AWAKENING IHSAN

THE ANCHORED SOUL: SEEKING TRANQUILITY THROUGH THE SIRAH

AWAKENING IHSAN PRESENTS

The ILLUMINATION TOUR

SINGAPORE
NOVEMBER 2026









PROGRAMME BOOKLET

7 & 8 November 2026, Saturday - Sunday

SimplyIslam, 152 Still Road Singapore

simplyIslam.sg

AWAKENING IHSAN
THE ANCHORED SOUL: SEEKING TRANQUILITY THROUGH THE SIRAH

Awakening Ihsan - *A Spiritual Retreat*

The Anchored Soul: Finding Tranquility Through the Sirah is a two-day spiritual retreat designed to help the seeker return to themselves — reconnecting with Allah Almighty and His Beloved Messenger ﷺ amidst the noise and demands of modern life. Held on 7th and 8th November 2026 at SimplyIslam, this annual retreat invites participants on a journey of reflection, tranquility, and spiritual renewal — exploring the timeless lessons of the Sirah as a living anchor for the heart.

This year's theme, The Anchored Soul, centres on the Prophet Muhammad ﷺ as the ultimate embodiment of inner peace and spiritual presence. In an age defined by digital distraction, burnout, and restlessness, the Sirah offers not just inspiration — but a practical path back to tranquility. Through lectures, discussions, and devotional gatherings, participants are guided to discover how the Prophet ﷺ maintained perfect Ihsan amidst the immense weight of his mission, and how that same grounding is available to us today.

Led by a distinguished panel of international and local scholars — including Shaykh Dr Tarek Elgawhary, Dr Ali Hussain, Ustadh Syakir Pasuni, Ustadh Muhammad Fidzar Zainal, Ustadh Syed Mohsen Alsagoff, Ustadh Muhammad Salleh, Ustadha Bushra Habibullah, Ustadha Syahidah Amiruddin, and the Singapore Haqqani Ensemble — the retreat explores the depth of Prophetic character through the lens of Sakinah and spiritual mindfulness. Sessions illuminate how the Prophet ﷺ moved through trials, leadership, and loss without losing his centre — and how the Sirah equips us to do the same.

The retreat also honours the devotional and artistic traditions inspired by the Prophet ﷺ. Through soulful renditions of Qasaid and Amdah by the Singapore Haqqani Ensemble, participants experience the beauty of love for the Prophet ﷺ not only through the mind, but through the heart — allowing the Sirah to be felt as much as it is learned.

Moments of collective worship — including Ratib al-Haddad, Dalail al-Khayrat, Wird al-Latif, and Mawlid ad-Diba'i — anchor the weekend in remembrance and devotion. These shared acts of worship create a space of tranquility and elevation, nurturing a community of seekers united in their love for Allah and His Messenger ﷺ.

Beyond scholarship and ritual, The Anchored Soul speaks directly to the struggles of contemporary life. The retreat explores themes of Mindful Worship — moving from mechanical rituals to conscious, heart-centred devotion — as well as Prophetic Pacing, drawing from the Prophet's ﷺ own balance between active service and private spiritual retreat. These are not distant ideals, but lived principles that can reshape how we work, rest, relate, and worship.

Throughout the retreat, participants are invited into genuine reflection, dialogue, and shared learning. The atmosphere of sincerity, community, and spiritual focus allows individuals not merely to learn about the Prophet ﷺ — but to be transformed by his example, leaving with a heart more settled, more present, and more deeply rooted in faith.

In essence, The Anchored Soul: Finding tranquility Through the Sirah is an encounter with the Prophetic way of being. It invites participants to step away from the chaos, to sit with the Sirah, and to rediscover the tranquility that has always been within reach — returning to their lives renewed, grounded, and anchored in the love of the Prophet Muhammad ﷺ.

AWAKENING IHSAN
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Saturday, 7 November 2026

Programme Day 1

Event	Speakers / Details
Registration	
Welcome Remarks	**Ustadh Muhammad Salleh al-Azhari & Mohamed Nassir Abdul Sukkur**
Qur'an Recitation **Morning Awrad (Dhikr) - Wird al-Latif**	**Ustadh Muhammad Salleh al-Azhari**
Session 1 (Keynote Address) **The Year of Sorrow: Prophetic Tranquility in Grief and Rejection**	**Dr Tarek Elgawhary**
Session 2 **When the Storm Touched His Own Home: The Prophet's ﷺ Sakinah During the Fitnah al-Ifk**	**Ustadh Muhammad Fizar Zainal**
Tea & Coffee Break	
Session 3 **Al-Shifāʾ: The Rights of the Beloved ﷺ and the Healing of the Heart**	**Ustadh Muhammad Salleh al-Azhari**
Dala'il Al-Khayrat & Salawat	**Ustadh Muhammad Salleh al-Azhari**
Dhuhr Prayers & Lunch Break	
Session 4 **Between Two Caves: Ḥirāʾ, Thawr, and the Prophetic Art of Spiritual Anchoring**	**Dr Ali Hussain**
Qasa'id and Amdah	**Singapore Haqqani Ensemble**
Session 5 **The Sakīnah of Khadijah: Love, Reassurance, and the Strength of Companionship**	**Ustadha Bushra Habibullah**
Session 6 **When You Think You're Falling: Finding Your Footing Through the Sirah**	**Sis Ameera Aslam**
Session 7 **Quizzes and Reflections**	**Ustadha Syahidah Amir**

AWAKENING IHSAN
THE ANCHORED SOUL: SEEKING TRANQUILITY THROUGH THE SIRAH

Sunday, 8 November 2026

Programme Day 2

Event	Speakers / Details
Qur'an Recitation **Morning Awrad (Dhikr) - Hizb Al-Bahr**	**Ustadh Muhammad Salleh al-Azhari**
Session 8 **From Ḥirāʾ to Here: Seeking Tranquillity in a Hyperconnected World**	**Ustadh Syakir Pasuni**
Session 9 **No Revenge, Only Mercy: The Sakīnah Behind the Conquest of Makkah**	**Ustadh Syed Mohsen Alsagoff**
Tea & Coffee Break	
Dhikr Asmaul Husna (from Khatm Khawjagan)	**Ustadh Muhammad Salleh al-Azhari**
Session 10 **Dalail al-Khayrat: The Salawat Practice That Anchors the Heart**	**Ustadh Muhammad Salleh al-Azhari**
Recitation of Dalail al-Khairat	**Ustadh Mohd Raghib &** **Ustadh Muhammad Salleh al-Azhari**
Dhuhr Prayers & Lunch Break	
Session 11 **Stand Firm, O Uḥud: Love, Loss, and the tranquility of the Anchored Soul**	**Dr Ali Hussain**
Session 12 **Kahoot and Reflection Session**	**Ustadha Nur Hidayah**
Tea & Coffee Break	
Session 13 (Final Keynote) **The Cave Before the Light: Retreat, Revelation, and the Recalibration of the Soul**	**Dr. Tarek Elgawhary**
Maulid Ad-Diba'i & Mahallul Qiyam	**Singapore Haqqani Ensemble**
Closing Remarks	**Mohamed Nassir** *Chairman, SimplyIslam Education Group*
Closing Du'a	**Dr Tarek El-Gawhary**



AWAKENING IHSAN

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Speakers & Synopses

Speakers & Synopses

Dr. Tarek Elgawhary



Dr. Tarek Elgawhary is a scholar of Islam and comparative religions, with an academic background that bridges the Western and classical Islamic traditions, having studied at both Princeton University and al-Azhar Seminary.

Throughout his career, he has taught courses in Legal Theory (Usul Al Fiqh) and Islamic Law (Fiqh), grounding his work in the classical Sunni interpretive tradition while remaining deeply attuned to the concerns of contemporary Muslim life.

He is the creator of the Making Sense of Islam platform, where he explores the intersections of Islam, mindfulness, and everyday living. His teachings span two tracks: the deep and systematic study of classical Islamic sciences, and practical courses designed to help people develop a more meaningful relationship with their faith and navigate the challenges of modern life.

Beyond teaching, Dr. Elgawhary is an entrepreneur, philanthropist, and the CEO and co-founder of Coexist Corp., a business enterprise stemming from the Coexist Foundation. He also serves as the resident scholar at the Islamic Community Center of Potomac (ICCP) in the United States.

He is the author of several works, including Rewriting Islamic Law, In Search of Mindfulness, and Invocations of the Siddiqiya-Shadhiliya Order. His writing reflects his broader mission, making the depth and wisdom of the Islamic tradition accessible, relevant, and alive for Muslim communities today.

Topic & Synopsis

The Year of Sorrow: Prophetic Tranquillity in Grief and Rejection (Keynote)

One of the most painful chapters in the Prophet's ﷺ life — the Year of Sorrow — saw him lose his greatest protectors and face relentless rejection. Yet through it all, he remained unbroken. This keynote explores how the Prophet ﷺ found tranquility not in the absence of pain, but in the depth of his connection with Allah — and what that means for us when we face our own seasons of grief and loss.

The Cave Before the Light: Retreat, Revelation, and Recalibration of the Soul

Before the first words of revelation descended, the Prophet ﷺ would retreat to the cave of Hira' — alone, still, and searching. This session explores what it means to intentionally withdraw from the world in order to recalibrate the soul. In an age where silence feels uncomfortable, the Prophet ﷺ shows us that retreat is not escape — it is preparation.



Dr. Ali Hussain

Dr Ali Hussain is a musician, poet and has a doctoral degree in Islamic Studies from the University of Michigan, Department of Middle Eastern Studies. His research focuses on the image of Prophet Isa (as) in the writings of the Andalusian mystic Muhyi al-Din Ibn al-'Arabi (qs).

Alongside this academic tract, Dr. Hussain has also studied classical Islam with various prominent Muslim scholars like . In 2013, he studied in Dar al-Mustafa in Tarim, Yemen with his eminence Habib Umar Bin Hafidh, where he studied Qur'an, Hadith and the science of Ihsan. Since 2015, he has also accompanied His Eminence Shaykh Muhammad Hisham Al-Qabbani, and learned from him various Islamic disciplines. His research interests include Islam and Sufism, art and creativity in Islam and the creative engagement that Sufi mystics have with Arabic through the mediation of the Quran.

Topic & Synopsis

Between Two Caves: Hira', Thawr, and the Prophetic Art of Spiritual Anchoring

Two caves. Two defining moments in the Prophet's ﷺ life — one of divine revelation, one of human vulnerability. This session draws from these sacred spaces to explore the Prophetic art of withdrawal, reflection, and surrender. In a world that glorifies constant motion, the Prophet ﷺ shows us that tranquility is not passivity — it is where clarity is born.

Stand Firm, O Uḥud: Love, Loss, and the Tranquillity of the Anchored Soul

Uhud was a moment of devastating loss — companions fell, the Prophet ﷺ was wounded, and the ummah was shaken to its core. And yet, the Prophet ﷺ stood firm. This session meditates on what it means to remain anchored when the ground beneath you gives way — and how love for Allah and His Messenger ﷺ becomes the very thing that holds you together when everything else falls apart.

Ustadh Muhammad Salleh



Ustadh Muhammad Salleh al-Azhari is among SimplyIslam's pioneer members, currently serving as its Education Chief, playing a pivotal role in the organisation's educational and religious initiatives. He is a certified instructor recognised by both the Islamic Religious Council of Singapore (MUIS) and the Asatizah Recognition Board (ARB), ensuring his adherence to the highest standards of Islamic education and scholarship.

Ustadh Muhammad Salleh completed his primary, secondary and pre-university education at Singapore's prestigious Madrasah Aljunied, well-known for producing many of Singapore's prominent Islamic scholars and leaders.

He then continued his academic pursuit at Malaysia's National University (UKM) where he gained a solid grounding in various disciplines, before furthering his studies at the esteemed Al-Azhar University in Egypt, one of the oldest and most respected institutions of Islamic learning in the world. His time at Al-Azhar provided him with deep insights into Islamic jurisprudence, theology, and the Arabic language.

Fluent in Arabic, Ustadh Muhammad Salleh has conducted numerous courses and translation projects, further showcasing his proficiency in the language. His ability to navigate complex Arabic texts and convey their meanings accurately to non-Arabic speakers has made him a valuable asset to the Islamic educational community. He teaches various subjects at SimplyIslam including Hadith, Aqidah, Prophetic Healing, Ruqyah, and others.

Topic & Synopsis

Al-Shifāʾ: The Rights of the Beloved ﷺ and the Healing of the Heart

Drawing from the classical work Ash-Shifa by Qadi Iyad, this session explores the rights the Prophet ﷺ holds over our hearts — and how fulfilling those rights becomes a source of healing and grounding. True love for the Prophet ﷺ is not merely devotional — it is the anchor the restless heart has always been searching for.

Dalāʾil al-Khayrāt: Nurturing Love and Tranquillity Through Ṣalawāt

Imam al-Jazuli's Dalail al-Khayrat is one of the most beloved collections of Salawat in the Islamic tradition — recited across centuries as a means of drawing close to the Prophet ﷺ. This session explores the spiritual wisdom behind this practice and how a consistent Salawat devotion becomes an anchor for the restless heart, grounding us in love and remembrance throughout the day.



Ustadh Muhammad Fizar Zainal

Ustadh Muhammad Fizar Zainal is an accredited religious teacher from Singapore, known for his warm and grounded approach to Islamic education. He holds a Diploma in Arabic Language and a Graduate Diploma in Dialogue of Civilizations from the Syeikh Ahmed Kuftaro Foundation in Damascus, Syria, as well as a Diploma in Counselling and Psychology. He deepened his Islamic learning at Rubat Tareem Asy-Syatiri in Yemen, and also holds a BA (Hons) in Management and Human Resource.

He is a member of the Asatizah Youth Network (AYN), a collective of millennial Muslim religious teachers in Singapore dedicated to engaging the community on contemporary issues.

Beyond teaching, Ustadh Fizar has held several leadership roles in the community. He previously served as Head of Education, Research and Training at Safinah Institute Singapore, and as Executive Director of BAPA, a non-profit active in religious education and humanitarian aid. He currently serves as Executive Director of KembaraUstaz.Sg and is the founder of The Mutual Good Pte Ltd. He is fluent in English, Malay, Arabic, and Indonesian, and has also taught courses through SimplyIslam Academy.

Topic & Synopsis

When the Storm Touched His Own Home: The Prophet's ﷺ Sakinah During the Fitnah al-Ifk

The incident of al-Ifk was deeply personal — a trial that struck at the heart of the Prophet's ﷺ household. This session examines how the Prophet ﷺ navigated doubt, pain, and public pressure while maintaining his inner Sakinah. A profound reminder that tranquility is not the absence of storm — it is how you stand within it.

Ustadh Syakir Pasuni



Ustadh Syakir Pasuni is one of Singapore's most respected religious figures, with over 18 years of experience spanning the faith-based sector and public service.

Currently serving as the Registrar of Muslim Marriages (ROMM), he has dedicated his career to strengthening the Muslim family unit and nurturing the spiritual well-being of the community. He previously served as Kadi and Deputy Registrar at ROMM, and as a Naib Kadi for nine years before that.

Among his most notable contributions is his role in conceptualising the Bersamamu ("With You") programme — a flagship pre-marriage guidance initiative that has supported more than 36,000 Muslim couples in Singapore to date.

Beyond his institutional roles, Ustadh Syakir is a trusted voice in the community — known for his grounded, compassionate approach to Islamic guidance. He has served as Khatib and Imam at mosques across Singapore, and currently sits on the Fatwa Committee (2025–2028).

Topic & Synopsis

From Ḥirāʾ to Here: Seeking Tranquillity in a Hyperconnected World

The cave of Hira' was a place of complete disconnection from the world — and it was there that everything changed. This session draws a direct line between that sacred tranquility and the reality of our lives today, asking the question: what does Hira' look like in a world of infinite notifications and endless noise? A practical and spiritual exploration of how we reclaim our anchor in the modern age.



Ustadh Syed Mohsen Alsagoff

Ustadh Syed Mohsen Alsagoff comes from a distinguished lineage of scholars on both his father's and mother's side. His late grandfather, Syed Abbas Alsagoff, was a renowned Islamic scholar in Singapore whose students include many respected asatizah, while his maternal grandfather, Syed Abdullah Bin Haroon Aljunied, served as a prominent scholar and member of the National Fatwa Committee.

Grounded in over 12 years of Islamic studies at the prestigious Madrasah Aljunied Al-Islamiah, Ustadh Syed Mohsen went on to graduate with a Bachelor of Arts in Islamic Theology (Usuluddin) from Yarmouk University, Jordan in 2018. He has served as Vice-Principal of SimplyIslam's Islamic School and is currently contributing to curriculum development at SCIS. His scholarly interests lie in Fiqh, Tafsir, and the Sirah — and it is this deep love for the Prophetic biography that he brings to Awakening Ihsan 2026.

Topic & Synopsis

No Revenge, Only Mercy: The Sakīnah Behind the Conquest of Makkah

The Conquest of Makkah was the Prophet's ﷺ greatest moment of victory — and yet, when he stood at the gates of the city that had driven him out, bruised him, and taken everything from him, he chose mercy over retribution. This session explores the extraordinary inner tranquility behind that choice, and what it reveals about a heart so anchored in Allah that even triumph could not disturb its peace.

Sis Ameera Aslam



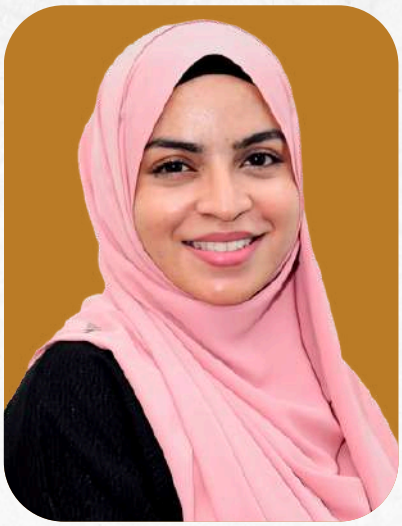
Ameera Aslam is a Singaporean-born writer, award-winning poet, editor, translator and activist. She is the author of three books: Desiring Light: Poems & Reflections (2020), which won the Daybreak Press Book Award in 2021; These Ramadan Lights, a collection of 60 poems written across two Ramadans; and When You Think You're Falling (2024), a bestseller in Singapore and Malaysia about holding on to God's mercy and overcoming spiritual burnout. Her writing has appeared in a range of Muslim publications and platforms, including SimplyIslam.sg, Muslim.sg and Karyawan.

Beyond her own books, Ameera was the founding editor of MuzlimBuzz.sg and edits, translates and proofreads for publishers such as Nusantara Books and Wasila Press. She founded Shems Tabriz Communications & Consultancy, coaches aspiring writers, leads spiritual retreats, and speaks regularly on writing, poetry and finding one's voice. Her activism focuses on supporting survivors of domestic violence and raising funds and awareness for migrant workers in Singapore. She is now based in Melbourne.

Topic & Synopsis

When You Think You're Falling: Finding Your Footing Through the Sirah

Life has a way of pulling the ground from beneath us — and in those moments, we don't always know where to turn. This session invites participants into a space of honest reflection, drawing from the Sirah to find steadiness in the middle of uncertainty. Through personal sharing and a guided writing exercise, attendees will explore their own experiences of falling — and discover, through the Prophet's ﷺ example, that the footing was never as far away as it felt.



Ustadha Bushra Habibullah

Ustazah Bushra Habibullah serves as a senior da'wah executive at the Muslim Convert Association of Singapore, where she is dedicated to creating innovative Islamic content that aims to inspire the Muslim community.

Her educational journey began with primary schooling in Jordan, followed by secondary education at Madrasah Al-Junied Al-Islamiah, and culminated in university studies at Al-Azhar University in Cairo.

Ustazah Bushra actively participates in various religious events and seminars, frequently invited to share her expertise and insights as a speaker or moderator. Her work particularly emphasizes supporting the community of Muslim converts in Singapore.

Topic & Synopsis

The Sakinah of Khadijah: Love, Reassurance, and the Strength of Companionship

When the Prophet ﷺ returned from Hira' trembling, it was Sayyidatina Khadijah (ra) who steadied him. Not a scholar. Not a companion. His wife. This session explores how her certainty became his reassurance, how her presence became his peace, and what the Sirah of Sayyidatina Khadijah (ra) teaches us about the kind of love and companionship that truly anchors the soul.

Reciters

Singapore Haqqani Ensemble

The Singapore Haqqani Ensemble is affectionately known as *The Naqsh Band*. The group comprises of about 15 members, and are regularly invited for Mawlids and Qasidah (Islamic poetry) recitations. The group members are also part of the Naqshbandi Haqqani Spiritual Order, a Sufi order under the leadership of Grand Shaykh Muhammad Nazim Adil Al-Haqqani (Cyprus) and Maulana Shaykh Muhammad Hisham Al-Kabbani (USA).

They are considered amongst the premier reciters in Singapore and the region, fusing traditional Arabic poetry of Love of Allah and His Messenger ﷺ with heart-pounding drum beats of duffs, darbukas and djembes. The group recites the Qasidahs in Arabic, English and sometimes fused with Malay or Urdu.

The Naqsh Band have performed in Singapore, Malaysia, Indonesia, Australia, New Zealand, Turkey and Cyprus. They have led recitations for some of the most honourable scholars and artists of our time, having performed for Shaykh Hisham Kabbani, Shaykh Afeefuddin al-Jailani, Shaykh Yahya Rhodus, Ustadh Usama Canon, and artists like Aashiq Al-Rasul (UK), Nader Khan (Canada), Quadravox (Indonesia), Sheila-on-7 (Indonesia) and Letto (Indonesia). The group has released 3 qasidah albums - *Our Beloved Mustafa*, *Symphony of the Soul* and *Nur ul-Anwar*.



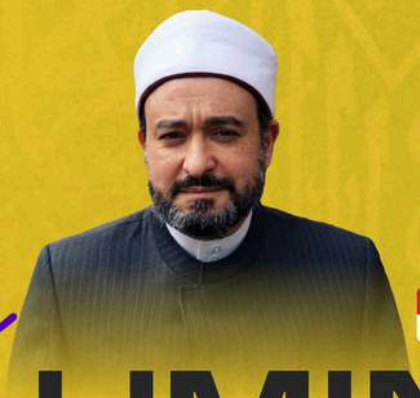
The ILLUMINATION TOUR

SINGAPORE TOUR 2026

DR. TAREK ELGAWHARY

6 NOVEMBER - 9 NOVEMBER

Itinerary & Synopses of Presentations



SINGAPORE TOUR 2026

The ILLUMINATION TOUR

DR. TAREK ELGAWHARY

6 NOVEMBER - 9 NOVEMBER

6 November 2026 Friday, 12:30 PM	Pre-Khutbah Talk	**Knowing Before Loving**: The Sirah and Shamail as the Believer's First Curriculum	FREE Admission **Sultan Mosque,** 3 Muscat Street
8:00 PM	SimplyIslam - 20th Year Anniversary Dinner	**Standing Firm: Faith,** Purpose, and the Long Journey	**De Villa Event Hall,** 320 Serangoon Road
7 November 2026 Saturday, 10:00 AM	Awakening Ihsan In-House Lecture	**The Year of Sorrow:** Prophetic Tranquillity in Grief and Rejection	**SimplyIslam.sg,** 152 Still Road
8 November 2026 Sunday, 10:00 AM	Awakening Ihsan In-House Lecture	**The Cave Before the Light:** Retreat, Revelation, and the Recalibration of the Soul	**SimplyIslam.sg,** 152 Still Road
9 November 2026 Monday, 10:00 AM	In-House Talk	**The Mindful Muslim:** Cultivating the Good Life through Islamic Tradition	FREE Admission **SimplyIslam.sg,** 152 Still Road
8:00 PM	Lecture	**Foundations of Islamic Spirituality:** Ibn Ata'illah's Hikam	FREE Admission **Wardah Books,** 58 Bussorah Street

Register Now! www.awakeningihsan.com/tarek-elgawhary

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Synopses of Presentations

Knowing Before Loving: The Sirah and Shamail as the Believer's First Curriculum
by Dr. Tarek Elgawhary

Before we can truly love the Prophet ﷺ, we must first come to know him. This pre-Khutbah talk invites us to return to the Sirah and Shamail, the record of his life and his noble character, as the essential foundation of every believer's journey. These are not dusty texts from a distant past; they are living witnesses to a life lived in full surrender to Allah Almighty.

To know the Prophet ﷺ is to be changed by him. Whether you are coming to the Sirah for the first time or returning to it with fresh eyes, this session is an invitation to begin again, more attentive, more devoted, and more in love with the one sent as a mercy to all the worlds.

Standing Firm: Faith, Purpose, and the Long Journey
by Dr. Tarek Elgawhary

What does it mean to stay the course in faith, community, and purpose over the long haul? In this special talk marking SimplyIslam's 20th year anniversary, Dr. Tarek Elgawhary reflects on the qualities that sustain a believer through the seasons of life: the doubts, the setbacks, the slow and unglamorous work of showing up again and again for what matters.

Twenty years is a long journey for any institution, and the same is true for any believer walking the path. This evening is both a celebration and a reminder that faithfulness is its own reward, and that those who remain steadfast are never walking alone.

The Year of Sorrow: Prophetic Tranquility in Grief and Rejection
by Dr. Tarek Elgawhary

The year the Prophet ﷺ lost Khadijah and Abu Talib was also the year he did not collapse. Faced with grief on the most intimate level and rejection on the most public, he moved through both with a quality of tranquility that can only be described as Prophetic. This lecture looks closely at that season of his life not to romanticise suffering, but to understand how he carried it.

There is something in this story for everyone who has known loss, disappointment, or the particular ache of feeling unseen. Dr. Elgawhary draws on classical sources to bring this chapter of the Sirah to life, asking what it might mean for us to face our own years of sorrow with the same grounded, God-anchored dignity.

The Cave Before the Light: Retreat, Revelation, and Recalibration of the Soul
by Dr. Tarek Elgawhary

Before the first revelation came, there was the cave. Years of withdrawal, of sitting with questions that had no answers yet, of turning away from the noise of the world to be alone with something deeper. This lecture explores the spiritual significance of that period in the Prophet's ﷺ life — and what it tells us about the inner conditions necessary for transformation to take root.

In an age that rewards constant output and punishes tranquility, the cave offers a different kind of wisdom. Dr. Tarek Elgawhary invites us to consider what it might look like to reclaim solitude, to sit with uncertainty, and to trust that the light does eventually come — but only to those who have learned to wait for it.

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The Mindful Muslim: Cultivating the Good Life through Islamic Tradition

by Dr. Tarek Elgawhary

What does a good life look like through the lens of Islam? In a world that offers endless frameworks for wellbeing — productivity systems, wellness trends, philosophical traditions both ancient and new — the Islamic tradition has its own answer, and it is one that is both complete and deeply humane. This evening talk draws on that tradition to explore what it truly means to flourish as a Muslim in the modern world.

Dr. Tarek Elgawhary brings his background in mindfulness and classical Islamic scholarship together for an intimate conversation about the inner life, the everyday choices that shape it, and the practices that help us return to what matters.

Foundations of Islamic Spirituality: Ibn Ata'illah's Hikam

by Dr. Tarek Elgawhary

The Hikam of Ibn Ata'illah al-Iskandari is one of the most beloved and enduring texts of the Islamic spiritual tradition, a collection of aphorisms that cut straight to the heart of what it means to know Allah, to know oneself, and to live with sincerity. In this workshop, Dr. Elgawhary guides participants through its wisdom with the care and depth it deserves, making accessible what has long been considered one of the masterworks of Islamic spirituality.

This is a rare opportunity to sit with a classical text in the company of a scholar who has spent years living with it. Participants can expect to leave not just with new knowledge, but with a renewed sense of orientation — a clearer understanding of who they are in relation to Allah, and what it means to walk the path with both humility and purpose.

Organiser

simplyIslam.sg

152 Still Road Singapore 423991
+65 6547 4407
enquiries@simplyislam.sg