



Sofbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

THE FOOD OF THE SOUL

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-Akhirin.

Madad yā Rasūla Llāh, madad yā Sādati Aṣḥabi Rasūli Llāh, madad yā Mashāyikhinā, dastūr yā

Shaykh ‘Abdu Llāh al-F’āiz ad-Dāghistānī, Shaykh Muḥammad Nāẓim al-Ḥaqqānī. Madad.

Ṭarīqatunā ṣ-ṣaḥbah wa l-khayru fi l-jam’iyyah.

Everything Allah ‘azza wa jalla ordered is for our benefit. Allah ‘azza wa jalla is not in need of us. He does not need our worship, nothing. What He commands is for our own good. The most important commandment is for salat. Pay attention to the salat. Do not skip it, but rather perform it consistently. Until when? Until you die.

Prayer is the food of the soul. Just as you eat and drink every day, and will die if you do not, so also if you do not perform your prayer, your faith will die and your soul will become useless. So salat is the food of the soul. What's the benefit? It benefits everything. Things will come together, there will be barakah, and your noor will increase. You will be appreciated by Allah, and you will be appreciated in the presence of our Prophet (SAW). The salat is the pillar of the religion, and our Prophet (SAW) commands it in various hadiths.

If there were no salat, there would be no religion. Now Shaytan is deceiving people as if saying, “Don’t pray salat. Do tasbeeh, do dhikr, or make dua [instead].” Many people come and say, “I do these things, but it is of no use.” Those are not substitutes for salat! If you do them, not a million, but a billion times, you cannot reach the value of one rak’ah of one salat. Fard brings the greatest reward. It is necessary to fulfill the fard duties, after that what is extra is called nafilah, that is, sunnah. It may be sunnah, but the fard is more important, because if you do nafilah all of your life, you cannot reach the benefit of doing one fard.

Salat is important, and Allah has ordered the salat for our benefit, but people are unaware and think that it is valuable only for the Hereafter. But this is the food of our soul! It is more important than our body’s food, and more necessary! Eating is beneficial for us to live, but more important than that is the food of the soul. It is for our benefit to fulfill what God commands. May Allah have us continue, insha’Allah, and give strong



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faith to everyone, so that we may give importance to the food of the soul, insha'Allah.

Wa min Allabi t-tanfiq,
al-Fatḥah

Şuḥbah of Shaykh Muḥammad Mehmet
'Adil

Dated 20 November 2020 / 05 Rabi'ul Aakhir 1442
Akbaba Dergah, Morning Prayer