



Şeyh Muhammed Mehmet Adil El Kıbrıs-i Hazretleri'ne (k.s.) Ait Risaleler

WHOSE TWO DAYS ARE THE SAME IS IN LOSS

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,
Auzu Billahi Minashaytanir Rajeem. Bismillahir Rahmanir Rabeem,
Wassalatu Wassalamu ala Rasulina Muhammadin Sayyidul Anwalin wal Akhirin,
Madad Ya Rasulallah, Madad Ya As'habi Rasulillah, Madad Ya Mashayikhina,
Sheykh Abdullah Daghestani, Sheykh Nazim al-Haqqani. Dastur.
Tariqatunas sobba, wal khayru fil jamiyya.*

Our holy Prophet (SAW) says, “The one whose two days are the same is in loss.” In what way is the loss? In every way. They say, “There is no comfort while in this world.” Both your body and your mind deplete if you are not comfortable. Seeking knowledge is from the cradle to the grave. Always try to learn new things. There is no end to knowledge. Our Holy Prophet’s (SAW) order will have been obeyed even if little by little every day. Your mind would be more stable and your body would be stronger.

When doing a job, do as much as you can handle, do not do what you cannot handle. For example, most people are with what they call “A monkey’s appetite.” One has a fancy, and you see that the person is spending all their time with that work, they go to sleep with it and wake up with it. For example, they say they will exercise, and they run for two hours from here to there. You cannot exercise like this all your life. Instead of doing that, walk for half an hour every day. This way your body will not get used to laziness. Walking will get your body moving. Walking, taking a walk, is the sunna of the Prophet. Our Holy Prophet (SAW) would constantly walk.

Running is not for people. Running is more for horses. But you are not a horse. You can run for a while and then you are unable to run. This time, the body tries to adapt itself accordingly. Your heart enlarges and your veins expand. Then when you leave this, you are in shambles all over. That is why: do what you are able to do. Think you will be doing it throughout your life and act accordingly. You cannot run for two hours even if you wanted to anyway. You will be busy in the future. Whether your health will be suitable is unknown too. Yet, do not fall behind in something you can do and persist at it. Persistence is also important.

Always try to learn as well. They changed the old writing into Latin. Most people became ignorant. But it is the wisdom of Allah that a man may be fifty or sixty years old and he is able to learn the Koran and the Koran’s alphabet. Let them try to learn that. They put the nation in an idiot’s position. They used to give strange names to Arabic letters and they would ruin them. There are such writings in countries we have been to, in



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Asian countries, that if placed somewhere else, people would not believe you if you told them these were letters. It is such a difficult language, but people read and write it. We know letters can be different. Leave letters aside, even numbers are written so differently. People know and read it all. There is no difficulty in learning the Koran. Allah can make it easy and a person can learn it in a week.

Continue at something when you learn it, when you start it. Even if you cannot do a Juz (one section of the Koran) a day, certainly read a page or half a page. Make it a duty so you do not forget it. Stay mentally alert. Just like you need to walk or do movements to keep your body fit, your mind will start to slowly shut down and shrivel away if you do not work it. Whereas the other way, it continuously opens up, and the mind stays in the person's head until the last moment. May Allah make us all successful.

Wa Minallah at-Tawfeeq.

Al-Fatiha.

Shaykh Muhammad Mehmet Adil