



Sofibats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

DO NOT GET USED TO COMPLAINING

*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,
Sheykh Abdullah Daghestani, Sheykh Nazim al-Haqqani. Dastur.
Tariqatunas sohba, wal khayru fil jamiyya.*

Authu Billahi Minash-shaitanir Rajim. Bimillahir Rahmanir Rahim.

وَكُلُّ شَيْءٍ عِنْدَهُ بِمِقْدَارٍ

“Wa kullu shay’in ‘indahu bimiqdaar.” (Sura Ra’d:8) Allah Azza wa Jalla says:
“Eveything has a due measure.” Everything has a time with Allah Azza wa Jalla.

This universe was made with calculation, with an amount, and with a measure. These are summer days. People think every year is different. Old people would know better which days would be hot and which days would be cool or cold. There are certain days Allah Azza wa Jalla created for this world and they also have an advantage. Heat has benefits and cold has benefits. People should not complain because these come from Allah. We need to be thankful for these blessings provided by Allah.

Of course heat also has benefits. Our Holy Prophet (SAW) says, “Protect yourselves from the cold.” About the heat he says, “Do not go about under the sun for long.” People of today go and take off their clothes, stay under the sun from morning till evening, and think they have accomplished something. This does not provide benefits, it harms, but normal heat is not a problem.

Our Shaykh Baba’s (Mawlana) (QS) grandmother had some beautiful sayings. She would say, “Have you heard of anybody getting sick from catching heat?” People get sick by catching cold, they do not get sick by catching heat. “Do not be afraid of heat,” she would say, but as we said just because we should not fear the heat does not mean we should think nothing happens in the heat and spend too much time under the sun. So we need to be protected from the sun.



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In fact, during our Holy Prophet's (SAW) time, Zuhr prayer would be delayed a little so a shadow would form and people could go back and forth to the mosque under the shadow. Mecca and Medina are holy places. You cannot find a shadow like this there during noon time. The sun is so directly on top that you need a half hour or an hour for a shadow to form and people to pass by the side. It is a sunna of our Holy Prophet (SAW) to delay Zuhr prayer a little in summer time. Of course then there is shadow and people can go back and forth in the shadow.

We should not fear this heat and should not complain about it. We need to thank Allah for what He has given and not get used to complaining. Once a person gets used to complaining, they would keep talking, "This was like that and that was like this," from morning to evening. Let us get used to being more thankful Inshallah. May Allah make us amongst those who are thankful.

Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil
4 August 2016/ 1 Zulqida 1437
Sabah Namaz, Akbaba Dargah