



## Awakening of the Heart and Soul Bright Thoughts from Britain!

A 3-day workshop, "Discover Yourself" was held at PKWA, Batley from Friday February 20 to Sunday February 22, 2009. The workshop was hosted for the first time in the UK and was well attended by over 60 men and women. Participants explored very interesting universal concepts designed to transform individuals into becoming more caring and compassionate human beings; to overcome the negative emotions that sometimes govern our lives; and to establish a strong foundation for achieving a closer connection with our creator Allah.

The workshop was organized by Aksaa Ltd and facilitated by A.W. Sadathullah Khan, a journalist, publisher and editor of *Islamic Voice*, Bangalore, India. Sadathullah Khan has now given up his business to dedicate his life to serving humanity. He is the founding member of the PEACE FOR YOU International Foundation and has spent many years in designing a unique

the other person is wrong and that's how the argument starts. The thought that I am something makes us blind to see the reality. The workshop demonstrated that rather than trying to prove the other person wrong all the time rather listen first and then try to see it from the other person's point of view and automatically you will get inner peace.

**FORGIVENESS:** To truly forgive someone releases oneself

workshop is a must for all people. My special thanks to Mr Khan and the organizers of the workshop.

**AMINA:** It has been invaluable to me! For most of my life I have blamed my spouse for all or most of the things because I have never accepted him. I now feel, if I accept him for who he is, my life Inshallah will see the changes over time. I am more aware of what I am saying. Prior to



course, "Discover Yourself, based on Qur'an and Sunnah. In the past six years, he has conducted more than 150 three-day workshops in all major cities of India as well as abroad in South Africa and the Middle East. This unique workshop has now transformed the lives of thousands of participants who attended it.

Some of the key themes discussed over the three days included:

**SELF DECEPTION:** It is the greatest of all factors that prohibits one from attaining salvation. When we do something wrong, it is not that we deceive others, but in turn deceive ourselves.

**INTENTION:** When we intend to do something, whether good or bad, it affects our doing. If the intention is right, it reflects in our work and if it is wrong, it proves harmful to us in the end.

**ANGER/EGO:** These two go hand in hand. It all starts when something goes wrong somewhere and we readily shift the blame away from ourselves. We always think we are right and

from the burden of the past and fear of the future. Too often people hold on to negative things that people have said or done to them in the past and 'carry it around'. In so doing they bring suffering and pain to themselves only. Mr. Daji who attended on all three days had this to say, "Masha'Allah I really got something out of the workshop. We can do something in this area to educate young people to be good human beings. This was for me a good way of spending my weekend. This kind of opportunity does not come very often".

Many more people commented that the workshop was an awakening of the heart and soul in a way that had never been achieved before.

**RAFIQ:** I feel my life was without focus, purpose and fear loaded. Now Alhamdulillah, I am positive about my future, forgiving and Allah Conscious. This



the workshop I had so much anger in me, the anger is slowly disappearing. Alhamdulillah I have benefited immensely from the workshop.

**RUKSANA:** Before I attended the workshop I felt confused, frustrated and not peaceful. After the workshop I feel peaceful, relaxed and at ease.

**INRAN:** Before I was full of hate and anger towards people. I used to blame everybody for any failures in my life. Now I am no longer having hate and anger. I only blame myself for any failures in my life.

**HAWA:** This workshop was really helpful to me because it opened a new beginning for me, as I was really behind putting 'DUNYA' (this world) ahead before Iman (faith) and Islam.

**ARBAILA:** I was happy in my false world, being angry on every one. Now I realized we should keep our nafs under control. I should be committed to my duties

wherever I am. I forgot in my life that I am accountable to someone in this world and on the Day of Judgment. After the workshop I feel light, so many self created problems are gone. I knew all these things but you have shaken me from inside.

**MAAZ BALOUCH:** I found it very interesting. It was fantastic. It made me a very good boy (age 10 years). I want more workshops in this city. I really like it. It was amazing. I want to thank everyone who organized

this workshop. Thank you everyone. I loved it! Thank you!

**MALAB:** There were lots of thoughts in my mind but I was not sure what is right. In the workshop I got much more and positive options to choose from and I got lots of good answers to my questions. I learnt a lot. Now I realized that there is much more than just caring about oneself and being happy, that you should also care to make others happy because if you make others cheerful you will be content too.

*Cont. on page 21*

### "DISCOVER YOURSELF"

#### 3-DAY WORKSHOP ON Personality Development through Self-introspection (Based on Islamic Principles)

The workshop aims to achieve empowerment through self Realisation

*"Now we need a revolution, not for changing others, but to change ourselves"*

<http://www.discoveryyourself.info>

**In the first day** of the workshop your anger disappears and you enter into a state of peace and tranquility. You feel free and light and your view of life, people around you and the world transforms.

**The next day** you get rid off the burden of the past and the constraints the past imposes on your view of life. You get access to live in the present and create a new future. You have the power, freedom and self-expression to take any challenge that life throws at you and life is no longer a burden. **Your view of life alters.** You create a new you, surrendering to the will of Allah. You purify your heart and truly get connected with Almighty Allah.

**Third day** you witness a whole new world around you by demolishing (fana) your ego. You see life as simple with Truth prevailing and Falsehood perishing. **You experience, love, joy, peace, happiness, contentment and bliss,** a gift Allah has given you to experience and share with others.

*Unless there is individual transformation there will be no Universal Transformation. Now we need a revolution, not for changing others, but to change ourselves*

#### WORKSHOP IN DELHI

**DATES : 4, 5 & 6th April 2009**

Venue: **Indian Islamic Cultural Centre,**  
87-88, Lodhi Road, New Delhi - 11003  
participants for all three days)

Organised by: Mr. Neeraj Raj, Cell : +91-9198029995  
Email: neeraj.rajvilash@yahoo.com

Mr. Fahim Rahman, Cell: 9899046786. Email: fahim.remm@gmail.com

#### WORKSHOP IN QATAR

**DATES : 9, 10 & 11 APRIL 2009**

Venue: **Doha Grand Hotel,** Salawa Road, Doha  
Organised by: **First Global Knowledge Centre**  
Contact: Mr. Mumtaz Saleem, 00974 5880126  
Email: mumtaz.salim@gmail.com

#### WORKSHOP IN SOUTH AFRICA

**1. Cape Town: 17, 18, 19 APRIL 2009**

For Details & Reg Contact:

Mariam Parker: (021)-930 7495/ 084 5007786, mariam@mweb.co.za

**2. Durban: 24, 25, 26 APRIL 2009**

**3. Durban: 1, 2, 3 MAY 2009**

For Details & Reg Contact:

Dr. Abdul Rahim Gani: 084 886 2872,  
Dr Anwar Jewa, Minds Alive: 031-2661112/1113  
Head Office: Pretoria

Contact K.Kurtha: 0725881231/0825572153

Mohamed Ebrahim Email: :mohamed@frazem.com

For more details, please visit: <http://www.discoveryyourself.org.za>

#### Workshop Designed and Conducted by:

**A.W. Sadathullah Khan** B.Sc, B.E (Mech),  
Editor, Islamic Voice,

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**RUSHDA:** Before coming to this workshop I did not have any aim in my life. I could not reach the goals I desired. I thought others were not allowing me to reach my goals, as they are jealous and they did not care what I really want. I did not like any one. When I came to this workshop, I realised and identified why I could not reach my goals. I found out that I was the one who let others to be my obstacles. On the second day I forgave all of them and I felt really very good, I felt free. Now Al-hamdulillah, I am like a new born baby, with a fresh mind. I found myself, Thank You sir. It was superb.

**FAZEENA:** This workshop made me think again and again. I was the person who never wanted to accept my faults; I always thought I was right. But now... .... It did benefit me a lot. Thank you for opening my heart. Yes! I discovered my self. The root cause was me.

**FARHA:** I had decided not to marry because of the divorces I saw in the past. Personal experience of divorces and family splits created a very deep wound in me. I am afraid, scared, fearful and watchful of men because I thought everyone was bad and alike. I realised the mistake is in me and not in others. I am able to concentrate in my salah, found the difference and peace in me. I could control my anger.

**HAMMEED:** I have attended many workshops, seminars, but this has made a big difference to me. A unique workshop that benefits our duniya (worldly affairs) and the akhira (hereafter). Many things we ignore in our day to day life have been dealt beautifully and these things make a big difference. I am thankful to Almighty Allah, for knowing who I am, and now I have reasons to live a full meaningful life. May Almighty Allah give you the strength to spread to all human beings.

**RASHEED:** Actually after the workshop I realised my mistakes in life. I promised myself to stop the mistakes in my home and at my work place. This workshop touched my inner heart. I am committed to correct myself and surrender to Allah, be soft with at home and at work place. I was too hot tempered both at home and at the work place. Sadathullah khan sir, is fantastic in presenting the programme. The way, the language and the art of presenting is most appreciable.

## Serene Souls in Sri Lanka

**The 3-DAY, "Discover Yourself" Workshop was held at FIRST GLOBAL COLLEGE CENTRE SRI LANKA On 13, 14 & 15 March 2009. Here some of the participants share their experiences about the Workshop.**



May Almighty Allah grant him health, wealth and vast knowledge and Jannah. This workshop is marvellous. It should be held for students.

**SHAMIL:** I always thought that I could achieve higher things in life and I was making an effort to achieve my goals, but somehow there was always something stopping me. After attending the workshop, I realised the things that I was doing unconsciously was

contributing to my down fall. Now I am able to think more clearly and I feel as if a big weight has been removed from my shoulders. I can feel a big difference in me and my outlook on life changed completely. I want to share this knowledge with my family and friends. I thank the organisers and I also pray to Allah that Sadathullah Khan be graced Jannah. This is the best workshop I have attended so far.

**HISHAM:** My life before the workshop was boring, disgusting, irritating and frustrating. Post workshop, I feel free. It was a real mind opener. My family saw a difference in me which they have never seen before and it is the same with my friends.

**SADDIYA:** Being someone who in the last five years had tried clearing the past, found this workshop stimulating. Sometimes I felt as if it was my life story being told! Jazakallah Khyran for sharing this wonderful insight with us. I found this workshop has two interesting aspects, firstly it is based on Taqwa and secondly it comes from the heart. Thank you for making a change in me.

**JIFFRY:** I realised some of my weaknesses, mistakes I did and actually found several solutions to my problems. Found out easy ways to overcome anger, fear, and stubbornness and learned to forgive and tolerate. Overall I think I have become person who can easily forgive, think openly, be calm, and understand others and many more to a greater extent.

**RIZMIYA:** Before I used to always fight back and resist situations that occur against what I want. Now mashahallah, I just accept things as they are. This is a great workshop, keep up the great work. I came for the second time. I have changed so much and have been able to make it work all the time. Thank you.

**SHAFRAZ:** Alhamdulillah, the workshop helped me. I had a problem and it was killing me for the last 10 years. After the

workshop I got rid of it and I am free. I am able to live, got the way of Islam and experience Allah.

**SHAZULI:** As for me, it taught me to live. I was blaming many things for my failures before attending the workshop. But now I realize that those things were all my opinions. I determine now I can achieve what I aspire in my life. I am firm that nothing can stop me from it. ■



*Cont. from page 20*

**ZAINAB:** My life was a routine and I never considered anything with the 'ICARE' attitude. After this workshop I consider what I do and how I do it. Now I try to help others and I also wait and am patient. Instead of retaliating quickly I respond calmly, this has made my life more peaceful.

**SHAZIA:** This workshop was very helpful and effective and very inspiring. Now

instead of retaliating or shouting I calmly think before every action. I love my children more without judgments.

**AQILAH:** The workshop helped me see things differently and truly it changed my views on life. I learnt many techniques and Inshallah I will act upon it. I feel a lot more

thankful to what Allah has given me and I will always appreciate everything. Keep up the good work and our prayers are always with you.

**SANAULLAH:** This was a very useful and thought provoking workshop. It empowers you for change. It builds in you

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positive qualities and makes you be helpful person. I wish to organize a workshop in Islamabad, Pakistan.

**NADEEM:** Unable to attend all the three days. During the brief time I was able to participate, I found relevant, topical examples of how I could improve my life; maximizing my happiness and mental well being. (For future events like this please visit: <http://www.discoveryyourself.org.uk>) ■