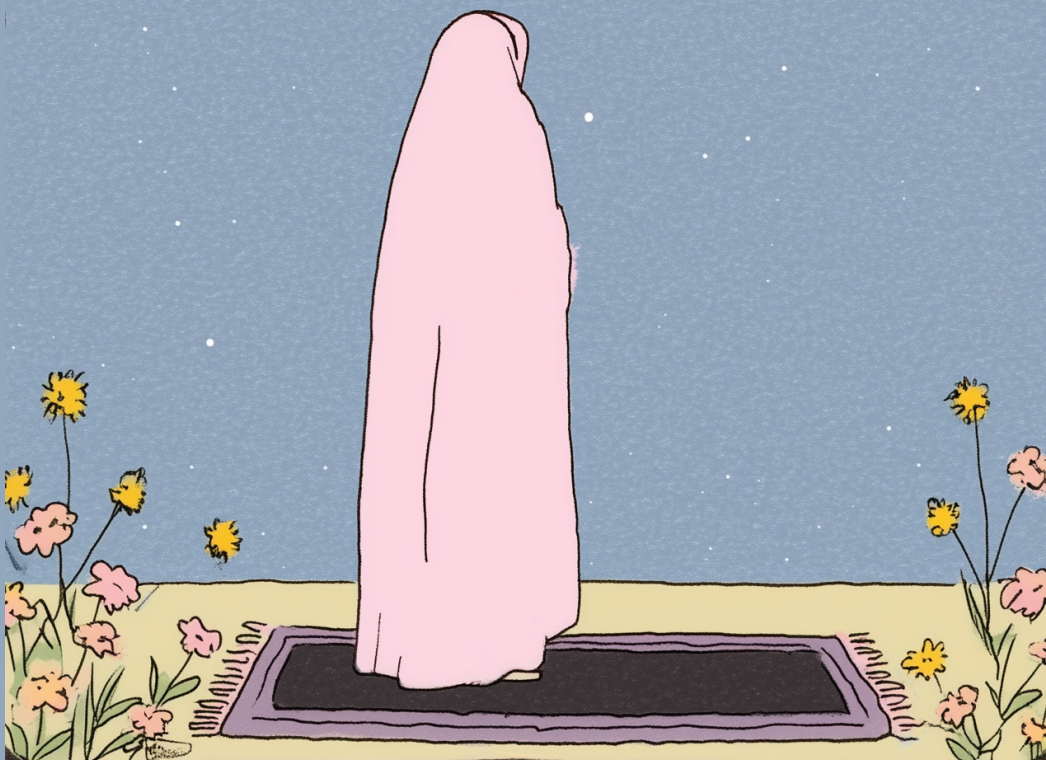


EDITION
11/12/25

42

closer



**BREAKING FREE FROM
AUTO-PILOT SOLAHS**

An intimate ibadah not a ritualistic routine

11 December 2025



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Break free from
the auto-pilot.
Solah is an
intimate ibadah,
not a mere
~~routine ritual.~~*

Assalamualaikum my Champions,

Alhamdulillah, because of our Solah event, one of the things I have been trying to mindfully do is to be conscious of what I say and what I tell myself about Solah. For example:

I used to say to people:

Give me 5 minutes to pray, I'll be right back!

Now I say:

I am going to pray, so please go ahead without me. I'll catch up :)

I used to say to myself:

I'll pray quickly.

Now I say:

I want to take my time to rest with Allah.

I also used to think: *Let's finish this task first, then pray.* Now I have decided that: *Allah First, everything else can wait.*

Our language shapes our spirit, and I've noticed how these small reframes can turn a fleeting duty into a cherished embrace with Allah SWT. Which is why what we tell ourselves about Solah matters. If we treat it like a ritual or a chore that we have to get done, then we will go into it feeling absolutely detached from the One Who we are standing in front of.

And that's when autopilot kicks in.

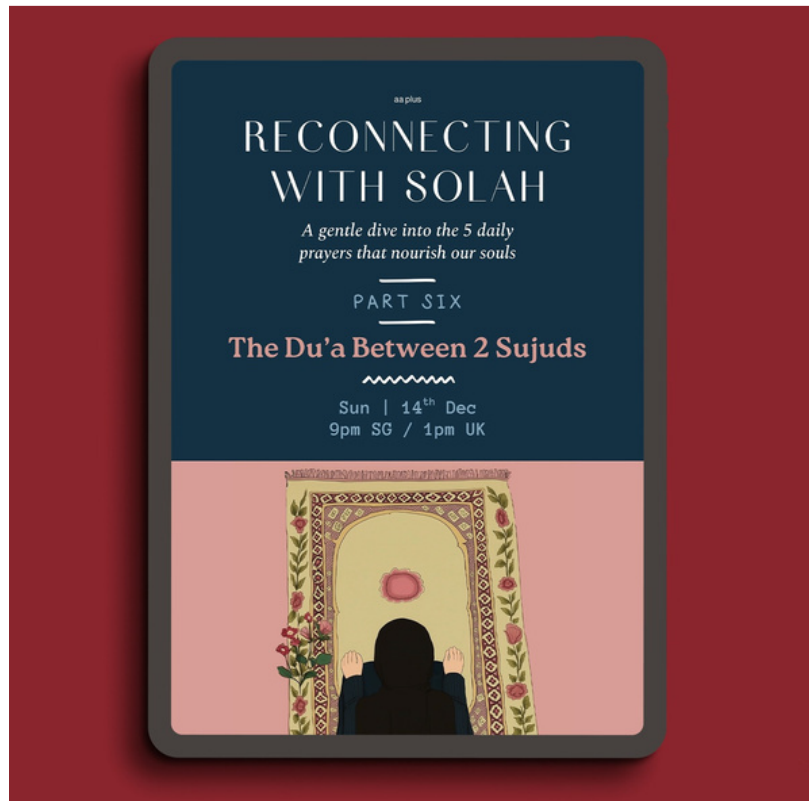
Now, these are the words I associate with our 5 daily prayers:

Intimate. Beloved. A conversation. Resting. Recharging. Coming Home. Surrendering. Comfort. An embrace. A refuge. A safe space to ask whatever I need. My foundation. The highlight of my day. ❤️

Now, your turn.

What are some words you link with Solah? :)

aa plus event!



Champs, I'm feeling a bit bittersweet writing this - but SubhanAllah, we are already down to our second last session on the Solah revision!

This week, we will be covering the powerful Du'a that we recite between the two Sujuds. Join us as we dive deeper into the beautiful meanings behind this Du'a and take some time to reflect on what it truly means and what we are actually asking from Allah at this position in Solah! PS: If you would like to catch up and don't know where to start, **I highly suggest you watch [the short video snippets that my team and I have curated specially for this revision](#)**! If you are a visual learner, this will be a treat for you, In Sha Allah.

[Join the Solah Sessions Here](#)

[Watch the Video Snippets Here](#)

[Sync all AA Plus to your GCal Here](#)

icymi



Ustazah Syariatul truly changed my mindset with this session, Ma Sha Allah! She reminded us that our inability to pray due to menstruation should not be a disconnect, rather, an opportunity to **shift** or **switch** our forms of worship. **#dontstopbutswitch** Ustazah also encouraged us to expand and broaden our understanding of Ibadah, emphasising that a believer's entire being - our behaviour, our language, our self-care - can all be acts of submission to Allah SWT. She advised us to use this pause to cultivate the virtues of the heart and engage in **internal Worship of the Heart**. So Champs, if you missed this Session or if you are currently going through your time of the month, this replay is the perfect companion for your soul!

[Listen to the Replay Here](#)

a beautiful du'a

Ya Allah, fix my
flaws and guide
me right, for I
know I am often
the cause of my
own struggles.

aaplus.co

#abeautifuldua

During our Solah Revision Session last Tuesday, Ustazah Farhana mentioned the difference between the whispers of Syaithan and our Nafs. I pondered further about these two forces that I will have to constantly strive against and realised that the only way I can overcome them is with Allah SWT. I am weak, but He is not. I know that there are days when my pride will build walls, my words will hurt others, and my impatience will unravel the peace I have been trying to nurture, but I will keep turning to my Rabb to help me unclench my fists, hush my tongue, and drench my spirit with sabr and softness!

gratitude garden



GRATEFUL FOR COSY, RAINY DAYS

Tangier has been wrapped in rain these days, and I'm truly grateful for it. To me, each drop is a tender Mercy from Allah SWT - it quenches the parched earth, greening wilted fields, and it draws us gently inward. Sometimes I feel it whispering, "Cosy up, breathe deep, and spend some quality time with your own being.

You are exactly where you need to be." ❤️

noble niyyahs

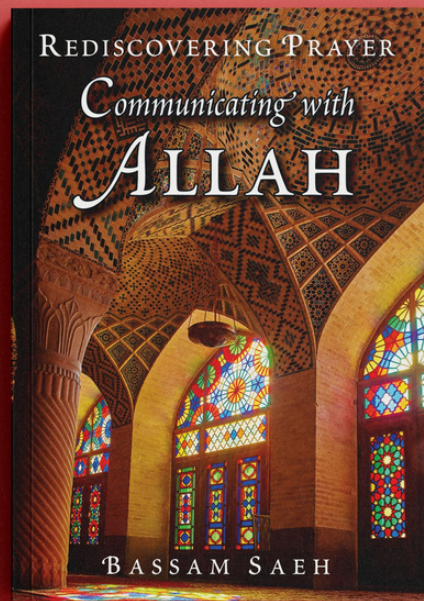
Kinkeeping

/Silaturrahim/

I intend to create or carry on sacred family traditions and dedicate more time to meaningful family bonding sessions that strengthen the unity and harmony of our family and community. I intend to reach out regularly to relatives near and far, with messages of love, support, and gentleness. I intend to preserve our family's stories and wisdom through shared meals or gatherings, passing down a legacy of faith and resilience to the next generation.

I was reading [a Hadith](#) on how 70,000 (!!!!!!!) angels will send blessings on you from morning till evening if you visit the sick, and I was blown away at how our beautiful Deen really encourages and rewards us to look out for each other! Which is why I am renewing my intentions for "kinkeeping" - may we never take for granted our family, the very people in our lives whom Allah SWT has specifically chosen for us to share our joys, trials, faith and lives with!

#aareads



I am excited to host our cosy book chat session discussing the book above next **Tuesday, 16 Dec, 9pm SG / MY**, In Sha Allah! I love this book for its simplicity in delivering practical gems after gems on Solah, and I look forward to sharing some of my favourite excerpts from the book during the Session! Whether you have the book or not, I hope you come anyway, as I am certain we will have a beautiful and meaningful discussion together, In Sha Allah!

[Join the Book Session Here](#)

ps:



Champs, for our end of the year cosy Champs Session happening on the 31st of Dec, Wednesday, 9pm SG/MY, In Sha Allah, we would love to shine the spotlight on you and your passion topics! If you have a quirky hobby or passion project that you would love to share with your fellow Champs, we'd love to hear from you! Each presentation should not be more than 7-10 minutes long, and they don't have to be "Islamic" IYGWIM! So if you have one, hit the reply button - we'd love to hear and learn from you. ❤️

FIN.

X

a
