

EDITION
8/1/26

46

closer



**HAVE YOU TRIED JOURNALING
WITH HIS NAMES?**

*Because it calms the heart's restless storms
and builds intimacy with the Almighty.*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

8 January 2026



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Journaling with His
Beautiful Names
calms the heart's
restless storms
and builds intimacy
with the Almighty.*

Assalamualaikum my Champions,

If you've known me for a while, you would know I am a huge believer in journaling. The beautiful thing about journaling is that you can do it in whatever format you prefer, as long as you commit to the practice of simply processing the thoughts in your head and the emotions you are carrying in your heart.

So, if someone says, ***"I want to start journaling, but I'm not a writer"***, well... you don't have to write! You can "journal" by recording your own voice notes to yourself, through drawings and paintings, some people through baking (yes!), some do it through decluttering and cleaning (organising the physical space while organising the internal mind, yes!), some do it while embroidering, and one of my favourites, some do it by talking to Allah SWT throughout their day.

As long as you are not bottling things up, you are, in your own way, "journaling".

This year, in conjunction with our [5th AA Plus Event of learning about Allah SWT's beautiful Names](#), I wanted to try to do a collective journaling practice with you Champs based around His Names, and I am excited to share the first 10 Journal entries based on the first 10 Names with you today, Alhamdulillah!

I've learned so much reading our fellow Champs' entries, Ma Sha Allah! I felt seen and understood; I cried, and most of all, I felt so immensely loved by Him. I cannot wait to continue this journey of journaling with the rest of His beautiful Names over the next couple of weeks, In Sha Allah!

Journaling with Champs



In our very first edition of our Champs Collective Journal, **"Our Stories with His Beautiful Names,"** some of our fellow Champs share raw, heartfelt reflections on the first 10 Asmaul Husna - from Ar-Rahman's endless mercy blooming in winter's chill to Al-Quddus purifying our chaotic life seasons into clarity to As-Salam crafting invisible bubbles of safety through a simple greeting. **We pray that these reflections are invitations for you as well to see your day-to-day through His Divine Names.** Find a cosy spot, curl up with a cup of tea, and enjoy reading!

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

new aa plus event!



We are ecstatic to have our blessed Asatizahs come on board to re-introduce us to some of Allah's Beautiful Names - starting with our beloved Ustazah Syariati, who will be guiding us through the ever-so-familiar Names of Ar-Rahman, and Ar-Rahim. Join us for this soul-nourishing gathering, where we'll weave His Divine Names and attributes into our everyday rhythms, turning ordinary moments into whispers of Rahmah. If your heart yearns to get to know Allah SWT all over again, and release the weights of worry and weariness, this is a beautiful starting point, In Sha Allah.

[Join the Event Here!](#)

[Read Full Event Itinerary Here](#)

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

a beautiful du'a

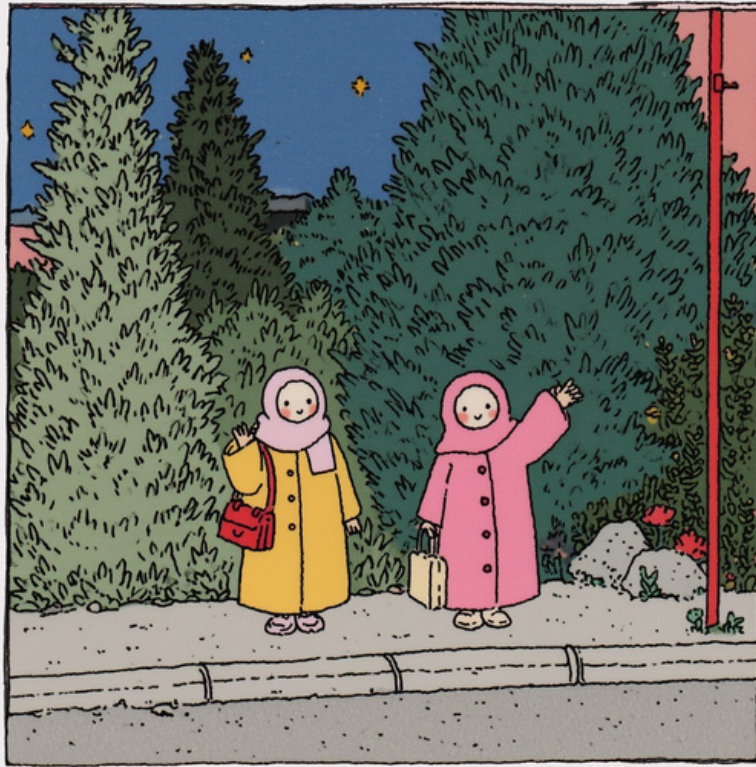
Ya Allah, Ya Malik,
You own my life,
my future, my fears,
and my hopes.
I belong to You, so
anchor my heart in
Your Sovereignty.

aaplus.co

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

Reading Kak Soraya's reflection on Al-Malik in our Champs Collective Journal touched my heart deeply. Her powerful, beautiful Dua above wrapped me in quiet comfort, reminding me that everything - my life, fears, and hopes - belongs only to Allah SWT, the True King.

gratitude garden



GRATEFUL FOR OUR GREETING OF PEACE

Emira wrote in her reflection for as-Salam something so beautiful: "When salam is greeted, we enter into an invisible bubble of safety. I can't explain this magic, but I recall the many times when I experienced salams being exchanged on the street between two strangers, the lightness in my chest and awe-struckness in my mind. In an instant, I feel safe. **This can only be As-Salam doing.**" I definitely can relate to this as I've been blessed with a number of warm **salam-and-smile** moments from Muslim sisters across the world, Alhamdulillah! I pray that we can also start to extend that peaceful greeting to other Muslim sisters we get to meet and cross paths with,

In Sha Allah! 🌸

heartwork



I took a long pause to rethink and renew my intentions when I read

Alfi's heart-stirring reflection on al-Quddus. She wrote, "My struggle was not about visible disbelief or external forms of shirk.

It was about subtle impurities of intention." Subhanallah!

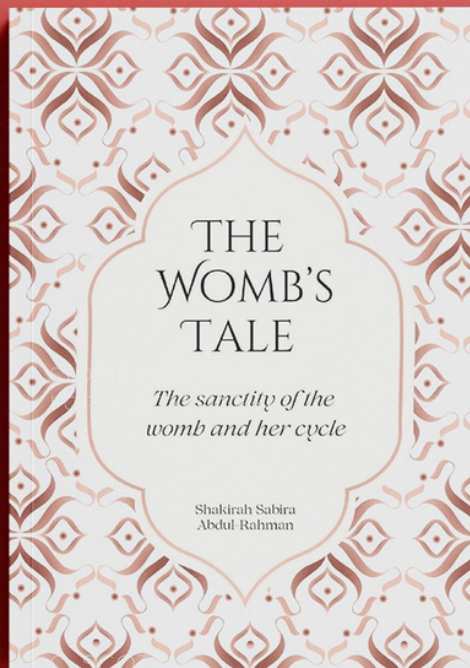
What an important reminder! With the year's first 10 days nearly

behind us, it's the perfect moment to glance back: ***How pure***

have my intentions been lately?

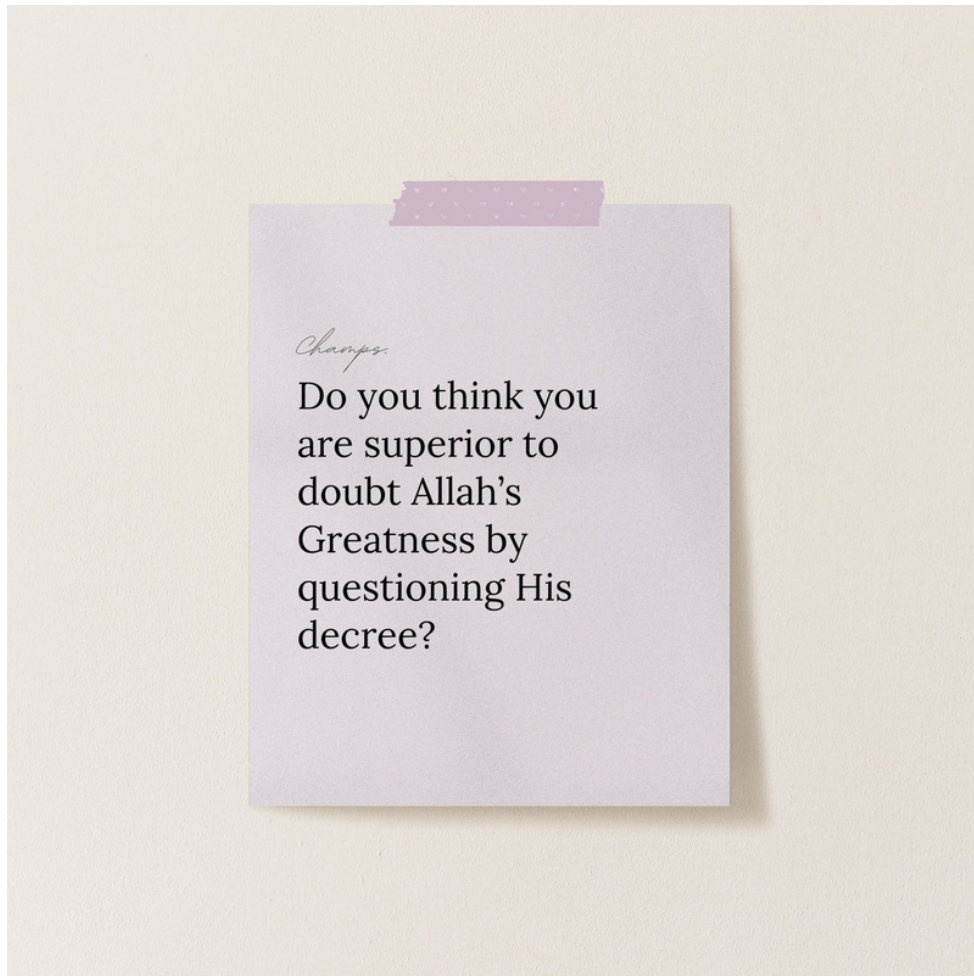
[Set your intentions for the year here](#)

#aareads



I bawled (in the most cathartic way) when I read this book. I cannot recommend it enough - for those of you who have the intentions to get to know your Womb, your Rahim, the only organ in your body that was given the name like His Divine Name, then this book is for you.

to ponder



Farhana's reflection on Al-Mutakabbir hit like a quiet thunderbolt - this question she shared: "Do you think you are superior to Allah's Greatness by questioning His decree?" Subhanallah! It completely humbled me. In our rush to "understand" why trials unfold, we forget: Allah SWT sees every layer - our past, our present, our future - while we're stuck peering through a foggy, flat lens of what we **think** is reality. In order to surrender to the "Why", we have to trust the "Who".

ps:



If your heart is pulled to reflect together with His Beautiful Names, why not participate in our collective champs journal? We don't require "perfection", just an open heart, and you never know how your stories can bloom someone's faith. If you are keen to know more, just reply to this Closer email, and my team will share more details, In Sha Allah!

FIN.

x

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