

*Aspire Institute of Quranic Coaching presents
its first ever Exclusive Seminar in conjunction with al-Isra' wal M'iraj*



**“How You Do Your Solah
Is How You Do Your Success!”**

1st June 2013. 2pm - 9pm. Singapore Expo Max Atria

**Saturday | 1-6-2013 | 2.00 PM-9.00 PM
Singapore Expo, Max Atria,
Peridot Room 201-203
Ustaz Yazid Muhamad Salleh
Aspire Institute of Quranic Coaching**

“How You Do Your Solah is How You Do Your Success!”

Applying Quran NLP in Solah Towards a State of High Performance in Business

PROGRAM ITINERY

- QURAN RECITATION
- KEYNOTE SPEECH BY MR. SIDEK SANIFF
- SESSION A: QURAN, NLP AND HIGH PERFORMANCE STATE IN BUSINESS; RE-LEARNING AL-ISRA' WAL-M'IRAJ
- SESSION B: APPLYING QURAN NLP IN SOLAH
- PRACTICAL SESSION 1: 'ASAR PRAYER
- SESSION C: DOING SUCCESS WITH QURAN NLP
- BREAK & PREPARE FOR MAGHRIB
- PRACTICAL SESSION 2: MAGHRIB PRAYER
- PERFORMANCE BY MADEEHUL MUSTAFA AND DIDICAZLI



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالنَّجْمِ إِذَا هَوَىٰ ﴿١﴾ مَا ضَلَّ صَاحِبُكُمْ وَمَا غَوَىٰ ﴿٢﴾ وَمَا يَنْطَلِقُ
عَنِ الْهَوَىٰ ﴿٣﴾ إِنْ هُوَ إِلَّا وَحْيٌ يُوحَىٰ ﴿٤﴾ عَلَّمَهُ شَدِيدُ الْقُوَىٰ ﴿٥﴾

[53:1] CONSIDER this unfolding [of God's message], as it comes down from on high!

[53:2] This fellow-man of yours has not gone astray, nor is he deluded,

[53:3] and neither does he speak out of his own desire:

[53:4] that [which he conveys to you] is but [a divine] inspiration
with which he is being inspired –

[53:5] something that a very mighty one has imparted to him:

An-Najm 1-5

ذُو مِرَّةٍ فَاسْتَوَىٰ ۖ وَهُوَ بِالْأُفُقِ الْأَعْلَىٰ ۚ ثُمَّ دَنَا فَتَدَلَّىٰ ۖ
 فَكَانَ قَابَ قَوْسَيْنِ أَوْ أَدْنَىٰ ۚ فَأَوْحَىٰ إِلَىٰ عَبْدِهِ مَا أَوْحَىٰ ۚ
 مَا كَذَبَ الْفُؤَادُ مَا رَأَىٰ ۚ أَفَتُمَرُونَهُ عَلَىٰ مَا يَرَىٰ ۚ وَلَقَدْ رَءَاهُ

[53:6] [an angel] endowed with surpassing power, who in time manifested himself in his true shape and nature,

[53:7] appearing in the horizon's loftiest part,

[53:8] and then drew near, and came close,

[53:9] until he was but two bow-lengths away, or even nearer.

[53:10] And thus did [God] reveal unto His servant whatever He deemed right to reveal.

[53:11] The [servant's] heart did not give the lie to what he saw:

[53:12] will you, then, contend with him as to what he saw?

An-Najm 6-12

مَا كَذَبَ الْفُؤَادُ مَا رَأَى ﴿١٣﴾ أَفَتُمَرُّونَهُ عَلَىٰ مَا يُرَىٰ ﴿١٤﴾ وَلَقَدْ رَآهُ
 نَزْلَةً أُخْرَىٰ ﴿١٥﴾ عِندَ سِدْرَةِ الْمُنْتَهَىٰ ﴿١٦﴾ عِندَهَا جَنَّةُ الْمَأْوَىٰ ﴿١٧﴾
 إِذْ يَغْشَى السِّدْرَةَ مَا يَغْشَىٰ ﴿١٨﴾ مَا زَاغَ الْبَصَرُ وَمَا طَغَىٰ ﴿١٩﴾ لَقَدْ رَأَىٰ
 مِنْ ءَايَاتِ رَبِّهِ الْكُبْرَىٰ ﴿٢٠﴾ أَفَرَأَيْتُمُ اللَّتَ وَالْعُزَّىٰ ﴿٢١﴾ وَمَنْوَةَ

[53:13] And, indeed, he saw it descend a second time

[53:14] by the lote-tree of the farthest limit,

[53:15] near unto the garden of promise,

[53:16] with the lote-tree veiled in a veil of nameless splendour....

[53:17] [And withal,] the eye did not waver, nor yet did it stray:

[53:18] truly did he see some of the most profound of his Sustainer's symbols.

An-Najm 13-18

SESSION A

**RE-LEARNING AL-ISRA' WAL-M'IRAJ;
QURAN, NLP AND
HIGH PERFORMANCE STATE IN
BUSINESS;**

LEARNING OBJECTIVES

- 1. REVISIT THE HISTORY OF AL-ISRA' WAL M'IRAJ**
- 2. UNDERSTAND THE EFFORT OF RASULULLAH S.A.W. AND THE QURAN'S PROPER PLACE IN A BELIEVERS' LIFE**
- 3. KNOW WHAT IS QURANIC NLP**

1. REVISIT THE HISTORY OF AL-ISRA' WAL M'IRAJ

- ***Al-Isra'*** is Rasulullah s.a.w.'s Journey during the night from Al-Masjid Al-Haram in Makkah Al-Mukarramah to Al-Masjid Al-Aqsa in Baitul Maqdis – The Night is a special time (Al-Isra' 17:1).
- ***Al-M'iraj*** is his ascension from Al-Masjid Al-Aqsa to Sidratul Muntaha – Ascension is when we realize our true nature as servants. (Al-Isra' 17:1)
- It took place in ***The Year Of Sorrow ('Aamul Huzni)***, the year His beloved Uncle Abu Talib and beloved wife Khadijah passed on – With hardship comes ease (As-Syarh 94:5-6).

1. REVISIT THE HISTORY OF AL-ISRA' WAL M'IRAJ

- In the company of Angel Jibrail a.s.
- Riding ***Buroq*** (heavenly steed of the Prophets).
- Rasulullah s.a.w. was tested to choose between a vessel of wine and a vessel of milk. – Even during this moment a Prophet is tested.
- Rasulullah s.a.w. met Prophets before him.
- Rasulullah s.a.w. was shown ***Baitul M'amur***, and ***Sidratul Muntaha***.
- ***All Muslims we blessed with SOLAH 5 times a day.***

1. REVISIT THE HISTORY OF AL-ISRA' WAL M'IRAJ

1. Who?

2. What?

3. When?

4. Where?

5. Why?



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

سُبْحَنَ الَّذِي 1 أَسْرَى 2 بَعْبُدَهُ 3 لَيْلًا 4 مِنَ الْمَسْجِدِ الْحَرَامِ

إِلَى الْمَسْجِدِ الْأَقْصَا 4 الَّذِي بَرَكْنَا حَوْلَهُ 5 لِنُرِيَهُ 6 مِنْ آيَاتِنَا 7 إِنَّهُ 8

هُوَ السَّمِيعُ الْبَصِيرُ 9 ﴿١﴾ وَآتَيْنَا مُوسَى الْكِتَابَ وَجَعَلْنَاهُ

- [17:1] LIMITLESS in His glory is He who transported His servant by night from the Inviolable House of Worship [at Mecca] to the Remote House of Worship [at Jerusalem] – the environs of which We had blessed – so that We might show him some of Our symbols: for, verily, He alone is all-hearing, all-seeing.

2. UNDERSTAND THE EFFORT OF RASULULLAH S.A.W. AND THE QURAN'S PROPER PLACE IN A BELIEVERS' LIFE

- The historical accounts of events before al-Isra' wa al-M'iraj serve as reminder to all believers that the sacrifice of Rasulullah s.a.w. and that of early Muslim is GREAT.
- Quran, the Message of Allah s.w.t. to mankind is eternal as it is infinite. As such Muslims across all generations should continue Rasulullah s.a.w.'s legacy by ensuring that the message of Al-Quran continues from one generation to another.

2. UNDERSTAND THE EFFORT OF RASULULLAH S.A.W. AND THE QURAN'S PROPER PLACE IN A BELIEVERS' LIFE

- Historically having faith in the message of the Quran comes before salah, thus working on our faith towards the message within the Quran is prior and a prerequisite in our effort to fulfill our salah.
- Working on our faith and growing ourselves towards spiritual maturity is about searching for humility inside of us in the eyes of the Creator – verse 1 of surah Al-Isra Allah chose the word “servant” and not “Messenger”.

2. UNDERSTAND THE EFFORT OF RASULULLAH S.A.W. AND THE QURAN'S PROPER PLACE IN A BELIEVERS' LIFE

وَأَسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ
الَّذِينَ يَظُنُّونَ أَنَّهُمْ مُلْقَوْنَ رَبَّهُمْ وَأَنَّهُمْ إِلَيْهِ رَاجِعُونَ ﴿٤٦﴾

[2:45] And seek aid in steadfast patience and prayer: and this, indeed, is a hard thing for all but the humble in spirit,

[2:46] who know with certainty that they shall meet their Sustainer and that unto Him they shall return.

3. KNOW WHAT IS QURANIC NLP

- What is a worldview?
- A worldview is a perspective by which we perceive this world and everything around it. It influences our emotion, our thoughts and our state of performance. Quranic Worldview is when we perceive this world from the lens of the Quran.

3. KNOW WHAT IS QURANIC NLP

- What is Quranic NLP?
- NLP or Neuro-Linguistic Programming is a technique which allows us to manage our thoughts, emotions and state of performance, it is a tool or application.
- Quranic NLP is when we use NLP in concurrence to Quranic Worldview i.e. we utilize NLP in compliance with Quranic Principles.

3. KNOW WHAT IS QURANIC NLP

- How is Quranic NLP related to Solah?
- Using technique in Quranic NLP it will facilitate our effort to manage our state in solah. There are 3 states in solah, hudur, khudhu', and khusyu'. **Hudur** is awareness of self in solah. **Khudu'**, is observing the Magnificence of the Creator in solah. **Khusyu'** is observing the Magnificence of the Creator while feeling the humility of self in solah. Quranic NLP provide access to this states of performance.

3. KNOW WHAT IS QURANIC NLP

- How is Quranic NLP related to Business?
- In doing business we need to be able to access our High Performance State. This High Performance State is influence by 2 factors:
 1. Our Worldview
 2. Our Emotions
- Quranic NLP give us the ability to be in our High Performance State by managing this 2 factors.

3. KNOW WHAT IS QURANIC NLP

- What is the other benefit of Quranic NLP?
- It activates Allah's **TAUFIQ** in your life!
Taufiq is when the *intention* inside of you coincides with the *reality* in front of you.
- Brings ease, comfort and harmony in your life.
- The ability to manage thoughts and emotions brings peace of mind.

SESSION B

SESSION B: APPLYING QURANIC NLP IN SOLAH

LEARNING OBJECTIVES

- 1. UNDERSTAND NLP EPISTEMOLOGY AND QURANIC EPISTEMOLOGY**
- 2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS**
- 3. KNOW HOW TO MANAGE STATE BEFORE SOLAH; DURING WUDHU', BEFORE AZAN, DURING AZAN, BEFORE TAKBIRATUL IHRAM.**
- 4. PRACTICE STATE MANAGEMENT PROCESS**

1. UNDERSTAND NLP EPISTEMOLOGY AND QURANIC EPISTEMOLOGY

- What is NLP Epistemology?
- ***Epistemology*** is about how we know what we know.
- NLP Epistemology says that what we know of this world is limited by our **V.A.K.O.G.** senses. That is our Visual, Auditory, Kinesthetic, Olfactory, Gustatory. Thus the world is more than what we perceive.

1. UNDERSTAND NLP EPISTEMOLOGY AND QURANIC EPISTEMOLOGY

- What is Quranic Epistemology?
- Quranic Epistemology says that in addition to our **V.A.K.O.G.** senses we know what we know from revelation which is the Holy Quran for Allah protect it from any error and Hadiths of Rasulullah s.a.w. for Allah too protects him from any error.
- Quran says that all of this world is ***dunya***, which means is of low standard, something which is stepped on. The ***akhirah*** is of infinite and eternal value. Thus more worth striving for!

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

- Understanding Quranic Epistemology and NLP Epistemology invites us to re-think about the brain, the mind and intelligence.
- In Quranic Epistemology and in NLP Epistemology the brain function is limited. The mind however can be developed once we know how it works.
- When the mind interacts with the world it develops its potential intelligence.

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

- ***Quranic Mind*** is when the mind is educated to perceive / look at this world with Quran lenses.
- Anyone and everyone is able to achieve as long as he / she has faith.
- Needs to through process of education and training about self and about Creator Azza Wa Jalla.
- Conviction, Peace, Ecology, Tawakkal, Patience, Harmony, Choice, Balance are core concepts in Quranic Mind and knowing when to apply is ***Quranic Intelligence***.

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

خَلِدُونَ ﴿٢٥٧﴾ أَلَمْ تَرَ إِلَى الَّذِي حَاجَّ إِبْرَاهِيمَ فِي رَبِّهِ أَنْ آتَاهُ اللَّهُ الْمُلْكَ إِذْ قَالَ إِبْرَاهِيمُ رَبِّيَ الَّذِي يُحْيِي وَيُمِيتُ قَالَ أَنَا أُحْيِي وَيُمِيتُ قَالَ إِبْرَاهِيمُ فَإِنَّ اللَّهَ يَأْتِي بِالشَّمْسِ مِنَ الْمَشْرِقِ فَأْتِ بِهَا مِنَ الْمَغْرِبِ فَبُهِتَ الَّذِي كَفَرَ وَاللَّهُ لَا يَهْدِي الْقَوْمَ الظَّالِمِينَ ﴿٢٥٨﴾ أَوَكَلَّ الَّذِي مَرَّ

Example of Quranic Mind from the Quran:

[2:258] Have you not seen him who disputed with Abraham concerning his Lord, that God had given him the kingship? When Abraham said, 'My Lord is He who gives life, and makes to die', he said, 'I give life and make to die'. Abraham said: 'God brings the sun from the east; so bring it from the west.' Then the disbeliever was confused;

Al-Baqarah – 258

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ أَرِنِي كَيْفَ تُحْيِي الْمَوْتَىٰ قَالَ أُولَٰئِكَ
تُؤْمِنُونَ قَالَ بَلَىٰ وَلَٰكِن لِّيَطْمَئِنَّ قَلْبِي قَالَ فَخُذْ أَرْبَعَةً مِّنَ
الطَّيْرِ فَصُرْهُنَّ إِلَيْكَ ثُمَّ اجْعَلْ عَلَىٰ كُلِّ جَبَلٍ مِّنْهُنَّ جُزْءًا
ثُمَّ ادْعُهُنَّ يَأْتِينَكَ سَعْيًا وَاعْلَمْ أَنَّ اللَّهَ عَزِيزٌ حَكِيمٌ ﴿٢٦٠﴾

Example of Being Trained for Quranic Mind:

[2:260] And when Abraham said, 'My Lord show me how You give life to the dead'. He said, 'Why, do you not believe?' 'Yes', he said, 'but so that my heart may be re-assured'. Said He, 'Take four birds, and twist them to you, then set a part of them on every hill, then summon them, and they will come to you in haste. And know that God is Mighty, Wise'.

Al-Baqarah – 260

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

- ***Quranic Intelligence*** is when being interacts with existence harmoniously i.e events, trials/tribulations.
- It is the intelligence and the wisdom to know which concepts to execute from the Quranic Minds.

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

رُءُوسِهِمْ لَقَدْ عَلِمْتَ مَا هَؤُلَاءِ يَنْطِقُونَ ﴿٦٥﴾ قَالَ
أَفَتَعْبُدُونَ مِن دُونِ اللَّهِ مَا لَا يَنْفَعُكُمْ شَيْئًا وَلَا
يَضُرُّكُمْ ﴿٦٦﴾ أَفَلَا تَعْقِلُونَ ﴿٦٧﴾ أَلَمْ تَعْلَمُوا أَنَّ اللَّهَ أَفَلَا
تَعْقِلُونَ ﴿٦٨﴾ قَالُوا حَرِّقُوهُ وَانصُرُوا آلِهَتَكُمْ إِنْ كُنْتُمْ

Example of Quranic Intelligence in Interaction:

[21:65] But then they relapsed into their former way of thinking and said: "Thou knowest very well that these [idols] cannot speak!"

[21:66] Said [Abraham]: "Do you then worship, instead of God, something that cannot benefit you in any way, nor harm you?"

[21:67] Fie upon you and upon all that you worship instead of God! Will you not, then, use your reason?"

Al-Anbiya – 66-67

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

تَعْقِلُونَ ﴿٦٧﴾ قَالُوا حَرِّقُوهُ وَانصُرُوا آلِهَتَكُمْ إِنْ كُنْتُمْ
فَاعِلِينَ ﴿٦٨﴾ قُلْنَا يَنَارُ كُونِي بَرْدًا وَسَلَامًا عَلَىٰ إِبْرَاهِيمَ ﴿٦٩﴾
وَأَرَادُوا بِهِ كَيْدًا فَجَعَلْنَاهُمُ الْأَخْسَرِينَ ﴿٧٠﴾ وَجَّيْنَاهُ
وَلُوطًا إِلَى الْأَرْضِ الَّتِي بَارَكْنَا فِيهَا لِلْعَالَمِينَ ﴿٧١﴾ وَوَهَبْنَا

Example of Quranic Intelligence in Interaction:

[21:68] They exclaimed: "Burn him, and [thereby] succour your gods, if you are going to do [anything]!"

[21:69] [But] We said: "O fire! Be thou cool, and [a source of] inner peace for Abraham!"

[21:70] and whereas they sought to do evil unto him, We caused them to suffer the greatest loss:

[21:71] for We saved him and Lot, [his brother's son, by guiding them] to the land which We have blessed for all times to come.

Al-Anbiya – 68–71

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

- ***Quranic Intelligence*** is when being interacts with existence harmoniously. Imagine using this in the context of:
 - Pursuing success in business and career
 - In family, relationships
 - Health and Finance

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

شُكُورًا ﴿٦٣﴾ وَعِبَادُ الرَّحْمَنِ الَّذِينَ يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا وَإِذَا خَاطَبَهُمُ الْجَاهِلُونَ قَالُوا سَلَامًا ﴿٦٤﴾ وَالَّذِينَ

Example of Quranic Intelligence in Harmonious Interaction:

[25:63] For, [true] servants of the Most Gracious are [only] they who walk gently on earth, and who, whenever the foolish address them, reply with [words of] peace;

Al-Furqaan – 63

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

إِنِّى مِنَ الْمُسْلِمِينَ ﴿٣٤﴾ وَلَا تَسْتَوِى الْحَسَنَةُ وَلَا السَّيِّئَةُ
أَدْفَعُ بِأَلْتِى هِىَ أَحْسَنُ فَإِذَا الَّذِى بَيْنَكَ وَبَيْنَهُ عَدَاوَةٌ كَأَنَّهُ
وَلِىٌّ حَمِيمٌ ﴿٣٥﴾ وَمَا يُلْقَاهَا إِلَّا الَّذِينَ صَبَرُوا وَمَا يُلْقَاهَا
إِلَّا ذُو حَظٍّ عَظِيمٍ ﴿٣٦﴾ وَإِنَّمَا يَنْزَعَنَّكَ مِنَ الشَّيْطَانِ نَزْغٌ

Example of Quranic Intelligence in Harmonious Interaction:

[41:34] But [since] good and evil cannot be equal, repel thou [evil] with something that is better – and lo! he between whom and thyself was enmity [may then become] as though he had [always] been close [unto thee], a true friend!

[41:35] Yet [to achieve] this is not given to any but those who are wont to be patient in adversity: it is not given to any but those endowed with the greatest good fortune!

Fussilat – 34-35

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

- The previous verses show us that with Quranic Mind we shall gain Quranic Intelligence and to achieve that we need to educate and train ourselves.
- “Al-Quran Is Our Life Coach!”
Read | Understand | Apply Al-Quran
- And the best platform to educate and train ourselves is Solah, as taught by our religion.
- The Core of Quranic Intelligence lies in Our WILL to carry internal communication with Allah and with ourselves.

3. MANAGE STATE BEFORE SOLAH; DURING WUDHU', BEFORE AZAN, DURING AZAN, BEFORE TAKBIRATUL IHRAM.

- Managing State or the state of the HEART is very important. The Heart is where WILL, INTENTION and FOCUS exist.
- Knowing how to manage our state will STRENGTHEN OUR WILL, PURIFY OUR INTENTION and ENHANCE OUR FOCUS

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

Dangers of Solah without Managing State of the Heart:

- “There will come a time when people pray but in reality they did not pray” – Hadis Narrated by Ahmad.
- “The first thing you will lose from your religion is trust, and the last thing you will lose from you religion is solah, and people will perform solah but they have not any benefit from it (or no manners) ” - Hadis Narrated by Ahmad, Abud Daud, and Ibn Majah.
- “Indeed the first thing which will be asked from a servant about his deed is his solah if it is accepted, the rest of his deed is accepted...” – Hadis Narrated by Ahmad, Abu Daud, Ibn Majah.
- “How many (most) people standing for solah and their (only) reward is tired and fatigue” – Hadis Narrated by Abu Daud.

2. UNDERSTAND QURANIC MIND AND QURANIC INTELLIGENCE CONCEPTS

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾ الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾

Relation between Success, Believers and Solah – Khusyu' :

[23:1] Successful indeed are the believers

[23:2] Who are humble in their prayers,

لَا يَذْكُرُ لِلْمُؤْمِنِينَ ﴿١﴾ أَتَىٰ مَا أَوْحَىٰ إِلَيْكَ مِنَ الْكِتَابِ
وَأَقَامَ الصَّلَاةَ ۖ إِنَّ الصَّلَاةَ تَنْهَىٰ عَنِ الْفَحْشَاءِ
وَالْمُنكَرِ ۗ وَلَذِكْرُ اللَّهِ أَكْبَرُ ۗ وَاللَّهُ يَعْلَمُ مَا تَصْنَعُونَ ﴿٢﴾

Solah has Energy and Power to protect from evil:

[29:45] Recite that which hath been inspired in thee of the Scripture, and establish worship. Lo! worship preserveth from lewdness and iniquity, but verily remembrance of Allah is more important. And Allah knoweth what ye do.

Al-Mukminun – 1-2
Al-Ankabut – 45

3. MANAGE STATE BEFORE SOLAH; DURING WUDHU', BEFORE AZAN, DURING AZAN, BEFORE TAKBIRATUL IHRAM.

Manage state during wudhu':

- Treat wudhu' as hydro-therapy.
- Do not rush – Do not waste water.
- Therapy only works when we are calm.
- FEEL the Rahmah of Allah s.w.t. in the purity of the water washing away our ignorance, weaknesses by taking wudhu' calmly.
- Don't forget miswaq and `atar it is very essential to provide calmness – aromatherapy and oral hygiene.

3. MANAGE STATE BEFORE SOLAH; DURING WUDHU', BEFORE AZAN, DURING AZAN, BEFORE TAKBIRATUL IHRAM.

Manage state before Azan:

- Before Azan, regardless of whether you have taken wudhu' or not, at home or in the mosque train yourself to turn-off your HP, Laptop, PC, T.V. except if that device is the source of Azan such as Radio.
- Train yourself to Focus on something that is REAL, and put aside what is temporary.
- Electronic devices have been proven to disrupt the natural frequency of human beings and animals
- Observe the Rahmah of Allah s.w.t. manifested in all creation while waiting for azan and witness how the rahmah flow from one entity to another. Tell yourself I am a servant of Ar-Rahman and I long for my Creator.
- Read a page or half a page from the Quran.

3. MANAGE STATE BEFORE SOLAH; DURING WUDHU', BEFORE AZAN, DURING AZAN, BEFORE TAKBIRATUL IHRAM.

Manage state during Azan:

- Be aware that the Azan is Allah's calling towards TRUE peace, harmony, success, prosperity.
- Listen to the Azan, don't rush to respond, don't be superficial and critic the voice of muazzin.
- Witness that all creations of Allah is focusing their attention to their Creator and you are joining them in a state that you are LONGING TO COMMUNICATE with HIM, wanting not to be left behind.

3. MANAGE STATE BEFORE SOLAH; DURING WUDHU', BEFORE AZAN, DURING AZAN, BEFORE TAKBIRATUL IHRAM.

Manage state before Takbiratul Ihram:

- Intention or Niyyah is not uttered words but rather a WILL manifested into language.
- Utterance of intention or niyyah is AFFIRMATION. As within so without.
- Observe the flow of Rahmah from the heart to the chests, and arms while we raise our hands for takbiratul ihram.
- And witness the Magnificence of Allah's Rahmah – Allahu Akbar!

4. PRACTICE STATE MANAGEMENT PROCESS

The process of State Management is as follows:

1. Observe surroundings and all physical existence.
2. Notice the flow of Allah's Rahmah in everything in your surroundings.
3. Channel the attention to within. Observe your thoughts.
4. The thought or voice which acknowledge Allah's Magnificence Rahmah is the Real You- The Rest is Your Visitor.

SESSION C

DOING SUCCESS WITH QURAN NLP

LEARNING OBJECTIVES

- 1. THE RELATION OF SOLAH AND BUSINESS**
- 2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU'/KHUDHU' WHILE IN QIYAAM, RUKU', SUJUD, JULUS.**
- 3. PRAYER-VISUALIZATION EXERCISE**

*“TO KNOW VALUE
IS
TO KNOW WHAT
IS REAL”*

1. THE RELATION OF SOLAH AND BUSINESS

- In doing business and achieving success we need to know what is REAL.
- Knowing what is real give us clear VISION. Clarity is a must-have for all entrepreneurs and entrepreneur-spirited . It gives them clear direction for the business.
- Solah trains our minds to develop its Quranic Mind and Quranic Intelligence.
- In any interaction, having Quranic Mind and Quranic Intelligence will position us as contributors (proactive) and minimize our position as victims (reactive)
- Success in this world for a mukmin is when it is followed by success in hereafter.

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' / KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

Manage State during Qiyaam:

"TUMA'NINAH is key when it comes to managing state in any position!"

- When you in standing position / Qiyaam be aware that you are in the presence of Allah azza wa jalla. Allow your entire body to witness the magnificence of Allah's presence that is manifested in his creation
- While reading surah alfatihah acknowledge the love and mercy of Allah s.w.t. that Allah has showered on you and your family. And repent from your shortcomings.

2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU', SUJUD, JULUS.

Manage State during Qiyaam:

اللَّهُ أَكْبَرُ كَبِيرًا، وَالْحَمْدُ لِلَّهِ كَثِيرًا، وَسُبْحَانَ اللَّهِ بُكْرَةً وَأَصِيلًا، وَجَّهْتُ وَجْهِيَ
لِلَّذِي فَطَرَ السَّمَاوَاتِ وَالْأَرْضَ حَنِيفًا مُسْلِمًا، وَمَا أَنَا مِنَ الْمُشْرِكِينَ، إِنَّ صَلَاتِي
وَنُسُكِي مُحْيِي وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ، لَا شَرِيكَ لَهُ وَبِذَلِكَ أُمِرْتُ وَأَنَا مِنَ
الْمُسْلِمِينَ.

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

- While reading other surahs acknowledge the wisdom of Allah s.w.t. in creating this universe and in guiding mankind through the Quran.
- Do not rush to ruku' observe tuma'ninah from standing position to Ruku' position

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

Manage State during Ruku':

- Observe Tuma'ninah not only while doing ruku' but also when beginning to move from standing position to ruku' position.
- Ruku' is the part when most people rush.
- While reciting tasbih subhana rabiyal 'azimi wa bihamdih. Acknowledge Allah's majesty and instill in yourself the attitude of obedience to Allah s.w.t. in any situation.

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

Manage State during Ruku':

سُبْحَانَ رَبِّيَ الْعَظِيمِ وَبِحَمْدِهِ.

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

- Manage State during I'tidal:
- Observe Tuma'ninah while moving from ruku' to I'tidal position.
- I'tidal is also the part when most people rush.

2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU', SUJUD, JULUS.

- Manage State during I'tidal:

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ رَبَّنَا وَلَكَ الْحَمْدُ.
رَبَّنَا وَلَكَ الْحَمْدُ.

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

- Manage State during sujud:
- Observe Tuma'ninah while moving from I'tidal to sujud position.
- Remind yourself its not your lips or your limbs which are praying, but its your heart. At this position acknowledge the Greatness of Allah s.w.t.'s WILL in your life! In any event! And feel humble towards him.

2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU', SUJUD, JULUS.

- Manage State during sujud:

سُبْحَانَ رَبِّيَ الْأَعْلَى وَبِحَمْدِهِ.

2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU', SUJUD, JULUS.

- Manage State during sujud:
- In any sujud you pray to Allah and ask from him forgiveness and guidance.
- Especially in the last sujud this is where you acknowledge your weakness to attain that which you need or desire and its only through Him shall you attain success.
- Thank Allah for granting you answer even before moving to julus or sitting position do not rush.

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

Manage State during julus:

- Observe Tuma'ninah while moving from sujud to julus position.
- Remind yourself you just prostrated to Allah s.w.t. and asked him to empower, enrich and enlighten you have faith in Him that he will grant it to you. Now in julus position observe joy of attaining Allah's redha and feel at redha with Allah.

2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM,RUKU', SUJUD, JULUS.

- Manage State during julus:

رَبِّ اغْفِرْ لِي وَارْحَمْنِي وَاجْبُرْنِي وَارْفَعْنِي وَارْزُقْنِي وَاهْدِنِي وَعَافِنِي وَاعْفُ عَنِّي

2. KNOW HOW TO MANAGE STATE
HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM, RUKU',
SUJUD, JULUS.

Manage State during Tahiyah:

- During Tahiyat akhir remind yourself of the sacrifice and effort of Rasulullah s.a.w. for you.
- Remember how he remember you while he is in mi'raj.
- Bear witness whatever achievements you have gained or future achievements would not have been possible without the sacrifice and effort of Rasulullah s.a.w.

2. KNOW HOW TO MANAGE STATE HUDUR/KHUSYU' /KHUDHU' WHILE IN QIYAAM,RUKU', SUJUD, JULUS.

- Manage State during julus:

التَّحِيَّاتُ الْمُبَارَكَاتُ الصَّلَوَاتُ الطَّيِّبَاتُ لِلَّهِ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ
وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللَّهِ الصَّالِحِينَ، أَشْهَدُ أَلَّا إِلَهَ إِلَّا اللَّهُ، وَأَشْهَدُ
أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ، اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ، كَمَا صَلَّيْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ، وَبَارِكْ عَلَى مُحَمَّدٍ، وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى
إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ فِي الْعَالَمِينَ إِنَّكَ حَمِيدٌ مَجِيدٌ.

3. PRAYER-VISUALIZATION EXERCISE

- Identify context
- Be aware of surroundings
- Enhance the context.
- Synchronize the WILL of the Heart with the Words on the lips and visualization.
- Send it to Allah.

Practical Session

Q & A

Thank you!

See you in our workshops!

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