ROOTED

Online, outside Egypt

Your roots carry your journey, and shape where it leads.

Program overview for

Arab & Gulf Countries, and Families & Communities in Different Cultures Worldwide

1. Rooted Outside Egypt

Whether you live in an Arab or Gulf country, or in a society with a different culture and different beliefs anywhere in the world, Rooted reaches you online, one-to-one or in groups.

2. What Is Rooted?

Like a tree, a person is carried by their roots. Every person on earth needs a minimum of roots in harmony with Sunan Allah, the laws Allah set for life: the understanding they cannot afford to lack in faith, character, dealings with others, daily life, and the laws they meet on their journey.

A person's roots show in how they define every concept in their life: provision, success, envy, prayer, failure, other people. When these roots are mistaken, weak or missing, the effect shows in their peace of mind, their decisions, and their ability to reach their goals. The more responsibility a person carries, the greater the effect of their roots.

Rooted repairs the roots that need repair, plants the roots that should be there, and strengthens the sound roots already in place, all measured against Sunan Allah.

3. The Rooted Method

1 · Discover

Understand what a person already holds: what is sound, what is incomplete, and what is missing. With young children, we start building straight away.

2 · Correct & strengthen

Correct mistaken ideas, and strengthen sound understanding where it is weak.

3 · Build

Plant the roots that should have been there.

Every concept is seen through **Sunan Allah** and three questions:

Why does this concept exist? · What happens when we act on it? · What happens when we don't, or when it is done to us?

Examples and questions come from the learner's own reality, followed by a practical application and time to apply it before the next session. The Qur'an, Hadith, Seerah, scholarly perspectives and real-life examples are used when relevant.

4. Why Roots?

Sound roots → complete vision → the ability to choose

With sound, strong roots, a person sees the full picture. They become able to choose happiness, peace, tranquillity and ease, to reach what they strive for more easily, and to walk a journey marked by falah in this life and the next, in sha Allah.

Think of an AI model: trained on outdated or incomplete data, it stays limited however hard you push it; built on a strong, complete foundation, its understanding and output become remarkable. People are the same.

5. In Arab and Gulf Countries: The Same Tracks as in Egypt

Schools

KG to Grade 12, through the Rooted stages: early childhood, childhood, adolescence and early youth.

Universities · The Journey Begins

Coordinated with the university administration or its student activities.

Adults · Journey Pioneers

Life after university, and everything related to the concepts and questions of the journey.

Care homes FREE

A contribution to the community, within the time we are able to give.

The only difference: sessions are online, for one person or a group.

6. In a Society with a Different Culture

In Europe, the Americas, Asia, or any country with a different culture, customs and beliefs, whether you were born there or live there. Through an Arab community, an Islamic centre, or on your own, for yourself or your family.

Here the questions go deeper than "why am I different?": Where is Allah? How does my relationship with Him enter my heart, amid everything around me? So Rooted focuses on:

- **An inner relationship with Allah** in the heart, the source of strength and balance.
- **A steady identity and personality**, not a fragile one, because roots inside protect it.
- **Belonging to the religion of Allah out of love**, and action in harmony with Sunan Allah.
- Then roots in relationships, character and life.

With a balanced Al-Azhar approach that suits modern life and the environment you live in.

7. How Sessions Work

Group sessions

For a school, university, care home, community or Islamic centre.

One-to-one sessions

For a child, or for someone who wants to work on their own roots.

Online, weekly

One session a week, using the same Rooted method and stages. Usually 8 sessions per cycle.

Language & time

Arabic or English, arranged around your local time zone.

8. An Indicative Bank of Concepts

Rooted works on every concept that shapes a person's journey on earth, for example:

Faith & worship

Iman · Prayer · Fasting · Dhikr · Gratitude · Tawakkul · Duaa

The heart

Envy · Resentment · Judging others · Contentment · Tranquillity

Character & dealings

Trustworthiness · Honesty · Harm · Justice · Responsibility

Self & identity

Identity · Confidence · Friendship · Pressure · Mistakes & repentance

Laws of life

Provision · Wealth & poverty · Work · Benefit · Success & falah · Corruption · Good & bad deeds

Indicative examples from faith, character, dealings and daily life, to show the kind of concepts we work on. In practice, we work on the full bank, or as the program is designed for each group, and each concept is explored at the depth each stage needs.

9. About the Founder

Loay Abu Zaid is the founder of Rooted. He has memorised the Qur'an and graduated from Al-Azhar University in English Language and Translation, and speaks Arabic and English. He designed Rooted as one connected path for every age, and has theoretical and practical experience delivering the Rooted method from KG age to adults. His approach is built on dialogue, understanding meaning, and connecting concepts with real life. The approach is informed by a balanced, moderate Al-Azhar education.

10. Next Steps

Tell us who you are, where you live, and who the sessions are for. We will agree on the track, the format, the language and the time that suits you.

For enquiries and coordination

Fees, dates and the right format are arranged directly. Contact us.

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