

خُسْرُ السَّمْتِ فِي الصَّمْتِ

Aik Chup  
100 Sukh  
Roman-Urdu

*Khamoshi ki Fazeelat par Mushtamil Mukhtasar o Jam'i  
Madani Guldastah*

**Payshkash:**

Majlis Al-Madinah-tul-'Ilmiyyah  
(Shu'ba Islahi Kutub)

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

## *Kitab Perhnay ki Du'a*

Deeni kitab ya Islami sabaq perhnay say pehlay zayl mein di hui  
Du'a perh li-jiye **إِنْ شَاءَ اللَّهُ عَزَّوَجَلَّ** jo kuch perhain gay yaad rahay ga.  
Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ  
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

### Terjama:

Ay Allah (**عَزَّوَجَلَّ**)! Hum per 'ilm-o-hikmat kay darwazay khol day aur  
hum per Apni rahmat naazil ferma! Ay 'azamat aur buzurgiy walay!

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



### **Note:**

Awwal aakhir aik bar Du'ood Shareef perh lain.

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الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ  
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## Aik Chup 100 Sukh

**Tamam ta'reefen Allah عَزَّوَجَلَّ kay liye hayn, wahi kaafi hay aur us kay chunay huye bandon par salam ho.**

Hazrat e Sayyiduna Imam Jalal ul Deen Abd ul Rahman Suyoti Shaafi رحمه الله تعالى عليه farmatay hayn: is umdah kitab ko Mayn nay Hazrat Sayyiduna Imam Abu Bakr Ibn e Abi Dunya رحمه الله تعالى عليه ki "كَيْتَابُ السَّمْتِ" say talkhees kia hay aur is mayn kuch izafaat bhi kiye hayn. mayn nay is ka naam "خُسْرُ السَّمْتِ فِي الصَّمْتِ" yani khamoshi kay baray mayn umdah tareeqah) rakha hay. Allah عَزَّوَجَلَّ hi durusti ki taufeeq daynay wala hay.

### Khamoshi may najat hay

Hazrat Sayyiduna Abdullah bin Amr رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Huzoor Nabi e Kareem صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: jo chup raha us nay najaat pai. (Tirmizi, vol. 4, pp. 225, Hadees 2509)

### Salamat chahnay wala khamosh rahay

Hazrat Sayyiduna Anas bin Maalik رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: Jo salamat rahna chahta hay us par khamoshi laazim hay.

(Musnad e Abi Ya'la, vol. 3, pp. 271, Hadees 3595)

### Badan par halka aur meezan mayn bhari

Hazrat Sayyiduna Abu Zar Ghifari رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay mujh say irshad farmaya: kia mayn tumhen aysa ‘amal na bataun jo badan par halka aur meezan e ‘amal mayn bhari ho? Mayn nay ‘arz ki: kion nahyn. irshad farmaya: Woh khamosh rahna, husn e akhlaq apnana aur fuzool kamon ko chhorna hay. *(Mausoo’ah Ibn e Abi Dunya, vol. 7, pp. 87, Hadees 112)*

### Aasan ibadat

Hazrat Sayyiduna Safwan bin Sulaim رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Huzoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: Mayn tumhen aysi ibadat kay baray mayn na bataun jo bahut aasan aur badan par nihayat halki ho? Wo khamoshi aur husn e akhlaq hay.

*(Mausoo’ah Ibn e Abi Dunya, vol. 7, pp. 46, Hadees 27)*

### Khamosh rahnay ki naseehat

Hazrat Sayyiduna Abu Zar Ghifari رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Mayn nay bargah e Risalat may ‘arz ki: Ya Rasoolallah صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ! Mujhay koi naseehat farmaye. Aap صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: Mayn tumhen husn e akhlaq apnanay aur khamosh rahnay ki naseehat karta hon, ye donon ‘amal badan par sab say halkay aur meezan mayn bahut bhari hayn.

*(Kanz ul Ummaal, vol. 3, pp. 265, Hadees 8502)*

### Sab say umdah aur aasan ‘amal

Hazrat Sayyiduna Imam Sha’bi رَضِيَ اللهُ تَعَالَى عَلَيْهِ say riwayat hay kay Huzoor e Purnoor صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay aik Sahabi say irshad farmaya: kia mayn tumhen sab say umdah aur sab say aasan ‘amal kay baray mayn na bataun? Sahabi nay ‘arz ki: Mayray maa baap aap par qurban! Kion nahyn, zaroor irshad farmaye. irshad

farmaya: wo husn e akhlaq aur taweel khamoshi hay un donon ko laazimi ikhtiyar kar lo kion kay tum Allah ﷺ ki bargah mayn in jaysa (yani un say Afzal) koi aur ‘amal nahyn lay ja saktay.

*(Mausoo'ah Ibn e Abi Dunya, vol. 7, pp. 346, Hadees 650)*

### Sab say buland ibadat

Hazrat Sayyiduna Abu Hurayrah رضى الله تعالى عنه bayan kartay hayn kay piyaray Mustafa صلى الله تعالى عليه وآله وسلم nay irshad farmaya: khamoshi sab say buland ibadat hay. *(Tareekh e Asbahan li Abi Nu'aim, vol. 2, pp. 34, raqam 999)*

### ‘Aalim ki zeenat aur jaahil ka pardah

Hazrat Sayyiduna Muhriz bin Zuhair Aslami رضى الله تعالى عنه bayan kartay hayn kay Mustafa صلى الله تعالى عليه وآله وسلم nay irshad farmaya: khamoshi ‘aalim ki zeenat aur jaahil ka pardah hay. *(Jaam'i Sagheer, pp. 318, Hadees 5159)*

### Khamoshi akhlaq ki sardar hay

Hazrat Sayyiduna Anas bin Maalik رضى الله تعالى عنه bayan kartay hayn kay Allah ﷺ kay Mahboob صلى الله تعالى عليه وآله وسلم nay irshad farmaya: khamoshi akhlaq ki Sardar hay. *(Musnad ul Firdaus, vol. 2, pp. 36, Hadees 3666)*

### Baat Doozakh mayn oondhay munh giraye gi

Hazrat Sayyiduna ‘Ubadah bin Saamit رضى الله تعالى عنه bayan kartay hayn kay Allah ﷺ kay piyaray Habib صلى الله تعالى عليه وآله وسلم aik roz ghar say bahar tashreef laye aur Suwari par suwar huye to Hazrat Sayyiduna Mu’aaz bin Jabal رضى الله تعالى عنه nay ‘arz ki: konsa ‘amal sab say Afzal hay? Aap صلى الله تعالى عليه وآله وسلم nay apnay mubarak munh ki taraf isharah kar kay irshad farmaya: nayki ki baat kay ilaawah khamosh rahna. ‘arz ki: ham zaban say jo kuch boltay hayn kia is par Allah ﷺ hamari pakarr farmaye ga? to Sarkar e Do jahan صلى الله تعالى عليه وآله وسلم nay un ki raan par haath martay huye irshad farmaya: aye Mu’aaz! Tumhen

tumhari maa roye!<sup>1</sup> Zabanon ka kaha huwa hi logon ko oondhay munh Jahannam mayn giraye ga. Pas jo Allah ﷺ aur Aakhirat kay din par Iman rakhta hay usay chahiye kay achchi baat karay ya buri baat say khamosh rahay. (phir irshad farmaya achchi baat kaho faaiday mayn raho gay aur buri baaton say khamosh raho salamat raho gay. (*Mustadrak Haakim, vol. 5, pp. 407, Hadees 7844*))

#### 40 hazar aulaad ka ijtimā'!(Hikayat)

Hazrat Sayyiduna Anas رضى الله تعالى عنه bayan kartay hayn kay Noor kay Payker صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: Allah ﷺ nay jab Hazrat Aadam عَلَيْهِ السَّلَام ko zameen par utara to jitna Allah ﷺ nay chaha utna 'arsah aap zameen par rahay. Aik roz aap ki aulaad nay aap say kaha: aye waalid e muhtaram! Ham say guftgo kejiye. Aap عَلَيْهِ السَّلَام nay apnay bayton, pooton aur parrpoton kay 40 hazar kay majma' say khitab kartay huye irshad farmaya: Allah ﷺ nay mujhay hukm dia hay kay aye Aadam! Guftgo kam karo ye 'amal tumhen maray qurb (yani jannat) ki taraf lota day ga.

(*Tareekh e Baghdad, vol. 7, pp. 338, raqam 3843*)

#### Abba jaan! Aap boltay kion nahyn? (Hikayat)

Hazrat Sayyiduna Abdullah bin 'Abbas رضى الله تعالى عنه say riwayat hay kay Hazrat Sayyiduna Aadam عَلَيْهِ السَّلَام jab zameen par bhayjay gaye to aap ki khob aulaad hui. Ayk din aap kay baytay, pootay aur parrpotay sab aap kay paas jama' ho kar baaten karnay lagay jab kay aap عَلَيْهِ السَّلَام khamosh rahay aur koi guftgo na farmai. Aulaad 'arz guzar hui: abba jaan! Kia baat hay ham guftgo kar rahay hayn aur aap khamosh hayn? Hazrat Sayyiduna Aadam عَلَيْهِ السَّلَام nay irshad

<sup>1</sup> Is ka zaahiri ma'na to ye hay kay "tumhen maut aa jaye" magar Ahl e 'Arab ye jumlaah adab sikhany, ghaflat say baydar karnay aur apni baat ki 'azamat bayan karnay kay liye bola kartay thay.

farmaya: aye mayray bayto! Jab Allah عَزَّوَجَلَّ nay mujhay apnay qurb (yani Jannat) say zameen par utara to mujh say ye ‘ahad lia tha kay aye Aadam! Guftgo kam karna yahan tak kay mayray qurb mayn lot aau. (*Tareekh e Baghdad, vol. 7, pp. 339, raqam 3843*)

### **Shaytan ko bhaganay ka nuskhah**

Hazrat Sayyiduna Abu Zar Ghifari رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Makki Madani Mustafa صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay mujh say irshad farmaya: tum par nayki ki baat kay ilawah taweel khamoshi laazim hay kion kay ye shaytan ko tum say dor kar day gi aur Deeni mu’amlaat mayn tumhari madad gaar ho gi.

(*Saheeh Ibn e Hibban, vol. 1, pp. 287, Hadees 362*)

### **Hikmat kay 10 hissay**

Hazrat Sayyiduna Abu Hurayrah رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Rasool e Kareem صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad faramya: hikmat kay 10 hissay hayn 9 hissay goshah nasheeni (tanhai) mayn aur aik khamoshi mayn hay. (*Musnad ul Firdaus, vol. 1, pp. 352, Hadees 2593*)

### **Na bolnay mayn 9 gun**

Hazrat Sayyiduna Wuhaib bin Ward رَضِيَ اللهُ تَعَالَى عَلَيْهِ farmatay hayn: kaha jata tha kay hikmat (‘aql Mandi-danai) kay 10 hissay hayn 9 hissay khamoshi mayn aur aik hissah goshah-nasheeni (alag-thalag rahnay) mayn hay. Chunachay mayn nay apnay nafs ka ilaaj kisi had tak khamoshi say karna chaha laykin mujhay is mayn kamyabi na mili phir mayn nay gosha-nasheeni (tanhai) ikhtiyar ki to mujhay hikmat kay 9 hissay bhi mil gaye. (lihaza ma’loom huwa kay waaqa’i hikmat kay 9 hissay goshah-nasheeni mayn hayn jaysa kay ma-qabl Hadees mayn hay). Hazrat Sayyiduna Wuhaib bin Ward رَضِيَ اللهُ تَعَالَى عَلَيْهِ farmatay hayn: aik daanishwar (‘aql mand o daana

aadami) ka qaul hay kay ibadat ya hikmat kay 10 hissay hayn 9 hissay khamoshi mayn aur daswan hissah goshah-nasheeni mayn hay.

### Shaytan say jeetnay ka nuskha

Hazrat Sayyiduna Abu Sa'eed Khudri رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Makki Madani Aaqa صَلَّى اللهُ تَعَالَى عَلَيْهِ وَآلِهِ وَسَلَّمَ nay irshad farmaya: parhayz gaari ikhtiyar karo ye har bhalai ka majmoo'ah hay aur bhalai ki baat kahnay kay ilawah apni zaban band rakho kion kay is kay zaree'ay tum shaytan par ghalib raho gay.

*(Musnad e Abi Ya'la, vol. 1, pp. 432, Hadees 996)*

Hazrat Sayyiduna 'Uqayl bin Mudrik رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay aik shakhs nay Hazrat Sayyiduna Abu Sa'eed Khudri رَضِيَ اللهُ تَعَالَى عَنْهُ say 'arz ki: mujhay naseehat kejiye. Farmaya: haq baat kahnay kay ilawah chup raho kay is kay zaree'ay tum shaytan par ghalib raho (yani jeet jao)gay.

### Baghayr pochay jawab mil gaya

Hazrat Sayyiduna Anas bin Maalik رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Hazrat Sayyiduna Dawood عَلَيْهِ السَّلَام Hazrat Sayyiduna Luqman رَحِمَهُ اللهُ تَعَالَى عَلَيْهِ ki maujoodgi mayn apnay haath say zirah( jang mayn pehannay ka lohay ki jaali ka libas) banatay huye aik halqay ko dosray mayn daal rahay thay, ye daykh kar Hazrat Sayyiduna Luqman رَحِمَهُ اللهُ تَعَالَى عَلَيْهِ ko barra ta'ajjub huwa aur chaha kay is kay muta'lliq pochen magar hikmat nay inhen pochney say baaz rakha. Phir jab Hazrat Sayyiduna Dawood عَلَيْهِ السَّلَام zirah banay say faarigh huye to isay pehan kar irshad farmaya: ye zirah jang kay liye kia khoob shay hay. Ye sun kar Hazrat Sayyiduna Luqman رَحِمَهُ اللهُ تَعَالَى عَلَيْهِ nay kaha: khamoshi hikmat hay laykin is par 'amal karnay walay kam hayn mayn aap say pochna hi chah raha tha laykin khamosh raha phir bhi mujhay apni baat ka jawab mil gaya.

*(Shu'ab ul Iman, vol. 4, pp. 264, Hadees 5026)*

## Kam bolnay walay kam hayn

Hazrat Sayyiduna Anas bin Maalik aur Hazrat Sayyiduna Abdullah bin Umar رضي الله تعالى عنه bayan kartay hayn kay Huzoor صلى الله تعالى عليه وآله وسلم nay irshad farmaya: khamoshi hikmat hay aur is par ‘amal karnay walay kam hayn. (*Musnad Shahab, vol. 1, pp. 168, Hadees 240*)

## Afzal Iman

Hazrat Sayyiduna Mu’aaz bin Jabal رضي الله تعالى عنه bayan kartay hayn kay mayn nay Huzoor صلى الله تعالى عليه وآله وسلم say afzal Iman kay baray mayn pocha to irshad farmaya: afzal Iman ye hay kay tum Allah عزَّوجلَّ kay liye mahabbat karo aur isi kay liye bughz rakho aur apni zaban Allah عزَّوجلَّ kay zikr say tar rakho. ‘arz ki: Ya Rasoolallah صلى الله تعالى عليه وآله وسلم Is kay saath aur kia? irshad farmaya: logon kay liye wahi pasand karo jo apnay liye pasand kartay ho aur jo apnay liye pasand rakhtay ho wo dosron kay liye bhi pasand jano aur achchi baat karo ya khamosh raho. (*Musnad e Imam Ahmad, vol. 8, pp. 266, Hadees 22193*)

## “Du’a e Mustafa” kis kay liye?

Hazrat Sayyiduna Anas bin Maalik رضي الله تعالى عنه bayan kartay hayn kay Huzoor صلى الله تعالى عليه وآله وسلم nay 3 baar ye baat irshad farmai: Allah عزَّوجلَّ us par raham farmaye! Jo baat karta hay to faaidah (yani sawab) pata hay aur khamosh rahta hay to salamat rahta hay.

(*Musnad e Haaris, vol. 1, pp. 339, Hadees 582*)

## Bay misl ‘amal

Hazrat Sayyiduna Anas bin Maalik رضي الله تعالى عنه bayan kartay hayn kay Rasoolullah صلى الله تعالى عليه وآله وسلم nay Hazrat Sayyiduna Abu Zar Ghifari رضي الله تعالى عنه ko sharf e mulaqaat say nawaza to in say irshad farmaya: aye Abu Zar! Kia mayn tumhen 2 aysi khaslaton kay baray mayn na bataun jo deegar khaslaton kay muqablay mayn badan par halki aur

meezan e ‘amal mayn bhari hon? ‘arz ki: Ya Rasooallah ﷺ! Zaroor bataye. irshad farmaya: husn e akhlaq aur taweel khamoshi apnao, us zaat ki qasam jis kay qabza e qudrat mayn mayri jaan hay! Makhlooq ka koi ‘amal in jaysa nahyn.

(*Musnad e Abi Ya’la, vol. 3, pp. 174, Hadees 3285*)

### Qaum kay sardar ko hukm

Hazrat Sayyiduna Abdullah bin Mas’ood رضى الله تعالى عنه bayan kartay hayn kay aik shakhs nay bargah e risalat mayn haazir ho kar ‘arz ki: Ya Rasoolallah ﷺ! mayn apni qaum ka sardar hon mayn inhen kis cheez ka hukm don? irshad farmaya: inhen salam ‘aam karnay aur zaroori baat kay ilawah khamosh rahnay ka hukm do. (*Makaarim ul Akhlaq, pp. 92, Hadees 196*)

### Aaqa ﷺ bahut ziyadah chup rahtay

Hazrat Sayyiduna Jaabir bin Samurah رضى الله تعالى عنه bayan kartay hayn kay Rasool e Kareem ﷺ bahut ziyadah khamosh raha kartay thay<sup>1</sup>. (*Musnad e Imam Ahmad, vol. 7, pp. 404, Hadees 20836*)

Hazrat Sayyiduna Taariq bin Ashyam رضى الله تعالى عنه bayan kartay hayn kay ham bargah e risalat mayn baytha kartay thay, ham nay aap ﷺ say ziyadah taweel khamoshi wala nahyn daykha aur jab Sahabah رضى الله تعالى عنهم ziyadah guftgo kartay to aap ﷺ muskura daytay. (*Mu’jam Kabeer, vol. 8, pp. 320, Hadees 8198*)

<sup>1</sup> Mufasssir e Shaheer Hakeem ul Ummat Mufti Ahmad Yaar Khan Na’eemi رضى الله تعالى عنه Miraat ul Manajeer, vol. 8 pp. 81 par is kay tahat farmatay hayn: Khamoshi say murad dunyawii kalam say khamoshi warnah Huzoor e Aqdas ﷺ ki zaban shareef Allah عز وجل kay zikr mayn tar rahti thi, logon say bila zaroorat kalam nahyn farmatay thay, ye zikr hay jaaiz kalam ka, na-jaaiz to umar bhar zaban shareef par aaya hi nahyn. Jhoot, gheebat, chughli, waghayrah saari umar shareef mayn aik baar bhi zaban e mubarak par na aaya.

#### 4 behtareen Madani phool

Hazrat Sayyiduna Anas bin Maalik رضي الله تعالى عنه bayan kartay hayn kay Mustafa Jaan e Rehmat صلى الله تعالى عليه وآله وسلم nay irshad farmaya: 4 baaten aysi hayn jo kisi aik shakhs mayn shaaz o naadir (yani kam ) hi jama' ho sakti hayn:

1. Khamoshi
2. Allah عز وجل ki khaatir 'aajizi
3. Dunya say bay raghbati aur
4. Qana'at. (*Mausoo'ah Ibn e Abi Dunya, vol. 7, pp. 311, Hadees 560*)

#### Achchi baat karo ya chup raho

Hazrat Sayyiduna Abu Hurayrah رضي الله تعالى عنه aur Hazrat Sayyiduna Shuraih Khuza'i رضي الله تعالى عنه bayan kartay hayn kay Rasoolallah صلى الله تعالى عليه وآله وسلم nay irshad farmaya: jo Allah عز وجل aur Aakhirat kay din par Iman rakhta hay usay chahiye kay achchi baat karay ya khamosh rahay. (*Bukhari, vol. 4, pp. 136, Hadees 6135*)

Hazrat Sayyiduna Hasan Basri رحمته الله تعالى عليه bayan kartay hayn: hamen ye baat batai gai hay kay Huzoor صلى الله تعالى عليه وآله وسلم ka irshad hay kay "Allah عز وجل us banday par raham farmaye! Jo bolta hay to faaidah (yani sawab) pata hay aur khamosh rahta hay to salamat rahta hay.

(*Shu'ab ul Iman, vol. 4, pp. 241, Hadees 4934*)

#### Khamoshi mayn salamati hay (aqwaal e Sahabah)

Ameer ul Momineen Hazrat Sayyiduna Ali رضي الله تعالى عنه farmatay hayn: apnay aap ko chhupao tumhara (bura) tazkirah nahyn kia jaye ga aur chup raho salamat raho gay. Hazrat Sayyiduna Ibn e Mas'uood رضي الله تعالى عنه farmaya kartay: aye zaban! Achchi baat kar faaiday mayn

rahay gi aur bol mat kay nadamat (sharmindagi) say pahlay salammat rahay gi. Hazrat Sayyiduna Abdullah bin ‘Abbas رَضِيَ اللهُ تَعَالَى عَنْهُ farmaya kartay: aye zaban achchi baat kah tujhay faaidah ho ga aur buri baat kahnay say khamosh rah salamati mayn rahay gi.

### Haq baat karo ya chup raho

Hazrat Sayyiduna Maymon bin Mehran رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay aik shakhs nay Hazrat Sayyiduna Salman Farsi رَضِيَ اللهُ تَعَالَى عَنْهُ ki khidmat mayn haazir ho kar ‘arz ki: mujhay naseehat kejiye. Farmaya: guftgo mat karo. Us nay ‘arz ki: jo logon kay darmiyan rahta hay isay baat cheet kiye baghayr charah nahyn. Farmaya: agar guftgo karni hi ho to baat kaho ya khamosh raho.

### Jannat mayn lay janay wala ‘amal

Hazrat Sayyiduna Sufyan bin ‘Uyainah رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay Hazrat Sayyiduna Esa عَلَيْهِ السَّلَام ki baargah mayn logon nay ‘arz ki: hamen aysa ‘amal bataiye jis kay sabab ham Jannat mayn daakhil ho jayen. irshad farmaya: kabhi mat bolo. Logon nay ‘arz ki: ham is ki taqat nahyn rakhtay. irshad farmaya: to phir achchi baat kay ilawah kuch na bolo.

Ameer ul Momineen Hazrat Sayyiduna Ali رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn kay khamoshi mahabbat ka sabab hay.

### Hikmat ki asl

Hazrat Sayyiduna Wahab bin Munabbeh رَضِيَ اللهُ تَعَالَى عَنْهُ bayan kartay hayn: tamam Atibba (yani ilaaj karnnay walon) ka is par ittifaq hay kay Tib (yani ilaaj kay fan) ki bunyad parhayz hay aur tamam Hukama ka is par ittifaq hay kay hikmat (yani ‘aql mandi) ki bunyad khamoshi hay.

### Guftgo chandi to khamoshi sona

Hazrat Sayyiduna Sulayman عَلَيْهِ السَّلَام nay irshad farmaya: agar guftgo chandi hay to khamoshi sona hay.

### Kon si guftgo chandi hay?

Hazrat Sayyiduna Abdullah bin Mubarak رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ say jab Hazrat Sayyiduna Luqman رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ kay us qaul kay baray mayn pochha gaya jo unhon nay apnay baytay say farmaya tha kay agar guftgo karna chandi hay to khamosh rahna sona hay to aap nay farmaya: agar Allah عَزَّوَجَلَّ ki farmanbardari par mushtamil guftgo chandi hay to us ki na-farmani wali baat say khamoshi ikhtiyar karna sona hay.

### Suhbat kay liye mufeed shakhs

Ameer ul Momineen Hazrat Sayyiduna Umar bin ‘Abdul ‘Azeez farmatay hayn: jab tum kisi banday ko bahut ziyada khamosh aur logon say dor rahnay wala daykho to us kay qareeb ho jao kion kay usay hikmat di gai hay.

### Nabi ki ‘aajizi magar hamaray liye dars e ibrat

Hazrat Sayyiduna Dawood عَلَيْهِ السَّلَام irshad farmatay hayn: mayn guftgo kar kay kai baar naadim (yani sharmindah) huwa laykin khamoshi par kabhi naadim nahyn huwa.

Hazrat Sayyiduna Wuhaib bin Ward رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: mayn nay goshah-nasheeni ko zaban ki khamoshi mayn paya hay.

### Ibadat ki kunji

Hazrat Sayyiduna Sufyan Sauri رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: kaha jata tha kay taweel (yani daraz) khamoshi ibadat ki kunji hay.

### **Ibadat ki ibtidaa khamoshi hay phir.....**

Hazrat Sayyiduna Sufyan Sauri رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: ibadat ki ibtidaa khamosh rahna hay, phir ilm haasil karna phir isay yaad karna phir is par ‘amal karna aur phir isay phaylana.

### **Pahlay kay nayk log kam go huwa kartay**

Hazrat Sayyiduna Imam Mujahid رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: self-Saaliheen (yani pahlay kay guzray huye nayk log) kam guftgo kia kartay thay.

Hazrat Sayyiduna Abdul Rahman bin Shuraih رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: agar aadami apnay liye kuch ikhtiyar karta to khamoshi say afzal koi say ikhtiyar na karta.

### **‘Aql mandi ki zeenat**

Hazrat Sayyiduna Mosa bin Ali رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Bani Israeel kay aik raahib (yani dunya say alag thalag ibadat mayn mashghool shakhs) ka qaul hay kay aurat ki zeenat sharm o haya aur ‘aql ki zeenat khamoshi hay.

### **Khamosh rahnay wala ‘aalim afzal ya bolnay wala? (hikayat)**

Hazrat Sayyiduna Abdullah bin Kharashi رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: mayn nay Hazrat Sayyiduna Umar bin ‘Abdul ‘Azeez رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ kay paas aanay walay aik ‘aalim saahib ko ye farmatay suna kay khamosh ‘aalim bolnay walay ‘aalim ki tarah hay. Hazrat Sayyiduna Umar bin ‘Abdul ‘Azeez رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ nay farmaya: mayn khayal karta hon kay bolnay wala ‘aalim Qiyamat kay din khamosh rahnay walay ‘aalim say afzal ho ga kion kay bolnay walay ka nafa’ logon ko pohanchta hay jab kay khamosh rahany walay ‘aalim ko sirf zaati faaidah haasil hota hay. Is ‘aalim saahib nay kaha” Ameer ul Momineen! To phir guftgo ki aazmaish kis qadr ho gi? Ye sun kar aap رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ phot phot kar ronay lagay.

Hazrat Sayyiduna Abu Muslim Khaulani رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Rozah-dar ki neend tasbeeh hay aur Rozah-dar wahi hay jo chup rahay aur fuzool baaten na karay.

#### 4 Ulama aur aik Badshah

Hazrat Sayyiduna Abdullah bin Mubarak رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: aik Badshah kay haan 4 Ulama e Kiram jama' huye to Badshah nay un say 'arz ki: Aap Hazaraat aik aik mukhtasar aur jaami' baat irshad farmaye. Un mayn say ak nay farmaya: "Ulama ka afzal 'ilm khamoshi hay". Dosray nay kaha: aadami kay liye sab say barrh kar nafa' mand baat ye kay wo apni haysiyat aur 'aql ki intihaa (gahrai) ko jaan lay aur is kay mutabiq guftgo karay. Teesray nay farmaya: sab say barrh kar muhtaata wo shakhs hay jo na to maujoodah ne'mat par mutmain ho, na us par bharosah karay aur is kay liye koi takleef bhi na uthaye. Chothay nay farmaya: taqdeer par raazi rahnay aur qana'at ikhityar karnay say barrh kar koi shay badan kay liye aaram dah nahyn.

#### Ziyadah bolnay say waqar jata rahta hay

Hazrat Sayyiduna Abu Mus'ir رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: khamoshi nayk logon ki du'a hay. Hazrat Sayyiduna Sa'sah bin Soman رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: khamoshi murawwat ki bunyad hay. Hazrat Sayyiduna Muhammad bin Nadr Haarisi رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmaya kartay thay: ziyadah guftgo karnay say waqar chala jata hay.

#### Khamoshi kay 2 faaiday

Hazrat Sayyiduna Muhammad bin 'Abdul Wahhab رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: khamoshi say aadami ko 2 cheezen haasil hoti hayn:

1. Deen may salamati aur

## 2. Dusray ki baat samajhna.

Hazrat Sayyiduna Fuzail bin ‘Iyaaz رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: (nafal Hajj, aur Islami sarhad par pahrah dayna bhi zaban ki hifazat say afzal nahyn.

### Logon mayn andhay bahray gongay ban kar raho(hikayat)

Hazrat Sayyiduna Wahab bin Munabbih رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ say aik shakhs nay ‘arz ki: logon kay mu’amlaat daykh kar mayra dil kahta hay kay in say mayl jol na rakhon. Aap رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ nay farmaya: aysa na karo kion kay logon ko tumhari aur tumhen logon ki zaroorat hay al-batta tum in kay darmiyan sunnay walay bahray, daykhnay walay andhay aur bolnay ki salahiyat rakhnay kay ba-wujood gongay ban jao.

### Khamoshi kay waqt ‘aql haazir rahti hay

Hazrat Sayyiduna Wahab bin Munabbih رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: aadami khamosh rahta hay to is ki pori ‘aql mukammal taur par haazir rahti hay. Ameer ul Momineen Hazrat Sayyiduna Umar bin ‘Abdul ‘Azeez رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: jo apni guftgo ko bhi apna ‘amal shumar karta hay wo kam bolta hay.

## 4 Badshah (Hikayat)

Hazrat Sayyiduna Abu Bakr bin ‘Ayyash رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn 4 Mulkon Faris, Room, Hind aur China kay badshah aik jagah jama’ huway aur charon badshahon nay 4 aysi baatayn ki goya aik hi kaman say 4 teer phaynkay hoon, Aik nay kaha Mayn kahi huyi baat kay muqablay may na kahi huyi baat say ruknay par ziyadah qadir hoon. Dusray nay kaha: Jo baat Mayn nay munh say nikal di woh mujh par haawi aur jo baat munh say na nikali us par Mayn haawi hoon. Teesray nay kaha: Mujhay na ki huyi baat par kabhi

nadamat (Sharmindagi) nahin huyi al-battah ki huyi baat par zaroor sharmindah huwa hoon. Chhothay nay kaha: Mujhay bolnay walay par ta'ajjub hay kay agar wohi baat us ki taraf laut jaye to usay nuqsan day aur agar na lautay to fayedah bhi na day.

### Un ki zabano par Hikmat bhari baatayn jaari huyi

Hazrat Sayyiduna Abu Ali Roozbari رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: 'Aqal mand o danishwar log Khamosh rahnay aur ghaur o fikr kay sabab hikmat kay waris huway to Allah عَزَّوَجَلَّ nay un ki zabanon par aysi hikmat bhari baatayn jaari kerdi kay inhayn in kay aur in kay parwardigar عَزَّوَجَلَّ kay 'ilawah koi nahin janta.

### Sayyiduna Ibrahim bin Adham Khamoosh rahay (Hikayat)

Hazrat Sayyiduna Ibrahim bin Bashhar رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Aik martabah hum kuch log ikhattay huway to hum may say har aik nay kuch na kuch guftgu ki magar Hazrat Sayyiduna Ibrahim bin Adham رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ khamosh rahay, aap nay koi baat na ki. Jab log chalay gaye to Mayn nay is baat par un say na gawari ka izhar kiya to aap nay farmaya: Guftgu bay waqoof ki bay waqoofi aur aqal mand ki aqal mandi ko zaahir kerti hay. Mayn nay kaha: Phir aap nay guftgu kyun na ki? Farmaya: Mujhay khamosh rah ker gum zadah hona guftgu ker kay nadim honay say ziyadah piyara hay.

### Khamoshi hi sabr hay

Hazrat Sayyiduna Bishr Haafi رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Sabr khamoshi aur khamoshi hi sabr hay aur guftgu kernay wala khamosh rahnay walay say ziyadah parhayz gar nahin siwaye aysay 'aalim kay jo guftgu kay mauqa' par guftgu karay aur khamosh rahnay kay mauqa' par khamosh rahay.

### **Khamoshi ka Adna Fayedah salamati hay**

Hazrat Sayyiduna Ahmad bin Khallad رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ kay walid majid farmatay hayn: Khamoshi ka adna fayedah salamati aur bolnay ka adna nuqsan nadamat o sharmindagi hay. Fuzool baaton say chup rahna sab say barri hikmat hay aur baghayr ‘ilm kay bolnay wala ghalati say bach nahin sakta aur na ma’loom baat say khamoosh rahnay wala bhi hikmat say khali nahin.

### **Kamal-e-Adab ki 4 khoobiyan**

Hazrat Sayyiduna Sahl bin Abdullah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: yeh 4 khoobiyan ho to adab apnay kamal ko pohanch jata hay:

1. Taubah
2. Nafs ko khuwahishat say rokna
3. Khamoshi
4. Goshah Nasheeni

### **Kamil Mu'min ki 4 khoobiyan**

Hazrat Sayyiduna Sufyan bin ‘Uyaynah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: Manqool hay kay Mu'min us waqt kamil mu'min hota hay jab woh taweel khamoshi wala ho, us ki guftgu achhi ho, jhoot na bolta ho aur parhayz gari may mukhlis ho. (Dikhawa aur riya kari say bachhta ho)

### **Logon kay darmiyan ihtiyat kay Madani Phool**

Hazrat Sayyiduna Ibrahim Bin Adham رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: Majlis may (Ya'ni logon kay darmiyan ho to) ihtiyat aur aqal mandi yeh hay kay ghalati say bachhnay kay liye ba qadr-e-zarurat hi baat ki jaye. Tum jab kisi cheez ka hukm do to yaqeen kay sath do, jab

suwal karo to waazih suwal karo, jab kisi cheez ko talab karo to achhay tareeqay say talab karo aur jab kisi cheez ki khabar do to tahqeeq kay ba'd do aur ziyadah baatayn kernay aur guftgu may bay ja milawatt say bacho kyun kay jo ziyadah bolta hay woh ghalatiyan bhi ziyadh kerta hay.

### **Kiya baat kernay wala bhi najat paye ga**

Hazrat Sayyiduna Bishr Haafi رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Hazrat Sayyiduna Abdullah bin 'Awn رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ khamosh raha kertay thay, un say 'arz ki gaie aap baat kyun nahin kertay? Farmaya: Kiya baat kernay wala bhi najat paye ga?

Hazrat Sayyiduna Ishaq bin Khalaf رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: guftgu may ihtiyat baratna sonay chandi kay mu'amalay may ihtiyat kermay say ziyadah sakht hay.

### **20 Saal say chup rahnay ki mashq**

Hazrat Sayyiduna Abdullah bin Abu Zakariyya Dimashqi رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Mayn 20 saal tak fuzool baaton say bachnay kay liye khamoshi apnanay ki koshish kerta raha laykin apnay maqsad may kamyab na ho saka. Hazrat Sayyiduna Muwarriq 'Ijli رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Mayn 20 saal say aik cheez ko haasil kernay may laga huwa hoon laykin abhi tak kamiyab nahin huwa magar phir bhi usay haasil kernay may laga rahoon ga. Kisi nay poocha woh kiya hay? Farmaya: Fuzool baaton say khamoshi

### **40 saal tak munh may patthar rakha**

Hazrat Sayyiduna Artah bin Munzir رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: aik shakhs nay 40 saal tak munh may patthar rakh ker khamosh rahna seekha sirf khanay, peenay aur sonay kay liye hi munh say patthar nikalta tha.

### Pharr khanay wala darindah

Aik qurayshi buzurg رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Kisi ‘Aalim sahib say poocha gaya kay aap khamosh kiyun rahtay hayn? Farmaya: Mayn nay apni zaban ko pharr khanay wala darindah paya hay, Mujha darr hay kay agar Mayn khula chhorr doon ga to yeh mujhay kaat khaye ga.

### Hawa may chalnay wala Aadami (Hikayat)

Hazrat Sayyiduna Wahb bin Munabbih رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Bani Israel may 2 buzurg ‘ibadat kay aysay martabay par faaiz thay kay paani par chaltay thay. Aik martabah woh samundar par chal rahay thay kay unho nay aik buzurg ko daykha kay woh hawa may chal rahay hayn. Un say poocha: Aye Allah عَزَّوَجَلَّ kay banday! Aap is maqaam tak kaysay pohanchay? Unho nay farmaya: thorri dunya par raazi rah ker, Mayn nay apnay nafs ko khuwahishat aur zaban ko fuzool baaton say roka aur un kaamon may mashghool ho gaya jin ka parwardigar عَزَّوَجَلَّ nay mujhay hukm diya aur Mayn nay Khamoshi ko apnaye rakha. Agar Mayn Allah عَزَّوَجَلَّ par kisi baat ki qasam khalon to woh mayri qasam poori farma day aur agar us say mango to woh Mujhay ‘ata ker day.

### Parindah bol ker phans gaya! (Hikayat)

Hazrat Sayyiduna Makhlad رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Bani Israel may aik shakhs tha jo aksar khamosh raha kerta tha. Badshah nay is ki wajah poochnay kay liye kisi ko us kay paas bhayja magar us nay koi baat na ki, phir badshah nay logon kay sath usay shikar kay liye bhayja shayad koi shikar nazar aaye to woh bolay. Logon nay aik parinday ko zor say chillatay daykha to jaldi say us ki taraf baaz chhorra jis nay ja ker usay pakarr liya. Yeh daykh ker us shakhs nay

kaha: Har shay kay liye khamoshi achhi (kay is may salamati) hay yahan tak kay parinday kay liye bhi.

Hazrat Sayyiduna Ibrahim Nakh'ee رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: Sahabah Kiraam عَلَيْهِمُ الرِّضْوَان ki majlis may jo ziyadah khamosh hota wohi un kay nazdeek sab say afzal hota.

### Do bahtareen khoobiyan

Hazrat Sayyiduna Yahya bin Abu Kaseer رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: do cheezayn ya'ni khoobiyan jis shakhs may daykho to jaan lo kay in do kay 'ilawah bhi is ki saari sifaat achhi hogi.

1. Zabaan ko qabo may rakhna aur
2. Namaaz ki hifazat kerna

### Barri Hikmat

Hazrat Sayyiduna Abu Salamah San'ani رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn Kam bolna barri hikmat hay lihaza khamoshi ikhtiyar karo kay ye 'umda parhayzgari hay, is say bojh halka hota aur gunahaun may kami rahti hay.

### Khamoshi seekhnay ki ziyadah zarurat hay

Hazrat Sayyiduna Marwan bin Muhammad رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ bayan kertay hayn kay Hazrat Sayyiduna Ibrahim bin Adham رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ say 'arz ki gaie kay fulan shakhs 'Ilm-e-Nahw seekh raha hay to aap nay farmaya usay khamooshi seekhnay ki ziyadah zarurat hay.

### Bolnay say ziyadah sunnay ki hirs rakho

Hazrat Sayyiduna Abu Darda رَضِيَ اللَّهُ تَعَالَى عَنْهُ farmatay hayn: jis tarah guftgu kerna seekhtay ho isi tarah khamosh rahna bhi seekho kiyun

kay khamoshi bahut barri hikmat hay, bolnay say ziyadah sunnay ki hirs rakho aur fuzool cheezon kay baray may baat cheet bilkul mat karo.

### **Ibadat kay 9 Hissay khamoshi may hayn**

Hazrat Sayyiduna Anas رضي الله تعالى عنه bayan kertay hayn kay Huzoor صلى الله تعالى عليه وآله وسلم nay irshad farmaya: Ibadat kay 10 hissay hayn 9 Hissay khamoshi may aur daswan hissah halal kamanay may hay<sup>1</sup>

### **A'afiyat kay 9 Hissay**

Hazrat Sayyiduna Ibn-e-Abbas رضي الله تعالى عنهما bayan kertay hayn kay Huzoor صلى الله تعالى عليه وآله وسلم nay irshad farmaya: Khayr o a'afiyat kay 10 hissay hayn 9 hissay khamoshi may aur daswan goshah nasheeni may hay<sup>2</sup>.

### **Bolna Dawa ki tarah hay**

Hazrat Sayyiduna 'Amr bin 'Aas رضي الله تعالى عنه farmatay hayn: Baat kerna dawa ki tarah hay jisay Tu thorri lay ga nafa' day gi aur agar bahut ziyadah lay ga to tujhay maar daalay gi. Ameer-ul-Mu'mineen Hazrat Sayyiduna Ali رضي الله تعالى عنه farmatay hayn: Jab 'Aql mukammal ho jati hay to bolna kam ho jata hay.

Manqool hay kay "Khamoshi salamati ki kunji hay."

### **Badshah Bahraam aur Parindah**

Manqool hay kay badshah Bahraam aik raat kisi darakht kay neechay baytha tha kay us nay darakht say aik parinday ki aawaz suni to usay teer maar ker gira diya phir kaha: Zaban ki hifazat insan aur parinday dono kay liye mufeed hay agar yeh apni zaban ki hifazat kerta (aur bol na parrrta) to halak na hota.

<sup>1</sup> Musnad-ul-Firdaus, vol. 2, pp. 86, Hadees. 4062

<sup>2</sup> Musnad-ul-Firdaus, vol. 2, pp. 85, Hadees. 4052

### Zaban aik aur kaan do kiyun

Yunani Danishwar Buqrat nay aik shakhs ko bahut ziyadah boltay suna to kaha: Aye fulan! Allah ﷻ nay insan kay liye zaban aik aur kaan do banaye ta kay bolay kam aur sunay ziyadah.

Hazrat Sayyiduna Fuzayl bin ‘Ayaz رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: Guftgu kernay walay par hamayn aafat ka khauf hay.

### *Khamoshi ki Fazeelat par mushtamil Arabi ‘Ash’aar ka tarjamah*

#### Nafs kay liye bahtareen Sarmayah

Hazrat Sayyiduna Abdullah bin Mubarak رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn Mayn apnay nafs ki tarbiyyat kernay laga to Khauf-e-Ilahi kay ba’d har haal may jhoot aur logon ki gheebat say bachay rahnay ko nafs kay liye bahtareen adab o sarmayah paya. Jhoot aur gheebat ko Allah ﷻ nay apni kitabon may haram farmaya hay. Mayn nay Riza mandi aur na gawari dono halataun may nafs say kaha: ‘Ilm aur burdbari ya’ni sabr o tahammul shareef aadami ki zeenat hayn. Aye nafs! Agar tayra baat kerna chandi hay to khamosh rahna sona hay.

#### Tamam Bhalaye khamoshi aur goshah nasheeni may hay

Hazrat Sayyiduna Mansoor bin Isma’eel Faqeeh رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn: Tamam ki tamam bhalaye khamoshi aur goshah nasheeni may hay agar yeh donon tum kerna chahtay ho to thorri ghiza par qana’at karo.

#### Dunya o Akhirat may Laiq-e-Ta’reef

Aik sha’ir nay kaha:

1. Log kahtay hayn: Tum bahut khamosh rahtay ho. Mayn nay un say kaha: Mayri khamoshi gongay pan ya bay basi ki wajah say nahin hay.

2. Khamoshi dunya o aakhirat may laiq-e-ta'reef hay aur mujhay sakht baat kernay say khamosh rahna ziyadah pasand hay.
3. Logon may say kisi nay kaha: aap theek kahtay hayn magar achhi baat kernay may kiya harj hay? Mayn nay kaha: tum mujhay khoon khuwar bananay ka iradah ker rahay ho.
4. Jo nayki ko jantay hi nahin Mayn un kay samnay nayki ki kiya baat karoon! Kiya Mayn andho kay samnay andhayray may moti phaylaoon?

### **Bol parrna barha “Tension” may dal dayta hay!**

Hazrat Sayyiduna Haatim Muhammad Bin Hibban Busti رحمۃ اللہ تعالیٰ علیہ farmatay hayn: Hazrat Sayyiduna Muhammad Bin Abdullah Zanjī Baghdadi رحمۃ اللہ تعالیٰ علیہ Nay mujhay ye asha'ar sunaey:

1. Tum khamoshi ki wajah say phisalnay say mahfooz raho gay aur ziyadah bolnay ki wajah say khauf zadah ho jao gay.
2. Aysi baat kabhi mat karo jis kay ba'd tumhayn ye kahna paray kay kash! Mayn nay ye baat na ki hoti.

### **Sab say bara mareez**

Hazrat Sayyiduna Saalih Bin Janah رحمۃ اللہ تعالیٰ علیہ farmatay hayn: Logon may sab say ziyadah museebat zadah, sab say ziyadah thaka huwa aur sab say ziyadah beemar woh shakhs hay jis ki zaban bay lagham aur dil bay qabu ho aysa shakhs na sahih baat ker sakta hay na hi chup rah sakta hay, Lihaza

1. Thora bolo aur guftgu kay shar say panah mango kiyun kay kuch musibatayn baataun say jurri huyi hayn.

2. Apni zaban ki hifazat karo aur isay bhatak janay say bachao hatta kay woh ayk qaydi ki tarah ho jaye.
3. Apnay dil ko zaban kay sipurd ker do aur kaho: Tum donon per lazim hay kay naap tol ker baat karo.

### **Khamoshi na samajh ka pardah hay**

Jareer sha'ir kay dada Khatafi nay kaha:

1. Mujhay us naujawan per ta'ajjub hota hay jo baat ko samjhay baghayr hi bol ker khud ko ruswa ker dalta hay aur us ki khamoshi per bhi ta'ajjub hota hay jo baat samjhtay huway bhi khamosh rahta hay
2. Na samajh shakhs kay liye khamoshi hi may pardah hay, Bay shak 'aql ka 'ayb aadami kay guftgu kernay say hi zaahir hota hay.

### **Khamosh rah ker 'aybon ko chhupao**

Ayk sha'ir nay kaha:

1. Jis qadar ho sakay khamosh rah ker 'aybon ko chuppo kiyun kay chup rahnay may chup rahnay walon kay liye bari rahat hay
2. Agar kisi baat ka jawab na aata ho to khamosh raha karo kiyun kay bahut si baataun ka jawab sirf "khamoshi" hoti hay.

### **Bolna agar chandi hay to chup rahna sona**

Hazrat Sayyiduna Abu Najm Bilal Bin Muqallid Bin Sa'd رَحْمَةُ الْمَوْلَى عَلَيْهِ

Kahtay hayn:

1. Logon nay kaha: Aap ki khamoshi mahroomi hay. To Mayn nay un say kaha: "Allah عَزَّوَجَلَّ nay mayray liye jo muqaddar kiya hay woh mujhay bin mangay mil jata hay"

2. Aur agar mayra bolna chandi hay to yaqeenan khamosh rahna sona (Gold) hay.

Abdul Malik Sharaksi nay kaha:

1. Jab tum kuch kahnay per majboor ho jao to phir bhi na kaho balkay khamoshi ka daman mazbooti say thamay raho.
2. Agar tumhara bolna chandi hay to khamosh rahna sona hay.

Ayk sha'ir nay kaha:

1. Khamoshi ko lazim ker lay aur bila wajah mat bol kiyun kay baatooni shakhs thaka rahta hay.
2. Agar tayra guman hay kay guftgu chandi ki misl hay to yeh yaqeen ker lay kay khamoshi sonay ki tarah hay.

### **Khamoshi bhala'ie aur salamati hay**

Hazrat Sayyiduna Abul Hassan Marwazi رحمۃ اللہ تعالیٰ علیہ farmatay hayn:

1. Tayri Zindagi ki qasam!<sup>1</sup> Burd baaron (Ya'ni Bardasht kernay walon) kay liye burd bari (Quwwat-e-Bardasht) zeenat hay aur is ki ya to 'aadat hoti hay ya 'aadat banani parrti hay.
2. Agar kisi shakhs ka khamosh rahna nadamat ya sharm o haya ki wajah say na ho to yaqeenan is ki khamoshi bahut bhalaye aur salamati hay,

Aik sha'ir nay kaha: Kam bola karo, is tarah guftgu kay nuqsanaat say mahfooz raho gay, khamoshi ki zameen is phayli huyi zameen say juda hay.

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<sup>1</sup> لَعْمَرِي (Ya لَعْمَرَك waghayrah Ya'ni mayri ya tayri 'umar ki qasam) Qasam-e-Shar'i nahin, woh to sirf Khuda عَدَّوَعَل kay naam ki hoti hay, balkay Qasam-e-laghawi hay, Jaysay Rab Ta'ala fermata hay: وَالْفَيِّسِ وَالرَّيِّسُونَ (P. 30, Surah At-Teen, Ayah 1) Injeer aur Zaytoon ki qasam. Lihazah ye farman-e-'aali us Hadees kay khilaf nahin jis may irshad huwa kay Ghayr-e-Khuda ki qasam na khao. (Mirat-ul-Manajeeh, vol. 4, pp. 337)

### **Khamoshi zabardast zeenat hay**

Hazrat Sayyiduna Abdullah Bin Mubarak رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn:

1. Jahan bolna na ho wahan khamosh rahna aadami kay liye zabardast zeenat hay.
2. Aur such bolna mayray nazdeek qasam khanay say ziyadah achha hay
3. Aur izzat o waqar insaan ki aik nishani hoti hay jo us ki payshani per chamakti hay.

Aik sha'ir nay kaha: Muttaqi o Perhayzgar shakhs apni zaban ki hifazat ki khatir baat kernay say bachta hay halan kay woh durust bolnay per qadir hota hay.

### **“Khamosh” aur “Bolnay” walay ki hikayat**

Hazrat Sayyiduna Abu Haatim رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn: Do shakhs ‘ilm haasil kernay lagay, jab ‘aalim-e-deen ban gaye to aik nay “Khamoshi” apna li aur dusra “Guftgu ka ‘aadi” ban gaya. Dusray nay khamoshi apnanay walay ko aik sha’r likh ker bhayja kay Mayn nay rozi kamanay may sab say kargar zari’ah zaban ko paya hay. Khamosh rahnay walay nay jawab may likha: “Mayn nay zaban ko qabu may rakhnay say barh ker kisi chez ko kamal tak pohanchanay wala nahin paya”

### **Zaban ko lagham daynay wala hi salamata rahta hay**

Hazrat Sayyiduna Sufyan Bin ‘Uyaynah رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ Farmatay hayn:

1. Bad chalan ki mahabbat say apnay dil ko khali kerdo aur salam kertay huway us kay pas say guzar jao,

2. Khamoshi ki beemari may marna tumharay liye bolnay ki beemari may marnay say behtar hay.
3. Yaqeenan wohi shakhs salamat rahta hay jo apni zaban ko lagham day ker rakhta hay.

### Shareef aadami ki pehchan

Hazrat Sayyiduna Ibrahim Bin Harmah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn:

1. Mayn logon ko aik mushkil mu'amalay may daykh raha hoon lihazah tum aik kinarah pakarr lo jab tak kay mu'amalah apni intiha ko na pohanch jaye.
2. Kiyun kay guzray huway ko wapas nahin la saktay jab zaban phisalti hay to baat munh say juda jo jati hay.
3. Tum har shareef aadami ko "Khamosh" daykho gay aur dusron ko daykho gay kay bol ker apni izzat kharab kertay hayn.

### Bahas mubahisay may parrnay say behtar

Aik aur sha'ir nay kaha:

1. Logon kay sath mu'afi o dar guzar say paysh aao aur us kay liye apni izzat ko waqf ker do
2. Aur jab malammat ziyadah honay lagay to apnay kaanon ko band ker lo
3. Aur jab fuzool goye ka andayshah ho to khamoshi ko laazim ker lo
4. Kiyun kay Qeel o qaal kernay (Ya'ni bahas mubahisay may parrnay) say khamosh rahna tumharay liye ziyadah behtar hay.

## Kamyab kaun?

Hazrat Sayyiduna Abu ‘Atahiyah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ farmatay hayn:

1. Bahut ziyadah khamosh rahnay wala shakhs kamiyab hay aur kalam ki hifazat kernay walay kay liye baat ghiza hoti hay aur
2. Har baat ka jawab nahin hota aur na pasandeedah baat ka jawaab to khamoshi hi hay.

Hazrat Sayyiduna Abu ‘Atahiyah رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ mazeded farmatay hayn:

1. Jab tum guftgu ki asl (Ya’ni jarr) tak pohanch jao to is say ziyadah guftgu kernay may koi bhalaye nahin
2. Aur bay ja guftgu kernay say insan ka khamosh rahna hi behtar hay.

## Nayki ki baat karo ya khamosh raho

Aik sha’ir nay kaha hay:

1. Nayki ki baat karo aur fuzool, mashkook (Ya’ni shak wali) baat, fuhush kalami aur ‘ayb joye mat karo.
2. Khamosh taba’ (Ya’ni chup rahnay walay), ba waqar aur ghaur o fikr kernay walay ban jao aur agar bolo to kam bolo aur
3. Baghayr sochhay samjhay suwal kernay walay ko jawab mat do aur jis kay muta’lliq tum say pochha na jaey us kay baray may mat bolo.

## Khamoshi hi behtar hay

Uhayhah Bin Julaah nay kaha:

1. Jab tak khamosh rahna ‘ayb na ban jaey to naujawan kay liye khamoshi hi behtar hay

2. Aur jis kay pas madad kernay wali ‘aqaal na ho to is ki baat ahmaqanah hi hogi.

### **Hont band rahnay may hi salamati hay**

Aik sha’ir nay kaha:

1. Jab tak tum apnay honton ko band rakho gay salammat raho gay aur agar unhayn kholna hi ho to achhi baat karo
2. Taweel khamoshi ikhtiyar kernay walay ka maqsad ye hi hota hay kay mazammatt o ‘itaab (Ya’ni malammat o bura bhala kehlaye janay) say bacha rahay.
3. Lihazah tum bhi achi baat karo ya phir itni ziyadah baatayn mat karo jis per tumhayn bura bhala kaha jaye.

### **Pehlay tolo ba’d mayn bolo**

Abdullah Bin Mu’awiyah Bin Ja’far kahtay hayn:

1. Aye Insaan! Kabhi koi baat mat kar kiyun kay Tu nahin janta kay kaun si baat tujhay ‘ayebdar ker day.
2. Khamoshi ko mazbooti say tham lay kiyun kay khamoshi may barri hikmat hay aur agar bolna hi hay to pehlay tol phir bol.
3. Jab log aysi bahas may lag jaye jis say tujhay koi sarokar (Ya’ni Ta’lluq) na ho to kinarah ker lay (Ya’ni wahan say hat ja)

### **Bol ker barha pachhtana parra hay**

Hazrat Sayyiduna Abu ‘Atahiyah رضي الله تعالى عنه farmatay hayn:

1. Agar khamosh rahna tujhay pasand hay to tujh say pehlay nayk logon ko bhi ye pasand tha.

2. Aur Agar Khamosh rahnay per Tu aik martabah nadamat uthaye ga to yaqeen ker bolnay per kaye baar nadamat ka samna karay ga.
3. Bayshak khamoshi salamati hay jab kay basa awqat bolna dushmani aur nuqsan ka beej (sabab) ban jata hay.
4. Jab aik na kaam shakhs dusray na kaam shakhs kay qareeb hota hay to is say khasaray aur na kaami may izafah hi hota hay.

### **Zaban kay mu'amalay may kanjoosi hi behtar hay**

Hazrat Sayyiduna Ibrahim Bin Abu 'Ablah رَحْمَةُ اللهِ تَعَالَى عَلَيْهِ farmatay hayn:

1. Jab tak zaban kay mu'amalay may "Kanjoosi" kertay raho gay yeh mahfooz rahay gi lihazah isay bay lagham mat chhorro
2. Khamosh rah ker raazon ko dil may aysay hi posheedah rakho jaysay Zabarjad (aik sabz rang ka zardi mail qeemti patthar) aur nayab mauti ko chhupa ker rakha jata hay.
3. Kiyun kay jo baat tum nay bharay majma' may keh di ho rahti dunya tak usay wapas nahin lauta saktay.
4. Jis tarah piya huwa pani wapas nahin aa sakta aur bacha riham (Ya'ni payt kay andar bacha daani) may wapas nahin ja sakta.

### **'Aqal mand aur jahil**

Aik sha'ir nay kaha:

1. Jis nay khamoshi ikhtiyar ki us nay haybat ka libas pehan liya jo logon say is ki buraiyon ko chhupaey rakhta hay.

2. 'Aqal mand ki zaban is kay dil may jab kay jahil ka dil us kay munh mayn hota hay.

### **Insan kay chup rahnay ka maqsad**

Aik sha'ir nay kaha: Aye Saleemah!

1. Apni 'aadat say baaz aa ja aur malammat mat ker ya phir usay malammat ker jisay hawadis-e-zamanah nay aysay gira diya kay ab uth nahin sakta
2. Mayra naseeb mujhay her tarah ki izzat say rok raha hay magar mayri himmat izzat tak pohanchnay may kotahi nahin kernay dayti
3. Jab tak halaat aysay rahayn gay Mayn khamosh rahoon ga aur zindagi bhar apnay munh ko bolnay kay liye nahin kholon ga.
4. Agar khamosh rahnay per kisi malammat kernay walay nay mujhay malammat ki to Mayn us say kahoon ga: Insaan nadamat o sharmindagi say bachnay kay liye hi chup rahta hay.

Tamaam Ta'reefayn Allah **عَزَّوَجَلَّ** kay liye hayn jis ki taufeeq say kitab **حُسْنُ السَّمْعِ فِي الصَّمْتِ** mukammal huyi. Khoob Durood-o-Salaam ho hamaray Sardar Hazrat Muhammad aur Aap ki aal o ashaab per.