

YA HALIM — DON'T GET ANGRY

Sohbat Sheikh Hassan

Juma, 14. August 2026, Osmanische Herberge Kall

We are in this holy time of Rabi al-Awwal. And as we said, it is a time to revive our hearts and to be revived for the love of Prophet, for the love of Allah Almighty. And it means also for those — or for us, or for me — who have bad qualities: „I have to work on these bad qualities. I have to watch them and to learn to correct them and to learn to control my ego.“ That is important and this month is helping us to work on this.

When you say, „Allahumma salli ala Muhammadin wa ala ali Muhammadin wa sallim“, it's reviving. Say one hundred times or one thousand times or ten thousand times every day and it will give you release, will give you easiness, will give you happiness, will give you light, will give you all good things, all good qualities.

And mainly you have to work on what the Prophet ﷺ was saying:

„Don't get angry, don't get angry, don't get angry.“

Three times he said to that one. And we are getting angry, we are angry and shouting around, leaving our anger free way and shouting to other people, taking our negativity out on other people. Shouting out your misunderstanding and your anger because you are not agreeing with the will of Allah, finally. Because what happened was just from Allah, it was just with the will of Allah. And you are saying: „No. I have to shout and I'm also better. I know better. I am proud also.“

And we are shouting in the family, shouting to the wife, shouting to the parents, shouting to the children — shouting to them, being aggressive, being not satisfied inside and always in the mood to explode — so that the people, they are afraid of you already. They are afraid and they are watching out not to say a wrong word, because that one is very angry: „If I say the wrong word, he is exploding.“ And when he explodes, he is damaging himself, and damaging me, and damaging my family, and making a damage in his whole surroundings — setting a fire, everything on fire, like setting a house on fire — you're setting the house on fire.

(The Sheikh raises his eyebrows ironically.) „Aren't you a Muslim? MashaAllah. And in Tariqa.“

(Adopting a smug tone:) „I am in Tariqa. I am taking it serious. I am taking it serious. I am fighting my bad qualities. I am trying to

rule my ego — not the ego on me, but I am on the donkey. Not the donkey on me, but I am on the donkey, InshaAllah. But sometimes the donkey is on me — I cannot help it.

And it is crying: „I-A. I-A.“

Did you hear the donkey? The shouting of the donkey is very bad. It's in the Holy Qur'an (Sura Luqman, 31:19). The voice of the donkey. Very terrible. Very terrible. You have to learn.

(Raises his voice:) And use it. Use it. Don't say, „Yeah, yeah, reviving hearts ...“ — No. Yes, it is reviving. Use the names. Allah is saying: „I am your helper.“ He is *Muin al-Ajizin* (The Helper of the needy). We are *ajiz* — we are like this, we can't help — we are *ajiz*. That means we are needy, very needy. And the only one helping us is Allah Almighty. By His means, as He likes.

He said: „Call me by My names.“ Call Him by His names. Call Him by *Halim*: „Ya Halim“. Say 100 times, „Ya Halim“, in the direction of Qibla. You stand and say 100 times, „Ya Halim“, with the intention to calm down your anger — and finally, to put it away completely — your anger. That is your intention. And Allah will help you with the secret of Halim. Use it. And this is a very good time for that — to come down with the anger, to come up with beauty, to come up with easiness, to come up with light — to come up with love.

That love which you have for Allah Almighty and for Prophet ﷺ, that is also for other people, for your brothers and sisters, for

your family. You cannot say: „I love Allah, I love the Prophet ﷺ, but I don't love my family. I shout to them, no problem.“ — No.

Subhana Rabbika Rabbil-'izzati amma yasifun, wa salamun 'ala l-mursalin, wal-hamdu lillahi Rabbil-Alamin.

Wa min-Allahi at-taufiq, bi hurmati al-Fatiha.