

Erasing Past Conditioning in Karachi

**The 3-Day Discover Yourself Workshop
conducted by A.W. Sadathullah Khan
on August 14, 15 and 16, 2009 at Bahria
University, Karachi was a tremendous success.
Here, participants share their experiences after
the Workshop.**

Dr. SARAOSH HAMID: I had attended number of workshops in Pakistan as well as in USA, Sri Lanka, Thailand and Singapore related to self-discovery, mind sciences etc. However the Workshop in Karachi on 14, 15 & 16th August 2009 at Bahria University Auditorium by Mr. Sadathullah Khan was a great experience. It was an excellent programme, very well designed and delivered by Khan sahib. I wish we can have more sessions in Pakistan, so more of us can be benefited with this wonderful program. It's a great 3 day investment / gift, one can give himself / herself or to love ones.

FAROOQ: I had a fight with my mother who forced me to attend this workshop because I had better things to do. I never knew in the end I would be writing that this workshop is amazing. My friends started laughing when they heard that I was 'Discovering myself'. I was embarrassed. But now I am proud that I attended this workshop. As soon as I went home after attending the first day I realised how

negatively we think and react. But now things are different. I will make a difference.

FARZANA: I was oscillating between being bitter and trying to be happy. Trying to follow the way of Islam is not easy, especially not for young people. I have to listen to people's criticism that I am wasting my youth by not wearing the latest fashion and covering my head. Also, not having any children after six years of marriage had made me bitter. At one time I was on the verge of suicide, except that it is Haram!! During the workshop I realised that my main problem is that I worry too much about how people 'see me'. The workshop has allowed me to remove the shell of other people's ideas and opinions and their expectations of me. It's as if, a beautiful butterfly has emerged from a cocoon after being imprisoned for 30 years. I am free, I am alive. And I love myself and because I love myself, I love Allah's creations. Jazakallah!

SAJIDA: Before coming to the workshop I was in the right and wrong world of physical consciousness and after the workshop I am



raising to the spiritual consciousness and I feel improved. I brought my son here. I am glad I did. I have a better relationship with him now. This workshop gave me an opportunity to tell him for the first time in his 18 years of age that I love him and I cannot live without him. My attitude towards life has surely become positive.

SHAHWAR: My life was full of aggression and frustration. I used to get nervous and whenever I came on stage, my tongue start shivering but after this workshop My life is totally changed 'I want to salute Mr Khan sab' Thanks for changing my life, giving me confidence and showing me the correct path of life. I can now easily choose between wrong and right. "Allah bless you".

HASEEB: The workshop was excellent, useful, blend of modern scientific orientation and religious thoughts. The presentations were simple yet heart probing, affecting the heart and soul of the individuals. If even 25% of the presented material is retained and practised, it could transform the personalities as better Muslims. This workshop has been very useful in discovering ourselves for inner cleansing as better practical human beings. The presentation of the workshop was of international standard, following timely schedules. The presenter and the organisers deserve congratulations for arranging such a useful workshop.

SALEHA: I was a refresher, this time many different aspects came into existence. Still I need to workout on my attitude towards life. This time ladies were sitting at the top, right at the back, felt sleepy at times. Both sexes should be given the opportunity to sit in the front.

AFIA: Honestly, this was the most beautiful gift anyone can ever give to me. I was very arrogant, aggressive and my behaviour towards my elders was harsh. I used to reply back. But since the past two days, if anyone scolds me, I keep my mouth shut. If any one makes fun of me, I just smile back. I have learnt the purpose of my life and how to treat others. I am really looking for the next workshop to come so that I can bring my parents along and see a big change in them. This workshop should be held every month, so that everyone can take advantage of it and know the purpose of their life.

AFREEN: This workshop was amazing. It

had been a wonderful experience. I have learned how to stay alert by being conscious all the time. I learnt not to blame and judge others but change your own self. The techniques of controlling the anger were superb. Leaving the past behind and living in the present to make a better future concept changed my life. The family which I thought does not care for me now feels that I am everything for them. Relating the topics with examples of our daily life was very useful. Thank you so much for providing me with a platform which changed my life.

FAHAD: I thought that I was a perfect man before attending the workshop. When I went back after the first day the family were very keen to share about my experience. The feedback I got from them was much unexpected and then I realised that I was living in a shell of false world and I have to come out to the world of reality. I feel that this workshop is the best opportunity to change oneself and make the life acceptable for everyone in all circumstances. The problems highlighted in myself are ego, anger and arrogance which I have to give up and take on being generous, kind, just, loving and forgiving. I pray to Almighty Allah to help me in keeping these qualities.

SHABNAM: I was very depressed, frustrated and suffocating. I was confused about my past, apprehensive, restless for the present and worried about future. This workshop cleared of my confusion, ambiguity and it showed me my hidden fears. My family members feel I look calm and I wish to again participate in the next workshop.

NAILA PARACHA: The workshop had an empowering effect on me, it made me realise I am my own painter, the picture I want I can have that whatever I want to be, I can and not be a painting what others have painted for me, or what I believe, I should be. I now take charge of myself, my beliefs and erase out the past conditioning which was negative. I have changed the word 'I CAN'T to I CAN'. This is now, my thoughts, I will now be in the present and be conscious, so that I can energise my life and lead a happy peaceful life, and work at making those around me more happy, loving, and empowering the society, whatever good I can do, I am willing.



Photos

