



Hakkani TV

Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

IF ANGRY, BE SILENT

*As-Salāmu ‘Alaykum wa RaḥmatuLlābi wa Barakātuh.
A‘ūdhu BiLlābi Minash-shayṭāni r-rajīm. Bismillābi r-Raḥmāni r-Raḥīm.
Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwalīna wa l-Akhirin.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi Rasūlillāh, Madad yā Mashāyikbinā,
Dastūr Mawlana Sheikh Abdullah al-Fā’iz ad-Daghistani, Sheikh Muḥammad Nazim al-
Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.*

Our Holy Prophet salla Llāhu ‘alayhi wa-sallam is the best person with the most beautiful manners. Our Holy Prophet salla Llāhu ‘alayhi wa-sallam is an example for us. The life of our Holy Prophet ﷺ and his every action are the way that shows goodness to humanity. It is the way that describes goodness. Because it was not only by speaking, but also by doing. He ﷺ was the like that. He ﷺ was not like people nowadays who talk and preach but do not take a share from that preaching themselves.

Our Holy Prophet salla Llāhu ‘alayhi wa-sallam paid more attention to himself, as he ﷺ was the example for people. He ﷺ is the best example for us. Allah ‘Azza wa-Jalla praised him ﷺ in the Qur’an: **لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ**, ‘Laqad kāna lakum fī Rasūlillāhi uswatun ḥasanah’, ‘There has certainly been for you in the Messenger of Allah an excellent example.’ (Qur’an 33:21). “The Holy Prophet ﷺ is a good example for you. Follow him ﷺ, imitate him ﷺ and do what he ﷺ does”, He ﷺ says. All his ﷺ words are gold and diamonds. Our Holy Prophet salla Llāhu ‘alayhi wa-sallam is a jewel.

He ﷺ has a Hadith that we told the other day: **“إِذَا غَضِبَ أَحَدُكُمْ فَلْيَسْكُتْ”**, “Idha ghadiba ahadukum fal-yaskut.” When a person is angry, when someone among you gets angry, be silent. This is a great advice, because when someone is angry, he doesn’t know what he says. He doesn’t know what kind of bad words he says. Therefore, he should capture his ego. He should control his ego and be silent, says our Holy Prophet ﷺ. When angry, he shouldn’t swear and curse. He shouldn’t even say a bad word.

This is actually something important for all humanity. Because when someone is angry, others get angry too. They get into a fight and it ends badly. It is the most important thing for people of Tariqah as well: to control the ego, to capture the ego.

It is a great and a very beautiful saying. It is a short Hadith, but this holy saying of our Holy Prophet ﷺ has great benefits to people. May Allah ﷻ let us follow him ﷺ. May He ﷻ make all of us successful in imitating him ﷺ, in performing his ﷺ Sunnah and doing what he ﷺ did insha’Allah.



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Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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