



WHERE THE
HEART
SETTLES

Asiya Bee

DEAR SISTER,

THIS LITTLE BOOK WAS MADE AS A RESTING
PLACE.

RAMADAN ARRIVES WITH LIGHT, LONGING, AND
REMEMBRANCE—AND SOMETIMES WITH A HEART
THAT WISHES TO MOVE GENTLY. THESE WORDS
ARE HERE FOR MOMENTS WHEN YOU WANT TO
SLOW DOWN, TO RETURN INWARD, TO SIT WITH
YOUR FAITH RATHER THAN PUSH YOURSELF
THROUGH IT.

WHERE THE HEART SETTLES IS NOT SOMETHING
TO RUSH. IT IS SOMETHING TO OPEN SOFTLY. A
PAGE TO SIT WITH AFTER PRAYER. A LINE TO
CARRY WITH YOU THROUGH THE DAY. A
REMINDER THAT YOUR HEART IS ALLOWED TO
SOFTEN IN THE PRESENCE OF ALLAH.

IF YOU COME TO THESE PAGES SEEKING
COMFORT, TAKE IT.

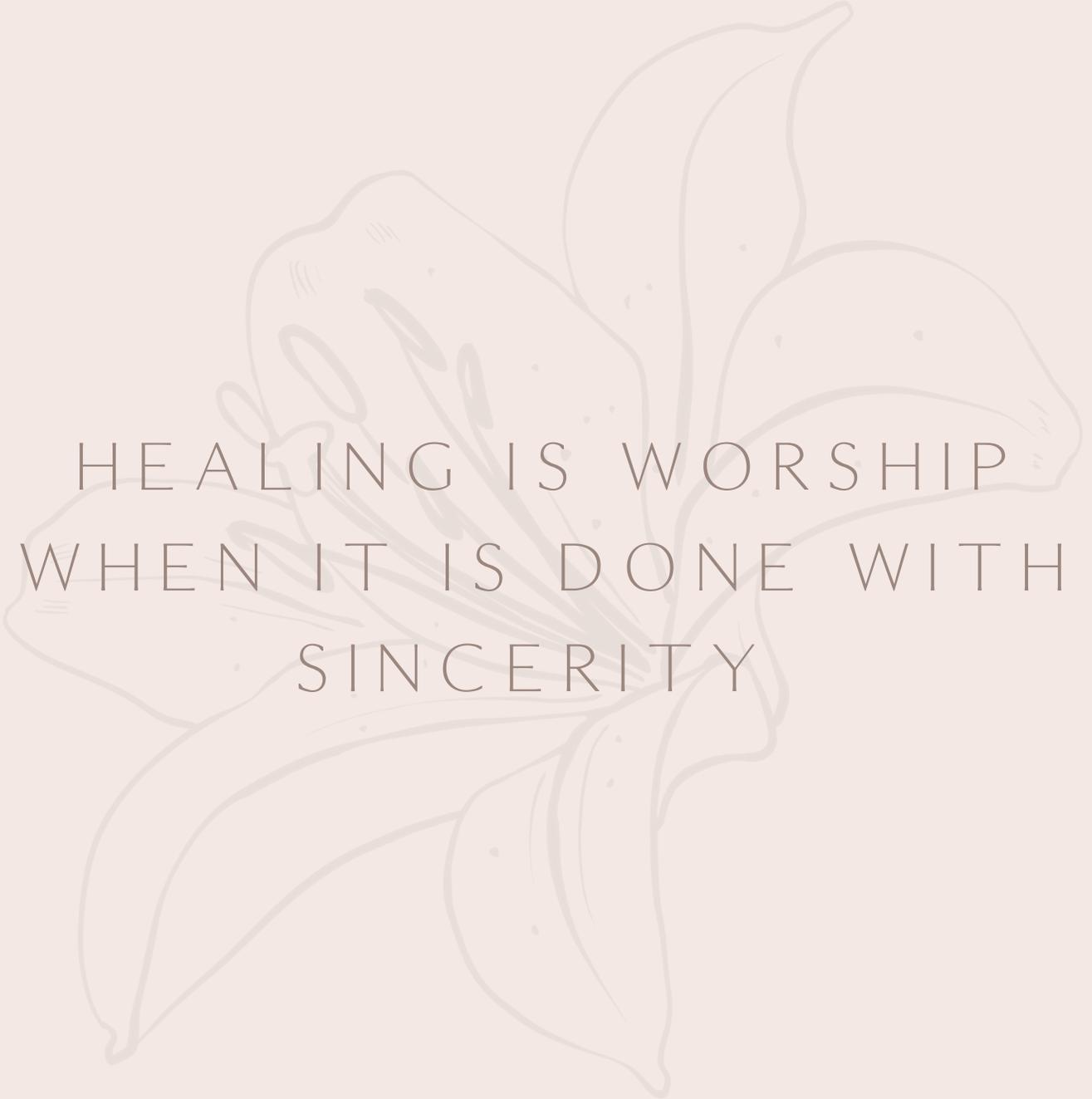
IF YOU COME SEEKING STILLNESS, LINGER.
IF YOU COME WITH A FULL HEART OR A TIRED
ONE, YOU ARE WELCOME ALL THE SAME.

MAY THESE WORDS MEET YOU WHERE YOU ARE,
AND MAY YOUR HEART FIND A PLACE TO
BREATHE.

ASTYA



RETURN GENTLY.
FAITH DOES NOT
REQUIRE FORCE



HEALING IS WORSHIP
WHEN IT IS DONE WITH
SINCERITY



STILLNESS IS NOT
EMPTINESS - IT IS SPACE
FOR ALLAH



LET YOUR HEART
REST WHERE IT
FEELS SAFE TO
BREATHE

YOUR
PRESENCE IS
A FORM
OF WORSHIP





YOU ARE NOT BROKEN
YOU ARE TIRED



REST IS NOT
ABANDONMENT
OF FAITH- IT IS
CARE FOR IT



YOU ARE ALLOWED
TO
NEED SUPPORT

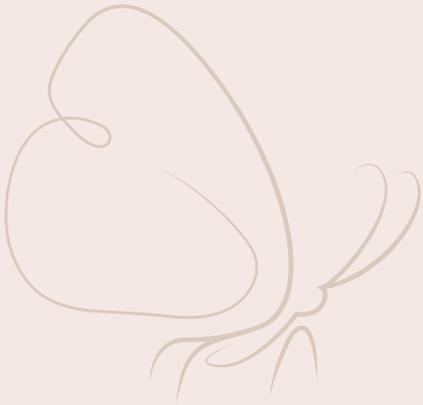


ALLAH DOES NOT
DEMAND PERFECTION
HE WELCOMES
SINCERITY



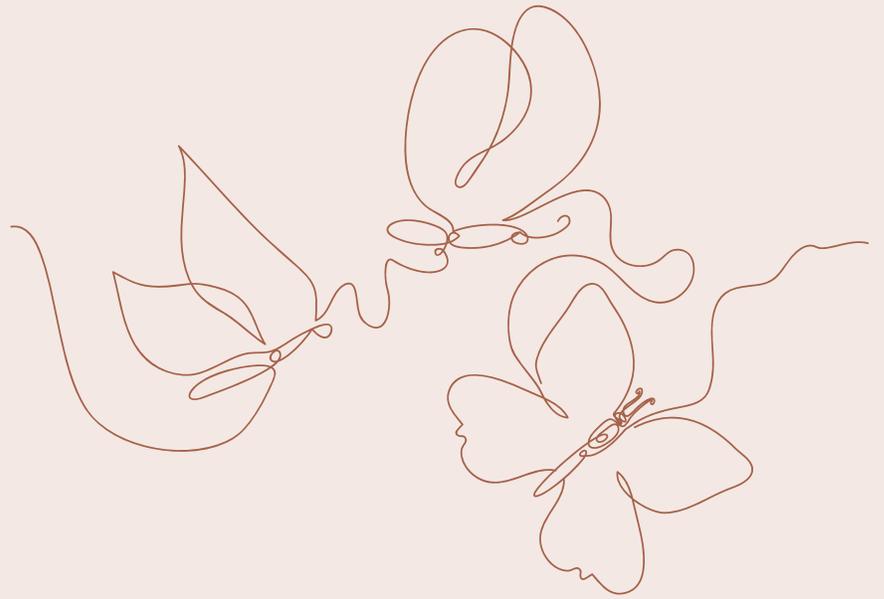


LET YOUR BREATH
BECOME
REMEMBERANCE



YOU ARE LEARNING
A LANGUAGE OF
THE SOUL





TURN TO ALLAH
WHEN YOU FEEL LOST





YOU ARE NOT FAILING
YOU ARE FEELING



CALL UPON ALLAH
YOU ARE NOT ALONE
IN THIS MOMENT





YOU ARE HELD AND CAN
REST NOW

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