



## Şeyh Muhammed Mehmet Adil El- Hakkanî Hazretlerine Ait Risaleler

### WHAT SUITS A MUSLIM

*As-Salāmu ‘alaykum wa raḥmatu Llāhi.*

*A‘ūdhu biLlāhi mina sh-shayṭāni r-rajīm.*

*Waş-şalātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-awwalīn wa l-ākhirīn.  
Madad yā Rasūla Llāh, madad yā Sādāti Aşḥābi Rasūli Llāh, madad yā Mashāyikhinā,  
dastūr yā Shaykh ‘Abdu Llāh al-Fā’iz ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-  
Ḥaqqānī. Madad.*

*Ṭarīqatunā ş-şuḥbah wa l-khayru fi l-jam’iyyah.*

What is more appropriate for human being, especially for a Muslim, is to have control over himself. He should approach things with wisdom. He must have his dignity wherever he is. They say what is appropriate for a Muslim is to have dignity. Dignity means self-possession, not reacting in a hurry. The one who has no dignity acts suddenly towards everything. This means the person does not possess patience, and later regrets what he did or said. [But by his lack of patience,] he gives opportunity to the other person to maintain his own dignity and patience.

It is not good to deal with everybody. Everyone has his own level of being, has his place. When a woman says a thing to you, if you get up and answer, you become like a woman and have lost your dignity. In fact, if she keeps talking, do not listen to her and do not answer back. It will finish, and she will feel ashamed of what she did. Those who are not at your level are called the vulgar (*‘awwāmu n-nās*). When heading on a path suddenly, if you make a mistake, such a one deals with you and says things. You should either keep silent, or smile and let it go. This way he stays calm and relaxed, and you also stay calm and relaxed. But if, on the contrary, you move to answer back, he may harm you. Either he might physically fight with you, or he might use bad words against you. If you [then] react, and use bad words [too], you will lose your self worth.

This is why it is important to have control over one’s ego. Such a person is strong. There is a hadith from our Prophet (SAW) which says that the one who is strong is not the one who can beat others, but the one who has control over his own ego. Indeed, to do this is good and difficult and beneficial—[all] at the same time! The result would be good, [and] in front of everyone you would continue to have dignity. They would not call you a lightweight. They instead would say that this person possesses dignity. You stay patient and have some control over yourself, and [then] observe the goodness of the result.



Today, ninety-nine percent of people lack this. This man said thus and so, [and] then you might have reacted and said something in return. The next day he ends up at your door starts swearing at you. Of the incident is an old one, there is no need to

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rekindle it. May Allah give us the strength to have control over our ego. This requires a great strength, [but] gradually it is possible through training the ego.

*Wa min Allahi t-tanfiq,  
al-Fatihah*

*Şuḥbah of Shaykh Muḥammad Mehmet 'Adil  
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