



Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

FASTING IN SHAWWAL

*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.*

Every month of Allah ﷻ has its special feature. The month of Shawwal is one of these months. This month is a bit heavy. Therefore, do not forget to give Sadaqah and charity. In order to be protected from this heaviness, certainly Allah ﷻ gave a solution for this, which is Sadaqah. Sadaqah is a cure for all kinds of things. It is a remedy and protection. It has many benefits. Therefore, do not forget to give Sadaqah in order to be protected from the heaviness of this month.

As it comes after Ramadan, there is a 6-day fasting in Shawwal to complete it. You can fast it all at once, or on different days. Our Holy Prophet ﷺ says that whoever fasts in Ramadan and then fasts six days of Shawwal right after it, each day is counted as ten and your fasting equals to a year of fasting. They say, "صائم الدهر", "Fasting his whole life". There are some people who fast all the time. They are fasting throughout their lives. Whoever fasts six days of Shawwal together with Ramadan will reach that virtue. It is a good thing. We earn this reward without going through hardship and problems. Its benefit is also in easing the heaviness of Shawwal, to be protected from it.

When Allah ﷻ orders something, it has not only one benefit but a thousand benefits. If we know one or two benefits; to someone who carries out this order, Allah ﷻ gives limitless benefits. Therefore, we should not ignore it. It is a great chance. We should not miss it. If you delay it to a later time in this world, it is unclear if that time ever comes. That is why we should make use of every benefit while we have the chance because we may or not have good health. This is also important. Those who are healthy receive the continuous blessings of Ramadan in this month as well when they fast these days and follow Sunnah of our Holy Prophet ﷺ. May Allah ﷻ make it means to goodness. May it be blessed insha'Allah and may we be protected.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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