

**Tazkiyah Halaqa  
Self Honesty – Session 6  
Sheikh Adnan Rajeh**

June 1, 2025  
Wellness Centre, London, Ontario

## Introduction

In the sixth session of the Tazkiyah Halaqa, Sheikh Adnan Rajeh continues his comprehensive exploration of self-honesty (ṣidq ma‘a al-nafs) as a foundational pillar of tazkiyah—the ongoing purification and refinement of the soul. The halaqa opens with a practical acknowledgment of attendance challenges and scheduling changes, affirming both the continuity of the series and the importance of consistent engagement. Sheikh Adnan emphasises that self-honesty is not a single spiritual milestone but a sustained commitment, marking an ongoing journey which demands repeated self-revision and introspection. This session especially encourages a period of reflection in light of Eid and offers practical approaches for honest self-evaluation.

## Session Overview

Sheikh Adnan reiterates that self-honesty is a gradual, purposeful spiritual exercise, not a fleeting sentiment. Over the next few weeks, he urges attendees to engage in self-revision with the intent to return and deepen their spiritual practice after Eid. Throughout the session, various personal, social, and spiritual difficulties are discussed as both obstacles and opportunities for genuine self-examination.

### Key Themes and Concepts

1. Sustaining Commitment to Tazkiyah
  - Consistency is the hallmark of success in the spiritual path. Sheikh Adnan explains that discontinuity—frequent lapses in attendance or personal practice—can erode spiritual progress.
  - He draws an analogy between spiritual routines and physical well-being: just as the body withers without nourishment, so too does the soul regress without continual self-monitoring (muḥāsabah) and honesty.
2. Self-Revision in the Wake of Eid
  - Sheikh Adnan views festive occasions such as Eid as both respite and spiritual benchmarks. Eid should prompt the believer to pause and honestly assess their spiritual trajectory—asking whether progress has actually been made or whether the occasion is merely ritualistic.
  - The importance of periodic spiritual audits is stressed: one should regularly “revisit” their own intentions, struggles, and aspirations, especially when life disruptions (positive or negative) occur.
3. Addressing Social and Internal Disruptions
  - The session briefly discusses attendance and community disengagement. Sheikh Adnan connects external participation to internal commitment, reminding listeners that diminished involvement may reflect deeper personal or spiritual resistance.

- He counsels on not making excuses for lapses, advocating for truthful confrontation of obstacles, whether rooted in apathy, scheduling conflict, or internal hesitancy.
- Emotional and spiritual fatigue—especially following periods of intense worship—are discussed as natural but manageable, provided they are met with honest reflection instead of rationalisation or denial.

#### 4. The Ongoing Nature of Self-Honesty

- Islamic self-honesty (şidq) involves constant self-questioning and an unflinching review of one's state with Allah, one's intentions, and interpersonal relations.
- Sheikh Adnan underlines that the process will reveal uncomfortable truths and unmask rationalisations, but this discomfort is itself a sign of spiritual vitality.
- Without ongoing honesty, one risks unconsciously adopting "false narratives" that validate spiritual stagnation or excuse negative patterns.

### **Practical Reflections and Exercises**

- **Post-Eid Self-Review:** Attendees are advised to set aside quiet time after Eid for sincere self-reflection, reviewing their spiritual practices during Ramadan and their intentions for the months ahead.
- **Automated Accountability:** Sheikh Adnan suggests establishing regular check-ins (either personal journaling or in dedicated group reflection) as a mechanism for accountability—a tactic to prevent unconscious drift back into complacency.
- **Honest Community Engagement:** Evaluate reasons for disengagement from the group or spiritual routines with candour, avoiding assigning blame or trivialising struggles.
- **Exercise:** Write or speak aloud, without censorship, the actual obstacles facing your spiritual development. Return to these notes after a week and again after a month, reviewing with compassion and objectivity what progress has or has not been made.

### **Conclusion**

Session six reinforces the notion that self-honesty is uncomfortable but necessary, requiring persistent revision and candid personal inventory. As Sheikh Adnan frames it, the path of tazkiyah consists not in the avoidance of difficulties, but in facing them with openness and returning consistently to the process of honest self-appraisal. Periods such as Eid, or shifts in daily routine, should become opportunities for audit and renewal—grounded not in ritualism, but in authentic striving for inward transformation.

**Video Link:** [https://www.youtube.com/watch?v=g-8ISIHdD\\_4](https://www.youtube.com/watch?v=g-8ISIHdD_4)