



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

**TO KNOW ONESELF**

*As-Salāmu ‘alaykum wa raḥmatu Llāh.*

*Aū’dhu bi-Llāhi mina sh-Shayṭāni r-rajīm.*

*Waṣ-ṣalātu wa s-salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Awwalīna wa l-Ākhirīn.*

*Madad yā Rasūla Llāh, madad yā Sādāti Aṣḥābi Rasūli Llāh, madad yā Mashāyikhinā,  
dastūr yā Shaykh ‘Abdu Llāh al-F’āiz ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-*

*Ḥaqqānī. Madad.*

*Ṭarīqatunā ṣ-ṣuḥbah wa l-khayru fi l-jam’iyyah.*

The essence of our tariqa is sohbet (i.e., sitting together, conversing). So there is goodness in fellowship. Sohbet is in order to know Allah. One might ask, “How are we to know Allah?” The answer is, “Know yourself.”

مَنْ عَرَفَ نَفْسَهُ فَقَدْ عَرَفَ رَبَّهُ

He says “Man ‘arafa nafsahu, faqad ‘arafa Rabbah(u).” If one knows oneself, one knows one’s Lord. How are we going to know? This is a great knowledge, but it can be explained easily. How do you recognize His grandness? Only if you know yourself. People talk about someone not knowing himself. A man who knows himself, knows the state of his servanthood, that we are indeed nothing. This is the very thing that you should know, and it is not very difficult.

The universe is nothing in comparison to glory of Allah. Therefore it is asked by many, “How will we know? How will we do this?” A few days ago a muridah asked this, may Allah give her peace. She asked regarding this matter and this answer came: It becomes easier if one knows one’s limits, knows oneself. Then it is easy. The number of those not knowing themselves is large. They murmur, “This is what we are, how we are...” They turn into Pharaoh, and there are those among them who claim that they are gods. And also there are those who do not recognize Allah. These are those people who have not recognized their limits, and do not know themselves. They know nothing about themselves. They do not know where they come from and where they are going to.



Zainal Abidin's (RA) blessed son says, "You are from a drop of water, later in the end you will be a carcass ." What else is it? It is madness that you think greatly of yourself and pontificate. This happens when one does not know oneself, and then says, "This is what we are. We are searching. No need to search too much." We are nothing.

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compared to the greatness of Allah. Allah favored us and has given us a body, however in comparison to Allah, the universe is nothing. May Allah have us be those who know themselves, and not those who do not. Not knowing oneself is a bad thing, may Allah protect us!

*Wa min Allāhi t-tawfīq,  
al-Fātiḥah*

Şuḥbah of Shaykh Muḥammad Mehmet 'Adil

*Dated 04 September 2019 / 05 Muḥarram 1440*

*Akbaba Dergah, Morning Prayer*