



With Allah As Your Guide:

A Short Guide for Muslims Navigating
Abortion and Pregnancy Loss

Written by a Muslim Abortion Doula



Surah Ash-Sharh [94]

“Did We not expand for you, [O
Muhammad], your breast?

And We removed from you your burden
Which had weighed upon your back
And raised high for you your repute.

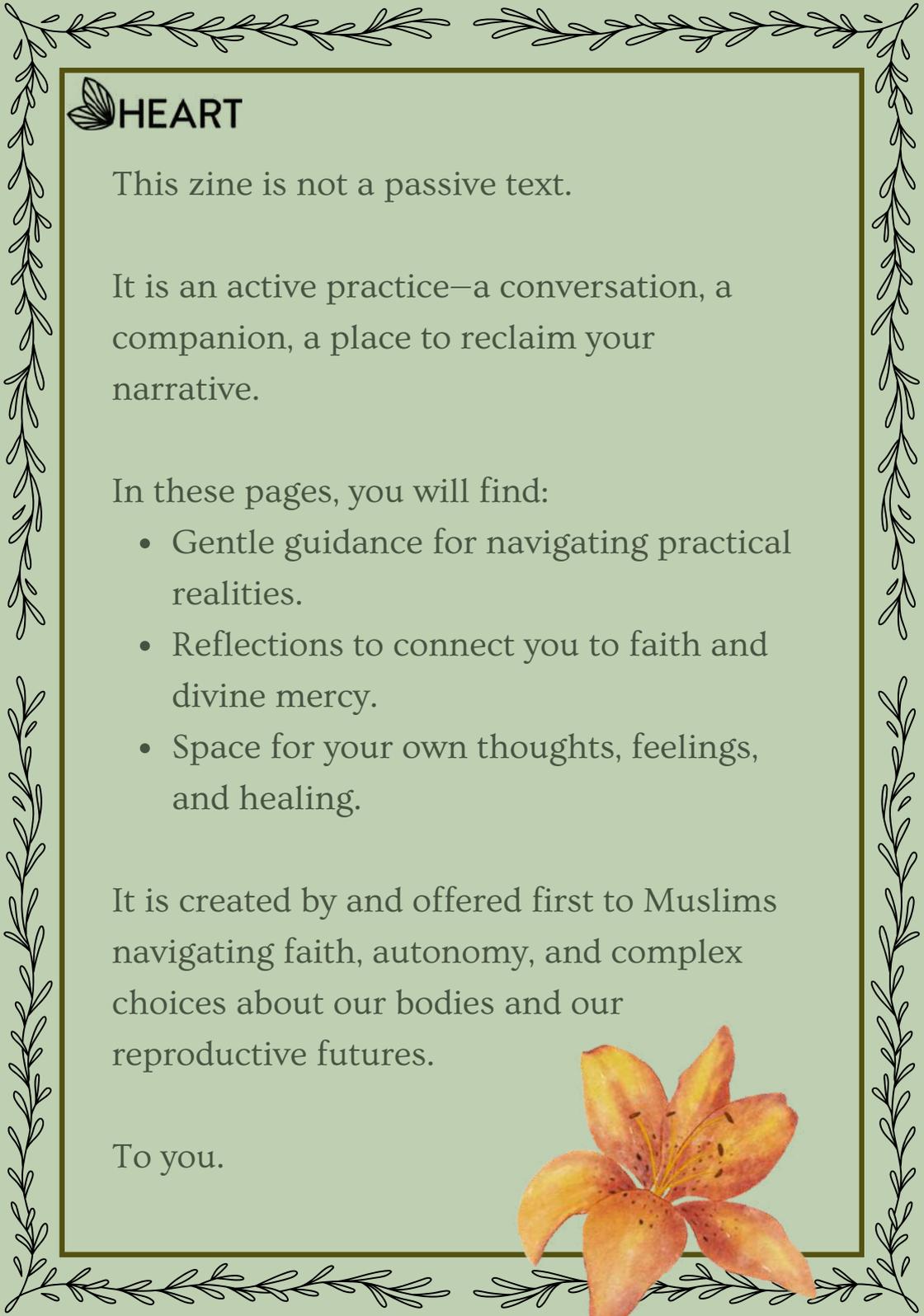
For indeed, with hardship [will be] ease.

Indeed, with hardship [will be] ease.

So when you have finished [your duties],
then stand up [for worship].

And to your Lord direct [your] longing.”





HEART

This zine is not a passive text.

It is an active practice—a conversation, a companion, a place to reclaim your narrative.

In these pages, you will find:

- Gentle guidance for navigating practical realities.
- Reflections to connect you to faith and divine mercy.
- Space for your own thoughts, feelings, and healing.

It is created by and offered first to Muslims navigating faith, autonomy, and complex choices about our bodies and our reproductive futures.

To you.





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A Simple Grounding Practice:

1. Say “Bismillah” (In the name of Allah), if comfortable and able.
2. Find a comfortable position.
3. Close your eyes if safe. Take three slow breaths. In, and out.
4. Notice where your body meets the chair or floor.
5. Gently wiggle fingers and toes. Open your eyes when ready.

A Quiet Reflection Prompt:

Place a hand over your heart. What is one small thing you need to feel supported or gentle with yourself right now? (e.g., a warm drink, a few minutes of quiet, a favorite blanket, to know you are not alone)



Anchoring In Your Values and Beliefs:

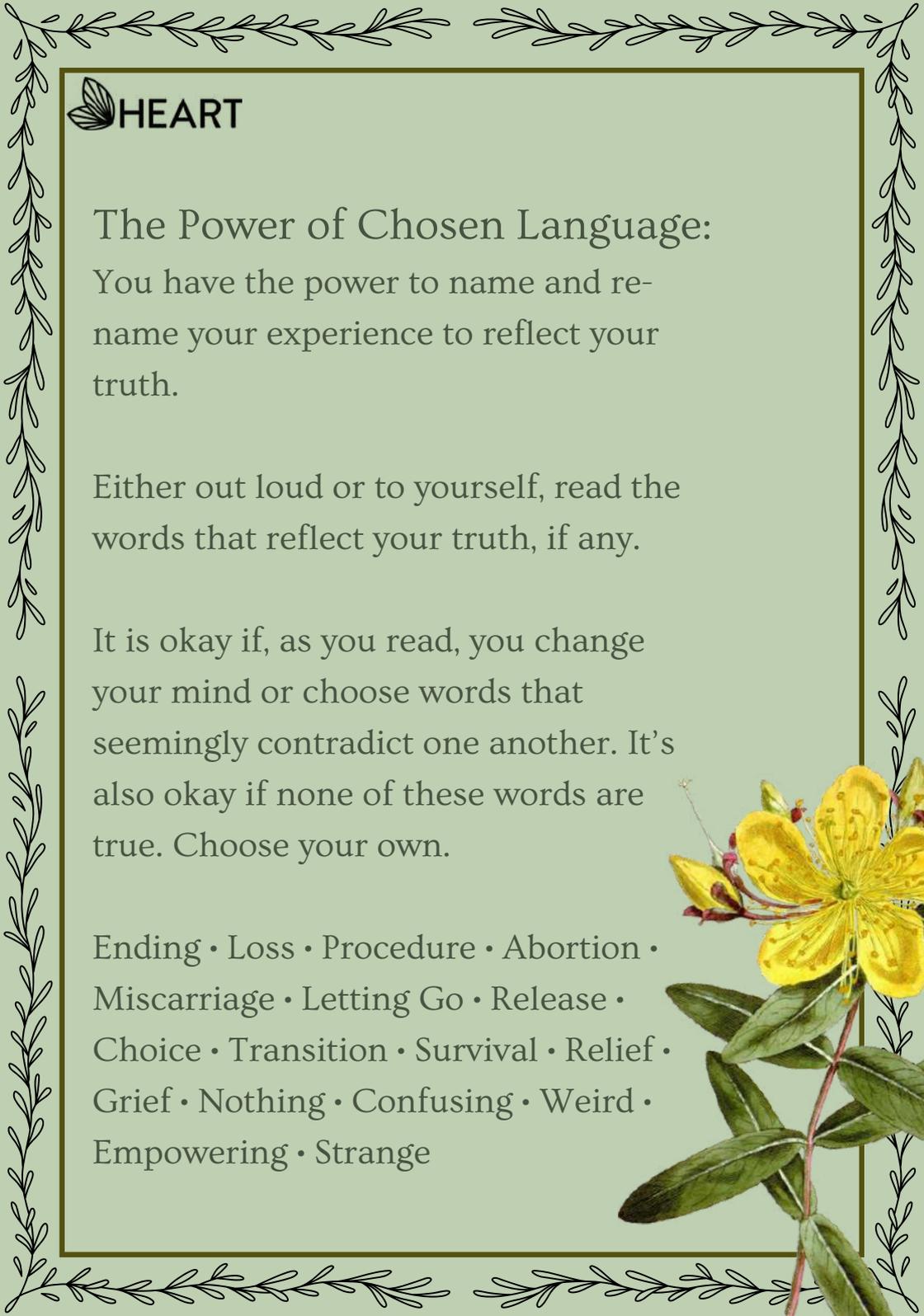
In uncertainty, your core values can guide you. Either out loud or to yourself, read the words that resonate, if any:

Safety • Peace • Compassion • Mercy (Rahma) •
Autonomy • Love • Courage • Resilience • Faith
(Iman) • Trust in Divine Wisdom (Tawakkul)

Choose one or more of the words that resonate with you and complete this sentence:

“If I lead with _____, I will remember to _____.”

Example: If I lead with Compassion, I will speak kindly to myself throughout this experience, for I am Allah’s precious creation.



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The Power of Chosen Language:

You have the power to name and re-name your experience to reflect your truth.

Either out loud or to yourself, read the words that reflect your truth, if any.

It is okay if, as you read, you change your mind or choose words that seemingly contradict one another. It's also okay if none of these words are true. Choose your own.

Ending • Loss • Procedure • Abortion •
Miscarriage • Letting Go • Release •
Choice • Transition • Survival • Relief •
Grief • Nothing • Confusing • Weird •
Empowering • Strange





A Note on Preserving Your Privacy Prioritizing Your Safety:

There are many reasons why you may be concerned about your privacy during this time, including the opinions of others and the very real confusion and fear about the legality of abortion and other healthcare where you live.

You deserve privacy and safety. These tips are optional tools for peace of mind.

- For Private Texts: Use Signal (encrypted, messages can disappear).
- For Private Searches: Use DuckDuckGo, Brave, or Firefox Focus (doesn't track you).
- Offline Tips: Turn off location services for clinic visits; send packages to a trusted friend's address.

For free, confidential legal advice, contact the Repro Legal Helpline at: 844-868-2812.



Understanding Options for Abortion and Miscarriage Management:

Generally, you have the choice to end or manage the end of your pregnancy in a healthcare clinic or outside of a healthcare clinic (e.g., medication abortion).

For the most reliable, up-to-date information about your options for in-clinic care, including whether a clinic near you prescribes abortion pills, use [I Need an A](#). Another great resource is [Plan C Pills](#), which is a one-stop website for all things related to the use of Mifepristone and Misoprostol (“the abortion pills”) to have an abortion or manage a miscarriage.

For information about abortion funds offering financial assistance in your area, check out the [National Network of Abortion Funds](#) or request financial assistance directly from your provider!



Choosing Between In-Clinic and Out-of-Clinic Healthcare:

When deciding how you'd like to navigate the end of your pregnancy, consider what matters most to you.

In-Clinic Care may be best if:

- Most important is that this is over quickly and handled almost entirely by medical providers.

Out-of-Clinic Care may be best if:

- Most important is controlling your environment, and that you don't have to sit in a waiting room or go under anesthesia.

A Gentle Note: Medication abortion (out-of-clinic care) may not be the best fit if you have a bleeding disorder, an IUD currently inserted, or a history of ectopic pregnancy.



For confidential support navigating logistics or medical questions, including:

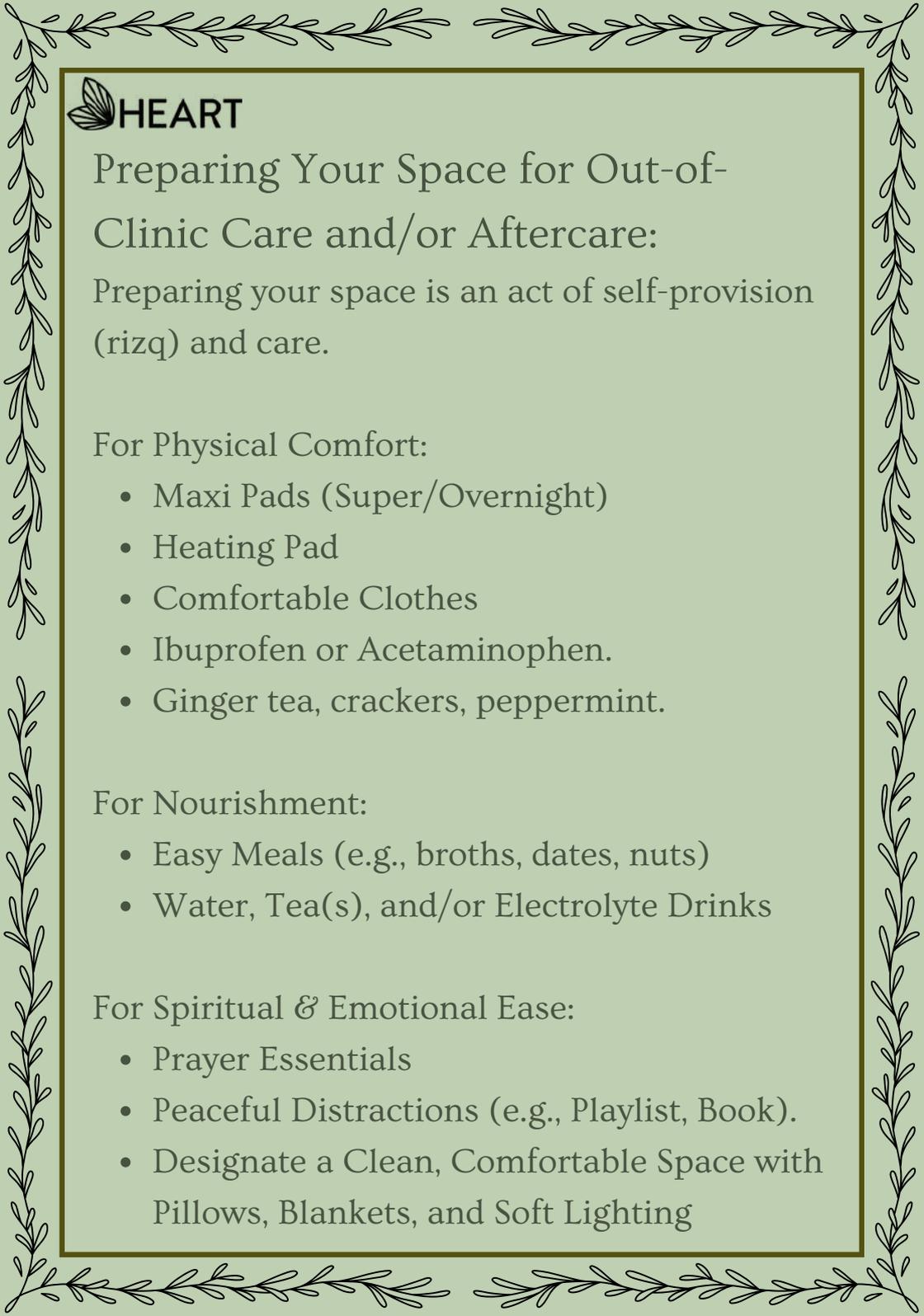
- What type of abortion may be best for you
- How to find abortion funding
- How to order and take pills
- Referrals for emotional and legal support

The Miscarriage & Abortion Hotline
1-833-246-2632 (call or text)

Additional Digital Resources:

- I Need An A: Find clinics and verified pill providers that serve your community
- Plan C Pills: Information on all things related to medication abortion
- National Network of Abortion Funds: Get financial assistance for your abortion care



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Preparing Your Space for Out-of-Clinic Care and/or Aftercare:

Preparing your space is an act of self-provision (rizq) and care.

For Physical Comfort:

- Maxi Pads (Super/Overnight)
- Heating Pad
- Comfortable Clothes
- Ibuprofen or Acetaminophen.
- Ginger tea, crackers, peppermint.

For Nourishment:

- Easy Meals (e.g., broths, dates, nuts)
- Water, Tea(s), and/or Electrolyte Drinks

For Spiritual & Emotional Ease:

- Prayer Essentials
- Peaceful Distractions (e.g., Playlist, Book).
- Designate a Clean, Comfortable Space with Pillows, Blankets, and Soft Lighting

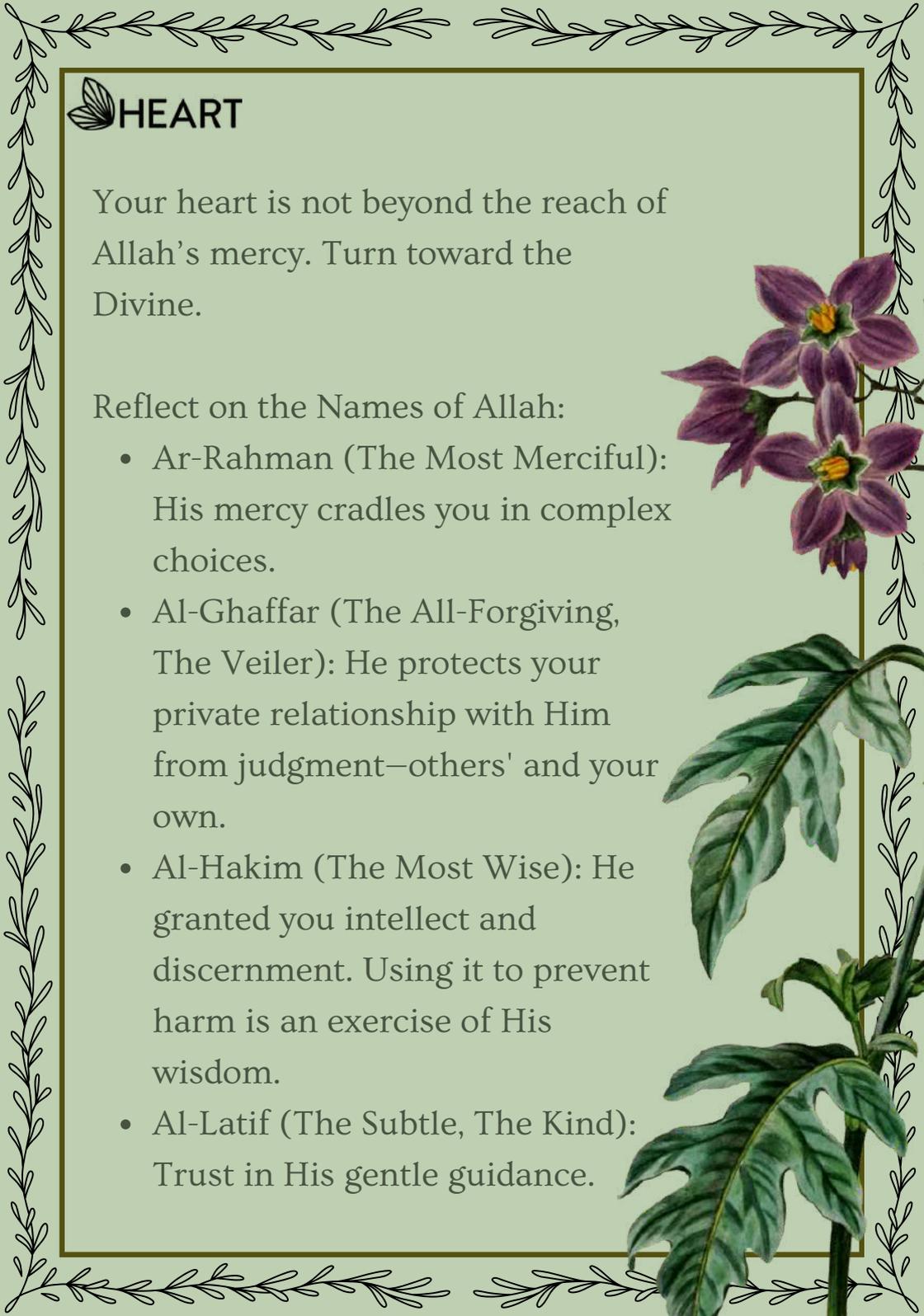
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Holistic Aftercare: Tending to Your Whole Self After Pregnancy Endings

Healing is physical, emotional, and spiritual.

- Grant Yourself Grace.
- Set Boundaries. (e.g., mute chats, log off social media.)
- Hydrate & Nourish. (e.g., sip water and eat iron-rich, comforting foods).
- Prioritize Rest.
- Gentle Movement (e.g., slow walks, stretch)
- Perform Wudu & Make Dua.
- Journal.
- Talk to a Trusted Member of Your Community (e.g., therapist, loved ones, or a chaplain)





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Your heart is not beyond the reach of Allah's mercy. Turn toward the Divine.

Reflect on the Names of Allah:

- Ar-Rahman (The Most Merciful): His mercy cradles you in complex choices.
 - Al-Ghaffar (The All-Forgiving, The Veiler): He protects your private relationship with Him from judgment—others' and your own.
 - Al-Hakim (The Most Wise): He granted you intellect and discernment. Using it to prevent harm is an exercise of His wisdom.
 - Al-Latif (The Subtle, The Kind): Trust in His gentle guidance.
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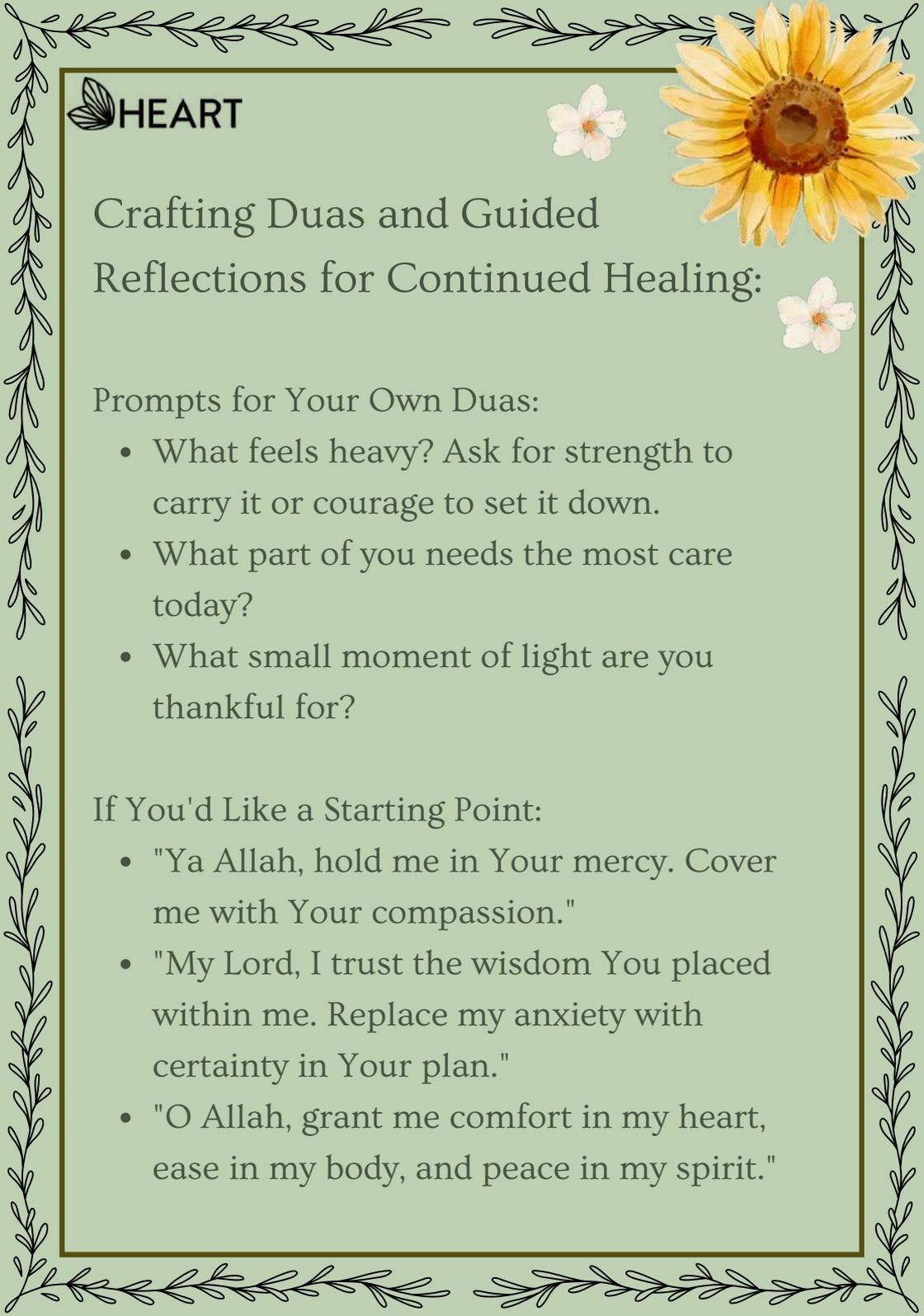
Surah An-Nisa Ayat [4:175]

“So those who believe in Allah and hold fast to Him - He will admit them to mercy from Himself and bounty and guide them to Himself on a straight path.”



Reclaiming Your Narrative:

Choosing to prevent profound harm to yourself –emotional, physical, or spiritual–aligns with Islamic principles that prioritize life and prevent hardship. Your body is an amanah (sacred trust) from Allah; you are its rightful steward. Alhamdulillah.



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Crafting Duas and Guided Reflections for Continued Healing:



Prompts for Your Own Duas:

- What feels heavy? Ask for strength to carry it or courage to set it down.
- What part of you needs the most care today?
- What small moment of light are you thankful for?

If You'd Like a Starting Point:

- "Ya Allah, hold me in Your mercy. Cover me with Your compassion."
- "My Lord, I trust the wisdom You placed within me. Replace my anxiety with certainty in Your plan."
- "O Allah, grant me comfort in my heart, ease in my body, and peace in my spirit."



Rituals of Connection & Closing:

Sadaqah Jariyah (Continuous Charity):

- Give in a way that creates lasting good. Consider a Zakat-eligible donation to HEART, a Muslim-led Reproductive Justice organization, for its mutual aid funds: Reproductive Justice, Survivor Care, and Inaya Care.

Nurturing as Ritual: Care is a powerful healer.

- Plant a seed and watch it grow. Let this be a quiet promise to your own resilience.
- Offer gentle care to an animal or a loved one. This act of intention can soothe your spirit.

Healing doesn't follow a straight line. Some days will feel lighter than others. On the hard days, remember: be as patient with yourself as Allah is with you. You are navigating this with a strength you may not even see. One day at a time.



Acknowledgements:

In the name of Allah, the Entirely Merciful, the Especially Merciful. All praise is due to Allah, by whose grace all good work is completed.

This project rests on the shoulders of sacred labor—the birth workers, storytellers, and community builders who create networks of care in the face of indifference. It is inspired by those who resist, dream, and prove that organized love is a form of survival.

Thank you to HEART for your collaboration, sponsorship, and the sacred space to live my commitment to Reproductive Justice. This guide was created with love, for the community, by the community.

With warmth and in solidarity,
Ja'Loni Amor