



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

**THE CAUSE OF SICKNESSES**

*As-Salāmu ‘alaykum wa rahmatu Llāh.*

*Aūdhu 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 stomach is home to sickness, and the first remedy is to be protected. One should take care of what one eats. One should eat what is halal so one won't become sick. As the holy Prophet (SAW) says that material and spiritual sicknesses are the same in that the place of every sickness is the stomach. It needs to be protected: one should take care of what he eats; one must eat what is halal. Eating from what Allah allows will benefit you; your well-being will be maintained. A person will be relaxed, and not suffer.

A person suffers from his own doings, because Allah provided benefit in everything, provided benefit and strength. Today people eat little variety. What people in the past ate, today people do not eat, then they say, "This or that happened and we are sick..." All kinds of sicknesses occur. Some are incurable, but Allah helps with some of them, and they receive healing, but there are a lot of sicknesses which are incurable, unfortunately. Of course, one may not die from a sickness even though it is incurable, but the person might suffer from it for years or all of his life. There is no need for this to happen. Allah bestowed this body upon you as a trust. It is a good deed to take care of it; to abuse it harms you and also causes you to betray Allah's trust.

So it is necessary to take care of what to eat and what not to eat. Especially so now that there are these newly fashioned food. Things that come from Europe, America—it is not really known what they are. They send food and drinks of all types, and we eat and drink them happily. They abandon our beautiful provisions and go to unnecessary things. Allah created many varieties—for every season there is different type of suitable food. These [new foods] are far from it, but like [for] donkeys or animals. Donkeys do not get tired of hay; every day they eat hay. Is it possible to eat the same thing every day? It has to be different. In every season different things should be eaten. May Allah provide what is halal, and may what we eat give healing to us, insha'Allah.

Wa min Allāhi t-tawfiq,  
al-Fātiḥah



Sohbats by

Ṣulḥān of Shaykh Muhammad Mehmet 'Adil

**Hadrat Shaykh Muhammad Mehmet Adil of Hakkani**

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Akkaba Dergah, Morning Prayer