

Tazkiyah Halaqa
The Rituals – Session 14
Sheikh Adnan Rajeh
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Wellness Centre, London, Ontario

Introductions

In this fourteenth session of the Tazkiyah Halaqa, Sheikh Adnan Rajeh recaps the overall structure and methodology of the halaqa series, specifically for attendees who joined recently or missed foundational explanations. The session emphasises not only the importance of understanding key tazkiyah concepts but also prioritises the necessity of practical application—daily routines, regular dhikr, contemplation, and commitment to self-focused spiritual work. The structure of Islamic growth is outlined through foundational concepts, methods, and principles.

Session Overview

Sheikh Adnan offers a breakdown of the curriculum for tazkiyah, distinguishing between foundational knowledge, personal connection to Allah, ritual acts, and actionable spiritual exercises. He stresses that growth in tazkiyah must be self-focused rather than projected onto others and underscores that real progress only comes through persistent daily application.

Key Themes and Concepts

1. The Three Pillars of a Muslim's Spiritual Life

- Every practising Muslim must attend to three essential domains: correct theology (*aqedah*), worship methodology (*manhaj*), and a working system for spiritual and ethical self-improvement (*tazkiyah*).
- One must have access to a trustworthy teacher or resource for each and persist in these practices with consistency.

2. Four Main Categories of Tazkiyah

- Sheikh Adnan outlines four categories: (1) comprehension of spiritual concepts; (2) connection-building rituals (*awrad*, dhikr, regular extra acts of worship); (3) ritual acts performed with spiritual presence (with salah as the main focus); (4) exercises/tests of character in daily life.
- He notes that most attendees are strongest in the first (comprehension) and weakest in practical rituals and connection, encouraging gradual progress across all fours.

3. Foundational Rules for Tazkiyah Participation

- All lessons learned must be applied to the self—never projected onto others or weaponised in relationships.
- The daily wurd (routine of dhikr and Qur'an recitation) is mandatory. Sheikh Adnan offers concessions for those struggling with higher targets, advocating gradual progression.
- Daily contemplation (*tadabbur/tafakkur*) is also essential: five minutes per day is recommended as a minimum for conscious, undistracted reflection on any relevant topic.

4. Principles of Change and Growth

- All meaningful change is gradual; positive habits accumulate over time and must replace negative ones. Self-honesty is critical to prevent insincere self-justifications.
- The principle of substitution: harmful actions are best broken by finding or instituting healthy alternative practices.
- Persistence and habit-building are highlighted as the ultimate vehicles for sustainable improvement.

5. Four Daily Focuses

- Sheikh Adnan consolidates tazkiyah into four actionable foci:
 - a. Recognising the spiritual dimension (*ihsan*) in every action.
 - b. Conscious servitude (*ubudiyyah*) to Allah—measuring the quality of one’s submission and behaviour through this lens.
 - c. Continual purification of intention before and during deeds.
 - d. Contemplating the acceptance of deeds—always wondering if actions are truly accepted by Allah, and working toward improved sincerity and quality.

6. Cautions and Mindset for Tazkiyah

- Without sincere personal application, tazkiyah risks devolving into empty theory or, worse, a tool for ego or judgement of others.
- Sheikh Adnan warns against turning these topics into points of projection or criticism for spouses, children, or friends.
- Self-scrutiny is the heart of spiritual growth; “saving yourself” comes before critiquing others.

7. The Covenant and Practice

- The continued assignment is the twice-daily wurd, with a pathway from minimum to increased targets, and regular review of process and effort.
- Five minutes of daily contemplation and the four daily focuses are reiterated as pillars for ongoing practice.
- Progress is tracked not by theoretical mastery but by how routines and self-scrutiny become second nature over time.

Practical Reflections and Exercises

- **Twice-daily wurd:** Begin with smaller increments if necessary, consistently increasing over time, and make dhikr a non-negotiable part of daily routine.
- **Daily contemplation:** Allocate five minutes, undistracted, for deep thought—any topic of sincere personal or spiritual relevance.
- **Four daily focuses:** Work to make the recognition of *ihsan*, *ubudiyyah*, purified intentions, and questions of acceptance habitual in every act.
- **Exercise accountability:** Embrace failure as part of learning, and return repeatedly to reflection, contemplation, and sincere effort at improvement.
- **Apply everything to yourself:** Resist the urge to project, blame, or “diagnose” others; limit your tazkiyah learning entirely to personal growth.

Conclusion

Session fourteen re-establishes the foundational curriculum and daily commitments necessary for real tazkiyah progress. Sheikh Adnan instructs participants to focus exclusively on themselves, gradually build up daily spiritual routines, and prioritise contemplation, ritual, and inward honesty. The session closes with a reminder that spiritual

theory is meaningless without practice, and that only personal effort—persistently, gradually, and with full sincerity—will cultivate lasting transformation.

Video Link: <https://www.youtube.com/watch?v=ZrUfni6Qb1s>