

"Rewrite Your Mind. Rebuild Your Personality. Redesign Your Life."

16-Week Holistic Transformation Program

New Batch starting on 23, Jan'26

- ✓ First two weeks **FREE – NO FEE!**
- ✓ Fee starting from Rs.500/- onwards
- ✓ Easy and gradual payment
- ✓ Online – 3 days in a week
- ✓ 9:00 PM to 10:30 PM – IST
- ✓ Study materials download
- ✓ Self-healing materials available
- ✓ Recorded videos available

If you cannot afford the fees, don't miss the class, please contact me, we can help you.

Programs and its contents

A **structured, step-by-step 16-week transformational coaching program** that integrates **Applied psychology, Self emotional healing, Islamic Psychology, Spiritual healing, Parapsychology, Personality reframing, Physical body care, Healthy Relationship, Spiritual blockages in Life and Reclaiming Happiness in Life** to help you regain mental clarity, emotional stability, spiritual balance, and practical success and happiness in life.

This program is especially for those who feel stuck, anxious, depressed, confused, hopeless, spiritually disturbed, emotionally overwhelmed, or trapped in difficult relationships or life situations.

Our slogan "Knowledge is the real solution for any problem of adversity"

Days: Friday, Monday and Wednesday (FMW)

Time: 9:00 PM – 10:30 PM (INDIA)

Platform: Online – Zoom

Starting Date: 23-01-2026

Language: English with Malayalam

MODULE 1 – FIRST TWO WEEKS (FREE – NO FEE)

Introduction + Basic & Advanced Concepts

This foundation module is FREE so you can understand:

- How your mind, emotions, body, and spirituality are interconnected
- Why repeated problems occur in your life
- Why some people feel stuck despite effort
- How childhood experiences shape adult behaviour
- How beliefs influence stress, fear, and relationships
- How trauma, guilt, shame, and conditioning affect decision-making

You will learn the **basic map of healing and transformation** so you can see your problems from a deeper perspective instead of feeling helpless.

How the unconscious mind shapes reactions, stress, and relationships

MODULE 2 – TWO WEEKS (Rs.500/-)

Self-Emotional Healing & Mental Balance

This module focuses on **practical self-healing techniques** for:

- Chronic anxiety and overthinking
- Panic attacks
- Depression and hopelessness
- OCD patterns
- Mood instability
- Emotional breakdowns
- Fear, guilt, shame, and inner conflict

We address beliefs related to evil eye and black magic. We also address beliefs related to

- Evil eye
- Perceived black magic
- Spiritual fear
- Feeling “blocked” in life

Instead of feeding fear, we help you **strengthen your inner self, regulate emotions, and regain control over your mind.**

Many participants report significant emotional relief and clarity even within the first four weeks.

MODULE 3 — TWO WEEKS (Rs.1, 000/-)

Soul-Mind-Body-Healing + Lifestyle Rebalancing

Many people suffer physically because of emotional stress. In this module you will learn:

- How stress affects your body
- How anxiety creates body pain
- Simple daily fitness routines
- Breathing techniques
- Healthy eating habits
- Mindful lifestyle restructuring

You will not just “know” — you will **practice** step by step with clear plans.

Participants will develop a simple daily wellness routine combining breath, movement, nutrition, and mindfulness.

MODULE 4 — TWO WEEKS (Rs.1, 500/-)

Healthy Personality Rebuilding & Boundaries

This is a deep personality reframing module where you learn:

- How to build self-respect
- How to say “No” without guilt
- How to stop people-pleasing
- How to manage anger and frustration
- How to overcome addictions and compulsive habits

- How to regulate unhealthy behaviours
- How to develop emotional maturity

You will rebuild a **calm, confident, and dignified personality** instead of reacting from pain.

This module helps participants move from reactive behaviour to conscious response

MODULE 5 – TWO WEEKS (Rs.2, 000/-)

Parenting & Re-Parenting Yourself

Many adults carry childhood wounds.

This module helps you:

- Understand how your upbringing shaped your emotions
- Heal childhood emotional pain
- Stop repeating unhealthy parenting patterns
- Learn compassionate self-care
- Rebuild inner confidence
- Inner healing
- Self – Compassion practice
- Breaking the generation trauma patterns

You will learn how to **parent yourself with kindness instead of self-criticism**.

MODULE 6 – TWO WEEKS (Rs.2, 000/-)

Relationship Healing & Conflict Resolution

For those struggling with:

- Marital conflicts
- Misunderstandings with spouse
- In-law issues
- Family tensions
- Friendship breakdowns
- Social isolation
- Non-violent communication
- Active listening
- Emotional boundary scripts

You will learn:

- How to communicate without fighting
- How to set emotional boundaries
- How to avoid unnecessary conflicts
- How to understand others without losing yourself
- How to heal emotional wounds in relationships

MODULE 7 – TWO WEEKS (Rs.2, 000/-)

Spiritual Blocks & Life Adversities

For people who feel:

- Spiritually blocked
- Unlucky in life
- Stagnant in career
- Emotionally heavy
- Spiritually confused

You will learn:

- How emotions block spiritual clarity
- How to remove mental and emotional barriers
- How to build inner peace
- How to align mind, body, and spirit

This is about **inner empowerment – not fear-based spirituality.**

MODULE 8 – TWO WEEKS (Rs.2, 000/-)

Business, Career & Workplace Coaching

For professionals, entrepreneurs, and employees facing:

- Career confusion
- Workplace stress
- Conflict with colleagues
- Job dissatisfaction
- Lack of confidence
- Fear of failure
- Financial anxiety

You will learn:

- Decision-making skills
- Leadership mind-set
- Stress management at work
- Professional boundary setting
- Confidence building

Participants will leave with a clear career mindset and emotional resilience at work

WHO SHOULD JOIN THIS PROGRAM?

This program is ideal for anyone who feels:

- ✓ Emotionally overwhelmed
- ✓ Mentally exhausted
- ✓ Spiritually confused
- ✓ Stuck in relationships
- ✓ Lost in career
- ✓ Disconnected from self
- ✓ Burdened by past trauma
- ✓ Struggling with stress or anxiety
- ✓ Having dysfunctional relationships
- ✓ Spiritual Blockages in Life, business, career etc.

If you want **real change, not temporary motivation**, this program is for you.

- ✓ Study Materials and recorded videos available
- ✓ Healing and therapeutic materials available
- ✓ At the end of the batch up to **THREE HOUR'S FREE** online consultation available for each attendee.

Classes conducted by

HIFZUL RAHMAN, PHD, CHLC, CPI

(An Internationally Certified Life Coach from USA)



OUR RELEVANT QUALIFICATIONS:

- ✓ Chartered Accountancy (Inter)
- ✓ Healthy Jama'a Scholar (INDIA)
- ✓ Master's Degree and PhD in Parapsychology (USA)
- ✓ Master's Degree and PhD in Holistic Life Coaching (USA)
- ✓ Master's Degree in Applied Psychology (INDIA) (waiting result)
- ✓ Post Graduate Diploma in Guidance and Counselling (INDIA)
- ✓ Certified Paranormal Investigator - CPI (USA & INDIA)
- ✓ Certified Personal Trainer – INDIA (Undergoing)
- ✓ Certified Fitness Trainer – INDIA (Undergoing)
- ✓ Certification in "Islamic Healing" (UK)
- ✓ Certification in "Islamic Psychology and Counselling" (UK)
- ✓ Certification in "Metaphysical Parenting" (USA)
- ✓ Certification in "Finding and Keeping Happiness in Life" (USA)

OUR ACCREDITATIONS:

- ✓ Member of Alternative Medical Practitioners Council (INDIA)
- ✓ Member of Indian Society for Clinical Research (INDIA)
- ✓ Member of International Metaphysical Practitioners Association (USA)
- ✓ Member of ParaNexus Anomalous Research Association (USA)
- ✓ Paranormal Association Member in Society for Psychic Research (Est.1882) (UK)

Book your seat now: WhatsApp [+91 906 123 7800](tel:+919061237800) OR e-mail: hifzul@hotmail.com

For more information visit www.hifzul.net