

EDITION
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closer



**GIVE YOURSELF THE
PERMISSION FOR JOY!**

Joy isn't frivolous; it's Sunnah.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allah, the Most Gracious, the Most Merciful

4 Jun 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

Joy isn't frivolous,
it's **Sunnah**.

Assalamualaikum my Champions,

Can I ask you something?

When was the last time you let yourself be truly joyful - not as a reward for finishing something, not after a worry resolved itself, but just because you are alive, you are a Believer, and you know who your Rabb is?

I've been sitting with this question for a while now, and I keep coming back to the same realisation: we should be the most joyful people on this earth. Not despite our faith, but because of it. Rasulullah ﷺ was described as someone who smiled easily and often. And this wasn't a man who was sheltered from hardship. He ﷺ was the most aware human being who ever lived, acutely conscious of the weight of this world and the next. And yet, joy was his default.

That tells me everything.

Joy is not naivety.

Joy is what happens when you know,
deep in your bones, Who is holding you.

There is a beautiful hadith that never fails to soften my heart: **"Strange are the ways of a believer for there is good in every affair of his and this is not the case with anyone else except in the case of a believer."** (Muslim) IN EVERY AFFAIR OF HIS, Champs, i.e. in EVERYTHING. i.e., in the good seasons and the hard ones, the answered duas and the ones still waiting.

When we truly internalise that our Rabb is Al-Wadud (the Most Loving), Al-Latif (the Most Gentle) and that He has never once taken His Gaze off us, how can we not move through this world a little lighter?

We are fully cared for by the One Who Loves us most.

And yet we sometimes forget to live like it.

Rasulullah ﷺ also told us that the person who is gentle, easy-going and approachable is forbidden from the Fire. **Forbidden**. Being someone whose presence puts people at ease, who doesn't carry unnecessary heaviness, who laughs freely and makes life a little warmer - **this is beloved to Allah SWT**. So if you've ever felt guilty for being too joyful, too silly, too soft - please let that guilt go.

I also believe in the power of adding a little *whimsy* in your everyday life. This is not fluff. This is the gentle, practical art of making your ordinary days feel like they belong to you. Rasulullah named his belongings - his sword, his animals, his tools. He found meaning and warmth in the small things. ***I think we've forgotten that we are allowed to do the same.*** I name my journal *Ahlam* - "Dreams" in Arabic - because it holds my duas, my hopes, my quiet conversations with myself and with Allah. A friend of mine shouts "**GUARDS!**" in her head when a negative thought creeps in. Sometimes when I pass a mirror, I catch my own eye and say "*my lady*" with a little smile.

Small? Yes.

Silly? Maybe.

But these tiny acts of lightness are what keep our days soft. They are what turn a mundane Tuesday into something that feels, even just a little, like a life being lovingly lived.

So Champs, I hope you know that joy is not something you earn at the end of a hard season. It is not waiting for you on the other side of your to-do list. It is available to you right now, in this moment, as a gift from a Rabb who fashioned delight into the very fabric of this world - in soft, gentle breezes, in a good laugh, in the name you give your journal, in the smile you give yourself.

I hope you will give yourself permission for Joy. :)

PS: What's your whimsy? Share with me!

coming up on aa plus!



I don't know if it's the Summer energy or the longer days, but something in June just hits different! The energy feels lighter and more full, and I am so excited to spend it with you Champs. This month, we have a beautiful lineup of sessions covering everything from the power of Istikharah and Istighfar, to welcoming the new Hijri year, to simply celebrating the joy of being alive and being *us*! Some of these sessions also have timings for both Asia and ROTW Champs, because no one gets left out! But please, no pressure to show up for everything - **come for what calls to you and what serves you in *your* current season of life.** Each session is here to hold space for a different heart, and I trust you know which one is yours. :) **PS:** If you'd love to volunteer and help us make the **Champs Joy Room (Hobbies Edition)** or our **7th Year Anniversary Party** extra special, we would love to have you in any capacity. Reply to us, and we'll share more details!

Sync all AA Plus Events to your GCal

Join all Sessions Here!

a beautiful du'a



This week's beautiful du'a is the **Du'a of Istikharah**, and it is a prayer that I will always, always have a soft spot for. ❤️ Sayidina Jabir (RA) narrated that Rasulullah ﷺ would teach the companions this du'a the same way he would teach them a Surah of the Qur'an - that alone tells us everything about how much he ﷺ wanted us to hold on to this prayer. It is a Du'a of complete surrender, where we hand our affairs to the One Who knows all. . And if you've been sitting with a heavy decision lately, or quietly carrying the weight of something you just can't figure out, next Sunday's session is for you. **You've Been Carrying Enough: An Evening on Istikharah, Istighfar & Coming Home to Peace** - I hope you will join us!

[Read the full Du'a of Istikhrah Here](#)

the art of noticing



Champs, hear me out. I have a completely unscientific and unverified theory that I stand by with my whole chest: **conversations in warm, amber lighting spaces always revolve around the heart, while white lighting spaces bring out the LinkedIn in people.** 😂 I genuinely believe yellow lighting is doing more for our emotional well-being than we give it credit for, hence this week's spotlight in our Art of Noticing! This is probably why there is not a single white light bulb in my home, and In Sha Allah, I intend to keep it that way. :P If you have some ambient lighting in your home, share some photos with me - I'd love to see~!

visual reminder

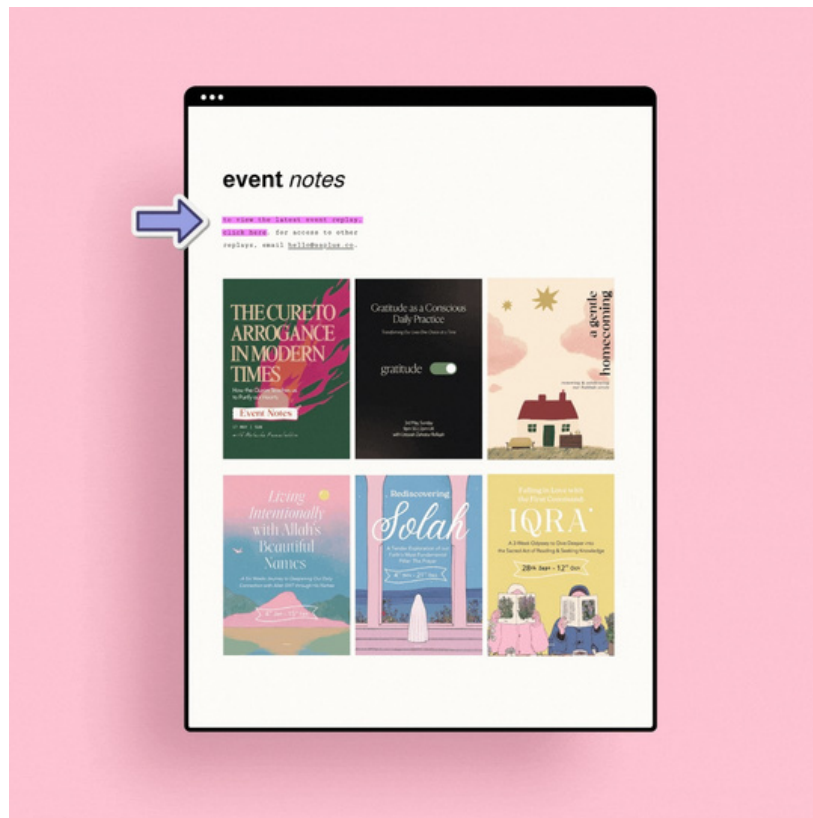


Bringing back this visual reminder (which is inspired by Du'a of Istikharah) in anticipation of next Sunday's event. This has been my wallpaper on my work phone for more than a year because I am always making decisions for AA Plus, and it serves as a reminder to always run to Him first and seek His Perfect Guidance in choosing the best for us. May they be of benefit for you, too, Champs!

[Download Phone Wallpaper Here!](#)

[Download Desktop Wallpaper Here!](#)

ps:



You spoke, we listened. A huge shoutout to Champ Rosni for suggesting that we keep the latest event replay on our website with a time-sensitive link! We loved this idea so much that we went ahead and made it happen.

You can now find the video replay of the most recent Teacher-Led Sessions on our Event Notes page, available for a limited two-week window. After that, it comes down - so do catch it while you can.

We will continue offering Live Replay Sessions and Event Notes because we know how much they mean to this community, and that's not changing.

If you have thoughts on how we can make AA Plus a better home for you, we are always all ears. 💕

[View Event Notes Page Here](#)

FIN.
x
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