



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

**WE NEED TO BE GRATEFUL FOR DISEASES**

*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.*

Allah Azza wa Jalla created everything perfectly. People suffer from their own doings. Allah calls everyone to goodness, to paradise, but humanity thinks it is clever on its own. The person who believes in Allah is the clever person. The person who believes in Allah is the one who follows what Allah wants and commands.

Allah created everything. He created the climate as four seasons in these countries of ours. When it is winter, it is the wisdom of Allah, a light disease occurs: a cold and the flu. It has both material and spiritual benefits for people. The spiritual side is it becomes a penance for sins, it becomes a cleaning. Those who do not have a sin rise in station. Of course, everybody has sins and there is no sinless servant.

People think things like the common cold and Influenza have no material benefit. It has benefits as it prevents worse diseases. It is the wisdom of Allah, some materials exit the body when that disease occurs, and this causes the prevention of worse diseases. However humanity complains whenever something happens. You should not complain but be grateful when a disease occurs. You should say, "Alhamdulillah." Thankfulness is for the blessing. When such a disease or trouble occurs you should say, "Alhamdulillah." It increases when you are thankful. Allah (JJ) says:

لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ

"La'in shakartum la'azidannakum." "Definitely, if you are grateful, I will surely increase you in favor." (Sura Ibrahim:7) Therefore, you need to be thankful when there is a blessing. You need to say, "Alhamdulillah," and give consent when such a disease or whatever occurs.

Now, they come out with so many things like chicken flu, swine flu, monkey flu, and what not. In reality, they are all one, but it takes different forms with people meddling in it,

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and disease comes from their own doing. You are changing this disease and making it worse while trying to cure it. We need to see these diseases as being beneficial, we need to see them as Allah's blessing Inshallah. We need to be grateful, not thankful.

Fortunately we are being protected from bigger things through the likes of such small discomforts. We say Glory be to Allah. This would be keeping us safe from other evils. Because people get lighter when it becomes a penance, when there are no sins. May Allah give us all common sense and intelligence so we may think about these things, and not immediately complain about and object to everything Inshallah.

Wa Minallah at-Tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil  
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Sabah Namaz, Akbaba Dargah