



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

**EAT WITH THE BASMALA & DO NOT FORGET ALLAH**

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,  
Anzu Billahi Minasbaytanir 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.*

**كُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا**

Allah Exalted and Glorious be He says, “Kulu washrabu wala tusrifu.” “Eat and drink but do not waste.” (Sura A’raf:31) Wasting is forbidden (haram). Eat and drink as much as you like. You can do it as long as it is for the sake of Allah (JJ). So eat with the Basmala and Inshallah it will become beneficial for the body and faith for the heart. Eating after mentioning Allah’s name would be benefit you, but eating without mentioning Allah’s name would be harmful for the body.

Animals would plow the field in the past. They would plow with horses, oxen, and water buffalos. The farmer would plunge the blade and walk behind the animal. They would plow and plant with the Basmala. That time it was beneficial and there were not so many illnesses. However, wasting is widespread now. They plant, they plant and plant. People buy it, use half of it and waste the other half. This is why the body gets so sick. Spiritual and sensual illnesses are also increasing.

Here, as has been said, it does not even cross their mind while planting that, “Allah Azza wa Jalla will make this green. He will temper with this as He likes.” They are thinking, “We are pumping it with medicine and chemical fertilizers, then it sprouts and that is it!” They do not think anything else. Whereas Allah Azza wa Jalla is making those things sprout. It is beneficial for people when it is with the Basmala and with the remembrance of Allah. Otherwise they can grow a lot but people are using all kinds of devilry. They forget Allah and that time it becomes harmful for everybody. But what can you do? It is End Times now, we have entered a way, and it will continue like this. All the way until Inshallah when Mahdi Alayhis Salam arrives. These types of things will not be left then. Otherwise some are trying, but they can do 1% or 5% and cannot do it completely.



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We see it happening every day, it is the wisdom of Allah that you see as a punishment some people, children and all, cannot even eat bread. They cannot eat wheat, they cannot eat tomatoes, and they cannot eat other things. You would be doing evil when not mentioning Allah's name and this harms people. May Allah protect us. Inshallah when eating and feeding children feed them with the Basmala. May it be a cure and not waste Inshallah.

Wa Minallah at-tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil  
11 April 2017/14 Rajab 1438  
Sabah Namaz, Akbaba Dargah