

HEART INTELLIGENCE : 'AKINNAH' INTERVENTION KIT



Ustaz Abdul Kamil with his product

BY: USTAZ ABDUL KAMIL JAMALUDIN

Akinnah means a negative trait that wraps around a man's heart, causing one not to do good deeds and obey the commands of Allah SWT.

The characteristics of such traits have been successfully detected as being thick, layered and with covering.

These were detected using a biofeedback technique - heart rate variability – and, an *akinnah* detection protocol was developed by a team from Center for Modern Languages & Human Sciences (CMLHS) comprising En. Abd Kamil Jamaludin, Associate Prof Dr. Muhammad Nubli Abdul Wahab and En. Tuan Sidek Tuan Muda.

The method is to shatter the negative trait through *Zikrullah* and with the right technique, the *akinnah*, which has hindered the heart from developing into a good heart, can be broken. As such, it can help improve the quality of one's life.

The *Akinnah* Intervention Kit developed has various advantages, including:

- heart *akinnah* detection protocol using Emwave tools
- heart *akinnah* treatment intervention protocol
- guidelines to break the *akinnah*
- The kit can benefit users by:
- detecting the presence of heart *akinnah* traits

- detecting *akinnah* that is the cause to negative misbehaviours
- uncovering the existence of *akinnah* traits hidden for a long time
- helping individuals to treat heart patched with *akinnah*
- reducing stress, depression and anxiety
- developing inner strength so one can stay calm, resilient and more manageable

The kit is for general use especially for individuals with depression and personality problem. It is also suitable for those in the managerial level and professionals facing career conflicts and self-management as well as sluggish students finding difficulty to change their attitudes towards being more positive.

For the benefits it provided, the kit won a gold medal in the exhibition and research project competition CITREX 2012 held from March 27-28, 2012, 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 the kit will be able to help overcome social problems and self conflicts among the people and eventually, help to generate a quality, positive society able to contribute to the country's development.