



Sofibats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

DO NOT DEFEND YOUR EGO

*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 sohba, wal khayru fil jamiyya.*

Just as you like the good, just as you like it when someone says something good about you, you should not get upset when someone says something bad about you. You should accept it as advice for yourself. You should say, "My ego is worse than this. What this man is saying is even little." Do not defend your ego. Your ego needs to constantly be in pain, constantly be in torment so that your habits become good. Otherwise, if you act according to your own ego, if you want what your ego wants, you can never grow into a man!

Just as a baby does not want to leave suckling, the ego is the same way. They wean babies when they are two years old, sometimes when they are one or one and a half years old. If you do not wean them, some of them suckle until they are five or six years old. In fact if, you leave them they will still continue suckling.

However, it does not work. Everything has a time, everything has a set time. Never defend your ego. But people are not like that. They get mad at anybody that says something to them. They get off and raise hell when someone says something to their ego, and they do not listen to advice from anybody. This is how the ego is. Whether it is a shaykh or it is a saint¹, whoever it may be: oh never touch their ego. They only find themselves right, they do not see anybody else right, and there are none that are right other than themselves.

Our tariqa is to train the ego. In the smallest matter, even if they do not say it with their mouth, they do not accept it in their heart. Do not give heed to your ego. Accept advice. As we said, when someone says something, let us try to say that person is right, our ego is worse, and work to fix our ego. Religion is advice. What your ego likes is not advice. What it does not like is advice. Pay attention to this. May Allah protect us all from our ego, and make us amongst those who accept the truth Inshallah.

1. Wali



Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

Wa Minallah at-Tawfeeq.

Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil
23 May 2016/16 Shaban 1437
Sabah Namaz, Akbaba Dargah