

Monthly

AUG / 2024 / VOL - NO - 40



NLP



**KARUNA
REIKI**



NLP is the combination of Neuro- how people think, Linguistics-how people communicate and interact without words and Programme- the specific patterns in people's emotions and behaviours.

Visit us at

www.moizhussain.com



Mindsciencesofficial



drmoizhussain1



dr.moizhussain

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

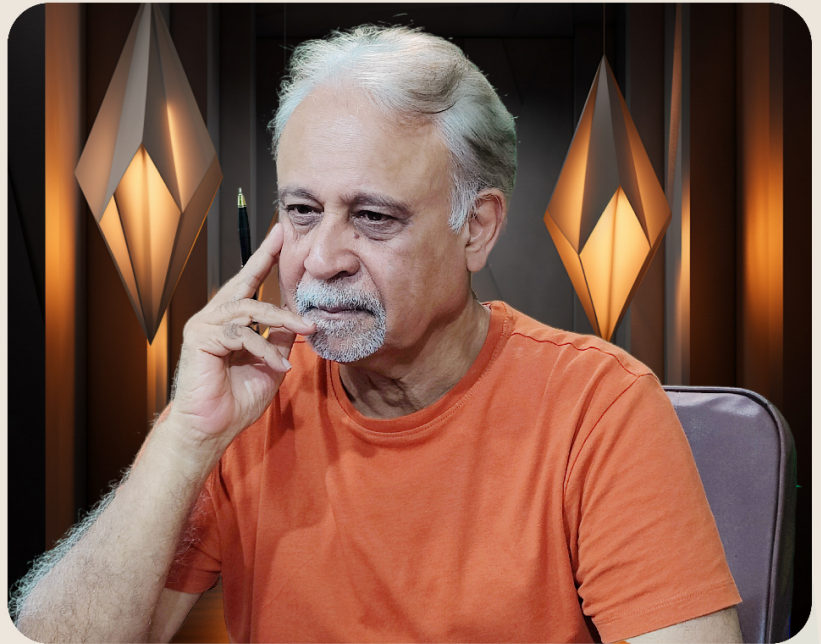
✉ Dr Ghayur Ayub

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

From the Desk of Dr Moiz Hussain



ANGER

Any time we sense irritation, frustration or anger emerging inside our consciousness, if we take a close look at it, we will notice we are fighting a war in our consciousness with one of these three: either with another person, most obviously or with the past or with our self.

We are at war with the past because our anger is always towards something that has already happened and looking at it we react emotionally which means we are trying to change it, which is impossible.

Any scene that has taken place a year ago, a month ago or even a second ago cannot be changed. We may be completely convinced and we may believe we can. That's because we hold this belief subconsciously. Somewhere and sometime in the past, we have picked up and absorbed the belief that the world and its circumstances should shape up exactly as we want.

When our internal desire of a certain type of circumstances is not fulfilled, or in other words something against this belief happens, our instant reaction is one of the various forms of anger and we tend to try and change the incident that has happened in a far-off past or a past that has just gone by. We keep replaying a revised incident, with words and actions that we would have liked and that suit our convenience and we also keep nullifying the actual incident or remain in a un-acceptance mode towards it. This is like fighting a war with the incident. We tend to do this inside our minds, repeatedly, even realizing somewhere deep within, that it is impossible.

TIPS FOR STUDENTS



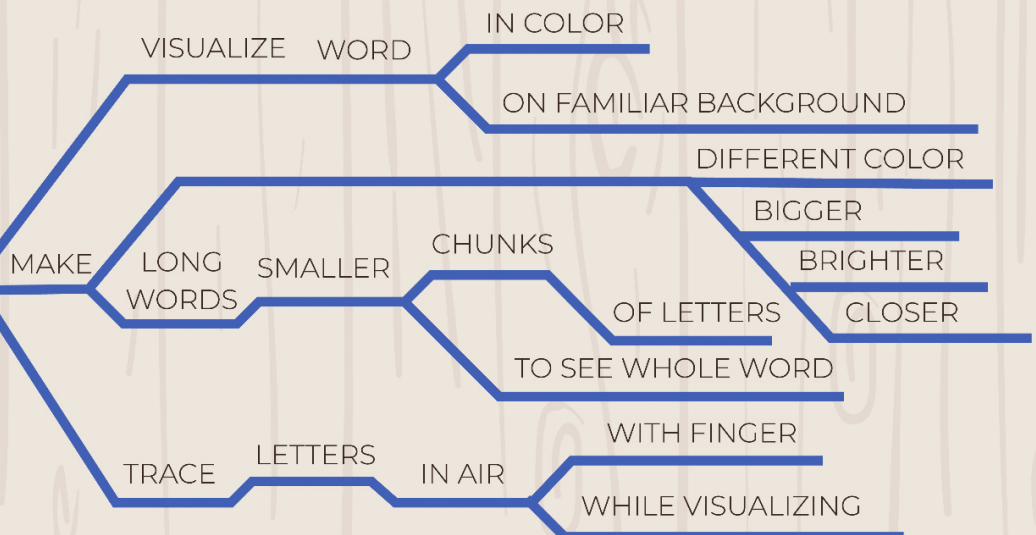
STUDY



RECALL



HINTS



KARUNA REIKI



KARUNA means *compassionate action*. Any action taken to help those who are suffering from any physical, mental, emotional or spiritual disease, illness or sickness. Developed by **William Rand** –A Reiki Master living in USA, who studied other forms of healing with REIKI and discovered some symbols that were ancient and time tested and gave quick and astonishing healing results.

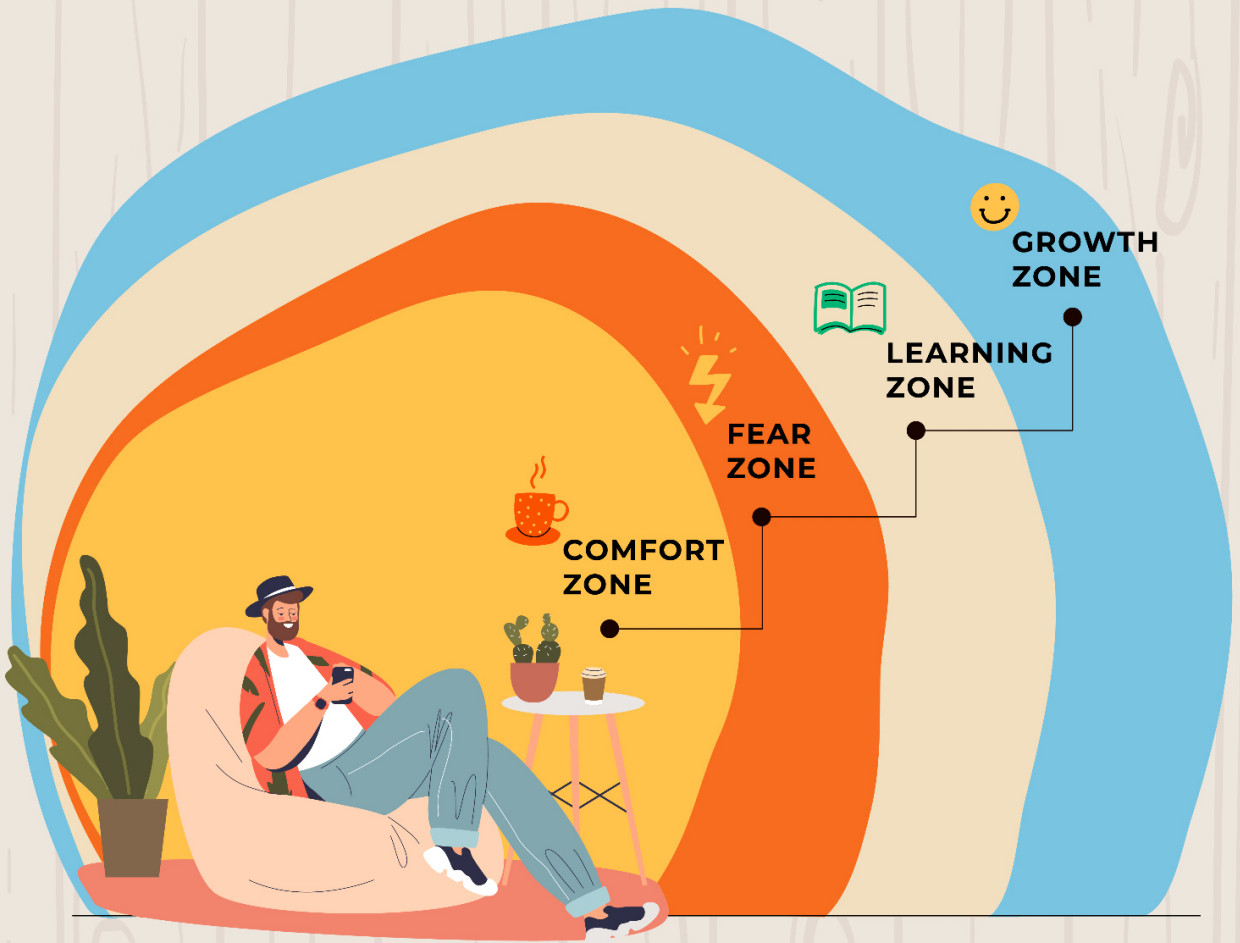
KARUNA REIKI course is only for those who have done at least REIKI level-1-2.

Many people have found KARUNA to be more powerful after USUI REIKI in terms of bringing the practitioner closer to a state of enlightenment.

During the attunement process of KARUNA Level-1& 2, The students are given 4 + 4 symbols. The first symbol prepares the client for deep healing and works at the cellular level. The Second symbol helps in breaking negative patterns that are used to isolate one's self from the rest of the world and especially from facing the truth. The third symbol is for love and balance and the Fourth symbol is for extensive balance and grounding.

In the KARUNA Reiki course there are taught many interesting methods of healing and the class is very interesting and experiential. Beaming, Toning, Chanting etc.

Last date for registration Aug 8th 2024
Call 03245150016 or 03008214704



THE COMFORT ZONE MODEL

WHAT IS NLP?

Is NLP really a pure science or an art?

NLP is the combination of Neuro- how people think, Linguistics-how people communicate and interact without words and Programme- the specific patterns in people's emotions and behaviours. It is the technology that takes into consideration the guiding principles, techniques and attitudes regarding real life behaviour that arise from the evaluation of subjective experience structure, communication and behaviour. If certain behaviour has a specific structure, NLP captures that in order to learn, interpret and transform. NLP is defined as the art of personal excellence. If more accurately defined, it is the science of understanding behaviour patterns of people and transforming those patterns after thorough understanding. Since the concept of NLP is based upon exercising powers or influence over others, it is more popular among marketing and sales people. Because it tends to gain sensitivity to people, it works well for people associated to social work, entrepreneurs and therapists, particularly at the time of conflict resolution. If we could define excellence in the context of effectiveness, then NLP is indeed a means of excellence.

Studies reveal that some of the NLP techniques are absolutely the results of scientific discoveries, for example; the special case of conditioning, the anchoring, as examined in behaviorist psychology. NLP Peers have developed some techniques like rapport or sub modalities that were then autonomously verified by scientific research. Interestingly, in a lot of cases, that verification took place in the absence of the awareness of the NLP observations.

The increasing application of NLP is being noticed in a number of areas like criminal investigation interviews, sports psychology, formal education and police department and so on. If you notice, these are the fields in which psyche of humans matters a lot to be understood rather than just taking into consideration verbal communication. **NLP has proved itself a significant contributor in understanding, influencing and transforming people's behaviour process and achieving a desired outcome, which may vary from field to field.**

NLP techniques are gaining popularity in law enforcement departments like FBI where the related officials use the concept in unveiling the truths and information during interrogations. Because of the growing utilization of NLP in various sectors, especially the FBI and other similar law enforcement agencies, a number of fields and communities expect the



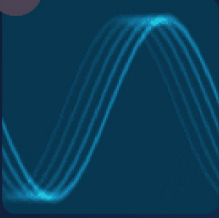
What are Brainwaves?

At the root of all our thoughts, emotions and behaviours is the communication between neurons within our brains. Brainwaves are produced by synchronised electrical pulses from masses of neurons communicating with each other.

This activity is detected using sensors placed on the scalp. The activity is divided into bandwidths to describe their functions (below), but are best thought of as a continuous spectrum of consciousness; from slow, loud and functional – to fast, subtle, and complex.

It is a handy analogy to think of brainwaves as musical notes – the low frequency waves are like a deeply penetrating drum beat, while the higher frequency brainwaves are more like a subtle high-pitched flute. Like a symphony, the higher and lower frequencies link and cohere with each other through harmonics.

Our brainwaves change according to what we're doing and feeling. When slower brainwaves are dominant, we can feel tired, slow, sluggish, or dreamy. The higher frequencies are dominant when we feel wired, or hyper-alert.



Delta Brainwaves

0.5 to 3 Hertz

Delta brainwaves are slow, loud brainwaves (low frequency and deeply penetrating, like a drum beat). They are generated in deepest meditation and dreamless sleep. Delta waves suspend external awareness and are the source of empathy. Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process.



Theta Brainwaves

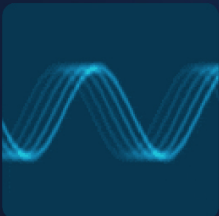
3 to 8 Hertz

Theta brainwaves occur most often in sleep but are also dominant in deep meditation. Theta is our gateway to learning, memory, and intuition. In theta, our senses are withdrawn from the external world and focused on signals originating from within. It is that twilight state which we normally only experience fleetingly as we wake or drift off to sleep. In theta we are in a dream; vivid imagery, intuition and information beyond our normal conscious awareness. It's where we hold our 'stuff', our fears, troubled history, and nightmares.



Alpha Brainwaves

Alpha brainwaves (*8 to 12Hz*) are dominant during quietly flowing thoughts, and in some meditative states. Alpha is 'the power of now', being here, in the present. Alpha is the resting state for the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.



Beta Brainwaves

12 to 38 Hertz

Beta brainwaves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world. Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem solving, judgment, decision making, or focused mental activity. Beta brainwaves are further divided into three bands:

Lo-Beta (Beta1, 12-15Hz) can be thought of as a 'fast idle', or musing.

Beta (Beta2, 15-22Hz) is high engagement or actively figuring something

out. Hi-Beta (Beta3, 22-38Hz) is highly complex thought, integrating new experiences, high anxiety, or excitement. Continual high frequency processing is not a very efficient way to run the brain, as it takes a tremendous amount of energy.



Gamma Brainwaves

Gamma rays are the fastest of brain waves (*high pitch, like a flute*), and relate to simultaneous processing of information from different brain areas. It passes information rapidly, and as its most subtle of the frequencies, the mind has to be quiet to access it. It is highly active when in states of universal love, altruism, and the 'higher virtues'. Gamma rhythms modulate perception and consciousness, disappearing under anaesthesia.

NLP Unlock

THE SECRET TO SUCCESS PRACTICED
BY THE WORLD'S MILLIONAIRES

STAGE
01

FOUNDATION OF NLP

Master key principles and presuppositions, hone rapport-building skills, and unlock the potential of representational systems and language patterns.

STA
02

PERSONAL TRANSFORMATION

Explore powerful sub-modalities and strategies, delve into timeline techniques for empowerment and healing, and achieve resolution through parts integration and modelling excellence

STAGE
03

APPLICATION AND MASTERY

Unlock your potential across fields with NLP.
Elevate performance in leadership, coaching, therapy, sales, and marketing.
Develop tailored plans for personal growth with NLP principles.

WORKSHOPS SCHEDULE

August 2024

ISLAMABAD

10th Aug 12 pm onwards
REIKI healing all levels

10th Aug 4 pm onwards
KARUNA REIKI

11th Aug 10 am onwards
Money Mind workshop

Islamabad No: 0324-5150016

WEBINAR /ONLINE

16th August onwards,
SILVA METHOD OF USA.

Contact No : 0345-8221111 / 03008214704