

Mawlana Shaykh Muhammad Adil ar-Rabbani

TAMING THE EGO

As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātub.

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

Wa ṣ-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 Abdullah al-Fa‘īẓ ad-Dāghistāni, Sheikh Muḥammad Nāẓim al-

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

Bismi Llāhi r-Raḥmāni r-Raḥīm. “

وَنَفْسٍ وَمَا سَوَّاهَا (7) فَأَلْهَمَهَا فُجُورَهَا وَتَقْوَاهَا

Wa Nafsin Wa Mā Sawwāhā (7) Fa'alhamahā Fujūrahā Wa Taqwāhā”, “And [by] the ego and He who proportioned it (7) And inspired it [with discernment of] its wickedness and its righteousness.” (Qur’ān 91:07-08). Ṣadaqa Llāhu l-‘Azīm.

Allāh ﷻ created man with a ego. He ﷻ knows its wisdom. He ﷻ does not oppress anyone. Every person has an ego, something within him. And He ﷻ has inspired both good and evil in it. Allāh ‘Azza wa-Jalla says that whoever controls their ego, purifies it. Those who do not do this, who follow their ego, lose. Those who follow their ego lose. The wisdom and creation of Allāh ‘Azza wa-Jalla cannot be comprehended by the mind. He ﷻ does not oppress anyone. There is free will; everyone possesses free will. Allāh ‘Azza wa-Jalla has given that free will to man. One can go either way. Those who control their ego are saved. Those who follow their ego cannot be saved. Their end will not be good.

Therefore, some people do everything and then say, “This is our destiny. Fate was like this. So, that’s how it happened.” Can you read your destiny? Are you determining what will happen? No, they try to save themselves according to their own ideas. If Allāh ‘Azza wa-Jalla wills it, humankind can discipline their ego, be on the right way, and become beloved by Allāh ﷻ. However, those who follow their ego and shayṭān become their slaves, and their end will not be good. That way, the way of the ego, is not good. A person who controls their ego, will have gone on the good way and will reach salvation. Even if it is difficult, because going against one’s ego, acting contrary to one’s ego, is somewhat challenging. The ego desires all kinds of ease or prefers evil more. But just as a wild animal can be tamed, so too can the ego. Ultimately, a good result is achieved; the person wins both this world and the hereafter. Because in this world, those who chase after their ego do not do good things. They do not benefit others. People do not feel like talking to them; they only see their evil. A person who controls their ego, however,

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becomes beloved among people; they do nothing but good. May Allāh ﷻ make us all among those who discipline their ego, in shā'a Llāh.

Wa min Allāhi t-Tawfiq. Al-Fātiḥa.

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