# Mawlana Shaykh Muhammad Adil ar-Rabbani

## A HEALTH ADVICE FOR EVERYBODY

*As-Salāmu ʻAlaykum wa RaḥmatuLlāhi wa Barakātuh.*
*Aʻūdhu BiLlāhi Minash-shayṭāni r-rajīm. BismiLlāhi r-Raḥmāni r-Raḥīm.*
*Wa ṣ-Salātu wa s-Salāmu ʻalá Rasūlinā Muḥammadin Sayyidi l-Awwalīna wa l-Akhirīn.*
*Madad yā RasūlAllāh, Madad yā Sādāti Aṣḥābi RasūliLlāh, Madad yā Mashāyikhinā, Dastūr Mawlana Sheikh Abdullāh al-Fāʼiz ad-Dāghistāni, Sheikh Muḥammad Nāẓim al-Ḥaqqānī. Madad. Ṭarīqatunā aṣ-Suḥbah wa l-Khayru fī l-Jamʻiyyah.*

Allāh ʻAzza wa-Jalla says, Bismi Llāhi r-Raḥmāni r-Raḥīm,

وَكُلُّ شَيْءٍ عِندَهُ بِمِقْدَارٍ

"Kul shay'in ʿindahu bi-miqdār", "And everything with Him is by due measure." (Qur'ān 13:08). Everything has a measure, and one must observe that measure. As our Prophet ﷺ says,

خَيْرُ الْأُمُورِ الْوَسَط

"Khayru l-ʻUmūri l-Wasat", "The middle of everything is best." Our Prophet ṣallá Llāhu ʻalayhi wa-sallam says that the middle way is the best. It is better not to go to extremes.

People today often act according to their own whims. When they undertake something, they tend to go to great extremes. Going to extremes is not good. If you are going to commit to a practice, it is best to be able to sustain it. Do not take on something so extreme that you cannot keep it up. Why is this? Because once the body becomes accustomed to a certain routine, it needs to maintain that rhythm so as not to falter or lose its established state. Of course, one must also consider the realities of aging and the various circumstances of life. If a person pushes themselves to an extreme, they will inevitably be unable to sustain it. However, if one adopts a balanced approach—such as performing one's daily prayers, maintaining wuḍū', and recitation—one is able to keep it up consistently.

People nowadays do the exact opposite. They prioritize the physical—the corporeal—over the spiritual. "Physicality is very important. What is this 'physicality'? We must run for two hours every single day—galloping about like a horse; takir tukur, takir tukur." You might keep this up for a year, two years, or three years, but eventually, you grow weary of it. After all, you are just running aimlessly. Then, there is the obsession with 'body building.' You consume half a kilo or a kilo of meat every day. Yet, for the

body's true needs, a moderate, normal diet is what matters; overeating is never good. People overeat, end up with a large belly, and then ask, 'How do I get rid of this? I'll run! I'll take up sports!' They focus on building muscles—bulging, thick muscles—to the point where they can barely move; their arms become so heavy with muscle mass that they can hardly walk. Eventually, they get fed up and quit. And what happens? They end up looking like a sack—everything sagging and hanging loose. So, what was the point of it all?

From the start, this is our advice to everyone—children, adults, and the youth alike: these pursuits are not beneficial. To make matters worse, some even take powders (supplements) to bulk up like cattle, hoping to grow massive muscles. Once they stop taking these powders, their bodies fall into an even worse state. Neither kidneys, nor heart, nor lungs work anymore; everything ends up damaged. And in the end, what do they have to show for it? Perhaps two years spent with bulging muscles. But who has actually benefited? Not the person themselves, not their family, and certainly not the Ummah. What is the value in this? If you want to be of real benefit, engage in wholesome, moderate physical activity—go for a walk, for instance. And while you walk, don't just walk aimlessly; spend the time reciting tasbīh. If you have something memorized, keep it up. Mashā'Allah Imām Abdurrahman, may Allāh ﷻ grant him well-being. He makes sport (exercises) and goes for walks; yet, he never walks idly. He recites the seven or eight Juz' he has memorized that day while he walks. Nowadays, they say they are raising Hafiz, raising Hafiz. You are bringing up Hafiz youth but a year later, nothing remains in their minds. What was the point of it all? Completing the memorization is only the beginning; there is more to it afterward.

Therefore, do not let your time go to waste. Even while walking, you should make tasbīh and so. And do not run—never run! Running is of no use. Running might be appropriate for soldiers—may Allāh ﷻ help them, given the nature of war and such—but even for a soldier, running can lead to defeat. We served in the military, and this is something we remember from our commanders. Running is good for soldiers. But for an ordinary person, why run? You only exhaust your body; your knees give out, your feet suffer. Just walk. Walking is the Sunnah of our Prophet ṣallá Llāhu 'alayhi wa-sallam. Walking is Sunnah. Walk for half an hour or an hour. Walk a few in the morning, walk in the evening, walk at midday. That is good.

This advice is for everyone: the young, the elderly, men and women alike. Furthermore, whenever something new emerges—like some new trend or fad—everyone immediately jumps on it. "I took some pill or injection and lost weight"—well, a fine mess you've made for yourself! Then the weight came back, and you tried something else, but it still didn't work. What are they going to do next—maybe he'll hook him up to a serum (IV drip) to make him lose even more weight. People shouldn't be so foolish as to

believe everything they hear. Don't believe everything! Don't believe everything you're told. Follow the path shown by Allāh 'Azza wa-Jalla and our Prophet ṣallá Llāhu 'alayhi wa-sallam. Believe in that. Don't believe in anything else. May Allāh ﷻ protect us. Some people gamble with others' health and well-being just for the sake of money. May Allāh ﷻ help us.

In shā'a Llāh, if everyone takes care to protect themselves, no harm will come. There is no need to run to a doctor for every minor thing. If something truly serious arises, then, of course, one should go. Nowadays, many doctors, driven by a desire for many, plant seeds of anxiety in a person's mind, making the situation even worse. Naturally, there are conditions that do require medical treatment, and those should be addressed. But people shouldn't get caught up in unnecessary worry or obsess over every little symptom. May Allāh ﷻ protect us. May Allāh ﷻ help us. May we not ruin ourselves for the sake of our ego, in shā'a Llāh.

Wa min Allāhi t-Tawfīq. Al-Fātiḥa.

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