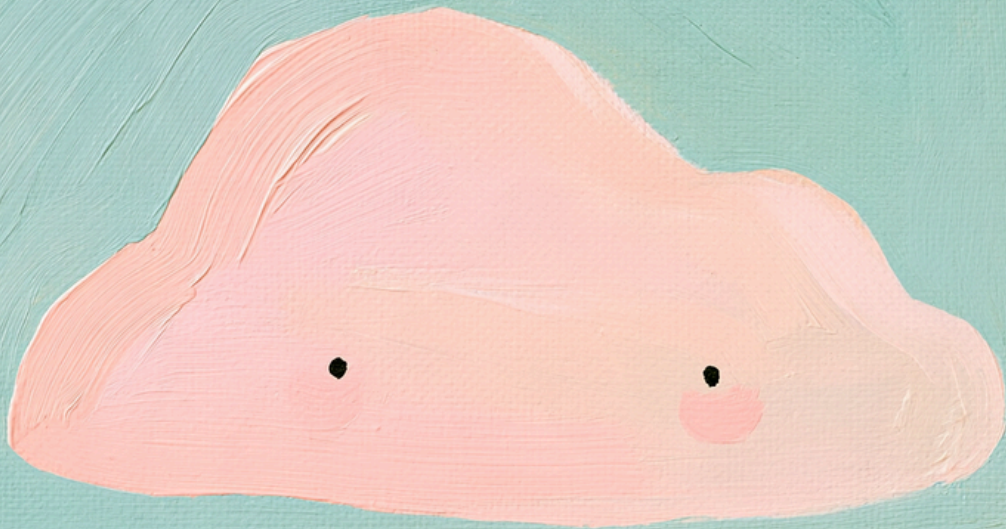


EDITION
10/9/26

68

closer



YOUR FEELINGS VISIT FOR
90 SECONDS. AND THEN?

*You don't have to move in
with every feeling.*

10 Sept 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

You don't have to
move in with every
feeling that visits.

Assalamualaikum my Champions,

Neuroanatomist Jill Bolte Taylor wrote that when an emotion moves through the body, its chemical rush lasts about ninety seconds. After that, if the feeling is still sitting there, it is because we are feeding it. We run the story again, and the body answers again.

Ninety seconds. I actually timed it. It is the walk from the lift to your door. That is all. And still we can live inside a feeling for the rest of the afternoon. Weeks. Months even, Subhanallah.

Now, I don't know how exact or accurate that number is. But I used this 90-second theory, and every time a worry sneaks in that is not Allah-centred - like the thing that might go wrong, the future I am trying to manage from my kitchen - I tell myself: **it has not been ninety seconds. I do not have to move in with this feeling. I can take it, as it is, and bring it to Allah SWT.**

Of course the feelings still come. They come whenever they want. I don't get to schedule them 😊. But every time they come, I bring them back to my BFF, Allah SWT.

And that is what this has really taught me.

The feeling was never the problem. Prophet Ya'qub AS grieved until he lost his sight. He AS didn't pretend he was fine. He AS didn't dismiss his feelings either. But Prophet Ya'qub AS knew where to take it - to Allah SWT.

So when the feelings arrive, name it.

But don't decorate it. Don't argue with it.

Definitely don't move in with it.

And before it settles in, before the 90 seconds, say:

Ya Allah, help me with this.

If it comes back ten times, we go back to Allah SWT ten times. That is not failure, and it is not weakness. That is Zikir!

May Allah SWT make us people who feel fully and return quickly to Him, consistently and constantly. Amin.

PS: I timed this too - 90 seconds is about one hundred *SubhanAllah wa bihamdihi*. Rasulullah ﷺ said that whoever says it a hundred times in a day, his sins are wiped even if they were like the foam of the sea.

Same ninety seconds, but a much better tenant of our hearts. ❤️

gratitude garden



GRATEFUL FOR GREY HAIR

I was reading a book, and the writer mentioned his grand-uncles, how neither of them lived past twenty. He wrote, "Neither got to comb grey hair". I had to stop. Because when I was sick, the first thing I could do once I could stand properly was comb my hair and get dressed again -

not for anyone else, ***just to feel human, and feminine, and decent.*** And now that I am reaching forty, the greys are here, quietly, a few at a time, and I keep thinking of [the Hadith](#) where Rasulullah ﷺ said not to pluck grey hair, that it will be light for the believer on the Day of Resurrection. Subhanallah. What a thing, to be given enough life that the comb starts to find silver. Alhamdulillah for standing.

Alhamdulillah for the ordinary dignity of getting dressed.

Alhamdulillah for hair that has been allowed to grow old in Islam.

a beautiful du'a

Ya Allah,
there is no ease
except what
You make easy.
So make this
easy for me.

aaplus.co

#abeautifuldua

If I could pick a middle name, it would be Aida Ease Azlin. Honestly. I love anything easy. And then I remember Rasulullah ﷺ. In the Shama'il, he ﷺ is described as easy-going and mild-mannered. Not hard to be around. Not heavy on people. Ease is how the best man, ﷺ, lived, and it is how he ﷺ moved through the world. So of course I am always making du'a for ease. Because ease is not something I can invest or purchase. It is something Allah places. So Ya Allah, please make everything ease for my Champs and I, Amin!

the art of noticing



I have been noticing the gaps. The little pause between pavement slabs. The dark strip between railway tracks. An appointment that got cancelled. An afternoon break. We treat gaps like a lack - something late, something missing, something we must fill. **But what if the gap is the mercy?** What if Allah SWT leaves a space to surprise, heal, and gift us? May we find the gaps in our lives and leave them open. Not to see them as something missing, but as spaces we need so that we can grow into who Allah SWT is moulding us to be. Amin.

Hadith of the Week



Rasulullah ﷺ said, "There shall come upon the people a time in which the one who is **patient** upon his religion will be like the one **holding onto a burning coal.**" ([Tirmidhi](#)) We had a BBQ yesterday, and this Hadith stopped being a metaphor. I didn't even touch the coal; I was only standing near it, and the heat was already enough to make me take many steps back. I used to hear this Hadith and think, "Yeah, that makes sense. It will be hard. We already know the coal is hot". But actually being near the heat was always hard for me, let alone HOLDING ON to it. But you know what? That same burning coal made the most tender, most delicious BBQ chicken. 😂 **So yes, it is hot. But look at what the heat is for.** The thing you are struggling to hold on to right now - the prayer you keep dragging yourself to, the thing you gave up that nobody clapped for - that is not the fire punishing you. That is the fire making something of you. May Allah SWT make us patient upon our religion, and let us taste the sweetness of what the patience was for, Amin!

ps:



Champs, Alhamdulillah, we opened the doors to the new site a few weeks back, and if you haven't had a wander around yet, [do come and look around](#). I have a smile whenever I am on it hehehehe!

While you're there:

- **Event Replays** finally live in one calm place. About 70% are already home; we are still working hard to move the older TKVs over, so be gentle with us if a session isn't there yet.
- **Every Closer** is archived, so you don't have to hunt your Inbox for an issue that stayed with you.
- **The Library** is there for the days you only have five minutes - one note, one page - and that still counts.
- **Studio** is where the mixtapes, wallpapers, and other more small joys live!

Bonus: add yourself to [the Champs Directory](#) if you haven't already. It's a small way of saying *I'm here*. Especially if you are an ROTW (*Rest of the World*) Champ - based outside Asia - please put your name down! We host some intimate sessions at times that are kinder to your clock, and the Directory helps us know where to find you.

Visit the new AA Plus Website Here

Join the Champs Directory Here

FIN.
x
a
