



Sofbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

WASTING IS FORBIDDEN

*Assalamu Alaykum wa Rahmatullah wa Barakatuh,
Auzu Billahi Minashaytanir Rajeem. Bismillahir Rahmanir Raheem,
Wassalatu Wassalamu ala Rasulina Muhammadin Sayyidul Anwalin wal Akhirin,
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.*

Bismillahir Rahmanir Rahim

كُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

“Kulu washrabu wala tusrifu.” (Sura Araf:31) Allah has given a command: “Eat, drink, and do not waste.” Wasting is forbidden (haram). We need to recognize a benediction (nima) as a benediction and respect it. This becomes a blessing (baraka) for people. If you do not recognize it as a blessing, disrespect it, and say, “What? What is this?” then Allah (JJ) would take away that baraka from it and that time you would gain nothing.

Hajis have returned now. Unfortunately, they disrespect and show ingratitude to food there the most. It occurs because they think they are hajis. These people are cleaned of all sins in hajj, and Shaitan immediately tries for new sins to be written on them. Disrespecting food like this, not looking at food as good, and not looking at it as a grace and favor of Allah is a great sin.

We see that they throw food and bread on the floor everywhere. Let that aside, let alone stepping on that nima, they even break ablution on it. This is a great sin. It cannot be! You see things there that you would not see here. And this is due to people not having manners. They say according to their own heads, “I read the Koran and do not want anything else.” You are committing the greatest insult and the greatest sin: you are holding food in contempt, stepping on it, and passing by.

Allah forbid, if food is taken away, it is hard for you to see it again. Allah would make you in need of it for the rest of your life. He would make you in need of it in every way. You could have money but you would not be able to place that morsel in your mouth. We need to respect nima. We need to be thankful to Allah for the food He has provided. We need to be hundreds of thousands of times thankful for the smallest nima. May Allah make us amongst people who honor food and respect it. May those nimas be constantly upon our heads Inshallah.



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Wa Minallah at-Tawfeeq. Al-Fatiha.

Hazrat Shaykh Muhammad Mehmet Adil
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Sabah Namaz, Akbaba Dargah