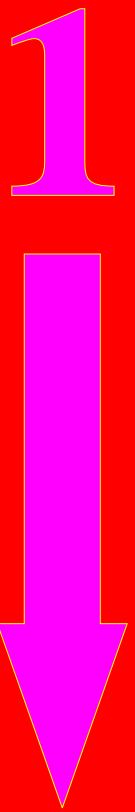


# Peace inside Us, around Us

**Muscat:** Life as an expatriate has its own challenges. Severed from the family and near and dear ones, expatriate workers and professionals and even those who have families, suffer from isolation from their cultural moorings and a socio-political ambience that offer little solace. So, when Indian expatriates heard about the 'Discover Yourself', they came in hordes to secure their participation. Over 200 men and women could finally attend the workshop held on January 23, 24 and 25 at the Institute of Islamic Studies, behind Sultan Qaboos Grand Mosque at Ghalah. Oman is a unique country. It is the only Arab country which established its colonies at Gwadar (now in Pakistan) and Zanjibar, part of Tanzania. Omanis have had several sailors and navigators of international repute. Ibne Majid who served in the fleet of Portuguese invader Vasco da Gama, was an Omani. Fabled sailor Sindbad too was a resident of city of Sohar. Several Omanis were also part of the workshop. Here are excerpts from some of the participants:



**Zohra:** I have controlled my anger and have also stopped arguments and proving myself correct always. Alhamdulillah my son who has attended the workshop has also changed completely. May Allah bless you for the great efforts. My husband is surprised at the change. I stopped complaining. My family is happy and contented. Alhamdulillah



**Alia:** I attended your seminar in Muscat last weekend. It was truly an eye-opener. I feel much happier, peaceful. I now have the ability to let go of years of anger and resentments that I had. I feel I can finally leave my past to the past and move on.

**Shina:** Before the workshop, I could not control my anger, was not patient, and was always judging and comparing. When I walked out of the door after the 2nd day of the workshop, I could see another me that I have created. This programme came at the right time for me. I needed it. Thank you very much for the workshop. For me it was wonderful.

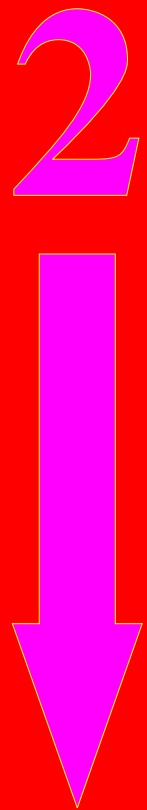
**Shaheen:** I hope everything is fine. We are fine here. You left Muscat, but personally I feel you are still here. Every moment I remember your kindness and generosity you shared with us. The outcome is Peace inside us and around us, Alhamdulillah. I am discovering what I never discovered before. My students, my family and everyone find me a different person now.

**Anjum:** It was a holistic learning process. Surrendering to the will of Allah, acceptance, inculcating values, honouring one's word, being true to oneself forgiveness and all these made me to ponder over. It has really touched my soul and has made a lot of difference to me. The whole approach of the workshop was very effective.

**Mazhar:** This workshop has been an eye opener and a mind opener. The topics covered were so fundamental and relevant for life and living. For attracting young modern people particularly youth, such workshops using modern tool and techniques for dawah would be highly beneficial. Unlike the conventional dawah work which mostly attracts old and less educated ones. I already feel upbeat and optimistic.

**Zainab:** I am a meditator, and a trainer in Vipasana meditation. This three day workshop is really mind blowing for people to start the journey within. All the three days you made us move step by step to start our spiritual journey. Heartfelt thanks and jazak allahu khairan.

**Samad:** First, I thought life was only about studies and youth. But now, I realize life has got more than just that. I have learnt how much a person's life is influenced by his emotions. I have realized my faults and have decided to turn over a new leaf. I have decided to become a better and more helpful person from this day.



**Najat Al-Yarubi:** I absolutely loved the workshop. Like Mr. Khan said in the beginning, there was not anything he said was new, but it was the way he put it all together and brought it down to our context. The pace was great, the examples and exercises were wonderful and the video clippings were excellent. The day was long but the time flew. Mashahallah we enjoyed ourselves.



**Mubeen:** It is very very excellent, really it changed my life. It is beneficial and useful. I cannot express how much I feel happy. May Allah reward you, Jazakallah khairan.

**Sabiha:** I came to know of my real personality. And the options I can choose to be a good human being and a good Muslim. I feel my self new, light and inside I am full of tears to wash all my sins, dirt and bad. Thank you.

**Sayed:** We were a very happy married couple and we both attended the workshop for three days. We have vowed, that inshah allah now we have got a new way of life, we will share it with others and spread the positive awareness by doing small workshops. It is such a light that we will try to make a difference to humanity. Such workshops should be done very often and even for a week as three days is not enough for such a beautiful course.

**Dalila al-Abbadi:** First I am proud to be Muslim. Honestly before the workshop I used to blame myself that I am a useless person and blame my family for not supporting me. Honestly I found my peace and I have learnt the technique of having peace. I have learnt that as a human being, it is normal to make mistakes but we should realize it and change and not repeat it. It gave me the courage to learn more and more and share with others what we have and not blame at the end. If we can make a difference go ahead, otherwise be silent.

**Zaid Al Rab:** Well I feel change. I am seeing the world from other view. I really love it and now I am a very peaceful person. Now whatever I see I love it.

**Nizar:** Since I started to attend the workshop, I felt the people around me are all equal and I should behave as human being instead of animal. I should be a forgiving person and keep my word always.

**Raziya:** It was very useful. This kind of Islamic workshop I am attending for the first time. I have attended two personality development workshops. But as a Muslim we are incorporating Islam in our daily life, I think this workshop for teenagers will be very useful, they need guidance. I feel peace within me. Think in a more positive way. After the workshop I feel more peaceful and livelier. My husband who attended also felt the same about me.



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