

Let Go Your Past in Nairobi

The 3-Day Discover Yourself Workshop was organised by Respect Foundation, Nairobi, Kenya on June 27, 28 and 30 June, 2008. Some of the participants share their experiences.

Razia: This workshop has been a major turning point in my life. I have forgiven all the people who have hurt me, I feel free and happy. I have accepted my co-wife and I told this to my husband and he is happy. I have made a choice to be happy and talk to my co-wife. I will go see her and forgive her too. Already I have let my four kids free and today they are with my husband and co-wife. I am going to be happy and create peace between my husband, my children, in-laws, co-wife and me.

Hanna: Before attending the workshop I could not let my husband marry another woman, after all what we had achieved together. I was for 16 years under this fear, but now courtesy of the workshop, he can marry again. I have no fear, no insecurity anymore. I have discovered myself and for the first time experienced what freedom is- to let go. I am beginning to experience peace (Jannah) within me. My family also has seen the fruits of this workshop, because for the first time my husband opened up with me.

Aalia: There is so much to say; yet putting it in words is the hardest! What I can say, this workshop

spoke all the things that are so true. Before the workshop, I was a person who was so judgmental and I thought or rather convinced myself that I was not judgmental. Until this workshop, I was blind. It helped me to know my mistakes and help evaluate myself. And better myself; to be able to live a wholesome life, one that pleases me and more importantly, it will please Allah. For that, I am ever grateful to Brother Sadath. I cannot explain how deep his insightful work goes. What I have explained are fragments of how much more that I have to say. It is inexplicable.... his work is a gift to us all around the world, you are enriching people, helping people cleansing them and changing lives, making them more happier and removing the sufferings through your simple words. You have empowered me... I appreciate you, thank you.

Sarah: I have been living in a marriage of lies, anger, enmity and hatred. The workshop has helped me to be born again and now I am starting my married life afresh. I am going to ask my husband to wed me afresh! I have delivered myself from the burdens I was carrying on my shoulders (my husband and the rest). My husband can now feel my warmth and my children have started enjoying love and care I had denied them.

Saira: Alhamdulillah by the help of the workshop I have lifted all the burden I was carrying with me for 3 years. I have learnt to see people as human beings and love them equal.

Muna: My life before the workshop was a life full of anger and resentment towards everyone that loved and cared for me. I used to think that they were all against me and I was a victim but

after these three days, the workshop has really opened up my eyes in so many different ways and I have learnt to keep my faith and forgive. After the workshop I started to share in a peaceful way with my family. All I want to say is that this kind of workshop should be done often and in many countries, cities and villages.

Hafsa: My life was miserable before. I was not happy with the people around me, but mostly I was not happy with myself, I was judgmental and a critic. This workshop made me able to see people as they are and not as they seem to be. It made me be at peace with myself and hence have peace and love around my life and me. I have come to terms with my fears, left the past in the past and I am now able to LIVE. Jazakallah Khair!!

Munira: This workshop is a best gift from Allah. Before these

3 wonderful days my life was false (now I can say it) Now I discovered myself. I have changed with Allah's help. I now know what I want from life: Peace and happiness and I know for sure this (workshop) will change my life and my family. Thank you.

Razia: Before the workshop I was always feeling "Why

me?" I have only one son and have been trying for another child. I got depressed and did not know whom to blame. I am very good with time and organized, my husband isn't, and I constantly remind him of that. My home life was terrible. My son developed stammering and my husband ignored me. I developed fears, insecurities, had regrets from the past. I prayed regularly and I still did not know why I did not get peace. My son told me he hates me and wants to run away from home. I wondered why is this all happening to me, when I am so good! I have developed multiple problems, high BP, ulcers, sinusitis, have spent thousands at doctors trying to get well. Attending this workshop has made me realize it is "ME"! It is all in my head, not my husband, not my son. I started to appreciate my husband and my son.. I will be a true Muslim and die a happy person. Please come back to Nairobi soon, there are many others waiting to attend the workshop.

Riziki: When I came to the workshop, I was feeling low. I had divorced and married again. This is my second year in the marriage. Any time my husband made a mistake; I felt I made a mistake by marrying a wrong person. I did not trust him. After two days of the workshop my husband brought me presents and said I have shown him more love in these two days than I have ever shown him in two years of marriage. I have forgiven all the people in my life. I feel I have born afresh and starting my life on a clean slate. I am sure I am now going to have marital bliss, Inshallah.

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