



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

**DO NOT TAKE ON A BURDEN YOU CANNOT BEAR**

*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 sobba, wal khayru fil jamiyya.*

Authu Billahi Minash-shaitanir Rajim. Bismillahir Rahmanir Rahim.

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

“La yukallifullahu nafsan illa wus’aha.” (Sura Baqara:286) “Allah does not charge a person except with which it has strength to bear.” Allah Azza wa Jalla does not offer, does not command, people with which they cannot bear, they have no strength for. The things He commands are things everybody can do. Most people do not do them either. They do harder things, but they do not do what Allah commands, orders, and forbids.

This is the will of Allah. “Most people have gone astray,” says Allah Azza wa Jalla. It says in the Koran the faithless, fasiqs<sup>1</sup>, unbelievers<sup>2</sup>, and munafiqs<sup>3</sup> are much more. It is Allah’s will. Some people try to carry the burden they cannot bear. Then they cannot handle it, they get crushed underneath it, and run away. Allah Azza wa Jalla commanded you with the amount you can handle. Do that.

They take a burden twice as much, three times as much, five times as much, and sometimes ten times as much as what Allah wills. Then they cannot handle it and run away altogether. Why do they do this? They do it abiding by their ego<sup>5</sup> thinking, “I will become a wali<sup>4</sup> right away. I have left the world. The world will come after me.”

It is really like this. They make things up in their own minds, yet it has its own method and manners. Someone has to be showing the way so you may become successful in this work. The person showing the way tells you, “You need to do this and that. You need to do these.” They go ahead thinking, “Let me do ten times as much as what he said. Let it be more so I can reach results faster,” but it does not work.

1. Open sinners

2. Kafirs

3. Hypocrites

4. Saints

5. Nafs



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It is a matter of time. Are you obeying orders or not? Can your ego handle it or not? You will train your nafs, then you look and see you are slowly rising. It does not happen suddenly like that. Even cars need time to gain a certain speed. It changes gears: one, two, and three... Five and it is at a certain speed. There is nothing that suddenly reaches a high speed.

Therefore, we say to this team of dervishes who do things to themselves not to do things according to their own minds. It is a loss for themselves and a waste for their families. A state comes upon them according to their own minds and they swing. In our way, the person showing you the way says, "Do not swing. Control yourself!" Then they end up in the madhouse. If you do these according to your own mind, you either go to the madhouse or become a zindiq.

Be careful! Listen to what the one guiding you says when you enter a road. It could be easy, it could be light for you. Wait. If you say, "I can do more," that time go and find someone else. Do not look for the fault in others. If you enter a road, you need to obey the orders of the one guiding.

None of rose suddenly. Nobody made it suddenly. It is certainly accomplished slowly. You look: if you do it suddenly it is very difficult, but if you do it slowly and gradually getting used to it, then it becomes easy for you. Of course there are hardships that you might find very light sometimes, but it is also a hardship. Because you would keep grumbling to yourself, "I can do more. Why am I only doing this much?" That is also a difficulty and you need to bear it.

May Allah not leave people to their own nafs, because even on the way of obedience Shaitan says, "You can do much more," and enters a person's heart and ego. When this happens, as we said, you cannot bear it and you run away. That time what Shaitan and the nafs want happens. Allah forbid.

Wa Minallah at-Tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil  
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