



Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

THE SUNNAH OF 'ITIKAF

*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.*

They are asking regarding 'itikaf. 'Itikaf starts with the Adhan for Maghrib and lasts until the 'Id prayer. It can last till the evening of 'Id as well. They make intention for the Sunnah of 'itikaf with BismiLlah before starting it. As we said, it is ten days. Our Holy Prophet ﷺ used to make it ten days. But who cannot make ten days, he can make as much as he can to get Barakah (blessing). And while entering the mosque, make intention to stay as long as you can in 'itikaf, saying: "تَوَيْتُ الْاِيتِكَافَ", "Nawaytu-l 'itikaf". But the actual 'itikaf of Ramadan that our Holy Prophet ﷺ used to make is ten days. Of course, not everyone can make it. May Allah ﷻ accept of those who can. Eating and drinking is not like in Khalwa (seclusion). You can eat everything you want, not only lentils. You may eat lentils too, but it will be a normal meal.

What should be done? You should read the Qur'an, perform worship, make Tasbehat and pray the missed prayers. You can read Sohba. The more you stay away from worldly talks, the better it is. Of course, you can speak when you need. Apart from that, concentrate more on worship and Tasbehat. This is what should be done in 'itikaf. The important thing is that you should stay at home or in a mosque and not go outside.

Women should perform this worship at home. It is the same for women. They make it at home in their rooms. Those who have children should do their house work and then confine themselves in a room for worship, because married women with children should take care of them as well. After completing her duties at home, she can keep on her duty of 'itikaf. May Allah ﷻ accept it. May Allah ﷻ bless it. May its blessings be upon the Ummah and may they be protected from Fitnah. May they be protected from all badness. And may the sick be cured insha'Allah.

LiLlahi Ta'ala l-Fatihah.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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