

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## EATING ACCORDING TO SUNNAH

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

*A'ūdhu BiLlāhi Minash-shayṭāni r-rajim. BismiLlāhi r-Raḥmāni r-Raḥīm.*

*Wa ṣ-Salātu wa s-Salāmu 'alá 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:

كُلُوا وَاشْرِبُوا وَلَا تُسْرِفُوا

(Qur'ān 07:31). 'Kulū washrabū wa la tusrifū, 'Eat and drink, but waste not by extravagance.' Ṣadaqa Llāhu l-'Azīm. Allāh ﷺ is saying, eat, drink, but don't waste too much. "Don't make Isrāf" means consume what's enough for you, not more. This is what Prophet ᷢ 'alayhi wa-sallam is saying, when you eat, don't be full a hundred percent, maybe eighty percent, seventy percent, ninety percent, but not a hundred percent.

Now people not only a hundred percent, they eat more than what they need. And they are eating without the Adab of Eating. This gives illness, gives heaviness and it's not good for the body, not good for the spirituality. They just like to fill their stomach. Fill your stomach enough for your 'ibadah, for your work. How much you need, you can eat that; but not much more. When you eat more it becomes an illness for you, it becomes heaviness.

For this, you must follow Prophet ᷢ 'alayhi wa-sallam. He ᷢ 'alayhi wa-sallam is saying, "نَحْنُ قَوْمٌ لَا نَأْكُلُ حَتَّى نَجُوعُ وَإِذَا أَكَلْنَا لَا نُشْبِعُ", "We are a people who do not eat until we are hungry, and when we eat, we do not eat to our fill." When we are eating, we do not get full. This is Prophet ᷢ 'alayhi wa-sallam's Sunnah.

And from the Sunnah also, of course, to begin with salt, to eat while you are sitting, not standing up. No, this is not from the Sunnah of Prophet ᷢ 'alayhi wa-sallam. When drinking and eating, you must be sitting. This is also very important. Maybe most of the people nowadays - shayṭān is making everything against what Prophet ᷢ 'alayhi wa-sallam saying. Fast food, you must eat it while standing up. You drink standing up. Even I see sometimes when there is a marathon or other things that they do, they give them water while they're running. This is very bad, very

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bad. Especially if you are tired, you're walking or running, you must sit a little bit maybe one minute or two minutes, after that you drink water. Not drinking while you are running. Or standing up and drinking, standing up and this. Who eats while standing up? Only animals. They are not sitting and eating. They stand up all the time because they cannot sit. Animals are eating and drinking as so. And they're even not walking and eating; just eating while still. When they want to eat, they will stop and eat. When they want to drink also, they must stop and drink.

Human beings are doing every bad thing and bad habit. This has become a habit for people to eat while standing up. Very few people are sitting and beginning with salt, beginning with "Bismi Llāhi r-Raḥmāni r-Raḥīm" and du'ā'. And when you finish also, you must make du'ā'. And after that, go to work or to study or to anything you do. You must do this. Also, when you are fasting you must have sahūr. Prophet ṣallā Llāhu 'alayhi wa-sallam says, sahūr is barakah and health. For iftār, also you must break it with date, and if there's no date water also. This is a Sunnah.

AlhamduliLlah, everything in our twenty-four hours and twelve months, Prophet ṣallā Llāhu 'alayhi wa-sallam is telling us: how to do, how to live, how to be in his ﷺ way. To be in the way of Prophet ṣallā Llāhu 'alayhi wa-sallam is first of all blessing; and second of all, health, happiness and every good thing; to be in his ﷺ way. May Allāh ﷺ keep us in his ﷺ way, and be away from this new kind of teaching of shayṭān and his army. We must be careful of them. They want every badness, every bad thing, illness, sadness, misery. This is what they want. But Prophet ṣallā Llāhu 'alayhi wa-sallam AlhamduliLlah saves us from this, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

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