



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

**THE FIRST LESSON IN TARIQA**

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

‘الطَّرِيقَةُ تَحْتُلُ الْأَضْدَادُ’ Tariqa is to tolerate things that are contrary to people, things that are opposite. Not only the Naqshbandi Tariqa, but all Tariqas teach you to tolerate things which you don't like without objecting. It is easy to get along with those who treat you well. And it is difficult to keep quiet or to treat well those who treat you badly. It is a big strength for people to keep calm under oppression. Our Holy Prophet ﷺ says that a strong person is the angry person who keeps his anger under control and does not fight back. When a person controls his ego and keeps calm, that is the biggest strength. A person as strong as this and that, has no benefit. The benefit is in the man who controls and captures his ego. With the beautiful words of our Holy Prophet ﷺ, all Tariqas are good examples for people to get along well.

Everything goes contrary to the people now and they cannot tolerate any of it. Shaytan taught them so. They shout and swear at everything and think they are doing something big. It becomes worse when they do so; it becomes more difficult. No one is telling people all over the world that what they are doing is wrong. They say, “It is your right and freedom. Go, scream and shout”. You are screaming and shouting, but there is no benefit and only harm is coming to people. Therefore, tolerance is useful for people. Tolerance is the first lesson in Tariqa. Tariqa is not to say ten words back to someone who told you one. Tariqa is to be tolerant and patient. May Allah ﷻ protect us. May Allah ﷻ let us all succeed in obeying the orders of Tariqa and Islam. It is easy to talk about it yet hard to apply in practice. May Allah ﷻ help us all insha'Allah. May we have strength of Iman.

Wa min Allah at-Tawfiq. Al-Fatiha.

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