



Ameer-e-Ahl-e-Sunnat Kay 113 Irshadaat

Roman



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Ameer-e-Ahl-e-Sunnat Kay 113 Irshadaat

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أَلْحَمْدُ 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 mayn di huyi Du'a perh li-jiye **إِنْ شَاءَ اللَّهُ** jo kuch perhayngey yaad rahay ga. Du'a yeh hay:

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَأَنْشُرْ
عَلَيْنَا رَحْمَتَكَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Tarjama:

Ay Allah (**عَزَّوَجَلَّ**)! Ham par 'ilm-o-hikamat kay darwaazay khool day aur ham par Apni rahmat naazil farma! Ay 'azamat aur buzurgi waalay!

(*Al-Mustatraf, jild. 1, Safhahh. 40*)

Note: Awwal aakhir aik baar Durood Shareef perh layn.

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى سَيِّدِ الْمُرْسَلِينَ
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Ameer-e-Ahl-e-Sunnat Kay 113 Irshadaat

Du'a-e-Khalifa-e-Ameer Ahl-e-Sunnat

Ya Rabb-e-Mustafa! Jo ko`ee 14 safhaat ka risala “Ameer Ahl-e-Sunnat kay 113 irshadaat” parh ya sun lay usay buzrugaan-e-deen ki mohabbat ‘ata farma, un kay naqsh-e-qadam par chala aur us kay iman ki hifazat maghfirat farma.

أَمِينِ بِجَاهِ خَاتِمِ النَّبِيِّينَ صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ

Durood Shareef Ki Fazilat

Farmaan-e-Aakhiri Nabi صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ: “jis nay mujh par subh-o-shaam 10 10 baar Durrod-e-Pak parha usay qayamat kay din mayri shafa’at milay gi”.¹

صَلُّوا عَلَيَّ الْحَيِّبِ صَلَّى اللَّهُ عَلَيَّ مُحَمَّدٍ

Qur`aan-e-kareem aur Ahadees-e-Karima mayn ‘ilm-e-deen aur ‘Ulama` deen ki bohat ziyadah fazilat-o-‘azmat bayan ki ga`ee hay, jis mayn is baat ki taraf isharah milta hay keh hamayn bhi ‘ilm-e-deen aur ‘Ulama-e-deen say na sirf mohabbat-o-ehtram ka mu`amla karna chahi`ay balkeh un ki

¹ Majma`-ul-Zawa`id, jild 10, safhah 163, Hadees 17022

baton par ‘amal kar kay apni dunya-o-aakhirat ki behtari ka saman karna chahi`ay, chuna cheh ‘Ulama-e-deen mayn say daur-e-hazir mayn ayk mashhoor naam Ameer Ahl-e-Sunnat Hazrat ‘Allama Maulana Muhammad Ilyas ‘Attar Qadri *دَامَتْ بَرَكَاتُهُمُ الْعَالِيَةِ* ka bhi hay, Aap kay faiz-e-asar say lakhon musalmanon ki islah ho`ee, is risalay mayn Aap kay piyaray piyaray farameen zikir ki`ay ga`ay hayn in irshadaat ka muta`alla kar kay na sirf in par ‘amal kiji`ay balkeh dusron tak bhi pohnchai`ay, *إِنْ شَاءَ اللَّهُ* is ki khoob khoob Barakatayn hasil hon gi:

1. Yeh tamanna karna durust nahin keh mayray maan baap mujhay sab behen bha`iyon say ziyadah piyar karayn, albatta yeh tamanna kar saktay hayn keh mujhay bohat piyar karayn aur is kay li`ay unka har ja`iz kaam foran karay aur unki khoob khidmat karay.¹
2. Moqa` daykh kar aur ijazat lay kar ‘Aalim say mas`ala pocha ja`ay, ‘Aalim sahib mana` kar dayn to naraz na hon.²
3. Hubb-e-madah ya`ni apni ta`reef chahnay ka jazbah acha nahin hay. Yeh batini bimari hay aur iski wajah say bandah ka`ee gunahon mayn muftala ho sakta hay.³
4. Cheenk anay par hamd karni chahi`ay aur awaz past (ahista) karnay kay li`ay mun par rumaal ya tissue waghayrah rakhnay mayn haraj nahin balkeh acha hay.⁴

¹ 4 Ramzan-ul-Mubarak, 1437 hijri, 10 jun 2016 ba`ad-e-‘Asr

² 7 Ramzan-ul-Mubarak, 1437 hijri, 13 jun 2016 ba`ad-e-‘Asr

³ 7 Ramzan-ul-Mubarak, 1437 hijri, 13 jun 2016 ba`ad-e-‘Asr

⁴ 7 Ramzan-ul-Mubarak, 1437 hijri, 13 jun 2016 ba`ad-e-‘Asr

5. Allah Pak nay jaysa banaya hay, us par razi rehna chahi`ay, albatta husun kay li`ay safayd rang hona zarori nahin.¹
6. Jo har ayk ko ehmiyat day, usay mohabbat day us ki haysiyat kay mutabiq `izzat day to wo shakhs har dil `aziz (sab ka pasandidah) ho ga.²
7. Banday say gunah ho ja`ay to daray keh Allah Pak naraz na ho ja`ay aur naiki ki sa`adat pa`ay to bhi daray keh na Janay qabol ho`ee ya nahin.³
8. Ko`ee shakhs hamari bura`ee karay to us say naraz honay, kisi kay samnay **مَعَادُ اللَّهِ** uski bura`ee karnay kay baja`ay sabr karayn balkeh usay tohfa rawana kar dayn. Is say nafratayn door aur mohabbatayn barhayn gi.⁴
9. Jawani mayn khoob `ibadat karni chahi`ay, burhapay mayn mehnat wali `ibadat mushkil hoti hay aur jawani wali himmat-o-taqat nahin hoi.⁵
10. Maan baap ko satana aakirat kay sath sath dunya mayn bhi nuqsan ka ba`is hay.⁶
11. Jo safa`ee suthra`ee sunnat-e-tanzeef (safa`ee ki sunnat) ki niyyat say ho to kaar-e-sawab hay.⁷

¹ 7 Ramzan-ul-Mubarak, 1437 hijri, 13 jun 2016 ba`ad-e-`Asr

² 7 Ramzan-ul-Mubarak, 1437 hijri, 13 jun 2016 ba`ad-e-`Asr

³ 12 Ramzan-ul-Mubarak, 1437 hijri, 17 jun 2016 ba`ad tarawih

⁴ 14 Ramzan-ul-Mubarak, 1437 hijri, 20 jun 2016 ba`ad taraweeh

⁵ 15 Ramzan-ul-Mubarak, 1437 hijri, 21 jun 2016 ba`ad taraweeh

⁶ 15 Ramzan-ul-Mubarak, 1437 hijri, 21 jun 2016 ba`ad taraweeh

⁷ 15 Ramzan-ul-Mubarak, 1437 hijri, 21 jun 2016 ba`ad taraweeh

12. wohi ‘aqalmand kamiyaab hay jis nay apni ‘aqal ko Allah Pak aur Rasool صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ ki ita`at mayn iste`maal kiya.¹
13. Allah Pak ki kisi nafarmani ko chota samajhna, usay bara kar dayta hay.²
14. Ko`ee ehsan karay ya hamara ko`ee kaam kar day ya rahat pohncha`ay to us ka shukriya ada karnay kay li`ay zaban say “shukriyah” kay alfaaz kahay. “جَزَاكَ اللهُ خَيْرًا” keh day.³
15. Maan Baap ki farmabardari karna bhi un kay ehsanaat ka shukriya ada karnay ki sorat hay.⁴
16. Bayron-e-Mulk ka viza 100 fesad sach bol kar hi hasil kiya ja`ay.⁵
17. ‘Aashiqaan-e-Rasool ‘Ulama` kay khilaf zaban darazi (‘Ulama ki gustakhiyan) karnay say iman khatray mayn par sakta hay.⁶
18. ‘Aashiqaan-e-Rasool Apni bachiyon ko pori aasteen walay aur zanana kapray pehnaya karayn.⁷
19. Allah Pak hamayn ko`ee mansab day to hamara mizaj ‘aajzi wala hona chahi`ay takay hum apnay matehet say bhi narmi say paysh aa`ayn, jab hum kisi wajah say apnay matehet say sakht rowaiyyah ikhtiyar karnay lagayn to

¹ 15 Ramzan-ul-Mubarak, 1437 hijri, 20 jun 2016 ba`ad taraweeh

² 16 Ramzan-ul-Mubarak, 1437 hijri, 21 jun 2016 ba`ad taraweeh

³ 16 Ramzan-ul-Mubarak, 1437 hijri, 21 jun 2016 ba`ad `Asr

⁴ 16 Ramzan-ul-Mubarak, 1437 hijri, 21 jun 2016 ba`ad `Asr

⁵ 17 Ramzan-ul-Mubarak, 1437 hijri, 22 jun 2016 ba`ad taraweeh

⁶ 17 Ramzan-ul-Mubarak, 1437 hijri, 22 jun 2016 ba`ad taraweeh

⁷ 17 Ramzan-ul-Mubarak, 1437 hijri, 22 jun 2016 ba`ad taraweeh

sochayn keh kiya hamaray piyaray Nabi صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ apnay sahabah-e-kiram رَضِيَ اللهُ عَنْهُمْ say is tarah barta`o kartay thay? Yun hamaray akhlaaq behtar ho ja`ayn gay. ¹إِنْ شَاءَ اللهُ

20. Har mansab wala zehen bana`ay keh yeh mansab mujhay Allah Pak nay diya hay aur wo kabhi bhi mujh say lay sakta hay. Isi tarah Allah Pak ki khufiya tadbeer say darta rahay.²
21. Jisay tarah tarah ki nay`matayn hasil hon to wo yeh sochay keh mayri naikiyon ka badla kahin dunya mayn hi na day diya ja`ay aur aakhirat mayn mujhay in say kuch fa`idah na ho.³
22. Har gunahgaar ko Allah Pak ki rahmat ki ummeed rakhni hay aur har naikokaar ko Allah Pak ki bay niyazi say dartay rehna hay.⁴
23. Agar waq`ee yeh soch ban ja`ay keh “Allah Daykh raha hay” to gunahon say bachnay mayn madad milay gi.⁵
24. bachay jo kapray pasand karayn us mayn ko`ee mas`ala ya shar`ee kharabi maslan jandaaron ki tasaweer ya mazboti kay ae`tebaar say quality durust na ho to bachon ki dil jo`ee kartay ho`ay unki pasand ko tarjeeh diya kaarayn. ⁶إِنْ شَاءَ اللهُ is say un ki dil jo`eek a sawab milay ga aur wo libas pehen nay mayn bachon ko bhi raghbat ho gi.⁶

¹ 19 Ramzan-ul-Mubarak, 1437 hijri, 24 jun 2016 ba`ad taraweeh

² 19 Ramzan-ul-Mubarak, 1437 hijri, 24 jun 2016 ba`ad taraweeh

³ 19 Ramzan-ul-Mubarak, 1437 hijri, 24 jun 2016 ba`ad taraweeh

⁴ 19 Ramzan-ul-Mubarak, 1437 hijri, 24 jun 2016 ba`ad taraweeh

⁵ 19 Ramzan-ul-Mubarak, 1437 hijri, 25 jun 2016 ba`ad `asr

⁶ 20 Ramzan-ul-Mubarak, 1437 hijri, 25 jun 2016 ba`ad taraweeh

25. Bachon kay dil mayn bhi khauf-e-Khuda paydah karna chahi`ay.¹
26. Ba`az batayn maslan na baligh ka gunah likha nahin jata waghayrah bachon ko nahin batani chahi`ay keh is say bachay bay baak (bay khauf) ho jatay hayn aur shaytan unhayn khilona bana layta hay. Bachon kay dil mayn khauf-e-Khuda ho ga to wo `ibadat karayn gay.²
27. Ay kash! hum marnay say pehlay apnay nafs ko zayr karnay (marnay) mayn kamiyab ho ja`ay.³
28. Masjid `ibadat ki jagah hay, is mayn mobile say khaylna mehromi hay.⁴
29. Gunahon ki wajah say dil bhi mayla ho jata hay, tilawat-e-Qur`aan karnay, maut ko yaad karnay, Allah Pak kay khauf aur `ishq-e-Mustafa صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ mayn ronay say dil ki safa`ee hoti hay.⁵
30. Ba wuzu rehnay say bala`ayn dor hoti hayn.⁶
31. Driver Hazraat ba wuzu gari chalaya karayn.⁷
32. Aaj kal wuzu ka durust tariqa kisi ko ma`loom nahin hota hay awwalan (pehli baat yeh keh) fara`iz poray ada nahin kartay agar dara`iz poray hi ja`ayn to sunnatayn chor

¹ 20 Ramzan-ul-Mubarak, 1437 hijri, 25 jun 2016 ba`ad taraweeh

² 20 Ramzan-ul-Mubarak, 1437 hijri, 25 jun 2016 ba`ad taraweeh

³ 20 Ramzan-ul-Mubarak, 1437 hijri, 25 jun 2016 ba`ad taraweeh

⁴ 20 Ramzan-ul-Mubarak, 1437 hijri, 25 jun 2016 ba`ad taraweeh

⁵ 20 Ramzan-ul-Mubarak, 1437 hijri, 26 jun 2016 ba`ad `Asr

⁶ 22 Ramzan-ul-Mubarak, 1437 hijri, 27 jun 2016 ba`ad taraweeh

⁷ 22 Ramzan-ul-Mubarak, 1437 hijri, 27 jun 2016 ba`ad taraweeh

daytay hayn. Hamara wuzu durust ho ga to is ki barkatayn milayn gi.¹

33. Mayn nay apni bayti ko mubalghatan 100 martabah kaha ho ga keh apnay saas susar ki khidmat, walidayn samajh kar karo. Isi tarah apni nawasiyon ko bhi kehta rehta hunk eh apnay dada dadi ki khoob khidmat kiya karo.²
34. Buzrugon ki khidmat zaror rang lati hay.³
35. Allah pak ki riza sab say bari nay'mat hay, Allah Pak jis say razi ho ga usay Jannat mayn dakhil farma'ay ga.⁴
36. Naikiyon par isteqamat hasil karnay ka tariqa yeh hay keh Allah Pak say isteqamat ki du'a karay, naikiyon mayn dil nab hi lagay to laganay ki koshish karay, **رَبِّهِمْ أَلْفَ لَفٍّ** dil lag hi ja'ay ga. Naikiyon kay faza'il parhta rahay.⁵
37. Bachay ki saal girah (Birthday) par Qur'aan Khuwani ya mehfil-e-na'at ki tarkeeb bana'ee ja'ay. Musical programs mayn mardonn 'aurton kay ikhtilaat (Mix) honay, taliyan bajanay say mukammal bacha ja'ay. Sirf wohi kaam kiya ja'ay jo Allah Pak ki riza ka ba'is ho.⁶
38. Jo Hajj ya 'Umray kay li'ay ja raha ho, usay Mubarak baad di ja'ay aur yeh kaha ja'ay keh Allah Pak Aap ki hazri qabool farma'ay, bay adabon aur bay adabi say bacha'ay, mayray li'ay du'a kiji'ay ga, baargah-e-Risalat **صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ** mayn mayra salaam, Shaikhayn-e-Karimayn (Hazrat Abu Bakar

¹ 22 Ramzan-ul-Mubarak, 1437 hijri, 27 jun 2016 ba'ad taraweeh

² 22 Ramzan-ul-Mubarak, 1437 hijri, 27 jun 2016 ba'ad taraweeh

³ 23 Ramzan-ul-Mubarak, 1437 hijri, 28 jun 2016 ba'ad taraweeh

⁴ 23 Ramzan-ul-Mubarak, 1437 hijri, 29 jun 2016 ba'ad 'Asr

⁵ 24 Ramzan-ul-Mubarak, 1437 hijri, 29 jun 2016 ba'ad taraweeh

⁶ 26 Ramzan-ul-Mubarak, 1437 hijri, 1 july 2016 ba'ad taraweeh

aur Hazrat ‘Umer (رضي الله عنه) ko salam, Ahl-e-Baqee’-o-Ahl-e-Mataaf ko salaam ‘arz kiji`ay ga waghayrah.¹

39. Jis ka wazan kam karnay ka pakka zehen ban gaya ho, wo pehlay lipid profile, colistrol aur shugar test karwa`ay phir ba tadrig ahista ahista harm ah wazan kam karay.²
40. Jawani mayn mithaas, chiknahat, waghayrah say parhayz karayn, burhapa acha guzray ga aur burhapay mayn in chezon say bachna bohat zarori hay.³
41. Pan gutkay khanay ki ‘adat goya raqam kharch karkay bimari talb karna hay.⁴
42. Motapay ka behtareen ‘ilaj, warzish aur ziyadah khanay say parhayz karna hay.⁵
43. Docter say “dawa” mil sakti hay shifa nahin, Allah Pak chahy ga to hi dawa shifa ka zari`ah banay gi.⁶
44. “Bimar” Rabb-ul-‘Izzat (Allah Pak) ki rahmat kay sa`ay mayn hota hay.⁷
45. ‘Ilaaj kay li`ay dawa kay sath sath du`a bhi kartay rahi`ay.⁸
46. ‘Ilaaj apni marzi say karnay ki baja`ay docter kay mashwaray say karna chahi`ay.⁹

¹ 21 Ramzan-ul-Mubarak, 1437 hijri, 26 jun 2016 ba`ad taraweeh

² 16 Ramzan-ul-Mubarak, 1436 hijri, 3 july 2015 ba`ad taraweeh

³ 7 Zill Hajjah 1436 mutabiq 18 september 2015

⁴ 7 Zill Hajjah 1436 mutabiq 21 september 2015

⁵ 5 Moharram 1437 mutabiq 19 October 2015

⁶ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

⁷ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

⁸ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

⁹ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

47. Kisi Hakeem, baba gi, docter ya haspataal kay 'ilaaj say fa'idah na ho ya takleef barh ja'ay to sabr kiji'ay, baghayr saheeh zarorat kay kisi ka naam lay kar dusron ko batana kaar-e-sawab nahin balkeh is mayn ghibaton aur dil azariyon waghayrah gunahon mayn ja parnay ka khatra hay.¹
48. Jismani bimariyon say gunahon ki bimariyan ziyadah khatarnaak hayn.²
49. Ko'ee bimari "Laa 'Ilaaj" nahin, han bohat saray amraaz ki dawa docter ab tak daryaافت nahin kar sakay.³
50. "Nazar" Doctor par nahin "Allah Kareem ki rahmat" par rakhi'ay, doctor laakh acha 'Ilaaj karay magar Allah Pak chahay ga to hi sheet hasil ho gi.⁴
51. Hatt-ul-Imkan ayk hi doctor say 'ilaaj karwana munasib hay keh wo aap ki tabi'at say waqif rahay ga, doctor badaltay rahay gay to har doctor na'ay siray say 'ilaaj shuro' karay ga aur ho sakta hay aap aazma'ish mayn partay rahayn.⁵
52. Pa'on kay talwon mayn kisi bhi tail say malish karnay say us ki jild naram rahay gi, phatnay say mehfooz rahay gi aur dimaghi salahiyat mayn bhi izafah ho ga, kiyun keh talwon ka ta'alluq dimagh say hay.⁶

¹ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

² 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

³ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

⁴ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

⁵ 15 Jamadil Ukhra 1444 hijri mutabiq 7 january 2023

⁶ 8 Safar-ul-Muzaffar 1437 hijri 21 november 2015

53. Rozana 12 glass pani pina ma'mool bana liji`ay, qabz nahin ho gi aur jald bhi narm rahay gi. Sardiyon mayn pani kam piya jata hay, jis say yeh donon takaleef barh jati hayn.¹
54. Safar-ul-Muzaffar barakat wala mahina hay, is mayn baray baray Awliya-e-Kiram kay a'raas hayn.²
55. Ghalib aksaryat dat kar khati hay, dat kar khanay say dil sakht hota hay.³
56. Chini (Shugar) mitha zeher hay.⁴
57. `Ibadat par quwat hasil karnay kay li`ay kam khai`ay.⁵
58. Gur ki cha`ay achi hoti hay. Mayn gur ki cha`ay iste'maal karta hun.⁶
59. Sehet Mand ko 92 din mayn ayk martabah khoon ka test (Lipid Profile) karwana chahi`ay.⁷
60. garam khana plastic ki thayliyon mayn dalnay say ijtnaab karna chahi`ay.⁸
61. Doctor aur Hakeem ko Khuda taras (rehem dil) aur marizon ka hamdard hona chahi`ay.⁹
62. Auraad-o-waza`if mayn har maraz ka `ilaaj hay.¹⁰

¹ 8 Safar-ul-Muzaffar 1437 hijri 21 november 2015

² 15 Safar-ul-Muzaffar 1437 hijri 28 november 2015

³ 4 Rabi'-ul-Aakhir 1437 hijri 14 January 2016

⁴ 18 Jamadil Owla, 1437 hijri 27 February 2016

⁵ 18 Jamadil Owla, 1437 hijri 27 February 2016

⁶ 18 Jamadil Owla, 1437 hijri 27 February 2016

⁷ 18 Jamadil Owla, 1437 hijri 27 February 2016

⁸ 24 Jamadil Ukhra, 1437 hijri, 12 April 2016

⁹ 8 Rajab 1437, 12 April 2016

¹⁰ 8 Rajab 1437, 12 April 2016

63. Jawani say hi khanay pinay mayn parhayz shuro' kardayn takay burhapay mayn kam takleef ho.¹
64. Kabab samosay khanay say bachnay mayn hi 'aafiyat hay.²
65. 80 fesaad amraaz dat kar khanay say hotay hayn.³
66. Sigrat noshi bohat nuqsan dah hay. Is say TB ho sakti hay, sigrate pinay walon ko burhapay mayn bohat pareshani ka samna hota hay. Sigrate kay qareeb bhi nahin jana chahi`ay.⁴
67. Zakham, bimari, ghabrahat, nend uchat jana (nend na ana), tangdasti aur har tarah kay jani ya mali nuqsanon aur pareshaniyon par sabr kartay ho`ay bila wajah dusron par zahir karnay say bach kar maghfirat ki basharat kay haqdaar bani`ay.⁵
68. Khana khanay kay foran ba`ad pani pina tibban (Medically) nuqsan dah hay, bilkhusos khana khanay kay ba`ad jo coldrink (Cold Drink) ka rawaj hay, yeh inteha`ee nuqsan dah hay.⁶
69. Garmiyon mayn 2 mashroob kachi lassi aur limon ki sikanjbeen (si.Kanj. Been) fa`idah mand hay.⁷
70. Warzish bohat sari bimariyon say bachnay ka zari`ah hay.⁸

¹ 29 Rajab 1437, 7 May 2016

² 29 Rajab 1437, 7 May 2016

³ 3 Ramzan 1437, 9 Jun 2016, ba`ad `Asr

⁴ 4 Ramzan 1437, 9 Jun 2016, ba`ad taraweeh

⁵ 5 Ramzan 1437, 11 Jun 2016, ba`ad `asr

⁶ 6 Ramzan 1437, 11 Jun 2016, ba`ad taraweeh

⁷ 6 Ramzan 1437, 11 Jun 2016, ba`ad taraweeh

⁸ 17 Ramzan 1437, 23 Jun 2016 Ba`ad-e-`Asr

71. Joron kay dard ka 'ilaaj: 1 'adad bhindi sir say lay kar dum tak bech mayn say chira laga layn aur us ko kam az kam 12 ghanay pani mayn bhigo kar rakhayn phir usi pani mayn is ko nichor kar is ka pani pi layn, joron kay dard say nijaat milay gi. ¹ *إِنْ شَاءَ اللَّهُ*
72. Zulfayn rakhna sunnat hay, bachon ko bhi zulfayn rakhni chahi`ayn, magar mayra mashwarah hay keh wo sirf aadhay kaan tak rakha karayn, poray kan ya kandhon tak na rakhayn.²
73. Darakht insan ki sehat kay li`ay mufeed hayn, darakht insan kay khadim hayn. Ghar kay ird gird darakht hona fa`iday ka ba`is hay.³
74. Jab sooraj tuloo` ya ghuroob ho to 20/25 minut kid hoop chotay baray sab kay li`ay fa`iday mand hay.⁴
75. Gajar kay mosim mayn rozana ayk gajar khanay say bina`ee tayz hoti hay.⁵
76. Kaha jata hay phlon mayn sab say ziyadah tawana`ee bakhsh saib hay.⁶
77. Nahar mun lehsan ki pothi (ganth) ki ayk do phank (jawa) khanay say colistrol kam hota hay aur dant ka dard dor hota hay.⁷
78. Kacha lehsan khanay say mun mayn badbu ho ja`ay to ajwa`in chabanay say mun ki badbu dor hojati hay.¹

¹ 21 Ramzan 1437, 26 Jun 2016, ba`ad taraweeh

² 21 Ramzan 1437, 27 Jun 2016 Ba`ad-e-`Asr

³ 30 Ziqa`dat-ul-Haraam 1437, 2 September 2012

⁴ 29 Zull Hajjat-ul-Haram 1437, 12 October 2016

⁵ 1 Muharram-ul-Haraam 13 October 2016

⁶ 1 Muharram-ul-Haraam 13 October 2016

⁷ 2 Muharram-ul-Haraam 14 October 2016

79. Adrak ko chilnay ki zarorat nahin, chil kay sameet iste'maal kiya karayn.²
80. Kha kar pachtanay say na kha kar pachtana acha hay.³
81. Rozana 7 injeer khanay say kamar ka dard door hota hay.⁴
82. Plastic ki thayliyon aor bartan mayn garam khanay ki cheez na dala karayn, is tarah khanay mayn camical mil jatay hon gay aur sehat ko nuqsan pohonchta hay.⁵
83. Machli ko`ilay par pakana mufeed hay, is ka salan bhi sehat kay li`ay acha hay. Talnay say is kay fawa`id mayn kami ho jati hay.⁶
84. Tibbi tehqiq hay keh kam khanay walay lambi `Umar patay hyan.⁷
85. Khira chil kay sameet khaya ja`ay, is ka chilka bhi sehat kay li`ay mufeed hay.⁸
86. Apni Masjid mohallay ki namaz-e-`Isha` ki jama`at kay waqt say 2 ghantay kay ander ander ghar ja kar so jaya karayn.⁹
87. Jab bhi wuzo karnay lagayn to dil mayn wuzo karnay ki niyat hazir kartay ho`ay kaha karayn: mayn hukum-e-Ilahi baja latay ho`ay wuzo karun ga.¹⁰

¹ 2 Muharram-ul-Haraam 14 October 2016

² Yakum Rabi'-ul-Awwal 1438, 30 November 2016

³ 3 Rabi'-ul-Awwal 1438, 2 December 2016

⁴ 6 Rabi'-ul-Awwal 1438, 5 December 2016

⁵ Yakum Jamadil Owlaa 1438 hijri 29 January 2017

⁶ Yakum Jamadil Owlaa 1438 hijri 29 January 2017

⁷ 1 Ramzan 1437, 6 Jun 2016, Raat

⁸ 2 Zul Hajjat-ul-Haram 1437, 4 September 2016

⁹ 9 Jamadil Ukhra 1437, 19 March 2016

¹⁰ 12 Jamadil Ukhra 1437, 26 March 2016

88. Social Media say kanarah kush (dor) rahayn, is say bohat waqt za`ay`a hota hay. Gunahon mayn parnay ka qawi andaysha (khatra) hay.¹
89. Shohor ko khush karna Ilah Pak ki riza kay li`ay ho to `ibadat hay²
90. Gharaylu masa`ilk a ayk hal yeh hay keh fariqayn (donon) mayn say ayk sabar karay.³
91. Ghusay ki wajah say insan ka`ee gunahon mayn par jata hay, is li`ay ghussay ka `ilaj zarori hay. Is li`ay Maktabat-ul-Madinah ka risalah “Ghussay ka `ilaj” ka mutal`a kiji`ay.⁴
92. Bari `Umar kay logon ko chahi`ay keh apnay amraaz ka zikir bhi bila zarorat na kiya karayn.⁵
93. Da`wat-e-islami kay deeni mahool mayn tarbiyati ae`tikaaf karna naik bannay ka behtareen zari`ah hay.⁶
94. Mujhay `arabon say mohabbat hay, kiyun keh Makki Madani Mustafa صَلَّى اللهُ عَلَيْهِ وَآلِهِ وَسَلَّمَ `Arabi thay.⁷
95. Ba wuzo rehnay say chehray ki khobsurti mayn izafah hota hay, Allah Pak hamayn naikiyon ka noor `ata karay.⁸
96. Aa`imam-e-Kiram du`a-e-sani qadray dhimmi awaz mayn kiya karayn, kiyun keh ka`ee loog namaz parh

¹ 15 Rajab 1437, 23 April 2016

² 15 Rajab 1437, 23 April 2016

³ 15 Rajab 1437, 23 April 2016

⁴ 13 Sha`ban 1437, 21 May 2016

⁵ 13 Sha`ban 1437, 21 May 2016

⁶ 13 Sha`ban 1437, 21 May 2016

⁷ 20 Sha`ban 1437, 28 May 2016

⁸ 26 Ramzan 1437, 1 July 2016 Ba`ad Taraweeh

rahay hotay hayn.¹

97. Jab naikiyan kamanay ka zehen ban ja`ay aur jazbah milay to fara`iz kay sath sath nawafil bhi ada karna asaan ho jata hay.²
98. Nafs ko qabu karnay ka tariqa yeh hay keh nafs jo kahay us ki mukhalifat ki ja`ay.³
99. Apnay zimmay itna kaam Layna chahi`ay jo hum kar sakayn aur sharmindagi na ho.⁴
100. Tasawwuf ki ko`ee kitab aysi nahin jis mayn bhook kay faza`il na hon.⁵
101. Allah Pak hamayn aysi sehat day jis say `ibadat pay quwwat hasil ho.⁶
102. Mah-e-Ramzan mayn mukammal Qur`aan Majeed ki tilawat kiji`ay, rozana tilawat-e-Qur`aan kay li`y kam az kam ayk ghanta makhsos kar layn.⁷
103. Tasawwuf ki ko`ee kitab khamoshi kay faza`il say khali nahin.⁸
104. Parayshan nazri (baghayr zarorat idhar udhar daykhtay rehna) achi baat nahin, balkeh achi achi niyyaton say, is say bachna kaar-e-sawab hay.⁹
105. `Eid par na`ay kapray pehenna zarori nahin, sunnat kay

¹ 27 Sha`ban 1437, 4 Jun 2016

² 27 Sha`ban 1437, 4 Jun 2016

³ 1 Ramzan 1437, 6 Jun 2016 Raat

⁴ 23 Ramzan 1437, 6 Jun 2016 Ba`ad Taraweeh

⁵ 1 Ramzan 1437, 6 Jun 2016 Raat

⁶ 1 Ramzan 1437, 6 Jun 2016 Raat

⁷ 1 Ramzan 1437, 6 Jun 2016 Raat

⁸ 1 Ramzan 1437, 6 Jun 2016 ba`ad `Asr

⁹ 1 Ramzan 1437, 6 Jun 2016 Ba`ad `Asr

- mutabiq silay ho`ay puranay dhulay ho`ay kapray bhi pehnay ja saktay hayn.¹
106. Aaj kal bachon say shafqat bhara piyar karnay ka rujhaan kam hay, yeh achi baat nahin.²
107. Sunnat aur sawab samajhtay ho`ay chotay bachon ko shafqat bhara piyar karna chahi`ay.³
108. **مُجَاهِدِيْنَا!** Mujhay fitri taur par bachon say piyar hay.⁴
109. Musalman ka lamha lamha qimti hay, isay za`ay`a honay say bachai`ay.⁵
110. Haqiqi maal daar wo hay jo sahib-e-Husun-e-a`maal (naikiyan karnay wala) hay.⁶
111. Bachon ko asaan asaan Ahadees aur naik logon kay waqay`aat suna kar naiki ka jazbah diya ja`ay.⁷
112. Agar janwer kisi takleef mayn ho to uski takleef dor karna sawab ka kaam hay.⁸
113. Har gunah chota ho ya bara, jahannum mayn jhonk (daal) sakta hay.⁹

¹ 3 Ramzan 1437, 9 Jun 2016 Ba`ad `Asr

² 3 Ramzan 1437, 9 Jun 2016 Ba`ad `Asr

³ 3 Ramzan 1437, 9 Jun 2016 Ba`ad `Asr

⁴ 3 Ramzan 1437, 9 Jun 2016 Ba`ad `Asr

⁵ 3 Ramzan 1437, 9 Jun 2016 Ba`ad `Asr

⁶ 8 Ramzan 1437, 14 Jun 2016 Ba`ad `Asr

⁷ 9 Ramzan 1437, 15 Jun 2016 Ba`ad `Asr

⁸ 10 Ramzan 1437, 15 Jun 2016 Ba`ad `Asr

⁹ 16 Ramzan 1437, 21 Jun 2016 Ba`ad Taraweeh

Aglay Haftay ka Risalah



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