

**Tazkiyah Halaqa
Mortality – Session 29
Sheikh Adnan Rajeh**

January 20, 2026
Wellness Centre, London, Ontario

Overview

In this session, Sheikh Adnan Rajeh explores the relationship between self-worth, emotional stability, and dependence on the opinions of others. He explains that many spiritual and emotional struggles stem from an unstable sense of value that is rooted in external validation rather than a healthy understanding of one's identity as a servant of Allah. The lecture focuses on how attachment to praise, recognition, and social approval creates emotional volatility, insecurity, and spiritual imbalance.

The Difference Between Self-Worth and Ego

A central theme of the lecture is distinguishing between healthy self-worth and arrogance or ego. Sheikh Adnan explains that Islam does not call people to self-hatred or humiliation. Rather, believers are meant to recognize their dignity as creations and servants of Allah while simultaneously maintaining humility before Him.

Healthy self-worth:

- Produces stability, gratitude, and confidence.
- Allows a person to accept criticism without collapse.
- Prevents dependence on constant praise and validation.

By contrast, ego-based identity depends heavily on:

- Social recognition
- Public image
- Attention and approval from others

When self-worth is built primarily upon external affirmation, a person becomes emotionally fragile and easily destabilized by criticism, rejection, or neglect.

The Addiction to Validation

Sheikh Adnan discusses how modern culture intensifies the human desire for recognition. Social media, public performance, and constant exposure condition individuals to seek affirmation through reactions, praise, and visibility. Over time, this creates a subtle form of emotional dependency.

A person who relies excessively on validation:

- Feels internally empty when unnoticed.
- Becomes emotionally reactive to criticism.
- Measures their value according to how others respond to them.

The Shaykh warns that this condition gradually weakens sincerity because actions become increasingly tied to audience response rather than divine purpose.

Acceptance and Emotional Regulation

The lecture emphasizes the importance of accepting difficult realities about oneself and about life. Emotional maturity is not the absence of pain, disappointment, or frustration, but the ability to process these experiences without losing spiritual balance.

Sheikh Adnan notes that many people oscillate between emotional extremes because they resist accepting:

- Their limitations
- Their weaknesses
- Their life circumstances
- The unpredictability of human relationships

Acceptance, however, does not mean passivity or surrender to failure. Rather, it means acknowledging reality honestly so that growth and healing can begin.

The Danger of Building Identity Around People

A major focus of the session is the danger of constructing one's identity around the approval, presence, or treatment of other people. Sheikh Adnan explains that human beings are naturally inconsistent:

- People change emotionally.
- Relationships fluctuate.
- Praise and criticism are unstable.
- Public opinion shifts constantly.

When identity is anchored primarily to others, emotional life becomes unstable as well. A spiritually grounded person appreciates people and relationships but does not derive ultimate worth from them.

Instead, the believer's deepest identity should remain rooted in:

- Ubudiyah (servitude to Allah)
- Purpose
- Principles and values
- Consciousness of Allah

Internal Emptiness and External Noise

The Shaykh explains that many forms of excessive busyness, entertainment, or social engagement are attempts to escape internal discomfort. People often fear silence and solitude because these moments expose unresolved emotional and spiritual realities.

True inner peace requires:

- Comfort with oneself
- Honest introspection
- Reduced dependence on distraction
- A stable relationship with Allah

Without this internal grounding, external achievements and social success fail to produce lasting contentment.

Prophetic Balance and Emotional Strength

Sheikh Adnan highlights the emotional balance of the Prophet Muhammad ﷺ as the ideal example. The Prophet ﷺ experienced grief, disappointment, betrayal, and hardship, yet his identity and emotional stability remained anchored in Allah rather than public acceptance. The Prophet ﷺ:

- Appreciated love and companionship without becoming emotionally dependent on them.
- Accepted criticism and rejection without bitterness.
- Maintained mercy and dignity even during hardship.

This balance demonstrates that emotional strength in Islam is not emotional numbness, but disciplined emotional alignment rooted in faith.

Practical Reflections and Exercises

Participants are encouraged to reflect honestly on:

- How much their mood depends on others' approval.
- Whether criticism affects them disproportionately.
- How often they seek affirmation before feeling valuable.
- What activities they use to avoid silence or introspection.

Sheikh Adnan advises cultivating:

- Solitude with purpose
- Consistent dhikr
- Honest self-reflection
- Reduced emotional dependence on praise

Over time, these practices help stabilize the heart and strengthen sincerity.

Final Reflections

The session concludes with a reminder that a believer's value does not fluctuate according to popularity, recognition, or social approval. True dignity comes from knowing Allah, serving Him sincerely, and developing an internal life that remains stable regardless of changing external circumstances.

Spiritual maturity is achieved when the heart becomes less controlled by people's opinions and more anchored in truth, sincerity, and nearness to Allah.

Video Link: <https://www.youtube.com/watch?v=l7iyJ2vCm-c>