

EDITION
29/1/26

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closer



**ARE THERE LOCKS
UPON YOUR HEART?**

*Your heart turns, moment by moment.
But let it never be locked.*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

29 January 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Your heart turns,
moment by moment.
But let it never
be locked.*

Assalamualaikum my Champions,

Allah SWT asks us in the Quran:

أَفَلَا يَتَذَبَّرُونَ أَلَمْ نَكُفِّرْ عَنْ قُلُوبِ أَفْقَالِهَا

Will they not contemplate the Quran?

Do they have locks on their hearts?

([Quran 47:24](#))

I sat with this Ayah and saw two words that pulled my heart.

The first word is "***Tadabbur***".

When I was reading the survey answers that some of you filled out for our [Ramadan 2026 timings](#), many of you requested to have time for "Tadabbur" of the Quran. (I love this, In Sha Allah, we'll arrange for it!) **But do we know what Tadabbur really means?**

Tadabbur (تَدَبَّرَ) is originally from the word دُبَّرَ which means the back of something. It means that when you hear or see something, **you wonder what lies behind it**. So tadabbur isn't just skimming the surface - it's going beyond what's obvious. It's turning something over in your mind, looking at it from every angle, pondering what lies behind the words, the wisdom, the lessons, the consequences.

Tadabbur requires effort. It requires us to care, to be curious, and to use the intellect that Allah SWT has given us.

The second word is "***Qulub***". Which means the hearts.

In Arabic, Qalb (singular) or Qulub (plural) means to turn over, around, upside down or inside out; to reverse, to twist; to waver. Oh, how very accurate is this description of the heart!

But having all of these emotions in our hearts is not the problem - Allah SWT created us, He understands that our hearts will turn, change, and waver.

The issue isn't having those feelings; it's what we do with them. Do we run to Him when our hearts feel heavy? Do we bring our worries, regrets, and joys straight to Allah SWT? Do we humble ourselves and seek His help? Or do we ignore our hearts, becoming emotionally illiterate - numb to what our hearts are trying to tell us?

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Today, I am coming with questions for you.

And these are questions I ask myself, too.

- 1) Do you bring your heart to the Quran?
- 2) Is your heart moved when you read the Quran?
- 3) When your heart feels locked, do you turn to the Quran to unlock it, sitting with the Ayat, reflecting deeply, and letting them speak to your condition?

These aren't just questions to answer quickly. They're invitations. An invitation to pause, to sit with the Quran not just as words on a page, but as an active conversation with our Rabb. Champs, let's commit to [one small act of tadabbur today](#).

Pick an ayah that's been on your mind, sit with it quietly, and ask: What is Allah telling my heart right now?

May Allah SWT remove any locks from our hearts, grant us deep tadabbur, and [make the Quran the spring of our hearts](#), Amin!

new aa plus event!



Have you ever felt stuck, yet sensed a gentle nudge from Allah ST opening unseen doors in the most unexpected ways? In our next AA Plus session this Sunday, join our ever-gentle, ever-wise Ustazah Mardhiyah Yusof as we explore the profound wisdom of **Al- Fattah** (The Opener) and **Al-Lateef** (The Subtle & Gracious). Discover how these beautiful Names work together: al-Fattah in opening the path to victory for us, while Al-Lateef weaves His Mercy through the finest details of our lives. I have a feeling this Session will not only deepen our tawakkul and trust in His Plans for us, but it is also an invitation to witness how Allah SWT has subtly opened and will keep opening our doors for us in our own journeys!

[Join the Session Here](#)

icymi

Under Allah's Perfect Care: As Sami', Al Baseer



with Ustazah Farhana Mumshi



I am so grateful that Ustazah Farhana introduced us to the 20 Attributes of Allah SWT before diving into the Names As-Sami and Al-Baseer (which are included in these 20 attributes) - a much-needed Aqidah refresher for me. She also made us reflect on the Majesty of Allah's Hearing and Sight, which, unlike ours, has no limit, beginning, or end. He neither needs a physical organ to hear nor to see. Ustazah then reflected on Stories of the Prophets and Awliyas (may Allah bless them all) who call upon these two Names in their Du'as, and how it assists them with tasks that may be perceived impossible by human beings. But, how would the Hearing and Sight of Allah helped them in their tasks? How does knowing Allah is All-Hearing and All-Seeing keep us rooted in our servitude to Allah? In Sha Allah, you will find answers in this lesson!

[Listen to the Replay Here](#)

Journaling with Champs



We've reached Part Four of the Champs Reflection Journal, Alhamdulillah, and what a heartfelt collection of personal stories this week is! From Hidayah's comforting reminder that Al-Khabeer knows our deepest unspoken struggles to Ibtisam's workplace frustration transformed by embodying Al-Haleem's patient forbearance, Reen's honest battle with her low iman and Aisyah's tender realisation as a mother that Ash-Shakoor never wastes sincere efforts. Reading these raw, relatable reflections truly helps me in drawing closer to Him - may Allah SWT reward every single Champ who has shared in this collective journalling exercise! And if you would like to join us in reflecting on some of Allah's Beautiful Names, reply to this email, and we'll share more.

[Read Champs Stories with His Names Here!](#)

mindset shift

THE
TRANQUILITY
IN YOUR
HEART IS
CONNECTED
TO THE
TAWHID IN
YOUR HEART.

aaplus

This mindset shift is inspired by what Hidayah wrote in her reflection for the Name al-Khabeer: **"Through remembering Al-Kabeer, my heart began to rest - not because answers arrived, but because perspective returned."** Subhan'Allah! The peace in our hearts comes from truly believing that Allah is One. When we feel anxious or worried, it is usually because there are cracks in our Trust in Him. But when we remember Who is He - in all of His Attributes and His Beautiful Names - how He is All-Knowing, All-Seeing, All-Merciful, All-Wise - **our hearts will be Saleem** (tranquil). If we let anything else fill that space instead of Him, chaos takes over, and the heart will feel heavy. :(Alhamdulillah for these reminders that gently pull us back to Him and restore the calm we truly need.

gratitude garden



This week, I joined the Champs Asmaul Husna Journalling challenge, and the Name I received was Al-Ghafoor, The All-Forgiving. Reflecting on this beautiful Name has truly renewed my love for istighfar. Beyond all the incredible virtues of seeking forgiveness - like how it brings relief, wipes away sins, and opens doors to Rizq - one of my absolute favourite things about saying "*Astaghfirullah*" is how it feels like I'm making a quiet promise. **A promise to Allah SWT that I truly want to do better, and a promise to myself that I'm choosing growth over staying stuck.** PS: I love listening to [Alia's Istighfar](#) and [Maryam Jamilah's Sayidul Istighfar](#) on our Champs Mixtape - they are my day to day Zikir Buddies!

visual reminder



I'm still very much in awe of our Tawhid, and I pray, I will always be, hence, this visual reminder this week! May we always anchor ourselves and fill ourselves with the One and Only. :)

[Download the Wallpaper Here](#)

to ponder



I once read a beautiful reminder from Ibn al-Jawzi: "This world is a bridge, and a bridge should not be taken as a home." It has stayed with me ever since. Today, I met my Quran teacher to review my memorization, and when we checked the dates, I realized it had been a full 10 days since our last session. In those 10 days, I only managed to memorize a small number of Ayahs. When she kindly asked if I was okay, I smiled and said honestly, "My heart was troubled these past few days, but don't worry - it's just the dunya." We both laughed about it, and now that the worry has passed, *I can laugh too*. But looking back, I see how easily I let worldly things pull my focus away from what really matters.

The bridge felt like home for a moment, and my heart got heavy because of it. May we remember that this life is only a passing place and our job is to cross it carefully, with lots, and lots of good deeds and tawakkul, Amin!

ps:

You are in my du'as. :)

FIN.

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