

closer

EDITION
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**AN "EASY" SECRET
TO BEING HAPPY**

*Joy grows in the soil of
Intentional Gratitudes*

21 August 2025



Closer

by aa

your curated weekly spiritual booster delivered straight to your Inbox

*Joy grows
in the soil
of intentional
gratitudes.*

Assalamualaikum my Champions,

My father-in-law, Baba, is a living testament to the power of ***Alhamdulillah***. To me, he embodies true happiness - not the fleeting kind born of ease, but a deep, enduring joy that shines through despite life's challenges. His days are filled with relentless hard work and selfless service to his family, but he is always with a smile. And his life is not without difficulties, loss, and trials, but he is one of the kindest, most generous, and joyful people I know.

His "secret"?

He breathes and lives *Alhamdulillah*. Ma Sha Allah.

Through Baba, I've learned a simple truth: **Gratitude breeds Joy.**

***When Shukur is in our hearts,
Joy becomes our natural companion.***

This week, with Summer in full swing and everything happening all at once, the one spiritual practice that I held on to was the simple repetition of ***Alhamdulillah***.

I cannot quite find the words to explain the kind of grounding, steadying power it has, but with every Alhamdulillah, I trust that:

Allah SWT will make ease.

Allah SWT will provide.

Allah SWT will open.

Allah SWT will help.

Allah SWT will expand.

Allah SWT will increase.

Allah SWT will protect.

Allah SWT will guide.

Allah SWT will fulfil.

Allah SWT will sustain.

Allah SWT will uplift.

And Allah SWT will most definitely bring joy.

So if you are wondering how one becomes "happier", being a Person of Alhamdulillah is the answer. **Every single time we choose to look at things from the lens of Alhamdulillah, we invite Joy to take root in our hearts.**

Today, think about a moment in your day that you could reframe with ***Alhamdulillah*** to uncover the joy hidden within it. And what blessings in your life might you be overlooking, and how can saying Alhamdulillah bring them back into focus?

PS: One of my favourite Champs Library publications is on

"Gratitude in the Modern World: How Shukur is the Antidote to Stress." Perhaps you can take a moment to read or revisit it today. ❤️

mindset shift

CRYING
IS NOT
COMPLAINING.

aapius

I'm a cryer, and I know many of us Champs here are too. ❤️ I remember one of my teachers saying, "Weep. But don't whine.

Because our Prophet ﷺ cried, but he ﷺ never complained."

That has always stayed with me. So Champs, cry if you have to. Our tears are our prayers when words fail us. And remember our beloved Rasulullah ﷺ's beautiful words when his own young son, Ibrahim, passed away: The eyes are shedding tears and the heart is grieved, and we will not say except what pleases our Lord. ([Bukhari](#))

gratitude garden



GRATEFUL FOR DRAWING SESSIONS WITH MY NIECE

I have been really enjoying my drawing sessions with my 8 year old niece, who is such a Ma Sha Allah artist! (Check out her drawing of AA Plus above). Her fearless and passionate drawings remind me to let go of any need of perfection, and to just have fun! Drawing is incredibly therapeutic too: it sparks imagination, melts stress and helps pull anyone into the present moment. Plus, it's such a great bonding experience when you do it with your loved ones! Mom / Aunt Champs, share with me your little one's doodles - I'd love to see them!

Questions from the Quran



I absolutely love this profound question posed in [Surah Al-Mulk, Ayah 67:3](#), where Allah SWT describes the creation of the "seven heavens, one above the other," and then invites us to reflect: **"So look again, do you see any flaws?"** This divine challenge reminds us of the unparalleled perfection in all of Allah SWT's creations. Any "flaw" we perceive in the Universe is our projection of our own limitations, not His! Pause for a moment and look at the unique intricacy of our fingerprints, the mesmerising formation of clouds, the seamless alternation of day and night; each a testament to His flawless design, Ma Sha Allah. And you and I, we are **also** a part of this perfect creation, Ma Sha Allah. In fact, we are not only His creation but also His honored Khalifahs, entrusted with a noble purpose. This realisation should dispel any doubts about our worth, my dear Champs, for our value is affirmed by the One who crafted the universe with such precision. So chin up and go forth! PS: Do you know that there are about 10 questions in this often-recited Surah? Look out for them when you recite the Surah the next time!

ps:



Champs, here's our Zoom BG for the upcoming event. I pray may we all get to gather and reunite in Medina and Raudhah, but for now, let's start making beautiful memories together via Zoom, Alhamdulillah!

[Download Zoom Background for Event Here](#)

FIN.
x
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