



Şeyh Muhammed Mehmet Adil El- Hakkanî Hazretlerine Ait Risaleler

THE REASONS FOR ILLNESSES

As-Salāmu ‘alaykum wa raḥmatu Llāhi.

A‘ūdhu biLlāhi mina sh-shayṭāni r-raġim.

Waṣ-ṣalātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-awwalin wa l-ākhirin.

Madad yā Rasūla Llāh, madad yā Sādāti Aṣḥābi Rasūli Llāh, madad yā Mashāyikhinā, dastūr yā Shaykh ‘Abdu Llāh al-Fā’iz ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-Ḥaqqānī. Madad.

Ṭarīqatunā ṣ-ṣuḥbah wa l-khayru fī l-jam‘iyyah.

May Allah make our health and wellbeing continuing. People stay behind in both directions physically and spiritually when they do what their ego (individual self, *nafsi*) desires; they are then unable to be elevated. Allah ‘azza wa jalla entrusted our bodies to us; everything should be done according to a certain measure. If you eat some things a lot and do not eat other things, the body’s balance system becomes imbalanced. When this occurs illnesses start to happen, [and] then the person wonders what caused him the illness.

In fact if what our prophet Muhammad (SAW) advised is followed, by Allah’s permission, no serious illness would occur, no discomfort either. Bad illnesses are increasing: heart, diabetes, problems with blood veins... These happen due to having an imbalanced diet and obeying one’s ego. The greatest advice of our prophet Muhammad is, “Do not eat until hungry, [and] do not leave the table with a full stomach, leave the table not full.” A person should have some self-control, there is no need for him to eat in the accordance with his how his head sees things. Eating normally, eating little less, will help the body digest the food better.

Otherwise, consuming food extravagantly makes it toxic. Here the poison is the illnesses that we mentioned. Illnesses are to cleanse people. When a person submits himself to his ego, when he does not submit to Allah and does not follow our Prophet (SAW), then Allah ‘azza wa jalla also gives these illnesses to cleanse him. These things are also an expiation for the next life. They are compensation against our sins.

A person who submits himself to his ego is always in loss both in this world and Next. Therefore, the people of the End Days run after their egos and do what their egos desire. When they run after their egos, all kinds of suffering occur, [and] they find themselves in troubles. One needs to be careful. When one is in control of his ego, there are a lot benefits for him. These benefits are mainly spiritual benefits more than material benefits. May Allah help us in controlling our ego! May we be relaxed both here and Hereafter, insha’Allah.

Wa min Allāhi t-tawfiq,

al-Fāṭḥah

Ṣuḥbah of Shaykh Muḥammad Mehmet ‘Adil



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