



Sofbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

FORGIVENESS AND WELLBEING

As-Salāmu ‘alaykum wa raḥmatu Llāh.

Aū’dhu bi-Llāhi mina sh-Shayṭāni r-rajīm. Bismi Llāhi r-Raḥmāni r-Raḥīm.

Waṣṣalātu wa s-salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwālina wa l-Akḥirīn.

Madad yā Rasūla Llāh, madad yā Sādati 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 Holy Prophet (SAW) says, “Ask for forgiveness and wellbeing.” Goodness and wellbeing are the most important things to ask for, especially for forgiveness from Allah. “Wellbeing” means to be healthy, and such is an important thing for a person, as well. In this life to be able to be solid, strong, and to serve—our Holy Prophet (SAW) said that Allah likes that these are the most important things to people. These are his recommendations and advice for us

But of course people will certainly get sick, and [yet] that is also a grace and favor from Allah to His servants. It has benefits: it raises one’s station, and one is rewarded, for those things that he could not do during illness are written for him as rewards, says the Holy Prophet (SAW). But people should be careful not to get sick, and [yet] if one does get ill, and if there is a cure for it, then one should research it well and seek the cure. The Holy Prophet, however, tells us that before we get sick, we should watch what we eat, and that this is helpful as well towards preventing illness. This is because whatever people eat goes to stomach, and the Prophet (SAW) says, “The place of illness is the stomach.” We should not eat much beyond the necessary, because it makes one’s body become ill. We should eat as much as required and in moderation. Everything in excess is harmful, and so we should arrange it accordingly, balance it, and watch out for our health.

Movement is important [too], and the best movements are by the wisdom of Allah those included in the salah. The movements that a person does during salah are sufficient, in the sense that one would not complain from pains here and there. Then, in addition, there is fasting. Fasting is also a great source of health. The religion of Islam, thanks be to Allah, shows us both material and spiritual ways to strengthen the body in these two ways.

Thanks be to Allah that everything is for the benefit of the Muslim, both well being and illness. These are all for our benefit, and we should be thankful to Allah that He created us Muslim, and did not make us amongst the rebellious. We see that these are



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the End Times. People have left their humanity, and we see how they are attacking Islam and the Prophet (SAW). Our gratitude, both in matters material and spiritual, should be great during these times, because Allah has created us in the state [i.e., as Muslims].

*Wa min Allāhi t-tanfiq,
al-Fāṭḥah*

Şuḥbah of Shaykh Muḥammad Mehmet

'Adil

Dated 11 November 2020 / 25 Rabī'u l-Anṣal 1442

Akbaba Dergah, Morning Prayer