

Life Leadership Coaching

“A transpersonal coaching – addressing the spiritual person inside the physical person”

Ibn Taymiyyah Holistic Healing and Life Coaching

By **HIFZUL RAHMAN KOTTANGODAN, PHD, CHLC, CPI**

Platform: Online

Duration: 3 - 4 Months

Language: English / Malayalam

Fees: Rs.1,000 per session

Certificate: After completion

Start: At your convenience

Type: One- on- One.

Sessions: 20 Sessions of 1.5 Hrs.

Exam: For each sections

Religion: For any religion

Our message to the people

- You or your children's don't have a healthy personality?
- Are they getting out of track?
- Are they addicting for alcoholic or drugs or bad practices?
- Yes, we can reframe their personality to a healthy one.
- Don't live under the shades of past failures and guilt!
- It's not too late, you can change your life; you can get back your power; you can have a Happy Life!
- Yes, you can lead a happy life towards the meaning and purpose of Life!

ehifzul.net



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Authenticity of our Life Coaching

We are certified form a world's renowned University, USA



Speciality of our Life Coaching:

- Our coaching is Transpersonal – addressing the spiritual person inside the physical person.
- Complete remoulding / rewrapping / rewiring of the individuals.
- Spirituality based on the Basic Human Core Values hence devoid of religious or cultural polemics.
- Reframing Passive and Aggressive personalities to an Assertive Personality.
- We use Guidance & Counselling, Islamic Psychology and Parapsychological solutions in our Life Leadership Coaching
- The whole family members can attend the coaching class and benefit.
- Timely assessment tests to make sure that you have studied the critical points of the course.
- Course completion certificate at the end of the course.
- Suggested and recommended reading and hand outs.
- Supportive video and supplementary speeches.

The details of our coaching are below.



OUR MISSION: Our mission is to help the people to find solutions through 'KNOWLEDGE' for their problems/ adversity/ obstacles in life. *Knowledge is the real solution for any problems or adversity in life.* Problems, adversity and obstacles are due to disorders in life. In another words, there are something out of balance! So rightly placing back the order in life /

balancing is the only real and ultimate solutions.

Along with every adversity or problems there are solution and ease; such solutions and ease exists so long as the problems exist. Finding that solution need to know first what is the disorder in life and its reasons. Likewise, every disease has a cure with it; those who know the illness and its reason know the cure; those who don't know the illness and its reason don't know the cure.

OUR SERVICES: Holistic Healing: Because of the problem, adversity, sufferings for years one's may be having lots of psychological or pathological problems especially that are powered by *trance possessions*, *negative energy transference* from human and devils etc. In such cases, we do Spiritual Healing through Islamic Psychology, Parapsychology, and Spiritual Healing in Prophetic Medicine, *Ruqyah*, Guidance and Counselling etc. In most cases, such problems and adversities affected the thoughts, memories, feelings, emotions, attitude, character and even one's personality might have been corrupted! Then there comes the need for Life Leadership Coaching – a Transpersonal Coaching. “Transpersonal” means “beyond the person” or “beyond the mask,” and transpersonal coaching primarily sees a person as a ‘spiritual being or spiritual person having a physical experience’. Therefore, the objective of Life Leadership Coaching is to restore order to one's life in many areas of life by helping him or her to take their ‘power back’ with a view to achieving Self-completeness.

Life Leadership Coaching, being transpersonal, recognizes spirituality and is therefore based on fundamentals of Basic Human Core Values; Do Right Only; Do not harm, transform to a healthy personality with Knowledge etc., coaching can come about naturally as a Spiritual Healing when the elements of the Life Leadership Coaching come into balance.

Syllabus of our Life Leadership Coaching

Section 01

Lecture - 01	Introduction to life coaching – Domain of holistic health and life completeness – Definition of problems and solutions - What is order from cosmology to energy of universal consciousness – Multi universe – our solution with knowledge – our core values – our success formulae - our relevant qualification for the Life Leadership Coaching.
Lecture – 02	Knowledge of Soul – Spirituality – natural intuition and instincts – individuality of soul – anatomy of mind – how habits are formed – enlightenment and empowerments. Four pillars of our Life Leadership Coaching
Lecture – 03	Spirit, its empowerments, entanglements, synchronicity, intuition – Universal consciousness – metapsychology, transcendental psychology – transpersonal psychology – modern psychology, Islamic psychology – parapsychology.
Lecture – 04	Soul and its power in daily life – the effect of soul in mind, body and outside the body – use of power of soul for success any area of life like, intellect and mental health, memory, physical health and healing, social relation, environmental, financial, personal skills etc.
Lecture – 05	Life force – its spiritual energy and vital energy – how to empower the life with light of soul / positive energy.
Lecture – 06	Different functions of light of soul and its radiation to mental, physical, personality, social, environmental and our dimensions of multi universe like world of Angels, Djinnns etc.
Lecture - 07	The sources of light of soul / positive energy – our synchronisation with the natural sources of energy – steps of making more light / power from soul.
Lecture - 08	Transference light of soul - imprints of emotional energy – how demonic possession and black magic are working –

	how we can release from such influence – the influence of negative emotional imprints in the homes and space.
Lecture - 09	Death of soul - real death – soul of animals and plants.

Section 02

Lecture - 01	Mind the brain: unused brain and ignorance – talent and opportunities – generating positive energy from brain – synaptic connections and vital energy for body.
Lecture – 02	Brain Gym: more than 50 brain gym and techniques to sharpen the intellectual mind.
Lecture – 03	Critical thinking: Logical thinking and its roll in life – WH questions – thought process – how beliefs are formed – logical fallacies – reasoning – observations and inferences – what is debriefing - 50 question that will develop reasoning in our life.
Lecture – 04	Knowledge and wisdom: Its difference – learning – Lifelong learning is the key to success.
Lecture – 05	Belief: The light / positive energy of belief – secondary gain – dissonance – denial – deliberate intent and power – reciprocal determinism – power of healthy personality to multidimensional universe. Fate Vs. Fate. Faith changes fate – how habits are developed – power of positive trains - 40 social traits – 40 – Success traits. People component of success – delivering greatness to the world!
Lecture – 06	Nature of human nature – major 9 psychological theories – nature v/s nurture – factors of personality – culture and human universe - inborn nature v/s. acquired – desires
Lecture – 07	15 traits that determines the human nature. Your profile picture – behaviour.

Section 03

Lecture - 01	Self-Esteem or Assertive personality – empowering yourself – 8 step by step procedure to develop self-esteem
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	– practice to develop and keep self-esteem – Seed of success.
Lecture – 02	Meaning and purpose of life – how the fear is occurred – futility – ultimate success starts from intention – we don't get what we want rather we get what we are. What we are in the next life is what we are in this life.
Lecture – 03	Reinventing you – identity foundation shifts – 40 human core values – recovering the power in the natural instincts – positive energy – defending negative energies – defending psychological and physical illness – attracting healthy relationships – turning opportunities to real-life – step by step procedure to reinvent oneself.
Lecture – 04	Managing your time: synchronisation of biological clock with universal clock – optimal time table for a healthy person – time management matrix – steps for effective time management – seven habits of effective people – dealing with screen addictions.
Lecture – 05	Think and grow healthy: nosophobia – reason of chronic illness in modern age – 10 points mental and physical preparations – food restructuring – physical body workouts – holistic medicine – spiritual medicine.

Section 04

Lecture - 01	Self-responsibilities and boundaries: Self Responsibilities – self-boundaries - responding to responsibilities – respecting each other's – First universal Law of personal responsibilities and its implementation – Second universal Law of personal responsibilities and its implementation – Third universal Law of personal responsibilities and its implementation.
Lecture – 02	Who owns you? - Healthy boundaries – protecting your boundaries assertively – get others respected your boundaries.

Lecture – 03	Core principles of empowered relationship: Point one to ten
Lecture – 04	Core principles of empowered relationship: Point ten to twenty
Lecture – 05	People business or relationship business: How to feel the energy signatures – intimate relationship including marriage – what the other person brings to the table – interdependence.

Section 05

Lecture - 01	Parenting is like an arrow and bow – natural dispositions of children – intuition and instincts evolves as knowledge and power – growth of mind and body – pearl from Khalil Gibran – awareness and uniqueness in children – personality traits – early influences – belief formation – emotional bonds – social influence – critical thinking in children.
Lecture – 02	Different styles of parenting – modelling of boys and girls – how can you be a good parent – reframing the parents to become a healthy parent – Spiritual Parenting – debriefing.
Lecture – 03	Conception to 18 months - Mental health during pregnancy – influence of parents’ mental health during the time of pregnancy – intuition and telepathic connections.
Lecture – 04	Age 18 months to 36 months – developmental milestone – parental mission – meaning and purpose of children – interaction with adult world – spiritual linkage – integration of senses and intuitions – cultural influence – spiritual essence – character formation – self creation.
Lecture – 05	Age 3 to 5 years – growth of intellectual, spiritual and emotional minds – gender expressions – challenges in modern society – core values in children – curiosity on children – parental guidance – evolvments of spiritual memory – spiritual concepts and its manifestation –

	imaginary friends – dreams – fear – The hidden reality!
Lecture – 06	Age 6 to 9 years – Playing with toys, learning a lot from people and learn the expectation of people. Start to feel self-concepts like who I am – start exploring bigger world - Rapid learning - learning difference – co-existence – parental roll on debriefing – institutive sensitivities.
Lecture – 07	Age 10 to 13 years – laying the foundation of entities and relationship – coexistence and challenges with adults in religious and morals – starting misunderstanding with parents – conflicting perceptions – difference time perceptions – difference in perception on death – debriefing the differences – synchronicity and its interpretations.
Lecture – 08	Age 14 to 19 years – societal expectation and pressure – challenges in competitive world – spirituality and society – performance identity crisis – social bonds – rites of passages – independence and personal responsibilities – anger good and bad! – The quest – seriousness of life - meaning and purpose of life – self-concept and personality traits.

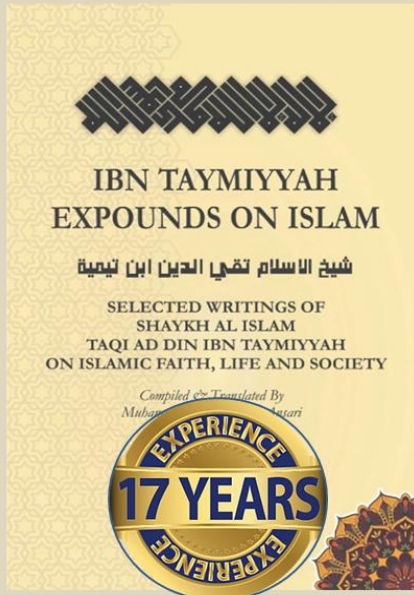
Section 06

Lecture - 01	Adversity and its meaning – adversity and empowerments – turning the light on – when our problems are coming to us? – How to find the light switch – missing tile syndrome – when we cannot help us? – Adversity builds character.
Lecture – 02	Meaning of insanity – contrarian thinking – it's our belief and wording that makes the reality – defining the problems is the first step of the solution – “Perseverance always wins. Who is more persistent, you? Or the problem”?
Lecture – 03	Faith and fate – the way how it has to be understood! – our spiritual block regarding fate!
Lecture – 04	‘Utilising the inborn potential and exploring the Horizon of Free Will’ – Traditional goal setting – visualisation of the results and invoking the ‘Trust’- Tawakkul. The risk of <i>risq</i> V/s. The <i>risq</i> and its risk.

Section 07

Lecture - 01	Finding Happiness in Life – What is happiness – preconditions of happiness – real happiness is within us from soul – area of happiness in life
Lecture – 02	Nine steps to find happiness in life and maintaining it – perpetual happiness. Practices to create happiness in life.

IBN TAYMIYYAH HOLISTIC HEALING AND LIFE COACHING



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- Master of Metaphysical Science-Holistic Life Coaching (M.Sc.-USA)
- Master's Degree in Applied Psychology (INDIA) – Undergoing
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- PhD in Holistic Life Coaching & Certified Holistic Life Coach (CHLC-USA)
- PG Diploma in Guidance and Counselling (INDIA)
- Certification in Islamic Psychology (UK)
- Certification in Spiritual Healing in Prophetic Medicine (UK)
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PARAPSYCHOLOGY

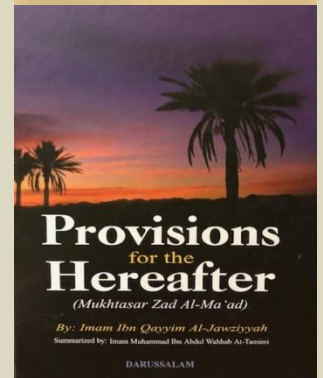
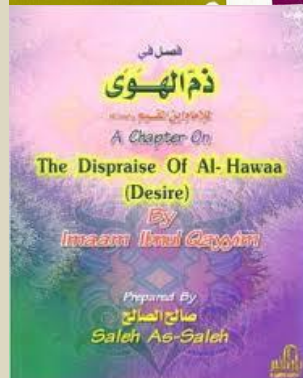
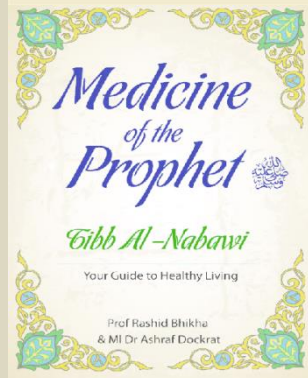
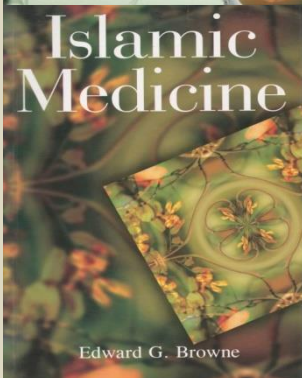
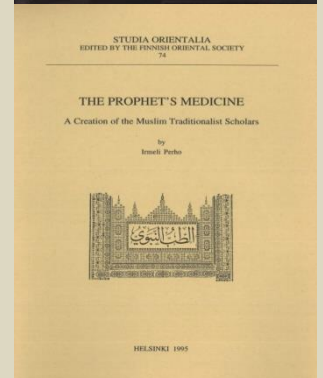
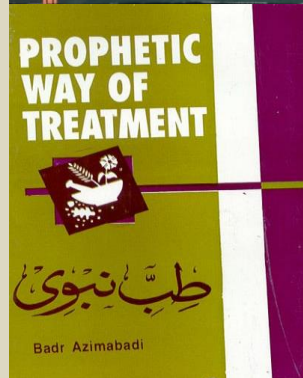
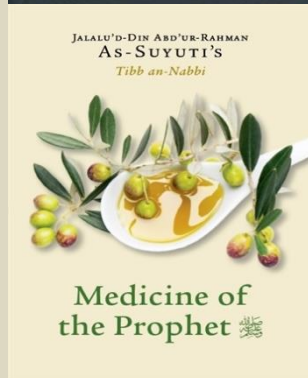
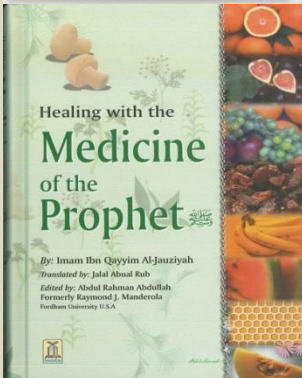
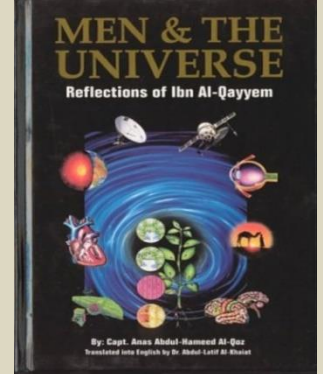
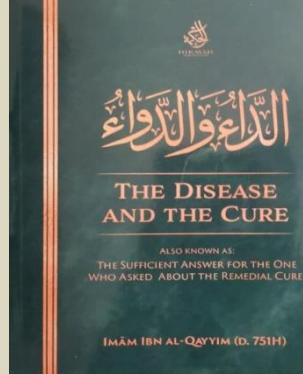
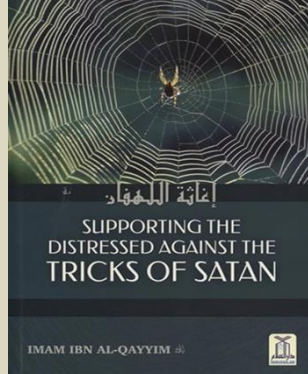
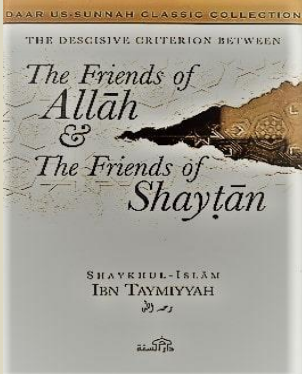
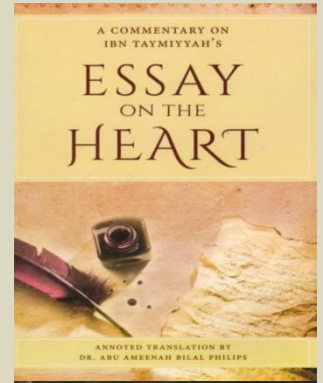
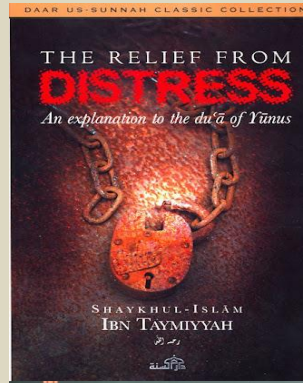
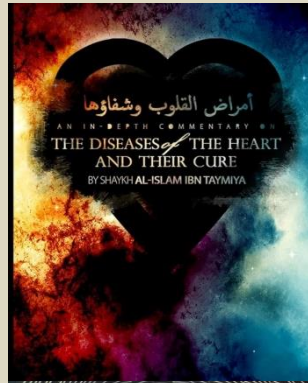
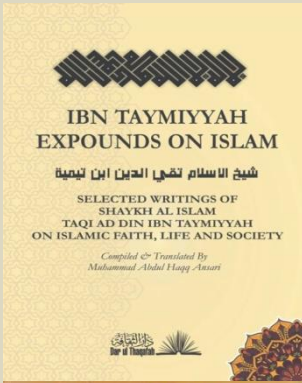
**ISLAMIC
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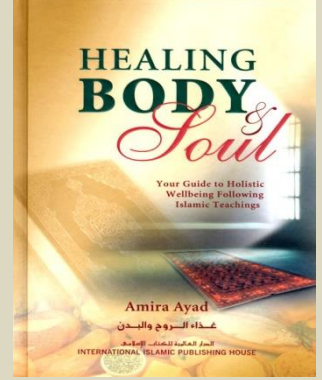
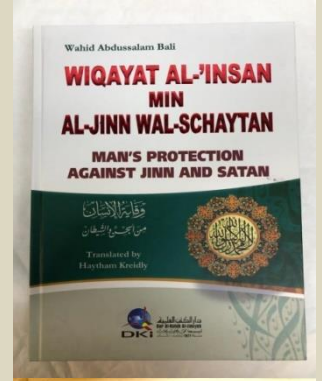
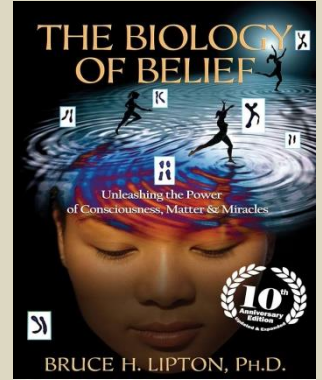
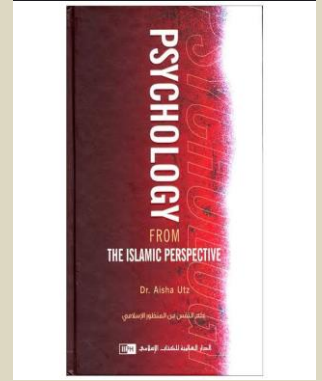
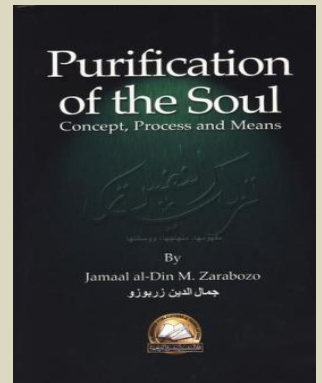
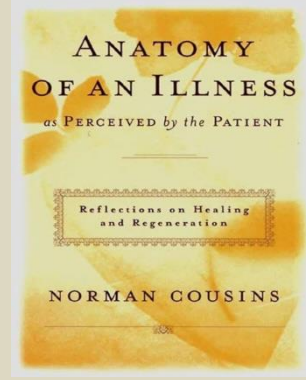
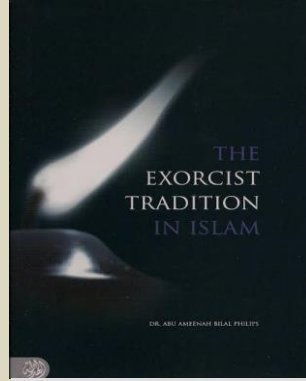
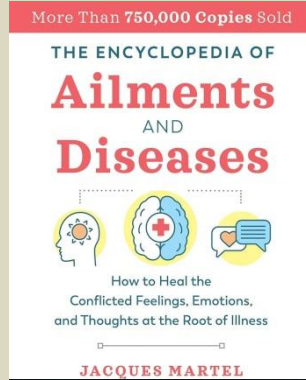
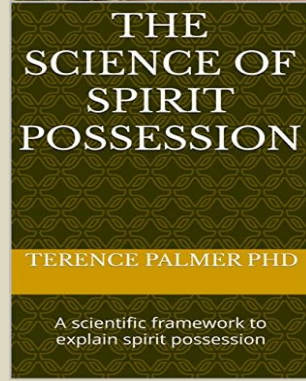
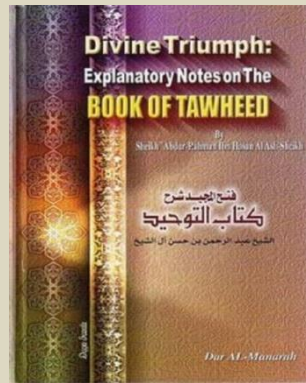
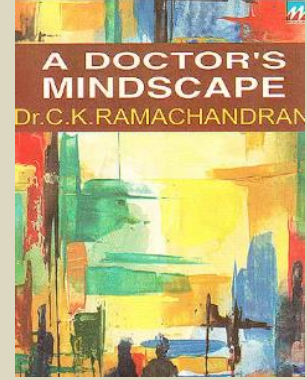
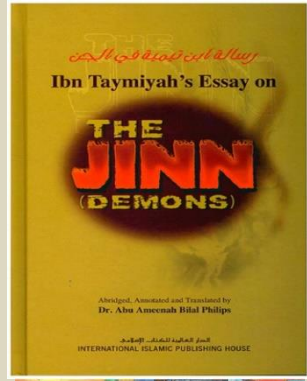
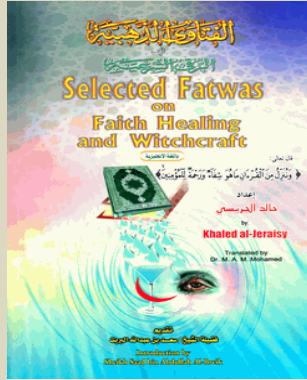
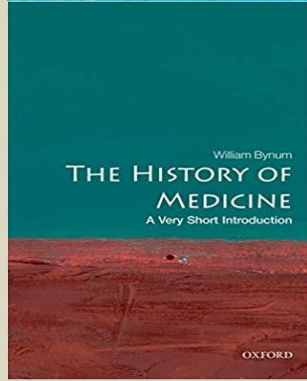
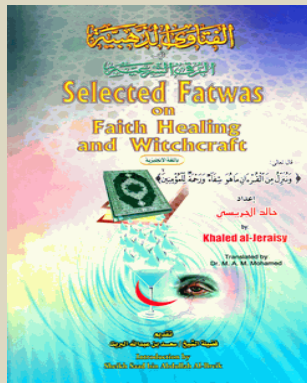
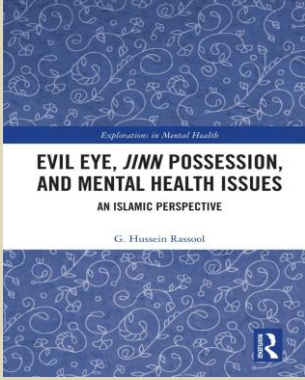
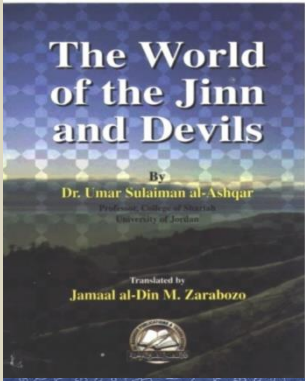
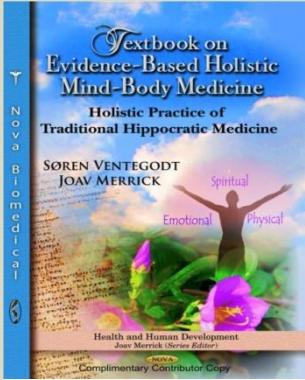
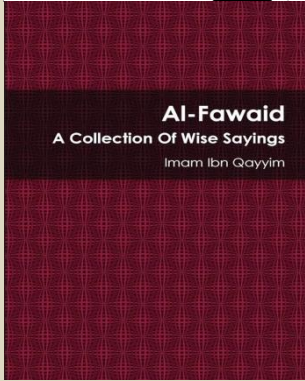
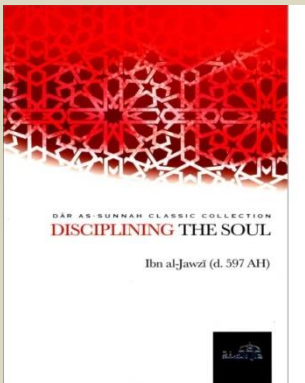
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