

Search...



Mon, Jul 02, 2018 (Shawwal 18, 1439)



Go to

[Home](#) > [Spirituality](#) > [Me-Time is Time For Allah](#)

## Me-Time is Time For Allah





Just imagine that every beat of your heart calls out the name of Allah. Every breath you take breathes Allah. It is like a constant wireless connection.



Thu 14 June 2018 - 13:57

[Claudia Azizah](#)

48  
SHARES



We often feel overwhelmed by all the tasks we face in our everyday life; whether as employees, mothers, fathers, homemakers. We often wish for some time for ourselves, time to relax, time off. Some me-time.

However, once we have that me-time, we do not come out as refreshed as **we had wished or expected**. Why?

## One on One With Allah

As Muslims who want to draw nearer to our beloved Allah, we should try and transform every moment of me-time in time with and for Allah.

Our me-time should be time when we are one on one with Allah. Only us and Allah. Because it is in this special me-time with Allah that we can really, fully draw new strength and recharge our spiritual battery.

We will gain energy for our worldly life and insha'Allah be more content and relaxed in our undertakings. We will receive light that guides us through the day. Light that illuminates the darkness of difficult times. And w

will insha'Allah prepare for our time in the next world.

## All Of Creation Remembers Allah

How can we turn our me-time to time with Allah? Actually we can turn almost every activity into time with Allah. Imagine you have decided to take a walk to get some distance from your everyday activities, to refresh, to get **some peace of mind**. Walking in the forest is a healing experience. The more so when you connect your time to Allah.

All of Allah's creation is in constant remembrance of Him. That is the way He created plants, animals, even mountains or rocks, rivers or the sea.

Feel it!

Feel how the trees always praise and remember Allah. Hear the *dhikr* of the birds praising Allah. It is amazing! Some trees are even bowing to Allah. Literally! And Allah even created some trees that are in constant physical submission to Him like the weeping willow. ▲

Keep your eyes open for the signs and open your heart to it. This way you can transform your walk through the forest in a spiritual experience that leaves you feel blessed and strengthened for some time to come.

## Connect to Allah Through Reading

If you belong to those people who love to dive into a book to refresh and have some me-time, then you can choose books that connect you to Allah.


Try to find books that increase your love for Allah. Read those books that make you want to become a better Muslim, that make you want to be good to people and that make you want to get up and perform some extra prayer and read Quran.

You will feel that after some time, you will not want to read books that do not have a positive spiritual effect on your heart.

Read on hajj experiences and it will create a strong longing for this special place that Allah has chosen out of any other place on earth. Murad Hoffman's *Journey to Makkah*, for example, takes you on an emotional journey to where we turn everyday in our five prayers. Read about the inspiring life of earlier pious Muslims to boost your worship.

## Constant Connection With Allah

Even just sitting quietly in a small corner, on the sofa or the reclining chair can connect you to Allah. If you are too tired or exhausted to even move your mouth, let your heart remember Allah.

Just imagine that every beat of your heart calls out the name of Allah. Every breath you take breathes Allah. It is like a constant wireless connection. You just have to switch the button of **remembrance on**. And you are 

constantly connected to the most powerful source, to that Being that created everything, to your Allah.

And this constant WiFi connection with Allah will turn your me-time into time with Allah. Because He is always there, always intimately near. We just have to switch on the button to receive Allah's signal.

## All Time is Time For Allah

If we keep connecting our spiritual heart to Allah, then we do not have to wait for me-time to connect to Allah but we can connect to Him in every situation and every moment. We just have to keep the WiFi switch on.

Allah says in the Quran that He is the close, intimate Friend of the believers and that He takes them out of the darkness into the light (Surah Al-Baqarah [2: 257](#)).

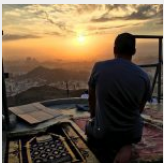
We have to keep the connection. Allah will never cut the connection.

He will always send His signal. He always wants the Best for us.

Allah wants us to turn to Him, to seek Him, not only in our free time, in our me-time, but all the time. It is only in His remembrance that our spiritual hearts will find peace and tranquility (Surah Ar-R'ad [13:28](#)).

If you can take some useful information from this article, this comes from Allah SWT. Alhamdulillah. And if there is anything unclear, wrong or expressed in an impolite way, I ask Allah SWT for His forgiveness.

### Related Links



A Life of Remembrance



Is Making Dhikr in a Group Bid`ah?



What is the Remembrance of Allah?



spirituality

Dhikr

me-time

## About Claudia Azizah



Claudia Azizah is originally from Germany and mother of two children, writer and Assistant Professor at the International Islamic University in Malaysia. She has recently moved to Malaysia with her family after completing her PhD in Germany about Islam and Islamic education in Indonesia. She regularly writes for the German Islamic newspaper. She is interested in Islamic spirituality and art.

**Watch all of our own videos in one spot!**  
**Did you know we have our very own youtube channel?**

[<< PREVIOUS](#)

## 5 Ways to Keep Ramadan Momentum Alive

[NEXT >>](#)

## Taqwa – Should We Love God or Fear Him?

[Subscribe](#)[Ask About Islam](#)[Ask the Counselor](#)[Fatwa](#)



## Why Are Makkah and Madinah So Important for Muslims?

Short Answer: Makkah stands on its own as the most sacred place in ...

- ? How to Maintain Spirituality All Year Round?
- ? Is Prophet Muhammad Mentioned in The Torah?
- ? Dua For Cure From Sickness and Protection From The Evil Eye?
- ? Is There Any Relation Between Karma and Destiny (Qadr)?

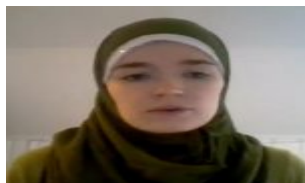
[READ MORE](#)

### Latest Sessions



Ask about Parenting  
(Counseling Session)

Aisha Mohammad-Swan



Sister Leah was Live on  
Facebook – Practical  
Tips For The Last Days  
Of Ramadan

Leah Darland Hanoosh

[READ MORE](#)

### Voting

As a Muslim, are you familiar with the rulings of Hajj?

- ☐ Yes, very familiar
- ☐ No, not yet, unfortunately



- ☐ Not necessary, since I am not going to Hajj
- ☐ I'm not Muslim but familiar
- ☐ What is Hajj?

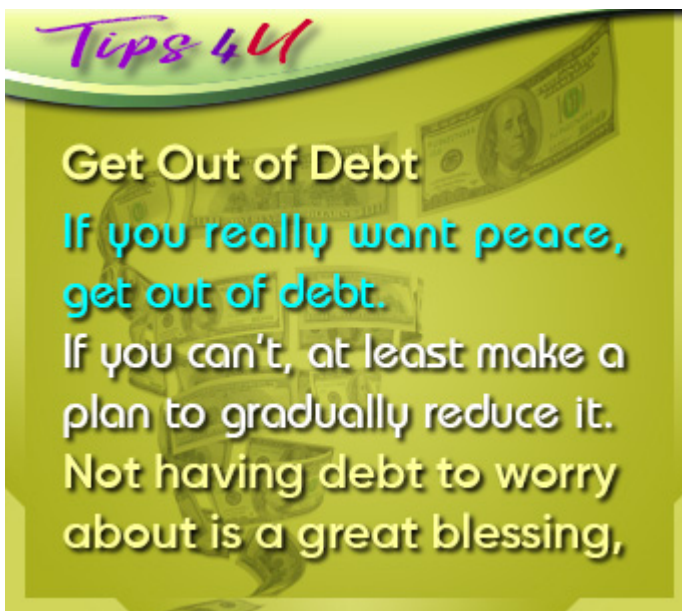
[VOTE](#)[View Results](#)

### Quote of the Week

“

"Islam is a religion of justice and mercy, and whoever thinks it commands the enslavement of one's wife and crushing her dignity, then he is fabricating lies in the name of God and His messenger."

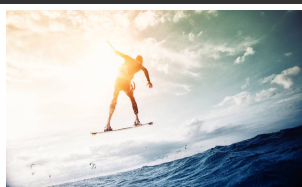
by Imam Mohammed al-Gazzali



## Special Coverage



10 Ways to Help the Poor and Needy



Enjoy Safe & Clean Summer

[READ MORE](#)

## Soul and Faith



Allah's Mercy and a World Full of Dangers

[READ MORE](#)

## Find us on Facebook





About Islam  
350,982 likes

Like Page

Send Message

1 friend likes this



## FIND OUT MORE!

 CONTACT US

 ABOUT US

## Explore Site

### Counseling

- > Ask About Islam
- > Ask The Scholar
- > Ask The Counselor
- > Ask About Parenting

### Sections

- > Shariah
- > Reading Islam
- > Family & Society
- > Muslim News
- > Science

### Highlights

- > Quran
- > Spirituality
- > Multimedia
- > Live Sessions
- > E-Books
- > Culture & Entertainment
- > My Journey To Islam
- > Muslims 4 Humanity



Copyright © 2018 About Islam All Rights Reserved

