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

## 5 July 2020



your curated weekly spiritual booster delivered straight to your Inbox

if allah presents
YOU WITH AN
opportunity
TO DO GOOD,
jump on it.
DON'T WAIT.

Assalammualaikum my Champions,

In our latest Woman Up podcast, Saphia and I shared our "game plan" for the second half of 2020 and one of mine is to not delay doing good. If there's anything Allah has taught us this year, it's that nothing is certain, and although we may think we are young and healthy and we have all of the time in the

world, **our old age is not guaranteed.** Which is why I've been striving to embrace any opportunity that presents itself for me to pull closer to Him.

And of course, that's easier said than done - the devil is gonna tempt you to do otherwise, your nafs will convince you to delay it, or worse, ignore it altogether, but I ground myself by remembering that when Allah has chosen you to do an act of good, then you are more than ready and equipped to do it, so hasten towards it. Don't delay it.

Coming up this week

on AA Plus!



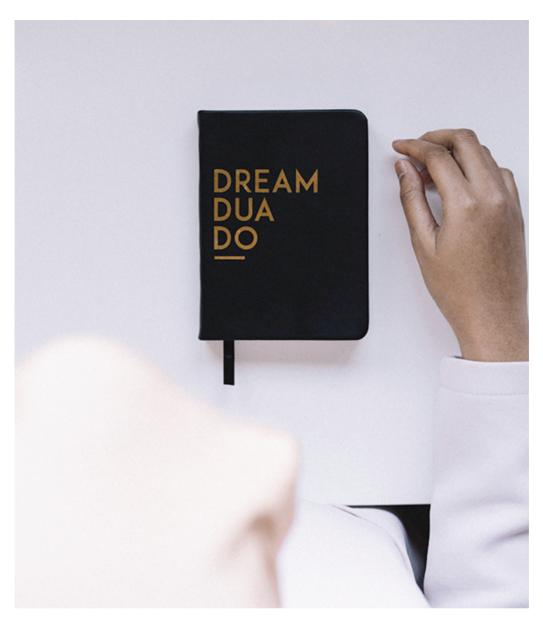
## 2020 Halftime: Reflections + Game Plans

2020 so far has been a very interesting year for many of us. One which has reaffirmed that truly we plan, and Allah plans, and indeed Allah is the best of planners. This episode is all about conversating, reflecting and drawing upon the lessons that 2020 has brought with it. So join Aida and Saphia as they delve into their game plans and what they'll be adopting in moving forward into the remainder of the year. #superchillconvoahead

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(Download PDF Notes for Episode Here)

Intentions for the week



## To Reflect + Journal

A good friend once asked me "how do you save all of the things that you read / learn? Do you write in a journal or...?" It's funny she asked that because although I love writing in my DDD Notebook, some of my biggest avenues for me to reflect on and "journal" in is not really writing things down in my Notebook per se. It's through writing my Tuesday Love Letters, doing my Videos and most importantly, sharing it with K. I once told K, "OMG you are my "notebook" coz I tell you everything and share with you all the cool things I've learned!" and through doing that, it helps me process things even better. If K understands what I'm trying to share, then I'll know that I've grasped what I have just learned. So this week Champs, I urge you to "reflect" and "journal" more - in ways that you think is best for you; be it through sharing it with a loved one, creating content, or writing it just for your eyes only. Let's spread His Love and Light and the beauty of this Deen in all ways, always!

a beautiful Dua



Imam al-Shafi'i (may Allah be pleased with him) at one point in his life, got mixed up in a criminal investigation when he was living in Yemen and was deemed to have been involved in a crime. He was not known in Yemen, and had no local contacts that could testify on his behalf and there was very little he could do. So at the trial, he simply began repeating the du'a above. When he was given a chance to speak, the governor recognized that he is no criminal and was later released. Struggles and hardships will always be a part and parcel of our life, but look at how Imam al-Shafi'i completely relied on Allah SWT and called upon al-Latif, the One Who is Gentle, to "cushion" this hardship. Mama (my Mother in law) would also sit for an hour just invoking "Ya Latif" for each one of her children and I bear witness to how powerful this du'a is.



Friend: how do you wake up for fajar Me:



There's nothing more accurate than this especially since Fajr in London is 2.54 AM! But I don't mind setting all my alarms because truly the barakah and the calmness in the morning is just magical! PS: Can't wait to do one of our weekly challenges this month (on the 29th, check our July Cal for all the challenges!) - which is to stay up together after Fajr! I remember you guys particularly loving this one in Ramadhan and can't wait to do it again with you, In Sha Allah!

Something to Ponder

If evil looks beautiful to you, good will seem tiring and exhausting.



\*

May our spiritual "eye" never turn blind that we aren't able to discern what is good and what is bad, that we stop being able to differentiate between what pleases Allah and what displeases Him. May our hearts be protected always!

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

X