

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

13 April 2020



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

TO TRUST ALLAH IN THE LIGHT
is nothing. but to
TRUST HIM IN THE DARK -
that is faith.

Assalamualaikum my Champions!

Grateful to welcome another new week with all of you today, Alhamdulillah! For

those of you who are new to AA Plus, here's a big, humongous virtual welcome huuuuuuug! I pray that you are settling in just fine, In Sha Allah!

In all honesty and in the hopes of maintaining transparency between us, I am not feeling my best, and that's OK. I'm telling myself that small, shaky steps forward still count and that although it's not right to ignore what's going on outside my walls, I've also come to realise it's not sustainable to engage with it all the time. So if you are feeling slightly overwhelmed, or anxious or worried about everything that's been going on, please don't rush to numb those feelings. **Allah Himself has allowed you to feel them.** Honour those feelings instead, and talk to Him. Be completely vulnerable and ask Him for strength and guidance during this super confusing times.

I see a lot of positive messages out on Social Media reminding us to stay upbeat and hopeful and if that has worked for you, Alhamdulillah. But if that has not resonated with you, and you even feel pressured to "pretend" to be OK, maybe it's time to also practice Social Media "distancing", and just ride out these feelings by taking all the time you need to process it all.

The point is, there is no one way to manoeuvre this pandemic. You just do you and keep Him closest, ok?

Promise?



Coming up this week

on AA Plus!



Monday / 13 April / Woman Up! Podcast

Walking Contradictions

Ever feel like you're never quite being yourself? Like people don't know the real you? But who **really** is the real you? Join Saphia and I on this particularly interesting conversation about the multiple identities we adopt in traversing through life. We also tackled the question of "hypocrisy", of whether being various versions of ourselves gets in the way of living a truly authentic life, and many other things in between! This episode is one of my personal favourites, so be sure to listen in and then share with us your thoughts too ok?

[Listen Now](#)

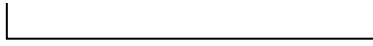


Thursday / 16 April / The Knowledge Vault

Tafsir of the Basmala

This week, Ustazah Farhana will go in-depth on the *Basmala*, or 'Bismillahirrahmanirahim' - a dua we recite **all. the. time**, but have never stopped to ponder on the depth and the beauty of its meaning. My heart (and head lol) was full after this Lesson, so trust me, you don't want to miss this Class! Coming this Thursday, In Sha Allah! PS: I've also been enjoying seeing your beautiful notes and reflections from the first Lesson of Tafsir of Fatiha ([here's the link to the Class if you've missed it](#)), so please keep them coming ok?

Coming Thursday



Intentions for the week



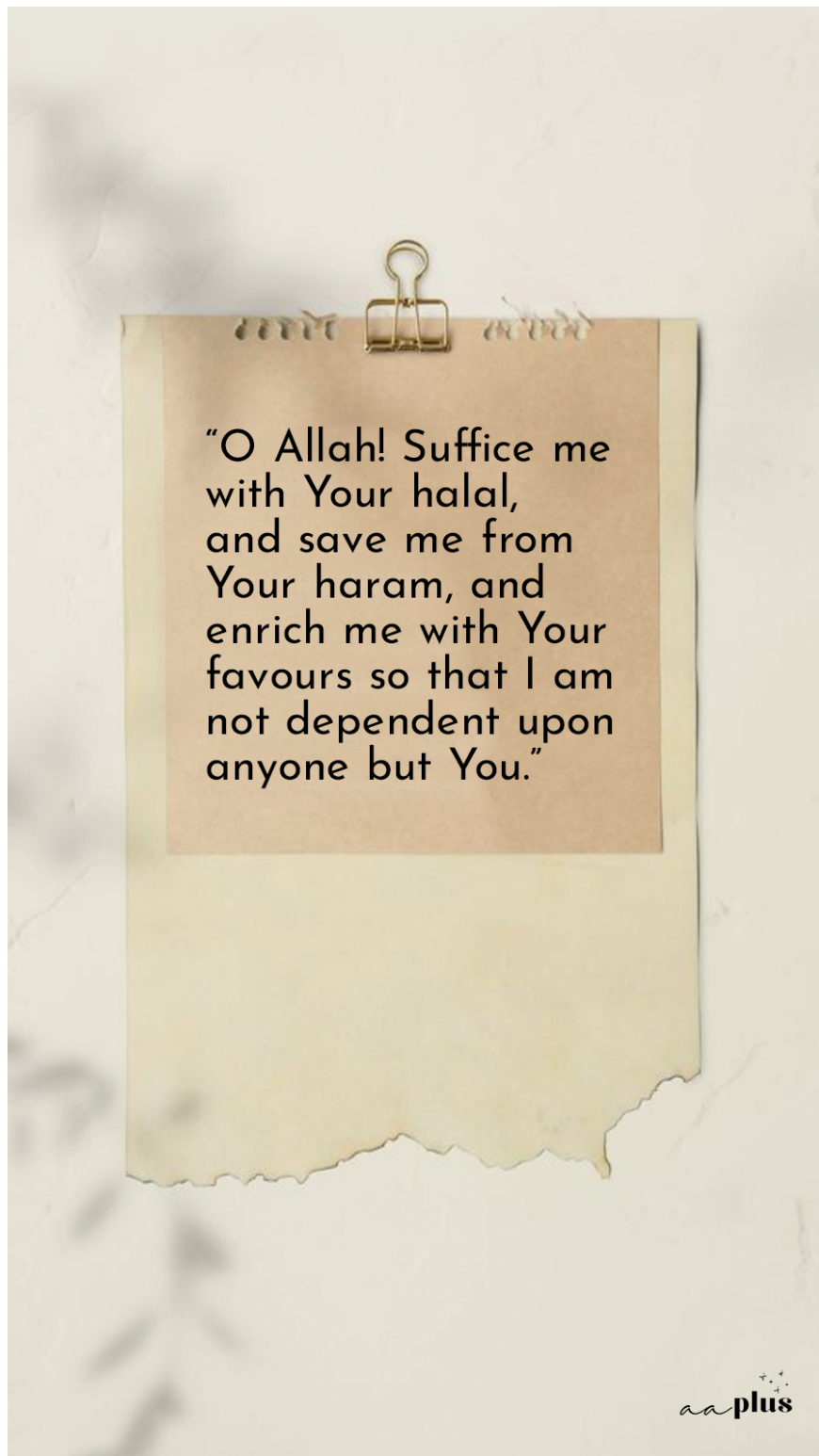
"To travel, inwards"

Because of the current situation, travelling out might be tricky, however, now is actually the best time to do another form of "journeying". If you think this world is vast and wide, then know that your soul is even bigger and more expansive than this earth. **But when** was the last time you took that

journey inwards? When was the last time you tried exploring what's in your heart? Make the intention this week to take advantage of this collective moment of solitude get to know **you**. PS: I'll be hosting a free webinar on this topic with Ustazah Alimatunnisa (yes, **the Ustazah Alima**, the one who taught us Stories of the Prophets) this Thursday at 8.30 pm SG / Malaysia time. I'd love for you to join us there!

[Register for the Webinar Here](#)

a beautiful Dua

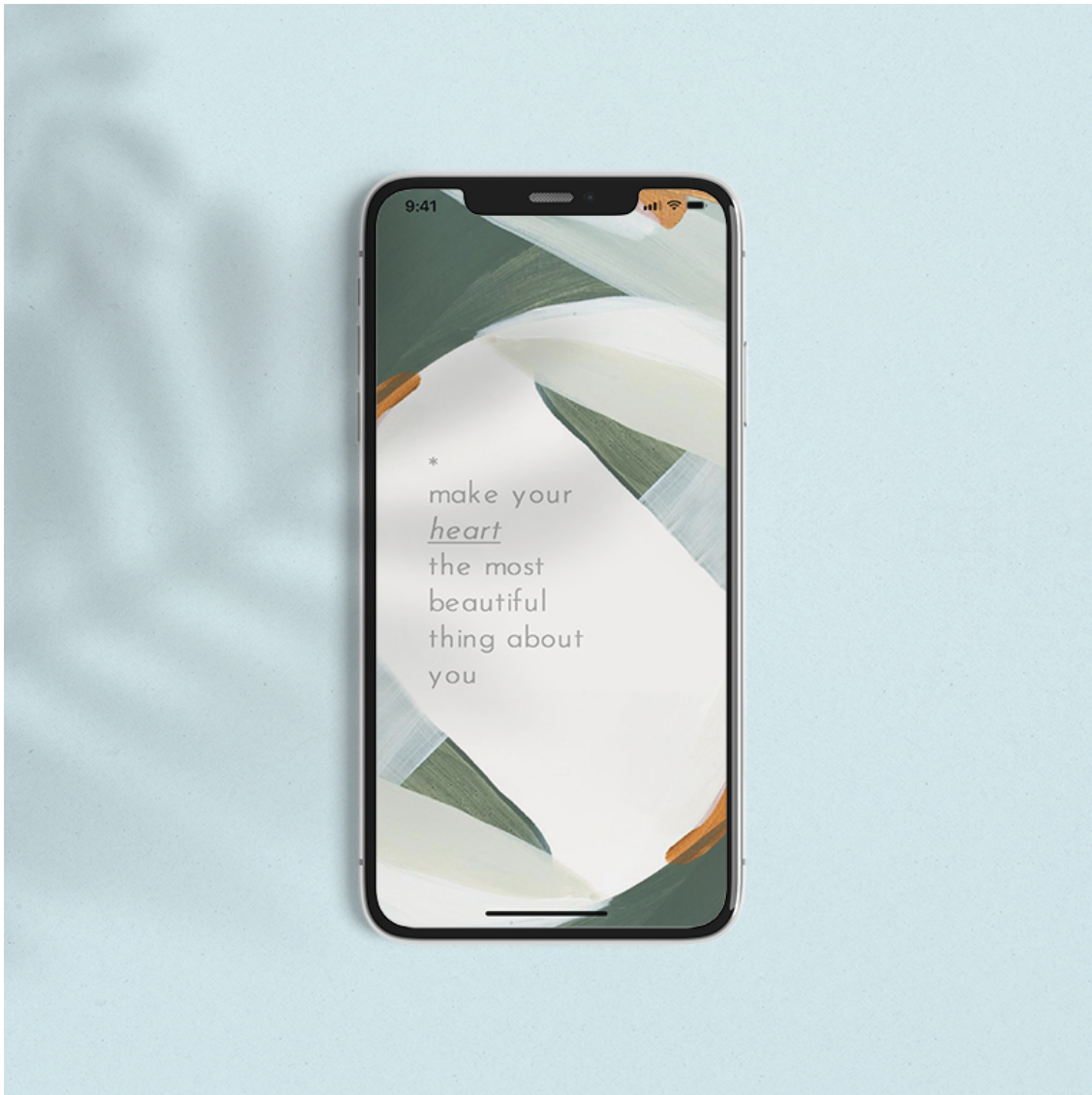


“O Allah! Suffice me
with Your halal,
and save me from
Your haram, and
enrich me with Your
favours so that I am
not dependent upon
anyone but You.”

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For some of us, our source of income has been drastically affected because of what's been happening, and this dua has helped me to remember that Allah alone is ar-Razzaaq: the One Who Sustains and Provides.

Your visual reminder



The inspiration behind this week's wallpaper is the following Hadith:
The Messenger of Allah, peace and blessings be upon him, said:

أَلَا وَإِنَّ فِي الْجَسَدِ مُضَغَةً إِذَا صَلَحَتْ صَلَحَ الْجَسَدُ كُلُّهُ وَإِذَا فَسَدَتْ فَسَدَ الْجَسَدُ كُلُّهُ أَلَا وَهِيَ الْقَلْبُ

Verily, in the body is a piece of flesh which, if sound, the entire body is sound, and if corrupt, the entire body is corrupt. Truly, it is the heart.

I pray that this visual reminder will inspire us all to keep "cleaning" and "decorating" our hearts with beauty through the remembrance of Him.

[Download Here](#)

Muslim Meme

(coz I'm the Queen of Memes :P)

فردوس
@Dows_x

Me, signing my Nikkah contract
when I put "no second wife"
as part of our agreement

rex @rexhighstar_ · 2d

Bomboclaat



L000000000000000000L

Something to Ponder

**If you could hear
the sound of the pens
of the angels writing your name
among those who remember Allah,
you'd die out of joy.**

- Ibn al Qayyim

*

I pray that our names are constantly being written by the angels as those who remember Allah, Amin!

in case you missed it



I N /
G O O D
COMPANY

#ARCHIVE

Catch Up on I.G.C

Before 'The Aida Azlin Show', I did an AA Plus exclusive podcast series called In Good Company where I had so much fun interviewing 12 really inspiring individuals. If you are up to speed with the rest of the content, try listening in to any of these conversations - my personal favourite is with Mr Ibrahim Tahir, the owner and head book seller of Wardah Books.

[Listen Here](#)

Community Spotlight

(highlighting an AA Plus Champion!)



For this week's Community Spotlight, I'm so proud to introduce to you guys [Zeehan](#), a lady who's so generous, so talented and is doing amazing work to help feed the frontliners in Malaysia during this pandemic. Zeehan and her husband run [Copper](#), a fine dining restaurant (which Zeehan has graciously invited me over) and they serve one the best food I've ever tasted in the world. To this day, I'm still dreaming about their delicious food! But what makes me fall in love with this beautiful soul is not just her generosity, but her

determination to always give her all in whatever she do, and that includes striving to be the best Muslimah that she can be. She's also expecting her second child, so let's all make dua that Allah easeeeeeeee her labour journey, and keep both her, and her little angel safe, Amin!

List of 5



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5 THINGS TO DO

Slowly

while praying to Him

1

stroking the cat

2

Chewing delicious food

3

writing in my journal

4

watching the clouds move

5

While I'm writing this email to you, the rain fell ever so gently and I couldn't

help but to look up from my computer screen and just stare at the beautiful sight, slowly. This week's list is inspired by that moment and I'd love to know your list of 5 things that you do slowly. Above is my own answers, but download an empty list template below and then share your answer and tag me at [@aaplus.co](https://www.instagram.com/aaplus.co) ok?

Download Your List of 5 Here

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

fina
X
a.

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