

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
In the name of Allah, the most Gracious, the most Merciful

5 October 2023



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

When fear is
asking you to focus
on what's missing,
divert your attention to
what's **abundant**.

Assalamualaikum my Champions,

Allah SWT has told us in the Quran that **"If you are grateful, surely I will give you more."** (Quran 14:7). This is a promise that

Allah SWT Himself has said that when we choose to focus on appreciating what we already have, then we are only inviting more blessings into our lives.

Allah SWT has given us believers such a simple formula to success, but it is part of our weakness, our pride and our stubbornness that we choose to focus on what we do not have instead.

I also thought about how **the abundance that comes from a place of God-centredness and Gratitude is very different from the excessiveness that comes from a place of materialism and greed.**

The former is rooted in the understanding that what we have is always enough, and what we do not have is what Allah SWT knows we do not need, while the latter stems from the fear of not having enough, and so one keeps hoarding and losing oneself in the process. :(

Even the very act of "chasing happiness" is something that focuses on something that we do not have, as we have to run after and hunt something in the distance. Instead, why not try this advice that a 5-year-old once shared with me:

"I don't have to find happiness, I myself am happiness."

Champs, I pray for every thought of "why don't I have XXXX?" that creeps into your mind, may your heart dismiss it by firmly saying, **"Allah SWT has been so, so good to me. He continues to give me even when I am sinning and when I am lacking, and He continues to shower upon me not because of who I am but because of Who He is: al-Karim (The Most Generous), al-Wadud (The Most Loving), and ar-Rahman (The Most Compassionate)!"**

You have everything you need right in this moment, my dearest

Champ, and what you have is not just enough, but it is in so much abundance! [Alhamdulillah ala kulli haal!](#)

get excited for



This Sunday's session will be the first of its kind for us on AA Plus, and I am incredibly excited for it! As women, our wombs are a significant

part of us, and we should be honouring them more than we should. Enter my beloved sister, Chantal Blake, who has changed my entire worldview on my womanhood through her gentle teachings that weave the fields of medicine, environmentalism, and holistic self-care that are in line with what our Deen teaches us. With her professional background in Nursing, Environmental Engineering, and Peristeam Hydrotherapy, Chantal has helped me and hundreds of women experience healthier periods and greater allyship with their female design through her work, and I cannot wait for you ladies to meet her this Sunday, In Sha Allah! My womb-warriors, I pray I'll get to see you during our date this Sunday, In Sha Allah!

[Join Our Special Sunday Session Here!](#)

[Add Sunday's Session Here to your GCal](#)

a beautiful dua

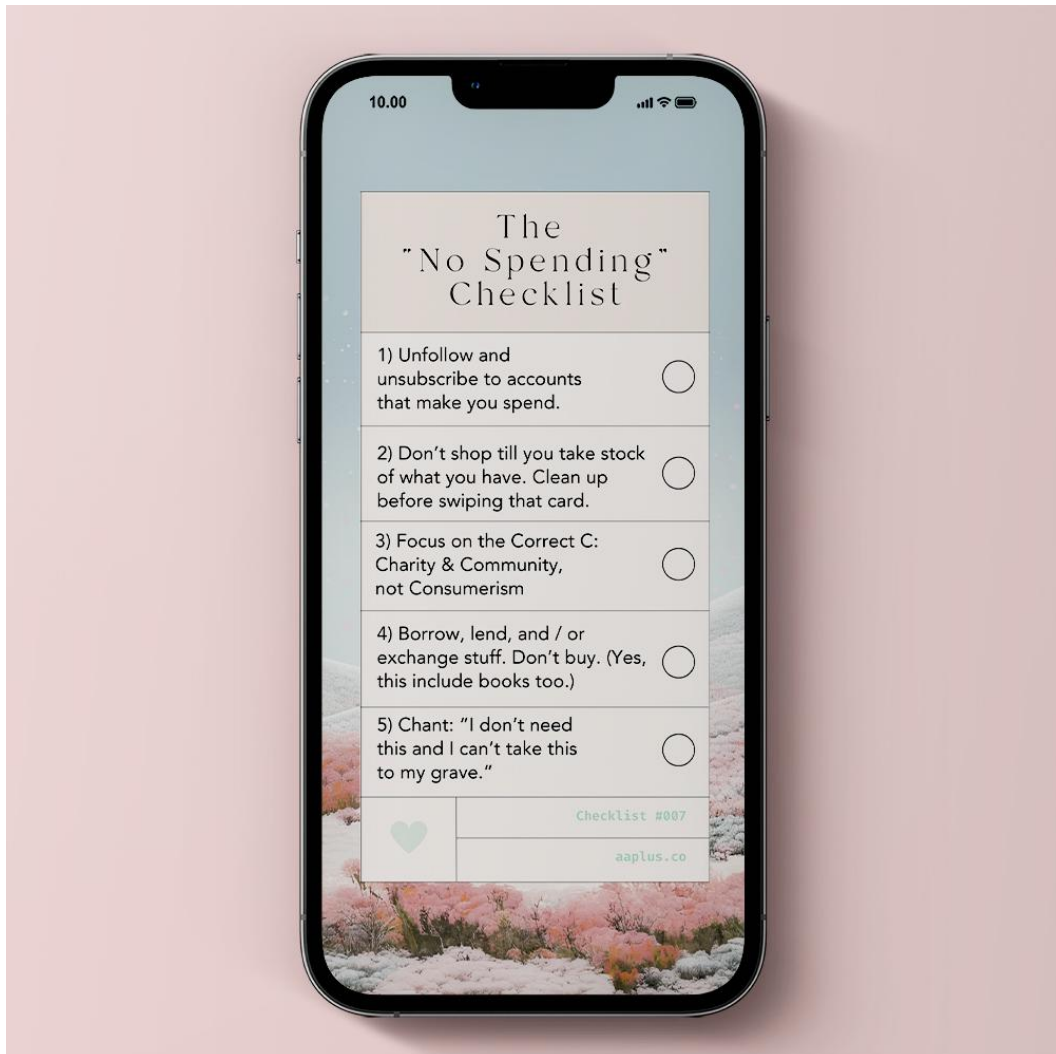
Ya Allah,
You know, and
I know not. So
please carry me
through this.

aaplus.co

#abeautifuldua

Sometimes, when I am on my prayer mat, my mind draws a blank. I just cannot find the words to say anything beautiful, poignant or anything remotely coherent. But Alhamdulillah, Allah SWT doesn't need us to string deep, profound words together to speak to Him, and so the Dua that I have been repeating lately is, "*Ya Allah, You know and I know not. Ya Allah, You know and I know not*", and Subhanallah, that declaration to my Rabb of my immense lack of knowledge has not only freed me, but carried me through some of my toughest days as well. May Allah SWT continue to humble us so that we will always run back to Him over and over again.

champs checklist



One of my girlfriends reminded me of a Love Letter I wrote 2 years ago about the importance of saying no to consumerism and Subhanallah, what a timely nudge I myself needed! Because October is my birthday month, I am guilty of doing some "girl maths" and making a bunch of birthday-related excuses that I deserve to buy things. But although it is so TEMPTING to add to our already bursting lives, we have to remember that our homes are ***living spaces***, not storage spaces. I'm keeping this list on my computer desktop with the hopes that it will pull me away from online shopping. I hope it'll help you too!

Re-read love letter here

muslim meme



As some of you guys know, we have moved all of [our Community Sessions](#), including our 114 Club Quran sessions to Fridays, and this means no more "Friday Night Revenge Scrolling" for some of us 😂! So if you are looking for a remedy for this bad habit, come hang out with us and our favourite Book this Friday! All levels of recitors are more than welcome (we have special breakout rooms for anyone who is

starting out and wishes to practice too!) and if you prefer to listen in, Bismillah, you can too! I pray may our days and our nights always be filled with the remembrance of Him, and not with things and gadgets that pull us away from Him, Amin!

Join Our 114 Club Here

Add [Asia](#) | [ROTW](#) 114 Club to your GCal

to ponder



As humans, we are driven by data and results. We measure growths and chart our progress with almost everything, and it made me wonder what it would be like if we used metrics to measure our last Solah as well. How would you "rate" your last Prayer? Would you have categorised it as one of your best or one of your worst? Would a future inhabitant of Jannah's prayer look like your last Solah? Champs, may we always remember that the prayer is the lifeline of our Ruh - so may we protect, prioritise and perfect our Solah for His sake, Amin!

And with that, my dearest Champs, I pray may you learn to surrender unto Him with every breath that you take, and may you attain closeness to Him with every prolong Sujood you make, Amin!

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