

Carrying the Message of Love and Peace to Karachi

It was an emotional moment for editor of Islamic Voice, A.W. Sadathullah Khan when he flew over to Pakistan and conducted the 3- day Discover Yourself Workshop in Karachi on January 9, 10 & 11, 2009. Over 300 Men & Women attended the Workshop and some of them share their experiences here.



Nazir : My family and me are deeply grateful for your visit to Karachi. We feel enlightened and energized by the sessions we attended. We probably knew most of the things you explained, but we never practised. Your sessions have given us clarity of thought and impacted our personalities as all this was explained by demonstrations with absolute simplicity. May Allah bless you and give you courage and strength to continue with your mission.

Irfan: I really had a wonderful experience. It is just a mind-blowing experience. It takes you out from darkness to light and helps you to be a good human being.

Najma: Before this workshop, I was sleeping, but this workshop made me wake up with full alertness. The most difficult thing was to change MYSELF. When I went back home after the workshop on the 1st day with full spirit, I was feeling like "flying in the air" I was so happy and had a feeling that "I got some 'treasure'" Now, I can easily make my children, my husband, my mother, my sisters, brothers happy. Why? Because, I was willing to live in the present from now onwards. My children were observing the changes in me. They are really very happy because I am not scolding, criticizing and giving them orders. I have changed my language. I am giving them this feeling that I do care and love them. I must say Jazak'Allah Khair to you that Allah has sent you here to give this wonderful workshop.



Sarah: I was depressed and did not know what to do, felt stuck, wished my life was short. Cried, mostly and asked Allah's help. And Alhamdulillah, Allah's help came. I realized it is in my hands to make myself happy and I was making myself depressed, I did not realize it. Now I know and it's a good feeling to know that it is in my hands to make myself happy and Inshallah I will, and I have started in my self and my home, with parents, siblings and friends. I am very thankful to Star Link School and brother Sadathullah and I will pray for him to come back soon. May Allah give him success wherever he goes.

Adil: Before this workshop, I was never satisfied with what was happening, blaming Allah and parents for everything. I was looking for faults in everyone and was very stubborn. I had always been a positive thinker, but still I had no peace. In the workshop, I realized I am nothing, thus all the pride and stubbornness got away, all my grudges against my parents, Allah and friends washed away. I feel a heavy load is lifted from my heart. I changed my focus and I am expecting victory and success in my present life. I feel very lucky to be a part of this workshop. May Allah bless our sir, and everyone who had played a role in helping me to attend this workshop.

Fahmida: I thought I have control over my life, but I realised it was an illusion. There were so many discoveries at the workshop which I would find almost shocking and oh my

God is –this Me? Am I doing this to my loved ones? I understood the word 'experience' and I realised why I am so burdened? I have to work really hard to make a visible change, but I am on the road to change. Jazak'Allah Sir.

Salama: Before the workshop, my life did not have any specific direction. I know there is a purpose for me to come into this world, but could not recognize it. After attending the workshop, all my blindness is gone, and all the things are clear and visible. I will Inshallah practise all the things and spread it among the people. The workshop was excellent.

Shenaz: Before the workshop, I was feeling very angry, tensed and worried. But now I feel so much light, happy and content. The family members are also very happy and we all are enjoying the light and happy atmosphere in our home. Now I do not see anybody wrong. Strange! I am listening to my children and not bossing them. May Allah bless you with all His bounties in this world and in the next world. Ameen.

Ayesha: Life before the workshop was self-centered. I thought I am responsible at home, but I was not. Now I know how to take control of my life. I used to blame the environment and others and now I stopped. I am feeling that I am a different person. I am quite, calm and more responsible. I have special feelings for my parents, brothers and sisters. I am thinking positive for them. I learnt the art of



living in the present. Now my mind is empty, I started a new life with different objectives. I have cleared my mind and heart.

Maryam: Before the workshop, I was angry and, rude or I can say a person who does not know how to spread love but now, I am really a different person. I know now, how to spread love and peace. Doing small things for others and then in return getting love, really gives peace to me.

Saira: This workshop was an eye opener. There are so many things in human nature, which we are not aware of. This workshop led to a positive attitude in me. This workshop should be conducted in offices for men.

Rafiq: This workshop was not about discovering yourself, it was about cure yourself, improve yourself and it was about diagnosis and treatment of some psychological heart diseases. Change in understanding and tolerating others' views.

Fawad: Before the workshop, I felt as if I was a stranger to myself. I was really on a journey to discover myself. Now I find my family members really working according

to my intentions. I felt my power of focus, for the first time in life. This workshop gave me the key to control my reactions. The workshop was a very dynamic one, it was very powerful and it filled me with a drive to serve Islam.

Lakho: Life was like cattle, not understanding the real values and principles. I realized during the workshop that man puts himself in problems. Problems are self-centered, so we also have power to create solutions. Such workshops should be conducted very frequently.

Hadia: I stammer when I speak at times, and I always had stage fear. In the workshop I overcame my stage fear. I took up the challenge to speak up. The 3rd day of the workshop was the best.

Khawaja: The day I came in for the workshop there was a lot of chaos, confusion, heart ache, pain, suffering, anger and frustration. But there was always the hope of everything being fixed by a miracle, magic wand of Allah! By the end of the second day, my spirit was enlightened. I was out of my coffin box and feeling confident. For the first time after so many years I am feeling light.