

The word "Sofia" is plural of word "Sufi". Sufi means, a man who uses a simple dress and he is an emblem of simplicity, contentment. He avoids all kinds of useless activities. Sufies, lead their lives according to the teachings of Islam. These pious personalities worked in the Sub-continent for advancement, development and glory of Islam. The field which gives us the knowledge about the lives of sufies is called Mysticism. So In this thesis, general introduction of Mysticism, its meaning in light of Quran-o-Hadith, information and teachings of Naqshbandia, Qadria, Chishtia, Sohrwardia will be discussed proving that their teachings were not other than islamic Shariah.

The sufies and their companions acted upon the teachings of Islam and also preached them to public. They worked to abolish all customs, traditions and practices against the Islam. They laid down the foundation of an islamic society in which there will be no place for Terrorism, Sectarsim, Dishonesty, Societal Partiality, Narcotics and all other losable activities. The lessons of these sufies were to construct the society with Unity, Brotherhood, Modesty, Public Service, Patience, Prayer, Humbleness, Learning of Education, Good dealings with others and Charity. Major problems faced to islamic society presently and their solutions in the light of Sufies's teachings will be described.