ROOTED

The Journey Begins & Journey Pioneers

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

Program overview for

Universities, Young Adults & Adults

1. 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.

2. 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.

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Think of an AI model: trained on outdated or incomplete data, it stays limited however hard you push it; built on a strong, complete foundation, its understanding and output become remarkable.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

4. Two Tracks for Adults

At school, roots are being formed. After school, a person is already on the journey: making their own decisions, carrying responsibility, and living with the roots they grew up with, sound or not. So with adults, Rooted starts by discovering, before correcting, strengthening and building.

The Journey Begins · University, ages 18 to 22

Who: university students, through universities, student activities and student unions, or as individuals.

Possible questions and concepts:

- Who am I, and what do I want? What is true success, and what is failure?
- Provision, work and money. Qadar and choice. Freedom and responsibility.
- Friendship, relationships and marriage. Pressure, comparison and social media.
- The meaning of prayer, dhikr, gratitude and the role of the heart, explored at an adult depth.

Journey Pioneers · Adults after university, any age

Who: men and women after university, working or not, married or not, at any stage of life.

Possible questions and concepts:

- Provision, work and wealth. Success and falah. What happens when we strive, and when we don't.
- Marriage, family and raising children. Responsibility toward others.
- The heart: envy, resentment, judging others, contentment and tranquillity.
- Harm, good and bad deeds, and how they return to us in life.

5. 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, not every concept we work on and not a fixed curriculum. Concepts are chosen for each group's questions and reality, and the same concept is explored at the depth each stage needs.

6. Formats

Workshop

A one-time workshop on a focused theme.

Series

A cycle of sessions, such as 8 weekly sessions, for deeper work.

Paid programmes

The Journey Begins and Journey Pioneers are paid programmes. Group size, fees, schedule and delivery are agreed directly.

7. 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.

8. Next Steps

For enquiries and coordination

For group size, fees, dates and delivery, contact us.

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