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

#### 22 February 2024



your curated weekly spiritual booster delivered straight to your Inbox

# When it comes to your spirituality, be high-maintenance, not low-effort.

Assalammualaikum my Champions,

I recently was asked if there was a "short cut" to learning Tajwid. I

chuckled because, oh boy, have I asked the same question some years ago too! But I have learned that when it comes to our Spirituality and our relationship with Him, there is no such thing as "short-cuts" - just lots and lots of Effort on our part, and lots and lots of Ease from Allah SWT.:)

The thing is, we cannot be "cheap" when it comes to our Worship - because the only person who we are stealing from is ourselves. When we try to rush through our prayers, when we speed through our Du'as, when we put minimal efforts in our Ibadah, the one that we are depriving and starving is really our own Ruh.

But.

We can go slow.

And steady.

And consistently.

And then build from there.

And yes, sometimes we falter.

And yes, we get distracted and steer a little off.

But start, again.

Go slow.

If it's too much, then

Focus on one.

Perhaps the Solah.

#### Focus on The One.

Quiet everything else.

It's ok to crawl.

It's ok to struggle.

But let's never be cheap.

For we are worthy of the best.

And the state of our hearts can only flourish when it is scrubbed with Istighfar, polished with Quran, cleaned with Tahajjud, strengthened with Ilm, and perfumed with Selawat.

Oh yes, it is rather high-maintenance.

But don't you want a palace in the highest of Jannah too?

# the knowledge vault



Before I recorded this week's TKV episode, I asked Ustazah if I would cry since we will be speaking about The Year of Sadness. She said, "No, don't worry, In Sha Allah" but I ended up crying, laughing, sighing, and melting into a puddle of love because my oh my, what a journey she took me (and you guys too) on! I am looking forward to listening to this Class again with all of you on our Sunday Session so we can all cry (#AACryingClub), and love, and be in awe together. This episode (and this part of the Seerah) truly revived my soul; may it revive yours, too! PS: My team and I are trying out something new for TKV - alongside the Audio and PDF Notes format that all of you are familiar with, we have also included a Video that syncs the lesson with the detailed notes so that you can watch with ease (and also have it

on your screen coz why not??) - we truly hope this will better facilitate your learning!

**Listen to the TKV Episode Here** 

Join Our Listening Party on Sunday Here

Add Sunday's Session Here to your GCal

# champs library



If you missed Part 1 of our Solah Retreat last week or you've been waiting for the Videos to be uploaded so you can replay it at your own convenience, wait no more! I am so excited to share that the super cute video animations that my teammate Reen did are now LIVE in the Champs Library! I am in love with these short videos and foresee myself coming back to them over and over again whenever I need a spiritual booster! PS: The full Series on Solah is here in case you want to delve even deeper, and it's honestly, a masterclass! Ma Sha Allah!

**Watch Solah Retreat Videos Here** 

### a beautiful dua

Ya Allah, let my love for You not be a claim. Let my love for You be true.

aaplus.co

#abeautifuldua

Last week, during our Sunday Session with Ustazah 'Alimatunnisa, she said something that stirred my heart. She said, "Sayidatina Khadijah RA's love for Allah SWT, for Rasulullah , and for this Deen, is true. But what about ours?". Is our love merely a claim? Mere words, and not backed by actions? I pray that Allah SWT purify all our hearts so that our Love is nothing but true that it doesn't shake nor weaken when we are tested but rather strengthens and increases when facing a challenge. Amin.

# quran affirmations

# The Prayer erases bad deeds.

Surah Hud Ayah 114

Establish prayer 'O Prophet' at both ends of the day and in the early part of the night. Surely good deeds wipe out evil deeds. That is a reminder for the mindful.

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I recently read a Hadith that connects to this Ayah and smiled at how... **SIMPLE** and **CLEAR** Allah SWT is with us when it comes to erasing our bad deeds and preventing ourselves from tumbling down a path of sin. Allah's Answer: **Pray**. And what a timely reminder to ponder upon as we kick off our 2nd Week of Solah Retreat happening this Friday, 23 Feb (Asia: 9pm SG / ROTW: 7.30pm UK), In Sha Allah!

We will cover the Ruku', the Sujud, the Tahiyat and many more, so come!

**Join Solah Retreat Part 2 Here** 

# visual reminder

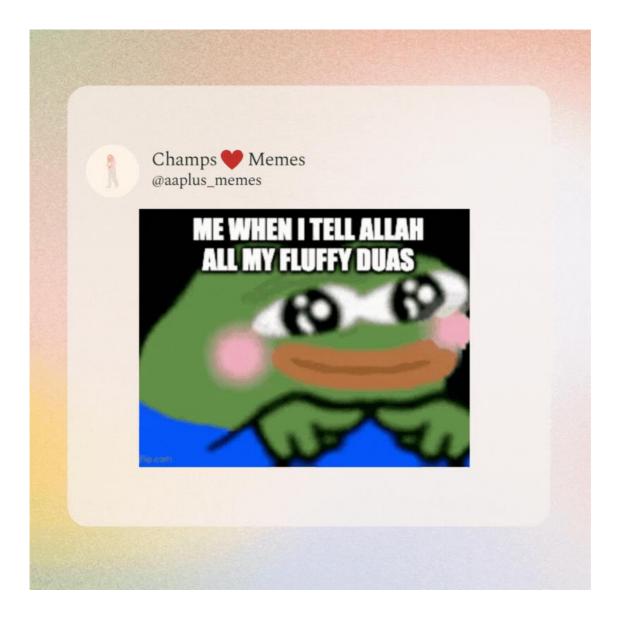


If you had time to read my <u>Tuesday Love Letter this week</u>, I wrote about how I feel safest with Him. This wallpaper is thus another

reminder that no matter what I am feeling at any given moment - whether I am afraid, anxious, overwhelmed, exhausted, etc - I can always find comfort and collapse into His safe embrace through Prayers and Zikir. May this visual reminder be of benefit to you too!

**Download Wallpaper Here** 

## muslim meme



I am at this stage where I am trying to challenge myself to make loooooots of "fasntastical" Du'as instead of just repeating the more conventional, shorter, oft-memorised Du'as and it's making me blush and smile in glee! It's the kind of Du'as where you think to yourself in the corner of your mind, "Not sure how this is gonna happen, BUT I TRUST YOU YA ALLAH! YOU CAN MAKE IT HAPPEN!". Yeah, those kind of Du'as. I hope you make them too!

# to ponder



And following up on the Meme above, we need to remind ourselves that when we do ask from Allah SWT, we are asking from the One who can do ANYTHING, simply by saying, "Be". We are asking from the One who Owns the Heavens and the Universe. We are asking from the One who is all-Perfect, all-Mighty and all-Powerful. We are asking from the One Who can soften any hearts, grant any victories, open any closed doors! So how then can our Du'as be limited (and lazy, might I add  $\ensuremath{\malessuremath{\$ 

And with that, my dearest Champs, may you always pursue the best Spiritual Routine for your Ruh and make the most Majestic Dua's for your being!

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