



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

**THE ONE WHO HAS KHAYR**

*As-Salāmu ‘alaykum wa rahmatu Llāh.*

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

*Waş-şalātu wa s-salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Awwalīna wa l-Ākhirīn.*

*Madad yā Rasūla Llāh, madad yā Sādāti Aşḥābi Rasūli Llāh, madad yā Mashāyikhinā,*

*dastūr yā Shaykh ‘Abdu Llāh al-F ‘āiz ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-*

*Ḥaqqānī. Madad.*

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

*A’udhu biLlāhi mina sh-shayṭāni r-rajīm. Bismi Llāhi r-Raḥmāni r-Raḥīm:*

وَمَا أُوتِيتُمْ مِّنْ شَيْءٍ فَمَتَاعُ الْحَيَاةِ الدُّنْيَا وَزِينَتُهَا وَمَا عِنْدَ اللَّهِ خَيْرٌ وَأَبْقَى أَفَلَا تَعْقِلُونَ

“*Wa mā ūtūtum min shay’in fa-matā’u l-ḥayātī d-dunyā wa zīnatuhā wa-mā ‘anda Llāhi khayrun wa abqā afalā t’aqilūn,*” (Qur’ān 28:60). Allah ‘azza wa ‘jalla says, “And whatever you have been given - it is for the enjoyment of worldly life and its adornment. And what is with Allah is better and more lasting; so will you not use your minds (‘aql)?”

What is given in the world is a little thing. This world is a place of amusement. The Next World (*Akhirah*) is better and lasting.

Now obesity has become fashionable. Let a man eat for two people, or five, or ten, but mankind cannot eat more and more. It is limited. Allah ‘azza wa jalla tells us that this world is not eternal. The eternal and better is the next world. Provisions for the Akhira are lasting, not those for this world. If you consume more [here], use more than necessary, it will harm you. Therefore, importance must be ascribed to the Next World as it is everlasting. Allah ‘azza wa jalla constantly reminds people of this, but people block their ears to this fact. They don’t care. They continue along their way according to their own knowledge, shamelessness, and wickedness.

Those who are non-Muslims, or those who have no faith—we understand why they do not think of the Akhira, but it does not make sense for those who claim to be Muslim, and it is stupidity for them still not to remember. One who has intelligent recognizes the importance of the Akhira. He takes care of what he does, and always lives in goodness. On the other hand, those who do not give importance [to the Akhirah], continue in their



worldly work like machines or engines, and then find nothing [i.e., no provisions] for the Akhirah. May Allah help us to keep the Akhirah in mind, and make such mindfulness perpetual, insha'Allah. (As we said before, we talk about it now, but forget it

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later.) May the remembrance of Allah stay in our hearts perpetually, insha'Allah, and may we find ourselves with Allah, insha'Allah!

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

Şuhbah of Shaykh Muḥammad Mehmet  
'Adil

*Dated 23 November 2019 / 26 Rabi'u l-Aswwal 1441*

*Akbaba Dergah, Morning Prayer*