

Being at Peace in the Persian Gulf

The Discover Yourself Workshop was conducted by A.W. Sadathullah Khan on 29, 30 and 31 October, 2009 in Doha, Qatar. Here some of the participants share their experiences after the Workshop.



ABDULLAH: I have attended the workshop "DISCOVER YOURSELF" It was excellent, I can't explain my feelings in words, the way each point was explained about our life, purpose, aim, decision etc was marvelous. From where we came, how we are living in our present, what is our destiny, respect towards mankind, forgiveness and much more really, it is amazing. The base of the presentation is Islamic teachings with modern scientific orientation, very simple but heart touching which definitely will affect our soul. It is my honest advice to all my friends; please don't miss the next workshop wherever it is conducted. It will be very useful to discover ourselves to know what we are, clean ourselves and become a practical human being who can live in peace and will be able to guide others. I pray to Allah to give Ajar to Mr. Sadathullah Khan and more energy to teach maximum people in this blind world.

FAZLY: It was a great experience attending the workshop which gave me knowledge, empowerment, confidence, courage, faith, happiness. Clarity of mind and many more things which I cannot express in writing. Simply it is mind blowing! I am so fortunate that Allah has had given me this opportunity to attend this workshop and wish to attend many other similar programmes.

RUKHSANA: Before the workshop, I was a person who did not understand how life should be? How to interact with people around? I had many negative feelings in my head regarding my teachers, friends, mom and dad. After the workshop I had a different feeling towards everyone, even to animals. I realised how it was to be a woman, a pure soul. I understood my ego and fought against it. I really had a coolest experience. A true way to live a successful life. All I have to say this is the best way to bring people to Islam, a way of life.

ZUBAIR: I have gained a great deal of freedom and confidence. Excellent work keep it up.

HUMAIRA: I used to be very adamant in proving myself right and the slightest spur would blast my ego, but inshallah that will change with this workshop.

KAZI: I was not willing to accept my wife's views. This was aggravating her sickness (psychiatric). Now I am willing to support her in all ways to reduce her problems. This message has to reach the world, more people should be trained.

SHEMIL: Before the workshop, I was not a good listener, giving justification, excuses, no concentration in salah and not forgiving others. After the workshop, I learnt to listen to others



without any judgments, started to keep my word, learnt how to forgive others and thereby letting myself free, enjoyed the peace after that. I learnt how to focus in salah and it made a big difference.

AYESHA: I was a person who was getting angry soon. When I got angry I did not know what is happening around me, it was so bad. I have a problem with getting pregnant as well. Really, worried about that. It really puts me down when I hear others getting pregnant and when my family calls me and asks me when the good news is, I get hurt and cry for days. This has affected my married life as well. But now I have refined a lot. After attending this workshop my life has changed a lot. Now I know how to overcome my worries and my problems. I feel so peaceful in my mind.

SAYEEDA: I felt relaxed; at last I got the treatment for my problem. I know the method of living life of peace and health. To improve my life, be obedient to myself and sacrifice everything to Allah. Now I am full of excitement and joy. Thank you!

NISHTAR: In the workshop, my wife and I feel that we have been blessed with guidance from Allah subhanata'allah, otherwise there would be no value or meaning to what we have learnt in these three days. All praise is to Allah- Alhamdulillah!

MAJID: Alhamdulillah, I got the guidance. I am glad for getting an opportunity to attend this workshop. It has just made me change my thinking positively and made me to care for the family and my friends. Thank you.



