

**Tazkiyah Halaqa  
Mortality – Session 30  
Sheikh Adnan Rajeh**

January 26, 2026  
Wellness Centre, London, Ontario

## **Overview**

In this session, Sheikh Adnan Rajeh continues examining the emotional and spiritual structure of the human being, focusing specifically on attachment, expectations, and the consequences of placing emotional dependence upon creation instead of Allah. He explains that many emotional crises emerge not merely from events themselves, but from unrealistic expectations, unhealthy attachments, and an incomplete understanding of the nature of worldly relationships. The lecture emphasizes the importance of emotional balance, spiritual maturity, and grounding the heart in Allah rather than in fluctuating human responses.

## **The Nature of Human Attachment**

Sheikh Adnan explains that attachment is a natural part of human existence. Islam does not call people to emotional numbness or isolation. Human beings are created to love, connect, and rely upon one another in healthy ways. However, problems arise when attachment exceeds its proper limits and begins replacing spiritual dependence upon Allah.

The Shaykh notes that:

- Every attachment carries vulnerability.
- The stronger the attachment, the greater the emotional impact of change or loss.
- People often seek permanence and perfection from relationships that were never designed to provide either.

When emotional security becomes fully dependent on another person, disappointment eventually becomes unavoidable because human beings are inherently limited, inconsistent, and imperfect.

## **Expectations and Emotional Suffering**

A major focus of the lecture is the role of expectations in emotional pain. Sheikh Adnan explains that many disappointments are intensified not by what occurred, but by the imagined expectations attached to people and situations.

People often:

- Expect constant understanding from others.
- Assume others think and feel the same way they do.
- Build idealized versions of relationships in their minds.
- Attach unconditional emotional expectations to conditional human beings.

When reality inevitably falls short, frustration, resentment, and emotional instability emerge.

The Shaykh emphasizes that emotional maturity requires recalibrating expectations according to reality rather than fantasy. This does not mean becoming cynical or emotionally distant but rather understanding the limitations of human nature.

### **Dependence Upon Allah Versus Dependence Upon People**

Sheikh Adnan distinguishes between loving people and depending upon them at the deepest level. Islam encourages love, companionship, mercy, and support, but ultimate reliance must remain directed toward Allah.

A person whose emotional centre rests primarily upon people becomes:

- Extremely reactive to approval or rejection.
- Spiritually destabilized by conflict or abandonment.
- Vulnerable to emotional exhaustion and anxiety.

By contrast, a believer whose heart is anchored in Allah can maintain emotional balance even while experiencing pain, disappointment, or loneliness. This spiritual dependence upon Allah does not eliminate grief or hardship, but it prevents emotional collapse because the heart retains a stable foundation.

### **Emotional Extremes and Balance**

The lecture repeatedly returns to the concept of moderation. Sheikh Adnan warns against emotional extremes in both attachment and detachment:

- Excessive attachment leads to dependency and loss of clarity.
- Excessive detachment can produce emotional coldness and isolation.

The Prophetic model represents a balanced emotional state:

- Deep love without unhealthy dependency.
- Mercy without loss of boundaries.
- Compassion without emotional self-destruction.

The Prophet ﷺ loved people deeply, yet his emotional equilibrium remained rooted in Allah rather than in human behaviour.

### **The Illusion of Control**

Another important theme is the human desire to control outcomes, relationships, and perceptions. Sheikh Adnan explains that much anxiety stems from attempting to manage things that ultimately remain outside human control.

People often try to:

- Control how others perceive them.
- Control emotional outcomes in relationships.
- Control every uncertainty in life.

This pursuit creates chronic anxiety because complete control is impossible. Spiritual peace emerges when a person fulfils their responsibilities sincerely while accepting that outcomes ultimately belong to Allah.

### **Loneliness, Silence, and Inner Stability**

Sheikh Adnan revisits the theme of solitude and explains that many people fear being alone because silence exposes unresolved emotional realities. Constant entertainment, social engagement, and distraction are often attempts to avoid confronting internal discomfort. A spiritually grounded person gradually develops:

- Comfort in solitude
- Emotional independence
- The ability to reflect without panic
- A stable internal life

This inner stability allows relationships to become healthier because they are no longer driven primarily by emotional desperation or fear of emptiness.

### **Practical Reflections and Exercises**

Participants are encouraged to reflect honestly on:

- Which relationships affect their emotional stability most deeply.
- Whether their expectations of people are realistic.
- How much their emotional state depends on validation, attention, or reassurance.
- Whether they turn to Allah first during emotional difficulty.

Sheikh Adnan advises cultivating:

- Consistent dhikr
- Time in solitude and reflection
- Emotional moderation
- Healthier expectations of others
- Greater reliance upon Allah during hardship

These practices gradually strengthen emotional resilience and spiritual clarity.

### **Final Reflections**

The session concludes with a reminder that emotional pain is part of the human experience, but suffering intensifies when the heart seeks from creation what only Allah can fully provide. Relationships are blessings and means of mercy, but they were never intended to replace one's ultimate dependence upon Allah.

True emotional balance is achieved when the believer loves sincerely, serves compassionately, and connects deeply with others while remaining spiritually anchored in Allah above all else.

**Video Link:** <https://www.youtube.com/watch?v=PTwj0Dm4Vk0>