

**Tazkiyah Halaqa**  
**Self Honesty – Session 8**  
**Sheikh Adnan Rajeh**  
July 2, 2025  
Wellness Centre, London, Ontario

## Introduction

The eighth session of the Tazkiyah Halaqa further deepens the investigation of self-honesty (*ṣidq maʿa al-nafs*), with particular focus on the multi-dimensional nature of truthfulness in Islam. Sheikh Adnan Rajeh shifts the discussion to the prophetic and Qurʾanic teachings on truth and falsehood, highlighting honesty as the cornerstone of virtuous character and a precondition for genuine faith. The session is shorter and practical, reflecting on the lived reality of truthfulness and its crucial link to spiritual well-being.

## Session Overview

Sheikh Adnan clarifies that honesty is not limited to what we say to others: *truthfulness with Allah* and *with oneself* are as significant as, if not more important than, truthfulness with people. The series thus explores honesty as a holistic ethical value that transforms character, determines spiritual status in the sight of Allah, and stands as a defining feature of the believer.

## Key Themes and Concepts

### 1. Honesty in the Qurʾan and Sunnah

- The Prophet ﷺ described honesty as leading to *birr* (righteousness), the highest ethical virtue, while habitual lying leads to *fujur* (wickedness) and ultimately destruction.
- Honesty must be actively pursued (*yataharra al-sidq*): the believer continually seeks opportunities for truth—truth becomes a wholesale pursuit, not just isolated acts.
- The rank of *siddeeq* (the utterly truthful) in the Qurʾan is second only to prophethood, illustrating Islam’s high regard for consistent, deep honesty.

### 2. The Foundation of Faith and the Nature of Lies

- According to the Prophet ﷺ, a true believer (*muʾmin*) may fall into many sins—but not habitual lying, as lying erodes the foundation of faith itself.
- Lying is viewed not merely as a discrete sin but as a chronic, destructive way of life that undermines personal and communal trust and integrity.
- The importance of “untangling” the web of self-deception: years of internalised lies must be patiently unravelled for genuine transformation.

### 3. Dimensions of Honesty: With Allah, With the Self, With Others

- Truthfulness with people is only the outward reflection of a deeper inner reality: honest standing before Allah and sincere reckoning with oneself.
- Without the foundation of self-honesty, outward honesty becomes fragile or hypocritical.
- Self-observation (*muraqabah*) and self-accountability (*muhasabah*) are critical skills for sustaining honesty. These tools help distinguish between self-excuses and real reasons, and allow the individual to monitor and correct their intentions and actions.

#### 4. The Challenge of Internal Feedback

- Unlike other areas of life, self-honesty lacks an external supervisor. Personal growth requires honest, critical self-assessment and, where possible, sincere feedback from trusted companions.
- Feedback from others should be filtered appropriately — not dismissed outright nor crushingly internalised, but honestly considered to reveal blind spots and support self-improvement.
- Life is compared to a journey along a road: subtle, honest adjustments are necessary to remain true, as rigidity or overreaction both lead away from the straight path.

#### 5. The Example of the Prophet ﷺ

- The Prophet's (ﷺ) life embodies radical self-honesty. Despite hardship, loss, and varying external conditions, he remained unchanged and true to his essential core.
- The ability to maintain clarity and stability, regardless of praise or criticism from others, reflects deep inner self-knowledge and a refusal to live with self-deception.

#### 6. Accountability and Blame

- Islam teaches that in any circumstance, accountability is either personal or a matter of divine decree (*qadar*).
- Habitual blaming of others, or of destiny, for one's circumstances impedes spiritual maturity. Recognition of personal responsibility, even in adversity, is a marker of sincere faith and character.

#### 7. Returning to Raw Consciousness

- Removing roles and identities to discover the "raw" self beneath is an essential exercise for regaining the wonder and honesty that allows spiritual flourishing.
- True joy and love are only accessible when one lives in alignment with that essential self, as opposed to being entangled in externally imposed identities and hollow pursuits.

#### Practical Reflections and Exercises

- **Practice daily muraqabah and muhasabah:** Observe yourself critically and honestly. Hold yourself accountable for intentions and actions.
- **Seek honest feedback from loved ones** concerning your fulfilment of roles (as friend, spouse, parent). Filter feedback carefully, adopt helpful elements, and use it for self-improvement.
- **Reflect on excuses and reasons:** Differentiate between justifications that enable spiritual stagnation and honest assessments that foster growth.
- **Spend time in reflection:** Imagine removing all external roles and revisit your "bare" consciousness. Monitor how this impacts your self-understanding and relationships.
- **Accept discomfort:** Embrace the vulnerability of critique and friction as essential to spiritual and personal growth rather than seeking comfort or praise.

#### Conclusion

Session eight centres on the heart of Islamic self-honesty: embodying truth with Allah, with oneself, and then with others. Sheikh Adnan urges listeners to embrace the sometimes painful process of honest self-appraisal, trusting that it alone leads to true joy, resilience, and faith. Through consistent muraqabah and muhasabah, and a willingness to peel away illusions, the seeker can attain the rank of the truthful—the *siddeeq*—as set out in the

Qur'an and exemplified by the Prophet ﷺ.

**Video Link:** [https://www.youtube.com/watch?v=Hd6-cN6\\_9g8](https://www.youtube.com/watch?v=Hd6-cN6_9g8)