



Şeyh Muhammed Mehmet Adil El Kıbrıs-i Hazretleri'ne (k.s.) Ait Risaleler

BE CAREFUL WHAT YOU EAT

*Assalamu Alaykum
Auzu Billahi Minashaytanir Rajeem
Bismillahir Rahmanir Rabeem
Madad Ya Rasulallah, Madad Ya As'habe Rasulallah, Madad Ya Mashayikhina,
Sheykh Abdullah Dagbestani, Sheykh Nazim al-Haqqani. Dastur.
Tariqatunas sobba, wal khayru fil jamiyya.*

Inshallah, the subject we spoke about yesterday is an important subject: Do not trust those who are not a part of your religion. Now, children everywhere do not eat at home. They want to eat out. There are some restaurants from Europe and America. They do not call them restaurants either anymore. They make sandwiches and other things. They prepare them special for people. It is not something to be particularly liked by a normal person, but they are making children get used to it slowly. So they are adding something in it then. These foods both spiritually make one in a state and physically are not appropriate things for the body. Sheykh Efendi did not like eating out, in a restaurant and here and there before these places appeared either. Everybody needs to eat more at home. It is not much if done once a month or once a year, but a person will definitely be harmed if he eats those food everyday.

There is not much control over them here, in particular, these foreign brands that we mentioned, hamburgers and I dont know what, pizza and this and that. They even deceive them in Europe. Thank Allah there is not much demand here, but the new generation has demand. Because mothers are not cooking at home. Women are taking it easy now and say' "Go eat out." Or they tell their husbands, "Order food from outside for the children." This food has effects. People are catching diseases we never heard of before. Then matters like lack of respect that we mention too are always a result of food. There are non-halal ingredients in these food too. People add them in without knowing and they it is not recognised. Now companies have just started researching. Many things are found. So it is a little safer but still not trustworthy. It is Sheykh Efendi's advise to eat at home. Do not eat much or extreme at home. Because it is both harmful for the body and harmful for the spirit.

When eating, chew a morsel at least 15 to 20 times before swallowing. People fill their mouths in big chunks as if filling a KUP and swallow without chewing. Chew and eat. Islam is a beautiful religion. Allah says we should taste his blessings, and we should fill ourselves while feeling its taste and beauties. The other way, he swallows whatever comes to his mouth without chewing or after chewing little. Thank Allah, the religion of



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Islam shows how a person should live beautifully to the finest detail. That is why we should pay attention to this matter.

Sheykh Efendi used to say such, “When you eat out, at a restaurant or somewhere, do not sit next to the road. If hungry or poor people pass by and see the morsel you take to your mouth, it becomes poison for you.” That is why when you go to the restaurant, if you make show like that and get proud and happy that you can eat and others cannot, or if you go to show off, then it is harmful for you anyway. Sit away from the side of the street. It is not good to eat in front of people, and the poor and such. As we say, everything has manners. Islam shows to the finest details. May Allah make us live an Islamic lifestyle. A person then both lives in the most beautiful way in the world and wins his hereafter.

Wa Minallah At-Tawfeeq. Al-Fatiha.

Sheykh Muhammad Mehmet Adi Hazretleri (q.s.)

13 Januray, 2015, Akbaba Dergah, Sabah Namaz