



**Workshop gave me
the power of
acceptance of Reality**

**3-Days Workshop held at Baharia
University Campus Auditorium in
Karachi on 25, 26 & 27 December 2009
Over 350 People attended the
Workshop, some of the participants
share their experience.**

MAHATAB: Things have totally changed for me after attending the workshop. I am totally changed and even my family feels that. I felt very much relaxed and peaceful after this workshop. I have stopped paying attention towards my ego because now I know that it is the one and only thing which caused all the problems in my life. Before I used to create problems out of every problem but now I have started to create solutions out of those same problems. I am happy now, no more worries and no more problems.

YAYHA: Before attending the workshop I had doubts whether the workshop will benefit me or am I just wasting my time and money. But from the first day itself I felt different and I myself feel changes from the first day. In each and everything now, I am conscious that what is wrong and what is right.

TAHIR: I felt a lot of changes in myself. I am feeling light after forgiving people who did wrong to me. My total attitude changed towards life. Through the workshop, I had the opportunity to know myself and have a clearer concept of life. My relatives have noticed the change in my attitude as well and they told me that I am very light mood and looking fresh though I have attended only the first day of the workshop.

HAYAT: Life before the workshop- a constant fight was going on inside me as to who am I? And what is my purpose or role in this world. I was confused as to what I should do and make a difference in this world. What should be my attitude? I was looking for guidance; I was asking myself many questions but unable to get any answer. I was confused and I seriously needed a sense of direction. Secondly, I am a short tempered person and I needed a truck to get out of that state. I am a very reactive person, easily excited and over sensitive. I was holding a grudge inside me which was only destructing me others had no influence of that. Life after the workshop- Alhamdulillah, I feel very different now. The constant outgoing war has settled a lot. I started practicing to control my nafs. I have given the grudges which was a hurdle to move on with my life. My brother was delighted and was shocked to discover the new 'ME'.

NAZIA: My mother had passed away a week before and I was bitter, angry and grief stricken. Now after attending the workshop I am feeling much better as I have learnt to let go. MY family is relieved.

AFREEN: I have attended many workshops in my life so far and I knew most of the things but you made it clear and showed the practical way of application in day to day life. I never get up early in the morning but I came on time for all the three days. I thank you and Dr Sarosh who forced me to attend this workshop.

SAMAD: I was forced to attend this workshop. At first I resisted and was bored but soon I developed interest and by the end of the first hour I was in hysterics and laughing. Sir, your way of coaching is amazing. You keep the environment very light and funny. This workshop is a life changing experience for those who are willing to change. Over all it was a wonderful, enjoyable and worth file experience.

ASRA: I have read the Quran with tafseer and I already know all the things discussed in the workshop. But it is a great reminder for people like me. The most important thing I learned is giving up and forgiving others. The burden we carry with us which never let us be relaxed and contented, the burdens of hatred and revenge. I learnt how to get rid of all of them and hence got rid of all my worries.

RUMINA: This workshop gave me the power of acceptance of reality and the awareness of the Satanic 'was was', I am able to control it and come closer to Allah. I am able to make choices consciously. I have started finding solutions to my problems, rather than asking questions like why me or why now?

SADI: Life before the workshop- I used to be depressed and frustrated and tensed about my future and carrying my resentments with me. I used to be defensive and go to justifying my arguments during debates failing to understand the others point of view. I was unable and felt shy in expressing love and gratitude even to my loved ones. Life after the workshop- Now I am relaxed about my future and I now know that Allah is the provider of the 'risq' (sustenance). Now In any discussions I hold back my natural instinct to resist and listen to the other person realising that this is their opinion. I have left all my resentments behind and forgiven everyone and thus I feel quite calm and relaxed.

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