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

## 24 August 2020



your curated weekly spiritual booster delivered straight to your Inbox

temporarily only until
THE ROADS ARE SAFE
and clear enough
TO CONTINUE ON.
be grateful for the stall.

Assalammualaikum my Champions,

Lately, I've been marvelling at how perfectly Allah SWT has planned

everything to the T for me, <u>especially</u> the "pauses", "gaps" and "redirections" in my life! You see, I've always been very hasty (or in Singaporean lingo, a Kanchiong Spider) about things: if I want something, it means I need to have it now - and that has caused some serious problems in my life and also in some of my relationships.

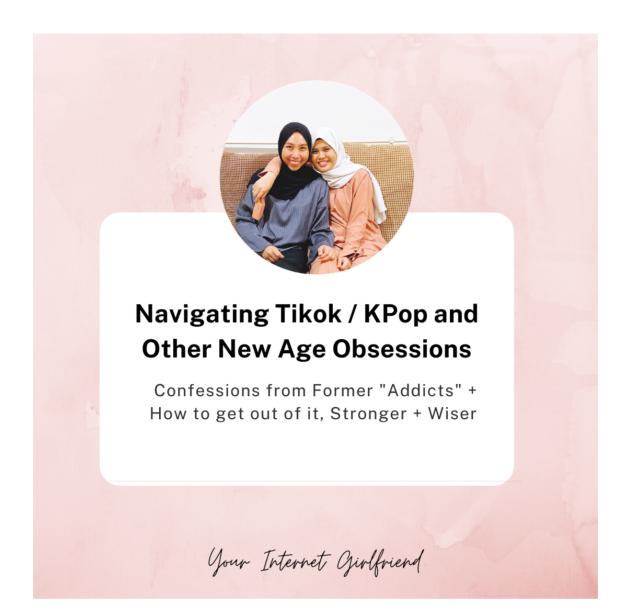
I've always defensively thought that that was me just being a "gogetter".

But Allah SWT subtly taught me that there is a stark difference between being stubborn and thinking I can control life <u>VS</u> doing my best and then leaving the rest to the perfect plans of Allah.

I finally understood that Allah's timing is never too early nor too late, it's just perfect. So whenever I catch myself being frustrated or agitated of things going too slow, I remember that **there is wisdom in the waiting, and there is sweetness in the pause.** May we let go of our stubbornness to control everything, so that our hands will be free to receive His overflowing and perfectly-timed gifts for us, Amin!

on AA Plus!

Coming up this week



Monday / 5 September / Your Internet Girlfriends

# Navigating "New Age Obsessions"

So excited for the first episode of my new mini series with Iman Azman! In the first episode of 'Your Internet Girlfriends', we get real about how many of us get swept away with the distractions of this dunia, i.et TikTok / Kpop and other New Age Obsessions. We reveal ours, and share what our inner voices sound like and ultimately how experience has allowed us to find balance.

**Listen Now** 

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Intentions for the week

# Mays

## Trust Allah, Always

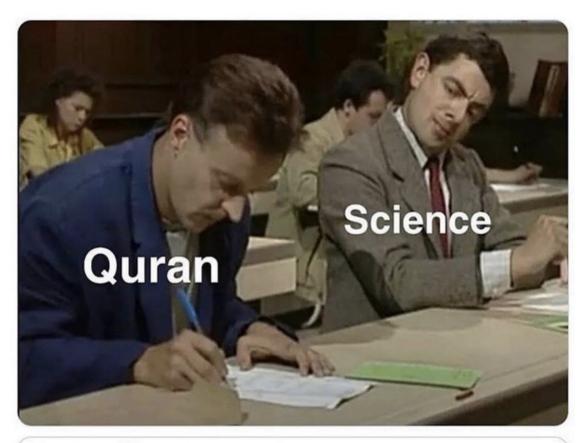
A few days ago, I asked on my Twitter, "On a scale of 1-10, how much do you trust Allah?" and reading the responses made my heart smile *and* cry. To be able to trust Allah 100% is one of the biggest blessings in this world, because when you surrender to Him, that's when you'll attain ultimate freedom. Trusting Allah when all is fine and dandy is easy-peasy, but it's when the going gets tough that your "sincerity" of your trust in Him gets tested - and this is when you

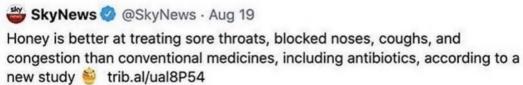
a beautiful Dua

"Ya Allah, make me want what You want for me. Make me love who you love.

And make me do things
that only you love
and bring me away
from things that
You hate." I remember one of my friends asking me, "Don't you want kids?" and I don't know what happened but I'm certain that Allah SWT calmed me down to inspire me to say this to her: "I only want what Allah wants for me." Since then on, I've been making this dua above in my Solah and it has given me such calmness. I pray this will help some of you too.

Muslim Meme





I swear everytime I read a new "western" trend like "intermittent fasting" / "the 5 AM Club", "meditation" etc etc I'll be like.... "WAIT. HOLD UP. ISLAM MADE THIS COOL FIRST!" 😂 😂

Something to Ponder

People who meet you should also "meet" Rasulullah SAW



\*

I've started working in a co-working space here in London and meeting so many different people from various fields have made me be more mindful of how I carry myself. I've been trying to practice this mantra: "people whom I meet, should also be able to catch a glimpse of who my Prophet is, Rasulullah SAW". May Allah allow us to be the best ambassadors of His Deen and His Messenger, wherever we go!



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Because you signed up to become an AA Plus member.

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