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## PHOTOS: New Dubai event shows walking on fire is all mind over...

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Here comes the hot stepper - Megha Merani discovers walking on fire is all about mind over matter...

It was a scary sight - a 2m-long smouldering red trail of crackling coals burning on the lawn of the Dubai Polo and Equestrian Club.

Perhaps testing my nerve with a spot of fire walking wasn't the best idea after all, I thought, as I stood gaping at the flames, knowing that, in 60 minutes my fate was to trudge down that blazing path.

LP.has("fader");\*\*\*\*\*

But seeing as I wasn't the only brave, or foolish, soul to have a go - fortunately, there were about 30 men, women and children waiting to face trial by fire - I settled down for the pep talk that would supposedly convince me.

Now I'm a sceptic. I don't believe I can be converted quite so easily, let alone in an hour. But the mind-altering dialogue with the event's organiser Muneer Samnani - a certified trainer and coach of Neuro Linguistic Programming (NLP) - somehow persuaded me to challenge my beliefs. My head held high, I closed my eyes and marched over the coals while the crowd cheered me on. I couldn't believe it, I'd just walked on fire.

### Big Events in Dubai

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Walking over burning embers may sound like an act of torture but it can help prompt some life-changing benefits. "The ancient ritual of fire walking has been practised by cultures all over the world for centuries, with the earliest known reference dating back to 1,200BC," Samnani said.

"It's something that our mind tells us not to do - after all, fire burns, doesn't it?" But that's the whole point, according to Samnani.

"When we do something that we believed was impossible, it changes our way of thinking about what is, and isn't, possible," he said. "Fire walking is simply a metaphor to challenge all your limiting beliefs and turn your fear into power.

"So this is an opportA[degrees]unA[degrees]ity to break through everyA[degrees]thing that's been holding you back. It's telling yourself, 'If I can walk on fire, I can do anything'." By the end of the night, every person had triumphantly walked across the fire, without injury. Misra Durrani, a shift manager at telcom operator du, told 7DAYS of her victory.

## Article Details

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"The first time I had tears in my eyes, I thought there's no way I can do this," she said. "I had this image that I'm going to go up burning in flames."

But Misra bravely put her foot forward and walked across the burning track. "With everyone cheering me on and Muneer encouraging me, I just stopped thinking and started walking," she explained.

"By the third time round I was visualising my facebook cover photo - and I was like my friends should see this!" Speaking about the impact the experience had on her, Durrani added: "I think I'm a changed person. If anyone tells me I can't do something now, I'm going to say 'I have and I am'. There's no more place for negatives in my life."

Meanwhile, lifestyle and nutrition consultant Ahm Ali said the event was a great bonding experience with her 14-year-old son Jibran. "I thought it was very liberating," said Ali. "Although I am an NLP practitioner as well, for me it was good because sometimes I get stuck - like we all get stuck, in our little ruts. There's always that one little thing that's kind of holding you back."

"Mainly I wanted to do it together so that we could actually empower each other," she said. "So we have a really good thing going where we kind of question each other and say 'why do you think you can't do it?'" Ali's son, who also strode across the coals, told 7DAYS that he wasn't such a fan of the concept initially. "I was scared at the beginning," admitted the teen. But then I saw everyone else doing it and I realised nothing was happening to them so I had nothing to lose."

So, did it hurt? No, not one little bit but don't try this at home!

To find out more or to sign up for the next fire walking event, contact Muneer Samnani on 04 304 2486 or visit [www.omcdubai.com](http://www.omcdubai.com)

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