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Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

THE IMPORTANCE OF HIJAMAH

*As-Salāmu 'Alaykum wa Raḥmatullāhi wa Barakātuh.
A'ūdhu Billāhi Minash-shayṭāni r-raġīm. Bismillāhi r-Raḥmāni r-Raḥīm.
Wa ṣ-Salātu wa s-Salāmu 'alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akhirin.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥabi Rasūlillāh, Madad yā Mashāyikhina,
Dastūr Mawlana Shaykh Abdullāh al-Fā'iz ad-Dāghistāni, Shaykh Muḥammad Nāẓim al-
Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam'īyyah.*

These days are the days of spring. Spring is the season of Hijamah. Our Holy Prophet ﷺ mentioned the Hijamah to be a great Shifa' /cure for us. Certainly, it has certain times and things to do that our Holy Prophet ﷺ has taught about. People who keep them find cure with the permission of Allah ﷻ. It is the cure to big diseases, the greatest cure.

Our Holy Prophet ﷺ says that blood rushes to the head. Of course back then in old times, there were no tools and instruments, and nothing as checking the blood pressure. Allah 'Azza wa Jalla told about everything. And our Holy Prophet ﷺ has informed us. It is the blood pressure. The best remedy for blood pressure is to make Hijamah.

Hijamah is different all over the world. Here, pomegranate must blossom first. Pomegranate is blossoming now, Shukr to Allah ﷻ. We live in the Northern part of the world. The part below is in autumn now. It is better for them to make it in spring too. Also, there are some stupid people who say that you should make Hijamah every month. That is wrong. You should make it twice a year at most, because blood is not an easy matter.

Allah 'Azza wa Jalla created the human body with measurement and proportion. Blood doesn't come like water. Therefore, the person who makes Hijamah must know this. And its method is not by pumping. If you suspend a pump in the well, it will pump water as much as it can. It will pump blood as well. That is not right. The old method is by heating the cups. Bad blood comes out then. Otherwise, pure blood will also come out. That is not right.

Shukr to Allah ﷻ, a person who goes on the way shown by our Holy Prophet sallā Llāhu 'alayhi wa sallam doesn't get caught by diseases. Of course, the world we are living in is not like it was before. No matter what you do, certainly people could get a disease through air, water or food. During the time of our Holy Prophet ﷺ, the Romans sent



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a doctor to our Holy Prophet ﷺ as a gift. Of course, he ﷺ didn't say anything out of Adab and by showing respect in order not to upset them. The doctor sat down to accept the sick for a day or two. He waited for a week, for two weeks, for a couple of months. Eventually, he said, "No one comes to me. Why don't they come?" "They don't get sick." "Why don't they get sick?" "Because they know what they eat and drink, that is why they don't catch any disease".

Nowadays, people eat whatever they find. Where can they check what is inside it and where it came from anyways? There is no such thing. Therefore, there are many diseases now. If people go on the way shown by our Holy Prophet ﷺ, there won't be these diseases. May Allah ﷻ help us all.

There are two cures mentioned by our Holy Prophet ﷺ. One is Hijamah and the other is branding with fire/cauterization. I don't think there is someone who still has its knowledge in the world now. The iron rod is heated and wherever the disease is, there are certain points in the body, it is branded there. It gets better so. But there isn't anyone who has this knowledge now. There is only Hijamah now. To have it done as a Sunnah of our Holy Prophet ﷺ will bring cure insha'Allah and we will have performed the Sunnah. May Allah ﷻ give cure and may Allah ﷻ accept it.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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