

280391 - Ruling on using vital energy techniques and others to remove fears and negative beliefs

the question

As far as I know our mind works two different ways, one is conscious and other unconscious or subconscious mind. There are many techniques and tools out there you can use to remove fears and negative beliefs from your mind especially unconscious mind. These adding and removing beliefs or fears or making yourself more confident, are all these things are halal? can we remove or add beliefs using techniques from our mind

Detailed answer

The mind does not work in two different ways; rather it works in one way that consists of two components, one of which we are aware of (conscious) and the other we are unaware of (subconscious).

People nowadays have indulged in deep discussions, that have gone to extremes, about the mind and its components, and techniques that could be used to control it and make the most of its storage capacity or functional ability. Many of these techniques have no scientific basis; all there is, is based on some ancient Eastern cultures that have no basis in Islamic teachings or empirical science that could give them some credibility.

As there is no mention of any particular technique in the question, we will give you some examples of flawed techniques that have no basis:

For the ruling on using the subconscious to add or eliminate some belief or skill, please see the answer to question no. [259532](#).

For the ruling on using vital energy, please see the answers to questions no. [178938](#) and [276254](#).

For the ruling on using the law of attraction, please see the answer to question no. [112043](#).

And Allah knows best.