



KHUSHGAWAAR AUR SEHATMAND ZINDAGI KA RAAZ

MODULE 3

GHUM AUR JAZBAATI
BEHBOOD

USTAZ MUHAMMAD ALI



MODULE 3 KI OUTLINE

- Jazbaati sehat
- Jazbaat ko samajhna
- Ghum ki tareef aur asbaab
- Ghum ka muqaabla kaisay karain



TULBAA KE LIYE ZAROORI HIDAYAAT

Baraaye meherbani modules ki mukammal videos dekhain. Slides main module ka sirf aik (1) khulasah bayaan kia gaya hai. Nazriyaat/ tasawwuraat ki tafseeli wazahaat video lectures main ki gai hai.

Types of Basic Emotions



1. Happiness



2. Sadness



3. Fear



4. Disgust



5. Anger

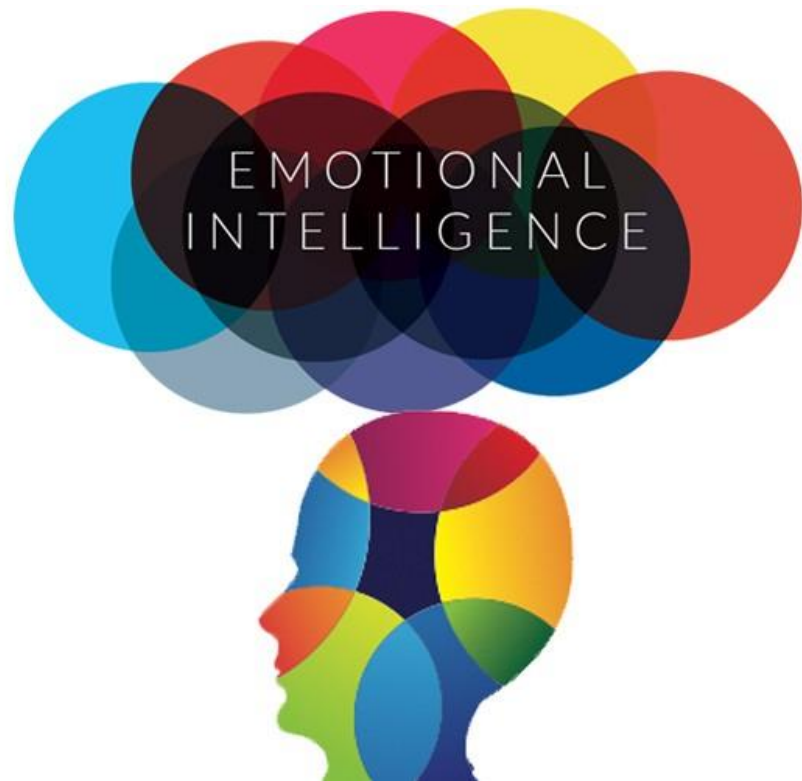


6. Surprise

In tamaam jazbaat ke tajarbay se sahih waqt par guzarna nafsiyaati taur par sehatmand zehan ki nishaani hai



EMOTIONAL INTELLIGENCE KE AJZAA



- Jazbaat ko samajhna aur pehchaanna
- Sahih tareeqay se barwaqt apnay jazbaat ka izhaar karna



GHUM

- Ghum Paul Ekman ke bayaan karda chhay (6) bunyaadi jazbaat, khushi, ghussa, hairat, khauf, aur karaahat main se aik (1) hai.
- Ghum aik (1) jazbaati dard hai jo pareshaani, nuqsaan, naumeedi, ghum, mayoosi, aur dukh ke jazbaat se waabasta hai ya us ki khusoosiyaat hai.

ghumgeen



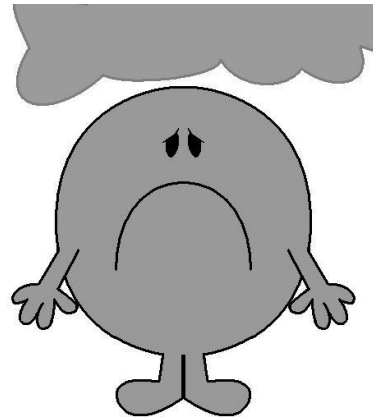
Ranj-o-
ghum



mayoosi



Udaas



dukhi





Ay logon! Logon main se ya mominon main se jo koi kisi museebat main mubtala ho jaye, tou wo meri wafaat ki museebat ko yaad kar ke sabr karay. Is liye ke meri ummat main se kisi ko meray baad aisi museebat na hogi jo meri wafaat se museebat se us par zyada sakht ho.

[Sunan Ibn Majah: 1599]



GHUM KE ASBAAB

1. Logon se liye gaye mayaar-o-iqdaar
2. Ghalat tawuqqu'aat
3. Aisay logon se munsalik rehna jo mukhaalif iqdaar ke haamil hon
4. Ghalat faislay aur khud ko morid-e-ilzaam thehraana
5. Humaray tarz-e-zindagi aur Islami falsafat ke darmiyaan waazih farq



QUR'AN MAIN DUKH KI IQSAAM

Alghum: Ye al-ghamaama (الْغَمَامَ) se nikla hai. Ye us waqt hota hai jab baadal itnay gehray hotay hain ke sooraj ki Roshni ki aik kiran bhi un ke darmiyaan se guzar nahi paati. Ye dukh ki wo qisam hai Jahan koi buti cheez hui nahi hai lekin aap us ki tawaqqo kar rahya hain.

'Hazn: Ye depression ki wo qism jo kisi waaqi'e ke nateejay main insaan is main muhtala ho jata hai. Maslan: ho sakta hai aik (1) kisaan jo khait par kaam karta hai – isay barhi umeedain hain lekin jab fasal ki kataati ka waqt qareenb aata hai tou toofaan aajata hai aur us ki tamaam mehnat barbaad ho jaati hai - ye 'hazn (حزن) hai. Surah al-Baqarah main Allah Ta'ala farmaata hai: “--- un ke liye na koi khauf ho ga aur na wo haz se do chaar hongay.” [Surah al-Baqarah: 38]

Aap ko is dunya main kai dukhon ka saamna ho ga. Hazn tou hoga lekin aap jis hazn se guzar rahay hain wo qiyaamat ki aafat/ke saanihay ke muqaablay kuch nahi hai.



QUR'AN MAIN DUKH KI IQSAAM

Al-wa'eel (الويل) –Ye badnaseebi ka shikaar honay ka ehsaas hai; aisi naumeedi jahan aap ko lagta hai ke soorat-e-haal ko behtar bananay ke liye aap kuch nahi kar saktay. [Sadmay ke liye bhi istimaal hota hai]. Ye lafz jahannum main aik (1) jagah ke liye bhi Qur'an main istimaal kia gaya hai. Allah Ta'ala ne jahannum ki aag ko aisi cheez ke saath bayan kia hai jise nafsiyaati aziyat ke tanaazur main bhi istimaal kia jata hai.

Asifan (أَسْفَ): Dukh ki aik (1) qism jo bilaakhir doosray manfi jazbaat main badal jaati hai. Maslan: aap ko bura grade mila hai aur aap us par ghamgeen hain lekin aap ne us ko apnay khandaan aur doston par badtameezi kar ke nikaal dia.

“Aur jab Musa ﷺ lautay apni qaum ki taraf sakht ghazabnaak ho kar afsos main, Aap ﷻ ne farmaaya bohot buri hai meri niyaabat jo tum ne ki hai meray baad kia tum ne apnay Rabb ke muaamlay main jaldi ki? Aur Aap ﷻ ne wo takhtiyaan (aik taraf) daal dein aur (ghussay main) apnay bhai ke sar ke baal pakarh kar apni taraf khenchnay lagay...” [Surah al-'Araaf: 150]



QUR'AN MAIN DUKH KI IQSAAM

Bath (بَث): Us qism ka dukh jo andar gehraai tak chala jaata hai aur ye un ke har kaam par asar andaaz honay lagta hai. Aur wo us dukh ko bayaan nahi kar paatay.

”Main apni pareshaani aur ghum ki faryaad Allah hi se karta hun...” [Surah Yusuf: 86]

Aap apnay dukh ka izhaar Allah se kar saktay hain, darhaqeeqat sirf Allah hi se shikayat karni chahiye [jis tarah aik bacha apni maa se apnay dukh aur takleef hi shikayat karta hai.]

Al-Usaa (الأسى): Haath se nikal janay walay mauqay par afsos ya ghum. Us waqt bhi istimaal hota hai jab aap apni maazi ki ghaltiyon ke baray main ye sochtay hain ke aap mustaqbil main jo kuch karengay wo us par manfi asar daalegi.

Al-Ba'th

The kind of sadness that is deeply penetrated inside and it starts impacting everything they do. And they are not able to verbalize it.

QURAN: "I only complain of my suffering (Ba'th) and my grief (huzn) to Allah..." [12:86]

You can even complain to Allah about it to gain His healing. [just like a child complains to his mother]

4. Al-Asaf (أسف) The kind of sadness that eventually turn into other -ve emotions.

E.g. You got bad grades and you're sad about it but you let it out by being mean and rude to your family and friends.

QURAN: "And when Moses returned to his people, angry and grieved (asaf), he said, "How wretched is that by which you have replaced me after [my departure]. Were you impatient over the matter of your Lord?" And he threw down the tablets and seized his brother by [the hair of] his head, pulling him toward him..." [7:150]

6. **AL-ASA** Regret or sadness over an opportunity lost. Also used When you think your mistakes from the past are going to negatively affect whatever you do in your future.

kinds of sadness

mentioned in Quran

3. **Al-Waeel** This is a feeling of being cursed of being afflicted with bad luck; hopelessness in a way where you feel that there's nothing you can do to improve the situation. [Also used for shock]

It's actually used in Quran to describe one of the places in hellfire; Allah SWT is describing hellfire with something also used to describe psychological torture.

IN QURAN "...there will be no fear concerning them, nor will they grieve (huzn)." [2:38] >>>> you will have states of sadness in this world but whatever huzn you're going through is nothing compared to the calamity of the Last Day

Al-Gham (الغَم)

[comes from-----Ghamam (الغَمَام)-

this is the case when the clouds are so overbearing that not even a single ray of sunlight is able to breakthrough]

This is the kind of sadness

where the bad thing hasn't happened yet but you are anticipating it.

Al-Huzn (حُزْنٌ)

The kind of depression that sets into a person after an incident. E.G. May be a farmer who works on a farm - has high hopes but when the harvest time nears a storm comes and destroys all his work - this is the feeling of huzn.



GHUM SE KAISAY NIMTA JAYE?

- Anbiya ki dua'ain paarhain. (Dua'aon ki tafseel module ki video main bayaan ki gai hai).
- Qur'an se jurhain kyun ke ye ghum ki dawa hai.
- Apnay tanaze'aat ko hal karain.
- Taqdeer par apni iman ko mazboot karain.
- Har cheez ko masbat taweel karain (hasn-e-zan)
- Allah ke naamon aur sifaat ko parhna aur samajhna