

**Tazkiyah Halaqa  
Self-Value – Session 34  
Sheikh Adnan Rajeh**

April 29, 2026  
Wellness Centre, London, Ontario

### **Overview**

In this session, Sheikh Adnan Rajeh begins a new major topic within the Tazkiyah series: self-value and the spiritual foundations of how human beings perceive themselves. The lecture examines the instability caused by deriving self-worth from achievement, comparison, status, praise, or public recognition. Sheikh Adnan argues that most emotional and spiritual diseases ultimately emerge from a distorted understanding of self-value, and that true spiritual health requires grounding one's worth in the innate dignity granted by Allah rather than in fluctuating worldly standards.

### **The Human Struggle with Self-Value**

Sheikh Adnan explains that every person experiences an internal "swing" throughout life regarding how they feel about themselves. Most people unconsciously measure their worth according to:

- Achievement
- Status
- Recognition
- Comparison with others
- Success or failure
- Public approval

As these external factors rise and fall, emotional stability rises and falls with them. This creates a deeply unstable inner life in which a person constantly fluctuates between feelings of superiority and inferiority.

The Shaykh emphasizes that these emotional patterns feel normal because society reinforces them continuously, but normality does not make them correct. Tazkiyah seeks to challenge these assumptions and rebuild self-understanding upon truth rather than emotional conditioning.

### **Feelings Must Be Rooted in Truth**

A major theme of the lecture is that emotions and self-perceptions must be grounded in objective truth rather than delusion or social narratives.

Sheikh Adnan explains that:

- Feelings disconnected from reality become spiritually and psychologically unhealthy.
- Human beings often construct self-worth using false standards.
- The purpose of tazkiyah is to reconnect emotional life to truth and reality.

He explains that many people never stop to ask:

- Why do I feel valuable?
- What actually determines my worth?
- Who taught me these standards?
- Are these standards objectively true?

Without answering these questions carefully, people remain vulnerable to emotional instability and self-deception.

### **Innate Human Value**

One of the central teachings of the session is that human value is innate, constant, and divinely granted. Sheikh Adnan explains that a person's value comes from Allah creating them as a human being, not from worldly accomplishments or social standing.

He asks participants to reflect:

- What can happen to a person that makes them "more human"?
- What can happen that makes them "less human"?

The conclusion is that nothing fundamentally increases or decreases intrinsic human worth. Value is tied to the reality of being human, a creation honoured by Allah. This understanding radically changes how a person interprets praise, criticism, success, and failure. A person may improve functionally, spiritually, or ethically, but their essential human worth remains constant.

### **The Difference Between Value and Function**

A particularly important distinction in the lecture is the difference between intrinsic value and functional excellence.

Sheikh Adnan explains:

- Taqwa reflects spiritual function and closeness to Allah.
- It does not alter innate human worth.
- Functional differences exist between people, but essential value remains equal.

He references the Prophet Muhammad's ﷺ Farewell Sermon, emphasizing that superiority based upon race, lineage, or worldly identity is false. True distinction with Allah is based on taqwa, which itself remains hidden and unknowable to human beings.

Because taqwa exists internally and cannot be measured perfectly by people, human beings are not qualified to rank one another in terms of ultimate worth.

### **The Root of the Diseases of the Heart**

The Shaykh explains that the major diseases of the heart all emerge from distorted self-value. Arrogance, envy, vanity, ostentation, and superiority complexes stem from the same core problem: grounding self-worth in comparison rather than truth.

He explains that:

- Iblis fell because of distorted self-perception.
- Fir'awn's tyranny emerged from exaggerated self-value.
- Qarun's corruption emerged from attachment to superiority and status.

According to Sheikh Adnan, nearly every major social evil throughout history has emerged from attempts by groups or individuals to establish themselves as inherently superior to others.

This includes:

- Racism
- Slavery
- Class systems
- Tribal superiority
- Bloodline elitism

At the root of all these systems lies the false belief that some human beings possess greater essential worth than others.

### **Self-Value and Relationships with Others**

An important practical clarification in the lecture is that the teachings of tazkiyah are primarily meant for self-application, not for judging others.

Sheikh Adnan explains:

- A person should train themselves not to derive self-worth from praise or criticism.
- However, they should still treat others with gentleness, encouragement, and mercy.
- People often rely emotionally on affirmation and kindness, and believers should help support them compassionately.

The Prophet ﷺ encouraged companions to compliment and encourage one another appropriately, while also warning against excessive praise that could inflate the ego. The goal is balance:

- Compassion toward others
- Accountability toward oneself

### **The Psychological Consequences of External Self-Worth**

The Shaykh explains that when self-worth depends upon achievement or recognition:

- Success produces arrogance or superiority.
- Failure produces shame or inferiority.
- Emotional life becomes unstable and reactive.

A person trapped in this cycle becomes emotionally controlled by outcomes, opinions, and comparison. The believer must instead cultivate an internal stability rooted in Allah's creation and mercy rather than public validation.

## **Final Reflections**

The session concludes with a reminder that tazkiyah seeks to liberate the human being from false standards of worth and from the emotional suffering produced by comparison and ego-driven identity.

True spiritual maturity requires understanding that:

- Human value is innate and divine.
- Status, wealth, praise, and achievement do not determine worth.
- Functional excellence and taqwa matter spiritually, but do not justify arrogance or superiority.

When the believer understands this properly, relationships become healthier, criticism becomes easier to process, success becomes safer, and the heart becomes less controlled by comparison, validation, and insecurity.

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