**[SELF HYPNOSIS](http://syedabdullahtariq.blogspot.com/2012/04/self-hypnosis.html)**

**Q. Recently a hypnotism expert came to our college and demonstrated various items that were remarkable. During his speech he said that a person who learns self-hypnotism and undergoes the same process can know in which form he was in his last birth. As we Muslims know there is no rebirth, what should we think of the hypnotist and his statement?**
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**Ans.** Muslims have been taught self-hypnosis and they are required to practice it five times a day. Nearly all religious meditations are self-hypnosis in which the meditator hypnotizes himself into believing something through a process called auto suggestions.
The most conspicuous example of self-hypnosis in religious meditations can be observed in the Rajyoga of Brahma Kumari sect. To the beginners, they start teaching meditation in congregation. There is a discourse before the meditation describing the theory of Brahma Kumari mission. After that all participants are required to concentrate on a red bulb which glows over a Shiva sign (an elliptical shape). In the background is a picture of the founder of the sect who is referred to by them as Brahma Baba. As the devotees concentrate, some soft music with songs in praise of Baba is played. After a while, the songs and music stop and the tutor starts speaking in an impressive echo-like sound, what he/she wants the devotees to believe. With eyes fixed on the bulb, they listen intently to the suggestions of the tutor whose voice goes on slowing down and down and finally stops. By now the devotees are in a kind of trance and the message conveyed by the tutor reverberates in their mind. After a suitable interval of time, the dim lights of the hall are replaced by full illumination and the end of the meditation is declared so that the meditators can come out of their trance. They feel an immense amount of peace and are very much impressed.

After a few such practice sessions where the suggestion come from outside i.e. the tutor, the devotees are taught to practice Rajyoga (the above meditation) on their own in their homes. They are given a set of suggestions that they go on repeating in their minds while they concentrate on some object (preferably a small bulb over the picture of Shiva Sign). Members of the mission are required to attend morning or evening session of about one hour of collective meditation in the nearby Brahma Kumari Ashram and practice in addition to it at least once in their seclusion. Soon they firmly start believing in whatever is being suggested to them by the tutor (Didi of the Ashram) and their own auto suggestions. The belief through this process is so rigidly engraved in their minds that even scientists among them do not question such ridiculous things as the birth of a peacock without mating of its parents and the whole life cycle on earth consisting of 5000 years.

Namaz in Islam is the same process. A person in Namaz is required to meditate in his mind that he is in the presence of God and then the voice of Imam in an impressive Qir’at (recitation) reverberates in his mind. If he has really started the prayer with the required meditation of God’s presence, the Namazi is in a trance, listening to the message of Qur’an and absorbing it. He goes from one posture to other mechanically with each sound of Allah-u-Akbar and he is trained to come out of trance with the pronouncement of Salam by the Imam. The tragedy is that Muslims do not know Arabic so that they could be completely benefited by Namaz. However even if they do not know Arabic, they can still learn the meaning of Allah-u-Akbar (Allah is Great), Sami-Allah-u-Liman-Hamidah (God heard him who praised Him) Subhaan-a-Rabbi Al-Azeem and Subhaan-a-Rabbi Al-Aala (Holy is my Lord the Great and Exalted). They can also learn the meaning of Attahiyaat, Durood and other prayers, which they daily recite in every Namaz. If they know the meaning then these will be engraved in their mind provided they are in a trance. The state of being in a trance can not be achieved unless the Namaz was started with the pre-requisite of meditating in the presence of Allah. Again, unfortunately a large number of Muslims are not told of and do not practice this meditation and hence they do not achieve all the objectives of Namaz. After the collective prayer, they have to offer their individual Sunnah and Nafil prayers in which they practice the same on their own. It was preferred by the Prophet (pbuh) that people should offer these individual prayers in the solitude of their homes, as then they would be able to concentrate more.

It must be mentioned that unlike in Brahma Kumari, the Muslims are advised to ponder over the Qur’an. The holy Qur’an itself told them that the preferred slaves of Allah are: **“those who, when they are reminded of the Signs of their Lord, droop not down over them as deaf and blind (i.e. they believe with full cognizance and understanding instead of a blind faith)”.** (25:73). When such a person listens to the Qur’an in prayer, he already has perception of what he is being led to believe during the trance of the meditation.
So now you must be reassured that a Muslim who is a regular Namazi will never encounter the assumed scenes of a previous birth as he is already accustomed to the process of self-hypnosis where his mind has already been trained not to believe in previous births. Those who already believe in the process of re-birth in this world without pondering over it and against all scientific reasoning, can witness the presumed scenes of re-birth. But to be a witness to this phenomenon, they will have to repeat and remind continuously to themselves during meditation that they had a re-birth. At first, with the help of an outsiders suggestions, during the trance and then by auto suggestions one can start seeing things for which his mind is being programmed. Even then all cannot achieve that state of self-programming. Staunch belief, weaker will powers and the levels of intelligence, all play their parts during the process and the results of all are not the same. Usually the ladies and persons of lesser will power and also those who have lesser intelligence are more susceptible to witness such visions. I personally know such persons who are extremely religious with an unshakable belief in rebirth and though they teach others to meditate, they have not been able to witness their presumed previous births despite years of meditational efforts.

This process of self-hypnosis bears more success in terms of witnessing previous births if during auto suggestions, the invocation of some invisible beings is also resorted to. Those beings (Jinns in the Qur’anic terminology), who normally cannot dominate or possess a human mind get empowered when a human being invokes them and as a result accepts their superiority over themselves. Qur’an hints at their capability of possessing the human mind when they are invoked: **“True there are persons among mankind who took shelter with persons among the Jinns, but they increased them into further error and they (came to) think as you thought that Allah would not raise up any one (to Judgement)”.** (72:6-7). They can then guide them as they like and make the person see things and scenes which sometimes exist and most of the time are non-existent. By mixing verifiable truth with falsehood, they mislead the human race.
There is an occult science called Haziraat in which, the Aamil (the person invoking the Jinns) can make a child up to 10 years of age and sometimes a woman or a mentally slow person his subject, capable of seeing Jinns who show and inform them of unseen things. Many of the witnessed things come true while on a large number of occasions the scenes witnessed by the Mamool (Whom the Aamil uses as his subject) are totally false. Haziraat is becoming extinct today but most of the older people of our generation know of it and have seen it happen. If during the self hypnosis process, invisible powers are also invoked, by adopting a certain procedure, a kind of Haziraat comes into effect and the person in trance is possessed by Jinns who can show them places which sometimes really exist. The meditator, in the course of self hypnotism becomes more than assured that he is seeing the places and people concerning his earlier births.

To avoid the confusion and to know the truth with certainty, we must analyse the belief of transmigration of souls scientifically instead of resorting to self-hypnosis, which in fact is a process of affirmation of the presumed thoughts rather than a correct procedure of comprehension of truth.
The moral of the above exposition is that we must reflect upon and ponder over our presumptions before going into meditations with them.