

BURY YOUR TRAUMATA

Sohbat Sheikh Hassan

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English translation

We ask for *madad* from the *Awliya Kiram* — the friends of Allah, the saints. Through your gifts to us and through your teachings to us, through your care for us and through your compassion for us and through your forgiveness for us, we experience new life. New life and new hope and new openings — that our hearts are ready, InshaAllah, for the truth, for „La ilaha illAllah, Muham-madur-Rasulullah“, sallallahu alayhi wa sallam.

And we're in *Rabi al-Awwal*. As Allah, subhana wa ta'ala, has placed His secrets into each of the twelve months — the Islamic months —, He has placed many secrets into Rabi al-Awwal. Beautiful secrets, beautiful things, that promote love for the

Prophet ﷺ. When love for the Prophet ﷺ is fostered, then love for Allah is fostered — and may our hearts attain that.

May we never be proud of our prayers. May we never be proud of our Dhikr. May we never be proud and say: "Oh, what a good Muslim you are. And you pray, and you are also in Tariqat. And you have a Sheikh. And those poor ignorant ones ... they are below me. But I am better. And I do the best."

We try to do our best — we try, anyway — but we must not be proud of that. If we have even a spark of pride in it and feel better, because we are given the best, then we should know, that it is only a gift. It is only a gift. Everything is only a gift. Everything. You can claim nothing. Nothing.

And Allah does not look at our outward appearances, at what we express — physically, verbally, mentally —, at the forms. He is not interested in that at all. He is interested in the heart. The heart. He has placed a secret in the heart, says Mawlana Sheikh Nazim. He has placed His secret there, or a great secret, for humanity — in the heart.

And for that He sent us the perfect way, with His Prophet, sallallahu alayhi wa sallam, whose birthday we celebrate this month, Alhamdulillah. He always sent ways, with all the prophets. And with the last prophet — the first and last prophet ﷺ —, He has sent us the perfect way. He said everything, everything — Rasulullah, sallallahu alayhi wa sallam. He left nothing out. Everything.

In Islam, you cannot find any detail of life, any circumstance of life, of any kind, at any time, where you would say, "Yes, but there is no answer for that in Islam." No. There is. There is. And it is established in the Sharia — in the most perfect Sharia. There has always been Sharia. There was Sharia with all the prophets. And the perfection, the perfection of the Sharia is the Islamic Sharia. The Christians, MashaAllah, they have ten commandments. Alhamdulillah. And the Jewish people, they also have more. But in Islam, there are 1300 instructions. And those must be followed, we should follow them. Those are commands from Allah.

And when you pray, then you are following one of the commands from Allah — what he has ordered. Simply: "Bismillah. Tell them, five times a day." (Sheikh Hassan makes a gesture of prostration in prayer). First 50 times. Then the Prophet, sallallahu alayhi wa sallam, kept negotiating it down — Moses urged him to negotiate. He kept going up to Allah Almighty. 45, 40, 35, 30, 20, 15, 10, 5. Finally he ﷺ said: "No, no... That's enough now. That's embarrassing for me." He is ashamed in front of Allah. So we simply perform these five daily prayers.

People ask: "How is it on this path? How do we stay on this path? How does this path go?" Very easy: You follow. You follow this Sharia. You follow the Sharia. And it is important to have a living example. You cannot do it without an example. You need a living example, who shows it, who conveys it, reminds you of it, who corrects you, who sees you, sees your mistakes, your faults, your ... whatever, the modern psychology calls it traumata. He sees

your traumata, and they're melting away. You don't need to go to the psychologist. Your traumata, they melt away. You just need to go to Dhikr, on Thursdays, and that's enough.

The love of Allah melts away everything. But psychologists want to make money, of course. They say, "We must bring all of this up, it has to come up, you have to process it. You must process it. If you go crazy while processing, then we will give you a pill and that costs that much again, and then ..." — No, if earth is on it and it is buried, let it be. That is a grace from Allah, subhana wa ta'ala, that you can forget.

You are a forgetful person, you are called "Mister Forgetful," already from the name. *Insan* means "the forgetful one" — the one who forgets. This is a blessing from Allah. Imagine, you wouldn't forget anything. Probably, you wouldn't be able to last three days, if you didn't forget it. Alhamdulillah, forget it and bury it as well. And, as the Prophet ﷺ says, don't bring it up. Don't bring it up. Modern psychologists and modern money-makers use the Hellinger Method, family constellations, yes, together with the jinns, who then get involved and then they all get crazy — one after another you can see them in psychiatric institutions. And that costs a lot of money. Of course, they don't work with you. The murshid, he works with you — they don't work with you. They bring these things to the surface, with the help of jinn, and then they leave you standing there with whatever comes up. This is all modern-day deception.

Allah looks after you. And the Prophet ﷺ looks after you and your Sheikh looks after you and you follow him. You have the intuition, and you follow the path, as best as you can. And Allah will open your heart — at a certain point, at a certain, at a predetermined time, He will then open your heart. Everyone has described it like this. All the masters, all the sheikhs, all the saints have described it like this. There is no one who has not, exactly, followed the Sharia, who has obeyed the commands of Allah, who has fulfilled the will of Allah. He wants to achieve the love of Allah. Then he will not do the opposite of what Allah commands, but rather he will try to do his best and, as much as possible, to fulfil the commands of Allah — if he loves Him and wants His love.

Yes, that is the attitude. You want the love of your Sheikh, let's say, you want the love of the Prophet ﷺ, whatever, you want the love of Allah. You want the love, and you try, as much as you can — what is within your power —, to follow and continuously follow, InshaAllah. May He give us the strength, to be grateful, to be patient, when there are difficulties, and steadfast in temptations. There is temptations. This world is a temptation — the world, and what is in it, is a temptation for the believer. What do you do in this situation?

„Alladhi khalaqa al-mawta wal-hayata li-yabluwakum ayyukum ahsanu amalan, wa Huwa al-Azizu al-Ghafur.“

(Qur'an, Surah al-Mulk, 67:2)

„He is the One who created death and life in order to test you as to which of you is best in deeds. And He is the Almighty, the All-Forgiving.”

Shukr Ya Rabbi, Shukr Ya Rabbi, Shukr Ya Rabbi. May Allah give us the strength to do so, and the steadfastness, and let us be on this path forever — now and forever, InshaAllah.

Fatiha.