



Sofbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

TRAINING THE NAFS

As-Salāmu ‘alaykum wa rahmatu Llāh.

Aūdhu bi-Llāhi mina sh-Shayṭāni r-raġīm. Bismi Llāhi r-Raĥmāni r-Raĥīm.

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 ‘ıyyah.

Tariqah teaches manners especially for training the nafs. That is why tariqah is necessary. The nafs likes and wants things that serve itself. If it is not trained, then it wants to be served, and it does not want anything else but to be served. It does not listen to a word from anybody else. Allah made various ways of suffering in order to train the nafs. Allah created it that way, but also made it possible to train it.

If you see your nafs as something pure and do what it likes, then you will lose. One who follows an untrained nafs is in state of loss. The nafs likes those who praise it. Whether it is right or wrong, it likes to be praised. In tariqah one must consider his nafs something bad. They rejoice if someone tells them something they like, and become upset if someone tells them something they don't like. Such is the situation for ordinary people, but [those] in tariqah should receive both [kinds of messages] with equanimity. In tariqah when someone curses or praises you, it should make you neither happy nor sad. If I am cursed at, I deserved it. Such does not happen only for this or that reason, but because Allah it allowed so.

As we said before, an nafs that is not trained is something bad and brings forth evil. It causes one to be on the wrong path. If you train the nafs, you will feel relaxed in your worldly affairs; otherwise, you will be upset about many things, because things [often] do not happen as we desire. When things do not go as we wish, the nafs will not feel satisfied. But if you train the nafs, then as well as being relaxed, you will earn your place in the Hereafter.

May Allah protect us, and protect us from the evil of our nafs.

Wa min Allāhi t-tawfiq,

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al-Fatihah



Sofhats by

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