

aa plus

HAIID OUT

WHERE YOUR PAUSE IS REWARDED



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



This pause is a blessing.

We all need a little "haid-out" when it's the time of the month, but that doesn't mean worship have to stop when we are on our period. This space is built for all of us to see our monthly cycle as one of Allah SWT's blessings to us, not a chore nor a burden, and what better way to do this than to be in a warm, cosy space, having some one-on-one quality time with our Beloved?

In this "Haid-Out", you'll find a curated timeline of "spiritual-boosting" suggestions and resources of sorts just for you, special soul!

hida



“Allah intends
for you ease
and does not
intend for you
hardship”

(Surah al-Baqarah 2:185)





aa plus

You are from the Daughter of Adam

Narrated `Aisha:

We set out with the Prophet ﷺ for Hajj and when we reached Sarif I got my menses. When the Prophet ﷺ came to me, I was weeping. He asked, "Why are you weeping?" I said, "I wish if I had not performed Hajj this year." He asked, "May be that you got your menses?" I replied, "Yes." He then said, "**This is the thing which Allah has ordained for all the daughters of Adam.** So do what all the pilgrims do except that you do not perform the Tawaf round the Ka`ba till you are clean."

(Sahih al-Bukhari 305)



A DAY IN THE LIFE OF
A CHAMP
IN HAID-OUT

TAHAJJUD



Rise in the last part of the night

Wash up and get ready for a meeting with the Lord of Heavens because the Prophet ﷺ said, " **Our Lord, the Blessed and the Exalted, descends every night to the lowest heaven when one-third of the later part of the night is left, and says: Who supplicates Me so that I may answer him? Who asks Me so that I may give to him? Who asks Me forgiveness so that I may forgive him? (Bukhari & Muslim)**

Wake Up loved ones for Ibadah

The Prophet ﷺ said, "When a man himself wakes at night and awakens his wife and they pray two rak'ahs together, they are recorded among the men and women who make much mention of Allah." (Sunan Abi Dawud) This applies to family members in general.

Personal Dhikr & Du'a session

Get cosy in your favourite place in the house (facing the Qibla) and prepare for a blessed remembrance session! Begin by invoking the Names of Allah that resonate with your need, send Salawat and engage in Dhikr of Istighfar and Shukr.

Conclude by allowing your heart to pour out in Du'as to Him.

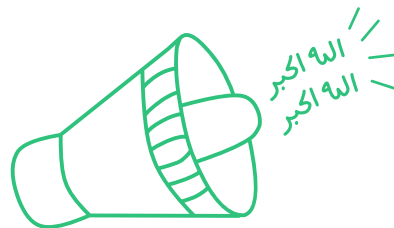




Prepare Sahur for loved ones + continue Dhikr

While preparing Sahur for your family (which is an act of charity in itself!), double the hasanat by continuing your Dhikr session. A recommended Dhikr will be sending *Salawat* upon the Prophet ﷺ.

FAJR



Interact with the Athan during Fajr (and at every prayer timing)

The Prophet ﷺ said, "Whenever you hear the Adhan, say what the Mu'adhin is saying." (Bukhari)

Moreover, "supplication made between the adhan and the iqamah is not rejected". (Sunan Abi Dawud)

He صلى الله
عليه وسلم also said, "Whoever after listening to the Adhan says, '*Allahumma Rabba hadhihidda` watit-tammah, was-salatil qa'imah, ati Muhammadan al-wasilata wal-fadilah, wa b`ath-hu maqaman mahmudan-il-ladhi wa`adtahu*' (O Allah! Lord of this perfect call (perfect by not ascribing partners to You) and of the regular prayer which is going to be established, give Muhammad the right of intercession and illustriousness, and resurrect him to the best and the highest place in Paradise that You promised him), then my intercession for him will be allowed on the Day of Resurrection". (Bukhari)

PS: If you need help memorising the Du'a, we have [a track in our Ramadan mixtape](#) that can help you!



DHUHA



Begin with Charity

The Prophet ﷺ said, "**In the morning, charity is due on every joint bone of the body of every one of you.** Every utterance of Allah's Glorification (saying Subhan Allah) is an act of charity, and every utterance of His Praise (saying Alhamdulillah) is an act of charity and every utterance of declaration of His Greatness (saying La ilaha illAllah) is an act of charity, and enjoining M'aruf (good) is an act of charity, and forbidding Munkar (evil) is an act of charity, and **two Rak'ah Duha prayers which one performs in the forenoon is equal to all this (in reward).**" (Muslim)

In place of the Dhuha prayer, make charity by engaging in the above Dhikr and greet your family as per sunnah of the Prophet ﷺ.


Don't forget breakfast

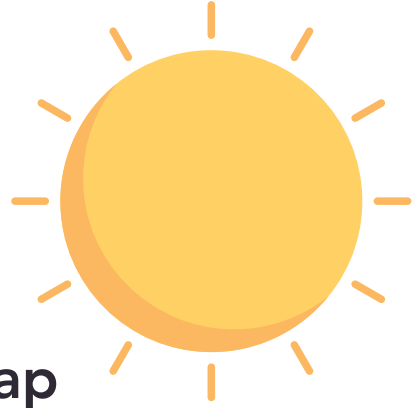
Being in Haid-Out means you need a well-balanced diet to energize your body throughout the day. What you eat can affect how you feel, so don't skip this important meal! The Prophet ﷺ himself never skipped breakfast if there was food, otherwise seeing there was none he would fast.

Start work early

It was narrated from Sakhr Al-Ghamidi that the Prophet ﷺ said: "**O Allah, bless my nation in their early mornings.**" (Tirmidhi)

Muslims at the time of the Prophet ﷺ knew to come to the Prophet ﷺ at this time of the day because he ﷺ used to busy himself with social and political affairs in the morning. Let's emulate our Prophet ﷺ in being a morning person!





DHUHR

Take a Sunnah pre-Dhuhr nap

If your schedule allows, take the mid-day nap, also known as *Qailullah*, which is preferred by our Prophet ﷺ and is widely practised across the world (*siesta*, anyone?) as it helps improve alertness and your general well-being.

Lunch + Dhikr

After a quick lunch, seek a quiet space to do some lighthearted Dhikr such as the Du'a of Prophet Yunus. You can also join the Dhikr call at the Champs Veranda during this time.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

la ilaha illa anta subhanaka inni kuntu minaz-zalimin

**"There is none worthy of worship except You,
Glory to You, Indeed, I have been of the
transgressors".**



ASAR

Prepare Iftar for your loved ones

The Prophet ﷺ said: "Whoever provides the food for a fasting person to break his fast with, **then for him is the same reward** as his (the fasting person's), without anything being diminished from the reward of the fasting person." (Tirmidhi)

You can also perform charity by ordering food for your friends who may be spending Ramadan alone, or who are incapable of cooking for themselves!





Listen to Podcasts while preparing Iftar

Renew and purify intentions for seeking knowledge. Intend it as an effort to develop yourself, to contribute to society or for the betterment of your family.

Here are some TKV suggestions for you you can listen to while your hands get busy!

1. Becoming Muslims: The Tenacious Faith of The First Converts
2. Rewiring Selflessness: How to Serve Without Burning Out
3. Treading This World Lightly - Characteristics of the Servants of the Most Merciful

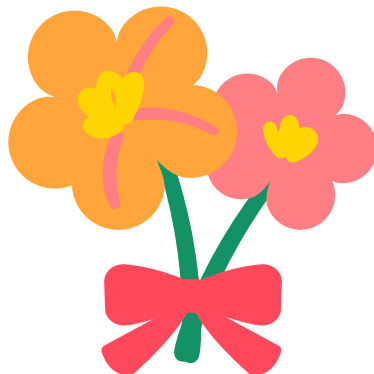


MAGRIB / IFTAR

Give thanks to Allah abundantly

Thank Allah for the Iftar spread on the table, for another day of Ramadan with your loved ones and for the ability to perform good the whole day.

Aisha reported: If the Prophet ﷺ saw something he liked, he would say, **“All praise is due to Allah, by whose favour good deeds are accomplished.”** If the Prophet ﷺ saw something he disliked, he would say, **“All praise is due to Allah in every circumstance.”** (Sunan Ibn Majah)





ISHA'

Listen to Quran recitation

Don't break your connection with the Quran just because you can't read or touch it. Read up on its translations, refine your Tajwid, learn tafsirs of a surah of your choice or join the AA Plus family in the Quran Meadow!

Read Tasbih Fatimiyyah before sleeping to add barakah to your energy

In response to his daughter's request for extra help, the Prophet ﷺ said, "Shall I tell you a thing which is better than what you asked me for? **When you go to your beds, say: 'Allahu Akbar (Allah is Greater)' 34 times, and 'Alhamdulillah (all the praises are for Allah)' 33 times, and SubhanAllah (Glorified be Allah) 33 times.** This is better for you than what you have requested."
(Bukhari)



A Haid Out Itinerary

TAHAJJUD

- ♥ Rise for Tahajjud
- ♥ Wake up loved ones for Ibadah
- ♥ Personal Du'a & Dhikr session
- ♥ Prepare Sahur for loved ones + Dhikr

FAJR

- ♥ Interact with Athan

DHUHA

- ♥ Begin the day with Charity
- ♥ Don't forget breakfast!
- ♥ Start work early

DHUHR

- ♥ Take a Sunnah pre-Dhuhr nap
- ♥ Have lunch + Dhikr

ASAR

- ♥ Prepare iftar for loved ones + listen to podcast while you are at it

MAGRIB

- ♥ Give thanks to Allah

ISHA'

- ♥ Listen to the Quran / Join Tadarus Meadow
- ♥ Recite Tasbih Fatimiyyah before sleep



A HAID OUT ITINERARY

(WEEKEND EDITION)

TAHAJJUD

- ♥ Rise for Tahajjud
- ♥ Wake up loved ones for Ibadah
- ♥ Personal Du'a & Dhikr session
- ♥ Prepare Sahur for loved ones + Dhikr

FAJR

- ♥ Interact with Athan

DHUHA

- ♥ Begin the day with Charity
- ♥ Don't forget breakfast!
- ♥ Visit family or relatives

DHUHR

- ♥ Take a Sunnah pre-Dhuhr nap
- ♥ Have lunch + take a walk outside!

ASAR

- ♥ Prepare iftar for loved ones + read a book
- ♥ Spring clean the house!

MAGRIB

- ♥ Give thanks to Allah

ISHA'

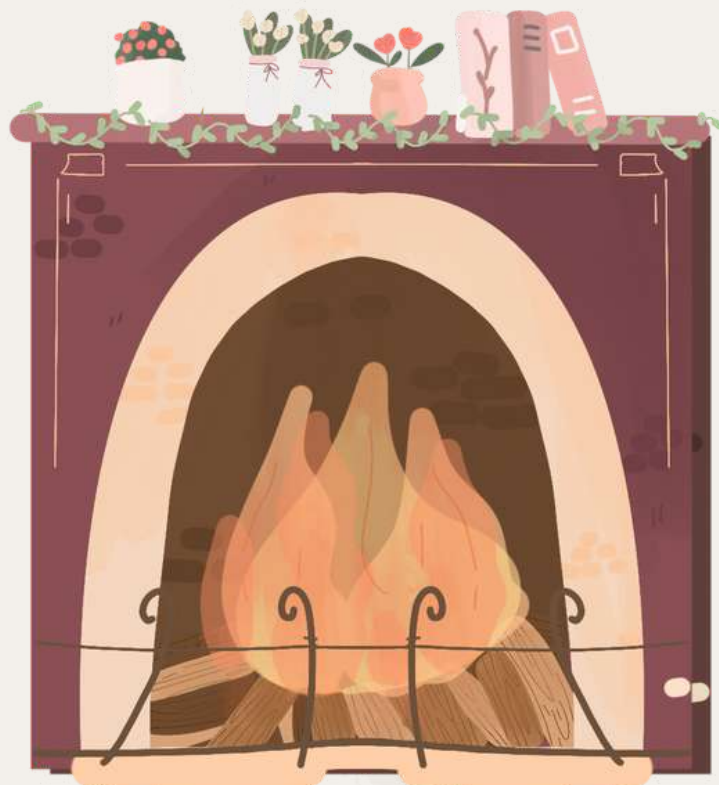
- ♥ Listen to the Quran / Join Tadarus Meadow
- ♥ Recite Tasbih Fatimiyyah before sleep



The Prophet ﷺ said,

“Supplication
(du’a) is itself
worship”

(Abu Dawud)





Du'a for Laylatul Qadr

'A'isha said, "I asked: "O Messenger of Allah! If I realize Lailat-ul-Qadr (Night of Decree), what should I supplicate in it?"

He ﷺ replied, "You should supplicate:

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

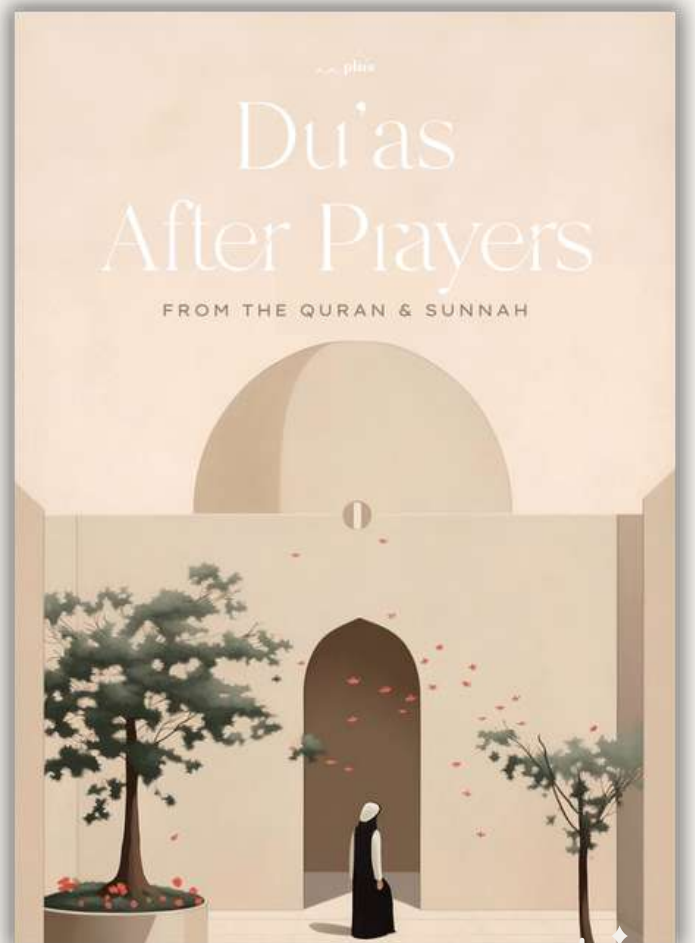
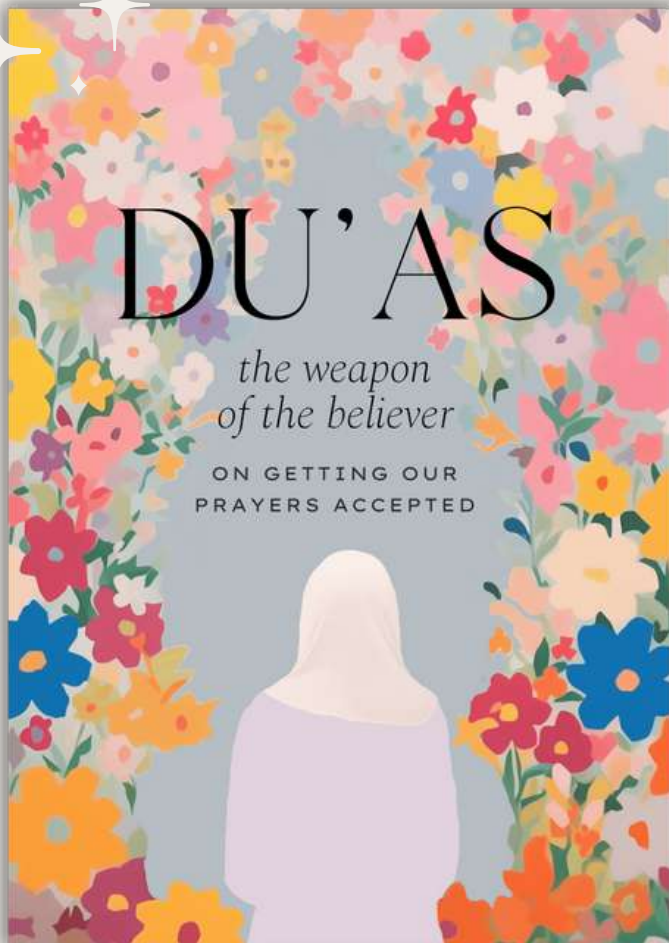
Allahumma innaka `afuwwun tuhibbul `afwa fa`fu
`annee

**O Allah, You are Most Forgiving, and You
love forgiveness; so forgive me.**

(Tirmidhi)

ALL ABOUT DU'AS

If you need more guidance in making du'as, here are two AA Plus publications you can check out in the Champs Library!



P.S. Even if you can't read the du'a in Arabic, you can still read the English translations!

P.



'When a slave falls ill or travels, then he will get reward similar to that he gets for good deeds practiced at home when in good health.'

(Bukhari)



Remember,

YOU ARE STILL
A WORTHY
BELIEVER, AND
YOU ARE STILL
REWARDED!

If you were to get your period during Ramadan, don't feel like it's a setback. There are a lot more paths to Allah SWT, so take this time to ramp up on many other good deeds!

You've got this, Champ!

