

Barakah Blooms

Your Ramadan Retreat with the Quran



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Dearest

Barakah-Bloomers,

Welcome to Barakah Blooms!

My team and I are so grateful to have you with us in this blessed month, and we cannot wait to show you around your very own Barakah-Land.

"Barakah" in Arabic means to "grow", "increase" and "remains". And this is exactly what we intend for our relationship with the Quran to be this Ramadan and beyond: to grow, to increase and for it to remain!

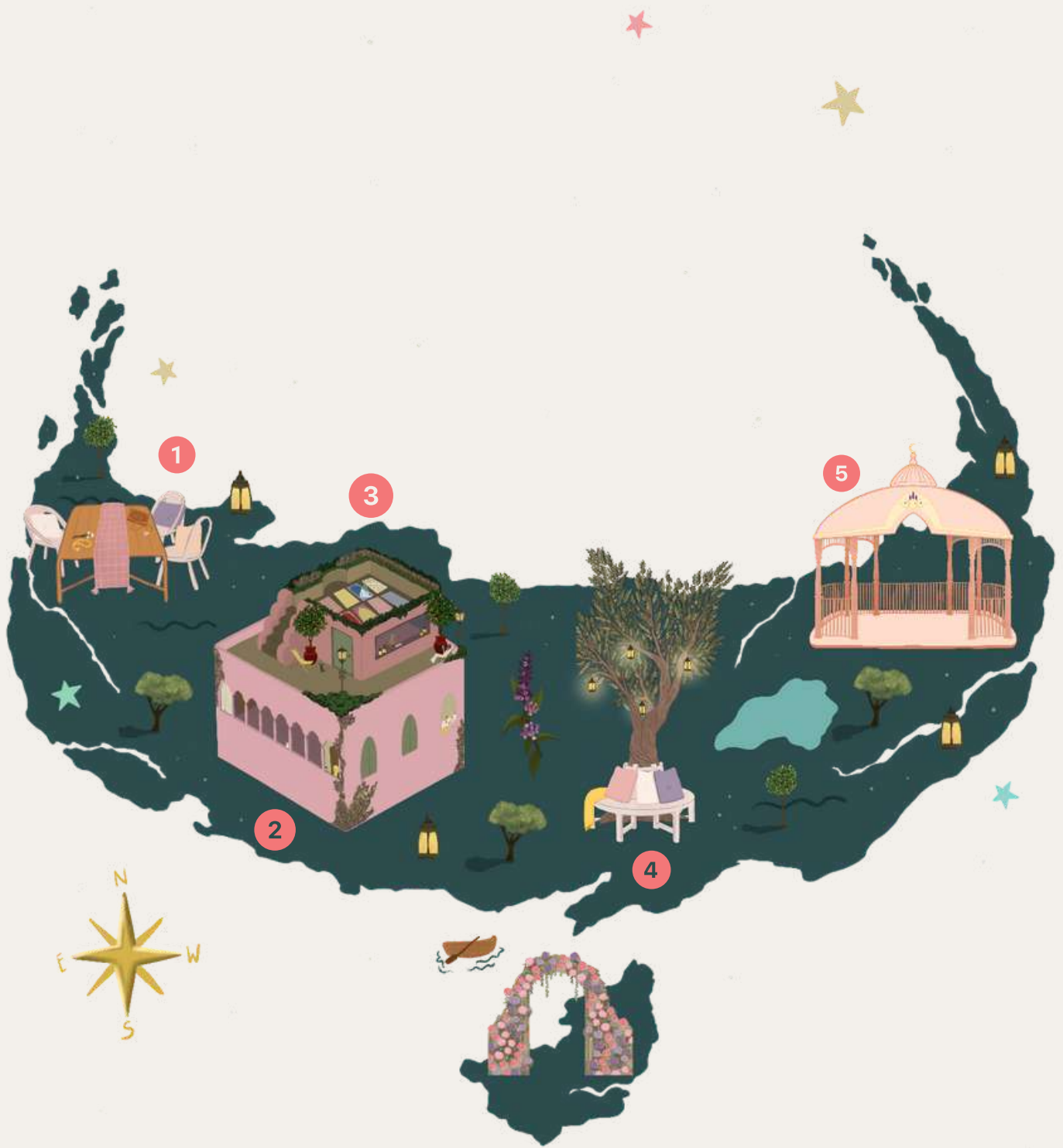
We hope that your stay in Barakah Blooms will allow your soul to get its much-needed one on one time with our Rabb, His Book, and His Messenger ﷺ, and may we all leave Ramadan having blossomed spiritually, emotionally, mentally and physically, Amin!



Step in, Quran Queen.

Your carriage is here!





Barakah Blooms Landmarks:

- | | |
|--------------------|-----------------|
| 1 Quran Meadow | 4 Olive Library |
| 2 Champs Cottage | 5 VIP Veranda |
| 3 Tahajjud Terrace | |



The *free flow* of Barakah Blooms!

Champs, you now hold the keys to all of the spaces in Barakah Blooms, but by no means are you required to visit every single one, all at the same time.

Please roam and flow as your soul desires and stay for as long or as briefly as your heart wants to. :) This space will always be safe and welcoming for you, at any time you need, throughout this blessed month, In Sha Allah.

Quran Meadow

where your nightly date with the
Blessed Book will take place



O humanity!
Indeed, there has
come to you a
warning from
your Lord, a cure
for what is in the
hearts, a guide,
and a mercy for
the believers.

Yunus 10:57

Quran & You

As Ramadan is the blessed month in which the Quran was revealed, it is also the time when we should joyfully celebrate our Quran Anniversary and prioritise its recitation! No matter how busy things get, let us set aside time and come together to recite and reflect on a portion of the Quran, nightly.

You can join and/or listen in to the beautiful recitation of the Quran by your fellow Champs, catch the poignant reflections and experience lots of laughter, tears and love in between.

This is where blessings upon blessings will bloom forth.



Your Date with the Quran

asia

10pm SG / MY
Sundays - Fridays

rotw

9.45pm UK
Sundays - Fridays

[Click Here to Join the Call](#)

**timings might change in accordance to prayer timings*

**sessions will not be recorded*

If you are wondering...



Can I still come for Tadarus when I'm on my period / can't recite / can't switch on my camera / will be late?

Yes, yes, yes a million times yes. Regardless of your situation, join us to to bask in the goodness of being in the company of the Quran, the angels, and your fellow champs!



I would like to recite a page during Tadarus. How do I sign up?

Allocations are done on a first come first serve basis, so come early if you'd like to recite and reserve a page.



? If I join the Tadarus sessions late, how do I know which Ayah is currently being recited?

We will be "screen-sharing" the page of the Quran alongside the recitation so that Champs will always know which Ayah is currently being recited.

? Which mushaf / version of the Quran will you be using for Tadarus?

We use quran.com and follow the widely and commonly used Uthmani Mushaf for all of our Tadarus sessions.

? I am fine reading the Quran on my own. Should I still join Tadarus?

One of the best parts of our Tadarus is listening to all of the heartfelt reflections that are shared by the champs after the recitation. This, and the barakah of being a part of a blessed gathering too!





VIP Veranda

for our special reciters



We have not
revealed the
Quran to you
to cause you
distress.

Taha 20:2

Where rewards are doubled

At AA Plus, we passionately believe that everyone should be able to learn how to read the Quran in a safe and non-judgmental environment, which is why **new or slower-paced reciters** are honoured here and have an entire space just for them! If you are looking to approach the Quran gently this Ramadan, the VIP Veranda is for you!

mon, wed, fri

7-8 am SG / MY

tues, thurs

2-3pm SG / MY

[Click Here to Join the Call](#)



Champs Cottage

where Gatherings of Light are held



“Verily, Allah
Almighty has
caravans of
angels who have
no other work
but to follow
gatherings of
remembrance.”

Muslim / Bukhari

Coming Together for His Sake

The Champs Cottage is a warm and safe space for all of us to huddle together with different good-for-the-soul activities: **Zikir Sessions** are held on **Mondays**, a **Book Club** on **Wednesdays** and **Live Sessions** with our teachers on **Fridays**. We hope you will snuggle up and join us for all!



Cottage Timings:



MONDAYS

Zikir Sessions

4.45pm SG / 8.45am UK

WEDNESDAYS

Book Club

4.45pm SG / 8.45am UK

**We are reading Stars in the Prophet's Orbit by Asma Tabaa*

FRIDAYS

Live Sessions with Ustazahs

4.45pm SG / 8.45am UK

[Click Here to Join the Call](#)

Tahajjud Terrace

where invocations are heard and
fulfilled by the Most Generous



”And rise at the
last part of the
night, offering
additional
prayers, so your
Lord may raise
you to a station
of praise.”

Al-Isra 17:79

Your Quality Time with Your Rabb

Every Friday night & every night during the last 10 nights of Ramadan, come over to our airy Tahajjud Terrace if you need company during the blessed hours of the night. We will meet for a roll call, and thereafter Champs are free to do their own personal worship at their own pace. For sisters who are unable to pray during these times, a special Zikir and Dua session will be held!



Terrace Opens:

Every Friday &
Last 10 nights of Ramadan

asia

4.15am SG / MY

rotw

4am UK

[Click Here to Join the Call](#)



Recommended Prayers

TAHAJUD

These 2 opening rak'as are meant to be short and light and should be prayed at the beginning of one's night prayer, after having slept and woken up.

HAJAH

Also called 'The Prayer of Need', this is a Sunnah prayer where you ask Allah SWT to fulfil your deepest needs.

TAWBAH

It is recommended that one comes to Prayer of Repentance with a sincere intention to repent from their sins.



Tips for the Night Before

Remember to set your intentions before sleeping



Perform your Wudhu before sleeping



Set your alarm or get help from your Tahajud Buddy



Put your phone on Airplane Mode, and keep your eyes away from screen



Prepare a clean + inviting place to carry out your Tahajjud activities



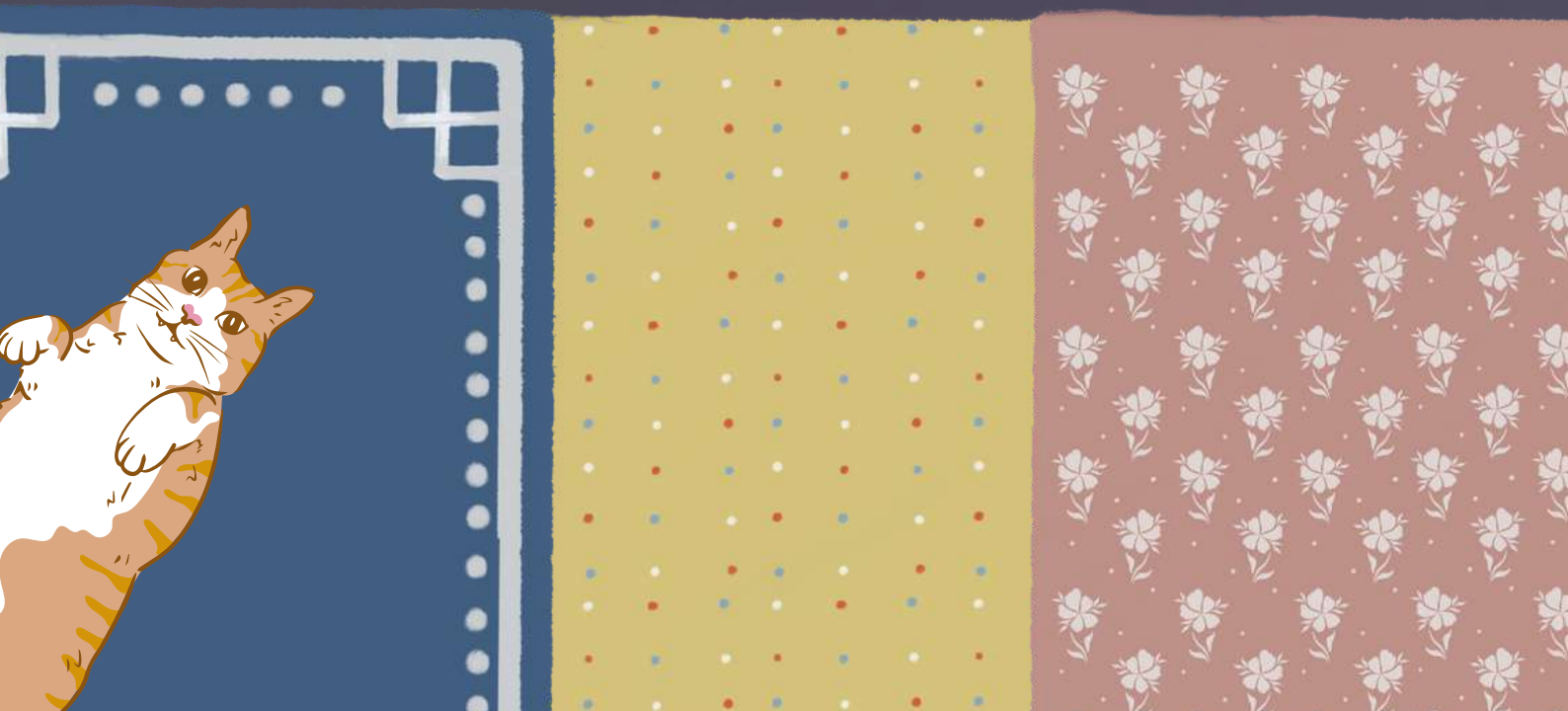
Most importantly, make Du'a to Allah to help you with waking up. Rely on Him!



Need help waking up?

We are happy to play matchmaker
and pair you up with a fellow
Champ who is living within your city
/ have the same time zone as you!

[Click Here to be Buddied Up!](#)



Barakah Room

your personal space to reconnect
with the One and Only



“Those in
solitude have
raced ahead,
who are
absorbed in the
remembrance
of Allah”

Tirmidhi



Where deep & private reflections happen

No matter how enticing the public spaces are in Barakah Blooms, it is still important for all of us to have our own private sanctuary where moments of contemplation and acts of worship are done in secret.

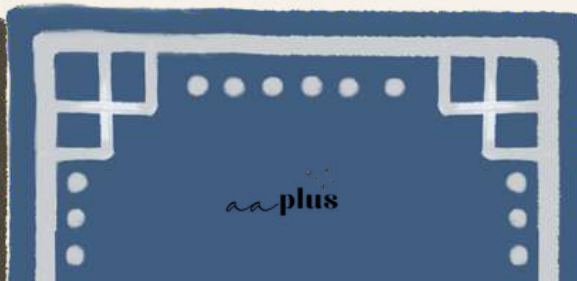
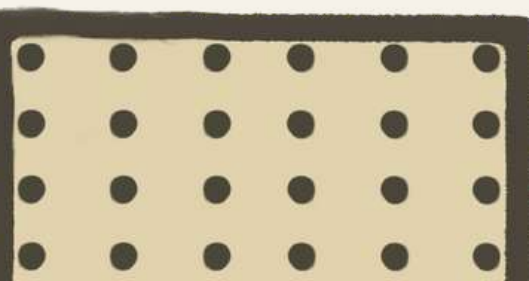
We know how precious quiet moments of Solitude are, so we pray that you will have many such moments in this blessed month.

The Pious & Their Solitudes

"So she [Maryam] conceived him, and she withdrew with him to a remote place." (Maryam 19:22)

"Remember' when those youths took refuge in the cave, and said, "Our Lord! Grant us mercy from Yourself and guide us rightly through our ordeal. So We caused them to fall into a dead sleep in the cave for many years.." (Al-Kahf 18:10-11)

Joseph prayed, "My Lord! I would rather be in jail than do what they invite me to. And if You do not turn their cunning away from me, I might yield to them and fall into ignorance. So his Lord responded to him, turning their cunning away from him."
(Yusuf 12:33-34)





Here are 10 Solitude Barakah-Multipliers to Do!

RECITE 100 X
SUBHANALLAH

1000 hasanahs will be recorded for you or 1000 sins will be blotted out from your record. (Muslim)

GIVE CHARITY
IN SECRET

You will receive His Shade on the Day when there would be no shade but the Shade of His Throne. (Muslim)

RECITE AL-
IKHLAS 3X

As reciting it once is equivalent to reading one-third of the Qur'an. (Muslim)

SAY SUBHANALLAHIL
AZIM WA BIHAMDIH

A date palm will be planted for you in Paradise. (Tirmidhi)

RECITE AYAT
KURSI AFT PRAYER

Nothing but death will prevent you from entering Paradise. (An-Nasai)

GLORIFY ALLAH
IN RUKU' AND
DU'A IN SUJUD

Your supplications are liable to be accepted. (Muslim)

SEND SELAWAT ON
THE PROPHET ﷺ

Allah will send blessings upon you tenfold, and will erase 10 sins from you, and will raise you 10 degrees in status. (an-Nasai)

READS DU'A
AFTER ATHAN

You will be granted the Prophet's intercession on the Day of Resurrection. (Bukhari)

COUNT YOUR
BLESSINGS

Allah's promise of "If you are grateful, I will surely give you more." (14:7)

MAKE DU'A FOR
SOMEONE IN SECRET

The Du'a will be accepted and an angel will say, "And for you too." (Muslim)



join our collective

DUALIST

Submit prayers of your deepest needs and longing to our collective Dua list so that we can all make Duas for one another. PS: All prayers can and will remain anonymous, so only you and Allah SWT will know it's from you.

“No Muslim servant supplicates for his brother behind his back but that the angel says: And for you the same.”
(Muslim)

[Add your \(anonymous\) Duas here](#)



But what if you
feel burned out?



HEARTWORK IS HARDWORK.



Inhale *Exhale*

If you are feeling (or about to feel) the dreaded burnout, breathe, and remember that Allah SWT is right here with you. Before you let out an exasperated sigh and go hard on yourself, pat yourself on the back and acknowledge this: "Alhamdulillah I am still here, trying to help myself!"

The good news is, we have a Rabb that is extremely Merciful and Compassionate, and He knows every single one of our struggles, big and small, including this exhaustion that you are feeling right now. He is also as-Shakur, the Ever Appreciative, so take comfort in the fact that Allah SWT will surely reward you, generously and abundantly.

The "remedy" that Allah SWT Himself has prescribed for times like these can be found in the blessed Quran. It will certainly give you an added booster and tranquillity in your soul - so get yourself ready for a recharge!





Heal through

Q.U.R.A.N

His Words in the Quran is the cure, the guidance and the Mercy that we constantly need.

Based on the acronym of Q.U.R.A.N, here are some points of reflections and practical tips to In Sha Allah, help you overcome this (temporary) fatigue.



Q - **Quran:** recite, listen, reflect

U - **Understand** the needs of your body

R - **Recharge:** rest + renew intentions

A - **Adjust:** adapt + appreciate

N - "**Non-negotiables**" deeds

QURAN

Recite, listen, reflect



RECITE, EVEN IF BUT A LINE

Ramadan is the month of Quran and it's highly encouraged for us to increase in its recitation. No matter how exhausted we are, we can still afford to recite the Mother of the Quran: Surah Fatiha. It's known as the Opener, so may it open doors of rest and tranquility for you!

LISTEN, EVEN IF BUT A MINUTE

Allah SWT says, "When the Quran is recited, listen to it attentively and be silent, so you may be shown mercy." (7:204) Just by listening to the Quran, Allah SWT promises His Mercy. So join us for our nightly Quran session, or put on your fav Qari, and let His Words hold and heal you.



REFLECT, EVEN IF BUT A WORD

If you can't go through an hour lecture or sit through a whole book of Tafsir now, just pick up your Quran and turn to any page. Let your heart move you to an Ayah and just contemplate on it for a minute. Your soul will thank you for this. (Another hack would be to join us for our nightly Tadarus and listen to the reflections of your fellow Champs)



UNDERSTAND

The needs of your body

PRACTICAL IDEAS FOR YOUR BODY TO GET REST

1. **Check in with yourself.** How are you truly feeling right now? Remember, your body has a right over you and the more honest you are about how you are feeling, the better you'll be able to help yourself.
2. **Are you nourishing your body with quality food and enough water?** What you feed yourself matters a whole lot as food is fuel for your body.
3. **Are you getting enough QUALITY sleep?** The key word here is "quality" not quantity - are you sleeping as deep as you can (phone away, notifications off etc)?
4. **Are you moving your body enough?** Even if it's a 5 minutes walk around your neighbourhood, getting your body moving is always a good idea.
5. **Being with nature** - When was the last time you take a break from everything and just stare at the vast blue sky? Or surround yourself with floras and greenery, inhaling fresh air?

RECHARGE

Reset and renew intentions



RECHARGE.

If you feel your "battery" is running low, it is now time to "power off" and recharge. Ask yourself if there are any commitments you can postpone or cancel, check your schedule and include a few minutes for "power naps" (even 20 mins is awesome), and disconnect from anything that strains you.

REST.

Don't feel guilty for taking a rest! Intend for your sleep to be a form of Ibadah (read = not excessive sleep!) as rest truly helps our body to recharge. Without rest, we are making ourselves prone to sickness, and without good health, it'll be difficult to do any acts of worship!



RENEW.

When we feel the mid-Ramadan burnout, it's prime time to renew the intentions that we made when we first entered this blessed month. Remind yourself why you do certain deeds (always for Allah SWT), and remember that what is done for Allah SWT is never lost. As He has promised in the Quran, "How excellent is the reward for those who work 'righteousness!'" (3:136)



#4

A D J U S T



This is the perfect time to look back at the first half of Ramadan and ask yourself what worked and what didn't. Put yourself in the shoes of a football coach reviewing the "game" at half time, and make critical changes so that your second half of Ramadan can be better. EG: You've not been able to wake up for Tahajjud. Review your sleeping, eating, social media habits, are you making intentions, are you asking for help from Allah SWT? Adjust and help yourself, Champ!

NON NEGOTIABLES

Everyone needs a "non-negotiables" list of Deeds. It's the list where you decide for yourself what is the least you can do so that your spiritual routine will not be affected. Everybody's non-negotiables will be different - so there's no room for comparison here.



NON NEGOTIABLE MORNING & EVENING WORSHIP

What are some practices that you simply cannot "live" without? That if you miss them, your day will seem incomplete? List them here under your non-negotiables morning and evening worship. (EG: 1 page of Quran after Fajr, Ayatul Kursi after every Prayers etc etc)



NON NEGOTIABLE "ON PERIOD" WORSHIP

If you are currently on your time of the month, go back to Haid-Out and browse through the ideas and suggestions on how you can be spiritually connected even during your period.



THIS TOO, SHALL PASS

This burnout that you are feeling, In Sha Allah, is a testament to the effort you've put in for His sake, and In Sha Allah, will be a witness for you <3 But Ramadan is a marathon, and not a sprint, so pace yourself and give yourself the rest and reflection that both your body and soul need.

I pray your time in your personal Barakah Room was therapeutic for you, but if you need any additional motivation and cheer, just drop us an email at hello@aaplus.co and we'd be more than happy to jump on a call with you and/or give you a little boost of cheer!

You've got this, Champ!

Olive Library

home to your ramadan resources



• Core themes of Surah Al-Ma'idah include the laws of Islam. Among these laws is the **law of Kaffarah**, which includes the Islamic method of atoning for a broken oath. In the many revelations of laws (prohibitions of alcohol and gambl

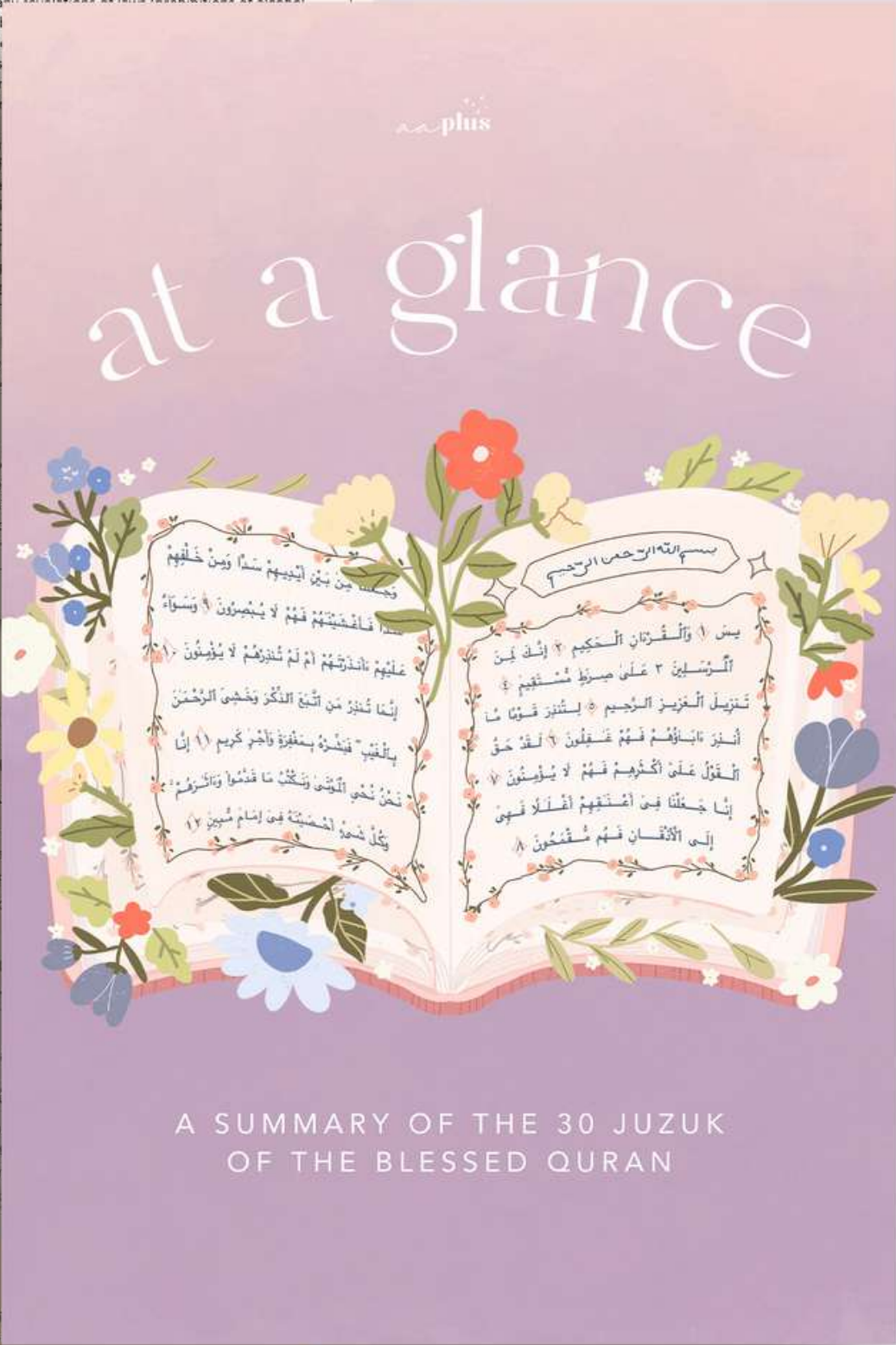
with anxiety reassures sins comm revelation

• Surah Al- content, addresse centres s of faith.

• Primarily Prophet Monothe Prophets beliefs at believe ir

5. SURAH AL-MA'IDAH (THE TABLE SPREAD):

6. SURAH AL-AVAM (THE CATTLE):



A SUMMARY OF THE 30 JUZUK OF THE BLESSED QURAN

Read the concise summary of all of the 30 Juz of the Quran with highlights of beautiful Du'as, notable Ayahs and Trivias [here](#).

- What are we advi what others have
- a) To Think well of others.
 - b) To Ask Allah SWT from His bounties.
 - c) To remind ourselves that Dunia is temporary.

Answer in Surah An-Nisa 4:32

أهلها وأجعل لنا
ذلك نصيراً
rabbana akhrijna min
lana min ladunka wa
"Our Lord! Deliver us f
us a saviour; appoint fr

منها أو ردوها
حسبنا
"And when you a
greeting or at leas
Reckar

What are we advi what others have



In this "Haid-Out" PDF, you'll find a curated list of spiritual-boosting suggestions and resources to gently help you through your special time of the month.



Listen to an all-new Ramadan Mixtape by your fellow Champs filled with your go-to Zikirs, Du'as, Surahs and Qasidahs to accompany you in this blessed month [here!](#)

Barakah Blooms Schedule

time to pencil in the dates + times!



barakah blooms

(ASIA: SG / MY)

Mon

7 - 8am
VIP Veranda
(Special Tadarus)

4.45 - 5.30 pm
Champs Cottage
(Zikir)

10 - 11.30pm
Quran Meadow
(Tadarus)

Tue

2 - 3pm
VIP Veranda
(Special Tadarus)

10 - 11.30pm
Quran Meadow
(Tadarus)

Wed

7 - 8am
VIP Veranda
(Special Tadarus)

4.45 - 5.30pm
Champs Cottage
(Bookclub)

10 - 11.30pm
Quran Meadow
(Tadarus)

Thu

2 - 3pm
VIP Veranda
(Special Tadarus)

10 - 11.30pm
Quran Meadow
(Tadarus)

Fri

4.15 - 5am
Tahajjud Terrace

7 - 8am
VIP Veranda
(Special Tadarus)

4.45 - 5.30pm
Champs Cottage
(Live Class)

10 - 11.30pm
Quran Meadow
(Tadarus)

Sun

10 - 11.30pm
Quran Meadow
(Tadarus)

Note

- 1) All timings are in SG / MY (GMT+8) time.
- 2) All Zoom links are on aaplus.co/zoom
- 3) Please ensure your zoom username is your full name or we won't be able to let you into the call for privacy & security reasons

barakah blooms

(ROTW)

Mon

8.45 - 9.30am
Champs Cottage
(Zikir)

9.45 - 11pm
Quran Meadow
(Tadarus)

11 - 12am
VIP Veranda
(Special Tadarus)

Tue

6 - 7am
VIP Veranda
(Special Tadarus)

9.45 - 11pm
Quran Meadow
(Tadarus)

Wed

8.45 - 9.30am
Champs Cottage
(Book Club)

9.45 - 11pm
Quran Meadow
(Tadarus)

11 - 12am
VIP Veranda
(Special Tadarus)

Thu

6 - 7am
VIP Veranda
(Special Tadarus)

9.45 - 11pm
Quran Meadow
(Tadarus)

Fri

4 - 5am
Tahajjud Terrace

8.45 - 9.30am
Champs Cottage
(Live Class)

9.45 - 11pm
Quran Meadow
(Tadarus)

11 - 12am
VIP Veranda
(Special Tadarus)

Sun

9.45 - 11pm
Quran Meadow
(Tadarus)

Note

- 1) All timings are in UK time (GMT)
- 2) All Zoom links are on aaplus.co/zoom
- 3) Please ensure your zoom username is your full name or we won't be able to let you into the call for privacy & security reasons

ps:

Help is always near at Barakah Blooms

If you are ever in need of any help at all, we are always an email away! Drop us a line at hello@aaplus.co and we will get back to you as soon as possible!

And with that, we wish you a blessed Ramadan, and may this month heal, uplift, revive, increase and purify every bit of your soul, heart, mind and body!

May Allah SWT accept it
from all of us, Amin!

