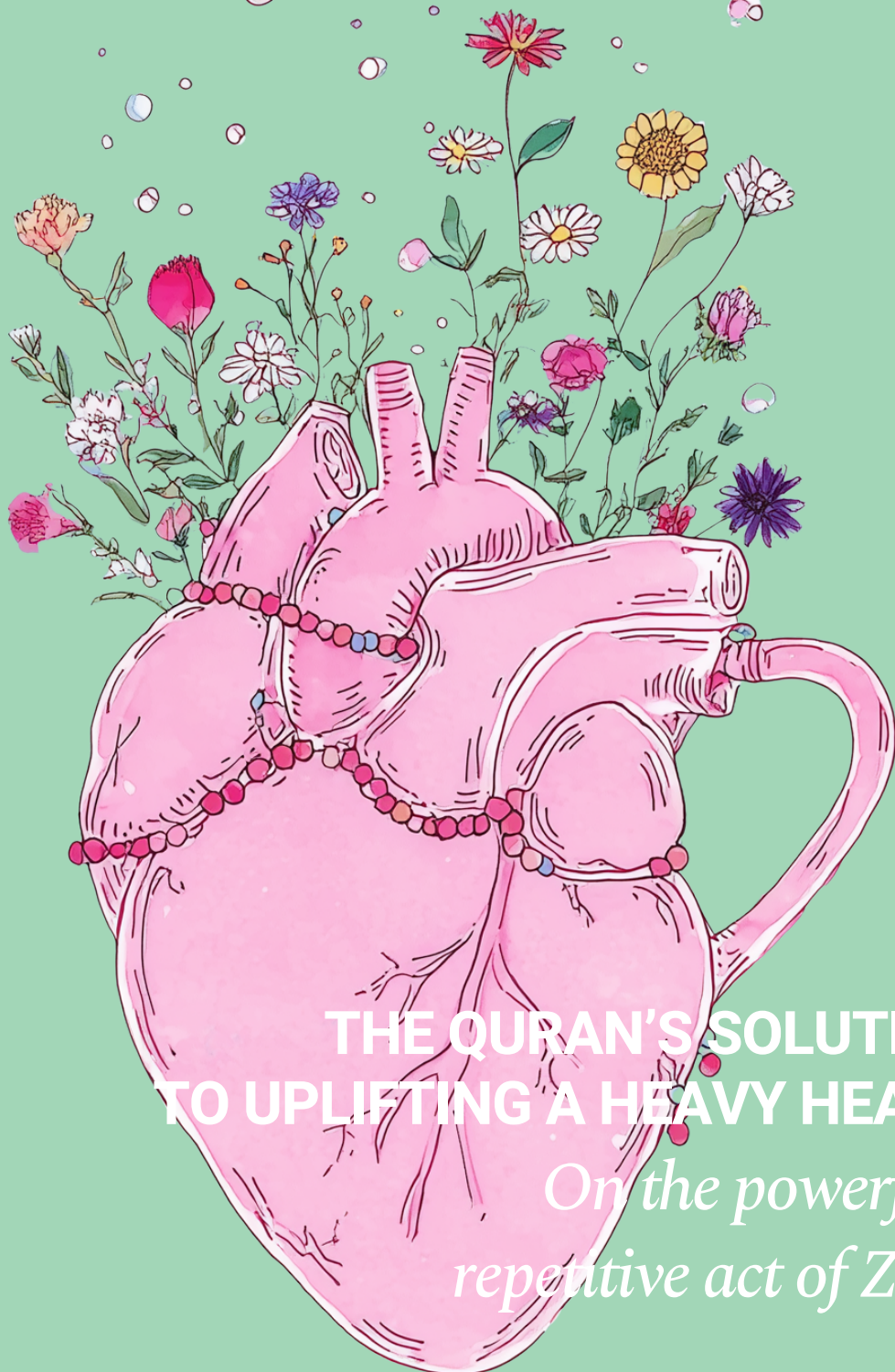


EDITION 24
7/8/25

closer



THE QURAN'S SOLUTION
TO UPLIFTING A HEAVY HEART

*On the powerful,
repetitive act of Zikir*

7 August 2025



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Through the powerful
repetitive act of Zikir,
the heart breaks free
from the chains of
constriction and is
healed and uplifted.*

Assalammualaikum my Champions,

I was reading Surah al-Hijr when this Ayah caught my eye. Allah SWT comforted Rasulullah ﷺ, saying, "We are well aware that your heart is **weighed down** by what they say" ([Quran 15:97](#)), and I felt so seen, as if this Ayah spoke directly to me. **Because haven't we all carried a heavy heart at times?** Eager for comfort, I kept reading, trusting that the Quran always offers solace and solutions.

True enough, right at the very next Ayah, Allah SWT commands Rasulullah ﷺ, and by extension, us, to "فَسَبِّحْ" - to glorify Him through **Tasbih**. I was intrigued... Reciting "**Subhanallah**" as part of our daily Zikir (**Remembrance**) is something that many of us already do, but revisiting this Ayah again, I realised a powerful truth. That Tasbih is a Divine Gift, a sacred tool that expands the heart when it feels constricted, lifts the heaviness of our wordly burdens, and liberates us from the anxieties of this life!

I began to do a quick search of the word "فَسَبِّحْ" - to glorify Allah SWT - in the Quran and there are many, Subhanallah! Allah SWT commands us to do it when He speaks about Forgiveness, Patience, Success, and many more. He also repeatedly tells us to do it mornings and evenings (i.e., to do it often and regularly!).

But what truly brought a smile to my face was when I realised that one of my favourite Du'as - **the Du'a made by Prophet Yunus AS when he AS was trapped in the belly of the whale, in the depth of the sea, in the darkness of the night, is also another form of Tasbih!**

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

"There is no god 'worthy of worship' except You. Glory be to You! I have certainly done wrong."

([Quran 21:87](#))

This simple yet powerful Tasbih is Allah's Gift to us to rise above the weight of this world, and to reconnect with the boundless Mercy of our Rabb. Every "Subhanallah" we utter is a step toward light, a release from the burdens that tether our hearts, and a reminder that we are never alone.

Champs, **may we always make Tasbih our companion** - morning, evening, and every moment in between, for in the simple act of saying "Subhanallah," we are reminded of His infinite Greatness and how He can easily bring us to safety and to shore from the treacherous waves of the Dunia, just like how He did for Prophet Yunus A.S. :)

PS: I wrote this while listening to our beloved Mariyam Jamilah's Zikir of *Subhanallah* on [our Mixtape!](#)

icymi



Champs, I am pleased to update you that the recording for Kak Nat's session is finally up on the [Event Page](#)! Whether we work in a professional setting or from home, the importance of modesty at work applies to everyone. We learnt that modesty extends beyond interactions with the opposite gender at work - modesty can be applied when facing a difficult boss or when you want to stand by your beliefs without compromising your position at work. The recording also comes together with a visually pleasing [PDF notes](#), for when you need an instant reference of the many gems shared in the session!

[Listen to the Playback Here](#)

[Read the PDF Notes Here](#)

a beautiful du'a

Ya Allah, align my desires with what pleases You, and guide my heart to seek only that which earns Your Love and Mercy.

aaplus.co

[#abeautifuldua](https://twitter.com/abeautifuldua)

One of my teammates shared this Du'a, and it deeply resonated with me because we all harbour numerous desires, yet how often do they truly align with what pleases Allah SWT? At its core, this Du'a is a heartfelt plea for the purification of our innermost wishes, guiding us to shed selfish inclinations and to re-center our lives around His pleasure. It serves as a constant reminder to also seek His guidance too because, honestly, wouldn't we all be so lost without His Guidance?

gratitude garden



GRATEFUL FOR ALL KINDS OF PURIFICATION

I had this "mini epiphany" as I was waiting for the washing machine to finish its cycle. Imagine you have all these dirty, soiled clothes in the machine, and in order to get everything cleaned, your clothes will have to go through multiple rounds and oscillations of cleaning. And while it is being cleaned, you cannot be impatient and just pull off the switch, right? You have to let it run its course. **It's the same with our hearts.** Our hearts are flawed and stained, and Allah SWT cleans them through the tests that He has personalised just for us. So we cannot give up halfway, as He's purifying us too. We have to go through it, no matter how difficult things may get. So Champs, don't pull the plug off yourself just yet. Trust in Him, and then see how you will come out of it "cleaner", "fresher" and smelling a lot nicer too!

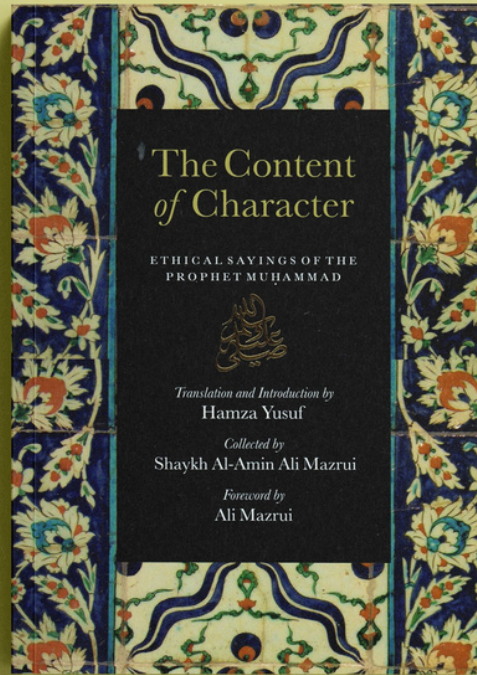
Questions from the Quran

are those
who know
equal to
those who
do not know?

SURAH AZ-ZUMAR 39:9

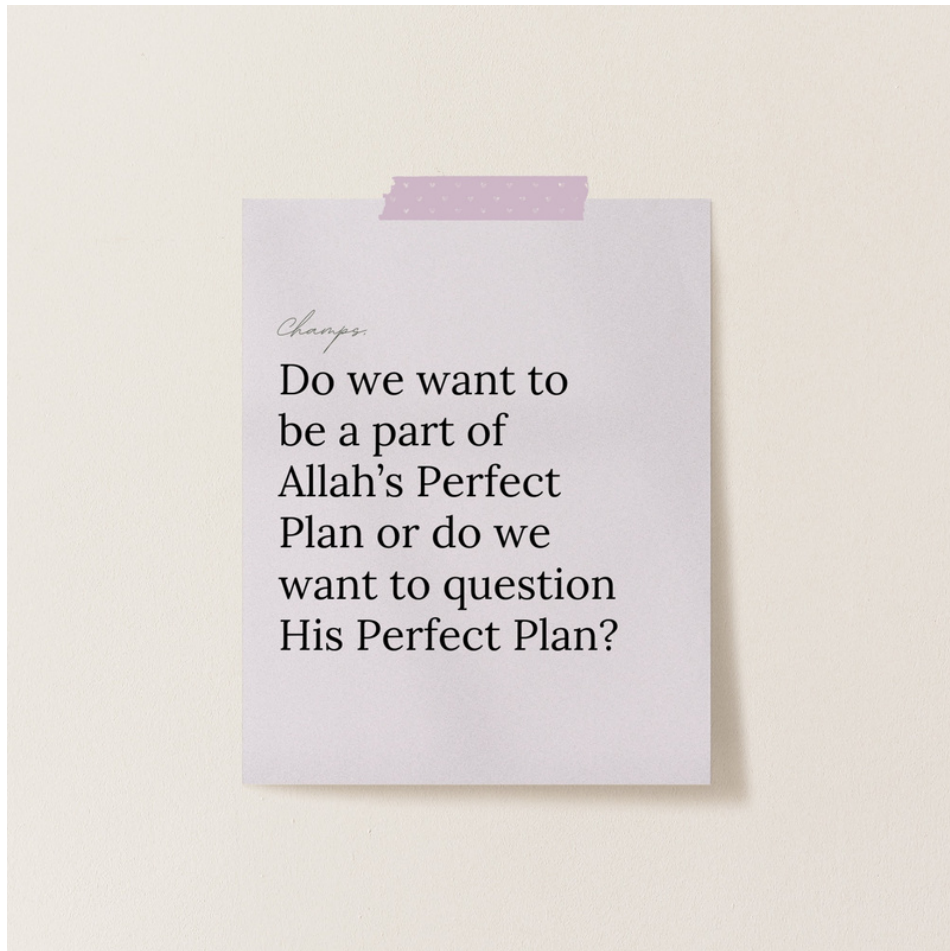
I love this Ayah. It teaches me that seeking knowledge isn't a mere checkbox on our to-do lists; **it's the lifeline that draws us closer to Allah SWT**. Imagine the quiet power in [knowing His Names](#), in understanding His signs. Seeking knowledge is not about accumulating facts, but about nurturing a heart that sees only Him! Without knowledge, we wander blindly, but with it, we are able to make choices that honour Him and uplift those around us. May we always prioritise seeking sacred knowledge only for His Sake, for isn't the first commandment in the Quran to "Read"?

#aareads



I got this book as a gift, and it has been on my shelf for a while now. But recently, I've picked it up and have been enjoying ruminating through the Hadiths that have been compiled and with every Hadith I read, I cannot help but marvel at how beautiful Rasulullah ﷺ's Character (*Akhlak*) is! His compassion, patience, and wisdom, ﷺ, shine through in every narration, and now I'm itching to maybe... read this book together with all of you as part of a mini book club for our next event, maybe? What do you think? 🤔

to ponder



I re-listened to [our previous class with Ustazah Huraidah](#) where she shared the powerful meaning behind the *Tasbih* (Subhanallah), and there was a part that really struck me. She asked, "Do we want to be **a part of** Allah's Perfect Plan, or do we want to **question** His Perfect Plan?". This has been on my mind as I go through my day, and it challenges me to consider whether I am truly submitting to Allah's plan with full trust and patience, or if I am allowing doubts and uncertainties to cloud my heart. Such a great, grounding question, don't you think?

[Listen to the Class Here](#)

FIN.
x
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