

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## HOW TO FIND INNER PEACE?

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

*A'udhu BiLlāhi Minash-shayṭāni r-rajim. 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 Aṣḥābi RasūlLlāh, Madad yā Mashāyikhinā,  
Dastūr Mawlana Sheikh Abdullāh al-Fā'iẓ ad-Dāghistāni, Sheikh Muḥammad Naẓīm al-  
Haqqāni. Madad. Tariqatunā aṣ-Suhbah wa l-Khayru fi l-Jam'iyyah.*

Bismi Llāhi r-Raḥmāni r-Raḥīm:

أَلَا يَذْكُرُ اللَّهُ تَطْمَئْنُ الْقُلُوبُ

“A-lā bi-dhikri llāhi taṭmainnu l-qulūb”, “Verily, in the remembrance of Allah do hearts find rest.” (Qur’ān 13:28). What is needed for hearts to find rest and satisfaction, and for a person to find inner peace? Remembering Allāh ‘Azza wa-Jalla, mentioning the name of Allāh ‘Azza wa-Jalla, believing in Him ﷺ, trusting in Him ﷺ. There is no other way to find rest.

Shayṭān has led people astray, made them atheists, deists, and I don’t know what. He has got up with a lot of things. Either “we’ve become modern, or we’re intelligent, or there’s no one smarter than us.” Okay, so you’re intelligent, but is your heart at peace? Is there peace within you? Is there comfort within you? Is there goodness? Is there rest? No. Why? Because you’re far from Allāh ‘Azza wa-Jalla. Allāh ‘Azza wa-Jalla is the One who created you. He ﷺ is the One who shows you the way. Allāh ‘Azza wa-Jalla is the One who shows you the way of beauty. His ﷺ way is the way of beauty. The way of satisfaction, the way of peace. The way of inner comfort and rest. The way shown by Allāh ‘Azza wa-Jalla is the way to all goodness. Because He ﷺ is the One Who created you. You were not created by yourself. Allāh ﷺ created you. He ﷺ created your flesh, bones, blood—everything you have. Just as He ﷺ created you, He ﷺ also showed and told you what to do. If you don’t do so, if you act according to your own mind, it won’t work. You can’t even build a machine. If you do it without knowing, saying, “I’ll fix it,” you’ll pay more; you’ll ruin it, break it and throw it away; it’ll remain useless. Know that you are just the same.

Therefore, for a person to find peace, rest, and comfort, for their heart to be content and their life and ākhirah to be beautiful, he should remember Allāh ﷺ, he should believe in Allāh ‘Azza wa-Jalla, he should mention the name of Allāh ‘Azza wa-Jalla. Let them mention it when they are in hardship. Now they say, “We’ve become atheists, we’ve

# Mawlana Shaykh Muhammad Adil ar-Rabbani

become I don't know what." If something happens to them, they'll shout, "Oh Allāh ﷺ!" If something shakes a little, they'll shout, "Allah!" Were you not an atheist.. It means Allāh ﷺ has placed that way within a person, the way that shows them. He ﷺ reminds them from time to time. After that, shayṭān defeats people again, leading them astray again.

Therefore, may Allāh ﷺ guide them all. May they not be led astray. That knowledge that they study and then go astray is not knowledge, but ignorance. Knowledge is knowing. What is knowing? It is knowing the Creator. May Allāh ﷺ guide them all. May they return to the right way, in shā'a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
03 December 2025 / 12 Jumada al-Thani 1447  
Fajr Prayer – Akbaba Dergah, Istanbul