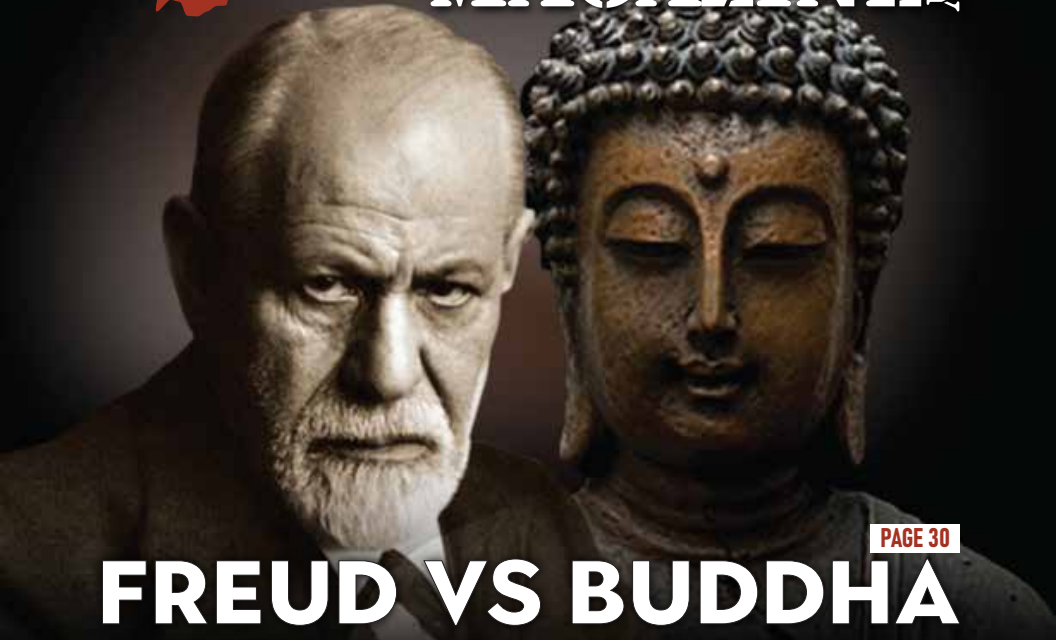


FEBRUARY 2023 – VOL. 23 – ISSUE 02

AZEEM ENGLISH MONTHLY MAGAZINE

ISAMABAD'S
BEST SELLER



PAGE 30

FREUD VS BUDDHA

REBELS AGAINST
THE CROWN **PAGE 46**

GETTING STARTED
WITH UPWORK **PAGE 18**

THE WORLD'S FIRST ARTIFICIAL WOMB FACILITY **PAGE 34**

ASTROLOGY **PAGE 22**

THE SCIENCE OF FORTUNE TELLING

“NATURE VS NURTURE” **PAGE 26**
IN TERMS OF EPIGENETICS



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EDITOR'S NOTE

As we kick off the month of February, we at Azeem English Magazine are excited to continue being the voice for the youth. This month, we will be focusing on the themes of freelancing, parenting and serving humanity. For this purpose we have included an exclusive interview of a renowned humanitarian, Todd Shea who has been serving Pakistan for past 17 years. We believe that it is important to give young people a platform to express their thoughts, ideas and opinions on the issues that matter to them. We will be featuring articles on the latest developments in technology, Astrology as well as providing resources and information on how young people can get involved and make a difference.

Happy Reading

Muhammad Ali Farooqi
Editor-in-Chief



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AEMAGAZINE.PK

LET'S MEET TODD SHEA

4 MINUTES READ

Todd Shea is a humanitarian and the founder of Comprehensive Disaster Response Services (CDRS), a non-profit organization based in Pakistan that provides emergency relief, medical aid, and long-term development services to communities affected by natural disasters and conflict.

1. Please tell us about yourself and your journey in Pakistan?

I came here with a group of Pakistani American doctors in 2005. When I came back home from Hurricane Katrina and turned on the television and saw the earthquake in Pakistan all over every channel. This was a horrible disaster and I had been in South Asia earlier that year in a tsunami in Sri Lanka. When I saw the earthquake I was like I'm ready to help. By that time in the first two weeks, we saw that this operation was going to be needed for a long time. So, when they asked me if I would stay, I said sure, I'd love to. I would be honored to stay, they liked the way



that I was helping to run the things and get the supplies with the army helicopters. In communication, security, food, blankets, tents, whatever was needed by the doctors was my responsibility. So, that's how I moved to Pakistan and later started my own organization CDRS(Comprehensive Disaster Response Services).

2. When CDRS was founded and what are its missions and goals?

It was founded in 2005. Its basic purpose is to serve humanity. We support special patients with donors who want to help somebody with a surgery or with a certain maybe school fees for children if the mother and father haven't been able to work

IMAGE SOURCE: CDRSWORLD

or maybe if they are injured or something. These kinds of things we do. We also have an animal welfare project that supports, the humane and Islamic permissible, depopulation of stray dogs and cats. We rescue animals and help other struggling rescuers and shelters. We provide 600 meals every day with a food truck that goes around Islamabad and the Pindi area. So, we do a lot of different good stuff and probably the project that is near and dear to my heart because we directly impact lives on a day-to-day basis. We have a house of blessings for widows and orphans. There we provide education and good nutrition counseling and everything like outings and entertainment.

3. What are the challenges and difficulties you've faced while running your organization and how have you overcome them?

Well, one of the biggest things to overcome is, getting funds and behind. There is a lot of trust deficit with NGOs in general, although we've been here for 17 years. I have been awarded and commented by so many organizations and individuals that have seen our efforts and appreciated our efforts officially. But still, there is just a general mistrust of NGOs. How are they spending their money? Are they being honest? There's always a doubt there, then there's doubt about me being a white American. Why am I here in Pakistan? The fact is I love Pakistan. It is because there are people here who need it and they asked me to stay. There's some bond here. It's literally about serving a higher purpose. And if you're serving a higher purpose and you're helping people in need, then you don't really need to live in a mansion or have a

great car. This is what I believe.

4. What are the latest projects you are working on?

Well, the projects we are working on are the Nationwide Delivery of Family Food Packs/Fidya through food trucks on a daily basis, H2o Clean Drinking Water project, House of Blessings to the Orphans and the Widows, and the Benji Project for Animal Welfare and Rescue. Besides that we have done many other projects.

5- Any message you want to give to Pakistan or its people?

“My message to the youth of Pakistan is that life is a test and Pakistanis are tested greatly but at the same time, great nations are tested greatly. It just takes leadership and Ingenuity to steer in the right direction. My message to the kids is, individual brilliance is great, but individual brilliance will not create success for a nation unless there's teamwork. So teamwork is the most important part, trust each other and build a community.

Here are some lines of “Little Feet” a song written by Todd Shea,

“The happy sound of little feet upon
the floor
Down the hall and opening up our
door
Crawling across the sheets
Snuggling up to you and me
Little angels with those little feet
A little good morning kiss on the
cheek
Now they're all grown up and moved
away
Oh how I miss those little feet of
yesterday”

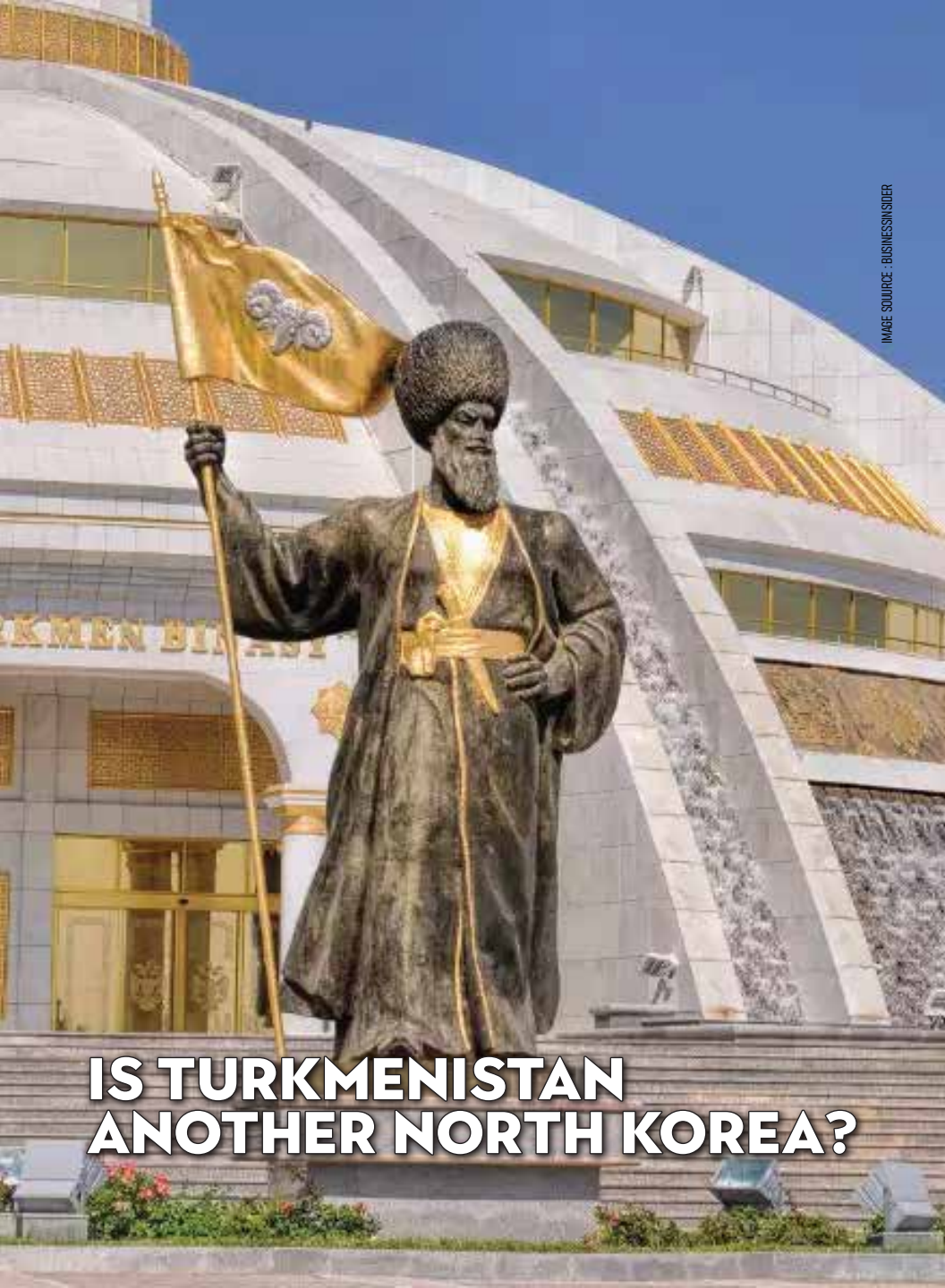


IMAGE SOURCE - BUSINESSINSIDER

IS TURKMENISTAN ANOTHER NORTH KOREA?

AEM

5 MINUTES READ

Turkmenistan is one of the world's least-visited countries. It gets fewer tourists than North Korea. Only around 5,000 people visit it every year. The government strictly controls who can enter. All visitors are under constant surveillance. The capital is a city of gold and white marble. **Ashgabat** is filled with lavish palaces. It holds the Guinness World Record for most marble buildings. It also has the tallest flagpole and the largest fountain complex. But all of this is just for show. The buildings are empty. Citizens are not allowed to walk in the center of the capital.

Turkmenistan is 70% desert. If you travel across Turkmenistan, majority of the country is covered with sand. Its vast Karakum Desert is known to be one of the most fertile deserts in the world. The interesting and

remarkable thing is, the entire area of the desert used to be home to a giant sea 30 million years ago.

Most internet browsers and apps that we know in the western world or other places are blocked in the country; for example Instagram, Twitter, Facebook and YouTube. Turkmenistan may not be as famous as its neighbors, Uzbekistan, but they are unique and very authentic in their very own way. The sites tell a story about the religion and the role that the region played as a major trading hub along the silk road between the 8th to 13th centuries.

The first president renamed everything after himself. Turkmenistan's first president called himself "Turkmenbasy". This title means "The Father of All Turkmens." He had a golden statue of himself erected in Ashgabat. The statue rotated always

IMAGE SOURCE: HORIZONGUIDES



to face the sun. Turkmenbasy renamed cities, months, and days of the week. They were renamed after him and his family members.

Turkmenbasy wrote a book called **Ruhnama** (The book of souls). It was mandatory to be studied in schools and universities. Government workers were required to learn it by heart.

libraries. Berdimuhamedow chose the official title of "Protector".

He introduced numerous bizarre laws. One day, he abruptly banned the black cars. All car owners had to repaint their cars. Dirty cars are not allowed to enter Ashgabat. Berdimuhamedow is obsessed with horses. He put his personal horse on Turkmeni-



Its verses were inscribed on Turkmenistan's largest mosque. The second president was just as crazy. Gurbanguly Berdimuhamedow succeeded Turkmenbasy after his death. He immediately replaced his statues with one of himself. Ruhnama was removed from all schools and

stan's State Emblem. The first emblem features Turkmenbasy's horse. Berdimuhamedow had it replaced. All official paperwork and symbols around the country had to be changed. Berdimuhamedow enjoyed ridiculous feats. He lifted a golden bar in a cabinet meeting. He shot at

IMAGE SOURCE: HERODESADVENTURE

targets in the desert while riding a bicycle. He took part in marathons, horse races, and rapping contests. He always came first. Jennifer Lopez sang “Happy Birthday” to Berdimuhamedow. In 2013, the president paid for J-Lo to entertain his guests. She later apologized for this trip. Lopez said she had been unaware of the country's human rights record.

Turkmenistan's third president is Serdar Berdimuhamedow. He is the second president's son. Serdar has only been president since March 2022. But he also introduced a new bizarre rule. Women are no longer allowed to hold hands in public. Turkmenistan is a totalitarian dystopia. Human Rights Watch calls it “one of the most repressive countries.”

It is true that Turkmenistan is wealthier than many other countries in Central Asia, the claim that its streets are paved with gold is an exaggeration. The country is also known for its strict and repressive government, which makes it even more isolated and secretive than North Korea.

The Man Who Avoided World War III

Once World War III was just 2 mins away, but Russian army officer **Vasili Arkhipov** refused to drop nuclear bomb on America on **October 27, 1962**. He saved the whole world.

5

BEST WAYS TO BEAT WINTERS

1. Dress in Layers:

Layering your clothing is an effective way to stay warm during the winter. This allows you to adjust your clothing as needed to maintain a comfortable body temperature.

2. Stay Active:

Regular exercise is important for both physical and mental health, and it can also help you stay warm during the winter.

3. Eat a Healthy Diet:

Eating a balanced diet that includes fruits and vegetables can help boost your immune system and keep you feeling energized.

4. Stay Hydrated:

Drinking enough water is important all year round, but it is especially important during the winter when the air is dry.

5. Get Enough Sleep:

Adequate sleep is essential for overall health and can help you feel more energized during the day. It can also help you stay warm at night.



SKYSCRAPER BOOM: A CONTRIBUTING FACTOR TO HOMELESSNESS?

Vice

4 MINUTES READ

In recent years, homelessness in New York City has reached the highest levels since the Great Depression of the 1930s. Almost 20,764 single adults slept in shelters each night. Same is the case with Pakistan. It is a significant issue in Pakistan, as the country struggles with a lack of affordable housing and a growing population. According to estimates, there are around 2.5 million homeless people in Pakistan, many of whom live on the streets or in informal settlements.

One of the main drivers of homelessness in Pakistan is the high cost of real estate. The country's real estate market has boomed in recent years, with property prices skyrocketing in major cities such as Karachi and Lahore. This has made it increasingly difficult for ordinary citizens to afford a home, leading to a rise in homelessness.

With an increase in population and inflation, the prices of houses are rising and people are unable to afford housing.

In a similar vein, a girl named Andi Schmier completed a case study regarding the skyscrapers in New York. She pretended to be a billionaire in order to obtain the most exclusive residences in New York.

She talked to the Real Estate Builders in New York, They said,

“We are not just selling a building. The reason why people are living here is because of the lifestyle we are offering.”

These people are only one percent of the one percent. The cheapest property she had been to was \$10 million, and the most expensive was \$85 million. Andi Schmier says, they manipulate the cities to the disadvantage of everyone else in the cities. She got this idea when she visited the Empire State Building and saw the views. She got curious about what the view from those buildings looked like. That's why she started to work on her book and her project. She chose 25 exclusive buildings which were luxury towers. Her goal was to show those views that are considered to be the best views you can privately own in

IMAGE SOURCE: WIKIPEDIA

New York. First, she wanted to photograph the views for her book. With time it became something bizarre and crazy for her.

She found out the only way to get in those buildings was to pretend to be a billionaire who was searching for an apartment. She contacted the real estate agents and other agencies to find a penthouse and became Gabriella, a billionaire. Daniel Rosenstein, a real estate agent, met Andi when she was infiltrating New York's most exclusive properties. She got help from him as it was not a real estate market. She essentially created her own persona as Gabriella in order to get the penthouse. She visited the Empire State Building and other real estate agents to check out the prices and the many other things needed to get a house.

She found out that the ultra-luxury segment of the real estate was not going really well. There were different types of agents. There were ones who were very natural and just showed you the apartment. And there was the complete other end of the spectrum. Because the ultra-luxury segment of real estate was not really going well. The newer the development, the crazier the amenities they had because there was a huge competition in the real estate world. One of the things that became an absolute standard for these buildings was the golf simulator room, Michelin-starred private restaurant in the building, theatre, and swimming pool etc. They had a children's playroom, a billiards room, a conference room, and everything in between.

In one of the penthouses, they would give you a yacht as a present when you buy the apartment. While, on the other hand, a number of people are living in poverty. If we talk

about the average rent across the city, it's around \$3,160 to \$7,250. Actually, it has returned to nearly pre-pandemic levels.

These apartments and buildings are standing 60-70 percent empty and on the other hand many people are homeless there. Commercial and residential wonderland featuring some of the city's tallest buildings and most expensive restaurants and condos. If you are looking to call the Steinway Tower home, the studio starts at \$7.7 million. If we talk about those buildings and their residency, they are soulless. They are super standardized. One of the most striking things was how agents were trying to always go out of their way. A lot of these Billionaires' Row towers are investments for overseas and local people, so they'll rent them out or they'll just own them, have them, sit empty for a number of years and resell them.

So, what does it indicate? Are buildings sitting empty? There's a trickle down effect, so once the hyper expensive properties become even more expensive, it raises the value of everything else beneath it. One of the very big problems of these buildings, they are sometimes casting hundreds and hundreds of meters of shadows, for example, over Central Park or over other people's up until then sunny living rooms, or over the streets. And so, somehow, these buildings that are not even lived in are taking away such natural things from the rest of the city as sunlight.

We can clearly see the obscene differences in society where the huge buildings are empty and waiting for the billionaires to come. While hundreds of people are homeless over there.



WHAT MAKES OFFSHORE RIGS JOBS DANGEROUS?

Supercar Blondie

3 MINUTES READ

Offshore rigs are platforms that are used to extract oil and natural gas from beneath the ocean's surface. These jobs are often considered dangerous due to the inherent risks involved in working on an offshore rig. Those who work there are also aware of the catastrophic and perhaps fatal mishaps that might happen while doing their duties on an oil rig. Offshore oil rigs are taller than some of the highest skyscrapers on land and are designed to face the worst hurricanes at sea but how do they get to the middle of the ocean? And what training do offshore workers do?

Offshore oil rigs extract petroleum and natural gas from the ocean floor. They are some of the largest structures on the planet. Some

deep-sea rigs are as heavy as 200 million kilos and can reach depths of 2500 to 3000 meters. That's three times the size of Burj Khalifa. So, how do the skyscrapers get to the middle of the ocean?

First, they build the base of the rig onshore then the drilling infrastructure and living quarters are assembled on top of it and finally the rig is towed out to the drill site. Offshore rigs take weeks or months to get to the drilling location which is often on the other side of the globe. And this is no ordinary journey.

Shells Appomattox, one of the biggest oil platforms in the Gulf of Mexico made one such epic voyage. It travelled 23,335km(14499 mi) crossing three oceans on one of the largest transport ships on the planet. The Appomattox had to outrun a super typhoon in the Pacific Ocean to

IMAGE SOURCE: UNDESIGNMAG

survive the rough winter waters around the Cape of Good Hope in South Africa and narrowly avoid Hurricane Harvey that hit the US. When it reached the Gulf of Mexico it weighed as much as a space shuttle. And the final challenge was lowering it hundreds of meters to the seafloor to connect it to the subsea oil station. Life is tough on these offshore rigs and there is a reason why offshore workers make as much as \$305,000 a year. The job requires high precision and drill workers are usually highly qualified petroleum or mechanical engineers. They also have to pass the basic offshore safety induction and emergency training and this is not easy. Workers learn how to escape off an oil platform. They learn helicopter escape drills, survival at sea, basic firefighting and first aid. Besides this, working hours are long and the isolation at sea for weeks and months can take a toll on mental health but there is a little room for error on the job. Mistakes in this workplace can be deadly for everyone on board.

The worst offshore rig disaster in history was Piper Alpha. This rig was designed to produce oil but later on the company decided to include natural gas production as well. On July 6th 1988 disaster struck, a series of gas explosions ripped through the oil platform which was not designed or equipped to handle gas related accidents. The rig collapsed into the North Sea and 167 people were killed. Nature can be brutal out in the ocean. Rigs encounter waterspouts and they are at risk of being slammed into by nearby ships in bad weather then there is a chance of an unexpected surge in natural gas that can lead to



disasters like deep water horizons. So, regular maintenance of pipelines are crucial and many repairs must be carried out immediately and if it's being done manually by a diver there is always the chance of encountering dangerous marine life like sharks. Offshore rigs that are maintained well can last up to 40 years and at the end of their service they must be safely disposed of.

The workers are sent back to shore and the top platform is removed. Engineers cut through the foundation that links the top platform to the base then an ever bigger ship is commissioned to lift it intact and carry it to the scrap yard on shore for dismantling. The last leg of the journey must be carefully planned because any miscalculations can result in catastrophes. Offshore oil rigs are constantly surrounded by controversy and while they have been in the spotlight for all the wrong reasons. There is no doubt that these deep sea giants are marvels of engineering.

WHAT IF ALL THE WOMEN DISAPPEARED?





Nabila Bakht
Writer

2 MINUTES READ

What if all the women around the globe Disappearrrr....

Yes, you heard me right.

If “All the women disappear” how would the world look?

Would all the “so called Islamic fitna vanish”? and our beloved men would go straight to Jannah.

Would the world be a better place? or I'd say a worst place to live — emotionless.

Let's analyse how the world would work without us.

There would be no cosmetics and hence the cosmetic industry would collapse. There would be no jewellery and hence the industry would be gone.

Multiple shampoo brands would no more exists since men use 3 in 1 shampoo (shampoo + conditioner + body wash)

Light girly colours would be replaced by dull neutral tones (beige, slate grey chocolate brown plum etc). Also, the clothing industry would be cut to half.

The shoe factory would reduce to half or may be even more since the male shoes are a handful of the variety.

Moreover, the medical, education and pharmaceutical industry would face a major decline since there would be no beauty issues which need some medicines, the gyne profession would fade out and so do the gender biased studies. Also, 80% of the health-care sector are female so we can say that there would be no more care of the patients.

There would be no more children and so the children's product industry

would face major decline. The child care sector would not be needed anymore.

The education field has 76% women and hence there would be no more education and men would eventually go to cave age... Ha Ha Ha

The saloons would go off for both men and women as there would be no one to be groomed for and hence the beauty products would go extinct. Also, there would be no liveliness. The world would seem boring and dry with lazy men all around having no competition hence Hakuna Matata.

The media industry would be out of scripts and stories for the screen and hence would face a sharp spike.

The most important thing, kitchen and its industry (cookware, spices, and other related items), all would be reduced to one half if only men would be looking into the kitchen affairs. Men would be cooking the same dish again and again or would go for processed food leaving behind the rest of the opportunities. The unpaid help would be no more leaving everything self-dependent on men.

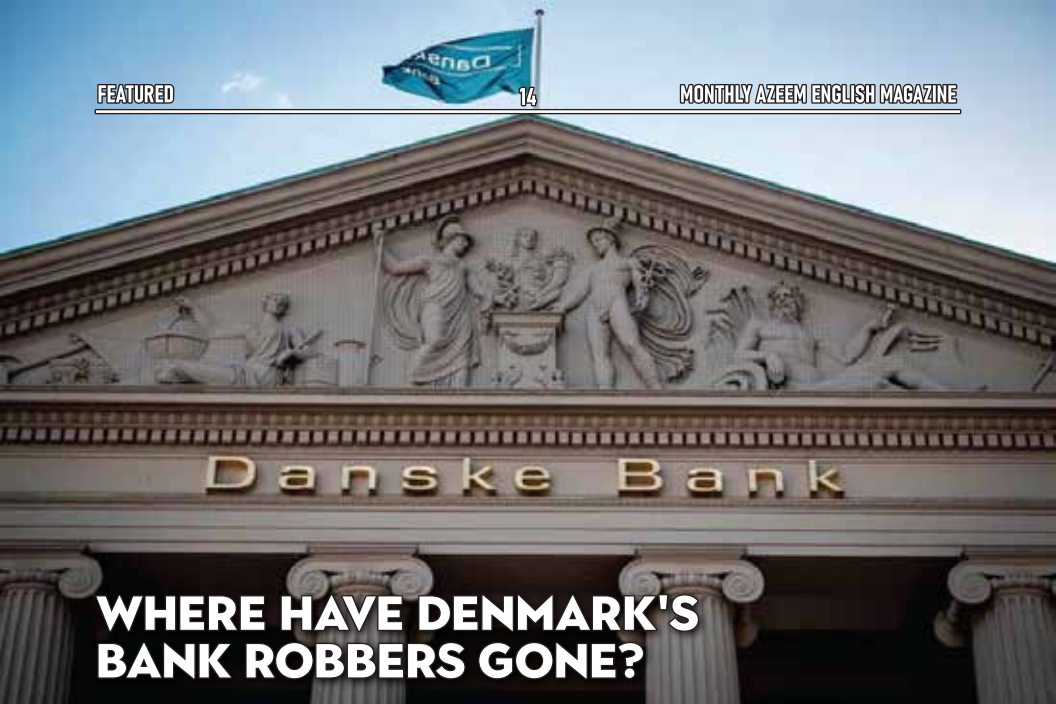
Amazingly, men don't have to work to support the family as there wouldn't be any.

In short, the world would be a total mess without women as Iqbal stated:

Of the universe's painting, woman's existence is the colour

Well, that was all on a lighter note. The world has been created in a smooth order and it is well-maintained with both men and women. Where women are nurturing the emotional side of the society, men are bound to develop the visionary colours of the world. The world comprises 49% of women and have vital existential reasons like to continue the human race, create balance, and do jobs that men couldn't do.

@nabilabakht@gmail.com



Vice Worldnews

1 MINUTE READ

There was not a single bank robbery in Denmark last year.

Here's why.

Back in 2000, there were 221 bank robberies in Denmark, or one for every day that branches were open. But since 2017, there have been fewer than 10 robberies a year, and in 2022 -zero. It's because hardly anyone is using cash anymore and less cash services means less loot for bank robbers. You can't rob a bank that doesn't have any money. There has also been a sharp reduction in the number of cashiers in Denmark. Only around 20 branches still have staff handling deposits, as most customers now prefer to use ATMs.

Another fact is the increase in camera surveillance, improved alarm systems and stronger bank cooperation with the police. To put this into

context, US banks suffered 1724 robberies in 2021 according to the FBI's bank crime statistics. That's down from 7556 in 2004.

Bank robberies might be decreasing in most countries around the world, but the move to digital banking has led to an increase in other types of financial crimes, such as hacks and phishing scams.

INTERESTING FACTS ABOUT THE SUBCONSCIOUS MIND

- It records everything.
- Always alert and awake.
- It controls 95% of our lives.
- It is built on habituation.
- It speaks to you in dreams.
- It has no verbal language.
- It takes everything literally.
- It can do a trillion things at once.

Modernday Slavery in Saudi Arabia

AEM

2 MINUTES READ

Modern slavery is a serious issue that affects millions of people around the world, and Saudi Arabia is no exception. Recently, reports have emerged of a new form of slavery taking place in the country through the use of a smartphone app. There are some apps, known as "Absher," and Haraj which are a government-created platform that allows Saudi men to monitor and control the movements of their domestic workers, including women from countries such as Indonesia, the Philippines, and Nepal.

The apps, which are officially endorsed by the Saudi government and can be downloaded on Google Play and the Apple Store, have been used to prevent domestic workers from leaving their employers, even in cases of abuse and exploitation. These apps also allow employers to set "permission" for their domestic workers to leave the country, which means that the workers cannot leave Saudi Arabia without the approval of their employer.

The use of these apps has been criticized by human rights organizations, who argue that it undermines the rights of domestic workers and perpetuates the system of exploitation and abuse that is all too common in Saudi Arabia. Human Rights Watch has urged the Saudi government to remove the "guardianship" system that underpin the apps, and to put in



place measures to protect the rights of domestic workers.

The Saudi government has not yet publicly commented on this issue, but the issue of human rights and exploitation of domestic workers are not new topics in Saudi Arabia. For years, the country has been criticized for its treatment of domestic workers, who are often subject to poor working conditions, abuse, and long working hours with little to no legal protection.

Moreover, companies like Google and Apple have been called out for allowing these kinds of apps to be available in their platforms, despite the evidence of its abuse potential. They are being held responsible for enabling and facilitating this type of exploitation.

The use of modern technology in order to control and abuse people is a disturbing trend, and it highlights the need for governments and tech companies alike to take responsibility for ensuring that technology is used for the betterment of society and not to perpetuate human rights abuses. The international community is looking forward to the new Saudi government. Under Muhammad Bin Suleman, who has already introduced many reforms, to bring better policies for the workers in Saudi Arabia.

IMAGES SOURCE - WIKIPEDIA

WHY THESE TIRES COST UP TO \$10,000?

Insider Tech

4 MINUTES READ

Are you trying to find a solution to improve the performance of your tires? The good news is that you don't have to get the best tires and keep replacing them for thousands of dollars. Simply filling them with foam is all that is necessary. The extra work is apparently worth it, because foam-filled tires come with special benefits and capabilities that compa-

nies are willing to pay thousands of dollars more than conventional air-filled tires. So, how exactly are foam-filled tires made, and what makes them so expensive?

Foam-filled tires are basically the exact same thing as air tires. They just have a heavy-duty compound called urethane in them that gets injected through a hose. You ever let it sit over three to four days, and that's called the curing process.

Once the liquid urethane has hardened and manufacturers are sure that the tire is absent of any air, they



are ready to go. So, what's the point of having your tires filled with dense foam instead of air? If you have a construction company working on a site covered in loose nails and debris, foam-filled tires that cannot go flat are exactly what you need.

The companies will usually do foam-filled tires if they don't want any downtime, because downtime is very expensive for certain customers. Basically, what downtime means is if you get a flat because you have an air tire, then you are unable to move that unit. A tire guy comes along and fixes it.

Besides being impervious to punctures, foam-filled tires provide construction trucks with a softer ride because of the consistent PSI in each tire, and they add extra weight for the more difficult tasks. Foam-filled tires can also act as ballast. So, basically, if you are lifting really heavy things, like heavy rocks, it can stop you from tilting forward or if you're rolling the big rollers, you put on foam-filled tires, and it adds maybe 1000 to 2000 pounds, even more depending on the tire size.

But don't get confused. These tires are not made for your full-size pickup or off-road SUV. The speed of passenger vehicles would make the foam melt, and the weight of the tires alone could send you veering off the road and destroy your suspension.

There's a lot of controversy between if something on the highway can actually have foam-filled tires? A lot of people ask, "Can they put foam-filled tires on their cars?" and it's definitely a no. Typically foam-filled tires are used for low-speed vehicles like construction units, like a skid steer or a loader.

Still, it's hard not to envy the idea of tires that can't go flat. That's why the

construction companies that use them have to pay so much, between the amounts of labor and liquid urethane filling they involve. So, you're usually going to have to pay two or three times more per tire. And you also have to purchase a new tire as soon as you want foam, because if you start to put a used tire on, it doesn't really make the cost worth it. So, if it's about a smaller tire, it would usually be worth up to \$1,000 per tire. And then for the higher-end tires, like the big mining trucks you see in the quarries, it's going to be upwards of \$5000 to \$10000 per tire.

These extra-expensive construction tires last the same amount of time as regular air-filled ones, if not longer, before their tread wears off. Even so, the time eventually comes when foam-filled tires need to be disassembled. Videos of tire technicians tearing them apart and at the end of their life span have become popular online, but that fun-to-watch process is not the typical way it's done.

The people that foam-fill the tires can take it off with a machine, which is way easier and also saves a ton of time. But it can actually be done manually and it's really labor intensive. The reason why it's done manually is because it saves the customers a couple of hundred dollars here and there. Maybe for four tires, it would cost \$500 or \$600. And instead, it will charge the customers \$250.



GETTING STARTED WITH

Upwork®



Almas Khan
Founder Mission Possible PK

4 MINUTES READ

Freelancing offers an excellent opportunity to control the way that you work. As a freelancer, you have the freedom to work anytime and anywhere, breaking the barriers of location and time. These attractive benefits are fueling the expansion of the freelancing industry. In fact, more than three million people in Pakistan freelance, putting the country among the top five countries for providing freelance services.

This raises the question of how to get started as a freelancer. If you want to take the first step toward becoming a freelancer but need help knowing where to begin, you are in the right place. This article will teach you how to get started as a freelancer. From tips on creating an account to succeeding as a freelancer, the article will guide you through launching your freelance career.

Here are my top Upwork tips for

beginners. Let's begin by walking you through this journey.

What is Upwork?

Upwork is an online marketplace for your freelance business; you plant your business in an environment built to connect you with potential long-term clients.

So How Do You Begin?

• Skill

Upwork being a marketplace, you need to bring a skill or two to the table to be of interest to this market. Nevertheless, you don't have to be an expert in all trades — it's easier to be an expert in one or two areas. So, what will it be like? UX/UI design? Software development? Writing? It's for you to decide.

Since you've figured your skills out, take a position, On Upwork. It is better to streamline your skills to increase the probability of getting the project. For instance, content writing is a common skill and quite competitive, so if you're based on a specific niche, you are more valued, i.e., B2b and B2c copywriters are gold on

IMAGE SOURCE: UPWORK

Upwork.

• **Make a Winning Profile**

Once you know your skills, it's time to explain them to prospective clients to understand their abilities. Having a solid profile is crucial for getting started. The thorough reading of numerous top-rated freelancer profiles was one thing that helped me. After reading their profiles, I genuinely wanted to collaborate with them. Your profile should make the individual who reads it feel that way. What exactly should you put in your profile, though?

- A single-line summary, i.e., Virtual Assistant / Content Strategist
- Include your educational history, mainly if it is related to the service you provide. We suggest including the area of study, degree earned, and additional details such as certifications.
- Add your professional experience so link your website or online portfolio. Your past can help build credibility and emphasize not just your level of expertise but areas and industries you are familiar with. You may mention the number of projects completed and companies you have worked with before joining Upwork.
- Add a profile photo, as businesses want to work with trusted professionals. There are specific requirements of Upwork for profile photos, such as they should be blank, they can't employ a logo, and faces must be clearly visible.

• **Create Winning Proposal**

Your proposal is everything on Upwork. Getting new clients to start with proposals and cover letters means figuring out what it takes to get the upper hand over others. Clients need more time to read through every

proposal and fly through them. You just have a few seconds to win your client's attention. To do that, your proposal should be unique, and quickie stands out in a competitive pool. Some tips for writing a good proposal include being brief. Include keywords that the client needs and keep the proposal to the point. Be confident but don't be arrogant. Read the job description and tell the client why you are the perfect match. Also, show them what you can do and how your previous experiences make you a good fit for this position. Talk about your related background and how your contributions were profitable to your previous clients. Focus more on the client rather than on you. One piece of advice is to use "you" more often than "I." Be strategic, and we would suggest taking an upside-down proposal approach. Answer any additional questions the client asks, as your responses will be shown at the top of your submission. Lastly, check for typos and any grammatical issues. A typo in your proposal can make a significant difference. Follow these guidelines and be patient, as it will take time to land your first gig. Freelancing is not a quick rich scheme but requires effort.

Learn from Experienced Freelancers

Pay attention to people who have been in your shoes and succeeded. Find the top-rated freelancers, interact with others and read their blogs. Community trumps competition. There will be so many people who will be happy to share their stories. You just need to talk. You need someone you can trust to lead you.

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**AEM**

3 MINUTES READ

Mirrorless cameras are a type of digital camera that do not have a reflex mirror or optical viewfinder like traditional DSLR cameras. Instead, they use an electronic viewfinder or the rear LCD screen to compose and review images.

In recent years, mirrorless cameras have become increasingly popular and are quickly taking over the market. Here are some reasons why:

Compact size: One of the main benefits of mirrorless cameras is their small size and lightweight design. Because they do not have the extra bulk of a reflex mirror system, they are more portable and easier to carry around, making them a great choice for travel or everyday use.

Improved image quality: Mirrorless cameras use larger image sensors than DSLR cameras, which allows them to capture more light and detail. This results in higher quality images with less noise and better low light performance. In addition, many mirrorless cameras have high resolu-

tion sensors that are capable of capturing extremely detailed images, even at large print sizes.

Faster performance: Mirrorless cameras have faster autofocus, burst rate, and continuous shooting speeds than DSLR cameras because they use a different autofocus system. This makes them ideal for capturing fast-moving subjects or action shots. In addition, because there is no need for the reflex mirror to flip up and down, mirrorless cameras can shoot at a faster rate with fewer mechanical parts to slow them down.

More features: Mirrorless cameras often have more advanced features such as in-body image stabilization, which helps to reduce camera shake and produce sharper images. They also often have higher frame rates for video, allowing users to capture smooth, high-quality footage. In addition, some mirrorless cameras have the ability to capture high-resolution images using a technique called pixel shifting, which combines several exposures to create a single, super detailed image.

IMAGE SOURCE: iMASHABLE

Interchangeable lenses: Like DSLR cameras, mirrorless cameras use interchangeable lenses, which allows users to switch between different lenses to achieve different effects and focal lengths. This gives photographers a great deal of flexibility and the ability to customize their camera setup to suit their specific needs.

Electronic viewfinder: Another advantage of mirrorless cameras is

feature that saves time and makes it easy to share photos with friends and family.

Future-proof technology: Mirrorless cameras use the latest digital technology, which means they are often more future-proof than DSLR cameras. As a result, they are likely to have a longer lifespan and remain relevant for a longer period of time.

To conclude we can say that mirror-



the electronic viewfinder (EVF), which allows users to preview the exposure, white balance, and other camera settings before taking a photo. This is especially useful in challenging lighting conditions or when trying to achieve a specific look. **WiFi connectivity:** Many mirrorless cameras come with built-in WiFi connectivity, which allows users to easily share their photos and videos online or transfer them to a computer or other device. This is a convenient

less cameras offer a number of benefits over traditional DSLR cameras, including improved image quality, faster performance, and more advanced features. They are also more compact, lightweight, and flexible, making them a great choice for photographers of all levels. As a result, it is not surprising that they are becoming increasingly popular and are likely to continue to take over the market in the future.



Astrology

The Science of Fortune Telling



Zubair Chishti
Lecturer, Writer, Researcher

4 MINUTES READ

Humans Have a Long History of Peeping Into Fortune

Mankind has an everlasting deep natural desire of unveiling her fortune, getting knowledge of future events in advance; having passion to know what good or bad has been destined for the coming days of life. Later on, another strong desire arose of having control on fortune to drive it toward one's will. A common question prevails in the minds of humanity almost ever since her creation; that how hardships, labor, disease and obstacles be minimized, and how peace, comfort, health and luxuries be increased in life. There have been numerous theories prevalent in this regard in the minds of thinkers from time to time. The intellectuals of ancient times, especially the Holy Prophets of God in their respective times had rational views about fortune as well and brought a package of divine teachings and guidance for mankind.

With the passage of time, researchers & scientists kept their search intact and adopted a unique theory: 'There must happen to be a preprogrammed system in the heavens that has possibly been controlling all the systems of life on the Earth, especially the human fate'. There have been many occult sciences that happened to evolve in the world from time to time in pursuit of discovering fortune. Such as: spiritual practices, meditation, magic, palmistry, ramal, Jafar, numerology, worship, star-gazing, ASTROLOGY; and many more. The purpose of all the practiced branches of occult was to dig out how

man's fortune works and be controlled. So, mankind can make better plans for the future before time, and to take better in-time decisions to shape life better for human ease. Therefore, the answer to man's search happens to be ASTROLOGY as being the strongest and the most dependable source of knowledge is future forecasting.

ASTROLOGY Claims to Give Telescopic Soft View of Whole Life

In the modern times, SCIENCE of ASTROLOGY claims to give a soft telescopic view of your past, present, and future. The research study of Astrology provided the best logical researched study material and long list of timely proven forecasted events in the world. So, it has been so far found Astrology having the best potential of exploring the future with best accuracy.

Astrology uncovering personalities' characteristics, problems of life; give solutions to them, and knowledge of coming events. The latest researches have proved that all the other occult branches that have been discussed what so ever in the beginning; are merely the sub-branches of ASTROLOGY. Today's Astrology happens to be the mother of all the other occult sciences. This is why Astrology has been the most widely practiced occult science almost in all nations and communities in the modern world of today. Astrology claims it can better guide the future for better objectivity and good luck.

Study of Hardware in the Heavens (Astronomy) and Study of Software in the Heavens (Astrology)

Common sense is evident; there is no purpose of producing any hardware without keeping its

functional benefits in mind! Any hardware is something concrete, and any software is something abstract. After the emergence of idea(s) which is (something abstract) some hardware (something concrete) is produced to serve the required purpose. Production of any hardware can be done using relevant matter/material. No hardware is ever built without its software (its purpose/objective). Something abstract which is called software can give its practical

how illogical to think is that it has no purpose to serve or has no software to make it function for humans! The reasoning has already acknowledged no hardware production is made, without keeping its purpose of use in mind!

Relation between Astronomy & Astrology!

Astrologers and astronomers made collaborated efforts to make observations of these heavenly bodies' chang-



demonstration or application only through some related concrete hardware. Even a tiny manual hammer made up of required matter/hardware, can benefit only with its software that is in the mind of its user. In the great, gigantic, universe made up of the combination of required matter/material concrete set of hardware heavenly bodies systematically created have been physically intact above our Earth. But

ing positions, placements and movements to understand their behaviors. They believed in the idea that a predestined automatic system of fate surely has a deep connection with these heavenly bodies hovering over us in the skies. Astrologers are used to maintaining historic records of prominent events that happened in the lives of people/organizations and nations/countries of the world. And they try to find out their link with the

planets' placements and -ve +ve positions they take through the cycle of the zodiac. Because, signs and planets are believed to leave certain effects on human destiny as they revolve in their orbits and travel through certain zodiac signs and positions in the heavens. Astrologers; by their centuries-long incessant research, hard work; discovered to us about the software running in our lives through our Solar System and signs. Astrologers' have made it possible to enable man to read his fate and predict the future. Through their observation work, astrologers try to derive how this phenomenon would possibly drive countries, nations, and individuals' lives. The purpose of astrology is to harness and maneuver luck towards human desired success. Astronomy has contributed immensely to Astrology for it to become a modern occult science. Astronomy & Astrology have always coexisted due to their inevitable relation and same objectivity. Space scientists/astronomers and astrologers for generations have been peeping into skies to unfold secrets of signs and planets.

Astronomy studies the hardware portion of the heavens and the Solar System. To benefit humans more through Astrology, the prime objective of Astronomy has been to understand the structure construction of the heavenly bodies and planets more clearly to support research of Astrology to make it more dependable for exploring hidden facts of the human fate. Astronomy is based on observations of heavenly movements, placing and their cycles. Further over, Astrology gets help of Astronomy to understand heavenly bodies' physics & matter-effects that blend into their reflected rays that shower to the Earth carrying

remote-control commands to human mind. Astrology gives reason to the existence of heavenly bodies & the Solar System by interpreting their hidden meanings & their effects on life.

To be continued...

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3 Ways to Distraction-Proof Your Mind

Do you ever find yourself trying to concentrate, and yet, can't seem to focus? Why are we so distracted these days? Here are a few techniques that can help us stay on track.

1- Ditch your to-do list

Remember, just by writing things down wouldn't help because we don't make time to do those tasks. So, the best place to start is not with the output of what you want to get done every day, but with the input of how much time you have to devote to every task.

2- Use social media at set times

If you enjoy using social media, there is no problem using it but make time for it in your day, so it's not something you are only using every time you feel bored or lonely.

3- Beware of liminal moments

For example if you start checking your email on the way back from a meeting, and you are finally at your desk and you keep checking your email, instead of getting to the task at hand, well now that liminal moment has turned into a distraction. So, be careful of those times when you are transitioning from one task to the next.



“NATURE VS NURTURE” IN TERMS OF EPIGENETICS



Muhammad Shoab Khan
Student, BS Zoology, UMT, Lahore
Muhammad Zaid
Asst. Professor, UMT Lahore

It has been known for a long time that morphology such as height, the color of eyes and hair, and other traits such as behaviors and psychology is determined by the genes that an individual inherits from his parents. Most of this understanding of genetic inheritance was greatly expanded by Gregor Mendel. Expression of the genes inherited in the same way as its parents meant that it was always present in the nature of that individual which was bound to happen at a set time. This was one way of understanding the expression of characteristics in the individuals. But we have seen the identical twins being different from one another because of different expressions of genes present in their DNA and we now know that the expression of the behaviors and traits in humans and animals are influenced by both their genetic makeup and the environment in which they are living and the conditions they are facing. In other words, it's also the nurturing of that individual which is affecting the characteristics, it shows.

A new branch of science called "epigenetics" demonstrates how environmental factors, such as childhood experiences, truly change how genes are expressed. The DNA that makes up our genes develops chemical stains during development that control how much or little of the gene is produced. The "epigenome" is a group of chemical identifiers. Children's varied experiences cause those chemical traces to change. This explains how genetically identical

twins can have disparate behaviors, abilities, states of health, and levels of success. Epigenetics explains how the environment such as stress, environmental pollutants, and diet influences our DNA, the synthesis of proteins, and ultimately how a cell acts. An epigenetic alteration embellishes the DNA building blocks as opposed to a hereditary mutation, which alters or adds DNA building blocks. And if they occur early in development, these ornaments may have a tremendous impact on a person's course in life. For this reason, it is essential to give young children nurturing and supportive experiences from an early age. Services like support for new parents and carers, high-quality healthcare for all pregnant women, infants, and toddlers, and other similar programs can change the chemistry surrounding children's DNA.

According to research, stress and other harmful factors may change the epigenetic patterns within our cells, causing long-term damage. Michael Meaney's team at McGill University has produced some of the strongest evidence for this connection. Meaney and his associates began a study in the 1990s to find out how stress affects rats. Rodents produced hormones that elevated their heart rates when they were placed in a tiny plastic box because the rats became worried. The stress caused different reactions in different animals. It came out that the rats who produced higher stress hormones had received less licking from their moms when they were young. In collaboration with geneticist Moshe Szyf from McGill, Meaney looked at the physical variations that animals with more or less licking produced. Meaney and Szyf meticulously examined the

methylation of neurons in the hippocampus, a part of the brain that is known to play a role in mammalian stress regulation. They discovered comparatively little methylation at the stress-hormone receptor gene in rats that are frequently licked. When rats are lightly licked, there is significantly more methylation. When mothers lick their pups, Meaney and Szyf hypothesized, the encounter changes the neurons in the hippocampus: Some of the methylation surrounding the receptor gene is removed. The gene becomes more active once it is unmethylated, and the neurons produce more receptors as a result. These neurons consequently grow more sensitive to stress in the well-licked pups and can control it more successfully. Rats with insufficient licking grow fewer receptors. They become stressed in the end. Rats and people

are both mammals, so it stands to reason that a child's upbringing and the environment in which it is living could cause long-term changes in its stress levels. Meaney and his colleagues examined brain tissue from human cadavers in a brief but intriguing investigation. They chose twelve persons who had passed away naturally, twelve people who had killed themselves, and another twelve people who had killed themselves after having been abused as youngsters. They discovered that, similar to the under-licked rats, persons who had experienced child maltreatment had relatively more methyl groups surrounding their receptor genes in their brains. The neurons of child abuse victims also had fewer receptors for stress chemicals, just as those rats had fewer of them generated. It's possible that the mistreatment



IMAGE SOURCE: SCIENCEING

of the youngster resulted in epigenetic changes that affected adult emotions and eventually got out of control into suicidal tendencies.

This implies that the old concept that genes are “set in stone” has been discredited. The debate over nature vs nurture is already over. It's almost both that play their roles. Children's development is guided by the DNA they receive from their biological parents. For instance, how tall they might grow to be or what kind of temperament they might have. Experiences during development can alter whether and how genes release the information they carry by changing the epigenetic markers that control gene expression.

According to UNICEF, nearly 10 million children in Pakistan suffer from stunting which is the impaired growth and development that children experience from poor nutrition, repeated infection, and inadequate psychosocial stimulation. This tells that along with other factors Epigenetics can also be affected by the nutritional behavior of the individuals and their parents. The type of food also has its effect differently as anything you eat can change a cell's epigenome. Joss-Moore, Assistant Professor of Nutrition and Integrative Physiology mentions that there is evidence linking maternal folate consumption during pregnancy to the fetus's brain development. Folate is a nutrient that is recommended for mothers to eat more of because it is a component of DNA. Rapidly reproducing cells, which are prevalent in developing fetuses and babies, depend on this DNA synthesis to function. A child's chances of developing developmental abnormalities such as congenital heart disease and neural tube defects

that lead to mental retardation increase if they don't get enough folate. Since the United States Food and Drug Administration asked food to be fortified with folate in 1998, the occurrence of neural tube abnormalities has decreased by 25 to 30 percent, and some people claim that adding more folate could further lower the issue. The primary benefit of folate, also known as folic acid, is thought to be the stimulation of DNA synthesis; nevertheless, the substance can also promote methylation, an epigenetic change.

Both good experiences such as loving and supportive relationships and negative influences, such as toxins in the environment or stressful life conditions, and bad nutrition on the part of an individual and his mother when she was pregnant can have an impact on the epigenome of that individual. Each of these experiences leaves a distinct epigenetic “signature” on the genes. The ease with which the genes are turned on or off can vary depending on whether these markers are temporary or permanent. Recent studies suggest that there could be ways to undo some undesirable modifications and bring about good functioning. To build healthy brains from the start, the ideal approach is to foster responsive bonds and manage stress. In contrast to inherited mutations, which change or add DNA building blocks, epigenetic changes amplify the DNA building blocks. These things may significantly affect a person's trajectory in life if they take place early in development. It is no longer accepted that genes are “set in stone.” Nature vs nurture is now a settled issue and it has been proved that both actors perform their parts.

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Freud vs. Buddha

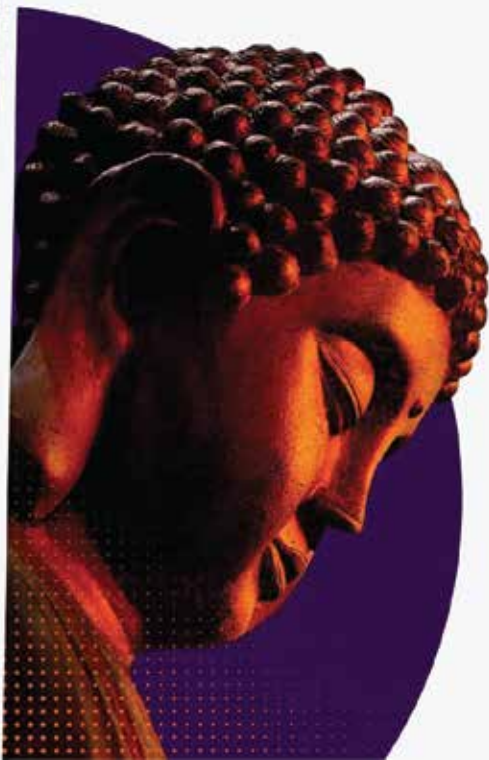
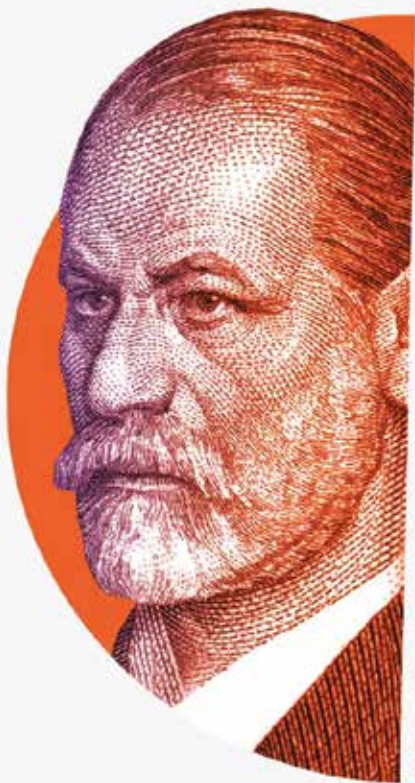


IMAGE SOURCE: FREUDMEETSBUDDHA



Armughan Munir
Transformation Coach,
Student, Podcaster

4 MINUTES READ

“Finally, The countdown is over. On one side of the cage, We have world-renowned psychologist and psychotherapist: Sigmund Freud. What!? He’s smoking a cigar? I don’t know if that’s allowed in the death cage but after all, he’s Freud. God damn it. On the other side, We have the famous sage, Gautama Buddha wearing his orange robe. Is this guy gonna fight with his eyes closed? Can Freud fight with Buddha’s mystical forces? Let’s find out”

I don’t think Buddha is the person anyone should pick a fight with. Not because he’s going to use mystical powers but he’ll transmute the anger into love. I think we are forgetting here that he has transcended all suffering.

Let’s break down this showdown (breakdown, showdown).

Hate to break it to you but it’s not a **literal** fight. It’s more **symbolic**. It’s the fight for truth. The fight between Science and Spirituality. Even though no such fight exists (by the end of this article you’ll know why). However, People get involved in arguments regarding which is closer to the truth: **Science or Spirit?**

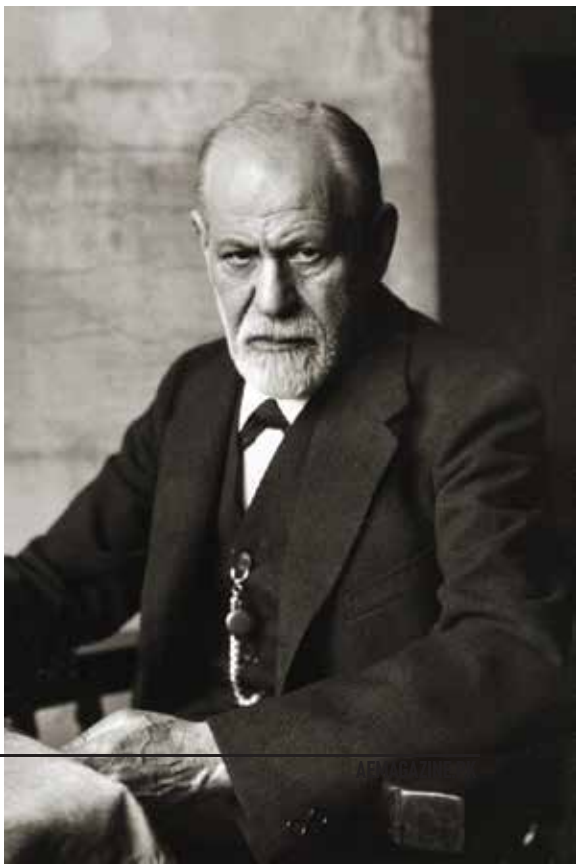
Or specifically, **Psychology or Spirituality?**

Before you read ahead, I wanna ask. Who would be the winner according to you?

One day in my psychology class. All the students had to give a presentation on any topic of their

choice. The topic I chose was *“Psychoanalysis, from a Buddhist perspective”*. I spoke for about 10 minutes while the average speaking time was 2 minutes. Everybody clapped for my speaking skills but I don’t think anybody got the idea I wanted to share. Alas! Let’s try again.

In the late 1900s, Sigmund Freud came along and his insights into the human mind blew all of psychology away. Such deep inquiry into the human mind proposing genuine principles was never done before. He told us how the human mind develops. Concepts like *‘Id, Ego, Superego’*, *‘The unconscious’*, and *‘Suppression/Repression’* were break-



throughs. What he said was,
90% of the mind is unconscious.
It consists of stored past experiences.
It runs your life.

Blunt and intense. Pretty deterministic if you ask me.

On the other hand, If you read the ancient Buddhist teaching. You'll be amazed to find out that they describe the mind in the same way. Their definition of the human mind depends upon two polarities: **Resisting and Clinging.**

Resisting means that the experiences you had in your past that were too painful. You stored them inside. Clinging means that the experiences you had in your past were too pleasant. You stored them inside too. Ergo, your mind is a collection of painful and pleasant past experiences, and if you aren't careful. This polar-charged collection will run your life and cause you suffering all along. This is exactly what Gautama Buddha said, concise and direct:

"All of life is Suffering and The Cause of Suffering is Desire"

Buddha was not pessimistic. What he tried to tell you was what we just shared about the mind
 You see how both Freud and Buddha described the mind

in pretty much the same way.

Now the question becomes, **"How did Buddha know this so long ago?"**

It's simple. Buddha was a scientist!

He left his kingdom and wealth behind just to see that people were suffering. Rich and Poor, Good and Bad. All kinds of people were suffering.

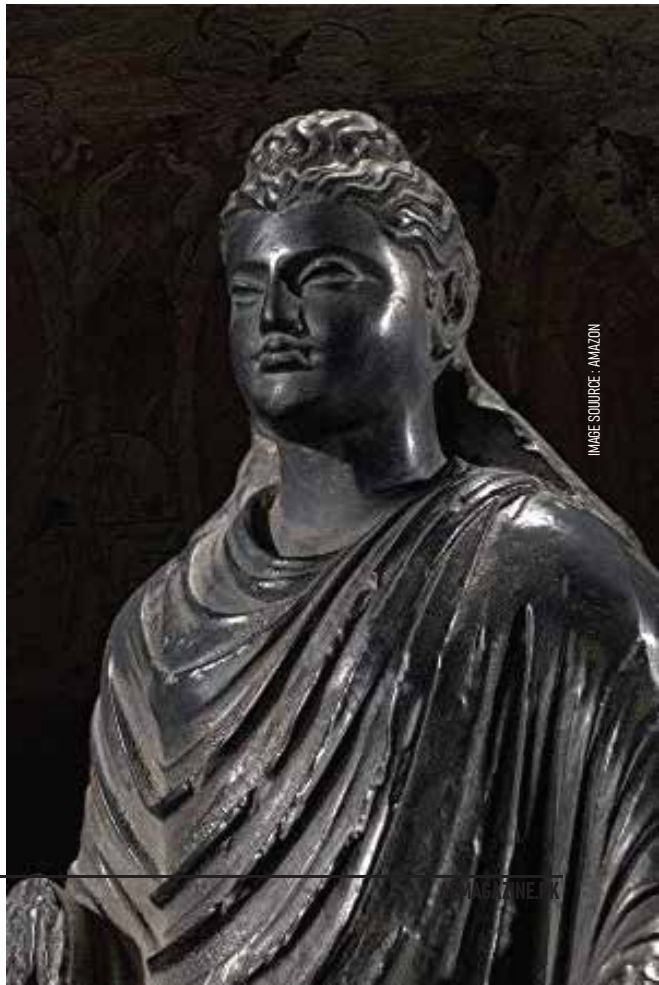


IMAGE SOURCE: AMAZON

He was compassionate, so he wanted to find out the root cause and the way out. So he found a quiet place to sit down under a bodhi tree. Closed his eyes. Sat day and night for 40 days. I must appreciate his dedication. After 40 days, He found the answer to transcend suffering.

Not only him, but All of the ancient Rishis, Sufis, and Yogis also did the same. They found a quiet place. They went to caves and stayed in isolation. Closed their eyes and studied the human mind.

They did exactly what scientists do in laboratories: **Isolating Variables.**

You can't study any phenomena unless you isolate the variables which affect it. Hence, creating an isolated system. Buddha knew that if he had to study the mind. He can't do it with his eyes open, in his kingdom because there were just too many variables. So he went into 'isolation' both of himself and the variables affecting him.

Patanjali in his yoga sutra writes about *Pratyahara*. The practice of extracting your senses from sense objects. This helps you study the mind in great depth (even if that's not the final goal)

Are they that different? Psychology and Spirituality?

From two different angles, don't they finally arrive at the same conclusion about the human mind? That **it's a MESS!** (No pun intended)

Still, there is a difference.

Psychology limits itself to the domain of the mind, but spirituality goes on to study something deeper i.e the one observing the mind. Both psychology and spirituality give you different ways to deal with the mind.

Psychology has different forms of

therapies to deal with the mind. Spirituality, on the other hand, invites you to do something deeper: Transcend the mind. It invites you to become the observer who got lost in the mess.

"Which one is right?" That's not the question we should be asking. What we should ask is, "Which is more effective?". In my personal experience, It has been Spiritual practices. Modern science agrees too. Many different studies prove the effectiveness of practices such as mindfulness, meditation, and breath-work to improve neural cell regeneration, sleep quality, and overall well-being while causing a decrease in stress and depression levels.

Psychology studies the mind while Spirituality studies the soul/spirit while taking the route of the mind. It experientially answers the fundamental question, "**Who am I?**". Who is the one observing the mind?

That's what all spiritual practices are for. **Knowing Thyself.**

"Meditation is entering the laboratory of soul research"

— **Paramahansa Yogananda**

Science and spirituality aren't two forces opposing each other. They are two ways that lead to the same truth. One is objective while the other is subjective. Both are equally important even though in the western world, we have given little regard to subjective experiences. What we don't realize is that both, Subjectivity and Objectivity are interrelated. But this is an in-depth discussion for another time.

📧 lifethroughlearnereye@gmail.com

A futuristic artificial womb facility. In the foreground, a baby is lying in a transparent, pod-like container. The pod is part of a larger machine labeled 'ECTOLIFE'. The background shows a large number of similar pods arranged in rows, creating a sense of a large-scale facility. The lighting is dim and blue, giving it a high-tech, clinical feel.

THE WORLD'S FIRST ARTIFICIAL WOMB FACILITY

Hashem Al-Ghaili

4 MINUTES READ

The world's first artificial womb facility is powered entirely by renewable energy. They call it EctoLife. It allows infertile couples to conceive a baby, and become the true biological parents of their own offspring. It's a perfect solution for women who had their uterus surgically removed due to cancer or other complications. With EctoLife, premature births and C-sections will be a thing of the past. EctoLife is designed to help countries that are suffering from severe population decline including Japan, Bulgaria, South Korea and many others. The facility features 75 highly equipped labs. Each state-of-the-art lab can accommodate up to 400 growth pods or artificial wombs.

Every pod is designed to replicate the exact conditions that exist inside the mother's uterus. A single building

can incubate up to 30,000 lab grown babies per year. EctoLife allows the baby to develop in an infection-free environment. The pods are made of materials that prevent germs from sticking to their surfaces. Every growth pod features sensors that can monitor the baby's vital signs including heartbeat, temperature, blood pressure, breathing rate and oxygen saturation.

The artificial-intelligence-based system also monitors the physical features of the baby and reports any potential genetic abnormalities. The pods are equipped with a screen that displays real time data on the developmental progress of the baby. These data are sent directly to the parents' phone so they can track their baby's health from the comfort zone. The app also provides a high-resolution live view of the baby's development. A special section in the app allows you

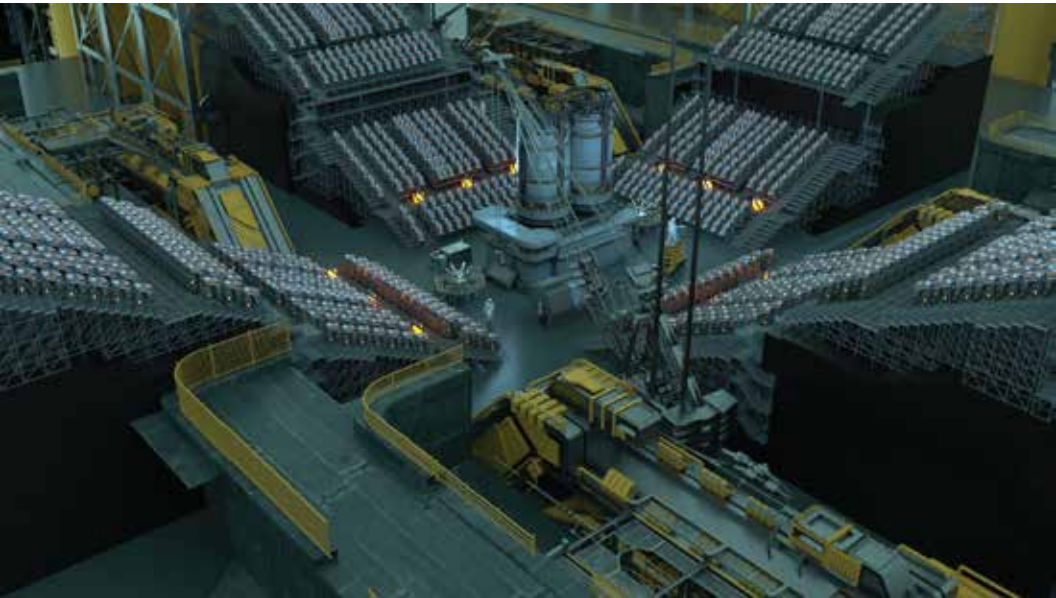
IMAGE SOURCE: MIRROR

to watch a time lapse and share it directly with your loved ones. Because babies can recognize language and learn new words while still in the womb EctoLife growth pods feature internal speakers that play a wide range of words and music to the baby. Through the app, you can choose the playlist that your baby listens to. You can also directly sing to your baby and make them familiar with your voice

and hear what they hear.

Using a wireless haptic suit connected to your baby's growth pod, you will be able to sense their kicks in the womb. With EctoLife, the baby will receive the best nutrients that can support its growth.

Each group of pods is connected to two central bioreactors. The first bioreactor contains nutrients and oxygen which are supplied to the baby



before birth.

EctoLife's goal is to provide anyone with an intelligent offspring that truly reflects their smart choices. EctoLife improves bonding experience with the baby. With a 360 degrees camera that's fitted inside the baby's growth pod, you can use your virtual reality headset to explore what it is like to be in your baby's place, see what they see

through an artificial umbilical cord. This bioreactor also contains a liquid solution that serves as the amniotic fluid that surrounds babies in the mother's uterus. It's rich in vital hormones, growth factors and antibodies that sustain the baby's growth and development.

The second bioreactor is designed to eliminate any waste products

produced by the babies. The artificial umbilical cord helps the babies to release their waste products into the second bioreactor. With the help of a delicate layer of engineered enzymes, the second bioreactor can then recycle waste products and turn them back into useful nutrients. This way, the facility ensures a steady and sustainable supply of fresh nutrients to the baby.

With EctoLife, miscarriage and low sperm count are a thing of the past. Prior to placing the fertilized embryo of your baby inside the growth pod, Vitro Fertilization is used to create and select the most viable and genetically superior embryo, giving your baby a chance to develop without any biological hurdles. And if anyone wants his baby to stand out and have a brighter future, the EctoLife Elite Package offers the opportunity to genetically engineer the embryo before implanting it into the artificial womb.

With the help of CRISPR-Cas 9 gene editing tool, you can edit any trait of your baby through a wide range of over 300 genes. By genetically engineering a set of genes, the Elite Package allows you to customize your baby's eye color, hair color, skin tone, physical strength, height, and level of intelligence.

It also allows to fix any inherited genetic diseases that are part of family history so that the baby and their offspring will live a healthy, comfortable life, free of genetic diseases.

Say goodbye to the pain of childbirth and birth-related muscle contractions.

EctoLife provides a safe, pain-free alternative that helps you deliver your baby without stress. The delivery process is smooth, convenient and

can be done with just a push of a button. After discharging the amniotic fluid from the artificial womb, you will be able to easily remove your baby from the growth pod. Everything is perfectly designed so you and your partner can enjoy the delivery process.

To ensure full transparency, the post-delivery free DNA paternity test helps you confirm the genetic identity of your baby. So, you can return home knowing that your baby is genetically yours. There is no worry about power cuts or carbon footprint. EctoLife uses highly efficient, clean, renewable energy consisting of solar and wind power. The highly advanced pods operate with minimal energy needs, making it easy for the baby to make it to full term without any complications.

And for those who want a more convenient solution, EctoLife is made accessible so your life can be easier.

DID YOU KNOW ?



DIMPLES ARE IN FACT GENETIC DEFECTS, AS MUSCLES GROW INCORRECTLY AND LEAVE A GAP BETWEEN THEM.

DON'T LET WINTER DRYNESS WIN



Humaira Riaz
Content Writer, Law Student

2 MINUTES READ

Winter is here and with it comes dry and flaky skin. It can be harsh on our skin, with the cold, dry air outside and indoor heating robbing our skin of its natural oils, leaving it dry, tight, and itchy. But with a few simple changes to your skincare routine, you can keep your skin healthy and good looking in whole season.

One of the most important steps to winter skincare is to moisturize, moisturize, moisturize! Cold weather can dehydrate the skin, leaving it feeling dry and flaky. Look for a moisturizer that is thick and cream-based, and choose one that is specifically formulated for the face or body. Products that contain ingredients like hyaluronic acid or glycerin can help to attract and retain moisture in the skin.

Exfoliating is also important during the winter months. When the skin is dry, dead skin cells can build up on the surface, leaving it looking dull and lifeless. Gently exfoliating once or twice a week can help to remove these dead skin cells and reveal brighter, healthier-looking skin underneath. But be careful not to over-exfoliate, as

it can make dryness worse.

Another important step in winter skincare is to protect your skin from the sun, even on cloudy days. The sun's UV rays can still damage your skin, so make sure to use a sunscreen with at least SPF 30 every day. It's also important to use a humidifier in your home or office, especially when you are using a heating system that can dry the air. The dry air can dehydrate your skin, so adding moisture back into the air through a humidifier can help to keep your skin looking fresh and hydrated.

And yes, it's important to remember to hydrate from the inside out by drinking plenty of water and eating foods that are high in water content, such as fruits and vegetables. This can help to keep your skin looking and feeling healthy, even during the dry winter months.

So, the key to maintaining healthy skin during the winter months is to keep it moisturized and protected. Choose a good moisturizer, exfoliate gently, use sunscreen, use a humidifier, and stay hydrated. With a little extra care and attention, you can keep your skin looking and feeling its best all winter long.

@ humaira.riaz1997@gmail.com

IMAGE SOURCE: VASELINE



Anny Aftab
Teacher, Writer

5 MINUTES READ

Is Your Personality Affected by Your Dressing?

“Yes Of course!” An individual’s style of dressing plays an important role in enhancing his or her personality. As it is said **“A man is known by his dress and address”**. Your dressing style speaks about your character and your personality. People always observe your appearance first. So by projecting a positive image and a unique style of yourself through your dressing you can be mentally healthy because of the attention and appraisal that you get.

The Psychology Behind Dressing Well

Being well dressed reflects our

How Does Dressing Well Impact Your Personality?

personality to who we are, and we develop good bonding with likeminded people. Dressing well helps you to build self-confidence and it shows others how confident you are about yourself. People will not be attracted to you if you are not neatly dressed or are unhygienic. A well-dressed person is the center of attention and attraction everywhere, may it be workplace or social gatherings. At work your performance will be much better when you are well dressed, reason being the confidence that your dressing gives you. Dressing sensibly helps you buildup confidence, professionalism at the workplace and personality development. Over here you must be wondering what does it mean by “dressing sensibly” or what is dressing sense? When we talk about having a good sense of dressing, it doesn’t mean you have to be very fashionable or up to date. To be well dressed your dress does not have to be very expensive, chic or of the latest trend. It means to “dress appropriately to wear something suitable or compatible. Even if you’re in casual clothes or you are wearing a uniform, making sure that you look neat can improve the reception that you receive. Your dressing is usually the first thing to be noticed about you,

IMAGE SOURCE : ABC

even your body language, your communication skills and your knowledge is observed later. As you know, **“first impression is the last impression”**. Your beauty is not only your skin, your height, weight or way of speaking but it is the way you present yourself in front of others. The confidence that your good dressing gives you will make you more influential. You are going for an interview or you are at your workplace, your dressing will have an important role to play in your success. If you are an educationist, your attire or your sense of dressing will definitely have its effect on your students. According to the human behaviourist, Desmond Morris;

“It is impossible to wear clothes without transmitting social signals. Every costume tells a story, a subtle one, about its wearer.”

A well-dressed teacher is a source of inspiration for the students. What needs to be considered important here is to know what well-dressed really means. It isn't only to look tidy and fashionable but to dress up sensibly i.e according to the environment, culture, weather and age. Your choice of clothing should be according to your profession. What instructors wear in the classroom does influence the perception of their students. So, your words will be more effective if you are successful in building a positive image of yourself in the classroom with the help of your dressing sense. Instructors need to be dressed in such a way as to be an inspiration for the students, not in a way as to divert their attention.

Another influential role of dressing sense is during a job interview. When you are going for an interview, the

way you dress up perceives a lot about your status, character and personality. Dress-up like the job and position that you want; so that you look most suitable for it. Remember the way you represent yourself is how people will look at you. Decent dressing during an interview gives the interviewee a positive approach towards you.

Tips on Dressing

Here are a few tips on how to dress well so that you are successful in creating a positive influential impression;

- Find your own personal unique style and don't copy someone.
- Avoid wearing too many colours and try to choose solid colors that aren't distracting.
- Pay attention to details, especially your shoes. Shoes are the first thing people notice about you.
- Select an outfit of perfect size, do not wear clothes that are too fit or too loose.
- Wear clothes appropriate to your surroundings, venue, weather, occasion, age and culture.
- Always wear ironed clothes.

Being well dressed is good for you not only at the workplace or when meeting someone, but staying well dressed in your routine will be beneficial for you. Staying well-dressed keeps productivity flowing. For example, if you aren't dressed up properly at home, it will make you lazy, as it won't let you go out or even go to see who's at the door. When you will be dressed in clothes that are not only comfortable but also stylish. It will motivate you to do your best.

CONTINUED ON PAGE 45

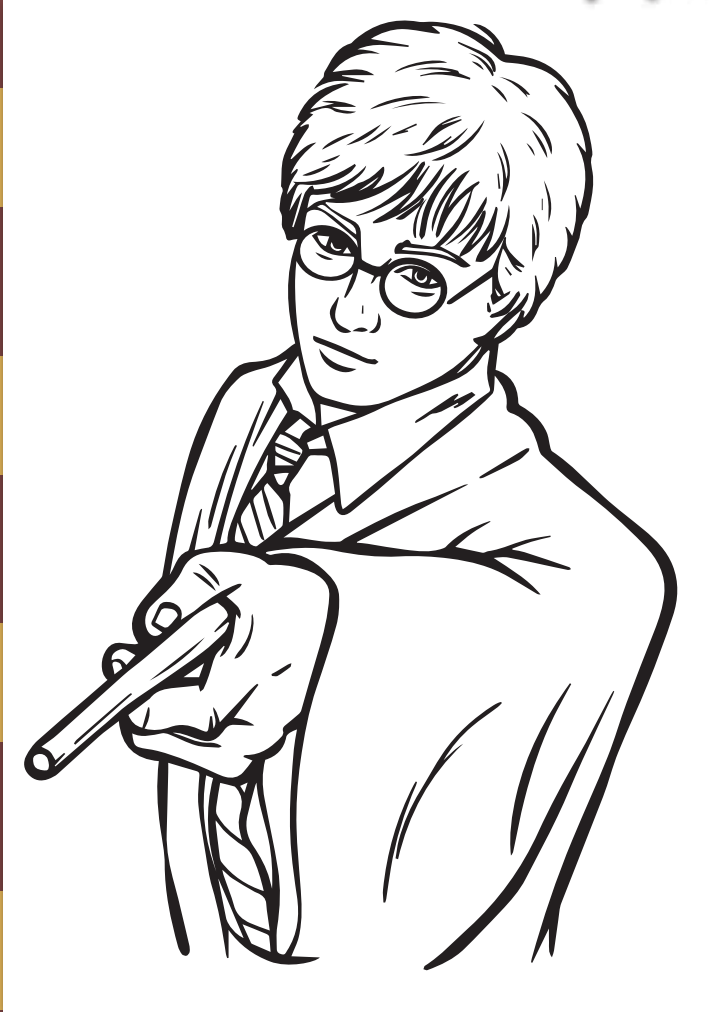
WORD SEARCH



EXPLORE THE MAGAZINE FOR KEY



Fill Colors to see Magic





Sum of Their Stories

1 MINUTE READ

Here is a simple DIY tutorial for making a Harry Potter-themed House colors scarf:

Materials:

- Acrylic yarn in your chosen House colors (e.g. red and gold for Gryffindor, green and silver for Slytherin, etc)
- Crochet hook (size G or H)
- Scissors
- Tapestry needle

Instructions:

- Begin by chaining an even number of stitches. The number of stitches will depend on the width of the scarf you want to make.
- Once you have the number of chains you need, start crocheting a row of

HARRY POTTER THEMED House Color Scarf

single crochets (sc) in your first House color. For example, if you're making a Gryffindor scarf, you would begin with red yarn.

- Continue working rows of single crochets in your first House color until you reach the desired length for the first section of your scarf.
- Once you have reached the desired length, change to your second House color. For example, if you're making a Gryffindor scarf, you would switch to gold yarn.
- Continue working rows of single crochets in your second House color for the same length as the first section.
- Repeat steps 4 and 5 for the entire scarf, alternating between your two House colors, until the scarf is long enough.
- To finish, cut the yarn and weave in the end with a tapestry needle.
- You can add some tassels at the end of the scarf, following the house color scheme too.

Make sure you supervise kids while they're working with yarn and hook, as it can be dangerous if they're not used carefully. Also, you can make different patterns as well such as stripes or blocks. You can even make different sections of different length for added interest.

Have fun and Happy crafting!

Harry Potter Golden Snitch

Ann's Entitled Life

1 MINUTE READ

Here's a DIY guide for making a Golden Snitch for kids.

Materials needed:

- Small, round, gold-colored ornament (such as a Christmas ornament)
- Black paint and a paintbrush
- Glue
- Feathers (preferably white)
- Scissors
- Optional: a small piece of wire or string

Instructions:

- Begin by painting the ornament black. This will be the base color for the snitch. Allow the paint to dry completely.
- Once the paint is dry, glue feathers to the top of the ornament to create the snitch's wings. Use as many or as few feathers as you like, and arrange them in a way that you find pleasing.
- If desired, you can use a small piece of wire or string to create an antennae, and glue it to the top of the ornament.

Allow the glue to dry completely before handling the snitch.

- Your Golden Snitch is now complete! You can use it as a decoration, or even as a prop for a Harry Potter-themed party.

Note:

Please supervise the kids while they do it and be careful while using scissors and hot glue.



IMAGE SOURCE: ANSENTITLEDLIFE



Global Warming: A Termite of the Economic Fabric of Pakistan



Edleena Aamir
Student, Writer

4 MINUTES READ

With the changes in the climate leading from the catastrophic floods in Asia, to the most abrasive droughts in Europe and Africa, the world being at the verge of destruction, is facing an alarming situation. Undoubtedly, this alarming situation is caused by the single risk of increasing temperature in the Earth's atmosphere, giving rise to the phenomenon of global warming. Global warming is regarded as one of the emerging Earth's environmental risks, as it not only stimulates natural disasters, including floods, famines, etc but also causes hazardous health effects. Ironically, its severe effects have resulted in environmental damage. Besides causing environmental degradation, global warming is also damaging the economic factor of under-developed countries, as it is affecting economic growth, percentage of

unemployment, interest as well as exchange rates, and commodity prices.

Sadly, among the under-developed countries, this termite is damaging the economic fabric of Pakistan to a greater extent. Damaging the economic fabric of Pakistan, with the aid of global warming, was not a nightmare just like Rome was not built in a day. It is the result of man-made activities that increased the temperature of the earth, consequently, leading to the phenomenon of global warming, which slowly and gradually started to destroy Pakistan's economic fabric. A high level of global warming itself is not involved in disturbing the economic structure of Pakistan; however, it has given rise to catastrophic disasters, including floods, droughts, famines, etc., which in turn are causing huge destruction in the country. As a result of this destruction, the economic growth, percentage of unemployment, interest as well as exchange rates, and commodity prices, collectively, have been affected

IMAGE SOURCE: GEO

significantly.

High levels of global warming gave rise to heavy floods. According to the National Disaster Management Authority report, the recent floods of 2022 not only destroyed the economic structure of Pakistan but also were as lethal as cancer, as due to these floods, a lot of people have died. According to the report, 1739 people have died, 8 million people have been displaced and 33 million people have been affected during these heavy floods. Due to these floods, the crops were reduced significantly. Therefore, due to the lesser supply of crops, there is an increase in the demand of the consumers, which in turn has increased the prices of the commodities, leading to inflation in the country. According to a report of trading economics, inflation has increased from 24.9% to 27.26%, during the months of flood.

Not only has inflation disrupted Pakistan's economy due to heavy floods, but also the economic growth, as well as the exchange rate, have been badly influenced by this termite, named "Global Warming". The GDP has fallen due to a destabilized economy. As a result of this reduced economic growth, the Pakistani currency is also devalued, due to which the exchange rates are also affected.

Global warming has led Pakistan to the edge of destruction in terms of the economy; however, certain pragmatic steps including, less consumption of fossil fuels, and using public transport can reduce the level of global warming which in turn can help in making Pakistan's economic fabric much better.

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CONTINUED FROM PAGE 39

Parents Should Encourage Kids to Stay Well Dressed

Encourage your kids to experiment with different styles, fabrics, colour combinations and accessories keeping in mind their age-appropriate stuff. Remember that parents are the footprints of their kids when it comes to clothing. If your clothing choices enable you to present yourself well before others, your kids will follow it. The art of dressing is a life skill that needs slow learning. Therefore, teach this art to your loved ones right from an early age. Give yourself time to dress up neatly and decently, paying attention to the details. It will help you in passing on this skill to your kids.

Adapting the habit of staying well-dressed is good at any age. You can choose a style for yourself from now on.

Your well dressing will give you an attractive, influential and confident personality. As we know confidence always boosts up self esteem and a high self esteem is satisfying and good for your mental health.

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iamainmy2021

Asma & Ainny's attire

REBELS AGAINST THE CROWN

The Ghadar Movement in Punjab



Imran Khan
Playwright, Poet, Fiction Writer,
Teacher of English Literature

04 MINUTES READ

The Ghadar Movement was a political and militant organization active in the early 20th century that sought to overthrow British colonial rule and establish an independent Indian republic. It was formed in 1913 in the Punjab region of India, which was then a part of the British Raj, by a group of Indians—largely Punjabis—who had emigrated to the United States and Canada. The Ghadar Movement was a response to the oppressive policies of the British Raj, which had imposed heavy taxes on the people of Punjab, limited their civil liberties, and denied them political representation. Many Indians felt that the only way to achieve independence was through armed struggle, and the Ghadar Movement became a platform for those who were willing to take up arms against the British.

The Ghadar Movement was inspired by the ideals of the American and French revolutions, and its members

were influenced by the writings of revolutionaries such as Karl Marx, Vladimir Lenin, and Mao Zedong. The movement was founded by Lala Har Dayal, an Indian nationalist who had studied at Oxford University and was living in the United States at the time. Other key figures in the movement included Tarak Nath Das, a Bengali revolutionary who was active in the United States, and Kartar Singh Sarabha, a Sikh who was hanged by the British for his involvement in the movement.

The Ghadar Movement was a transnational organization, with branches in several countries including the United States, Canada, and China. Its members were largely Punjabi immigrants who had left their homeland in search of better economic opportunities, but they remained deeply committed to the cause of Indian independence.

The movement published a newspaper called "Ghadar", which was distributed in India, the United States, and Canada, and it used this platform to spread its message of rebellion against British rule. The Ghadar Movement was also involved in a number of armed uprisings against

the British in India, including the Hindustan Republican Association's armed rebellion in 1922 and the Provisional Government of Free India's armed rebellion in 1943. These rebellions, however, were ultimately unsuccessful, and many of the movement's leaders were captured and imprisoned by the British. Despite its failure to achieve its immediate goals, the Ghadar Movement played a significant role in the eventual independence of India.

Its members were among the first to advocate for armed resistance against British rule, and their efforts helped to inspire a generation of Punjabis who would later fight for independence. The movement also served as a precursor to the Indian independence movement, which eventually succeeded in achieving independence in 1947. It was also known as the Ghadar Party, and was a response to the oppressive British rule in Punjab especially and in India generally and aimed to overthrow the British Raj and establish an independent, socialist state.

The party was initially made up of Punjabi immigrants, but later drew support from other regions of India as well. The Ghadar party was highly secretive and operated covertly, using underground networks to spread their message and recruit members. They published a newspaper called the Ghadar, which became the mouthpiece of the movement. The newspaper was distributed widely in India and abroad, and was used to disseminate revolutionary ideas and inspire people to join the cause.

The Ghadar party had a strong presence in Punjab, where it enjoyed the support of many peasants and workers. They carried out a number of successful revolts and strikes, and

were instrumental in organizing the non-cooperation movement led by Mahatma Gandhi in 1920. However, the Ghadar movement faced significant challenges in its efforts to overthrow the British Raj.

The British authorities were aware of the movement and actively worked to suppress it. Many members of the party were arrested and imprisoned, and the movement was forced to go underground. Despite these setbacks, the Ghadar movement continued to grow and gain support. In 1915, the party launched a major uprising in Punjab, which was quickly suppressed by the British. However, the uprising inspired many other revolts and strikes across India, and served as a turning point in the struggle for independence. The Ghadar movement played a significant role in the independence struggle, and its ideas and tactics continue to inspire revolutionaries around the world.

The party was disbanded in the 1920s, but its legacy lives on in the struggles for justice and freedom that continue to this day. "Today, the Ghadar Movement is remembered as a significant chapter in India's struggle for independence, and its members are celebrated as heroes in the country's history. The sacrifice and bravery of these pioneers continue to inspire Indians around the world, and their legacy lives on as a testament to the power of people who are willing to stand up for what they believe in."

📍 *poetic_spurs*

 **AEMAGAZINE.PK**

Gandhara

During Achaemenid Period



Wajid Bhatti
Archeologist

4 MINUTES READ

Most of the historians agree and some historical events confirm it, that the area west of River Indus which Achaemenien Empire Cyrus (558-529 B.C) added to his kingdom also included Gandaritis which means that Gandhara as a nation existed during the reign of Cyrus. But where exactly in the west of River Indus Gandhara is not known. In the Behistun Inscription of the year 516 B.C of Emperor Darius I, there are mentioned 23 major provinces that were subordinate to him. The name of Gandhara satrapy appears at no. 20. India is not included in this list. This is because India or Hind of that period lied east of River Indus. The word H(i)ndu (India) does occur in lines 17-18 another inscription dated 518 BC at Persepolis in Sheraz (Istakhar, also called Takht-i-Jamshed) and the line no. 25 of the inscriptions at Naqsh-i-Rustam dated 515 BC.

This shows that the Achaemenid period started from the east bank of the River corresponding to the western boundary of Punjab. It means that Punjab was invaded in between 516-515 B.C. But still we are not sure about the eastern boundary of the Kingdom of Cyrus' in Hindustan. But we are sure that Sind and Gandhara were the two satrapies of Achaemenian ruler Darius I the latter extended from Hindukush to River Jhelum



which inter-alia included the present districts of Peshawar, Attock and Rawalpindi. Normally, the boundary of Gandhara is fixed at river Indus. We do not know which city acted as the capital of the Achaemenid in Hindi?

Probably, it was Taxila (Takshashila) whose antiquity and significance in this region is confirmed both by Ramyan, Mahabharata and Buddhist Jataka stories and by the Greek writers. At the time of Alexander's invasion in 326 B.C it was already the capital city of Ambhi or Taxiles. From the site of Bhir Mound in Taxila some coins of Iranian weight as well as of Alexander Macedonian and Philip Aridaeous have also been discovered. Besides, a relic inscription of early 3rd century B.C has also been found from Sirkap, the 2nd city of Taxila.

IMAGES SOURCE: WORLDHISTORY

Pushkalavati or Pushkravati (present day Charsadah) in Peshawar valley can be another candidate for the same. It was an equally important city of the region. We may still consider another reference about Gandhara as a territory.

From another source that we know in about 517 B.C. Darius I commissioned a navigator named Scylax of Caryanda in Caria(Turkey),

point of the rivers Indus and Kabul. The Scylax fleet was present in the river Kabul before entering the river Indus. So, its preparation was not far from the junction point of the river Indus and Kabul. This location could be the present day town of Jehangira, an ancient ferry point on the left bank of the river Kabul and some six miles 10 kilometers upstream from its junction with the Indus. The starting



to map the course of the River Indus. Starting from the junction point of the rivers Indus and Kabul, opposite to Attock, he mapped the course of the river bed. He took off this voyage from a place called Kaspatyros (or Kaspapyros) somewhere in Gandhara. This, therefore becomes the 3rd firm reference about Gandhara as a geographical unit near the junction

point of Scylax may be placed at Pushkalavati. Hecataios, a resident of Miletus in Turkey, and a writer on geography has also mentioned Gandhara from where Scylax started his journey from a point called Kaspatyros. His book was written before the 5th century B.C.

in *Wajid Bhatti*

FAROOQI'S GUIDE TO SUFISM

TEN ENERGY POINTS

(LATA'IF A'LM E AMR WA KHALQ)



Dr. Muhammad Azeem Farooqi
Religious Scholar, Academician,
Researcher

04 MINUTES READ

A- Five Metaphysical Energy Points (A'LM E AMR)

1-Latifa-e-Qalb (Energy Point of Heart)

The Holy Quran says;

“Surely in this is a reminder for whoever has a ‘mindful’ heart”.

(Qaf:37)

• The Place of *Latifa-e-Qalb*

The place of *Latifa-e-Qalb* is two fingers down (at about one inch) to the left side of the heart.

• The *Fana* (annihilation) of *Latifa-e-Qalb*

The *Fana* (annihilation) of *Latifa-e-Qalb* is the revelation of Allah Almighty's *Tajali-e-Fa'el* (the impacts of Allah Almighty's traits and actions)

on *Latifa-e-Qalb* of the *Saalik* (the true seeker).

• When Does *Latifa-e-Qalb* Get Activated?

The forgetfulness of everything except Allah Almighty during His remembrance means the energy point of heart is activated and starts perceiving blessings and intuition from the Heavens.

• Effectiveness

It checks/diminishes ignorance and unlawful desires and intentions, gradually.

• Color

Its light (*Noor*) is yellowish.

2-*Latifa-e-Rooh* (Energy Point of Soul)

It is said in the Holy Quran;

“Say, “The Spirit is by command of my Lord.”

(Bani Israel:85)

• Place

It is located at the distance of two

fingers (at about one inch) below the right side of the chest.

• **The Fana (annihilation) of Latifa-e-Rooh**

The Fana (annihilation) of *Latifa-e-Rooh* is the revelation of Allah Almighty's *Tajali-e-Sifaat* (the impacts of Allah Almighty's Features) on *latifa-e-rooh* of the *Saalik*.

• **When Does Latifa-e-Rooh Get Activation?**

There is increase in excitement of heart and soul during His remembrance means *Latifa-e-Rooh* is activated / functionalized.

• **Effectiveness**

Its effectiveness is to get peace of mind and soul and the moderation in anger and violent-passions.

• **Color**

Its light (*Noor*) is reddish.

3-**Latifa-e-Sirr (The Secret Energy Point)**

Allah Almighty says in the Holy Quran;

“For verily, He knows what is secret and what is yet more hidden.”

(Taha : 7)

• **Place**

It is located at the distance of two fingers (one inch equal) to the left side of the chest inclined towards the center of the chest.

• **The Fana (annihilation) of Latifa-e-Sirr**

The *Fana* (annihilation) of *Latifa-e-Sirr* is the revelation of Allah Almighty's Grandeur of the *Tajalli-e-Sifaat* (the impacts of Allah Almighty's virtues) and His *Qurb* (company) on *Latifa-e-Sirr* of the *Saalik* (a true

seeker)

• **When Does Latifa-e-Sirr Get Activation?**

If the *Saalik* feels and visualizes promotion and acceleration in remembrance (*Zikr*) of Allah Almighty and its conditions, it means *Latifa-e-Sirr* is activated.

• **Effectiveness**

Its effectiveness is to finish and dwindle the greed and to feel interest in religious affairs. It also makes the *Saalik* to think more about *Akhirat* (Doom's Day).

• **Color**

Its light (*Noor*) is whitish.

4-**Latifa-i-Khafi (The Implicit Energy Point)**

Allah Almighty says;

“Call upon your Lord in humility and privately”

(Al-A'raf : 55)

• **Place**

It is located at the distance of two fingers (equal to one inch) at the right side of the chest inclining towards the center.

• **The Fana (annihilation) of Latifa-e-Khafi**

The *Fana* (annihilation) of *Latifa-e-Khafi* is the revelation of Allah Almighty's *Sifaat-e-Salbia* and *Tanzih* (Dethroning and Real Purification with Authority).

• **When Does Latifa-e-Khafi Get Activation?**

The appearance of wonderful and miraculous deeds and actions means *Latifa-e-Khafi* of the *Saalik* is working actively.

• Effectiveness

It cures fatal spiritual diseases like jealousy, miserliness and backbiting.

• Color

Its light (*Noor*) is blackish.

5-The Secret Energy Point (*Akhfa*)

It is said in the Holy Quran;

“For verily, He knows what is secret and what is yet more hidden.”

(*Taha:7*)

• Place

It is located right in the center of the human chest.

• The *Fana* (annihilation) of

Latifa-e-Akhfa

The *Fana* (annihilation) of *Latifa-e-Akhfa* is the revelation of Allah Almighty's *Sifat-e-Martaba-e-Tanziha* and *Martaba-e-Ahdiyati-e-Mujardda* (Ideal Omni-Potentness and Absolute Seclusion).

• When Does *Latifa-e-Akhfa* Get Activation?

When His Remembrance (*Zikr*) starts in all the energy points (*Lata'if*) of the *Saalik*, it means *Latifa-e-Akhfa* is functioning accurately and effectively.

• Effectiveness

It finishes the fatal diseases of the soul like pride and selfishness and it provides peace to the soul.

• Color

Its light (*Noor*) is greenish.

B- Five Physical Energy Points (*Alam e Khalq*)

While discussing the energy points of Metaphysical World (*Alam-e-Amer*) *Hazrat Sahib* (my spiritual guide) says, there are five energy points of

physical world;

- 1- Self (*Nafs*)
- 2- Soil (*Khaak*)
- 3- Air (*Baad*)
- 4- Water (*Aab*)
- 5- Fire (*Naar*)

The apex of *Latifa-e-Nafs* (The energy point of desirous self) is in the middle of the forehead and it initiates from the lower abdomen. The places of the energy points of soil, air, water, fire and nafs are around the belly button where the process of purification gets started by the *Zikr-e-Qalbia* (grand status of Allah's Remembrance (*Zikr*) in all parts of body) and Sultan-ul-Azkaar gets Perception and consideration of Allah Almighty's Name's Remembrance (*Zikr* in whole universe and its objects).

Dr. Muhammad Azeem Farooqi



KEY TO WORD SEARCH



“Spare” by Prince Harry

AEM

2 MINUTES READ

The book “Spare” has been in the news and controversies since it’s out in the market. Prince Harry, Princess Diana and Meghan Markle have especially faced a lot of controversies in the magazines and newspapers. Prince Harry has revealed the facts of the Royal Family’s life in his book.

This book is an educational and doom-ing evaluation of the toxic media that have an extremely tight grip over England. Meghan Markle and Ruler Harry have without a doubt been the subject of a conflict of words and activities in recent years, and “Spare” is one more stunner in that landmark. A book uncovers undeniably more about the underside of the Imperial Family. Harry and Meghan have endeavored to lift the drapery and make sense of precisely exact things that occurred and what’s driven them to where they are today.

“Spare” is a noteworthy and profound autobiography of Prince Harry. The book is divided into three sections and 410 pages. After a short preface it begins at Sovereign Philip’s demise. It slices back to not long before Princess Diana’s passing, driving during Harry’s time growing up as the “Spare” to Ruler William (the “successor”) alongside his time in the



military and up to the Sovereign’s demise. The main part is the past and growing up of Prince Harry, the second on Harry’s time in the military and the third is on Harry’s adoring life and meeting his wife Meghan Markle.

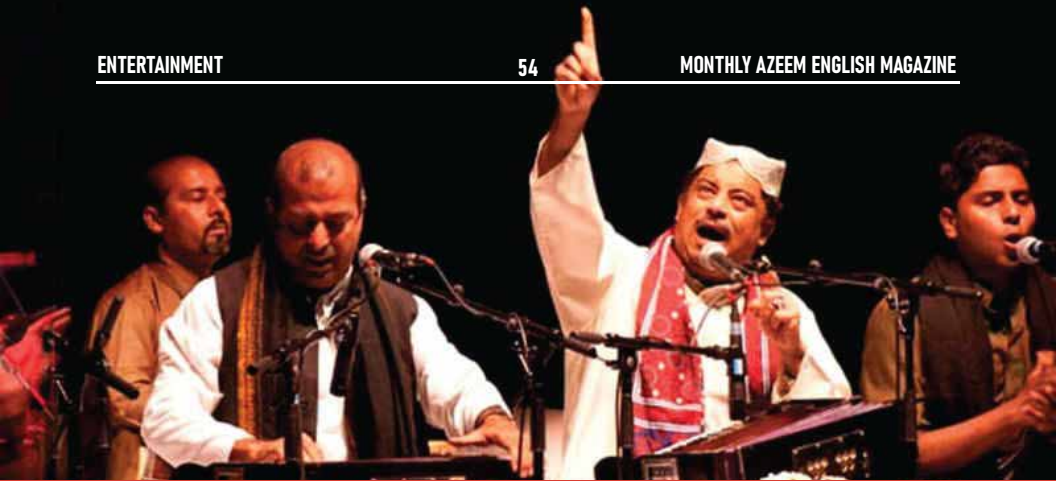
Harry mentioned some of the surprising events and facts in his book. He writes about his brother that he was given the superiority over Harry even from childhood in their room sharing. He says his brother William knocked him on the floor in an

argument in 2019 over a fight on his American wife Meghan Markle.

In his book he writes about his father Charles and pictures him as a pilot when he talks about the demise of her mother Diana. He also criticized his stepmother Camilia by calling her a villain because she ran a social media campaign against his mother Diana.

Harry writes that he killed almost 25 people in Afghanistan when he was a pilot of a helicopter. He writes, “He was not ashamed, bad people eliminated before they could kill good people.” The entire experience of composing “Spare” has been soothing for Harry, as he examines all the highs and lows of his family. The royal family has not commented yet on his book but the book is selling like hot cakes.

IMAGE SOURCE: VOQUE



Qawwali: A Metaphor of Spirituality and Resistance



Aqdas Hashmi
Sufi & Ghazal Vocalist,
Lecturer, Researcher

4 MINUTES READ

Qawwali is used as a rich spiritual metaphor. An article written by Markoff named “Sufi Music of India and Pakistan: Sound, Context and Meaning in Qawwali” explores the aesthetics of Qawwali lyrics. He terms it as a wine which has an intoxicating impact on the listeners. Furthermore, he postulates that this wine has been brought from Medinah because Muslim community has a deep association with Medinah as it has a special significance for them. He further argues that it was just a massive venture that the poetry/lyrics began to reach new heights of performance. They started performing Concerts - both live and radio - and movies and their music became widespread through recordings. Transforming the secret of Sufi monasteries and shrines in public circles led to the

emergence of the style of popular poetry featuring separate conventions on music and song content. Popular poetry has lost its usefulness as a transformational meditation technique and while maintaining religion, they also acquired the qualities of entertainment.

The impact of lyrics on the audience takes them in a trance-like state but it varies from individual to individual. The impact of wine is metaphorical which in other words conveys metaphorical and implied meaning in religious context. The message disseminated in the Qawwali lyrics is conveyed through implication. This is the key distinction between the general sense of wine intoxication and the intoxication implied in Qawwali lyrics.

Mushtaq Ali in his article “Sacred Status of Qawwali in Chishtia Order : A Case Study of the Shrine of Mehr Ali Shah” postulates that Qawwali is a catalyst for spiritual happiness, and

IMAGE SOURCE: TRIPOTO

even a culturally diverse audience is spiritually inspired by its comprehensive Islamic appeal and content. He analyzed the contents of Samma conducted at the Shrine of Mehr Ali Shah (a Chishtia saint) in order to read the complex configuration of the genre of Qawwali. The function of Qawwali music, according to its place in the ideology of Sufism, is to serve the offerings of Sufi poetry, awaken mystical sentiments in a gathering of listeners with spiritual needs which are both diverse and changeable. The characteristics of the three main components of this function are: Encouragement, Text usage, Diverse Listeners. Based on these results, it becomes possible to interpret the process of performing a particular Qawwali event and, on this basis, decode the current musical message as the meaning of its social context: how the performer uses his musical language in the performance, what he says, and why he says that. Qawwali influences the audience through the presentation of its composers and the expense of language and accent. Listeners consider themselves to be in the past and to the coming divine. Music helps to keep the memory of the audience members and the ability to recall specific episodes of the past as sacred or desecrated. Qawwali music is an important medium where the listener mediates between experience and remembering the past.

Bulleh Shah and Shah Abdul Latif's Sufi Poetry and their poems written in the late eighteenth century criticize the growing wave of Mughal corruption and nepotism, religious intolerance, suffering of ordinary people and hard thinking. Their poetry puts them in risky positions against the scholars "ulema" and politics of the royal Mughal court. Sufi Kalam (poetry) has

historically been an expression of resistance to those scholars and especially those who allied themselves with the Establishment. They claim that Sufi poetry expresses spiritual aspirations. It was also written and sung as a political protest against oppression and religious chauvinism. Modern day singers like Abida Parveen and Nusrat Fateh Ali Khan deliberately chose the poetry of Bulleh Shah and Shah Abdul Latif during the dictatorial rule of General Zia-ul-Haq and the rise of intolerance in Pakistan's Islamist groups. Qawwali is open to innovation, refinement and adaptation. Putting music together traditional and modern, Qawwali is one of the main tasks in its training and practice.

Qawwali also comes before us as a very good catharsis because it is a transcultural genre of music, so it is freed from the confinement of color, caste and religion and stirs the internal emotions of the audience through its universal expressions. Diversity within creates harmony among individuals, positivity and fraternity in the society. All sorts of people come there to seek their wishes and to strengthen their connection with nature and the creator of nature, due to the gatherings of sama at the courts of Sufi sages.

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 Aqdas Hashmi



AEMAGAZINEPK

A Closer Look at the Geometry Behind Mosque Designs

The Cultural Tutor

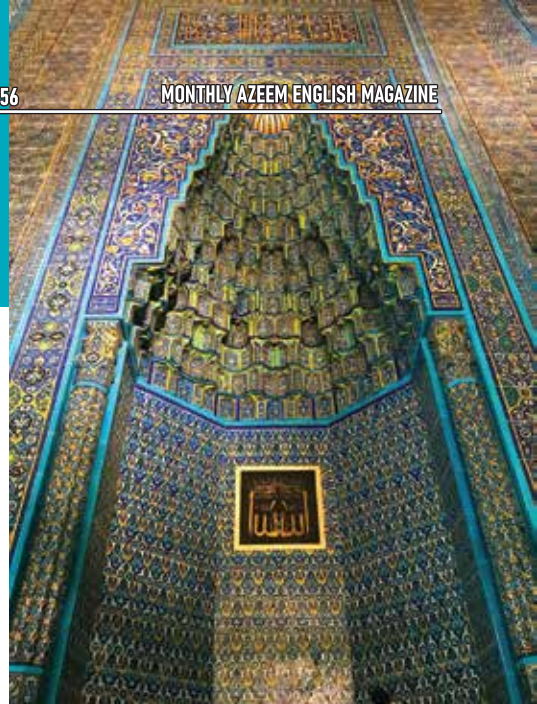
4 MINUTES READ

Some of the world's most beautiful buildings are mosques, and they have been for centuries. And even while their exteriors are striking, it is inside where their beauty fully reveals itself. Consider Istanbul's Sultan Ahmed Mosque, known as the Blue Mosque, completed in 1616. The Shah Jahan Mosque in Thatta, Pakistan, which takes its name from the Mughal Emperor who had it built in the 17th century. The Green Mosque in Bursa, Turkey, commissioned by Sultan Mehmed I and completed in 1423. Its mihrab - which indicates the direction of prayer - is a miracle of mathematical intricacy and polychromatic delight or Iran's Sheikh Lotfollah Mosque, built by the Safavid Empire in 1619. Its interior, overflowing with sumptuous colours and fluid floral motifs, almost seems to be alive and moving.

Four examples of the world's many great mosques, which surely represent some of humanity's foremost artistic achievements. But why do they look like that? Why the complex patterns, elaborate geometry, and emphasis on colour? The answer is simple...

Representational art - the depiction of humans, animals, or any religious figures or sentient beings - has been avoided or outright prohibited for centuries in religious Islamic art. The avoidance of representational art is known as "aniconism".

And it's not uncommon for



religious art to be aniconistic. The word "iconoclast" comes from the 8th century, when the Byzantine Emperor Leo III banned representational religious art and started a movement whereby existing representational religious images were destroyed.

And after the Reformation in 16th century Europe representational art was forbidden in many churches, seen as a form of Catholic idolatry which departed from the message of the Bible. Many cathedrals had all their art, representational or otherwise, taken away. But these were, broadly, exceptions rather than rules.

In Islam the avoidance of representational art has been there since the beginning, as established in the hadiths. It was considered idolatrous, and a blasphemous infringement on the divine act of creation.

Aniconism is not an absolute in

Islamic art. For example, the great tradition of secular Ottoman and Persian miniatures, made for kings and courts, are filled with humans and animals and scenes from ordinary life. But mosques, religious in nature, were aniconistic monuments.

So, artists had to find other ways of decorating them. They turned to colour, geometry, and pattern rather than figurative representation. Things started out relatively simple, as seen here in Tunisia's 9th century Great Mosque of Kairouan.

But soon enough artists had mastered the creation of elaborate, abstract geometrical patterns. What astonishes most is the overwhelming mathematical precision of these designs, as in the 13th century Karatay Madrasa in Konya.

But it wasn't all completely abstract. Plants and flowers were not considered idolatrous, and so floral motifs worked their way into Islamic art, as in the 17th century Badshahi Mosque in Lahore, built from white marble and red sandstone.

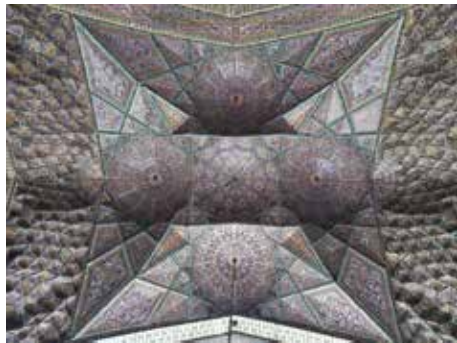
The muqarnas was also developed, a method of decorating arches with honeycomb-like layers of receding miniature geometry, dissolving solid forms into thin air. The artists' restriction had become their greatest ally in creating beautiful architecture. So too appeared the jali, a type of lattice screen made from wood or stone, delicately carved and no less intricate than the tiles or paintings.

Arabic calligraphy was also used as a method of decoration, turning the written word into an art form all of its own. In the 11th century Jameh Mosque of Ardestan, the Arabic script and floral patterns almost became one.

But all this wasn't just for the sake

of it - mosques are religious buildings with an overriding purpose. The icons of Orthodox cathedrals and the frescoes of Catholic churches aren't there just to look pretty - they tell religious stories and serve an ecclesiastical purpose.

The geometric patterns used to decorate mosques, fractal in their complexity and overwhelming in their magnitude, were intended as an abstract vision of the might of divine creation and the inherent mathematical coherence of a designed universe. Abstraction draws one to think of the immaterial, to move beyond the



physical world - the divine was more immediate without any figurative intermediary. This, at least, was how the non-representational art of mosques came to be interpreted and understood.

A lack of restrictions is the greatest enemy of creativity. The architects, painters, and calligraphers who decorated these mosques were limited by religious doctrine - but that forced them to find a route to extraordinary beauty, one they might not otherwise have found.



EYE-CONTACT IN CHILDREN



Fatima Altaf
Psychologist, Visual Artist

4 MINUTES READ

Making eye contact as a baby is important for development mostly because they can't see that far, and they need facial expressions to understand new things, and relationships. A child who doesn't make eye contact could be avoiding social skills for numerous reasons. At times, kids are shy. They can hide their faces, or try not to look at a person who is speaking to them. But as they grow older, parents find that the importance of eye contact in young children is important, and they need to teach it as a social skill.

We also know that lack of eye contact, or a lack of interest in eye contact is a sign of Autism. Keep note that a child not making eye contact is not the only indicator of Autism! However, it is

telling that social skills are important in a child's development.

Here are a few ways to teach eye contact as a social skill in young children

1. Find out why your child doesn't make eye contact

A child who doesn't make eye contact could be avoiding social skills for multiple reasons. Is it because they are culturally conditioned to not make eye contact, as a sign of respect to elders? Or is it because they are bothered by something?

2. Teach eye contact in combination with social skills

Many children don't always learn to make eye contact. Eye contact is also a very important non-verbal communication language. "Children should be pushed to use eye contact at the same

time they are learning their please and thank-you." Parents should work on the skill of eye contact with their children in a daily way.

- Parents should look their children in the face when conversing with them. When kids learn to look in the eyes of someone they are trying to communicate with, they should be given positive reinforcement. For example, "thank you for looking at me, that's great! Or Give them their reinforcer"
- If the child is asking for something, the parent or caregiver should do it while looking them in the eye.

3. Eye-contact games

Remember, kids are born to play Play circle games that encourage eye-contact. For example, paste an emotion on a sticky note, and place it on their forehead. They partner up and guess what the emotion is. The position of the sticky note forces the children to make eye contact.

Mirroring games where player A has to copy the facial expression and hand gestures of player B, and vice versa. This also helps the child learn how to focus on a person's face when interacting with them.

4. During Meals

Feeding is a great way to practice eye contact, once your baby's eye muscles and depth perception have developed. With babies at least 5- 8 months old, when you have a spoonful of food ready, get the baby's attention, and raise the spoon to the line of vision between your eyes and baby's. Reward the meeting of the eyes with smiles and coos while you direct the spoon into the mouth. With toddlers and preschoolers, wait for your eyes to meet before sharing food or handing them their cup.

5. During Conversations

When you want to get your child's attention, say his/her name, and wait until he/she looks at you. If he/she does not look at you, move closer and break his/her concentration with a gentle touch. Then call his/her name again and wait for him/her to look up at you.

If your child is verbal, you can encourage eye contact during all conversations. Teach your child to look the person in the eye when he says hello, goodbye, please.

Positively reinforce their eyes meeting yours with smiles, nods, or phrases such as "I love how you look at me when I talk to you," "Thank you for looking," "Great looking at me!" or "What pretty brown eyes you have!" Reinforcement also occurs when you give them what they want without delay when they make eye contact with a request. With positivity, encouragement, patience, and smiles, you can teach and practice making eye contact with your child during every-day situations.

 [astoriedmindd](#)

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"If you don't like something, change it. If you can't change it, change the way you think about it."

— Mary Engelbreit

”



Coping With Regret



Hafsa Shahzada
Clinical Psychologist & Socialist

4 MINUTES READ

Ever tried a Russian salad? No, not the authentic recipe, but the desi version of it we randomly compose in our brown desi households. Remember how appetizing it looked in the YouTube recipe tutorial? But once you take that single bite...your face cringes and tongue gags. Your taste buds reek from the eccentric flavors of vegetable and fruit, swaths of mushy mayonnaise having deluded you into believing it would be worth it.

Your throat tightens and struggles to swallow. Your thoughts run on something around these parameters: “It really was not as delicious as that chef did it!”. A salty aftertaste remains in your taste buds even after the water washing off the food: Bingo! The taste of regret.

Regret is a universal emotional response experienced when the

“outcome of a decision is worse than the option foregone” (Towers, Williams, Hill, Phillip & Flett, 2016). In the course of a lifetime, we all undergo through regret, both major and minor. Something we all relate to well: “If only I had not binge watched that Viking series all weekend, I could have studied for this final exam!”. Or something more close to home: “I wish I had not trusted so and so. It was the greatest mistake of my life!”. It is a form of counterfactual thinking. Imagining all the ways any event in your life could have gone down differently. Regret is the trigger to a rollercoaster of disappointment and self-guilt.

Some characteristics of regret include:

- A negative, aversive emotion
- Focusing on the past
- Focusing on aspects of the self
- Leading to upward comparisons
- Frequently involving self-blame

You remember that terribly awful

sensation that sinks into the pit of your stomach when regret overwhelms your entire being? The answer to that is because, by nature, it indicates that there is something you could have done. Some choice you could have made, or an action you could have taken that would have made something positive occur or even averted something dreadful. An endless cycle of “What If’s? Could have. Should have” of the infinite “some things”.

Fortunately, while you cannot avoid regret altogether, there are coping strategies you can employ to minimize these feelings and channel constructively to instead foster change and growth.

Here are 5 tips I find handy for coping when regret comes strolling around the corner:

1. Ditch the “I’ll never do that again” thinking:

If you’ve fallen into specific traps dozens of times before, it’s not likely that you’ll never do those things again. Instead of promising to never make the same mistake again, acknowledge that you need strategies for gradually improving your habits or limiting the negative consequences when you have failures of self-control.

2. Acknowledge what you are feeling:

Instead of following the “No regrets” popular mantra for many, be realistic and true to yourself. When you acknowledge your emotions instead of denying them, it helps prompt you to think about strategies you could use to minimize the pain of future experiences of that emotion.

3. Believe in your capacity to grow:

Instead of becoming excessively

hesitant or avoidant, have more faith in yourself. Just because you made some less than ideal decisions does not mean you’re doomed to permanent failure in any one area.

4. Seek little thinking hacks to help you with your patterns:

Shifts in your thinking can help prevent you from repeating the same mistakes quite so often.

5. Give yourself a suitable space of time to absorb your feelings:

Subtle balancing must happen. Overthinking isn’t helpful—but neither is attempting to just brush your feelings aside. Instead, according to the situation of either a small or larger regret, the more you can leave your emotions alone to just work themselves out, the better. If feelings of regret pop up and pester you intermittently, you can cope with that.

At the end of the day, emotions are like that. They’re designed to come and then go away. When emotions become sticky, it’s usually because we’re feeding them in some way, through rumination, cruel self-criticism, or avoidance.

If you allow your emotions to naturally work themselves out, that’s often more efficient and effective than trying to do something to “make” them go away, which can easily backfire.

@hafsashahzada43@outlook.com

“

“You must be the change you wish to see in the world.”

— Gandhi

”



GRATITUDE OFFERS THE BEST LIFESTYLE



Javeria Malik
Psychology Student

4 MINUTES READ

Today, let us view Zeeniya's mindset. Who is Zeeniya? A 19 year old girl diagnosed with anxiety, periodically having panic attacks, along with a very dangerous binge-eating disorder. This month marks a year of her suffering, and today, she finally left for university to resume her higher education, which she had left. As she comes home after her first day, she cannot but grin cheerfully out of her heartfelt happiness to be able to study again. She can recount so many blessings that this day contained for her, and momentarily forgets that her mental illnesses still remain with her. The only thing she knows is that she wants to be "happy" again. Her hope has been rekindled, and she wants to live in the bliss of this present moment.

However, what does she get to hear at home? Ibrahim protests, "But I want to have Roll Paratha Mama, and not burger in the lunch. I don't like it!" She starts observing them and pays greetings to her family. His dad frowns when he tells her Mom about his day. Then he says, "went fine, I mean.. these clients cancelled their deal with my company. I have got two more business deals today.. But we needed the first one more God." Then she is appalled. "But Dad, what about the two great doors of opportunity that opened for you today? that is the brighter side of your day," she corrects. Chintoo comes dashing in, and drops the plate in a frenzy. Mother scolds him for his carelessness and Zeeniya just feels that the situation has become too stressful for

her to bear, so she goes back to her room. She wonders why this episode of illness has made her so unlike her family. I ask you now: who has been in pain all along: Zeeniya or her family members? Why then is she still being grateful?

Dear readers, Gratitude is a mindset rooted in positivity, hope, and keeping good expectation from Allah. Zeeniya realizes that sometimes to know the value of our blessings, we need to have our cup emptied. This illness emptied her cup for the upcoming blessings. Now the way she can enjoy her blessings, others cannot.

How many of us are able to recall our day, and give thanks to Allah? For instance, for the time spent basking in the sun, gliding through the cool breeze in apricity, along with a cup of tea. For having our work done in time, and being able to give our best. God who nourishes us every day with delicious food, certainly loves us. The opportunity to meet various people at the workplace every day: a smile, salam, a healthy four minute conversation with them and how it contributes to our mental wellbeing? Gratitude makes difficult times easy, and easy times perfect. You may have lived a life of great difficulty, but a grateful mindset can make you the richest person on earth. The treasure lies inside: it is the mindset itself.

Zeeniya had a striking panic attack yesterday, a dreadful one. Who could think she would be laughing with her fellows in the university today. Surprising, isn't it? Muniba Mazari (Pakistani Motivational Speaker) wise words could better explain this as, "Laughter is not the absence of pain or grief, but the presence of contentment and gratitude in our hearts."

Gratitude is therapeutic. Especially

in those times of our lives when we are carrying the weight of the world on our shoulders, our whole world is crumbling down, we are shattered, or even fully consumed by the amount of pain. It gives us hope to see the light at the end of the tunnel. It was Zeeniya's therapist who would tell her to make a gratitude list as part of her therapy: an activity to write down what makes her happy every day. She developed that mindset in the toughest days of her life, and carried it forward to the beginning of a better future. Not recovered yet, she still finds it an incredible favour of Allah to be able to focus on her studies again. She remembers very well how in the preceding year; her mental health forced her to leave the semester in the middle. Nevertheless, should not you and I as readers of Zeeniya's story, question ourselves about why it is that the vulnerable people are often more grateful to Allah than us? Why do blessings stop looking like blessings to us when life is going fine? This reminds me of Dr. Malik Badri (the Father of Modern Islamic Psychology) who in an interview talks about his poor country Sudan, and what he sees in it as he goes to pray in a Mosque. He says: "A man is wearing a garment which already has patches here and there on it, and in his pocket is only enough money to buy a piece of bread and a cup of tea, yet he sits with another peer friend and they begin to talk, and they laugh. They laugh and tears come down their cheeks (out of joy)" How is it that they do not need a Mercedes Benz, a mansion, Hassan Sheheryar Yasin or Maria.B's clothes, with Gucci handbags or footwear, and Huda Beauty Makeup to be as happy as us? It's simple: gratitude.

Did you know that Gratitude can also direct us to our personal

success? Gratitude enhances neurotransmitters in our mind that cause happiness. This happiness will then link to our success. Let me show you how it works. Imagine that the Institute announces examinations. Students start to prepare for exams a day before. They have 6 chapters to cover. Each chapter that they learn now, they should end it by offering thanks to Allah who has made their task easier than before. Even after attempting their paper, they should be satisfied with the 75% of exams that went better than those 'two questions, and 3 MCQs' that did not. It is as this arousing happiness is what will give them the strength to accept their partial failure. In gently dealing with themselves, they can now focus on the lost marks, do their corrections, and improve their mistakes. Thus, higher chances of comeback later. Allah beautifully reminds us in the Qur'an;

"If you are grateful, I will certainly give you more." (14:7)

Mankind, at large, is ungrateful today. Why not be that one in a hundred person who looks at life with this unique lens of gratitude: what he has rather than what he does not. As we all are short of many things in our life. But if we start considering the little joys of life every day, we will benefit our own selves. Allah says,

"Whoever is grateful benefits his own soul" (31:12)

Isn't it? Let us be like Zeeniya too.

📍 [chaii_muffin](#)

**DO YOU KNOW?
GRATITUDE ENHANCES EMPATHY
AND REDUCES AGGRESSION.**

ACCORDING TO A 2012 STUDY BY THE UNIVERSITY OF KENTUCKY.



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