

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

25 July 2022



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

Solitude without
purpose is torture.
But Solitude with
Him is only full
of wonder.

Assalamualaikum my Champions,

We are currently experiencing a heatwave here in Morocco and it has been both a test and a blessing! Test, because one's energy quickly dwindles in

the heat but blessing because I now have an excuse to stay home all week in the spirit of "seeking shelter from the weather". Even staying indoors, one can't help but still feel lethargic, and my cats, Noor and Khair too, have been especially sluggish lately.

Curious, I googled if this is a "summer" thing, and lo and behold, there's actually a zoological term for it called "estivation" where they experience dormancy and inactivity induced by the heat and dryness of summer!



summer '22
a state of estivation

As I looked at Noor and Khair lying in a state of slumber, I asked myself when was the last time *I* did absolutely nothing. **Even when I'm supposedly resting, my guilt tells me that I should be doing "something". But are we really placed in this world to fill up every single second of our lives with stuff, stuff that most of the time, doesn't benefit nor concern us?**

So I challenged myself to be with myself, in Solitude. But this time around, I wanted to do it with purpose. I wanted to honour every single inhale and exhale, by giving it time, giving it space, giving it the attention it so rightfully deserves and connecting it back to the One who has allowed me to breathe in the first place! Because I know how distracted and mindless I am, I told myself, "just one breath". I did not aim for 5 minutes, not even a minute, but **just one breath of being in solitude with purpose - to remember Allah SWT.**

I realised I've found myself being alone more than a number of times, but it has been torturous because my solitude was without meaning. And when this happens, even though I am physically alone, I'd just reach out for my phone, get restless or I'd end up feeling sorry for myself. But when I connected my solitude with Allah SWT and attached my every breath to the remembrance of Him, that exercise led me to greater clarity and pulled me closer to Him more than an hour of listening to a lecture distractedly, or doing hundreds of Zikir hurriedly did!

Champs, I realised that in this day and age, we are rich with too much information, and gifted with an abundance of tools, but unfortunately, we are poor on purpose, we lack focus, our solitudes are purposeless, and our consistency, is non-existent. And I only write this with the intention that this should serve as a reminder first and foremost to myself, as there is much to fix within my own condition, which truthfully, scares me.

But just as solitude without purpose is torture, so is trying to change ourselves without seeking His Help! And so today I sincerely pray for all of us who are on this path of striving to be a better servant of His, that He carries us through, and that even when the heat of temptation is at an all-time high, He will send a divine wind to blow on our backs, and our feet will become light, and wondrous companions (like all of you on AA Plus) will show up with good cheer and encouragement just when we

thought we no longer can!

(**PS:** My reflection today is hugely influenced by my time alone at home, the past TKV lessons on ['You Are Worthy'](#) and [this book](#) by Shaykh Hamza Yusuf and Imam Zaid Shakir. These 3 combinations is making me feel and think about a lot of things, so please pray for me Champs!)

a beautiful dua

Ya Allah,
allow me to rest
in the experience
that You are right
here with me.

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#abeautifuldua

Champs, we **know** that He is with us and we **know** that He is closer to us

than our jugular veins. ***We know all of that.*** But to actually experience it and to consciously witness it is a whole other level! Which is why I've been making dua for Allah SWT to allow me to rest in the ***experience*** that He is right here with me. Whenever things get overwhelming or confusing, experiencing His Presence within and around us is what keeps us grounded and calm, and I pray that we can all feel this in our day to day. Perhaps it's in the passing of a lone cloud amidst the blue sky, or the satisfying quench of a thirst, or an embrace of a loving parent, or even something comforting that He wanted you to read via a Social Media post; ***He's always here.***

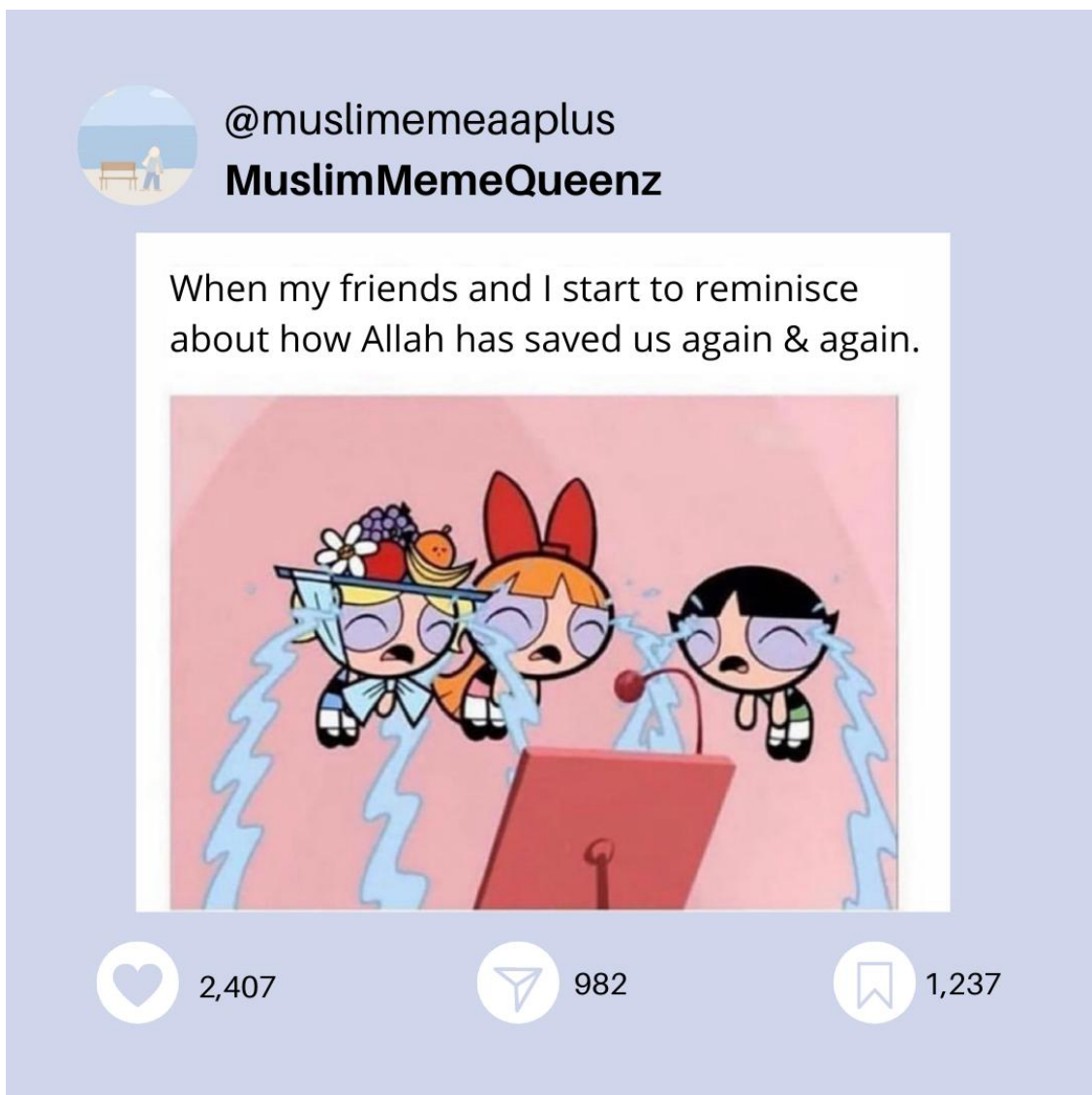
WmPTM



I'm excited to share this week's #WMPTM's reflection by none other than my teammate, Nisa, who is the wonderful illustrator behind all of the beautiful AA Plus Illustrations you've been seeing! When I told her that this week's Hadith is "[Allah is Beautiful, and He loves beauty](#)", Nisa wisely shared: "I feel like sometimes when we are rushing in life or feel overwhelmed, it's easy to leave the "taking care of ourselves" part off the equation. 😊 Some days I only beautify myself when I'm going out to meet people because I work alone and I think "no one will see me anyways!"

but Allah SWT sees! And doing work in your best attire and feeling the best is also part of ihsan and excellence. So this is a reminder for myself to try and show up and beautify my being and heart, no matter how overwhelmed I may be feeling because it will make me feel better afterwards, and also because Allah SWT loves beauty." Hear, hear! 🥰

muslim meme



Gosh, I feel like this every time my girlfriends and I, and even us on some of our AA Plus calls, when we have these reminiscing moments, and our

hearts burst with so much gratitude that our tears can't stop! This happens when one friend starts crying, and another will follow, and then before you know it, all of us starts sobbing and it's a cry fest! 😂😂 I LOVE LOVE LOVE LOVE it when this happens!

to ponder



I was thinking a few days ago, of how **time** will be a witness unto us on the Day of Judgement and on that day, it will be revealed in the utmost detail, how we spent this very life that Allah SWT has given us - and this freaked

me out a little (ok lies, **a lot!**). Until it hit me that it's not just time that will testify for or against me, but I, myself, also will! My limbs will speak out about my own actions - my hands, my legs, my eyes, my ears, my tongue - and they will disclose every single matter, and there will be absolutely nothing I can do about it then! But but but! I can still make changes unto myself **now**, while I still can. On this note, I'm incredibly grateful that Allah SWT speaks about the Day of Judgement in the Quran because in His Generosity and Mercy and Love towards us, He gives us the tools, the time and the opportunity to repent and ready ourselves for it. The question is - will we seize it? Before it's too late?

P.S.:



I'm super super excited to hang out with everybody this Sunday, 9pm SG / 2pm UK In Sha Allah, to not only welcome the new Islamic Year of 1444 Hijriah but to also come together to share and discuss the topic of the day: **"From Heavy Hearts to Happy Hearts!"**. An AA Plus party is not complete without activities, games and reflection sessions, so if you are in need of a much-needed spiritual shower, be sure to join us this weekend!

[Join Champs Tea Party Here!](#)

With that, I hope you guys have enjoyed Closer!

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