk he bayti thi jis say wo bohat mohabbat karta tha wo bayti bars (leucoderma) ki bemari mayn muftala thi fir'awn nay us kay baaray mayn tabeebo'n aur jadugaro'n say mashwara kiya tu unho nay kaha: Ay Badshah! Ye faqat usi soorat mayn theek ho sakti hay. Jab kay dariya mayn say insan jaysi koi cheez mil jaye aur uska lu'aab yani thhook uski baras wali jaga per mala jaye aur ye bhi usi waqt mumkin hay jab fulaa'n din ya fulaa'n mahenay ho

aur sooraj bhi khoob roshan ho.” Jab wo din agaya tu fir’awn nay dariya kay kinaray mehfil sajayi, us kay sath uski zoja Hazrat-e-Sayyidatuna Aasiya رَضِيَ اللهُ تَعَالَى عَنْهُ bhi thi’n (jo kay ba’d mayn hazrat-e-sayyiduna Moosa عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ per emaan lay ayi thi) dariya-e-neel say ayk nahar nikal kar fir’awn kay mahal tak ati thi, yaka yak ayk sandooq (box) dariya ki Moujo’n mayn hicchkolay khata hua aya aur ayk darakht kay pas aa kar thhayhar gaya. Fir’awn nay hukum diya jaldi say wo sandooq meray pas laya jaye, is kay noker Kashti mayn bayth kar sandooq tak pohinchay aur unho nay wo sandooq laa kar fir’awn kay samnay paysh kardiya. Khuddam nay sandooq kholnay ki koshish ki lekin na khula, tor kar kholna chaha lekin na toota. Fir’awn ki zoja Hazrat-e-Sayyidatuna Aasiya رَضِيَ اللهُ تَعَالَى عَنْهَا ko us sandooq kay andar ayk noor chamakta nazar aya jo dosro’n ko dikhayi na diya, jab hazrat-e-sayyidatuna Aasiya رَضِيَ اللهُ تَعَالَى عَنْهَا nay sandooq kholna chaha tu asani say khul gaya, us sandooq mayn ayk chota sa baccha tha jis ki ankhon kay darmiyan noor jagmag jagmag kar raha tha, Allah Ta’ala nay un logon kay dilo’n mayn us bacchay ki mohabbat daal di, fir’awn ki bayti nay us bacchay ka Lu’aab mubarak (yani thhook shareef)lay kar jab apne bars walay muqamat per lagaya tu usi waqt theek hogayi, us nay mohabbat say bacchay ko seenay say laga liya. Fir’awn ko kuch logon nay kaha: kahen ye wo baccha na ho jis say hum bachna chahtay hayn, mumkin hay qatal kay khauf say isay dariya mayn daal diya gaya ho. Fir’awn nay ye sun kar bacchay ko zibah karnay ka irada karliya lekin Hazrat-

e-Sayyidatuna Aasiya رَضِيَ اللهُ تَعَالَى عَنْهَا nay fir'awn ko samjha bujha kar manaa liya aur us bacchay ko apna bayta bana liya.

(Tafseer-e-Kabeer, vol. 8, pp. 580)

صَلَّى اللهُ تَعَالَى عَلَى مُحَمَّدٍ

صَلُّوا عَلَى الْحَبِيبِ

## Angaara Mouh Mayn Rakh Liya

Hazrat-e-sayyiduna Moosa Kaleem-ullah عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ayk din fir'awn kay pas ayk choti si dandi say khayl rahay thay. Achanak AP عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay wo dandi fir'awn kay sar mayn day maari! Fir'awn is maar per soch mayn parh gaya aur akhir kaar Ap عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ko qatal karnay ka irada karliya tu Hazrat-e-Bibi Aasiya رَضِيَ اللهُ تَعَالَى عَنْهَا boli: Ay Badshah! Ghussa mat karo aur khud ko bad-bakht na kar kiyun kay ye tu jhoota hay agar tu chahay tu is ko azma lay, mayn thaal mayn **Sona** aur **Angaara** rakh dayti hun, tu daykh lay ye kis ko uthata hay! Fir'awn is kay liye tayyar hogaya, jab hazrat-e-sayyiduna Moosa Kaleem-ullah عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay “sonay” ki taraf hath barhaya tu farishtay nay unka hath pakar kar angaaray ki taraf kardiya, Ap عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ nay wo angaara utha kar apne mouh mayn rakhliya phir jab iski tapish(yani jalan) hui tu usay phanynk diya. Is tarha fir'awn apne na-pak iraaday(yani hazrat-e-sayyiduna Moosa عَلَيْهِ الصَّلَاةُ وَالسَّلَامُ ko zibah karnay) say baaz raha.

(Mustadrak, Vol. 2, pp. 458, Hadees. 4150)

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*Ya Ilahi tayri azmat tayri qudrat wah wah  
Tayri hikmat marhaba tayri mashiyyat<sup>1</sup> wah wah*

صَلَّى اللّٰهُ تَعَالَى عَلٰى مُحَمَّد

صَلُّوا عَلٰى الْحَبِيب

## Zaban Ki Luknat Jati Rahi

Meethay meethay Madani Munno`n aur Madani Munniyo`n!  
Allah Tabarak Wa-Ta`ala nay Hazrat-e-Sayyiduna Moosa  
Kaleem-ullah *عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام* ko fir`awn kay pas ja kar usay  
nayki ki dawat denay ka hukum farmaya magar mouh mayn  
“angaara” rakh lenay ki waja say zaban mubarak mayn Luknat  
agayi thi lihaaza Ap *عَلَى نَبِيِّنَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَام* apne pak parwardigar  
*عَزَّوَجَلَّ* kay darbar mayn ‘arz guzaar huway, is ka bayan para 16  
ki ayat number 25 to 36 mayn is tarha kiya gaya hay:  
*Tarjumat-ul-kanz-ul-emaan: ‘arz ki Ay meray Rab meray liye  
mera seena khol day aur meray liye mera kam asaan kar aur  
meri zaban ki girah khol day, kay wo meri baat samjhayn aur  
meray liye meray ghar walon mayn say ayk wazeer kar day. Wo  
kon mera bhai Haroon is say meri kamar mazboot kar, aur isay  
meray kam mayn shareek kar kay hum ba-kasrat teri paaki  
bolayn aur ba-kasrat teri yaad karayn, bay shak tu humay  
daykh raha hay, farmaya Ay Moosa teri maang tujhay ‘ataa*

<sup>1</sup> Marzi



hui) Allah Ta'ala nay du'a Qabool farma li, Luknat door farma di aur Ap **عَلَىٰ تَبِيَّتَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** kay bhai Hazrat-e-Sayyiduna Haroon **عَلَىٰ تَبِيَّتَا وَعَلَيْهِ الصَّلَاةُ وَالسَّلَامُ** ko apka wazeer bana diya.

## Zaban Ki Luknat Ka 'Elaaj

Jo koi zaban ki Luknat wala har namaz kay ba'd 7 baar Surah Taha ki 25 to 28) nechay di hui 4 ayaat parh liya karay ga. **إِنْ شَاءَ اللَّهُ عَزَّ وَجَلَّ** wo saaf bolnay wala banjayega.

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي ﴿٧٥﴾ وَيَسِّرْ لِي أَمْرِي ﴿٧٦﴾ وَاحْلُلْ عُقْدَةً مِّنْ لِّسَانِي ﴿٧٧﴾ يَفْقَهُوا قَوْلِي ﴿٧٨﴾

## Kiya Ap Bottle Yani Cold Drink Shoq Say Peetay Hayn?

(ayk Pakistani mah-naamay(june 2011) ka mazmoon ba-tasarraf)

Meethay meethay Madani Munno`n aur Madani Munniyo`n! kiya ap bottle (cold drink) shoq say peetay hayn? Agar jawab "Han" mayn hay tu thayriye! Pehlay is ki tabah-kaariyo`n per ayk uchatti thi(yani sar sari) nazar daal lijiye phir wo faisla kijiye jis mayn ap kay liye duniya-o-akhirat ki bhalaiyaan hon. Bottle yani cold drink ka sab say bara juz hissa(part) mithas hay. Mithas ya tu cheeni(sugar) say hasil ki jati hay ya sekreen jo kay safayd rang ka masnu'ee(artificial) sufoof (yani naqli

powder) hay aur cheeni say takreeban 300 say lay kar 500 gunaa meetha hota hay! Jin bottlo'n mayn cheeni istemaal ki jati hay un mayn cheeni (sugar) ki miqdaar kafi zayada hoti hay jaysa kay Faizan-e-Sunnat jild awwal safha 712 per hay: "250 mili litre ki 1 bottle mayn takreeban 7 chammach cheeni(sugar) hoti hay." Cheeni (sugar) wali cold drink peenay say daanto'n aur haddiyo'n ko nuqsaan pohchnay, khoon mayn sugar ki miqdaar barhnay, dil aur jild (skin) kay imraaz payda honay kay imkanaat barhtay hayn neiz is say "motapa" bhi ata hay.

## **Sekreen Wali Cheezo'n Ka Istemaal Aur Cancer**

Americi idaaray F.D.A ko sekreen wali ghizao'n kay baaray mayn hazaaro'n shikayaat musool hui'n. Muhaqqiqeen ka khayal hay kay Americi 'awam mayn cancer ki zayadati sekreen wali cheezo'n kay istemaal ki waja say hay. Sekreen per tu ba'az mumalik mayn pabandi laga di gayi hay. Sekreen kay istemaal say Masaanay ka cancer honay ki ittila'at hayn.

## **Cold Drink Kay Shoqeen Kay Daanto'n Ki Barbaadi**

Cold drink cheeni(sugar) wali ho ya "Sugar Free" donon he soorto'n mayn sehat-e-insani kay liye nuqsaan day hay. Bartaniya(britinia) kay andar 1992 mayn bacchon kay daanto'n kay baaray mayn kiye janay walay survey say ye baat samnay

ayi kay cold drink kay Shoqeen 20% baccho`n (yani har paanchvey bacchay) kay daanto`n ki hifazati tay khatam ho chuki hay. Choocho`n per Tajarba kiya gaya aur in ko cold drinks pilaayi gayi tu chooho`n kay daant 6 mah mayn ghis gaye. Ayk “Cola drink” ki bottle mayn ayk insani daant rakha gaya tu wo naram aur bhur bhura hogaya.

### **Cold Drinks Say Haazmay Ki Tabahi**

Zang alood cheezayn saaf karnay kay liye istemaal kiya janay wala “Phosphoric Acid” cold drinks mayn daala jata hay, is tarha ma`day mayn tayzabiyat payda hoti hay, hazam ka ‘amal sust parhta hay aur ghiza dayr say hazam hoti hay.

### **Cold Drinks Mayn Gandi Gas Hoti Hay**

Cold drinks mayn gandi gas, “Carbon Dioxide” shamil ki jati hay jis say bulbulay uth tay hayn, in say ‘Arzi taur per lazzat zaroor mehsoos hoti hay, lekin ye bulbulay us gandi aur zehreeli gas kay hayn jisay hum saans kay zariye kharij kartay hayn. Is khatarnak gas ko cold drinks kay zariye badan kay andar lay jana ghayr fitri(Unnatural) ‘amal hay .

### **Cold Drinks Peenay Ka Muqabla Jeetnay Wala Zindagi Ki Baazi Haar Gaya!**

Ayk baar hind (india) mayn zayada bottlayn peenay ka muqabla hua, is mayn 8 bottlayn peenay wala muqabla jeet

gaya, magar zindagi ki baazi haar gaya kiyun kay kuch he dayr ba'ad wo mout ka shikar hogaya! Us ki mout ka sabab ye bataya gaya kay is kay jisam mayn "Carbon dioxide" bohat zayada miqdaar mayn jama' hogayi ti.

## **Cold Drinks Aur 6 Tarha Kay Cancer**

Siyaahi maayi'l mashroobat yani Cola Drinks mayn (Caffeine) shamil hoti hay. Is say shuru mayn chusti payda hoti hay magar ba'ad mayn susti ajati hay. Caffeine kay ghayr zaroori aur zayada istemaal say hafiza kamzor hota aur ghussa barhta hay, dil ki dharkan ki bay-qayidgi aur high blood pressure ka marz janam layta hay neiz payt kay andar zakhm bantay hayn, 'elawa azay'n cold drinks peenay walay logo'n kay baccho'n mayn paydayishi khamiya'n bhi daykhi gayi hayn . (maslan bacchay ka bohat zayada kamzor, pagal ya andha hona ya is kay hath pao'n wagera bay-kaar hona wagera wagera) ayk bohat bari tashwishnaak baat ye bhi hay kay cold drinks kay istemaal say 6 qisam kay cancer payda hotay hayn jin mayn payt aur Masaanay kay cancer ki miqdaar zayada hay. Cola drinks peenay walay baccho'n kay jisam say calcium zayada miqdaar mayn kharij hota hay. (calcium ki kami haddiyo'n wagera kay liye sakht nuqsaan day hoti hay.

## **Saans Ki Takleef Aur Ghabrahat**

Cold drinks jald kharab na ho is liye is mayn "Sulphur Oxide" ya "Sodium Benzoic Acid" shamil kiya jata hay, in donon

chemicals kay istemaal say saans ki takleef, jild (skin) per kharish aur ghabrahat ki bemariyan payda hoti hayn. Neiz cold drinks mayn chemyavi rang bhi daalay jatay hayn jin kay apney nuqsanat hayn.

*Rahoon mast o bay khud Mayn Tayri wila may*

*Pila jaam aysa pila ya Ilahi*

صَلَّى اللّٰهُ تَعَالَى عَلٰى مُحَمَّدٍ

صَلُّوا عَلٰى الْحَبِيبِ

## Cheeni Meetha Zeher Hay

Duniya bhar mayn cheeni (sugar) ka istemaal hay, jisam insani ko ayk makhsoos miqdaar mayn is ki zaroorat hoti hay jo kay roti, chawal, sabzi aur phalo'n wagera kay zariye 'umooman pori hojati hay, is kay liye "Safayd Cheeni" ya is ki dishayn istemaal karna zaroori nahin hota, han jo (low sugar ka) mareez ho usay doctor ki Hidayat kay mutabiq sugar ka istemaal karna hoga. Usool ye hay kay koi bhi cheez agar zaroorat say ziyada istemaal ki jaye tu wo nuqsan pohnchati hay aj kal cheeni ka istemaal zaroorat say ziyada honay laga hay aur ghayr zaroori ashिया kay zariye cheeni badan mayn undayli ja rahi hay. Maslan bottlo'n, ice creamo'n, sharbato'n, meethaiyo'n, toffiyon, meethi disho'n wagera ka istemaal 'umooman ghiza nahin, izaafi taur per mahaz tafreehan kiya jata hay aur aysa karna apne he hatho'n say apne pau'n per

kulhaara chalanay kay mutraadif hay. Cheeni kay zayada istemaal ka sab say bara nuqsaan ye hay kay ye “insulin” ki miqdaar khoon mayn barha dayti hay jis say “Growth Harmones” yani wo harmones jo jisam ki nasho-numa aur barhotri kay zimmedar hotay hayn. Unki paydawaar ruk jati hay jis say jisam ka difaa’ (yani bemariyon say muqabla karnay ka) nizam kamzor hojata hay, insulin jisam mayn chiknaayi ka zakheera karnay ki salahiyat barha dayti hay jis say badan ka wazan barh jata aur motapa ata hay.

## **Cheeni Yani Sugar Kay Nuqsanat**

Gannay say jab “refine sugar” tayyar ki jati hay tu us mayn mujood tamam aham ajzaa ‘alayda kar diye jatay hayn jin ki badan-e-insani ko zaroorat hoti hay. Misaal kay taur per vitamins, namkiyat, protein, enzymes wagera. Lihaaza kaha jata hay: jo kuch cheeni ki shakal mayn hum istemaal kartay hayn, wo siwaaye humaray nizam-e-inhizaam ko tabah karnay kay apne andar aur kuch nahin rakhti!” lihaaza safayd cheeni jo kay ‘umooman bazaaro’n mayn dastiyaab hoti hay, is ki khaas ghizayi ehmiyat nahin, balkay sugar kay mahireen isay cancer kay liye indhan qaraar detay hayn. Agar un bemariyo`n ki fehrist banayi jaye jin mayn kahen na kahen cheeni(sugar) kirdaar ada karti nazar ati hay tu ye khaasi taveel hay. Cheeni difayi’ (yani hifazati) nizam ko kamzor karti hay jis say har

tarha ki bemariya`n hamla awar ho sakti hayn. Ye namkiyat kay tawazun mayn khalal payda karti hay, daanto`n ko kharab aur kamzor karti hay. Baal jald safayd honay, cholesterol mayn izaafi aur sar dard ka ba`is banti hay. Agar ap cheeni ka zayada istemaal kartay hayn tu is ka matlab ye hay kay “Vitamin C” ko khoon kay safayd khaliyo`n(white cells) mayn janay say rok detay hayn aur is tarha say ap khud apna difayi` nizam kamzor kar rahay hotay hayn.

### Help your child take interest in studies

The child who doesn't show interest in learning the glorious Quran or he lacks interest in religious education and Dars-e-Nizami, then recite **بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ** 101 times, blow onto water and make him drink five times a day, **بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ** he will take great interest in studies.



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