



Sofibats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

THE BAD WORD REDUCES QUALITY

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,
Auzu 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,
Shaykh Abdullah Daghestani, Shaykh Nazim al-Haqqani. Dastur.
Tariqatunas sohba, wal khayru fil jamiyya.*

It is the advice of Shaykh Mawlana (QS), as our Holy Prophet (SAW) says, "Show people the good path and do not spend much time with what does not concern you." If someone attacks you verbally, there is no need to answer them in the same manner. Doing so reduces the value of a person. It is better not to deal with that person. Pretend you did not hear them. They will have gotten their answer then.

He says not to argue and not to bicker with each other. The scholarly person never gets in an argument with an ignorant person. It says, "Silence is the answer of the ignoramus." So the best answer to the ignorant is silence. You would be raising them to your level if you deal with them. Likewise, they would be rising to your level if you talk to them, and you would be stooping to their level.

Therefore, hold yourself, hold your ego. The ego wants to talk, to scream, to stoop to their level, and to stoop even lower! The ego does not care. The ego likes whatever vileness there is and whatever inappropriate thing there may be. The more a person becomes disgraced and loses face, the more the ego likes it. However, people need to protect themselves and their honour (Izzat-e nafs) and not give everyone the time of day.

Even if they say, "I am this and I am that. I am superior to you," there is no need to answer them. You will neither say, "OK," nor will you say, "No." Just walk away. Hazrat Ali (KW) has a beautiful saying, "There is no scholar I did not beat in a debate or a talk. But whenever I tried to talk with an ignoramus, there was not a single ignoramus that I beat."

You call the white white and they call it black. You call it white and again they call it black. You say, "Alright, let it be as you like," and walk away. So those people have nothing



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to do with reason. There is no need to teach them reason saying, "It is like this and like that." Just walk away. You will be at rest and will have given them their answer. On the contrary, if you get involved in a war of words with them, you would keep grumbling to yourself, "Why did he say this? Why did he say that?" The issue would keep you busy until evening, you would hold it inside, and it would bother you.

Therefore, this is the best way, the beautiful way, and we need to hold on to it. We need to restrain our ego. People who restrain their ego are at rest. Those who run after their ego continuously spend their life in torment and unease. May Allah keep us safe from our ego Inshallah.

Wa Minallah at-Tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil
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Sabah Namaz, Akbaba Dargah