

Mawlana Shaykh Muhammad Adil ar-Rabbani

THE CAUSE OF LIVING IN DISTRESS

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-Anwālina wa l-Akbarin.

Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūlilLāh, Madad yā Mashāyikhinā,

Dastūr Mawlana Sheikh Abdullāh al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Naẓim al-

Ḥaqqāni. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam‘iyyah.

A‘ūdhu biLlāhi mina sh-shayṭāni r-rajīm. Bismi Llāhi r-Raḥmāni r-Raḥīm.

وَمَنْ أَعْرَضَ عَنْ ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا

‘Wa Man ‘A’rada an Dhikrī Fa inna Lahu Ma’ishatan Dankāan’, ‘And whoever turns away from My remembrance - indeed, he will have a depressed life.’ (Qur’ān 20:124).
Ṣadaqa Llāhu l-‘Azīm.

Those who forget Allāh ‘Azza wa-Jalla and immerse into dunyā, their life will be difficult, says Allāh ‘Azza wa-Jalla. A person who forgets Allāh ﷻ will never be happy. Because people should remember Allāh ﷻ once a day, if not every minute. But people don’t even remember Him ﷻ once a day; not even once a week or once a month. There are many people who never even remember Allāh ﷻ throughout their whole lives. That’s why, mankind is always in distress.

And that’s the trouble of people. Because everything is in the Hand of Allāh ‘Azza wa-Jalla. He ﷻ is the one who gives you beauty. He ﷻ is the one who gives you goodness. He ﷻ is the one who gives you blessings. But it never even occurs to you to thank Allāh ﷻ. Instead, you think about your own troubles, “This is expensive, this is cheap. This is beautiful, this is bad.” You pass your life like that, but it even passes in distress. There’s no comfort. There’s no beauty. There’s always trouble, fights, hardship, not getting along with people, swearing at people and them swearing at you, no goodness among the husband and wife or among the family. That’s all because they do not remember Allāh ‘Azza wa-Jalla.

If they remember Allāh ‘Azza wa-Jalla and make Dhikr of Him ﷻ - to make Dhikr means to remember Allāh ﷻ, to remember Allāh ‘Azza wa-Jalla. When that comes to one’s mind, he says, “Allāh ‘Azza wa-Jalla sees me. He ﷻ hears me.” ‘الله حاضري، الله ناظري، الله معي’. “Allāh ﷻ hādiri, Allāh ﷻ nādhiri, Allāh ﷻ ma’ī”, “Allāh ﷻ is present with

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me, Allāh ﷻ sees me, Allāh ﷻ is with me.” If a person knew so saying, “Allāh ﷻ is with me,” everything would be easy and beautiful then. Otherwise, it would be neither easy nor beautiful.

This trouble, the biggest trouble is not remembering Allāh ‘Azza wa-Jalla and not mentioning Him ﷻ. That is why, this world nowadays is getting worse day by day. Because before, people used to remember Allāh ‘Azza wa-Jalla and mention Allāh ‘Azza wa-Jalla. Now, they are busy with a lot of “ما لا يعني”, “Ma la yani” meaningless things. Mankind forgets Allāh ‘Azza wa-Jalla and gets caught up in other things. And while he is saying, “Let me do this. Let me do that,” he gets into trouble himself and strives to figure out how to get out of it. The more he strives, the more he sinks. May Allāh ﷻ protect people. May He ﷻ grant them guidance so that they can be happy, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
16 August 2025/ 22 Safar 1447
Fajr Prayer – Akbaba Dergah, Istanbul