

## Chapter – 79

## Hurdles

(خَطَرَات)

❖ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ▪

*From the evil of the one who fills evil thoughts in the heart, and stays hidden. (114:04)*

When a seeker (سالك) starts his journey on the ‘*way of truth*’, and decides for good deeds and with the help of remembrance of God wishes for self-refinement, his two opponents, Shaytan and the own-self, strive hard to stop his aims. These are **خَطَرَات** (hurdles).

Reluctance (against bad deed) comes into the heart but it goes off too, this is called ‘*hurdle*’ (خَطْرَه). But when the thing is decided with firm intensions then no hurdle remains, therefore it becomes ‘*determination*’ (عزم). Be remembered that hurdle is pardonable but determination is not forgivable. If someone has determined but later due to some reasons that determination could not be executed, still that determination is liable to be penalized. But if that determination is executed then it is clear “*offence*”. This third hurdle is very alarming. For this, Allah تعالیٰ و سبحانه و تعالیٰ is “أَرْحَمُ الرَّاحِمِينَ”, He is the only one who can do mercy.

❖ Hurdles are of four types:

1. **Shaytan Hurdle** (خَطْرَه شَيْطَانِي): Its work is to remove faith from God. It stops for the remembrance of God, and make busy in such affairs by which there is no any attention towards God. This hurdle provokes for lack of patience, lack of dependence, and non-reliance on the fortunes from God.

2. **Inner-self Hurdle** (خطرہ نفسانی): Eat and drink, marriage, and live comfortable, just these are the only desires of this hurdle. Since demand of the inner-self is natural, therefore despite thousands of efforts this hurdle never goes off. It makes settlement with Shaytan and provokes to go for evil deeds. This inner-self is a type of animal and shows animalism. It does not care for right or wrong. The only thing it wants that aims should be fulfilled. ---- But the inner-self has a quality that could be praised that if it is trained it becomes decent. Once habit is developed then later it will work accordingly. For few days keep offering prayers, then you can see that as soon as the time of prayer comes it will become prompt to execute. For few days wake up for night-prayers, then it will happen that that time comes and the eyes are opened.
3. **Angel's Hurdle** (خطرہ ملکی): As Shaytan become active to detract human being, in the same way Angel remains lively to give good suggestions. This stops doing bad deeds. This shows correctly that what is good and what is bad.
4. **Gracious Hurdle** (خطرہ رحمانی): These are the inspirations of God. This hurdle gives satisfaction. It creates a habit of acceptance and recognition. Faith becomes strong.

On account of Shaytan Hurdle and Inner-self Hurdle, **نفس امارہ** (provocation for evil) is generated. The help of Angel's Hurdle creates **نفس لوامہ** (regrets and repentance). Gracious Hurdle grants consciousness of God. That moment it provides **نفس مطمئنہ** (self-satisfaction). This Gracious Hurdle enters into the heart as if any man conveniently enters into his own house. Whereas, Shaytan Hurdle enters into the heart like a thief, means one step ahead and by fear one step behind. The word **الْخَنَّاسِ** has this meaning.

To avoid Shaytan Hurdle and Inner-self Hurdle the basic principle is “*eyes on feet*” and “*loneliness in large audience*”. Keep eyes down, and don't see here & there. Remember that human being's face is very attractive. If you will see anybody's face it will come into you through your eyes. If you will look around, the heart will feel disturbed. Then, how will you get satisfaction? Human being's face is catastrophe. It is disaster. Saints say that the whole head of human being is Rahman's image. It contains seven attributes. Life is there. Knowledge is there. All in all love and affection is also there.

لال ڈورے ہیں بند پائے نظر  
 صید کرتی ہیں یار کی آنکھیں

(Blood-shed eyes under the low sight  
 Shooting is the role of beloved's eyes)

For few days just keep your eyes protected and be safe with other's eyes. When heart is concentrated on one point then *reality* will come forward. Later no one would be damaging. When there will be no strangeness then how any disruptions would come, and wherever and whomsoever you see, you will look through the acquainted eyes.

Look! One more thing! Do not eat variety of food. This colorfulness of food disturbs your thoughts. Just think over it! When you will not eat simple, how you will get '*Oneness of God*'? --- Biryani itself is a compound food, but along with taking sheer-mal, qorma, roasted mutton, fried chicken, fried fish, and kabab, --- what is this? Then second round is pudding, and kheer, sweet of apricot, and sweet of bread slices, --- How much you will eat? At least leave some space for breathing. --- One fellow took all these things then he was questioned; will you eat any digestive tablets? He replied, if there would have been some space for these digestive tablets I would have taken "Azam shahi sweet dish" --!

In order to get rid of these hurdles, there is a tried and proven remedy that whenever you encounter unnecessary thoughts, untimely thoughts or unwanted thoughts, in the name of requirement of time start thinking for decent thoughts. And pray for saving yourself with malicious thoughts. Because God says:

ادْعُونِي أَسْتَجِبْ لَكُمْ

{Pray to me. I will accept. (40:60)}

Moreover, to get rid of these hurdles there are more methods which may be tried. These are as follows:

1. When you face lots of hurdles, you change your position. That means if you are sitting then stand up. If you are standing, you start walking or sit down. The basic principle behind it is "movement".
2. When you find some hurdle in your heart, run fast in your thoughts. After some time the hurdle will remain behind. Another way is, start thinking that the hurdle is running away from you. This may also help you.

3. If any hurdle comes, then you say loudly “Why you disturb me, where I will get shelter”?

4. Start discharging forceful breaths.

5. If any hurdle comes, some people say “Oh you are here! But I recognize your all styles.”

جس رنگ میں آؤ کچھ نہیں ہے پرواہ

اس ناز و ادا سے تم کو پہچانتا ہوں

(Come in any color any shape I do not care  
I recognize your all signs and gestures)

6. If recited the following Verses from Quran, it helps a lot:

إِنْ يَشَأْ يُذْهِبْكُمْ وَيَأْتِ بِخَلْقٍ جَدِيدٍ - وَمَا ذَلِكَ عَلَى اللَّهِ بِعَزِيزٍ

{If He wills, He can remove you all and bring a new creation.  
And this is not at all difficult for Allah. (14:19&20)}

7. Or - Recite the following Verse:

قُلْ كُلٌّ مِّنْ عِندِ اللَّهِ

{Say, everything is from Allah. (04:78)}

8. Or - Recite the following Verse and symbolically hit on your heart:

الَّذِينَ آمَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

{Those who have believed and whose hearts are satisfied by the remembrance of Allah; unquestionably by the remembrance of Allah hearts are satisfied. (13:28)}

9. Other than this, if recited يَا فَهَارُ, all reluctances (against bad deeds) are burnt. But this should be recited after consulting with Sheikh. Otherwise heart trouble may occur.

10. Recite يَا مُصَوِّرُ, يَا فَعَّالُ, and يَا خَالِقُ.

11. Many people have the bad habit of imaginations. For this they should prepare a detailed work schedule of two days. Meanwhile if disturbance come they should tell themselves that “I have decided, I have to stick on my schedule”.

12. Prayer (دعا) is the essence of worship. So hurdles may be removed through prayer.

13. Last but not the least effective is استعاذه (seeking protection). It is also prayer. You are the servant of God so depend on the power of God and seek help from Him and say:

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

(There is no power all around except Allah's)

He will accept prayers. Seek refuge from Him, then who can disturb you? Who can mislead you?

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