



Sofibats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

SECLUSION AND RESTRAINING THE EGO

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,
Anzu Billahi Minashaytanir Rajeem. Bismillahir Rahmanir Raheem,
Wassalatu Wassalamu ala Rasulina Muhammadin Sayyidul Anwalin wal Akhbirin,
Madad Ya Rasulallah, Madad Ya As'habi RasuLillah, Madad Ya Mashayikhina,
Shaykh Abdullah Daghestani, Shaykh Nazim al-Haqqani. Dastur.
Tariqatunas sohba, wal khayru fil jamiyya.*

Thank Allah we did a forty-day seclusion¹. We will see how long this khalwat will last for us. It has been manageable so far. Let us see. May Allah (JJ) help us. May it be continuous because this is a duty done for endurance. We stayed in one place for forty days to endure people and contrary things.

You struggle with the ego, Shaitan, and with everything there. Just as you are thinking it is finished now on, we will not get upset at anybody when we get out, we will not take offense at anybody, and we will be tolerant with everybody as everybody has an excuse, unfortunately the ego is not so. One day, two days, three days, and on the fourth day it slowly starts screaming. Let us see. It has been three days now. How will we swear violently at each other next week?

Let us restrain our ego and not let our ego restrain us. So just because you completed one seclusion does not mean you are done with everything. What is important is its continuity: not doing that, not following the ego. It is struggle with the ego. Children practice before starting a race. These forty days are something like that.

Meaning it is not something to be exaggerated, praised, or be proud about because our ego is used to comfort. Blame, excuses, and everything exists for itself, but it does not accept any fault for itself. It does not accept fault and it does not accept harm. It says there is none better than itself. If you gradually hew it during these forty days, then it starts saying, "I am okay. I am done." When in fact, it has gotten bigger. Therefore, what is important is what follows after this.

May Allah make us all succesful in training our ego. It is a tough task. It needs madad². Inshallah himmat³ reaches us from Allah (JJ) and our Holy Prophet (SAW). May it be continuous Inshallah. May it be with blessings⁴ and may these torments not go to waste. May Allah grant you all health, appetite⁵, and a long life. May Haji Matin Efendi who is sick also get well Inshallah. May he come out amongst us as soon as possible.

1. Khalwat 2. Support 3. Help 4. Baraka 5. Afiya



Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil
20 May 2016/13 Shaban 1437
Post-Hadra, Akbaba Dargah