

Mawlana Shaykh Muhammad Adil ar-Rabbani

DON'T MAKE WASWASA ON YOUR HEALTH

As-Salāmu 'Alaykum wa RaḥmatuLlāhi wa Barakātub.

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

Wa ṣ-Salātu wa s-Salāmu 'alā Rasūlinā Muḥammadin Sayyidi l-Anwalina wa l-Akbarin.

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

Dastūr Mawlana Sheikh Abdullah al-Fā'iz ad-Dāghistāni, Sheikh Muḥammad Nāẓim al-

Ḥaqqāni. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam'iyah.

Allāh 'Azza wa-Jalla created man perfectly. **«لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَن تَقْوِيمٍ»**, “Laqad Khalaqnā Al-'Insāna Fī Aḥsani Taqwīmīn”, “Verily, We created man of the best stature (mould).” (Qur'ān 95:04). Allāh 'Azza wa-Jalla says, He ﷻ created mankind in the best way. Because He ﷻ created everything perfectly, if a person lives according to Allāh's ﷻ way, as Allāh ﷻ commands, he will be at ease in every respect.

Nowadays, people have waswasa; when something happens, they think, “What happened? Let me check, let me see a doctor.” People go to doctors for the slightest thing. Then the doctors say, “You need to do this, you need to take care of yourself, you need to check yourself.” Actually, that's unnecessary. If a person lived properly, as Allāh 'Azza wa-Jalla commanded, Allāh ﷻ created everything perfectly and the body repairs itself. But of course, the situation of people is different now. From both food and drink, and from excessive eating – they call it healthy but it's unhealthy food – the body is definitely damaged, and on top of that, with a lot of medication and other things, it gets even worse.

Therefore, the best thing is to live a mindful life, both spiritually and physically. Physically, you must pay attention to what you receive, what you give, what you eat, what you drink, and act accordingly. Of course, Allāh 'Azza wa-Jalla's will is above everything. There is a cause for everything in people; illness is a cause, and health is a cause. Therefore, nothing goes in vain in the sight of Allāh ﷻ. But as we said, there's no need to torment yourself all the time by having waswasa. You'll still check if there's anything wrong, if you have any pain or discomfort. If there's nothing wrong, there's no need to torment yourself and confuse your mind by having waswasa.

Allāh ﷻ has given you health and happiness. You should act accordingly. May Allāh ﷻ be pleased with our government; they have made hospitals and examinations for free. People go and check, and when they do, their minds get troubled, and their morale is low. And when their mood drops, their health deteriorates.

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People, as soon as they see a doctor, immediately start asking, “Do I have this [illness]? Is there something wrong with me? Is there this or that?” May Allāh ﷻ grant him peace, one of our brothers from Aḡri constantly goes to the doctor and gets MRIs. He keeps asking, “Do I have cancer? Am I crazy? Am I sane?” He even sends us messages about it. “There’s nothing wrong with you, brother. You’re a man as strong as a lion.” But not a month passes without him doing this. That is an example; may Allāh ﷻ grant him peace, and may Allāh ﷻ grant health and well-being to all of you, in shā’a Llāh.

As we said, unless there’s too much pain, it’s not necessary. Rely upon Allāh ﷻ, eat with BismiLlah, eat ḥalāl food, eat a few mouthfuls. With Allāh’s ﷻ permission, you will be at rest, in shā’a Llāh. May Allāh ﷻ grant health and peace to all of us, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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