

HOW TO INCREASE SINCERITY

Sohbat Sheikh Hassan

12th June 2026, Osmanische Herberge Kall

Our brother he was asking a question. He is asking how to increase sincerity.

— To practice. You have to practice. You are practicing.

It is *ikhlas* — Surat al-Ikhlās. There is a surah. Ikhlas is sincerity. And there is a surah of sincerity.

“A‘udhu billahi mina sh-Shaytani r-Rajim

Bismillahi r-Rahmani r-Rahim

Qul Huwa Allahu Ahad

Allahu s-Samad“

Qur'an (112:1-2)

(Sheikh Hassan pauses, closes his eyes for a moment.)

"Lam yalid wa lam yulad"

Qur'an (112:3)

“Not born and not giving birth.”

"Wa lam yakun kufuwan Ahad"

Qur'an (112:4)

“And nothing can be compared to Him.”

(Singing:) “... nothing compares to you.”

Sinead O' Connor — she also became Muslima. Allah Yarhamha. She's already on the other side, inshAllah.

Nothing can be compared to Him.

If you come to realise this, it will bring you sincerity. We humans exist to know Allah. For He, jalla jalaluhu, says: “I was a hidden treasure and wanted to be known. That is why I brought creation into being.”

And for that, you need sincerity. It is a quality that belongs to it (to this process of realisation). The Sheikh spoke about that yesterday — about sincerity.

How do you come to know Allah? Through the Prophet Muhammad, sallallahu alayhi wa sallam. He came to give us knowledge of his Lord — Rasulullah ﷺ. And he has given it to us; he has given us everything.

He is asking sincerity, and sincerity comes from tariqah. It is only coming through tariqah, through our mashaykhina, through the awliyas, through the inheritors of Rasulullah ﷺ — only through them. They have ikhlas.

If you believe and understand, and they believe and understand — they understand the Surat al-Ikhlās — if anyone truly understands this, he must be sincere.

And human being is in need to increase sincerity, in need of a sincere one. Not anyone. It must be a sincere one. Only a sincere one can transmit sincerity to you, or lead you to it, and help you understand that Allah is always. He is always One and He is always — He always was, He is now, and He always will be. And it has always been like this.

(The Sheikh draws an invisible circle in the air.)

And all the names which we are supposed to know — each one is there to know Allah. That is the reason we are here: to know Allah, to know our Lord. Astaghfirullah. I am saying that, but I should not speak. But that is what they say — that we are here only to know Allah.

Allah himself is saying this. And Prophet ﷺ is saying this, and so are the awliyas and the sincere ones: Human being, he is here only to know Allah, to know his Lord. That is the reason. And everything is coming from that.

Because there is only Allah. And you are saying, „La ilaha illallah“ ... All of the beautiful names, and all the other names — endless names — are in action. They are in function. Eternal. In eternity. They are functioning in eternity.

Eternally. Without ceasing. *Samad*. — Ahad. Samad.

They tormented and tortured Bilal, radiallahu anhu, because he took Shahada. Bilal Habashi. They tormented him, nearly killed him, placing a heavy stone, a huge stone, on top of him, in the scorching heat. And all he said was: “Ahad! Ahad!”

(Sheikh Hassan raises his outstretched Shahada finger into the air)

Ahad. You can pile as many stones on top as you like — Ahad.

MashaAllah. Allahu Akbar, wa lillahi l-hamd.

Khalaq! Al-Khalaq. The Creator. He is creating now, or not?

Or did He create the world in six days, and then He was very tired, as the Christians are saying? It was Sunday and then He rested?

(The Sheikh chuckles.)

Or: He is creating. Now He is creating. In this moment He is creating. It is new, not old — only we are old. Our behavior makes us old. Our *adabsiz* (lack of adab) makes us old. And it is not old — it is new. Every second is new.

May Allah provide for us. He is providing — Allahu Akbar.
Through what He is providing?

(Imitating a self-satisfied voice:) „Because you are such a great one. That is why.“

No, no. Because of your Sheikh. Everything is coming from your Sheikh; nothing from you. Everything through your Sheikh, from your Sheikh. Every gift — everything is from your Sheikh.

(Raises his hands in supplication.)

Allahu Akbar, wa lillahi l-hamd. Laka shukr, wa laka l-hamd.

Thank you, oh or Lord, that we know such awliyas, such friends of Yours — that we are allowed to come into contact with them. It is only a gift. We are not worthy of it. On the contrary, we are acting opposite.

And they are merciful. The mercy of Allah is in their hearts. They have the mercy of Allah in their heart. And so they give.

And we must know, inshaAllah. And we are thanking. May Allah protect us, to be always on this way. And to get more sincerity, as Musa was saying. That is the right question: To get more sincerity and more steadfastness. Every good thing is coming from it. May Allah protect us from our enemies and open the way for us to sincerity, inshaAllah. All good things come from sincerity.

Wa min-Allahi at-taufiq.

Al-Fatiha.