

Shutting Up Whisperings in Your Head

Shanaz: The first workshop in 2006 gave a new identity and rescued me from the depths of horrible depression. This second workshop reinforced my belief of healing, transformation and betterment of one's whole self by being an active participant. Applying the tools I acquired at both the workshops has reduced so much unhappiness in my life, brought a great deal of calm into my home and nurtured my relationships with my spouse and children.

Nisha: Before the workshop I was very much a victim, I was a lot more aggressive and angry but now I see that there is no need to be that way anymore. My family and I have begun to rebuild our relationships. We are basing it on love, care and trust, hence making it stronger. This workshop should be done for the youth and people who are getting married must attend this workshop.

Saima: I was living an action – reaction life, but now I have started to make conscious choices. Learnt not to judge others. Not to question the will of Allah. I learnt to forgive and set my past free. I have started to listen and there are amazing results at home so far.

Amina: I was always preoccupied with whisperings in my head and now being in the present I can now hear my husband's conversations clearly and appreciate him without saying anything- just listening. The workshop has cleared the mist on my life's window and I can begin to enjoy the beautiful view and Allah's beautiful creation. The practical demos were very meaningful and have stuck as images that can be replayed to appreciate and

understand the way we create obstacles in our lives. I am peace and I promote peace.

Nusheen: I found the workshop useful because it helped me live in the present and not in the past. Before attending the workshop I was very negative and judgmental but now I am positive and a better human being. My husband is surprised at how I was listening to him and how I felt about how much time I wasted living in the past. I never got angry or upset when he told my short comings. I have decided to listen and talk to my children instead of shouting at them. I enjoyed the workshop very much.

Riaz: I found the workshop very practical and interesting. It made me responsible for what I say and do. It showed a way to be with other people and yourself.

Sahama: When I first attended the workshop in 2006, my life was full of misery; I was bossy, too argumentative. I was always right with whatever I do. I was a monster to my children. I shared the workshop and discussed with an open mind. Ever since my life changed drastically. This workshop, I am attending to recharge again. I now have peace in me.

Shamima: Before the workshop, I was carrying a lot of baggage. I am much lighter now. I learnt to forgive and make choices. My only wish is that I want all my family and friends to attend this workshop so that they can benefit. Thank you for sharing your knowledge with us, may Allah reward you.

The Three- Day Discover Yourself Workshop was held in Gaborone, Botswana on July 24, 25 and 26, 2009. The Workshop conducted by A.W. Sadathullah Khan was an overwhelming success and here some of the participants share their experiences.

