

# Khushu & Laghw

Iman hamari ibadat ka nateeja hai, lekin jaise Nabi ﷺ ne samjhaya, ibadat bekaar bhi ho sakti hai. Abû Hurairah (RA) se rivayat hai ki Nabi ﷺ ne farmaya:

"Bahut se log jo roza rakhte hain, unhe roza se sirf bhook aur pyaas ke siwa kuch nahi milta, aur bahut se log jo raaton ko namaz padhte hain, unhe sirf jagne ke siwa kuch nahi milta."

Jo cheez ek roohani sukoon dene wale amal ko ek khaali amal se alag karti hai, woh hai **khushû'**. Khushû' zaroori hai taake hamari ibadat se hamare dilon mein î mân ka noor aajaye. Aam taur par log samajhte hain ki khushû' sirf namaz ke dauraan mehsoos hota hai, lekin asal mein yeh dil mein hamesha mojood rehta hai. Jab bhi ek momin ko Allah ki yaad dilayi jaye, kisi bhi wajah se, yeh khushû' ka jazba jaag uthta hai. Chahe woh sirf Allah ki makhlooq par ghoro-fikr karte waqt subah ki sair par ho.

Allah Ta'ala farmate hain:

**"Beshak aasman aur zameen ki takhleeq, aur raat aur din ke aane jaane, aur woh kashtiyân jo samundar mein insano ke faide ke liye chalti hain, aur woh paani jo Allah aasman se barsata hai, phir uske zariye zameen ko uske murda hone ke baad zinda karta hai, aur usmein har tarah ke jaanwar phailata hai, aur hawaon ka gardish karna, aur woh baadal jo aasman aur zameen ke darmiyan qaboo mein hain - yeh sab un logon ke liye nishaniyan hain jo samajhte hain."**

[Sûrat Al-Baqarah, 2:164]

Kuch aise aamaal bhi hain jo dil ki daago ko badhane ka sabab bante hain. Be-shak, gunaah is siyahi ki sabse badi wajah hain. Abû Hurairah (RA) se rivayat hai ki Allah ke Rasool ﷺ ne farmaya:

**"Jab ek momin koi gunaah karta hai, toh uske dil par ek siyah daag lag jata hai. Agar woh tauba kare, gunaah ko chhod de aur maghfirat talab kare, toh uska dil saaf kar diya jata hai. Lekin agar woh gunaahon mein izafa karta hai, toh siyahi badh jati hai. Yahi woh rân (pardah) hai jiska zikr Allah ne apni Kitab mein kiya hai: *'Hargiz nahi! Balki unke dilon par woh pardah hai jo unke aamaal ki wajah se chadh gaya hai.'*"**

Lekin hamare î mân ke liye ek aur khatra bhi hai jo shak ke maqamat mein ya kabhi kabhi jaiz cheezon mein chhupa hota hai – **laghw**, jo aam taur par bekaar, fizool ya be-maqsad guftagu ke tor par tarjumah kiya jata hai.

Jaise roshni aur andhera, ya positive aur negative hote hain, waise hi **khushû‘** aur **laghw** ek doosre ke mukhalif quwatein hain.

Jitna zyada ek Musalman apne dil mein khushû‘ ko barqarar rakhega, utna hi woh **laghw** se bachne ki koshish karega. Aur jitna zyada ek Musalman **laghw** mein muhtala hoga, utna hi uske liye **khushû‘** ko apne andar paida karna mushkil hoga.

Tafreeh aur halka-phulka baat-cheet ek balance zindagi ke liye zaroori hai. Nabi Sahaba aur apni biwiyon ke saath khel-masti aur pyar bhare lamhe guzarte the, lekin agar dekha jaye toh Nabi ﷺ ne jo waqt namaz aur Quran ki tilawat mein guzara, uski saamne yeh masti ke lamhe bahut chhote the.

Humein yeh dekhna chahiye ki hum apna kitna waqt tafreeh (entertainment) aur befizul kaamo me guzaarte hain aur kitna waqt ibadat aur fayedemand kaamo mein lagate hain. Yeh tulna karna zaroori hai, taki hum samajh saken ki hum sunnat ke kitne kareeb hain.

Agar humein lagta hai ki Allah ke saath hamara connection kamzor ho raha hai ya hamare dil mein ibadat ka asar nahi ho raha, toh humein yeh dekhna hoga ki hum apna kitna waqt fazool cheezon mein laga rahe hain. Yeh ratio aksar batata hai ki î mân ki roshni kam kyu ho rahi hai.

Nabi ﷺ ne farmaya:

**"Zyada mat hanso, kyunki zyada hansna dil ko murda kar deta hai."**

Pehle, humein **khushû‘** aur **laghw** ko sahi tareeke se samajhna zaroori hai. **Laghw** ka asal lafz **Laghiya** ya **Laghya** hai, jis ka matlab hai bekaar baatein karna, dusre ki baat ko be-wajah interrupt karna, be-fayda guftagu karna, ya fizool baatein karna. **Laghw** ki khasoosiyat yeh hai ki ismein na to deen ka koi faida hai, aur na hi dunya ka.

Iska matlab yeh nahi ki apne bachon ke saath khelna, apne saathiyon ya ghar walon ke saath waqt guzarna **laghw** hai. **Laghw** toh tab hota hai jab hum apne doston ke saath, khaas kar Social media par, bekaar baatein karte hain. Yeh zaroori nahi ki har waqt buray shabdon ki baat ho, lekin jab baatein na deen ka faida de, na dunya ka, toh woh **laghw** ki category mein aati hain.

Allah apni kitab mein farmate hain:

**"Allah tum par un baaton ka hisaab nahi rakhta jo tumhare qasam mein laghw hain, lekin woh tumhare dilon mein jo kuch bhi hai, uska hisaab rakhta hai. Aur Allah maaf karne wala aur sabr karne wala hai."** (Sûrat Al-Baqarah, 2:225)

**Ibn Kathîr** ne is aayat ka tafseer karte hue kaha:

"Is aayat ka matlab hai: Allah tumhein un laghw qasamoon par saza nahi dete jo tum lete ho. Laghw qasamoon ka matlab wo be-gharaz aur anjaane qasamoon se hai jo hum apni zubaan se bas aise hi keh dete hain, bina kisi asli irade ke."

Afsos ki baat yeh hai ki hum aksar aise jhootay qasmon ko sunte hain, jaise "wallah" aur "wallahi" apne bekaar baaton aur chhoti-chhoti cheezon par, jo sirf waqt zaya karne ke liye hoti hain. Yeh qasmein aksar hum jokes ya bas aise hi bekaar guftagu mein sunte hain.

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**Khushû'** ka lafz **khasha'a** se nikla hai, jiska matlab hai apne aap ko jhuka lena, humble hona, apni nazar neeche rakhna, apne jazbat ko control karna, aur apne aap ko poori tarah Allah ki rehmat ke hawale kar dena. Is se milta-julta lafz **khâshi'a** hai, jo ek izzat aur khauf ke saath dar ko darshata hai, yani aise khauf ka ehssaas jisme izzat bhi ho.

Ek khoobsurat aayat jo in dono lafzon ko ek saath samjhati hai, woh **Sûrat Al-Hashr** mein milti hai:

**"Agar hum is Quran ko kisi pahaad par utar dete, toh tum dekhte ke woh [khushû'] ho jata, aur Allah ke khauf se tut jata. Aur yeh misaalein hum logon ke liye is liye dete hain, taake woh soch samajh sakein."** (Sûrat Al-Hashr, 59:21)

Is aayat mein Allah humein yeh batate hain ke agar yeh Quran kisi zameeni cheez par utara jaye, toh us cheez ka dil Allah ke khauf se, izzat aur khushû' se jhuk jata. Yeh humein bataata hai ke humare dil bhi waise hi Allah ki rehmat aur khauf ke saamne jhuk sakte hain, agar hum apni zindagi mein khushû' aur khâshi'a ko apnayein.

to be continued.....