

Tazkiyah Halaqa
Self Honesty – Session 9
Sheikh Adnan Rajeh
July 9, 2025
Wellness Centre, London, Ontario

Introduction

In the ninth session of the Tazkiyah Halaqa series, Sheikh Adnan Rajeh focuses the discussion on the profound areas where self-honesty is most essential: one's relationship with Allah and one's value system. Having previously examined self-honesty in the context of emotions, behaviours, and social roles, the session now turns to the deepest foundations of spiritual integrity. Sheikh Adnan explores how superficial acceptance of faith and values can easily unravel under life's trials, emphasising the need for unflinching self-scrutiny in belief and priorities.

Session Overview

This session distinguishes between claiming faith and truly embodying it, and between performing religious values and internalising them. By highlighting the pitfalls of self-deception, Sheikh Adnan calls for an honest diagnosis of belief and a critical audit of one's value system.

Key Themes and Concepts

1. True Belief Versus Superficial Acceptance

- Many people enjoy the idea of belonging to a faith community and reciting the creed, but rarely examine whether belief in Allah and *la ilaha illallah* is embedded in the heart or merely peripheral.
- Life's adversities and moments of crisis reveal the strength or superficiality of belief; true faith remains firm, while shallow belief falters.

2. Qur'anic Differentiation in Faith

- Sheikh Adnan references Qur'anic verses that distinguish between claiming faith and genuinely possessing it ("The Bedouins say, 'We have believed.' Say, 'You have not believed; but say, 'We have submitted,' for faith has not yet entered into your hearts.').
- Profound faith is marked by unwavering conviction, not subject to day-to-day fluctuations or doubts.

3. The Importance of Diagnosing One's Level of Faith

- A person must honestly identify whether their belief is solid or superficial. Only with honest recognition can one embark on the necessary journey of strengthening faith.

4. Self-Deception and Religious Practice

- Many suffer religious failures because they never critically examined the extent of their faith, rationalising lapses as minor, or projecting a false image to others.
- Sheikh Adnan cautions against performing for others and ignoring internal reality, urging genuine introspection and prioritisation of personal spiritual truth above public opinion.

5. Value System: Surface Projections vs. Internal Realities

- There are three levels of values: those we want to project, those we think we have, and those we truly hold deep within.
- Actual behaviour stems not from stated or projected values but from those held in the “black box” of one’s heart.
- Recurring mistakes and persistent sins often stem from true core values contradicting religious ideals, even if people intellectually accept the scripted answers.

6. Honesty in Feedback and Personal Relationships

- Sheikh Adnan expands previous exercises: not only should one seek honest feedback from loved ones, but mature spiritual seekers should also seek critique from those who may not like them, accepting discomfort as part of growth.
- Close relationships expose the reality behind social masks; family, especially spouses, often see the real person more transparently than the individual sees themselves.

7. Day of Judgement Reflection

- Attendees are encouraged to visualise themselves on the Day of Judgement, stripped of roles and titles, and ask: Who am I, and what flaws truly define me?
- This powerful exercise helps pinpoint what truly needs reform—while also interrogating whether one’s concerns and regrets align with actual spiritual priorities.

8. Techniques for Muraqabah (Self-Observation)

- Begin regular observation (muraqabah) by documenting one particular sinful behaviour: track its frequency, surrounding circumstances, and contributing emotions and thoughts.
- Recognise patterns and subtle triggers for recurring faults.
- Progress to observing emotions and, eventually, thoughts, as these are the hardest but most transformative to scrutinise.

9. Prioritisation of Flaws

- Sheikh Adnan urges attendees to establish a priority list of flaws and ensure it matches Qur’anic and Prophetic guidance, not just personal preference or social comfort.
- Reform should focus not on minor issues but on major, high-ranking flaws such as harm to others, financial integrity, and core values.

Practical Reflections and Exercises

- **Diagnose your level of faith:** Honestly assess whether your belief is genuine or just claimed, and make preserving true iman a lifelong priority.
- **Audit your value system:** Go beyond scripted answers and detect which values actually drive your behaviour; identify areas for sincere reform.
- **Seek feedback:** Build courage to receive and consider critical feedback, even from those who may not like you, and use insights to adjust your self-image and conduct.
- **Day of Judgement self-reflection:** Spend time visualising your resurrection, stripped of all external trappings, to discern the true flaws and priorities needing attention.
- **Practice muraqabah:** Select a specific behaviour to monitor closely, then expand to emotions and thoughts, documenting their occurrence and context without rationalisation.
- **Establish a list of priorities:** Compare your spiritual priority list with Qur’anic and Prophetic standards, focusing reform on the most significant problems.

Conclusion

Session nine advanced the Tazkiyah journey by urging honest diagnosis of belief and value systems, moving from projected façades to lived realities. Sheikh Adnan calls for mature self-reflection, prioritised reform, and regular practice of muraqabah, reminding that only complete honesty and courageous self-audit will ensure one's spiritual integrity in this life and on the Day of Judgement.

Video Link: <https://www.youtube.com/watch?v=e0Aw3E1GK-8>