



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

**OUR BODY IS A TRUST**

*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.*

Allah ﷻ created people in the best shape. It is a trust. Everyone's body is a trust to them. They have to take care of that trust. They should look into what benefits it and stay away from things that harm it. You should keep your body healthy because Allah ﷻ gave all kinds of instructions to keep your body healthy. The most important of them is to pray and fast. All of them are useful spiritually and physically to mankind, but mankind is running away from them. They do sports and take things that are useless to the body, whereas people can use this trust, their bodies gently and healthily throughout their lives. They should be careful.

There are some things which are Sunnah of our Holy Prophet ﷺ. They only bring benefit to people, no harm at all. Among those of our Holy Prophet's ﷺ is fasting. And there is Hijama, blood cupping. It is time for it now. Blood cupping is beneficial to people. Now is the best time of the year for blood cupping. If there is a need, it can be done in other times too. But to make it once a year is enough for people. If someone is sick and needs more, two times a year is fine. People say that they are blood cupping specialists, but they don't understand anything from it. They make it once a week or once a month. It is wrong. Blood is a difficult matter. There is no need to waste it. And then when you have blood cupping done, you perform the Sunnah of our Holy Prophet ﷺ. You will protect yourself from many sicknesses. And your age should be above 30 years. No need to make it below that age unless there is a necessity. It is much better after the age of 30.

The biggest benefit of it is for the blood pressure. Our Holy Prophet ﷺ would say blood is pumping. Blood is pumping meaning high blood pressure. It is beneficial in such things. It has many other benefits. But as we said, they turned it into business. They make profit from it. When you make profit from it, you take away the trust. While a person hopes to get health and perform the Sunnah of our Holy Prophet ﷺ, you may infect him with a disease when there is no complete hygiene. And then you are responsible for it.



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As we said, your body is your trust. You should look for good masters. You can look and choose the best in everything. There is no prevention. You should not say, "I am a dervish. It is fine any way". It is wrong. You should respect and guard your trust, your body insha'Allah. May Allah ﷻ give us good health. May we perform the good Sunnahs of our Holy Prophet ﷺ as much as we can insha'Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
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