



# Norway Nights

The three-day Discover Yourself Workshop was held in Stavanger, Norway on 2, 3 and 4 ,October 2009. Here some of the participants share their experiences





**MONA:** Before the workshop, I had the knowledge. I knew how to be a good person. Knew what is right and wrong but lacked self control, confidence and power of will to apply it to actual situations. Pride was in my way and other ignorant factors. Knowing what is wrong, seeing how it affects people, but not doing anything was causing myself problems. Being in the workshop helped me to receive 'the kick in the butt' to get out there and do things, no matter what people think and say, or do about me, because Allah is the only one we must make happy, and if Allah is happy with me, I am never I loss. From today I will be committed to make a positive difference in the Muslim society and the society I am part of it. I realised that my word reflects who I am and being true to it will cause life changing events. I will be true to my word.



**ULAS:** My responsibility and confidence changed. I declare that I am going to honour my word in every area of my life. I want to take Muslim community to the place it deserves. Today the first step I am going to take is that I will change my very being first and then inspire the people around me to be better Muslims.

**EJAZ:** Before I did not have much confidence and after the workshop I have got confidence. I am now able to communicate with my sisters and brother. I feel that I have a changed and try to do my best. I like this workshop. I am committed to make a difference to uplift humanity that will leave me fulfilled, satisfied and worth living my life.

**NAAZ:** I was blaming, finding excuses but I am learning to accept and find solutions. I am going to contribute to the uplift our community, country and the world, inshahallah.

**ENSAF:** The workshop helped me to see what my negatives are etc. Insights to change. I am willing to give up being angry and irritated for things that happen to me. I am willing to be my word.

**SHAMSHAD:** Before the workshop my life was life a cattle and now I am a human being.

**JIFFRY:** I have attended so many workshops and self building training but this is an excellent workshop. I gained a lot.

**HILMY:** Excellent workshop. It made a great change in me; it cannot be expressed in words.

**RIZVI:** Changed a bit before but totally changed after the workshop.

**MAHEESA:** I was blind, totally blind. The workshop made me look at everything in a new way. I am sure, I am not blind now. Thank Y

  
**PHOTO GALLERY**

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