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PHOTOS: New Dubai eventuality shows walking on glow is all mind over matter

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Here comes a prohibited stepper – Megha Merani discovers walking on glow is all about mind over matter...

It was a frightful steer – a 2m-long smouldering red route of crackling coals blazing on a grass of a Dubai Polo and Equestrian Club.

Perhaps contrast my haughtiness with a mark of glow walking wasn't a best suspicion after all, we thought, as we stood gaping during a flames, meaningful that, in 60 mins my predestine was to travel down that blazing path.

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Participants travel on a coals (Pictures by Tonya Colson)

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But saying as we wasn't a usually brave, or foolish, essence to have a go – fortunately, there were about 30 men, women and children watchful to face hearing by glow – we staid down for a pep speak that would presumably remonstrate me.

Now I'm a sceptic. we don't trust we can be converted utterly so easily, let alone in an hour. But a mind-altering discourse with a event's organiser Muneer Samnani – a approved tutor and manager of Neuro Linguistic Programming (NLP) – somehow swayed me to plea my beliefs. My conduct hold high, we sealed my eyes and marched over a coals while a throng cheered me on. we couldn't trust it, I'd only walked on fire.

Walking over blazing embers might sound like an act of woe though it can assistance prompt some life-changing benefits. "The ancient protocol of glow walking has been practised by cultures all over a universe for centuries, with a commencement famous anxiety dating behind to 1,200BC," Samnani said.

"It's something that a mind tells us not to do – after all, glow burns, doesn't it?" But that's a whole point, according to Samnani.

"When we do something that we believed was impossible, it changes a approach of meditative about what is, and isn't, possible," he said. "Fire walking is simply a embellishment to plea all your tying beliefs and spin your fear into power.

"So this is an opportunity to mangle by everything that's been holding we back. It's revelation yourself, 'If we can travel on fire, we can do anything'." By a finish of a night, any chairman had triumphantly walked opposite a fire, though injury. Misra Durrani, a change manager during telcom user du, told 7DAYS of her victory.

"The initial time we had tears in my eyes, we suspicion there's no approach we can do this," she said. "I had this picture that I'm going to go adult blazing in flames."

But Misra bravely put her feet brazen and walked opposite a blazing track. "With everybody entertaining me on and Muneer enlivening me, we only stopped meditative and started walking," she explained.

"By a third time turn we was visualising my facebook cover print – and we was like my friends should see this!" Speaking about a impact a knowledge had on her, Durrani added: "I consider I'm a altered person. If anyone tells me we can't do something now, I'm going to contend 'I have and we am'. There's no some-more place for negatives in my life."

Meanwhile, lifestyle and nutritions consultant Ahlaam Ali pronounced a eventuality was a good fastening knowledge with her 14-year-old son Jibran. "I suspicion it was unequivocally liberating," pronounced Ali. "Although we am an NLP practitioner as well, for me it was good since infrequently we get stranded – like we all get stuck, in a small ruts. There's always that one small thing that's kind of holding we back."

“Mainly we wanted to do it together so that we could indeed commission any other,” she said. “So we have a unequivocally good thing going where we kind of doubt any other and contend ‘why do we consider we can’t do it?’” Ali’s son, who also strode opposite a coals, told 7DAYS that he wasn’t such a fan of a judgment initially. “I was frightened during a beginning,” certified a teen. But afterwards we saw everybody else doing it and we realised zero was function to them so we had zero to lose.”

So, did it hurt? No, not one small bit though don’t try this during home!

To find out some-more or to pointer adult for a subsequent glow walking event, hit Muneer Samnani on 04 304 2486 or revisit www.omcdubai.com

megha@7days.ae

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