

'AKINNAH' INTERVENTION KIT

THE GUIDE TO BREAK FREE FROM 'AKINNAH' IN THE HEART

The kit is designed for public usage especially to individuals with depression and personality conflicts

By: ABDUL KAMIL JAMALUDIN

Akinnah means negative characteristics in the heart of man that has become a layer wrapping the heart and preventing the person from doing good and obeying the commands of Allah SWT.

These characteristics that have been successfully detected are thick, layered and have coverings.

The three characteristics are abstract in nature and have been successfully detected using a bio-feedback technique - heart rate variability, utilising akinnah detection protocols that have been developed.

The research was carried out by Abdul Kamil Jamaludin, Associate Professor Dr. Muhammad Nubli Abdul Wahab and Tuan Sidek Tuan Muda from the Centre for Modern Languages & Human Sciences (CMLHS). They discovered the treatment method to break akinnah in the heart – using Zikrullah technique.

With the right technique, the akinnah that hinders a good heart from developing is successfully shattered, thus, helping to improve a person's quality in life.

According to Abdul Kamil, the kit had various benefits for it could be used as a detection protocol using Emwave equipment, akinnah treatment intervention protocol and a guideline to shatter the akinnah.



"The kit which is a complete set has benefits for the user as it detects the existence of akinnah characteristics, detects akinnah that is the source of negative behaviours and discovers akinnah that has remained hidden all this while.

"Also, it can help an individual with an akinnah-ridden heart to be less stressful, less depressed and less anxious, and builds up strength to stay calm, able to withstand current challenges and be more manageable.

"The kit is designed for public usage especially to individuals with depression and personality conflicts," he said.

He added that the kit was also suitable for those in the managerial level and professionals facing career problems and self management as well as for lazy students

and those with problems in making changes towards developing more positive attitudes.

"The research project has garnered a gold medal in CITREX 2012 exhibition and research project competition held on March 27-28 at Universiti Malaysia Pahang (UMP) Sports Complex and a silver medal at the International Invention, Innovation & Technology Exhibition (ITEX) on May 17-19 2012 at Kuala Lumpur Convention Centre.

"It is hoped that with the introduction of this kit, it can help overcome social problems and self conflicts happening in the society now so the country can produce a society with positive qualities who contributes towards nation building," he said.