

**Tazkiyah Halaqa**  
**Self Honesty – Session 13**  
**Sheikh Adnan Rajeh**

September 12, 2025  
Wellness Centre, London, Ontario

## **Introduction**

With the new academic year beginning, Sheikh Adnan Rajeh closes out the Self-Honesty series and prepares for a brief break before resuming with a new topic. He addresses frequently asked questions, spotlighting the core concept of living in alignment with the true self—contrasting superficial moment-chasing with deep existential contentment. Self-honesty is affirmed as the key to overcoming ongoing dissatisfaction, anxiety, and lack of fulfilment, unlocking genuine peace and clarity in one’s spiritual and emotional life.

## **Session Overview**

The lecture explores the roots of internal unrest, the psychological consequences of a fractured relationship with oneself, and the necessity of confrontation and accountability to progress spiritually. Sheikh Adnan stresses that self-honesty is a lifelong journey, not a static achievement, and connects tazkiyah practice to therapy and mental health principles for dealing with trauma and persistent inner conflict.

## **Key Themes and Concepts**

### **1. Living in Alignment versus Chasing Moments**

- Fulfilment comes from inner alignment—not merely projecting an image or chasing exciting moments.
- A lack of integrity between one’s inner reality and public persona or self-perception leads to resentment, anxiety, and persistent unrest.
- Many attempt to avoid confronting their reality by staying busy and planning constant distractions, avoiding meaningful stillness and self-reflection.

### **2. Relationship with Self as the Foundation**

- Internal dissatisfaction mirrors troubled relationships: avoidance, crisis-chasing, and reluctance to address core issues.
- Unlike interpersonal relationships which can be escaped, one cannot walk away from the self; thus, avoidance is more persistent and damaging.

### **3. The Pain and Virtue of Confrontation**

- True well-being only follows the “fight” to resolve internal issues—a battle often more difficult than confronting others.
- Admission and acknowledgement of fault or misalignment is half the battle; thereafter, meaningful change is possible.

### **4. Trauma, Accountability, and Divine Decree**

- Trauma complicates the process: sometimes self-honesty means accepting helplessness in past events, not misdirecting blame.
- Islamically rooted principles of qada and qadr help relieve toxic self-blame for things outside one’s control, balancing constructive accountability with spiritual wellness.

- Therapy and professional intervention are encouraged for dealing with deep-rooted trauma, while spiritual exercises support the journey to peace.

### **5. Facing the Accumulated Burdens**

- Avoided issues multiply, causing mounting anxiety. Only by honestly confronting and systematically addressing each problem does clarity and serenity emerge.
- Distraction and avoidance—louder experiences, busier schedules—cannot permanently mask unrest; peace is only found in resolution.

### **6. Finding Joy in Existence and Dhikr**

- The beauty of life is in simple existence and remembrance of Allah (dhikr)—enjoying fresh air, nature, and basic being.
- Enjoyment of worship and dhikr requires effort, learning, and a shift in perspective; turning hesitation into love for beneficial deeds is possible through study, routine, and intention.
- Honest admission of personal dislikes or spiritual shortcomings is the first step to transformation.

### **7. Privacy and Disclosure in Repentance**

- Sins should not be disclosed to others, even a spouse; repentance is a private matter except when directly asked about the past, where truthful but minimal disclosure is advised.

### **8. Growth through Discomfort**

- Genuine tazkiyah entails regular discomfort, challenging routines, and “internal friction”—growth never comes from comfort.
- Daily practice of muraqabah and muhasabah is a priority; growth depends on continual self-observation and accountability.

### **9. The Essence of Self beyond Roles and Values**

- Once roles are stripped away, the true self remains—defined by consciousness and servitude to Allah, not by values (which are themselves in constant development).
- Human identity distills to being a creature and servant of Allah, with values becoming constant only through lifelong striving.

### **10. Prioritising Roles and Responsibilities**

- One’s primary roles, especially towards parents and family, must come first before seeking additional social or community functions.
- Overextending beyond capacity or using new roles to cover up for failure in core responsibilities is discouraged.

### **Practical Reflections and Exercises**

- **Systematic confrontation:** Face avoided issues one at a time, addressing and resolving each rather than allowing them to accumulate.
- **Dhikr and worship:** Admit lack of desire for certain acts; analyse reasons and proactively cultivate enjoyment and routine in beneficial deeds.
- **Privacy in repentance:** Confine the details of past sins to yourself, sharing only what is necessary and never publicly.
- **Discomfort as growth:** Gravitate towards tazkiyah activities and spiritual exercises that cause discomfort; embrace the process as evidence of growth.

- **Conscious existence:** Reflect daily on bare existence as a servant of Allah, not just roles or values.
- **Role prioritisation:** Ensure primary responsibilities toward family precede all other pursuits; avoid using new roles as distractions from core duties.

### **Conclusion**

Session thirteen closes the series on Self-Honesty by synthesising spiritual practice, psychological insight, and practical wisdom for enduring peace and clarity. Sheikh Adnan imparts that the lifelong path of self-honesty demands courage, deliberate reflection, structured discomfort, and constant prioritisation of key responsibilities and spiritual routines. True serenity is found not in escape, distraction, or cumulative roles, but in facing the self, living as a conscious servant of Allah, and walking the path of tazkiyah every day.

**Video Link:** <https://www.youtube.com/watch?v=ZQ59dUp3kpA>