

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the most Gracious, the most Merciful

3 August 2023



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

This exact moment
was **handcrafted** by
the One who loves you
most, just for you.

Assalamualaikum my Champions,

I have been doing this thing lately that has helped me stay mindful - I look at my feet. Might sound strange, but ever since I started paying attention to where my two feet are anchored, it has been a lot easier for me to focus on the present moment.

When I look at where I am standing, my breath steadies. Anxieties about the future disappear, and I can barely remember what I did 5 minutes ago. I am here, present, with my heart, mind, body and soul. And then something magical happens as I start to focus on that very moment - I immediately feel closer to Allah SWT.

Champs, it's a lot more difficult to be in the remembrance of Him when our minds are everywhere, thinking about everything. But when we can quiet all of it down, and just focus on one thing and one thing only, we will realise that life is really happening at this very moment (!!!) and that this exact second has been handcrafted just for us by the One who loves us most.

Today, try planting your feet down and just... appreciate how it has grounded you all these times in your life. Your feet have carried you, and have literally stood up for you, and it has anchored you. So stay with it for a while, and just be grateful that you are in that moment. :)

There is no rush, only Allah SWT.

get excited for



I won't be biased and say this week's TKV episode is a favourite of mine (I can literally hear some of you saying, "Which TKV is not your favourite Aida? LOL") so I will quote my dear teammate Mandy instead! This is what she said after listening to the episode while working on [the PDF Notes](#): "Aida dear, this episode is a true heart-balm for the many wounds that were still hurting 🥺 Now I feel uplifted, comforted, redirected, recharged and realigned 🥺🥺🥺 Can I just huggg youuuu Aida ???! Jazakillahu Khayra for this episode dear. May Allah reward you and Ustazah for this transformative and healing episode ❤️❤️❤️ My grieving soul needed this. :) This episode will be my go-to episode whenever the wound stings again." So go on, press that play button! Better still, join us for the listening party this Sunday! *#inmandywe trust*

Listen to the new TKV episode here!

Join Our Listening Party Here!

[Add Sunday's Listening Party to your GCal](#)

heartwork that heals



THIS IS SUCH AN IMPORTANT HEARTWORK! One of our Champs, F, shared with me to always speak nicely and kindly to our wombs for it has served us so much all this while. Our wombs share the same name as Allah's very special name, **Rahim**, and she is a big part of what makes us the woman we are today. Some of our Rahims have homed beautiful babies and souls, many times over, and yet when was the last time we thanked her? I used to moan and complain when it

was the time of the month, but now, all I want to do is embrace my
womb and whisper to her, "Thank you." :)

a beautiful dua

Ya Allah, in times
of desperation,
may I always
desperately seek
You first.

aaplus.co

#abeautifuldua

This beautiful dua was sent to me by one of our Champs, and I just had to share it! Being "desperate" doesn't really have a cool connotation, but this does not apply to us believers and our relationship with our Rabb. I have lost count of the number of times I would desperately ask Allah SWT for help in a day. For example, an hour ago, I had just asked Allah SWT for His Help in expanding and blessing my time so that I can fit an "UP-movie-night + Pyjama Party" with my nieces and nephew, recite Surah Baqarah with some Champs before

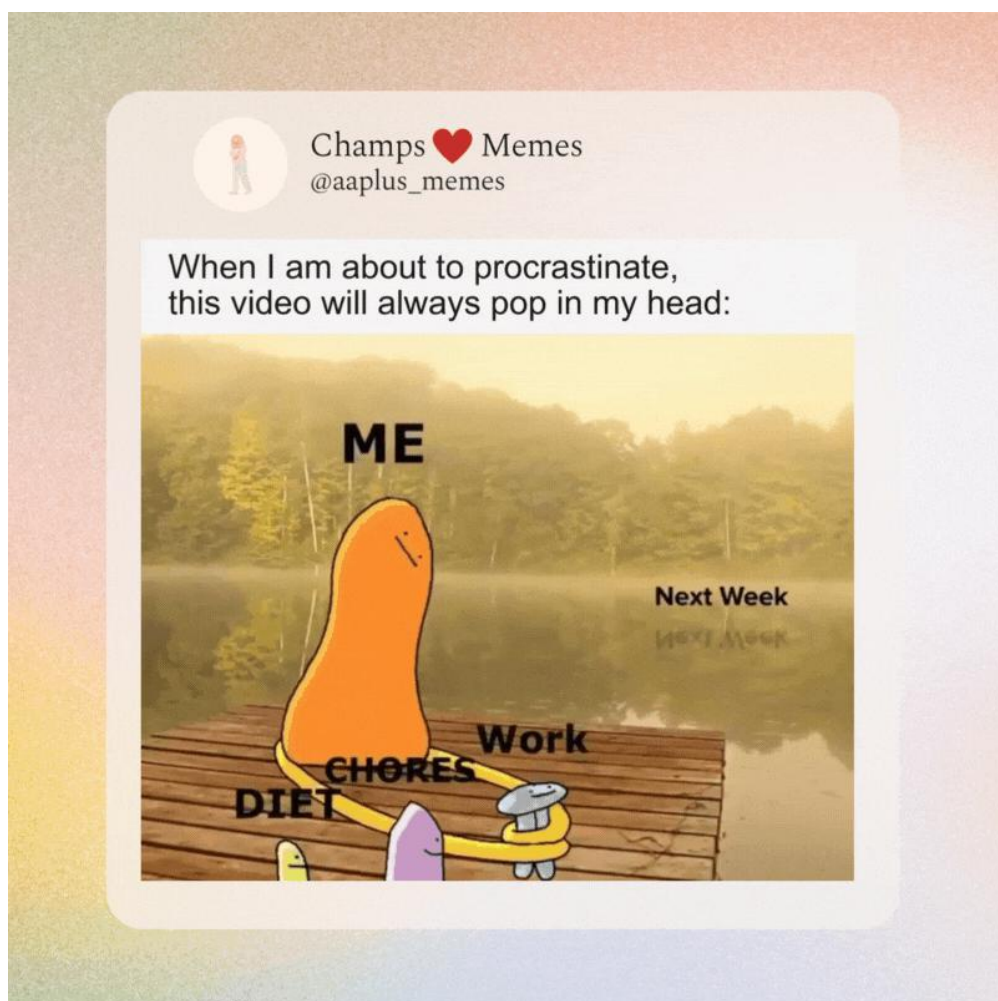
bed ***and*** finish writing this Closer email. (He definitely has stretched it beautifully for me, Alhamdulillah <3) My next desperate Dua will involve me waking up on time for our Tahajjud Calls this Friday!

What's yours?

Join Tahajjud Nights Here

Add [Asia](#) | [ROTW](#) Tahajjud Night to your GCal

muslim meme



This meme reminded me of our 'Beating Procrastination' session that we did a couple of months ago! If you are struggling with overwhelming distraction and laziness, perhaps you would want to watch the replay. But... please don't procrastinate watching it (the irony of it all) as we will remove the playback soon. It's been up on the AA Plus website for months guys, there is no excuse :P

[Watch Our Beating Procrastination Session Here](#)

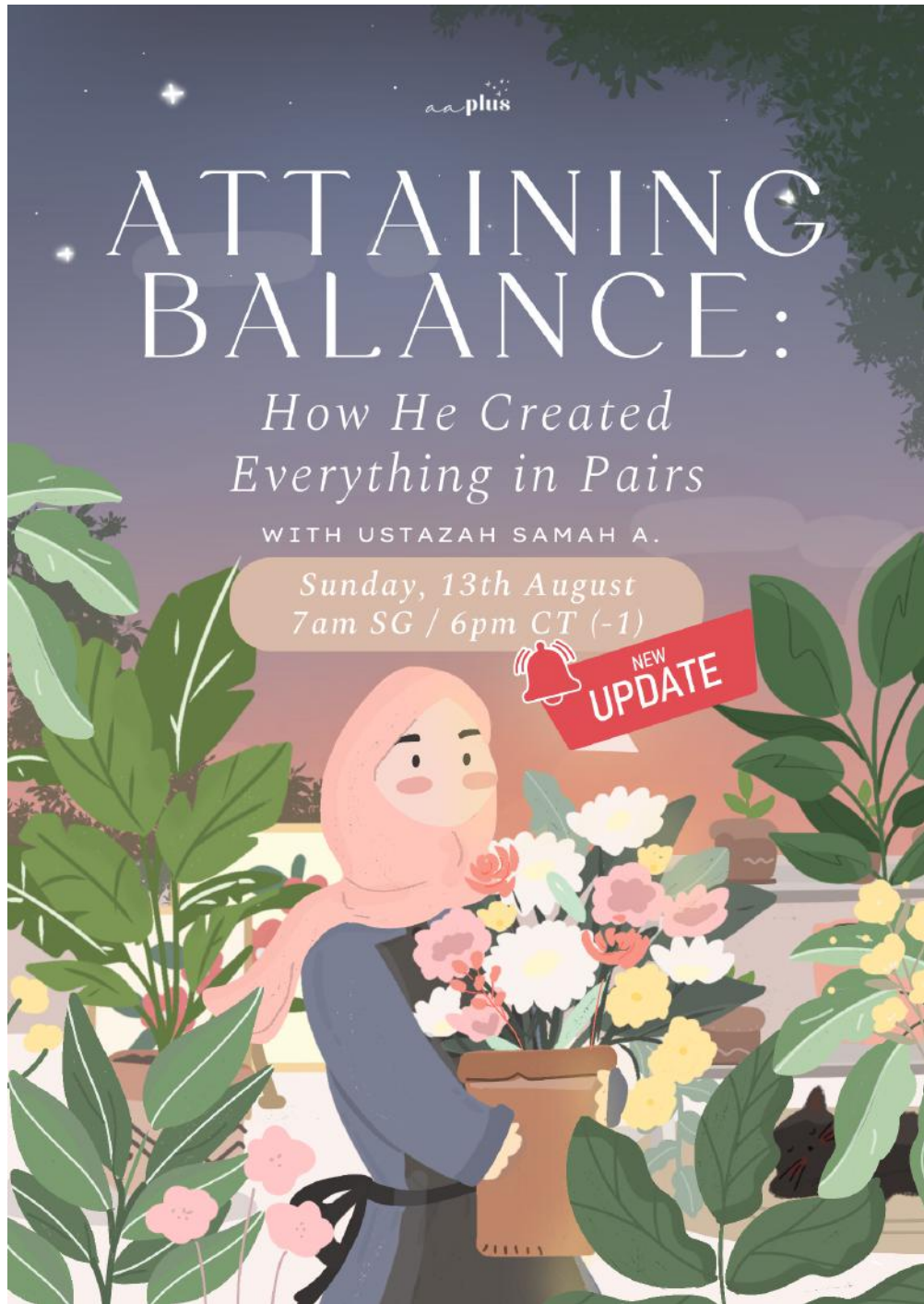
**scroll all the way down for the replay!*

to ponder



I had a very cute discussion with my young nieces and nephew when they asked me what is my favourite part of Islam! When I told them there were too many to choose from, one of them chimed in saying, "your favourite ***FOR NOW!***". At this present moment, my favourite thing about Islam is something that Ustazah Samia shared in [this week's TKV](#) - "Everything in Islam is designed to pull us back to Allah SWT. For example, there is a Dua for going to the supermarket, before eating, before going to bed, before putting on your clothes - there is literally a Dua for everything! This Deen is wholesome, organic and holistic!". What about you, what's your favourite part about Islam (for now)? (Mom Champs, you should ask your kids this question too - I promise you'll learn so much from their answers!)

P.S.:



Champs, just a heads up that there is a change in timing for our Session with Ustazah Samah next Sunday, In Sha Allah! We had our very first 7am SG/MY | 6pm CT session last week, and some of you have feedback that this time works great, so we are bringing it back for this special class with Ustazah. As much as I would love to cater to everyone's timings, the fact that we are scattered all over the world makes it a bit tricky, but we are working hard to try to vary our Sunday Session timings so more Champs can join us! <3

Sync This Session to your GCal

And with that, my dearest Champs, I pray may you cherish every single breath, every single blink of an eye, and every single one of your steps, for these are just a tiny portion of the innumerable blessings that Allah SWT has bestowed on you today!

fin
x
a.
