

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## TAKE SPIRITUAL NOURISHMENT

*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,

**وَأَقِيمُوا الصَّلَاةَ وَأَنْوِا الزَّكَاءَ وَارْكَعُوا مَعَ الرَّاكِعِينَ**

(Qur'ān 02:43). 'Wa 'Aqīmū Aṣ-Ṣalāata Wa 'Ātū Az-Zakāata Wa Arka`ū Ma`a Ar-Rāki`īna', 'And establish prayer and give zakah and bow with those who bow [in worship and obedience].'

Allāh 'Azza wa-Jalla commands, do what you do for the sake of Allāh's ﷺ pleasure and learn. These gatherings, these gatherings of knowledge, when a person is there, become gatherings favored by Allāh's ﷺ beautiful gaze, His ﷺ beauty, and that whom Allāh ﷺ loves. People come to these gatherings to learn. When the shaykh, the hodja (teacher), whoever it may be, gives a soḥbah, most people forget the soḥbah once they leave. Allāh 'Azza wa-Jalla created humans that way, as forgetful. Some things remain in their minds. The important thing is to be present in that gathering, to receive that spiritual nourishment. Once you receive it, it stays within you; even if you don't remember it. There are children who forget what they heard in lectures; these are different. But what is heard in these gatherings enters a person's heart, even without his awareness. It enters his spirituality. Even if you don't realize it, its benefit is constant. It is beneficial. It strengthens your spirituality. Your spirituality becomes stronger. Whereas, many people come saying, "I did this and that, but it didn't work." When you perform acts of worship, it has benefits. Don't strive to see the results yourself. Go on that way, continue on it. That way, with Allāh's ﷺ permission, is good for you in this world and the hereafter. It's the best thing in your life.

Now, again, those without īmān, those poor ones, say, "Why did we come here to dunyā?" You didn't come here of your own accord. Allāh ﷺ created you. "What is our purpose?" Your purpose is to worship Allāh ﷺ. To be on Allāh's ﷺ way. To receive these good things. To receive them into your spirituality. Otherwise, you say, "Why was I

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created? I was created, but what am I supposed to be doing here?" Whether you say it or not: Allāh ﷺ created you here and brought you into this world. See your situation positively, so that your circumstances be good. Be free from evil. Get rid of that evil thought. Don't listen to shayṭān or as you said, "What is our purpose?" your purpose is to worship Allāh ﷺ, to be on the way of Allāh ﷺ, and to receive what Allāh ﷺ gives. It's not about rejecting it but receiving it. Take, as we said, sit in gatherings, in beautiful gatherings, whether you understand or not. That manifestation and mercy Allāh ﷺ sends down enters into you and your soul. That beauty will remain in you forever, in shā'a Llāh. May Allāh ﷺ perpetuate our gatherings, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani  
28 December 2025 / 08 Rajab 1447  
Fajr Prayer – Akbaba Dergah, Istanbul