

EDITION
30/4/26

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closer



THE ART OF SPOTTING GLIMMERS

*Tiny sparks of awe that remind us
that the world Allah created
for us is full of wonders.*

30 April 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

Glimmers:

Tiny sparks of awe
that remind us this life
Allah has gifted us is
brimming with wonders.

Assalamualaikum my Champions,

I always look forward to a certain hour in the late afternoon when the light from the sun would shine through my home, hitting a small glitter ball that hangs on my window. When that happens, my home would literally glimmer and it always brings a huge smile to my face!



I don't know if it's the way the light dances, or how my cats leisurely lounge and bathe in the warm rays, but when that happens, it always takes my breath away. I see it as a Divine Invitation to stop whatever I am doing, take a deep inhale, and breathe out a whole lot of gratitude to the One Who sustains, protects, and showers me with blessings after blessings. :)

When I first read about the concept of "glimmers" being an actual **thing** - how it is the opposite of "triggers" and that having a gentle, consistent practice of finding **glimmers** in your day-to-day helps calm the nervous system, has a positive effect on our mental health, and generally improves our well-being, I immediately thought... ***Isn't this exactly what "Alhamdulillah" is?***

As a Muslim, I am a big believer that Gratitude is a muscle that we can train and strengthen. Meaning, it is not a state of **being** that magically happens; rather, it is an act of **worship** that we consciously choose to **do** every day, i.e. gratitude has to be our **only** attitude. :P

In order to be from the People of Alhamdulillah, the people whom Rasulullah ﷺ says will be [the first to be called to Jannah](#) because they are those who يَحْمَدُونَ اللَّهَ - "who Praise and Thank Allah in prosperity and adversity", we need to train our minds, hearts and senses to spot these glimmers in our lives.

The rustling of the leaves.

The warm goodbye hug at the door.

The smell of bread in the oven.

The passing of a cloud.

Every ordinary moment holds the potential to become a glimmer, a reminder of Allah's Love and Mercy in the world He created just for us. :)

So Champs, let us all intend to:

Seek everyday glimmers.

Train our Gratitude muscle.

And be from the People of Alhamdulillah.

Amin!

a beautiful du'a

Ya Allah, grant me
the wisdom to
choose wisely whom
I should love, for
they are the ones
through whom I
will also be tested.

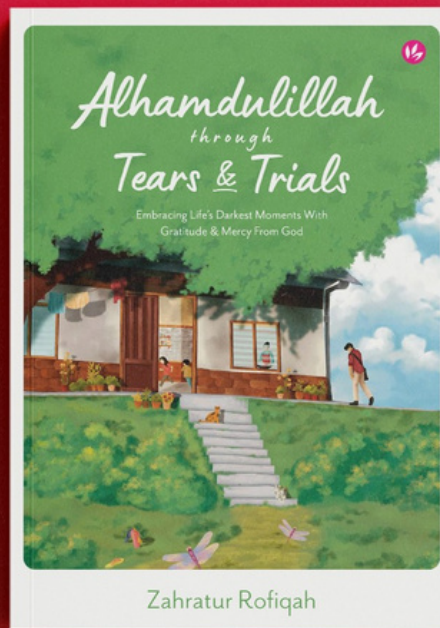
aaplus.co

#abeautifuldua

One of my teachers once said, "A true mark of a good friend is someone who, even after the friendship has ended, you are certain she will never speak ill of you, and you would never speak ill of her either".

Subhanallah. The people we let into our hearts are not just sources of joy, they also become the very means by which our character, patience, loyalty, and faith are tested. A right friend lifts you closer to Allah, but a wrong one can pull you into trials you never anticipated. Which is why I have been making this Du'a - because love shapes us, and sometimes breaks us. Choosing wisely protects not only our peace, but our Akhirah.

#areads



This is the book that first introduced me to the beautiful soul that is Ustazah Zahratur Rofiqah. You wouldn't believe how many sticky tabs I have in this book, Subhanallah, almost every other page touched something deep inside me. I saw myself in her words: the quiet struggles, the tears no one else saw, the moments of doubt, and the gentle return to Gratitude. If you're going through something heavy right now, or simply want to strengthen your relationship with your Rabb through the path of Alhamdulillah, I highly recommend this book. (Or you can come to this Sunday's Event and learn from the writer herself :P)

the art of noticing

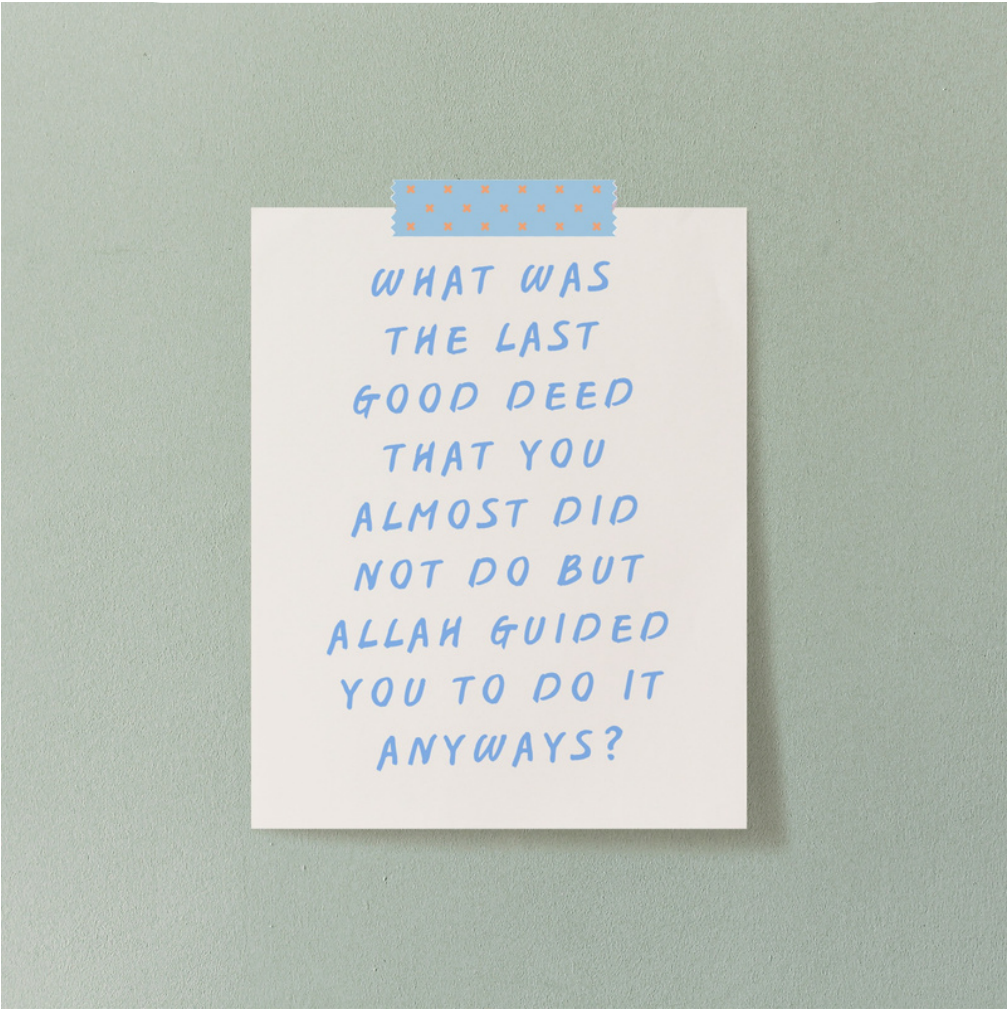


MEALTIME

THE ART OF NOTICING

For this week's "**Art of Noticing**", I want to celebrate food and our meal times! We eat every single day, but how often do we truly savour it? The taste, the smell, the texture, the colours! Do we chew slowly... or are we too busy watching shows (at 2x speed) while chomping down a meal? **This week, I invite you to notice the sustenance before you.** Pause for a moment and truly taste what you're eating. Breathe in the aroma, taste the bursting flavours, and give thanks for every bite. If you have a mindful meal moment - share it with me! I'd love to (virtually) have a taste of it. :)

to ponder



WHAT WAS
THE LAST
GOOD DEED
THAT YOU
ALMOST DID
NOT DO BUT
ALLAH GUIDED
YOU TO DO IT
ANYWAYS?

There are so many good deeds I would never have done if it weren't for Allah's immense Mercy and gentle Guidance. So often my nafs, self-doubt, laziness, procrastination, or pride would whisper "*later,*" "*you're not ready,*" or "*it won't make a difference anyway*" - and I would almost listen. But time and time again, Allah SWT will nudge my heart, remove the barriers, and give me the strength to act anyway. Subhanallah. It is a beautiful reminder of how Kind and Patient He is with us. **Even when we hesitate, delay, or feel unworthy, His Mercy reaches us first.** Alhamdulillah for a Rabb Who never gives up on His servants. 🥹❤️

FIN.

X

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