

Mawlana Shaykh Muhammad Adil ar-Rabbani

DON'T GET ANGRY!

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 '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. Tarīqatunā aṣ-Suḥbah wa l-Khayru fi l-Jam'iyah.

A Companion once asked our Prophet ṣallā Llāhu 'alayhi wa-sallam; “Give me a piece of advice—tell me something that I may hold fast to.” Our Prophet ṣallā Llāhu 'alayhi wa-sallam replied,

لا تغضب

“Lā Taghdab”—meaning, “Do not get angry.” He asked a second time, and received the same answer: “Do not get angry.” Regarding the third time, the Companion remarked: “Had I continued asking until morning, our Prophet ṣallā Llāhu 'alayhi wa-sallam would have said the very same thing.”

This is a matter of great importance. “Do not get angry.” One might ask, “But how do I avoid getting angry? How do we learn this?” Our Prophet ṣallā Llāhu 'alayhi wa-sallam explained it thus:

إِنَّمَا الْعِلْمُ بِالتَّعْلُمِ، وَإِنَّمَا الْحِلْمُ بِالتَّحَلُّمِ

“Innama l-ilmu bi t-ta'allum wa innama l-ḥilmu bi t-tahallum”, “Knowledge is only by learning, and patience is only by exerting oneself to be patient.” Knowledge comes through learning; gradually, day by day. One cannot acquire all knowledge in a single day. Likewise, Ḥilm—that is, the quality of not giving in to anger—is learned gradually. As the Turkish saying goes, “It does not happen instantly—like dipping something into a dye vat and pulling it out changed;” rather, it comes about little by little.

There is no need to blow things out of proportion whenever you encounter the trivial matters that might provoke anger. Remind yourself: “I should not get angry at this. It is unnecessary, pointless, and uncalled for. What good would come of getting angry? I could make that same mistake, too. So, there is no need for anger.” When it happens again, the same thought should cross your mind again, saying, “Well, they made a mistake; no one is infallible,” and once more, you do not get angry. After doing this a few times, you train yourself not to get angry over trivial matters. Of course, there are things worth getting

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angry about—specifically, actions committed against Allāh ‘Azza wa-Jalla. There is a time and place for anger, and there are times when it is inappropriate. If you get angry without cause, you will spend your entire life in a state of anger and unrest. Conversely, if you restrain your anger, you remain calm and at ease; you find peace. As the saying goes, “Sharp vinegar damages its own jar.” When vinegar is too sharp, it corrodes the very vessel holding it. Anger works the same way; if you give in to anger, you suffer more harm than the person you are angry with. May Allāh ﷻ grant us all forbearance and knowledge, in shā’a Llāh. May we walk the way of Allāh ﷻ, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
13 October 2026/ 02 Jumada al-Awwal 1448
Fajr Prayer – Akbaba Dergah, Istanbul