



Hakkani TV

Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

HOW TO COPE WITH HEAVY STATES

As-Salāmu ‘Alaykum wa RaḥmatuLlābi wa Barakātuh.

A‘ūdhu BiLlābi Minash-shayṭāni r-rajīm. BismiLlābi r-Raḥmāni r-Raḥīm.

Wa ṣ-Salātu wa s-Salāmu ‘alá Rasūlinā Muḥammadin Sayyidi l-Anwalina wa l-Akhirin.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūliLlāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Shaykh Abdullāh al-Fā’iz ad-Dāghistāni, Shaykh Muḥammad Nāzim al-

Ḥaqqāni. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.

As this world is the place of tests, people change from one state to another. They are in different states every day. Sometimes it is good for people, sometimes it is bad. Sometimes they are happy, sometimes they are sad. It is something normal for people in this world. They ask, “How should we cope with it?” Remember Allah ﷻ and make Dhikr of Allah ﷻ. That state will be of benefit for you. When you are in a sad state, if you beg to Allah ﷻ, He ﷻ will grant you more favors. He ﷻ will say, “My servant did not forget Me, he knows what he should do”. Otherwise, people are upset for nothing. And they have no benefit out of it.

Allah ‘Azza wa Jalla created mankind. All people are the same. Many people say, “This one has this, the other one doesn’t” and think that others don’t have what they have. The wisdom of Allah ﷻ is that Allah ﷻ created everyone the same. Everyone will go through that test. And that test is beneficial for your Akhirah.

Some states are a test, and some states are Ihsan/beneficence. Ihsan means the things made easy by Allah ‘Azza wa Jalla for His ﷻ servants. Therefore, we make Dua that it is easy. Because the test is difficult. The burden of the test is heavy. The burden of the Ihsan/beneficence is lighter.

Many people don’t know what to do in the end of times. When you are in such a state, remember Allah ﷻ and make Dhikr of Allah ﷻ. It comes from Allah ‘Azza wa Jalla; it is Ihsan/beneficence and a favor. Allah ﷻ doesn’t give mankind more than they can handle. *‘لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا’*, ‘Lā yukallifu Llāhu nafsāan illā wus’ahā’, ‘Allah does not charge a soul except [with that within] its capacity.’ (Qur’ān 02:286). He ﷻ gives as much burden as you can carry. And He ﷻ doesn’t give you the burden you cannot carry. He ﷻ gives a mountain-like burden to some people and a bird-like burden to other people.



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Therefore, we should see the Ihsan/beneficence of Allah 'Azza wa Jalla as Ihsan/beneficence and praise Allah ﷻ. When you look at other people, you will realize how much lighter your state is compared to their states insha'Allah. May Allah ﷻ protect us. May Allah ﷻ help us. We are living in this world; Shukr to Allah ﷻ for every breath. Shukr to Allah ﷻ for every sip and every bite. May Allah ﷻ give us all the strength of Iman insha'Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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