



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

**SILENT DHIKR**

*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 Faiz Daghestani, Sheikh Nazim al-Haqqani. Madad.  
Tariqatunas sohba, wal khayru fil jamiyya.*

A'ūdhu bi-Llāhi mina sh-shayṭāni r-raġīm. Bismi Llāhi r-Raḥmāni r-Raḥīm:

وَتِلْكَ الْأَيَّامُ نُدَاوِلُهَا بَيْنَ النَّاسِ

(Qur'ān 03:140). Allah ﷻ states in the Holy Quran: 'And these days [of varying conditions] We alternate among the people.' Allah ﷻ states that these days are counted for all people, they're limited, they're days created by Allah ﷻ. People spend their days in this life and then pass on to the true life afterwards. Some at a young age, some at an old age. It's all the predestination of Allah ﷻ. As much lifetime Allah ﷻ has given to a person, that's how much he'll live. Disease and this and that are all an excuse. What's important is for people to know this. Most people don't even remember or think about this and live life as if they're never going to die. They work and cultivate all their life time and spend it all in vain and in the end it's nothing, yet they [also] go to the hereafter with plenty of sins. Every disease has a cure except for death, says our Holy Prophet ﷺ. Every illness has a cure. Now they say we can't find a cure but Allah ﷻ has made a cure for every illness. People are searching for that. They're searching for the essential cure but they're not putting in the most important thing which is: if Allah ﷻ wills. If you say that, you would be both gaining a reward and getting the cure.

These days of this worldly life are valuable days. We should not waste it in vain. We should always have Allah's ﷻ Dhikr (remembrance) in our hearts. The Naqshbandi Tariqa teaches Dhikr Al-Khafi, the silent Dhikr of the heart. You can make that Dhikr at every instant, every minute. To not forget Allah ﷻ and always remember Allah ﷻ in your heart, that's what Dhikr means. You can do it in your heart, all day and all night and then your heart works [with Dhikr] Allah ﷻ willing. So may Allah ﷻ give us all good days in this world. May we not spend a second without Him, without remembering Him insha'Allah. May Allah ﷻ give us all strong Iman (faith) insha'Allah.

Wa Minallah at-Tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet ar-Rabbani  
30 March 2021/17 Sha'bān 1442  
Sabah Namaz, Akbaba Dargah

[www.hakkani.org](http://www.hakkani.org) / [www.hakkaniyayinevi.com](http://www.hakkaniyayinevi.com)