

Monthly

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KUNDALINI



Kundalini Yoga is one of the most well-known practices associated with awakening Kundalini energy.

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From the Desk of Dr Moiz Hussain



Best Hypnosis Instructor of the world by NGH USA

Our education and relationship with the world.

What is education doing actually? Is it really helping mankind, our children, to become more concerned, more gentle, generous, not to go back to the old pattern, the old ugliness and naughtiness of this world? If the educator is really concerned, as he must be, then he has to help the student to find out his relationship to the world, he world of nature, to the desert, the jungle or the few trees that surround him, and to the animals of the world. (Animals, fortunately, are not nationalistic; they hunt only to survive.) If the educator and the student lose their relationship to nature, to the trees, to the rolling sea, each will certainly lose his relationship with humanity.

What is nature? There is a great deal of talk about and endeavour to protect nature, the animals, the birds, the whales and dolphins, to clean the polluted rivers, the lakes, the green fields and so on. Nature is not put together by thought, as religion is, as belief is. The universe is part of this world. One must have a feeling for all this, not destroy it,

Nature is part of our life. We grew out of the seed, the earth, and we are part of all that, but we are rapidly losing the sense that we are animals like the others. Can you have a feeling for a tree, look at it, see the beauty of it, listen to the sound it makes; be sensitive to the little plant, to the little weed, to the creeper that is growing up the wall, to the light on the leaves and the many shadows? You must be aware of all this and have that sense of communion with nature around you. You may live in a town, but you do have trees here and there. The next-door garden may be ill-kept, crowded with weeds, but look at the flower in it, and feel that you are part of all that, part of all living things. If you hurt nature, you are hurting yourself.

Success Stories

✉ Samra javaid ...Lahore

Respected sir! I am so happy to inform you that I am your proud student who just did nlp 4d one or two or reiki or got registered for silva and with healing room technique after relaxation backward counting technique did scanning of 5 ppl in which 3 were 100 percent correct and one was 80 and one was 70 percent correct. I am surprised and my relatives are also surprised that how I did this but Alhamdulillah I got 100 percent results. Sir it's all because of you that you made me able to do this. Very soon I ill do silva Insha'Allah from your kind shelter and will make more wonders with sense of it, and InshaaAllah. I was so excited so I thought to share with you. Thanks a lot respected sir.
Regards!

✉ Ramsha Aftab Islamabad 4D2

Sir yesterday's firewalk changed my life. You have been a great mentor. .thank you for helping me shape my future.
Stay blessed n happy sir

✉ Dr Ghayur Ayub

Two years ago I continuously practiced Silva method and found it very effective. At one stage I managed to dissolve myself at cellular level.
It was incredible experience.

✉ Syed Shah Hasnain Lahore

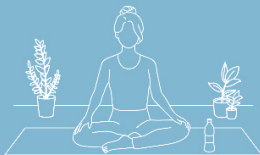
Dear Dr. Moeez Hussain
I am very pleased to inform you that, I have placed a money box on 26.06.2018 without specific direction. Then I attend the Money Mind in Lahore and I change its direction as per your advice on 18.12. 2018. My intentions was having own home. I put 2 photos of house under the magnet. By the grace of Allah and your guidance I have started built a house in my native town Abbottabad and purchased a small house in Lahore on 1st March 2019. It was very sudden as I do not have enough money. One of my friends helped me and give me loan. Although the house is small but enough for me and my family. I am very thankful to my Allah for blessing me. I am also grateful to you for guidance. Thanks and very kind regards

KUNDALINI AWAKENING

WORKSHOP BY
DR MOIZ HUSSAIN

Physical Sensations:

Tingling, heat, or cold along the spine, spontaneous movements, or changes in breathing patterns.



Emotional and Psychological Changes:

Heightened sensitivity, mood swings, sudden emotional releases, or a sense of inner peace and joy.



Spiritual Experiences:

Altered states of consciousness, visions, heightened intuition, or a sense of oneness with the universe.



Physical Discomfort:

Intense energy flow can cause physical pain or discomfort.

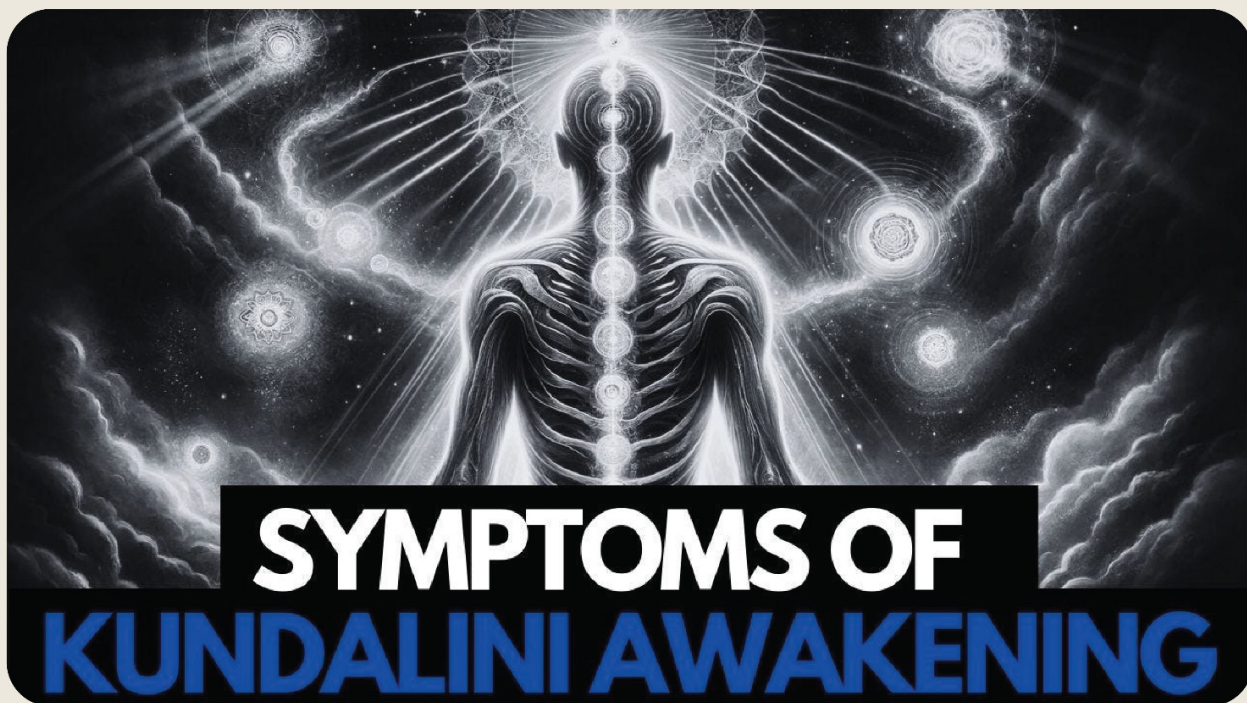


Kundalini Shakti refers to a form of primal energy (or shakti) believed to be located at the base of the spine. The term "Kundalini" is derived from the Sanskrit word "kundal," meaning "coiled" or "spiralled." According to these traditions, Kundalini is visualized as a coiled serpent lying dormant at the base of the spine.

Here are some key aspects of Kundalini Shakti:

Spiritual Energy: Kundalini is considered a powerful spiritual energy that, when awakened, can lead to spiritual enlightenment and transformation.

Chakras: In the human body, this energy is believed to travel upwards through the chakras, which are seven energy centres along the spine. These are the root chakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, third eye chakra, and crown chakra.



SYMPTOMS OF KUNDALINI AWAKENING

Awakening: The process of awakening Kundalini Shakti involves practices such as meditation, pranayama (breath control), yoga, and sometimes rituals. When awakened, Kundalini energy rises through the chakras, clearing blockages and leading to heightened awareness and spiritual awakening.

Symptoms of Awakening:

The awakening of Kundalini can lead to various physical, emotional, and spiritual experiences. These may include sensations of heat or energy moving through the body, emotional releases, heightened intuition, and profound spiritual insights. In some cases, the process can be intense and challenging, requiring guidance from an experienced teacher.

Purpose: The ultimate goal of awakening Kundalini Shakti is to achieve spiritual enlightenment, self-realization, and union with the divine. This process is believed to bring about profound inner transformation and a deep sense of connection with the universe.

Caution and Guidance:

Awakening Kundalini Shakti is considered a powerful and potentially life-altering process. It is often recommended to approach it with caution and under the guidance of a knowledgeable teacher to navigate the experiences and challenges that may arise.

Kundalini Yoga is one of the most well-known practices associated with awakening Kundalini energy. It combines physical postures, breathing techniques, chanting, and meditation to activate and raise the Kundalini energy.

Overall, Kundalini Shakti is a profound and complex aspect of spiritual practice, emphasizing personal growth, transformation, and the realization of one's highest potential. In Islam, sufi practises of meditation, Zikr and contemplation are used to awaken Kundalini.

IMPORTANT RULES FOR SUCCESS IN LIFE

A role model is always an inspiration, we don't mean to follow someone blindly it is to take inspiration from them, learn things from them, and get a clear path of our own. If you want to achieve success in a particular field you need a reference for what to do and what not to do. Role models are at that stage by committing various mistakes and our goal should be to learn from them and not to repeat them again. To do what they did at their time of struggle, to get motivated by stories of the role models is important. As it is rightly said: "History is always the best teacher".

Surround Yourself with Goodness

We understand that for success it is very important to get ourselves surrounded by positive people. It is very important that we have a good and encouraging work environment. A team of supporting people is always necessary for success. A business tycoon is not made just by his efforts but the efforts of his whole team.

Live With a Good Spirit

You should be unbreakable. Problems come in front of everyone. To achieve success, we need to bypass that phase and let us not affect us. Problems such as health issues, poverty, mental breakdown, and various issues can occur during one's life. Our responsibility is to overcome all the problems and reach our target. And life is never fair to everyone every time so rather than complaining about the unfair things fight them back like a warrior. We should learn from ants they carry weight 100 times more than them; they try until they get success.





Embrace Failure

Failure should never be a barrier to success. You learn from every mistake you create. Every successful person committed mistakes at one point in their life, and as they learned from them and they improved themselves they succeeded. There is no single person who had never faced any failure in life. Failure is a stepping stone to success. And we should embrace it. And as it is very rightly said: "Failure is the key to success".



Give More Than You Take

One should give more than he takes. This is applicable in every aspect of life, be it personal or professional. When one creates a win-win situation for others too he is in a good situation. When one tries to create a bad condition for others he too will be at loss at one point or another. Even in a relationship, one should have a mind of giving rather than just receiving. Gratitude is also very important in life and attracts success. Greed is always bad and repelling. In a world full of greed and treachery be a good person who helps others without complaining much. Try your best to live the life you dream of.



Eliminate The Bad Apples

Bad influences in life are always a hurdle to success. "One bad fish spoils the whole pond" is very rightly said. One single team member can ruin the whole project. There will be haters who will pull you down when you step up for success. Keep an eye on such people and stay at a safe distance

Confidence is a trait that can help us face life's experiences head-on. Many of us know what it feels like to carry out a task with assurance, while equally, it's a common experience to feel a lack of confidence. But how can we build confidence?

HOW TO BUILD CONFIDENCE



Here, we take a look at what confidence is and why it's important. Is it a skill that can be learned? And how can we build it?

What is confidence?

In its simplest form, confidence is the feeling of trust in something. When we're talking about self-confidence, it is the belief that you can trust in yourself and your abilities or knowledge. self-confidence (also known as core self-evaluation) is defined as being made up of two elements; self-efficacy and locus of control.

Self-efficacy refers to your belief in your ability to succeed in specific situations. Factors such as direct experience (trying something new and succeeding), **observed experience** (a significant role model succeeding or failing at something) and **social persuasion** (being told you are good at something) shape your self-efficacy.

Locus of control refers to your belief in your ability to influence situations in your life. Those with an **internal locus of control** believe that their own hard work, attributes and decisions determine their success. Those with an **external locus of control** are more likely to believe that good or bad luck, circumstances and fate determine their success.

A study from Brandeis University in Massachusetts and the University of Rochester in New York found that those who are self-confident and resilient are more likely to live longer, healthier lives.

Story

Read and reflect

Once, three monks gathered at an unattended lonely temple. "Why is this temple so unattended?", nobody knew who started the conversation, but then, "Must be because the monks do not have the sincerity in doing the prayers and rituals that the deities did not showed them **their miraculous powers.**", answered the first monk.

"Must be that the monks here are not hardworking enough that the temple was left unattended," explained second monk.

"Must be because of the monks living here do not respect one another that the followers grew few," added the third monk.

Three of them argued...until that they decided to live in **that temple to see who was the truest. The first monk** does prayers, ceremonies, rituals sincerely, the second **monk fixed and renovated the temple, and the third monk** went preaching out to the public. Time passed and the temple became a very crowded well known temple.

"This all happened because of my sincerity in prayers that the deities decided to help and grant me miracles," **said the first monk. "No, because of my hard work working on the temple that it looked so magnificent and beautiful,"** replied the second monk. "Of course, because of me who goes out teaching truths and preaching that our followers grow even larger every day," the third monk explained.

Day and night they kept arguing, and cared less of the temple condition. They did not realize that they began to neglect the temple's prosperity and was more concerned with their egoistic pride. Time passed again and the temple returned to its former condition, it was then as unattended as it once was before.

The three monks left the temple, they realized and concluded that **the temple was unattended not because of anything, but because there was lack of harmony within the people inside.**

SCHEDULE

July and August

ISLAMABAD 4 -July (Evening 6 pm onwards)
ADVANCE KUNDALINI AWAKENING workshop

ISLAMABAD 5-7 July 10 am to 5 pm
HYPNOSIS and HYPNOTHERAPY
USA workshop

ONLINE/WEBINAR 13-14 July 8 pm onwards
The Fourth-Dimension level 1

ONLINE/WEBINAR July-Aug 8 pm onwards
The Fourth-Dimension level 2, Advance level
Spoon bending, death medication,
blind spot from generation