

**Tazkiyah Halaqa**  
**Sel-Value – Session 36**  
**Sheikh Adnan Rajeh**  
May 13, 2026  
Wellness Centre, London, Ontario

## Overview

In this session, Sheikh Adnan Rajeh continues the discussion on self-value by examining why human beings continue to struggle emotionally despite Islam providing a clear and stable framework for understanding worth, purpose, and identity. The lecture focuses on the disconnect between divine truth and human perception, the role of distorted thinking in emotional instability, and the danger of grounding self-worth in imagined social approval rather than in the reality established by Allah.

## The Elegance of Divine Guidance

Sheikh Adnan explains that Allah's commands are fundamentally designed for the well-being, dignity, and flourishing of the human being. Islam does not call people toward self-destruction or meaningless hardship, but toward a way of life that produces balance, sustainability, and collective good.

The Shaykh emphasizes that:

- Allah created human beings from nothing, without oppression or injustice.
- Divine guidance consistently leads toward emotional, spiritual, and social well-being.
- Sin and spiritual corruption ultimately lead toward various forms of suffering and instability.

He explains that the nafs naturally avoids pain, while revelation repeatedly directs the believer toward what brings genuine peace, clarity, and long-term fulfilment.

## Why Spiritual Truth Often Fails to Transform People

A major theme of the lecture is understanding why people still resist divine guidance despite its clarity and beauty. Sheikh Adnan explains that many individuals carry subtle internal objections toward Allah's commands and decree.

These objections may appear as thoughts such as:

- "Why is worship difficult?"
- "Why didn't Allah make life easier?"
- "If Allah truly loved me, hardship would not exist."

The Shaykh describes these as satanic distortions that quietly weaken faith and disconnect people from the transformative power of Islam.

He explains that when a person's understanding of Allah becomes weak or distorted, divine promises, warnings, mercy, and guidance no longer carry their proper emotional and spiritual weight.

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## **The Importance of Understanding Allah Properly**

Sheikh Adnan emphasizes that spiritual stability begins with understanding who Allah truly is:

- The Almighty
- The Divine
- The Creator
- The One whose knowledge and wisdom are complete

Without this foundation, religious teachings become emotionally hollow and spiritually ineffective.

The Shaykh explains that many people revert to childish emotional frameworks because they never developed a mature understanding of Allah. As a result:

- Praise from people becomes emotionally decisive.
- Criticism becomes emotionally devastating.
- Human approval replaces divine consciousness.

This creates a deeply unstable emotional existence rooted in social validation rather than spiritual truth.

## **The Delusion of Social Approval**

One of the most significant themes of the lecture is the illusion of basing self-worth on people's opinions. Sheikh Adnan argues that this entire system is fundamentally unstable because people rarely know what others truly think about them.

More importantly, individuals often base their self-worth not even on actual opinions, but on:

- What they imagine others think about them
- Their own interpretations and assumptions
- Social projections and insecurities

The Shaykh describes this as an extreme form of delusion because the individual emotionally reacts to perceptions that may not even exist in reality.

He points to how quickly public admiration disappears when famous or respected individuals make mistakes. Praise often transforms rapidly into criticism, revealing how unreliable public opinion truly is.

## **The Emotional Pendulum of Ego-Based Worth**

Sheikh Adnan revisits the metaphor of the emotional pendulum. When self-worth depends upon achievement, praise, or comparison:

- Success produces vanity disguised as confidence.
- Criticism produces insecurity and emotional collapse.
- The individual constantly swings between superiority and inferiority.

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This unstable emotional movement forces people to continuously search for ways to “swing back” emotionally whenever their ego feels threatened.

The Shaykh explains that many unhealthy behaviours emerge from this process:

- Lashing out
- Seeking validation
- Showing off
- Emotional manipulation
- Desperately trying to restore wounded pride

True emotional stability only emerges when a person disconnects their self-worth from all variable and unstable sources.

### **Holding the Self Steady**

A key insight of the lecture is that emotional balance requires active effort. Sheikh Adnan explains that the nafs constantly attempts to reconnect self-worth to:

- Achievement
- Praise
- Status
- Comparison
- Recognition

The believer must therefore repeatedly “hold the pendulum steady” by grounding their identity in the value Allah already granted them.

This produces:

- Confidence without arrogance
- Humility without insecurity
- Stability during praise and criticism
- Freedom from emotional dependence on people

The Shaykh explains that this way of living removes much of the toxicity, comparison, and emotional exhaustion that dominate modern life.

### **Innate Value Versus Variable Performance**

Another important theme in the lecture is distinguishing between intrinsic value and performance. Sheikh Adnan explains that:

- Human value is constant and established by Allah.
- Achievement and output are variable and uncertain.
- Performance may improve or decline, but value itself remains unchanged.

He warns that many people incorrectly pursue worship, success, or accomplishments as attempts to “prove” their worth to Allah. In reality:

- Allah already established human value through creation itself.
- Worship is meant for reward, love, gratitude, and nearness to Allah.

- The believer does not need to prove their worth to the One who created them with dignity from the beginning.

### **Worship Motivated by Love and Reward**

Sheikh Adnan clarifies that righteous actions should not stem from desperation to establish value, but from:

- Love for Allah
- Hope for reward
- Fear of punishment
- Gratitude
- Desire for nearness

Actions performed merely to prove personal worth remain tied to ego rather than sincerity. The Shaykh stresses that true sincerity emerges when a person understands that their value is already secure with Allah and no longer needs worldly validation to feel complete.

### **Final Reflections**

The session concludes with a reminder that much of human emotional suffering emerges from grounding self-worth in unstable and imagined realities. Public opinion fluctuates constantly, achievement rises and falls, and social validation remains unreliable.

True emotional and spiritual stability emerges only when the believer:

- Understands Allah properly
- Accepts the value Allah has already granted them
- Stops deriving worth from comparison and approval
- Pursues worship and excellence from sincerity rather than insecurity

When self-worth becomes anchored in divine truth rather than ego and social perception, the heart becomes calmer, more focused, and more capable of living with humility, confidence, and sincerity.

**Video Link:** <https://www.youtube.com/watch?v=IHgBvbR02KA>