



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

**DO NOT COMPLY WITH YOUR EGO BUT LISTEN TO ADVICE**

*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.*

Our Holy Prophet (SAW) says:

أَعْدَىٰ عَدُوِّكَ نَفْسُكَ الَّتِي بَيْنَ جَنْبَيْكَ

“The greatest enemy of people is their ego.” Because the ego wants everything like a spoiled child. It does not want any hardship, but no benefit arises without hardship either.

Medicine is sour and is taken to get rid of disease. The medicines of old were not like those of today. It would taste so bitter when you placed it in your mouth. Now they did some things and covered it a little so it is not as bitter as before. However, normally medicine is still not pleasant. Yet disease does not go away without medicine.

Or else people need to control their ego from the beginning to avoid disease. Your stomach will have problems if you eat everything. The stomach is the house of disease as it causes disease. We are showing this as an example, but the root is the ego wanting every evil. We need to restrain it. For it to do anything that comes across it causes torment for people later. There is exterior torment and torment in the hereafter.

Your hereafter is ruined if you live for this world. You should not live for this world. Allah (JJ) created the world as a means, for it to be used. The blessings, trials, and whatever there is: if you think about the hereafter and act accordingly thinking it is coming from Allah Azza wa Jalla and Hazrat Prophet (SAW), your actions would be acceptable and beneficial. On the contrary, if you do not accept it and not think about it, the torment you suffer would be your only gain and nothing else.

So there are two sides to this. Allah Azza wa Jalla tells people, “Do not live for nothing, do not suffer for nothing.” Nothing is in vain if you think about Allah. All of it is written in the sight of Allah and you would gain its rewards. Otherwise, woe to you if it never crosses your mind, you run after your ego, and do anything your ego wants. The

ego wants all sorts of things. Do not go after them just because it wants them. Listen to advice!



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So the ego wants all sorts of things, whatever comes to your mind. Allah provides the permissible and He provides the unlawful. You look for the halal. Meaning everything has two choices: one is halal and one is haram. You will not be full if you run after the haram. Allah willing the halal satisfies and you would also gain its rewards. May Allah not make us comply with our ego. May Allah provide us the halal.

Wa Minallah at-Tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil  
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Sabah Namaz, Akbaba Dargah