



Şeyh Muhammed Mehmet Adil El Kıbrıs-i Hazretleri'ne (k.s.) Ait Risaleler

ANXIETY

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

May Allah (JJ) make this month of ours (Rabiul Awwal) blessed. This month is the month of our Holy Prophet (SAW) and the month of mawlid¹. Honor our Holy Prophet (SAW) during this month. Do not forget. Becasue Shaitan reminds of bad things and makes us forget good things.

What are bad things? Many people have waswasa². Anxiety is from Shaitan. Speaking of anxiety, obsession is also an anxiety. The man gets up to make ablution³ and thinking, “No, it is not done,” stays in making it for half an hour. In fact, many people leave prayer because they could not make ablution due to this anxiety.

Shaitan does not remind good things, but the person who gets anxious needs to do it one time: when waswasa comes while making ablution you should say to Shaitan, “If you don’t like it, you do the ablution.” You will say, “If there is anything else you don’t like, you do it!” They need to remember and say this. Otherwise it will get worse and worse. Allah forbid, it can lead to an illness in the head later.

Allah never gives anybody a burden they cannot bear. A person with an excuse can even make ablution between Zuhr (Noon) and Asr (Afternoon) or after Asr when the azan⁴ is called. That ablution is good for one time period. They might pass gas or urine might drop. It is not important at all. Meaning Allah showed such ease for people so they do not torture themselves.

The one who tortures is Shaitan. The one who makes it difficult is Shaitan. Otherwise, Allah’s religion is the religion of ease and disposition. It is a religion that fits human disposition and nature. Our religion does not make us doo hard things. Allah has only ordered what humans can do. He has not ordered anything else. There is no such order to lift 100 kilograms or 150 kilograms. It is however much you can do. Therefore do not torment yourself. Do what Allah orders and that is it. Do not get anxious.

1. Birth of the Prophet (SAW)
 2. Anxiety
 3. Wudu
 4. Call to prayer
- Support



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People of these time have become prone to all kinds of anxieties and obsessions. Of course, it is comfortable now compared to old times. In the past, when people attempted to do laundry, they would wash by hand for one day. There was a laundry day. But now they throw it in the machine then sit and get anxious: "I wonder why this happened and why that happened? Is this right or not?"

Do not be anxious. Our Holy Prophet (SAW) is Rahmatan Lil'alameen, he is merciful. He came with mercy, not to torment anybody. Increase the salawat during this month Inshallah. May our Holy Prophet's (SAW) himma⁵ be upon us Inshallah.

Wa Minallah at-Tawfeeq.

Al-Fatiha.

Hadrat Shaykh Muhammad Mehmet Adil

15 December 2015, Akbaba Dargah, Sabah Namaz

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