

Cultivating a Sound Heart

*Join us for a Symposium on Wellness, Healing & Inner Peace,
from the Islamic Spiritual Tradition*

**Saturday, July 26, 2025
10:00 am to 2:30 pm
(no charge/lunch provided)**

**Columbus Marriott Northwest
5605 Blazer Pkwy
Dublin 43017**

**RSVP by July 12, 2025
to Fazeel S. Khan at:
fazskhan@aol.com**

Presented by The Lahore Ahmadiyya Islamic Society

In a world striving for balance, wellness is often reduced to the physical. Yet true wellbeing includes emotional resilience and spiritual grounding. Islam, a way of life rooted in harmony of the whole self, offers timeless guidance for achieving this state of inner peace.

The Lahore Ahmadiyya Islamic Society invites you to this year's symposium exploring how Islam nurtures complete wellbeing — of body, mind, and soul — through the concept of cultivating a **Sound Heart** (Qalbun Saleem, in Arabic).

The Holy Quran describes the heart not only as a physical organ, but as the spiritual core of comprehension, insight, and connection. Just as the ears hear and the eyes see, the heart is what truly understands.

Topics Include:

- Daily Prayer: A rhythm of meditation, grounding and reflection
- Gratitude & Patience: Tools for resilience in hardship
- Health Guidance: Aligning body and spirit through conscious choices
- Grief & Healing: Mindfulness and perspective in times of loss

We are also honored to host Dr. Ayesha Khan, author of “The Girl Who Gave Me Hope for Gaza” (New Yorker), who will share insights from her recent medical mission at Al-Aqsa Hospital relative to the symposium theme.

Discover how Islam's spiritual principles support lasting wellness, healing and peace.

We look forward to welcoming you!