



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

**HOUSE OF DISEASES**

*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 Faiẓ Daghestani, Sheikh Nazim al-Haqqani. Madad.  
Tariqatunas sobba, wal khayru fil jamiyya.*

Our Holy Prophet ﷺ says about the stomach:

المعدة بيت الداء والحمية رأس كل دواء

“The stomach is the house of diseases, and diet is the best medicine.” The stomach is the place and home of the diseases, and diet is its medicine. People get sick and uncomfortable from the things they eat. And the cure for it is to pay attention to what they eat and drink. You have to see which one is good for you and which one is not. What each person eats can be different. It may affect some people and some not.

That was in old times, but these days it's even weirder. People today eat twice or three times what people used to eat in the past, and they don't move. All these diseases come from the stomach, as our Holy Prophet ﷺ said. Even this latest disease was transmitted from something eaten. It came from the stomach, and spread all over the world. Therefore, eat good and clean things. Be careful, do not eat things with bad substances. Eat clean. This is to take care of your health.

Don't think that you will get stronger by eating too much. People should eat good quality and good things. How will you know that? It is known. Now everyone knows what to eat and what to drink. A person got up and had liters of soda, it was easy. But the person who drinks them will definitely feel uncomfortable in the end, his body will not be able to carry it. In the past, they used to drink a glass or a bottle of cola or soda a day, but the bottles now are not as they were in the past. I remember, thirty years ago they came up with the one liter bottle. It didn't exist then. The bottles were smaller. Now the man finishes not one liter, but two liters or three liters once or twice a day. This is impudence. There are four-legged animals that eat twenty-four hours a day, blessed animals. For example, cows, they eat all the time without stopping, twenty-four hours a day, but they have a benefit. Otherwise, if you also feed them bad things, they will get sick too.





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Therefore, you have to be careful. Everyone is responsible for their own health. We will be questioned in the presence of Allah ﷻ, "I gave you this body, how did you destroy it like that? We gave you strength. You did it to yourself." We will be questioned for that as well. Therefore, be careful of what you eat and drink. Eat according to the Sunnah insha'Allah. May Allah ﷻ grant health and wellness to the Ummah of Muhammad ﷺ.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
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Morning Prayer, Akbaba Dergah