



Hakkani TV

Sohbats by
Hadrat Shaykh Muhammad Mehmet Adil al-Hakkani

THE WAY TO A HEALTHY LIFE

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-Akhirīn.

*Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūliLlāh, Madad yā Mashāyikḥinā,
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.*

Allah ‘Azza wa-Jalla created people in the most perfect shape. He ﷻ gave us the body as a trust. To maintain it is to make Shukr for the favor of Allah ‘Azza wa-Jalla.

They say, “Take good care of yourself”. Mawlana Shaykh Nazim used to joke saying, “I am taking good care”. Taking care means looking after your health, paying attention to what you eat and drink and looking at how you live. You don’t take care by eating and drinking too much. We must give the necessary things to the body. What are they? Whatever is necessary for the health of the body, we must pay attention to that.

Healthiness is not through eating and drinking. Everything has an amount and measure. Our Holy Prophet *salla Llāhu ‘alayhi wa-sallam* says one third of the stomach is for food, one third is for water and one third of it must be for air. If you fill it completely, there will be no space for neither water nor air. You will get exhausted then. When the stomach is exhausted, the whole body gets exhausted. Because the whole issue is there. Dieting - Not dieting, but paying attention to your willpower, to what you eat and drink, gives you health and benefit.

You must eat with BismiLlah. There is Adab of eating and drinking. When you sit at the table, you do so with Dua and BismiLlah. First of all, take salt. Taking a little bit of salt in your mouth by dipping your finger in it is Sunnah and beneficial. And after you finish, you do the same. That is healthy and beneficial too. It increases the benefit of food. And by performing the Sunnah, there will be Barakah. It will bring benefit. It will be beneficial both spiritually and physically.

Also, the day is divided into three; eight hours are for rest, eight hours are for work and eight hours are for worship. That strengthens and rejuvenates people’s bodies. People become healthy. These commands are the instructions of Allah ‘Azza wa-Jalla. Just like it is written how to use a machine or a tool when you buy it, this is also from Allah ‘Azza wa-Jalla for our bodies.



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Our bodies can remain strong throughout life. If people behave this way, they can live strong and healthy. Otherwise, if you act according to your own mind, it will break down quickly. When something breaks down, it is difficult to fix it. May Allah ﷻ protect us. May Allah ﷻ give us all a good healthy life full of Iman insha'Allah.

Wa min Allah at-Tawfiq. Al-Fatiha.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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