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Sohbats by  
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

HOW TO FIND PEACE OF HEART?

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.  
A‘ūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.  
Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Anwalīna wa l-Akḥirin.  
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūliLlāh, Madad yā Mashāyikhinā,  
Dastūr Mawlana Sheikh Abdullah al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Nāzim al-  
Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam’iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

“A-lā bi-dhikri llāhi taṭmainnu l-qulūb”, “Verily, in the remembrance of Allah do hearts find rest.” (Qur’ān 13:28). “بَلَى يَا اللَّهُ!”, “Bala ya Allah!”, “Yes O Allah!” Contentment of the heart comes with the remembrance and Dhikr of Allah ‘Azza wa-Jalla. It can’t be otherwise.

Shukr to Allah ﷻ, we celebrated last night. May its Barakah give light and contentment to our hearts insha’Allah. Because people’s hearts are always busy. When they are busy, there is unrest in all people. They are looking for peace by saying, “Where and what should we do?” And people are usually choosing various bad ways in order to find contentment and feel at peace. That makes them even worse. Just like you pour petrol and diesel on fire, and it flames more, that causes more unrest. Badness and sins never bring peace. What bring peace is making Dhikr of Allah ﷻ, remembering Allah ‘Azza wa-Jalla and carrying out His ﷻ orders. The more you do, the more Allah ﷻ is pleased with you. He ﷻ gives contentment and light to your hearts.

There is a Hadith Qudsi: “My servant approaches Me with worship. The closer he gets, the more I come close to him.” The more you approach Allah ﷻ, the closer Allah ‘Azza wa-Jalla is to you. “If you are a span close, I am closer a cubit. If you are a cubit close, I am closer a fathom.” No matter how close you are, even if little, Allah ‘Azza wa-Jalla gives much more of it.

Therefore, no need to look for other ways. Never forget Allah ‘Azza wa-Jalla to attain peace. Always remember and make Dhikr so that your hearts are filled with light, filled with Iman and peace insha’Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
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