

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

11 May 2023



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

It is most **crucial** to find
and protect your **internal**
spiritual quiet in the midst
of external dunia noise.

Assalammualaikum my Champions,

Gahhhhhh, I've missed writing to you!

I pray you have been well and have been taking some time to process it all - from bidding Ramadan goodbye to the arrival of Eid, I am certain many things have transpired in between for you! Life will always swoosh us by, but no matter how fast everything is going, please take a minute to check in with yourself. Talk to Allah about it, journal about it, mull over it as you brush your teeth before bed - whatever it takes, my dear Champ, **I pray you have been able to find some internal quiet to connect with yourself and your #1 - Allah SWT.**

It is no accident that Allah SWT regularly asks us in the Quran, "[Will you not ponder?](#)" / "[Will you not reflect?](#)" / "[Will you not be mindful?](#)" - and Ibn Qayyim even argues that "engaging in tafakkur (thinking and reflecting) for an hour is better than one year's of worship"! So Champs, here is a question for you: **When was the last you switched off and disengaged from the world and just... pondered?**

Mindfully.

Gratefully.

Without distractions.

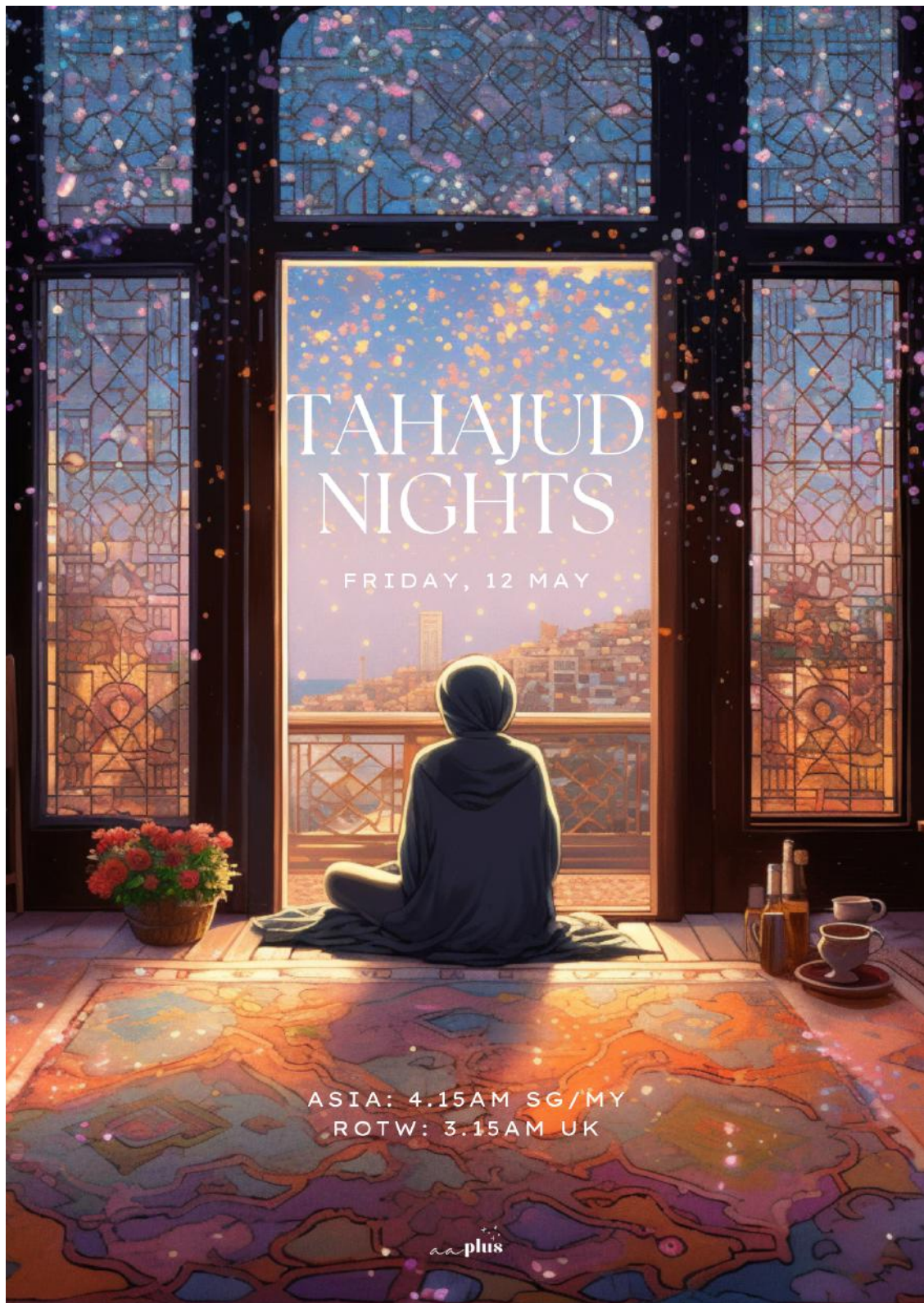
On the flip side, some of you may be saying, "But Aida! I do think! Too much! I'm an overthinker!". If you fall into this category, then here's another question for you, **"When was the last time you *think and your thoughts were centred only on Allah SWT?*" Because thoughts that are not grounded by the remembrance of Him and His Signs are... also another form of noise.**

Champs, I pray may you **fight** and **put sincere effort** into finding your quiet moments because it will significantly change the quality of

your life. It is only in these moments that we are able to re-charge and re-connect with the One Who can give us the strength, energy and clarity that we need to continue to go on out there into the world.

And so, for your survival, I hope you'll find your quiet.

get excited for



Speaking about quiet moments with Allah SWT, I am so excited to bring back our Tahajud Nights this Jumaah, In Sha Allah. I'll be the first to admit that I thought Tahajud prayers are only reserved for the Super-Pious. For the longest time, I thought, ***"I am still struggling with my 5 daily prayers, how can I even think about Tahajud? LOL"***. But boy oh boy was I wrong. I learned that if I

wanted to fix my 5 daily prayers, then Tahajud is actually one of the best places to start! **In fact, in order to fix anything in my life, Tahajud is THE starting point.** Which is why Allah SWT commanded this night prayer way before the 5 daily prayers were even revealed! (Ustazah 'Alima covered this beautiful part of the Seerah in our next TKV, can't wait to listen to it with all of you, In Sha Allah!) So Champs, I hope you'll give yourself a chance and make sincere intentions to wake up for Tahajud on the best day of the week and if you need help waking up, reply to this email, and we'll figure something out!

[Rest Through Tahajud With Us Here](#)

[Add Asia Tahajud to your GCal](#)

[Add ROTW Tahajud to your GCal](#)

**Session will not be recorded*

this sunday's date

aa plus

BEATING PROCRASTINATION

WITH TIPS FROM THE
QURAN & SUNNAH

*Sunday / 14 May
9pm SG / 2pm UK*



I had a major breakthrough with my struggle against Procrastination and I cannot wait to share with you what I've learned about it via the Quran and Sunnah. **Contrary to what most people believe, Procrastination is NOT a time management problem, and it is also not even a laziness problem, because even people who are hard-working and organised STILL fall victim to**

procrastination. So where then lies the issue? How do we help ourselves out of this struggle? Well then, my dear Champs, I hope you won't procrastinate in joining us this Sunday for us to tackle and discuss this all important topic together!

[Join Our Sunday Session Here](#)

[Add this event to your GCal](#)

a beautiful dua

Ya Allah, Ya Mateen,
You are the Most
Firm, so re-affirm
our focus and fix our
attention spans to
return to healthy
levels again.

aaplus.co

#abeautifuldua

This beautiful and timely prayer is inspired by one of our fellow Champs, Gheed. ([Catch her episode with me on An Ayah A Day here!](#)) In a time where we are all struggling to have mindfulness and Khusyuk in our Solah, where we speed everything up in 1.5 speed, and where our level of patience is simply non-existent, this prayer is much needed. How do we expect to strengthen our relationship with Allah SWT, with our loved ones, with our children and companions, with our teachers, and with *ourselves*, when we struggle to give them our undivided attention?

quiz for quran queens!

#1



Which Surah was the first to mention about *Tahajud* prayer?

● CLUE: IT'S IN JUZUK 30

aa plus

If you have been to our Calls, you would know I LOVE QUIZES. (Admit it, some of you love it too! :P) So I thought, why not include a Quran Quiz from time to time on our Closer emails! Our very first question centres around Tahajud in commemoration with our Tahajud Night event this Friday, In Sha Allah! What do you think the correct answer is? Here's another Clue - according to most Quran scholars, this Surah was the 3rd Surah to be revealed in chronological order!

[Click Here for the Answer!](#)

muslim meme



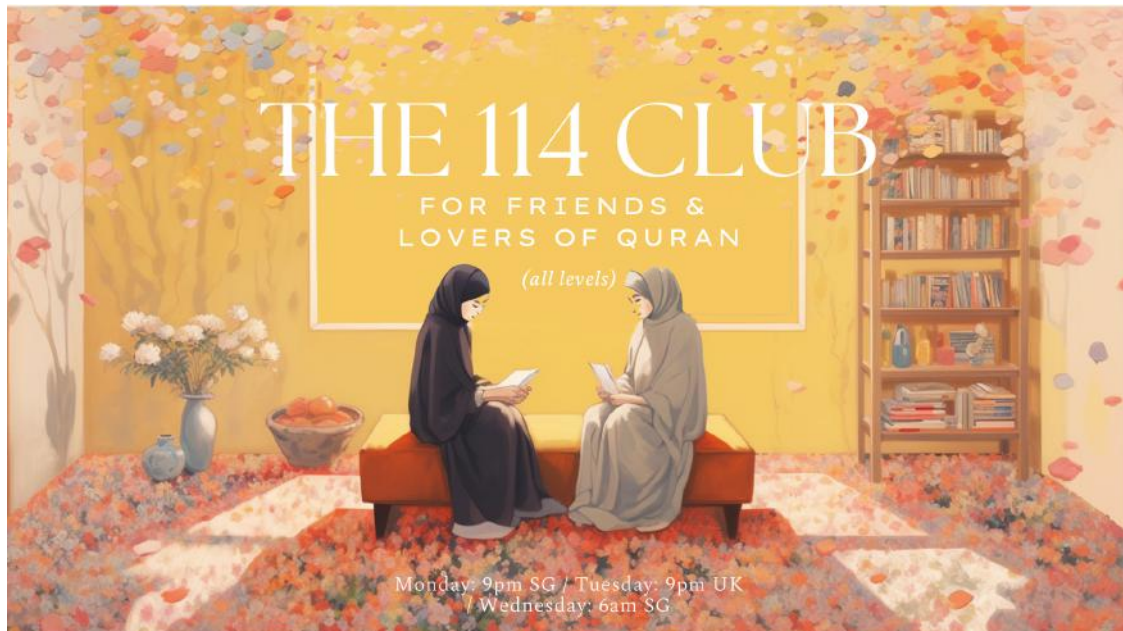
ME TO ME EVERY SINGLE NIGHT BEFORE BED. Who else can relate? One of my teachers told me, "If you find yourself awake, maybe an hour earlier before your Tahajud alarm rang, wake up anyways, because that is Allah waking you up! If you find yourself needing the toilet at 2AM, and you think it's still a little too early to pray Tahajud, take your Wudhu and pray anyways, because that is also Allah waking you up!" Allah SWT wakes us up for Tahajud whenever He wants to, not when **we** think it's ideal to wake up!

to ponder



A few days ago, I had the blessing to attend a funeral, and I say blessing because being there truly brought back in me the urgency not to waste this one life Allah has given me. Rasulullah ﷺ was once asked by his companion, "Which believer is the wisest?" and to this, Rasulullah ﷺ replied, "**The one who remembers death the most and is best in preparing for it. Those are the wisest.**" ([Ibn Majah](#)) How, then are we preparing for Death? Because the one thing we are all guilty of is procrastinating in preparing for our Death. :(

just for you



One of my biggest missions for AA Plus is to help all of you identify yourselves as lovers and friends of the Quran, regardless of your background, age or "reading" capabilities. **This is because the Quran is for everyone, and this includes you.** Today, with a full and bursting heart, I present to you **The 114 Club** (named after the 114 Surahs in the Quran), and every single one of you is now a member of it! As part of this Club, all of you are invited to come to our weekly Quran sessions, which will now also cater to new (even if you don't know the Arabic letters!) and special recitors: **these are the VIPs of The 114 Club!** :) The plan is to now open smaller breakout rooms specially for Champs who wish to practice and correct their recitation alongside the usual Tadarus session, so that everybody can get a chance to recite even a letter of the Quran! This arrangement will begin next week, Monday at 9pm SG (for Asia), and Tuesday at 9pm UK for ROTW, with a whole session on Wednesday (6am SG) dedicated to

only our new and special recitors. **PS: if you are still shy / nervous / hesitating about it, read this!**

[Join The 114 Club Here!](#)

[Add Asia Timing to your GCal](#)

[Add ROTW Timing to your GCal](#)

[Add VIP Recitors Timing to your GCal](#)

And with that, I hope to see you in one of our dates very soon, In Sha Allah! PS: If you have been finding it difficult to come to our sessions and need help in any form, please don't be shy to ask us! We'll be more than happy to assist in any way!

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Because you signed up to become an AA Plus member.*

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