

# Mawlana Shaykh Muhammad Adil ar-Rabbani

## HOW TO ATTAIN SPIRITUAL CLEANLINESS

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

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

*Wa s-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 Nāẓim al-*

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

In shā’a Llāh, we are gathering for the sake of Allāh ﷻ. May Allāh ﷻ accept and be happy with us, in shā’a Llāh. The teaching of Islām alhamdulillah is the real teaching. We say the best because there’s no comparison to the teaching of Islām. Even when they build mosques, the first thing they look at in old times, even before building the mosque, they build a place for Wudu’ (ablution), place for Ghusl, showering. Because the most important thing in Islām is cleanliness; to be clean. Islām means insān, human being; it is to serve them. And for human beings also, to be clean is the most important thing. When there’s cleanliness, nothing harms mankind. There are two kinds of cleanliness: one is spiritual cleanliness, the other is material cleanliness.

To reach spiritual cleanliness, first you must have material cleanliness. We know, everybody knows, Muslims and non-Muslims, urine and excrement are dirty. Everybody knows this is dirty. But what they don’t know is dirty is: blood and alcohol. This is dirty in Islām. We cannot drink alcohol. You cannot eat something with blood. In some place, I heard they put blood in food, in what they eat, and don’t throw it out. But this is dirty. And the dirtiest one also is the meat of pigs. This is very dirty. It’s as dirty as eating the flesh of human beings. SubhanAllah, they said, this dirty animal’s anatomy is the same as human beings. Everything Allāh ﷻ put in Islām has thousands and millions of wisdoms. It’s not forbidden without reason. It’s not allowed at all to eat it; only if one will die of hunger, he can eat a little bit to save his life. And to eat the dead body of mankind is never allowed; even if one will die. But for non-Muslims, we hear many stories, even in the last century in the Chinese Revolution, they were hungry and they were eating dead bodies. The Crusaders were also eating. It’s famous about them and they even wrote it in their books; around Aleppo and so, they were killing and eating people. And the Spanish who were in South America were also eating people.

For this, Islām is the real religion of humanity. These hypocrite humanitarians are not seeing this. They say, “Islām was killing people. They were making people change their religion by sword.” Islām shows and teaches very sensitively what you must do and what you must not do. When everything going inside you becomes clean, after this, your spirituality becomes clean. You cannot do this when your stomach is full of dirty things.

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Your spirituality will never rise to a higher level. Not with yoga, not with meditation, not with anything you think makes you so. It's only with this. Even those who take something not good as drugs or other and think they've reached a very high level in spirituality. This is a high level in the sewage. Mawlānā Shaykh Nāẓim was every time saying, who lives there is the rat and he is happy, very happy there. He goes up and jumps into the sewage, swimming then going up, "Oh, I'm their king." Who's happy not with the way of Allāh ﷻ will never be out of this sewage. Because he's only feeding his ego not his spirituality. He is happy, very happy. "I do yoga, I do meditation, nobody can do this. I stay one hour like this, three hours, standing on my feet, standing on my finger. Nobody can do this." We see them. Maybe people think they are humble, they are happy with people, but it is never like this. Allāh ﷻ described this in the Qur'an, "وَزَيْنَ لَهُمُ الشَّيْطَانُ أَعْمَالَهُمْ فَصَدَّهُمْ عَنِ السَّبِيلِ", "Wa Zayyana Lahumu Ash-Shayṭānu 'A mālahum Fa-saddahum 'an il-sabīl", "And Satan has made their deeds pleasing to them and averted them from [His] way." (Qur'an 27:24). Shayṭān beautifies their way for them and makes them go away from the real way. Shayṭān and his followers make these people wear something funny. If they go to Europe or other places, they are very respectful towards them, very good with them, they visit them, help them. And these people become more and more ego(istic). And they follow them: what they are saying, their philosophy, what they are eating, what they're not eating, what they do. They are giving them attention in all of this. And when this happens, these people become more and more proud. They are making people be away and away from reality, away from way of Allāh ﷻ and way of Prophet ṣallā Llāhu 'alayhi wa-sallam.

We are warning and awakening people to not be cheated by appearances. To be aware of those people, Muslims or non-Muslims, who are making people go away from reality. As we said, the most important thing is cleanliness: material and spiritual. This is very important. Nowadays, materially, it's very bad. Even without people knowing, they feed them and make them ill, and they make them mentally ill. And regarding spirituality, they are all the time showing bad things. Slowly, slowly, they make people accept this. And who doesn't accept, they punish him.

For this, first look at what you eat, what you feed your children. I see many people here that are not concerned about ḥalāl, ḥarām; what's written on foods. They must be more careful about this. This is very important. If you cannot find ḥalāl in this place, you can find in another place. So don't follow your ego; you are a little bit hungry, "I will eat it, maybe it is not ḥarām, maybe it is ḥalāl." Don't do this.

And the other matter is to be with good people. If bad people come to you, advise them to come to the way of Allāh ﷻ; maybe they accept. If they don't accept, don't be with them much. Because these people have the attribute of shayṭān: jealousy. If they

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see you better than them, they try hard to make you like them. The water is very soft. Water is very soft. The knife cuts. But this soft thing: one drop, after one drop, after one drop on the rock. There becomes a hole in this rock. But if the knife hits the rock, nothing will happen to the rock because it's hard. Som when your friend or friends are coming to you, you say, "It's okay, I have a strong belief, I will not be affected by this." But every day, every day, every day; after one year or two years, you begin to listen to them and maybe they make you like them.

Alhamdulillah, they publish the *ṣuḥbahs*; so, they are listening to this everywhere. This is not only for Europe. Now, everywhere is nearly the same. Everywhere, the whole world is controlled by *shayṭān* and his followers. So, this *ṣuḥbah*, what we say is not only for here but for all people, in *shā'a Llāh*. In old times, of course, it was very different than this time. Everything had to be controlled: who's coming, who's going. At night time, there was door for the city. This door would be closed until the morning. And whoever will come to settle in this country, it will be asked if he's is good or not good in order to give him permission to come and sit there. It was like this before. Most countries and cities were under control. Nobody can do as they're doing these days. And in the last century, after the first world war, they destroyed all this system, but slowly, slowly. Slowly, slowly, every 10 years it's become worse and worse and worse. And everybody wouldn't settle in their place. They bring them from countrysides to cities and leave the countrysides without people. All people go to cities. And cities become such as nobody knows the other, so nobody feels ashamed of his neighbor or relative or anyone and so they can do badness. And they're interfering in everything, "Do this, don't do that, do that, come here, go here, do what we want, don't do what you want." They put themselves as if they are god. This is because they don't have belief. They think they are doing good but in reality, their intention is not good. The *shayṭān's* intention is to destroy humanity.

Allāh ﷻ has shown the way to survive this, but people, most of them, are not taking care about this, not happy with this, or they are only following what their ego likes, not listening to Allāh ﷻ. This is what's happening now. May Allāh ﷻ send us Sayyidinā al-Mahdi 'alayhi s-salām to put again everything in the good way. But until he comes, we must try to be on the way of Allāh ﷻ. To make our children, relatives, all of them safe from these bad people, away from these bad people for this illness not to reach them. This illness is worse than corona when people were in their houses for one year or more. The situation we are in now is worse than the situation of corona. And to be safe from this, as we said, you must look after your family, feed them *ḥalāl*, show them the way of Allāh ﷻ and keep them away from bad people. Pray for Allāh ﷻ to keep you and your family and Muslims safe for the sake of our Prophet ṣallā Llāhu 'alayhi wa-sallam. With

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his ﷺ barakah and the barakah of the ṣaḥābah, Ahlu l-Bayt and Awliyā'u Llāh, Allāh ﷻ keeps us safe. Even if you are in fire, nothing happens to you.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

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