



Sohibats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

VIRTUES OF RAMADAN FASTING

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,
Anzu Billahi Minashaytanir Rajeem. Bismillahir Rahmanir Raheem,
Wassalatu Wassalamu ala Rasulina Muhammadin Sayyidul Anwwalin 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.*

Inshallah we are starting Tarawih tonight, and tomorrow is Ramazan. Thanks be to Allah (JJ) we have reached a beautiful month again. This month is blessed¹ and good Inshallah. May it be good for Islam and Muslims Inshallah.

Of course, whether you like it or not it is obligatory² to fast during this month. People should not see it as hard. You find a lot of people who are strong and healthy but do not fast. Let them not think it is a gain for them, it is a loss for them. Every morsel is poison for people who do not fast during Ramazan. It becomes a sin. They should not think it is to their advantage.

Of course, what we are saying pertains to those who are healthy. But for sick people, they are already considered excused in the sight of Allah (JJ). They have a ransom³ due. People with a permanent disease give their ransom. Some people are sick for a certain period and they can make it up later. Our Holy Prophet (SAW) says about people who break fast without an excuse, "People who intentionally break one day of fasting and later regret it, they cannot reach the rewards and virtues of that day, even if they do not spend a day without fasting for the rest of their life."

People should be careful and realize the value of the jewels they lose, the valuable things they lose. People who do it on time and obey Allah are very profitable. If not, if they rebel and oppose Allah (JJ), even if they regret it later again they cannot reach the virtue of one day. So nobody can reach the virtue of that one day even if they fast for 80 years. These worships are very valuable things. Wealth is not valuable: the valuable are performed worships. These are a great blessing⁴. May Allah be our helper.

Moreover, hodjas⁵ who deal with jinns tell everybody they see, "Magic was done on you," and doctors say, "You are sick. Do not ever fast." No, fasting is good sometimes.

صُومُوا تَصِحُّوا

1. Baraka

2. Fard

3. Fidya

4. Nimat

5. Preacher-scholar-clergyman



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“Fast and you shall find health,” says in the noble hadith. People should look at their situation, try it for a couple of days, and continue fasting if they are able to do so. However, if their body cannot withstand it and they get worse, then they can give the ransom. They should pay attention to this too. Meaning what every doctor says is not the truth. It changes according to the body of the person.

Therefore, we are not saying do not listen to the doctor either, but people should consider their own body. They should try for one day, two days, and if it is manageable let them continue. If not, if they are getting very ill then they have an excuse, and Allah (JJ) would accept their excuse. In fact, they can fast them later during short days if they are able to do so. If not, if they cannot they would have paid its ransom anyway, and Allah would forgive them. Allah would count it as if it was done. May Allah accept all of our fasts and worships. May He make us all reach the rewards, spiritual rewards, in this beautiful month Inshallah.

Wa Minallah at-Tawfeeq.

Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil
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Sabah Namaz, Akbaba Dargah