

INTRODUCTION LECTURE

Meet *Mahreen Sahib*

and discover why she wrote the book the world told her she didn't need to write.

Mahreen Sahib

Chairman · Tech 7 Group of Companies · Lahore, Pakistan

WHO I AM

A businesswoman who found
something business couldn't give her.

Assalamu Alaikum. My name is Mahreen Sahib. I am the Chairman of Tech 7 Group of Companies, based in Lahore, Pakistan. For years, my life has looked exactly the way the world tells you it should — a growing company, a respected name, a seat at tables most people spend their careers trying to reach.

And yet, for the longest time, something was missing.

Not on the outside. On the inside. A restlessness I could not explain to anyone, because from the outside, my life looked fine. More than fine. People would say *mashallah*. And I would smile and wonder why the word felt hollow in my chest.

That restlessness — that quiet ache — is the reason I am standing in front of you today. Not as a scholar. Not as a preacher. As a woman who went looking for answers and found them in the last place the modern world tells you to look: in the Quran.

When success stopped being enough.

There was a night — not dramatic, not cinematic — just an ordinary Tuesday after an ordinary day of meetings and calls and decisions. I was lying in bed, phone in hand, scrolling through nothing, and a thought arrived so clearly it felt like someone had spoken it aloud:

"You have built everything they told you to build. Why does it feel like you are still standing in the same place?"

I put the phone down. I made wudu. And I opened the Quran to a random page. The verse I landed on changed the trajectory of my life:

أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ

"Verily, in the remembrance of Allah do hearts find rest."

— Surah Ar-Ra'd (13:28)

Not in the next deal. Not in the next achievement. Not in the next approval from someone whose opinion I had given too much weight. In the remembrance of Allah. That was it. That was the answer I had been circling around for years without knowing.

That night, I did not start a business plan. I started a journal. And that journal, over months of writing and reflecting and returning to the Quran again and again, became a book.

WHAT I CREATED

Awaken Within — a Quranic guide to finding stillness in the noise.

This is not a tafseer. This is not a fiqh manual. This is not written by someone with a

degree in Islamic studies. This is a book written by a woman in business — for people in business, in careers, in the chaos of modern life — who are successful on paper and exhausted in their souls.

Every chapter is rooted entirely in the Holy Quran. No borrowed philosophy. No wellness trends repackaged in Islamic language. Just the Quran, speaking directly to the life you are living right now, in a voice you will recognise — because it is yours.

7

Chapters

66

Quranic Verses

30+

Surahs Referenced

30

Day Integration Guide

Each verse appears in its original Arabic, with a romanised transliteration so you can read it aloud, and a clear English translation — so whether you are a Quran scholar or someone who has not opened the Book in years, this is for you.

INSIDE THE BOOK

Seven chapters. One transformation.

01 The Noise We Live In

Why modern success leaves us feeling empty — and what your restlessness is actually telling you.

02 Coming Home to Yourself

The practice of stillness that changed everything — and how to begin it tonight.

03 The Mirror Work

A Quranic journaling framework for honest self-reflection.

04 Rewiring Your Morning

A 20-minute ritual that rebuilds your day from the inside out.

05 Peace Under Pressure

How to stay grounded when business, family, and life pull you in every direction.

o6 The Awakened Leader

Why inner peace makes you more effective, not less.

o7 Living Wide Awake

The 30-day integration guide to turn these ideas into a life you do not need a vacation from.

WHY I LAUNCHED THIS

Because nobody was saying what needed to be said.

I looked around and saw an entire generation of ambitious, successful Muslims — running companies, building careers, raising families — slowly suffocating under a weight they could not name. They were doing everything right by the world's standards and feeling everything wrong by their soul's standards.

And the content available to them fell into two camps: either deeply academic Islamic scholarship that felt disconnected from their daily reality, or Western self-help that borrowed from Buddhism and stoicism but never once opened the Quran.

I wanted to build a bridge. A book that speaks the language of the boardroom and the language of the Quran in the same breath. That does not ask you to leave your ambition at the door but asks you to wake up inside it.

أَوْ مَن كَانَ يَمِيتًا فَأَحْيَيْنَاهُ وَجَعَلْنَا لَهُ نُورًا يَمْشِي بِهِ فِي النَّاسِ

"Is he who was dead and We gave him life and made for him a light by which to walk among the people like one who is in darkness, never to emerge therefrom?"

— Surah Al-An'am (6:122)

That is the question at the heart of this book. You are not choosing between the world and your soul. You are choosing between walking through your life asleep and walking through it awake.

WHO THIS IS FOR

You already know if this is for you.

This book is for the entrepreneur who prays five times a day but still feels disconnected. For the mother running a household and a career who cannot remember the last time she felt still. For the professional who has everything on paper and nothing in the chest. For the person who picked up a self-help book last month and thought: *where is Allah in all of this?*

If you have ever looked at your life and thought "this should be enough" — and then felt guilty for thinking it was not — this book was written for you.

You do not need to be "religious enough" to read it. You do not need to have a perfect relationship with the Quran. You need to be honest. That is all. The Quran meets you where you are.

"This is your invitation to wake up. He is already there, waiting."

— from the final page of Awaken Within

Begin your awakening.

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GET AWAKEN WITHIN

Mahreen Sahib

