

**Tazkiyah Halaqa
Self Honesty – Session 1
Sheikh Adnan Rajeh**

April 27, 2005
Wellness Centre, London, Ontario

Introduction

Sheikh Adnan Rajeh introduced the post-fajr Tazkiyah Halaqah as a structured series focused on the concept of *Tazkiyah*—the purification and refinement of the soul. Unlike open lectures, these sessions are intended to be semi-private, allowing for continuity, deeper engagement, and practical application. Tazkiyah demands consistent practice, contemplation, and reflection, and therefore requires a supportive, ongoing framework rather than sporadic attendance.

Purpose and Approach of the Halaqah

- Nature of Tazkiyah: Tazkiyah involves *internal exercises* designed to uncover deeper aspects of the self. These are often complex and cannot be sufficiently addressed through passive listening.
- Importance of Practice: Listening alone is insufficient; attendees must engage actively with the tasks and contemplations to achieve meaningful self-transformation.
- Avoidance of Information Overload: Accumulating information without practice can lead to confusion rather than spiritual growth.
- Semi-Private Structure: Due to the sensitive and personal nature of Tazkiyah exercises, the sessions will include:
 - A lecture portion that is broadcasted publicly.
 - A private Q&A and discussion session for attendees.
 - Separate follow-up sessions for brothers on Sunday mornings and sisters on Wednesday evenings.

Expectations from Attendees

- Foundational Knowledge Required: Participants are expected to listen to two lecture series beforehand:
 - *Tazkiyah Pearls* (20 lectures)
 - *Empty Space* (7 lectures)

These serve as essential groundwork, providing the basic terminologies, concepts, and themes upon which the new sessions will build.

- Commitment to Continuity: Understanding in Tazkiyah follows a cumulative and algorithmic approach. Each session builds upon previous ones. Parachuting into isolated sessions without prior knowledge may hinder comprehension.
- Active Participation: Participants should engage in the reflective exercises discussed, allowing the gradual and structured development of inner awareness.

Rules, Principles, Focuses, and Methods

Although detailed discussions of each are to be covered in subsequent sessions, Sheikh Adnan outlined the initial four domains that will organize the course material:

1. Rules: The basic guidelines that govern spiritual purification practices.
2. Principles: Foundational concepts underpinning Tazkiyah, rooted in Islamic epistemology.
3. Focuses: Areas within the human self that require attention, such as intentions, emotions, and thoughts.
4. Methods: Practical steps and exercises aimed at achieving incremental purification and personal development.

Conclusion

Sheikh Adnan emphasized that this initiative is experimental. Its success relies on serious commitment from participants and their willingness to engage in introspective work between sessions. The goal is to foster tangible spiritual growth rather than merely convey theoretical knowledge.

Notes:

All attendees are encouraged to maintain a personal journal for reflections and to come prepared for follow-up discussions, ensuring the knowledge transforms into lived experience.

Assigned Spiritual Practice

As part of the structured approach to Tazkiyah, Sheikh Adnan Rajeh assigned a daily regimen of prescribed adhkar to be completed in both the early morning and late afternoon. Each session consists of completing 300 tasbeehat, divided as follows: 100 repetitions of Istighfar ("Astaghfirullah"), 100 salutations upon the Prophet Muhammad (peace and blessings be upon him), and 100 recitations of "La ilaha illa Allah." Following the completion of these 300 repetitions, participants are instructed to recite Sūrat al-Fatiḥah, Sūrat al-Ikhlāṣ, and the Mu'awwidhat (Sūrat al-Falaq and Sūrat al-Nas), and to conclude with a personal duaā'. This full set is to be performed once in the morning and once in the evening. The exercise is intended to serve as a spiritual anchor, reinforcing the principles of Tazkiyah through structured remembrance, reflection, and supplication, thereby fostering sustained spiritual presence throughout the day.

Video Link: <https://www.youtube.com/watch?v=jEZE4o5h8oc>