بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيْمِ In the name of Allah, the most Gracious, the most Merciful

### 26 October 2020



your curated weekly spiritual booster delivered straight to your Inbox

NEVER LIMIT YOUR PRAYERS because you think you're sinful. YOU'RE NOT PRAYING because of who you are, YOU ARE PRAYING BECAUSE of who allah is. AND HE IS AR-RAHMAN, AR-RAHIM.

Assalammualaikum my Champions,

We can all agree that 2020 has been one heavens of a ride, and with

everything that's been going on, I'm extremely grateful for the act of Zikir. There is something profoundly grounding about the repetition of praises and remembrance of Allah SWT that has helped me find solace even in the midst of a busy street in London.

I still remember vividly the scene - the sights, the colours, the commotion of that street - people were walking briskly pass me as they rush to their next appointment, and I was on my daily morning Zikir Call with a few of my friends. I remember feeling slightly overwhelmed that day (I was due to take a COVID test later on, I had to pack for my flight home in 24 hours, and work was piling up by the minute) but there I was in that moment, taking a pause from it all to centre my heart through repeating the words **"La Illah Ha Illallah".** 

And just like that, the world was quiet. It was tranquil.

It was just me and Allah SWT, and He was whispering to me, "Breathe. It will all be OK. I will make it all be OK." 🕑 My Ustazah said that **Zikir is the noise-cancelling headphones to the world** and at that moment, I knew **exactly** what she meant.

Coming up this week

on AA Plus!



#### a zoom call wrap up

Monday / 26 October / 8.30pm SG+ MS time

## Wrapping Up Inner Peace

Join The Zoom Call Here

a beautiful Dua

### prayer of light Oh Allah! Place light in n

Place light in my heart And light in my tongue And light in my hearing And light in my seeing And light from above me And light from below me And light on my right And light on my left And light ahead of me And light behind me Place light in my soul Magnify for me light And amplify for me light Make for me light And make me light Oh Allah! Grant me light And place light in my nerves And light in my body And light in my blood And light in my hair And light in my skin Increase me in light Increase me in light Increase me in light Grant me light upon light! - <u>Rasulullah SAW</u>

I'm still not over this beautiful Dua that Helwa included in her book, a prayer that our beloved Rasulullah SAW said with his blessed lips. Champs, I pray that may our faces shine with Noor on the Day of Judgement, and that our hearts, our mannerisms and akhlak beam with nothing but light, Amin!

four visual reminder



This one is dedicated to all of my brave Champs who are quietly fighting through hard times. I see you, and Allah def sees you too!

Download Phone Wallpaper Here

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Muslim Meme



# When I give it wl To Allah. Re

# when Allah Returns it



My Sister called me up last week and started bawling her eyes out about a problem at work, so I listened to her and then at the end I said, "go back to Allah and make a looooot of Dua for it ok? He's the only One who can fix all of this!" The next day I asked her how was she holding up, and she said this meme explains it best. <3

Something to Ponder

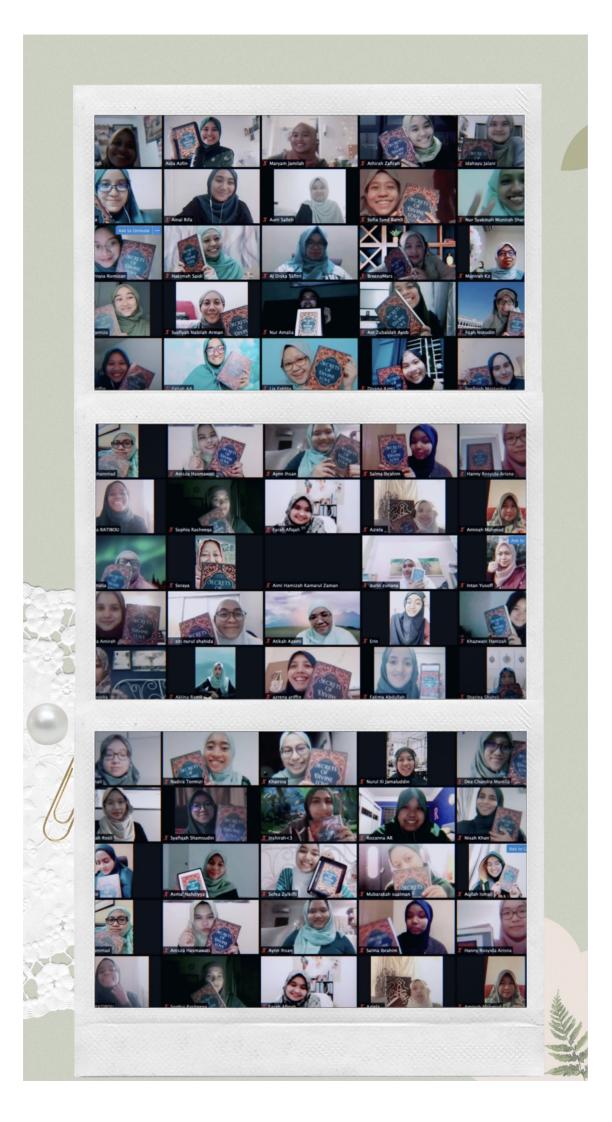
The Du'a on your tongue tells a lot about the love in your heart.



Whenever I travel, I will always ask my loved ones if there's any Dua they'd like me to make on their behalf during my journey. I do this often because I love reading their Duas - it's like being told a very precious secret from someone you love. And usually from the Dua lists that they sent me, I can have a sense of what has been occupying their hearts. It's either something that has been troubling them, or

something that they are currently hoping for - both of which are sacred and private thoughts of their hearts, so I consider it a huge honour to be able to make dua for them. If you would like to know what is your heart pining for, see what kind of Duas you are making to Allah - is it more for the Dunia, or more for the Akhirah?

icymi



I always leave with my heart FULLLLL with every Open Session with you Champs, and with Helwa coming in as our guest, it was not just full, my heart overflowed. HEHEHEE, ALHAMDULILLAH! For those of you who missed yesterday's Session, here's the link to the replay:

#### Catch Up On The Open Session Here

Read Open Session Slides Here

and with that, I hope you guys have enjoyed Closer.



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