

# TREATMENT OF ROOH

By : Hadhrat Maulana Shah Abdul Hamid  
Is'haq Sahib Dâmat Barakatuhum



VISIT KHANQAH FOR  
TREATMENT OF ROOH  
PRESCRIBED BY *Hazrat*

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***ALLAH! ALLAH!***

***WHAT A BEAUTIFUL  
NAME***

***IT DESTROYS THE DESIRE  
FOR NAME AND FAME!***

***Title: The Rooh***

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## **CONTENTS**

FOREWORD .....	2
TREATMENT OF THE ROOH .....	3
UNDERSTANDING THE ROOH .....	5
THE ROOH SPECIALIST .....	6
THE ROOH IS ABLE TO PERFORM MIRACLES.....	6
HOSPITALS FOR THE ROOH .....	7
MADRASAH GRADUATES .....	7
ESTABLISHING SPIRITUAL HOSPITALS.....	8
A DIVINE ADVICE .....	8
CONSULT A DOCTOR .....	9

## **FOREWORD**

This is a transcript of a lecture delivered by Hadrat Maulana Abdul Hamid Saheb D.B. in Sepang, Malaysia in Muharram 1434 – November 2013. The lecture was transcribed by Maulana Umair Saheb who is an Alim in Malaysia and a Khalifah of Hadrat Maulana.

## TREATMENT OF THE ROOH

Spiritual reformation is one of those topics that are discussed in many verses of the Quran. Hadrat Maulana Hakim Akhtar Rahimahullah, the spiritual master of this era, used to discuss this topic quite often in his gatherings, and in fact stress on its importance.

The Rooh has to be maintained just as the body is maintained. If a person has a mouth sore, he is unable to eat or even speak. Similarly, if he experiences pain in his eye, the entire body feels the pain. If he takes the correct treatment, then with the permission of Allah Ta'ala, the body will benefit; and as a result he will feel good. Likewise, if the Rooh is maintained then great enjoyment will be attained in obeying Allah Ta'ala and by engaging in the Ibaadat of Allah Ta'ala.

As a young boy, I did not realize that my eyes were weak. Then came a time when my beloved father took me to the optician. My eyes were tested and after putting on glasses everything looked completely different; beautiful and pleasant. Only then did I realize that my eyes were weak, and I was therefore unable to see properly.

If a person doesn't take the necessary treatment and goes on with his sickness, then he could possibly reach a stage where his physical body will no longer function properly as desired. Eventually, the sickness will worsen causing him to suffer as well as others that are around him.

If a person takes treatment and gets better, it doesn't mean he is going to get younger or live forever; he is still going to get old and eventually leave this temporary world. If he doesn't take treatment and dies from that sickness, he will be relieved from

that sickness and will never again suffer from it. On the other hand, if he dies whilst he is spiritually ill, his problem does not end there, in fact it has just started.

To take treatment for one's physical illnesses is Sunnat and not Waajib yet people take their health seriously because it involves their worldly comfort. However, the spiritual health, which is Waajib to maintain, is usually neglected. For the heart to be free from Kufr, Shirk and Riya', is not only sunnat but it is Waajib as it affects one's eternal life .The same applies to a car. If a person uses his car daily but does not maintain it then his car will stop functioning properly after some time. The engine will not perform as it ought to perform. Every time he wants to start the car, he will have to ask two or three people to help him push start the car. When he switches it off, he will have to ask people to push it again.

Repairing the car is not compulsory and neither will Allah ﷻ ask us to why the car was not repaired. However, everyone ensures that he maintains his car so that he may travel comfortably. As for the comfort of Akhirah, which is eternal, hardly anyone is concerned.

Houses are usually maintained well to ensure a comfortable life. When moving into a new house, everything has to be new and looking beautiful. It has to be fully decorated with the latest fittings. The flowers in the garden must look beautiful and the grass should be as green as it can be. However, if all these things are not maintained properly, one day these fine things will be damaged and will stop functioning. The tap will be leaking and the toilet will get blocked. If the flowers and grass are not watered they will get dry and die. The house will not be as elegant as it used to be. Although, in the Hereafter Allah ﷻ will not ask why the beautiful house was not maintained properly,

most people invest their time and money in maintaining their house well. Does the soul get the same maintenance as the house, whereas it is only a healthy heart that guarantees true comfort?

## **UNDERSTANDING THE ROOH**

Today, efforts are made twenty four hours of the day for the welfare of the short life of this world. People are prepared to sacrifice time and wealth for their worldly body. They take out insurance policies for their health, cars and houses. Unfortunately, the welfare of Aakhirah is often neglected. Once death arrives, the body which the people have worked for will be buried in sand and will perish in the sand. As for the soul, it has to move on with a lengthy journey lying ahead.

All the systems of the world with its infrastructure which are functional from the shops to the schools, from the roads to the hospitals, and from the parliament to the courts, are working for the body. As long as the Rooh remains in the body, all these will carry on functioning and working for its comfort. Once the Rooh leaves the body, then all the fancy clothing and cars will be taken away from a person. If the soul has left the body then the hospitals, offices and houses will be of no use. The family will quickly send the body to the grave because the body itself does not have any value any longer. It is the Rooh that was important; without it the material world will be irrelevant.

Although the Rooh is so important, it is not given the attention it requires. People tend to take the matter of the Rooh for granted because it belongs to a different dimension; the realm of the unseen. If they had pondered and understood its importance the Rooh would have been given its due. It can be logically understood, yet it is beyond physical senses. Divine guidance is necessary to remind men of this reality.

## **THE ROOH SPECIALIST**

Once a student of Hazrat Shah Abrarul Haq ﷺ required surgery. A doctor requested him to sign a document authorizing them to perform the operation. He said "I have to ask my spiritual doctor before I sign this form." Amazed, the doctor asked "Who is the spiritual doctor?" He answered "By extracting blood you are able to determine my sugar level and the cholesterol level in my body. Can you tell me how much of pride I have? How much of jealousy I have? Can you tell me what is pride and how do I overcome it?" The doctor obviously replied in the negative; he couldn't do that as it was not his work; that's the work of a spiritual doctor. Whenever a person suffers from spiritual illnesses, he requires the assistance of a spiritual doctor.

The Rooh is transferred to the baby in the womb of the mother even before the baby is born. Allah alone is the one that gives life and gives death. It is only He who knows the mechanics of the Rooh and teaches them by the means of Wahi, divine revelation.

The theories are found in the Quran; the thirtieth Juz is filled with the beautiful lessons of love, sincerity, forgiveness, patience, reliance, justice, wisdom and the list goes on. It also discusses Kufr, shirk, hypocrisy, miserliness and a whole lot of spiritual ailments. The Sunnah of Rasulullah ﷺ also explains it even further. However, to understand the complexity of the Rooh, one needs to study it under the guidance of spiritual doctors and spend enough time as housemen in their company.

## **THE ROOH IS ABLE TO PERFORM MIRACLES**

Doctors generally accept that the mind affects the physical condition of a person. If a person is continuously worried because his daughter was divorced or his son met up in an accident, then his blood pressure will immediately increase and his sugar level will also be affected.

Just as the mind affects the body, the Rooh also affects the mind. It follows that the Rooh controls the physical body. Sometimes a husband and wife are both sick; but out of love for the husband the wife forgets her own tiredness and sickness; and only worries about the sickness of her husband. When her soul is full of love then the mind will forget all the tiredness the body is experiencing, and when the mind is strong the body will also be strong. The Rooh can perform miracles.

### **HOSPITALS FOR THE ROOH**

A great scholar of India, Mufti Abdullah Phulpuri D.B., who is about 40 years of age said that he wants to build a hundred Khanqahs in India. A Khanqah is a spiritual hospital and it has a more specific purpose which is different from that of a Maktab or a Madrasah. It is a spiritual hospital that the ailing souls are desperately in need of.

### **MADRASAH GRADUATES**

Previously, when students would graduate, they understood their responsibility and their teachers would remind them that they should work on the Rooh of the people. Their focus was always on their own reformation and the reformation of their community. Their effort was to connect the community to Allah ﷻ and Rasulullah ﷺ, and remind them that Imaan should be more beloved to them than anything else.

Today when students graduate, especially the talented ones, generally the first thing that comes to mind is teaching in a Madrasah, or becoming an Imam, or delivering public lectures. All these activities are very good but very rarely do the students remember their actual purpose. This effort is to sustain one's spiritual needs, and not the physical ones. Finding a graduate that

will dedicate his life for the Rooh by specializing in the field of Tasawwuf and establishing a Khanqah is even rare.

### **ESTABLISHING SPIRITUAL HOSPITALS**

Is it possible to find a small clinic for the Rooh in Malaysia as medical clinics are easily found? Even if perchance one is found somewhere in some corner, it is certainly not enough to cover the need of the society.

The disease of Kufr and Shirk are plaguing the life of people. Hearts have been infested with the love of Kufr. Any game promoted by the Kuffar is an obsession, their clothing is a fashion, their university degrees are held with high esteem and this sign of the love for Kufr is everywhere to be found, even in the heart of Islamic institutions, even in the life of people that dedicated their lives to the efforts of Deen. There is an urgent need to establish a lot of hospitals with Intensive Care Units which can cater for sicknesses of this kind.

### **A DIVINE ADVICE**

If Muslims as individuals and the communities at large pay attention to their Rooh, then there is a guarantee from Allah ﷻ that they will attain ultimate success as He has clearly mentioned, *“Indeed successful is he who has purified his heart and remembered the name of his Rabb.”* As a result of his continuous effort on his heart and the continuous Zikr, Allah ﷻ will grant him the reality of Ibaadat; then his salaah will be a true salaah. His relationship with his Creator will be strong.

Allah ﷻ complains regarding the reality of this matter by saying, *“In fact, you prefer the life of this world whilst Aakhirah is better and more lasting.”* He further emphasized that the reformation of the heart is not a new story; it is an old message. *“This is found in*

*the previous scriptures; the suhuf (scriptures) of Ibrahim and Musa.” (Surah Al-Aa’la)*

### **CONSULT A DOCTOR**

When a person realizes that he is sick, then he takes treatment. For that, he goes to a clinic and registers himself as a patient. By doing this he has officially informed the doctor that he needs treatment. To register oneself with a spiritual doctor is by taking Bay’ah, a pledge of allegiance, from him.

Thereafter, the patient must not be shy; he has to keep his doctor updated of his conditions and explain his sickness properly. When the doctor knows that the patient is convinced in him and willing to act upon his advice he will not hesitate in prescribing the most suitable medicine for him, however bitter it may be. Like this, the prescription will be effective and, with the permission of Allah ﷻ one will spiritually advance very quickly. With a healthy Rooh, what an enjoyable life we will have!





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