



Hakkani TV

Sohbats by  
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

## THE CURE OF PANIC ATTACKS

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.*

*A‘ūdhu BiLlāhi Minash-shayṭāni r-raġīm. BismiLlāhi r-Raḥmāni r-Raḥīm.*

*Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwalina wa l-Akhirin.*

*Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥabi RasūliLlāh, Madad yā Mashāyikhinā,*

*Dastūr Mawlana Shaykh Abdullāh al-Fā’iz ad-Dāghistāni, Shaykh Muḥammad Nāẓim al-*

*Ḥaqqāni. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

(Qur’ān 13:28). “A-lā bi-dhikri llāhi taṭmainnu l-qulūb”, “Verily, in the remembrance of Allah do hearts find rest.” Allah ‘Azza wa-Jalla says that hearts find contentment and comfort only with the Dhikr of Allah ﷻ, by always remembering Allah ‘Azza wa-Jalla. They are protected from the worries of this world.

Otherwise, especially in this time, it is very difficult. People’s hearts are not satisfied at all. They are always in anxiety. And there is this new thing we would not hear about in old times. They call it a panic attack. It’s a type of heart disorder. If the heart is at peace, people won’t get it.

Therefore, the cure for it is to remember Allah ﷻ and to always make Dhikr of Allah ‘Azza wa-Jalla in order to get rid of this ailment. Otherwise, you will always be in fear and anxiety. Whereas, Allah ‘Azza wa-Jalla created us and gave us our Rizq; what we will eat, what we will drink and what we will wear. When they are finished – they have their time. Living this long, eating this much, drinking that much, going here or there; Allah ‘Azza wa-Jalla assigned all of them for people and what they will do.

Therefore, there is no need for you to worry and be anxious. As we said, remember Allah ‘Azza wa-Jalla. That is the meaning of Dhikr. Do not forget Allah ﷻ and you’ll be at rest. Every time when you feel this way in your heart, make sure to seek refuge in Allah ﷻ, say “Hasbuna Llah wa ni’mal wakeel”, say “Allah” and recite the names of Allah ﷻ. That distress will be gone insha’Allah.

There’s no need for other things. Other things won’t comfort people. Who can comfort is Allah ‘Azza wa-Jalla. Seek refuge in Him ﷻ. If we rely in all our works to Him ﷻ and seek refuge in Him ﷻ, there will be no problem and no distress.

[www.hakkani.org](http://www.hakkani.org) / [www.hakkaniyayineri.com](http://www.hakkaniyayineri.com)



**Hakkani TV**

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

May Allah ﷻ protect us all. It is the disease of this era. It is the ailment of this age. May Allah ﷻ protect us. May our hearts be always at rest with the Dhikr of Allah ﷻ insha'Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
23 August 2022/ 25 Muharram 1444  
Fajr Prayer, Akbaba Dergah

[www.hakkani.org](http://www.hakkani.org)

[www.hakkani.org](http://www.hakkani.org) / [www.hakkaniyayineri.com](http://www.hakkaniyayineri.com)