



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

**CONTROL YOUR HAND AND YOUR TONGUE**

*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 As'habi RasuLillah, Madad Ya Mashayikhina,  
Shaykh Abdullah Daghestani, Shaykh Nazim al-Haqqani. Dastur.  
Tariqatunas sobba, wal khayru fil jamiyya.*

Our Holy Prophet (SAW) has stated:

الْمُسْلِمُ مَنْ سَلِمَ النَّاسُ مِنْ لِسَانِهِ وَيَدِهِ

“Al-Muslimu man saliman nasu min lisanhi wa yadihi.” “The Muslim is the one whom people are safe from his tongue and his hand.” It is they who do not harm anybody with their hand or their tongue. Some people’s tongue is worse than their hand. Those who torment people with their tongue, those who slander, and those who disturb people are not considered complete Muslims. Their Islam and iman<sup>1</sup> are missing, are little.

Those people need to listen to our Holy Prophet’s (SAW) order and advice. They need to get their act together and get themselves under training, because you cannot call yourself Muslim and torment people. These people are showing Muslims as bad, whereas the Muslim our Holy Prophet (SAW) describes is not like that.

The Muslim is in the most beautiful temperaments and in the most beautiful natures. They do not unjustly harm anybody and they do not cause anybody pain. And when in the right, they can defend themselves against the tyrants, infidels, and unjust people across. They can defend with their tongue and their hand, but they do not out of the blue go and cause people pain with their hand or tongue. They have permission to ask for their right, but that is also within the framework of Islam.

Whoever the person across might be, it cannot be that you get angry at him and cause pain to people who have no fault. You can only ask for your right against the person who is a tyrant, is guilty, and harms you. And this you do if you can do it. If you cannot do it, you refer them to Allah (JJ). Allah (JJ) will see that they account for it on Judgment Day. Allah (JJ) will question them for it and will certainly get your right. If Allah (JJ) wants, He can get it in the world and in the hereafter, whenever He wants.

1. Faith





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As we said, let people keep their hand and their tongue and not oppress anybody. May Allah (JJ) give us all this strength so that we may restrain our ego and be on the right way. May we not oppress anybody or cheat the rights of anybody, because Allah (JJ) will surely question that right, what you did, and what you were up to.

Wa Minallah at-Tawfeeq.

Al-Fatiha.

Hadrat Shaykh Muhammad Mehmet Adil

2 January 2016 / 22 Rabiul Awwal 1437

Akbaba Dargah, Sabah Namaz