

**Tazkiyah Halaqa**  
**Review – Session 33**  
**Sheikh Adnan Rajeh**  
April 22, 2026  
Wellness Centre, London, Ontario

## Overview

In this session, Sheikh Adnan Rajeh provides a comprehensive review of the major themes covered throughout the Tazkiyah Halaqah series over the previous year. The lecture serves as both a summary and a recalibration before transitioning into a new topic after Ramadan. Sheikh Adnan revisits the foundational structure of tazkiyah, explains how spirituality relates to ethics and Islamic practice, and emphasizes the importance of preserving truthfulness, self-awareness, and spiritual balance in daily life.

## The Three Essential Dimensions of Islam

Sheikh Adnan explains that every Muslim requires three foundational dimensions in order to live Islam properly:

- A creedal framework (*maslak i'tiqādi*) to understand Allah and matters of belief.
- A jurisprudential framework (*madhhab fihi*) to understand how to worship correctly.
- A spiritual and ethical framework (*mashrab sulūki*) to understand character, behaviour, and purification of the soul.

He explains that tazkiyah belongs to this third category. Its purpose is not simply emotional reflection but learning how ethics are preserved and embodied within daily life.

## The Four Categories of Tazkiyah

The Shaykh reviews the four major components of tazkiyah discussed throughout the series:

1. Understanding and comprehension (*al-fahm*)
2. Spiritual connection and remembrance
3. Rituals and acts of worship
4. Exercises and controlled self-reflection

He clarifies that these sessions primarily focused on the first category: comprehension. The purpose was to build conceptual clarity around the human soul, emotional behaviour, ethics, and spiritual development before moving into deeper practical work.

## The Four Daily Focuses

A major portion of the lecture revisits the four daily spiritual focuses that Sheikh Adnan repeatedly emphasized throughout the series:

- Ihsan: recognizing that every action possesses an inner spiritual reality.
- Ubudiyah: remembering constantly that one is a servant of Allah.
- Niyyah: regularly examining intentions.

- Concern for acceptance: reflecting upon whether one's deeds are truly accepted by Allah.

He explains that these concepts must become recurring daily reflections rather than occasional thoughts. Over time, they gradually become second nature and begin guiding behaviour instinctively.

### **Tazkiyah as the Preservation of Truth**

One of the central themes of the session is that tazkiyah exists to preserve one's ability to recognize and follow truth (*haqq*). Sheikh Adnan explains that human beings naturally distort reality in order to protect the ego, justify desires, or avoid discomfort.

Without tazkiyah:

- Ethics become selectively applied.
- Truth becomes emotionally manipulated.
- The individual begins adapting truth to suit themselves rather than adapting themselves to truth.

He explains that spiritual purification protects the believer from self-deception and moral compromise by continuously reconnecting the heart to honesty and accountability.

### **Accepting Mortality and Ultimate Truth**

The lecture revisits the topic of mortality and explains that accepting death is one of the most important foundations of spiritual maturity. Sheikh Adnan argues that death is the one universal truth shared by every human being. If a person refuses to confront this reality honestly, accepting deeper spiritual truths becomes far more difficult.

He explains that:

- Human beings are temporary by design.
- Life becomes more meaningful when mortality is accepted.
- Tazkiyah helps preserve awareness of reality rather than escape from it.

The Shaykh emphasizes that the purpose of reflecting on mortality is not to diminish appreciation for life, but to increase gratitude, urgency, and clarity regarding how time should be used.

### **Self-Worth and Emotional Distortion**

Another major theme reviewed during the session is self-worth and the instability caused by deriving value from achievement, status, or comparison with others.

Sheikh Adnan explains that many emotional reactions are not genuine spiritual emotions, but fluctuations tied to perceived superiority or inferiority. A person feels elevated when succeeding and diminished when failing because their self-worth is externally anchored. True spiritual maturity requires separating one's value from:

- Social status
- Recognition
- Achievement
- Comparison with others

Only then can a person experience authentic emotions such as love, mercy, reverence, and humility without ego contaminating them.

### **The Continuous Struggle Against the Nafs**

The Shaykh repeatedly emphasizes that purification of the soul is ongoing and never fully complete. Even knowledgeable individuals and scholars remain vulnerable to subtle forms of ego and self-deception.

He shares personal reflections and stories from scholars illustrating how quickly the nafs reconnects itself to praise, status, recognition, or identity. Even after years of spiritual work, hidden attachments can resurface unexpectedly during moments of loss, transition, or comparison.

The purpose of tazkiyah is therefore not to claim spiritual perfection, but to remain engaged in continuous self-awareness and correction.

### **The Difference Between Genuine Emotion and Ego-Based Reaction**

A particularly important insight from the lecture is distinguishing genuine human emotion from emotional reactions driven by self-worth fluctuations.

Sheikh Adnan explains that many emotional experiences are not truly rooted in love, compassion, or sincerity, but in:

- Feeling superior
- Feeling inferior
- Seeking validation
- Protecting the ego

Through tazkiyah, the believer gradually learns to “untangle” authentic emotion from ego-driven emotional movement. This allows for healthier relationships, greater sincerity, and deeper spiritual presence.

### **Final Reflections**

Sheikh Adnan concludes by reminding participants that tazkiyah is ultimately the lifelong pursuit of truth, sincerity, and alignment with Allah’s guidance. The goal is not merely intellectual understanding, but the gradual purification of perception, intention, and emotional life.

The believer must continuously examine:

- What drives their behaviour
- How they derive self-worth
- Whether they are adapting themselves to truth or adapting truth to themselves

Through ongoing reflection, honesty, worship, and disciplined self-awareness, the heart gradually becomes clearer, more stable, and more capable of living according to the principles and ethics of Islam.

**Video Link:** <https://www.youtube.com/watch?v=pS7s29Utbqg>