



**Sofibats by**  
**Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani**

**ANGER IS FROM SHAYTAN**

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,  
Auzu Billahi Minashaytanir Rajeem. Bismillahir Rahmanir Raheem,  
Wassalatu Wassalamu ala Rasulina Muhammadin Sayyidul Anwalin wal Akhirin,  
Madad Ya Rasulallah, Madad Ya Sadat As'habi RasuLillah, Madad Ya Mashayikhina,  
Dastur Mawlana Sheikh Abdullah Faiq Dagbestani, Sheikh Nazim al-Haqqani. Madad.  
Tariqatunas sobba, wal khayru fil jamiyya.*

Our Holy Prophet ﷺ says, “Who is the strongest person? Who is the best fighter? It is the man who controls his anger.” A person who controls his anger is already comfortable because everything that happens to a person is due to anger, and anger is from shaytan. When anger comes, a person loses his mind, does everything and then regrets it. That is why our Holy Prophet ﷺ said that the person who controls his anger is the strongest. Most of the time, people try to make others angry and do bad things. And people do more harm to themselves with that anger.

Therefore, it is good for a person to control his anger. How will we do it? Our Holy Prophet ﷺ says: “إِنَّمَا الْعِلْمُ بِالتَّعَلُّمِ، وَإِنَّمَا الْحِلْمُ بِالتَّحَلُّمِ”, “Knowledge is only by learning, and patience is only by exerting oneself to be patient”. Knowledge is by learning, and “Hilm” is to be forbearing, and it happens slowly. So it doesn't happen all at once. Just like controlling one's ego, a person can also control his anger. Because as we said, the harm of anger is on the person who does it, on the person himself. After that, he feels all kinds of regrets. Sometimes people feel very big regrets. Sometimes they wish they had not done it. Sometimes people come to a state of embarrassment because they become ridiculous or get into a situation they never wanted, and then they regret it and say that they wish they hadn't done it. May Allah ﷻ help us.

This is a disease of the ego. It teaches man how many bad things there are in the ego. He who does not control himself will regret it. May Allah ﷻ not make us from those who are regretful, may we not be regretful insha'Allah. We should control our egos and control our anger insha'Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
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