بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ In the name of Allah, the most Gracious, the most Merciful

15 June 2023



your curated weekly spiritual booster delivered straight to your Inbox

Sometimes, a breakthrough requires a breakdown. Heart work is hard work.

Assalammualaikum my Champions,

I have a funny and / or slightly dramatic story to share. This morning, I called my husband, crying. He asked, "Are you okay, Aida?". I answered, "Not really..." and he replied, slightly tensed, "What happened?".

"My Ustazah told me I have to repeat two pages from the Quran again! She rarely tells me to repeat any pages, and even if she does, it will only be a page. But today, she told me I have to re-recite 2 pages, which only means my recitation was sub-par this morning! *insert dramatic crying noise here*". I could literally hear my husband rolling his eyes and his relieved sigh at the other end of the line. He then reassured me, saying, "It's OK, Aida, you already tried your best."

But here's the thing, I know I have not.

I truly believe the Quran mirrors the state of your

heart. Throughout the 3 years I have studied the Quran more seriously, every single time I get too attached to the Dunia, and I fail to be vigilant in ensuring that nothing bad gets into my body, my thoughts and my heart, my recitation or my memorisation will deteriorate. But when I ensure I eat well, my time is spent productively, and all five of my senses are only feeding on good, pure, and beautiful things, I would ease through my one-on-one sessions with my Quran teacher.

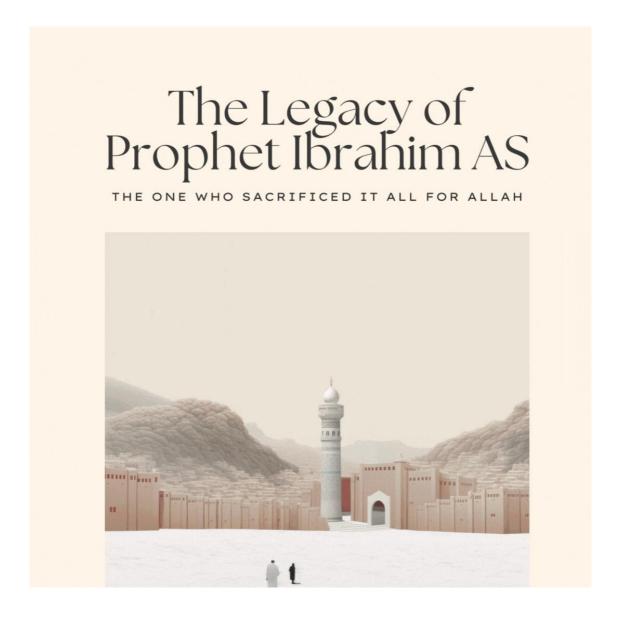
Today's Quran session humbled me, because once again, Allah SWT sends a much-needed timely reminder that I have been a little off with my spiritual heart work.

For some, it may not be a big deal, but I take my little breakdown this morning as a blessing, as this was the breakthrough that I needed to remind myself to continue to fight my Nafs so that I am able to stay on His blessed path.

Champs, heart work is hard work, but it is work that is worthwhile, meaningful, and work that He rewards in much abundance! Let us all remind one another of His Mercy and His Love

for us so that we can continue to strive and give our all for His sake. To all my struggling Champs, I see you, Allah SWT definitely sees you, so keep on keeping on, ok?

get excited for



I had to re-record this episode with Ustazah Samah twice as there was a technical flaw during the first one, and despite doing it for the second time, at 1AM Singapore time, I was still extremely transfixed as Ustazah Samah recounts ever so beautifully the epic life story of

Prophet Ibrahim AS! I am a HUGE story person - I love, love listening to Stories of the Prophets, and what our beloved Prophet

Ibrahim AS lived through is nothing short of momentous and miraculous! My teammate Mandy, who did a wonderful job doing this week's TKV Notes said, "Now I get why it was tough to cut down the audio further.. such a rich class SubhanAllah. I loveee this episode so much - Prophet Ibrahim AS is now one of my tooooop favourite." PS: We will be having a listening party this Sunday with Ustazah Samah herself (!!! YAY !!!) so please join us at 9pm SG / 2pm UK for it!

Listen to the new TKV episode here!

Join Our Listening Party Here!

Add this event to your GCal

a beautiful dua

Ya Allah, let me fall asleep every night by talking to You.

aaplus.co

#abeautifuldua

I have been having long and full days lately and some nights it is so tempting to just convince yourself that you need to wind down with some not-so-productive activity. But I realised those things just tire me out even more, and that the best blessed kind of rest is by talking to Allah SWT, processing through my day with Him. One of those nights, I actually fell asleep whilst I was "journaling" the events of the day with Him, and I remember waking up feeling so... renewed! Hence this Dua I've been making lately. I'll be making the same Dua for all of you!

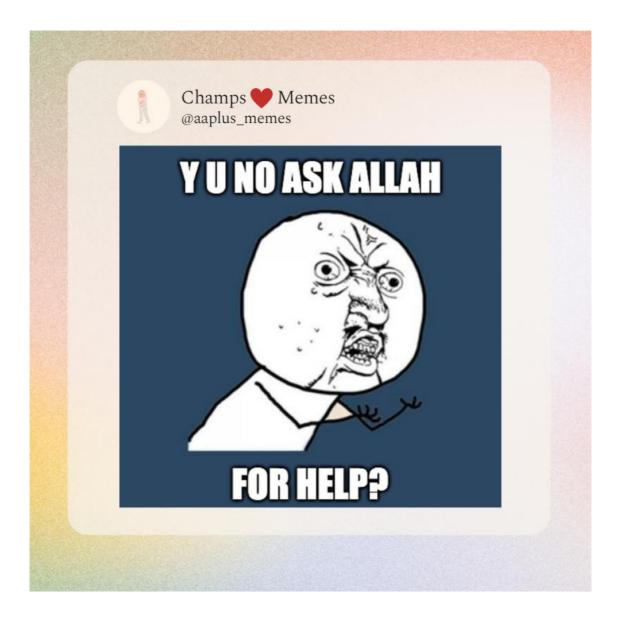
heartwork that heals



This is a tough one for me to work on as I do tend to promise without thinking things through, especially with people I love. But Islam places

high importance on being trustworthy, and I believe, promising without forgetting is a mark of faith. May Allah SWT allow us to always stay true to our words and our promises, and make us accountable for them, as it is an Amanah.

muslim meme



Have you guys ever screamed this in your head internally? Because I have LOL! If you guys came for The 114 Club this week (which was super fun, I loved hanging out with you guys with the Quran!), you would have heard my "Tanya aja pada Allah, Allah kan kaya" story. Loosely translated, it means, "Just ask Allah SWT, He is all-Rich!" and this has been the mantra I've been chanting in my head all week. Whatever I needed, from strength, to health, to patience, to money, to packing my luggage with no complications (flying off from Singapore today, please make Dua for me!), I will ask Him for Help! So next time

you find yourself worried, getting anxious or overwhelmed, remember this Meme, and ask the Most Mighty for Help!

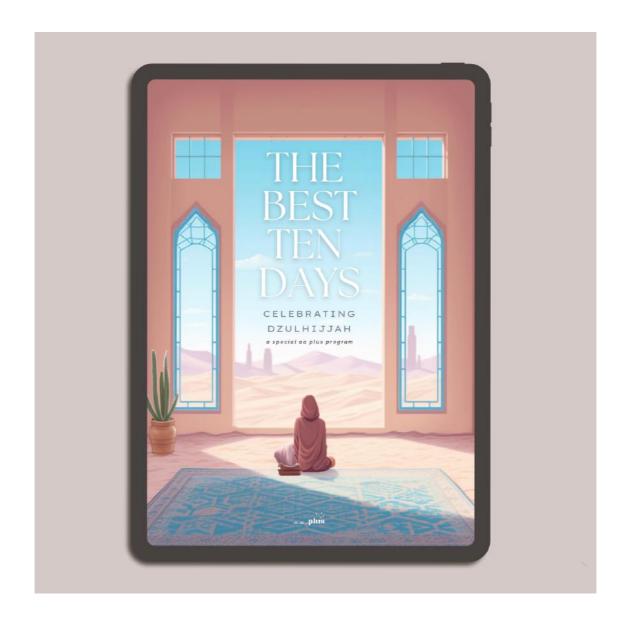
to ponder



During this trip back home, most, if not all, of my conversations with my dear friends centred around the importance of Gratitude. We spoke about how dangerous it is to desire things excessively without remembering our blessings, and how living in a fast-paced city life can weaken our gratitude muscle. The biggest irony of it all is that we are

moaning and complaining about some of the very things we used to pray intently for. :(May Allah SWT protect our hearts, allow us to always be sensitive enough to His abundance of gifts for us, and choose us to be from the People of Gratitude, Amin!

PA:



Champs, ARE YOU READY FOR THE BEST 10 DAYS OF THE YEAR? Wooohooo I cannot wait to spend and celebrate Dhulhijjah together with all of you! My team and I have created a PDF for these blessed days, and they will be delivered fresh off the press to you next Monday, 19 June, In Sha Allah! I will be popping by your Inbox with it, and I will also share more about our Dhulhijjah plans together! I hope you are excited and ready to soak in all of the goodness of these 10 days!

Check your Inbox on Monday, 19 June!

And with that, I will see all of you in my Duas, and hopefully also in our dates soon! May you stay in constant closeness to the One who created you in perfection.

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