



College of Medicine
and Healing Arts

**HEALING MINDS
AND EMOTIONS**

through

ILM-UN-NAFSIYAT

*Why do we need a **Healing Minds and Emotions** programme?*

We are suffering from detachment and disconnection from people, nature and even ourselves. Across almost all countries of the industrialised world, we see an increase of **depression, despair, anxiety**, and even suicidal tendencies, more amongst the younger age groups.



- 1 in 4 people in the USA reported being “emotionally distressed”.
- 1 in 5 people in Europe reported their mental health as “poor” or “very poor”.
- 1 in 8 people across the world live with one form or other of mental disorder, that is nearly 1 billion people.
- and this number is growing at a staggering rate of average 27% each year!

Yet, clinical science is often struggling to provide timely or even lasting solutions for our mental health challenges. For example, WHO reports, only one-third of people with diagnosed depression actually receive treatment.

A study by McKinsey in June 2022 shows that 62% of young people would seek help for mental health from counsellors or workshops; and 32% would use tele-health or online resources to find solutions. The need is immediate and the medium flexibly accessible.

If you are gripped with feelings of **isolation, anxiety, fear or even depression** and you think you may have tried most contemporary methods of attempted relief which may have not worked fully, we offer you sound **hope** based on proven methods for uplifting your own life and perhaps of those close to you.

The human being – when it operates within its natural elements – can heal itself. Depression, despair, anxiety and similar symptoms are in-built wake-up alarms of mental health deficiencies. We do need to awaken ourselves.

Our rich tradition of Ṭibb – including its core practice of Ilm-un-Nafsiyat – through its wisdom-based approach, has provided and continues to offer pathways for enduring remedies. We offer you the opportunity to absorb the wisdom, learn the fundamental principles and methods of the Ṭibb-centred Ilm-un-Nafsiyat and embark upon a self-healing journey assured to **heal your mind and emotions**.



I am Hakim Salim.

I offer help to people to revitalise their physical as well as mental wellbeing using time-honoured, traditional wisdom blended with present-day practice.

Many people I see are using ‘instant-solutions’ to blunt their physical as well as mental discomforts. This can only provide a superficial and temporary reprieve. This does not resolve the root of the problems and may end up creating even more imbalances than before.

When it comes to mental wellbeing the challenge becomes intense for 3 main reasons:

1. Reporting or proactively seeking care for mental health is often seen as socially stigmatising.
2. Many of the contemporary clinical approaches to improving mental wellbeing have so far been missing the vital link of spirituality.
3. We struggle to disconnect or filter out relevant and useful data from the flood of information that we come across almost each minute.

In reality, we have disconnected from true knowledge and wisdom.

There is – and has continuously been available and used for over 1000 years – a pathway to reinvigorate mental wellbeing. Our tradition of Ṭibb offers the **Golden Chain** of true knowledge and through its core principles, methods and practices of Ilm-un-Nafsiyat – Knowledge of the Self and Soul.

I am glad you have taken the initial action to know a little more about the foundations of this tradition and our programme presently on offer – **Healing Minds and Emotions through Ilm-un-Nafsiyat**. Over the next few pages, you will find an outline of what this programme offers you and what you may expect to benefit from the knowledge and practices it introduces and explains.

As always, our College is prepared to help and guide you in your efforts to learn the traditions of Ṭibb and its elements and components. We offer the tuition and the guidance in the timeless traditions. It is for you to take the next step in helping yourself by joining our truly valuable programme.

Outline of Programme

Healing Minds and Emotions through Ilm-un-Nafsiyat

The programme will be delivered online. There will be

- **6 live, interactive** sessions, **each of 2-hour** duration with time in between for a comfort break.
- **group discussions** and **Q&A** for approximately 20 minutes in each session.
- **offline assignments** for each participant to undertake and complete.
- **explanatory notes** for each session made available after the session.
- assessment **quizzes** to determine and notify the progress of each participant.
- **self-development guides** with the programme facilitator available **for coaching** as needed.

For those enrolling with the **Gold** stream option, there will be **4 individual, 1-on-1, personalised and highly valuable coaching and guidance sessions** to look at specific circumstances and offer a pathway based on Ilm-un-Nafsiyat.

How will you benefit?

This programme is intended to:

- ✓ Provide you with sources and overview of **true knowledge**.
- ✓ Create a deep **self-awareness** of your state of mind and health.
- ✓ **Reconnect** you **with** experiential learning from **nature**.
- ✓ Introduce and reinforce the principles, methods and practices of the **Golden Chain** integrated into self-healing mental wellbeing.
- ✓ Guide you in creating and following your own pathway to a brighter mental wellbeing facilitated by a **personal coach**.

Your journey to overcome your mental health challenges will be taken in 4 easy steps.

The 1st step in this pathway is acquiring **Hikmah** or wisdom.

Hikmah gives you a

- well-defined framework based on **true knowledge**.
- screen through which you may **filter information** you receive and extract what is truly **relevant and useful**.
- historical and present-day physical, mental and spiritual environment context so that you may see yourself in relation with all that is around you.



The 2nd step in this pathway is relating with **Fiṭrah** or nature. Fiṭrah provides

- the primordial essence of human beings living within, amongst and in harmony with all that exists.
- the learning of **relationships between the various elements in nature** and your own personal state of health.
- the ability to understand which elements are more relevant to your own state of health and mind and how you may use these natural elements for your benefit.



The 3rd step in this pathway is to **Strategise Healthy Practices**.

In this step you will

- be shown the basic principles of temperament or **Mizāj** and its vital link to maintaining balanced mental health.
- use basic tools to assess your own **unique Mizāj**
- understand the role of Mizāj with mental health.
- learn how to **align and unify yourself** – or more specifically your psyche – **with** the elements of **nature**.
- develop practices for **creating positive life changes**.



You will also be coached in recognising the in-built mental health alarms which may crop up as you start going down the uplifting pathway. And you will be shown the healthy practices which you may use to overcome these.

The 4th step in the pathway is focusing on your own self and **Optimising Your Personal Environment.**

You will be

- using the insights of both Fitrah and Mizāj.
- guided in knowing how to extract the beneficial elements from different sources within nature to heal yourself by **planning your personal space, both physical and mental.**
- shown proven techniques and practices which may – step by step – bring your mental well-being to a more balanced state.
- provided some simple food preparations which have a direct beneficial impact on your own mental well-being.



Each one of us has an inner self which comprises of many parts. Some of them may be awake, some dormant, some asleep, some possibly sick. **Healing Minds and Emotions through Ilm-un-Nafsiyat** helps you know, navigate and nourish all of these in measured, firm and definite steps. At each step you will be encouraged to build your own **life balance chart** and work on this. The programme coach will guide you in this.

The combination of the 4 steps outlined is a **unique** and **unparalleled personalised programme** which **integrates the body, mind, soul and spirit** and **cuts through the noise and clutter** to offer you true and lasting methods and practices of mental healing.

Healing Minds and Emotions through Ilm-un-Nafsiyat is not just any other life coaching or counselling or psychotherapy programme. It is designed and aimed at delivering **timeless wisdom** and **proven practices** within present-day context facilitated through **real-life examples**. It is certain to help each person struggling with common mental challenges find immediate benefits through a **personalised coaching plan**.

*If you are ready to
make the commitment
and move forward
positively to heal your
mind and overcome
your struggles with
your emotions –*



**... then we are here to
help you with true
knowledge, methods,
tools and the
personalised coaching
to get you to a better
mental and emotional
state.**

**I UNDERSTAND THE STRUGGLE OF
BEING HUMAN**

**I UNDERSTAND THE FRUSTRATIONS OF MODERN-
DAY LIVING**

**I UNDERSTAND WHAT IT'S LIKE TO BE AT THE
MERCY OF POOR HEALTH**

For over **40 years**, I have dedicated myself working with **1000s of people** to help them *live wholesomely*. To help them *feel positive and vibrant*. To help them towards *being fulfilled*.

**Take that positive next step – join our
programme now**

I look forward to you benefitting from this very valuable programme I have put together for you.



*All the very best,
from*

Hakim M Salim Khan
M.D. (M.A.) M.H. D.O.
Principal