

Mawlana Shaykh Muhammad Adil ar-Rabbani

HOW TO WAKE UP FOR FAJR?

*As-Salāmu ‘Alaykum wa RaḥmatuLlāhi wa Barakātuh.
A‘ūdhu BiLlāhi Minash-shayṭāni r-raġim. BismiLlāhi r-Raḥmāni r-Raḥīm.
Wa ṣ-Salātu wa s-Salāmu ‘alā Rasūlinā Muḥammadin Sayyidi l-Awwalīna wa l-Akhirīn.
Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi Rasūlillāh, Madad yā Mashāyikhinā,
Dastūr Mawlana Sheikh Abdullāh al-Fā’iz ad-Dāghistāni, Sheikh Muḥammad Naẓim al-
Ḥaqqānī. Madad. Tarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jam‘iyyah.*

Mawlānā Shaykh was giving an order to begin the day with suḥbah, nasīḥah, advice; for the sake of Allāh ‘Azza wa-Jalla. People of old times didn’t have many things to make them busy. Now everybody has a television in their home. And we now have what’s worse than the television. In old times, when we were small, alhamdulillah we didn’t have a television in our house. But later there was a television that closed at eleven o’clock before midnight. Now they have this device, internet and computers and they are staying up until Fajr. After that - many don’t pray of course - but those who pray come to us and say, “O Shaykh, pray for us! We cannot wake up for Fajr.” Of course, you cannot wake up. If you’re sleeping at 12, 1 or 2 o’clock, how will you wake up for Fajr! You cannot.

For this, you must put a limit for everything. Freedom is not good. You must know this. Don’t give everything to your ego, nafs. If you want to wake up for Fajr, sleep early. Mawlānā was asked what’s the best time of sleep. He said between 11 and 3 o’clock. In this time, many people are awake till after 12 or 1 a.m. Some are staying awake until 3. They sleep after 3. This sleep is not enough for our body. We need to rest our body and our mind also. Allāh ﷻ made this prayer for you at that time for tahajjud, for Fajr, but you are sleeping during that time.

For this, you must put a limit for everything. Don’t give freedom to what your nafs, your ego wants. Of course, you cannot prevent a hundred percent; it’s difficult. But don’t surrender yourself to everything your nafs, your ego wants and give it. If you do this, your body, your soul will be happy. And when they’re happy, you’ll have power to control yourself and your body will be healthy, in shā’a Llāh. May Allāh ﷻ make us do this, and may it be easy for everyone, in shā’a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

Mawlana Sheikh Muhammad Adil ar-Rabbani
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