



TIME AUR FOCUS MANAGEMENT

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SUNNAT KE MUTABIQ MAMOOOL BANANA

MODULE 6



OUTLINE

- Nabi Kareem ﷺ ke mamool ka tafseeli tajziya
- Barkat ka tasawwur
- Panj (5) waqta namaz ke mutabiq apnay din ko plan karna



EHEM NUKTA

Sunnat-e-Nabwi ﷺ par amal karnay se humari
zindagiyan main **barkat** paida hogi!

DILCHASP ADAAD-O-SHUMAAR

1940's Stuff



AVERAGE HAPPINESS =
7.5 OUT OF 10

2015 Stuff



AVERAGE HAPPINESS =
7.2 OUT OF 10

America main, awsat Khushi waqt ke saath kam hoti hai, halaankay har fard ke paas zaroorat se zayed cheezain maujood thein.

Nateejah: Khushi ka inihsaar cheezon par nahi hota



NABI ﷺ KA MAMOOOL

- Hum Nabi ﷺ ke mamool se “minimalism” ka tasawwur seekhtay hain ya’ani kam cheezain rakhna.
- Agar hum seat-e-Nabwi ﷺ par nazar daalain tou hum ye nateeja akhaz karsaktay hain ke Rasool Allah ﷺ ka din teen (3) ehem hisson main taqseem hota tha:
 1. Roohani nasho numa
 2. Khandaani muaamlaat
 3. Zaati/ samaajhi muaamlaat



RASOOL ALLAH ﷺ KI SUBAH

- Aap ﷺ Isha' ke baad sotay aur chaar (4) se paanch (5) ghanay sotay.
- Aap ﷺ sonay se pehlay azkaar parhtay thay. Aap ﷺ ne sonay se pehlay Surah al-Mulk aur Surah as-Sajdah parhnay ki talqeen ki hai
- **Fact (haqayeq):** science tehqeeq ke mutabiq sonay ka behtareen waqt raat das (10) bajay se sobha chaar (4) bajay tak hai
- Rasool Allah ﷺ qiyam-ul-layl ke liye bedaar hotay thay. Us se Aap ﷺ ko quwwat milti, focus barhta, aur Allah ke saath mazboot talluq qayem hota tha.
- Is ke baad Aap ﷺ masjid main chalay jatay thay aur Fajr ki namaz adaa kartay thay.
- Fajr ki namaz ke baad zikr kartay aur phir Sahaba karaam رضی اللہ عنہم ke saath beth kar un ke muaamlaat par guftugu farmaatay thay.



Fact (Haqayeq)

Fajr ke baad se subah 10 bajay tak ke waqt Allah Ta'ala ki taraf se barkat ka waqt hai aur ye bohot mufeed ghan tay hain jin main insaan ke kaam tezi se anjaam paatay hain.

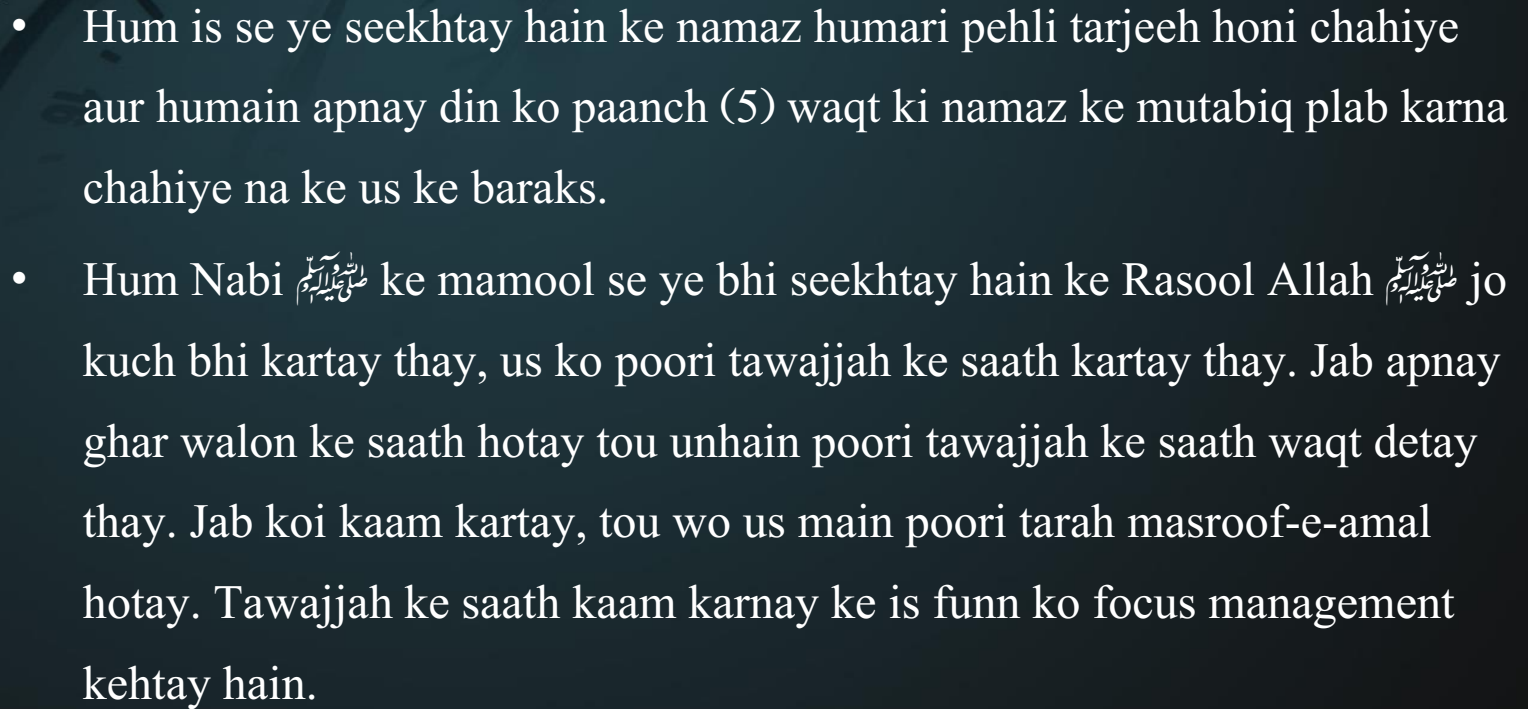
- Rasool Allah ﷺ ke mamool main ghar walon ke liye jagah mukhtas thi.
- Albatta jab namaz ka waqt aata tou Rasool Allah ﷺ namaz parhney ke liye masjid ki taraf fauran rukh farmaatay thay.

‘Abdillahi qaala sa’altu-n Nabiyya ‘sallalahu ‘alaihi wasallam ayyu-l ‘amali a’habbu ilallahi qaala “as’salatu ‘ala waqtiha”. Qaala thumma ayyu qaala “thumma birru-l walidain”. Qaala thumma ayyu qaala “aljihadu fi sabeel-illahi. Qaala haddathani bihinna walawi-stazadtuhu lazaadani

(عَبْدُ اللَّهِ قَالَ سَأَلْتُ النَّبِيَّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْعَمَلِ أَحَبُّ إِلَيَّ اللَّهُ قَالَ " الصَّلَاةُ عَلَى وَفَّيْهَا ". قَالَ ثُمَّ أَيُّ قَالَ " ثُمَّ بِرُّ الْوَالِدَيْنِ ". قَالَ ثُمَّ أَيُّ قَالَ " الْجِهَادُ فِي سَبِيلِ اللَّهِ ". قَالَ حَدَّثَنِي بَعْضُ وَلِيِّ اسْتَرْذَنِي لِرَأْيِي.)

Hazrat Abdullah bin Mas’ud رضي الله عنه se riwaayat hai ke main ne Nabi Kareem ﷺ se daryaaft kia ke Allah Ta’ala ki bargaaah main kon sa amal sab se zyada Mehboob hai? Aap ﷺ ne farmaaya ke **apnay waqt par namaz parhna**, phir poocha, us ke baad, farmaaya **waalidain ke saath naik muaamla rakhna**. Poocha us ke baad, Aap ﷺ ne farmaaya ke **Allah ki raah main jihad karna**. Ibn Mas’ud رضي الله عنه ne farmaaya ke Nabi Kareem ﷺ ne mujhay ye tafseel batai aur agar main aur sawalaat karta tou Aap ﷺ aur zyada bhi batlaatay. (lekin main ne bataur adab khamoshi ikhtiyaar ki)

[Sahih al-Bukhari, hadith 527]

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- Hum is se ye seekhtay hain ke namaz humari pehli tarjeeh honi chahiye aur humain apnay din ko paanch (5) waqt ki namaz ke mutabiq plab karna chahiye na ke us ke baraks.
 - Hum Nabi ﷺ ke mamool se ye bhi seekhtay hain ke Rasool Allah ﷺ jo kuch bhi kartay thay, us ko poori tawajjah ke saath kartay thay. Jab apnay ghar walon ke saath hotay tou unhain poori tawajjah ke saath waqt detay thay. Jab koi kaam kartay, tou wo us main poori tarah masroof-e-amal hotay. Tawajjah ke saath kaam karnay ke is funn ko focus management kehtay hain.



SUNNAT SE QEEMTI TIP

Neki ke kaamon main jaldi karain aur apnay din main **zyada se zyada nek amal** karain. Allah Ta'ala aap ke **waqt main** **barkat** de ga.

BARKAT KA ISLAMI TASAWWUR

- Humain ye samajhna chahiye ke waqt Allah Ta'ala ke ikhtiyaar main hai, humaray nahi.
- Jab kisi cheez main Allah T'ala ki taraf se barkat hoti hai tou Allah Ta'ala us muaamlay ke liye raastay bana deta hai aur asaani paida karta hai.
- Humain zindagi main koi bhi kaam karnay ya koi bhi faisla karnay se pehlay istikhara karna chahiye aur barkat haasil karnay ke liye har kaam Allah ka naam le kar shuru karna chahiye.
- Jab hum Allah Ta'ala ki ibaadat ke liye waqt nikalengay tou Allah Ta'ala humaray tamaam muaamlaat main asaani paida kar dega jaisa ke mandirja zel ahadith se zaahir hota hai.

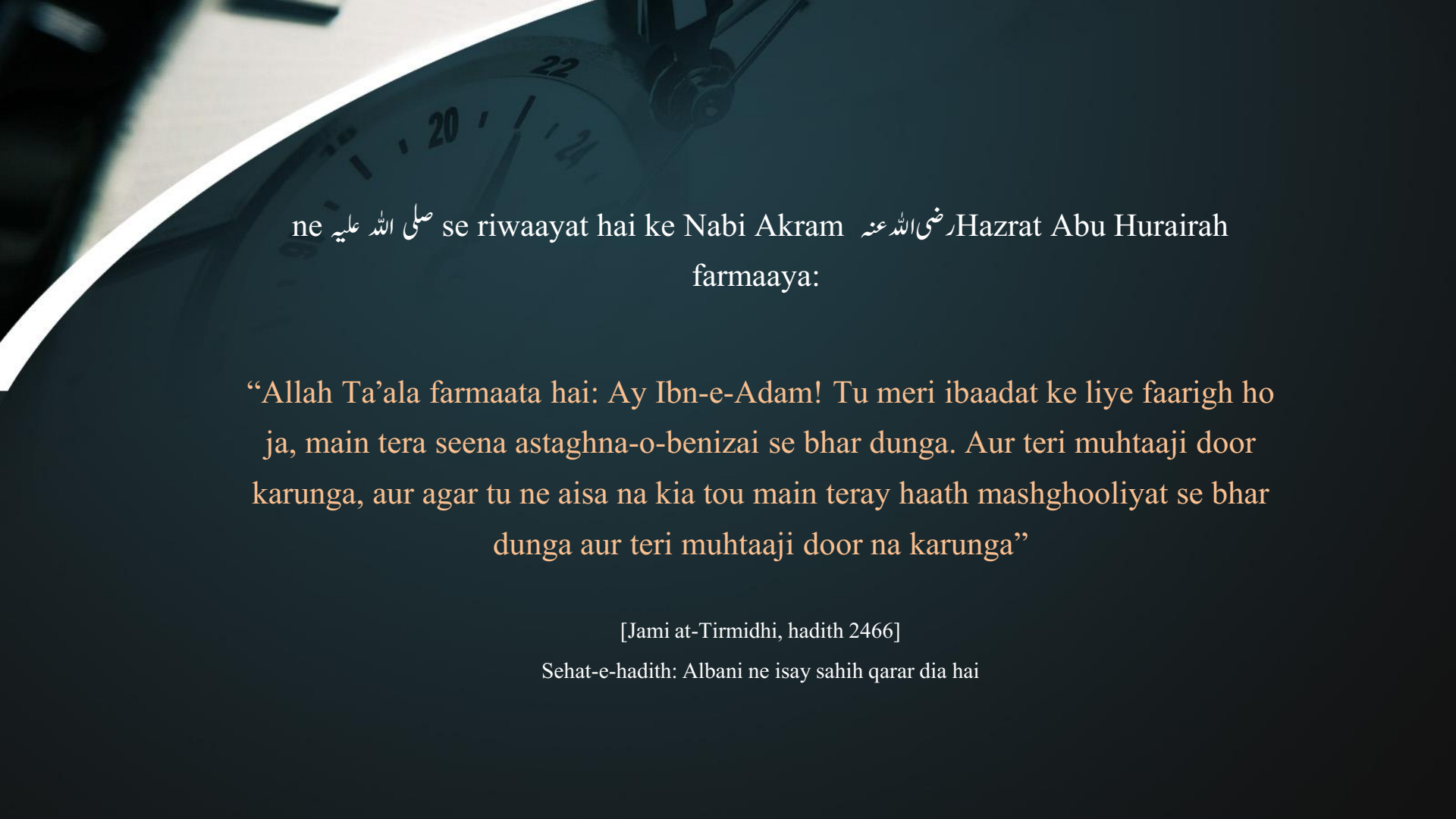
'An Abi Hurairata 'an-an nabiyyi 'sallallahu 'alayhi wasallama qaala
Inna-llaha ta'ala yaqulu ya-bna adama tafarragh li'ibadati aml'a 'sadraka
ghinan wa'asudda faqraka wa illa taf'al mal'atu yadaika shughlan walam 'asudd
faqraka

(عَنْ أَبِي هُرَيْرَةَ عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ

إِنَّ اللَّهَ تَعَالَى يَقُولُ يَا ابْنَ آدَمَ تَفَرَّغْ لِعِبَادَتِي أَمَلًا صَدْرَكَ غِنَى وَأَسَدَّ فِقْرَكَ وَإِلَّا تَفْعَلْ مَلَأْتُ يَدَيْكَ شُغْلًا وَلَمْ أَسُدِّ فِقْرَكَ)

[2466 سنن الترمذي كتاب صفة القيامة والرقائق والورع باب منه]

[2466 المحدث الألباني خلاصة حكم المحدث صحيح في صحيح الترمذي]

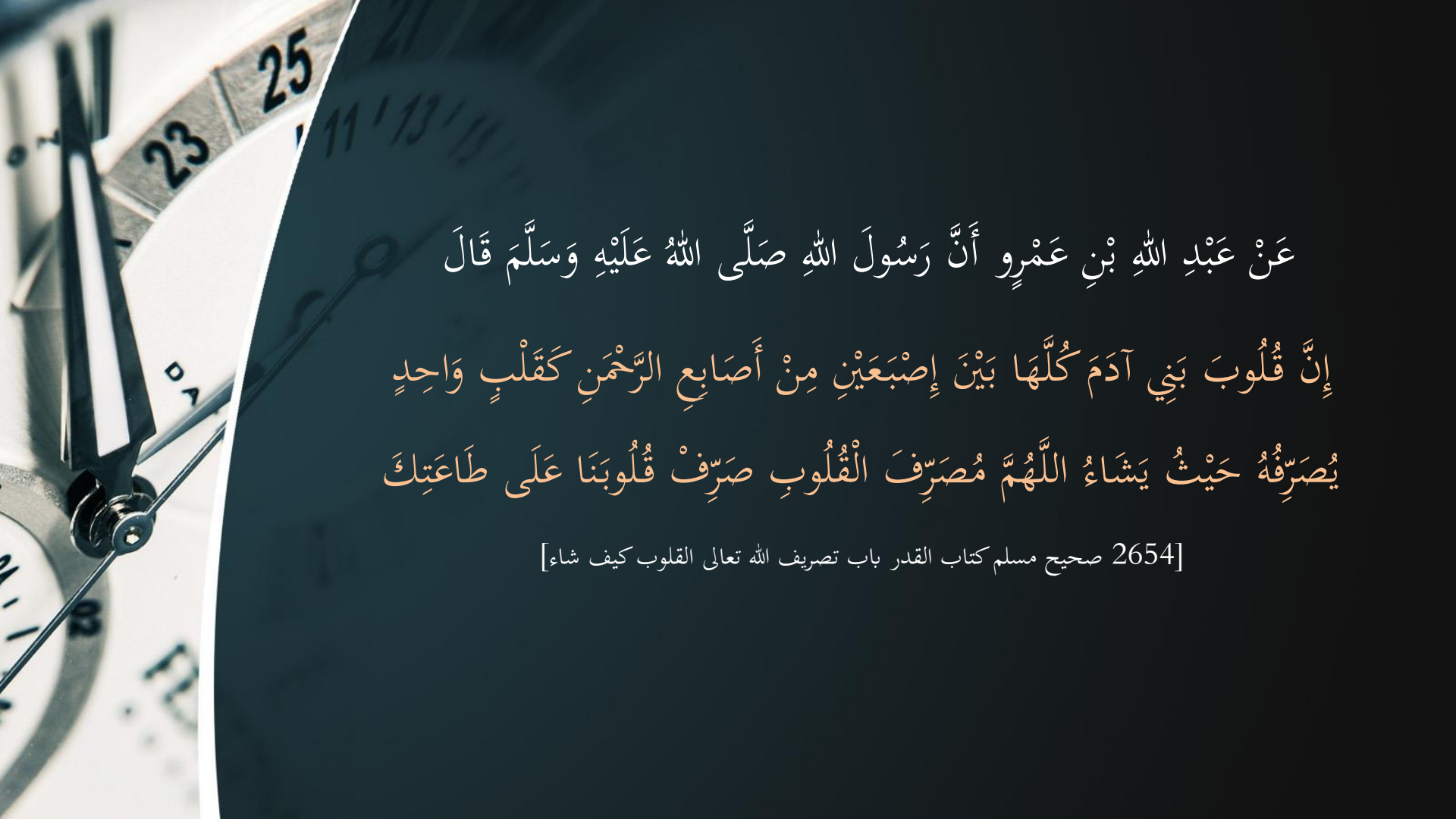


ne صلى الله عليه se riwaayat hai ke Nabi Akram رضى الله عنه Hazrat Abu Hurairah
farmaaya:

“Allah Ta’ala farmaata hai: Ay Ibn-e-Adam! Tu meri ibaadat ke liye faarigh ho
ja, main tera seena astaghna-o-benizai se bhar dunga. Aur teri muhtaaji door
karunga, aur agar tu ne aisa na kia tou main teray haath mashghooliyat se bhar
dunga aur teri muhtaaji door na karunga”

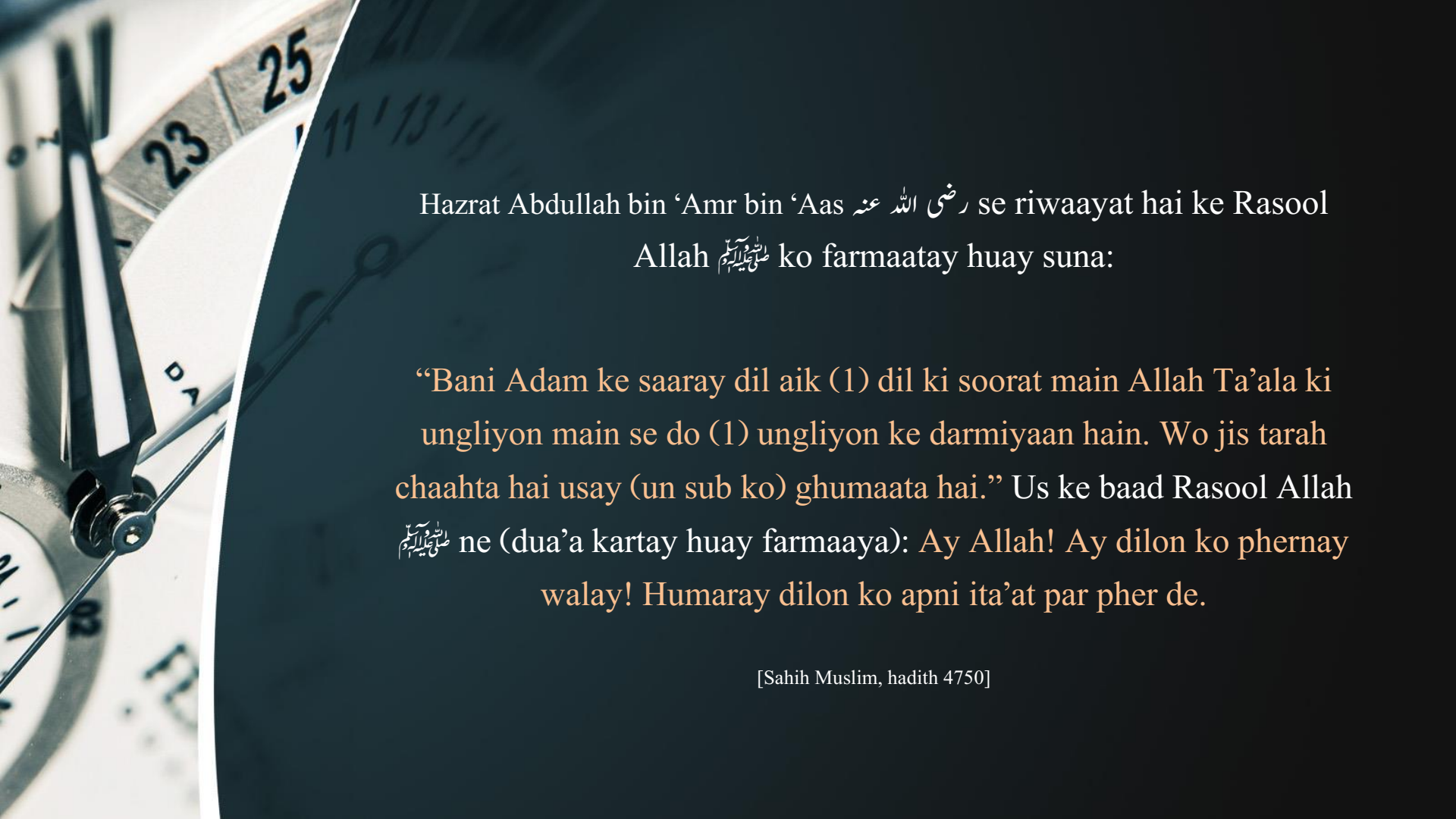
[Jami at-Tirmidhi, hadith 2466]

Sehat-e-hadith: Albani ne isay sahih qarar dia hai



عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو أَنَّ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ
إِنَّ قُلُوبَ بَنِي آدَمَ كُلَّهَا بَيْنَ إِصْبَعَيْنِ مِنْ أَصَابِعِ الرَّحْمَنِ كَقَلْبٍ وَاحِدٍ
يُصَرِّفُهُ حَيْثُ يَشَاءُ اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

[2654 صحيح مسلم كتاب القدر باب تصريف الله تعالى القلوب كيف شاء]



Hazrat Abdullah bin ‘Amr bin ‘Aas رضى الله عنه se riwaayat hai ke Rasool Allah ﷺ ko farmaatay huay suna:

“Bani Adam ke saaray dil aik (1) dil ki soorat main Allah Ta’ala ki ungliyon main se do (1) ungliyon ke darmiyaan hain. Wo jis tarah chaahta hai usay (un sub ko) ghumaata hai.” Us ke baad Rasool Allah ﷺ ne (dua’a kartay huay farmaaya): Ay Allah! Ay dilon ko phernay walay! Humaray dilon ko apni ita’at par pher de.

[Sahih Muslim, hadith 4750]



KHULAASAH

- Allah Ta'ala ko apni awwaleen tarjeeh banayein
- Din ko paanch (5) waqt ki namazon ke mutabiq plan karain.
- Nek amaal main izaafa karain aur Allah Ta'ala aap ke waqt main aur zindagi main barkat daal dega.
- Neend ka Nabwi namoona aur minimalism (kam cheezon ka hona) ke tasawwur ko apnayein



PARHNAY KE LIYE ASSIGNMENT

Robin Sharma ki kitaab “5 AM Club”
parhain.

YAAD KARNAY KE LIYE DUA'A

رَبَّنَا لَا تُرِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ رَحْمَةً ۖ إِنَّكَ أَنْتَ الْوَهَّابُ

[سورة آل عمران: ٨]

Ay humaray Rabb humarya dil terhay na kar baad us ke ke tu
ne humain hidaayat di aur humain apnay paas se rehmat ataa
kar, beshak tou hai barha denay wala