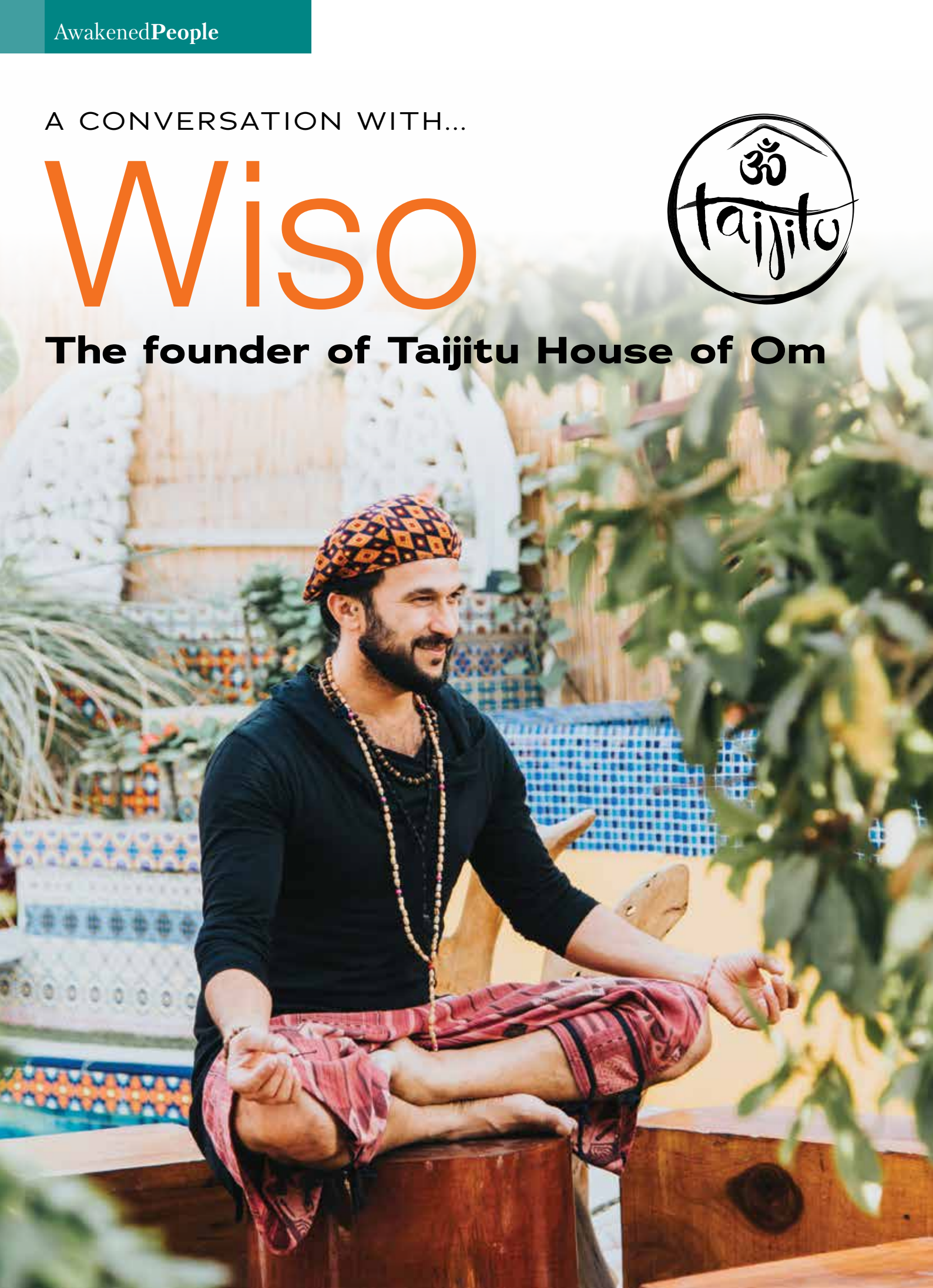


A CONVERSATION WITH...

WISO

The founder of Tajjitu House of Om



We can see more and more people drawn to the beauty of the spiritual and holistic world. With the number of wellness centers opening up in Dubai, Awakenings/Reema Aidasani speaks to Wiso Barakeh, founder of Tajjitu House of Om, a community center launched in 2016 offering a free range of wellness and holistic activities, with the objective of reaching out to people's heart and spreading happiness.

Tell us a little about yourself?

I am Syrian and I have lived most of my life in Dubai. I have a passion for the Mind, Body and Spirit connection.

I am a certified Hypnotherapist, I have also studied and practice Reiki (Life force Energy), NLP (Neuro Linguistic Programing), EFT (Emotional Freedom techniques) and Life coaching.

Tell us about Tajjitu House of OM (THO)

THO, is my home, where I live, it's not just a typical house! It's a hOMe that aims to reach out to people's hearts by spreading happiness, positivity and well-being. This happens through free activities such as meditations, yoga, NLP, life coaching, sound healing, body movement through the sound of traditional instruments, knowledge sharing through book clubs and soul cinema etc

The house is a shared space for alternative healers, thinkers, mind body and soul specialists, as well as people interested in cultural evolution and self-development. It is a space where people from various backgrounds can gather and learn from each other with tolerance and love.

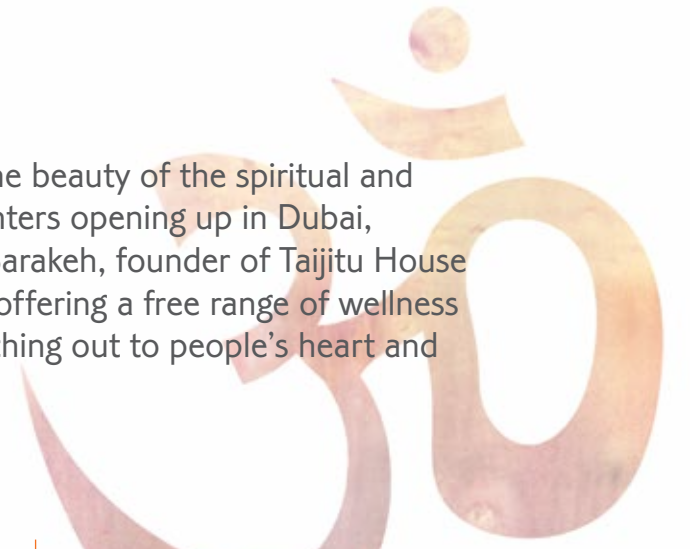
All the events are free, yet not in a way most people think. My rule of thumb is to always ask people attending the house events to 'pay it forward', to balance their energy by doing something good elsewhere and spread the positive experience to others.

What was your inspiration to open your home to help others?

I grew up in a culture of Arabic hospitality, and I strongly believe that our personal happiness comes from spreading happiness around us. Starting with ourselves, and then close family and friends, followed by the community and then beyond. By helping others, we are equally helping ourselves.

I feel very blessed to be living in the UAE and being a contributor to its happiness, the country has given me so much over the years. I feel honoured and inspired to give back by building a community of like-minded people who want to expand through self-improvement at all levels. It is all about the grow to grow concept, where in order for us to grow, we need to help people around us grow, and by helping them grow, we grow ourselves.

In a nutshell, one can give so much more when they work on their self-growth and thereafter build sustainability all around;



That is what inspired me to build Tajjitu House of Om, as a place where people gather to grow starting from within & expand into the wider environment through the help of healing arts and mind- body practices. It is the "pay it forward" concept.

At what age did you realise that you were on a path to spiritual awakening?

From a very young age, I had some existential questions that concerned me. Although all of us have a spirit, it is up to us to choose to acknowledge it and follow the spiritual path. I remember a teacher of mine at elementary school told me 'This book belongs to you'. I paused, my book, my body, my soul, my mind? At that moment I started to question "Who am I, what is inside of me and who does my body, mind and soul belong to?"

And at that early age, I started to create fun breathing exercises on my 40 minutes walks to school. The power of breathing was a breakthrough, as at any given moment we are merely a combination of thoughts and breath.

And hence my journey began.

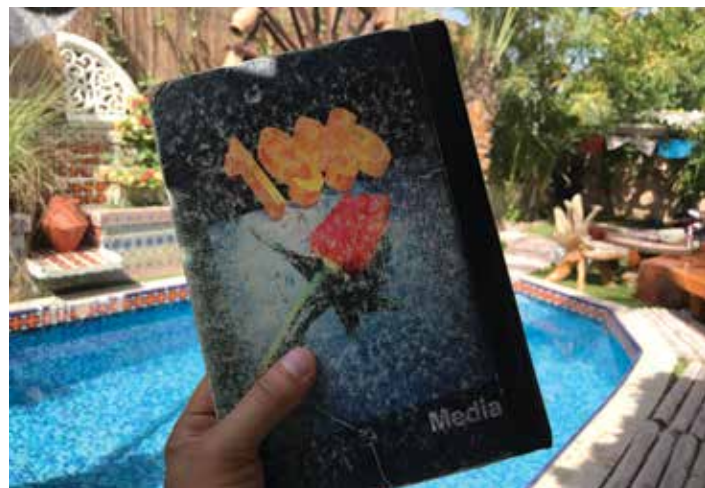
What is the idea behind starting Tajjitu House of Om

In 1996, I had a journal which is the only one I still have. In that year, I envisioned my life dreams. It was about a community center where like-minded people get together, and has its own newsletter!

In June 2016 my dream came true, an old villa with more than 15 different rooms found its way to me through a friend. At that time the villa was literally a pile of rubble. Without hesitation, I took time off from my daily job as a Regional Finance Manager and focused on remodeling the house using my intuition to design every corner. I worked day and night and in a very short period, with lots of personal investment and sweat Tajjitu House of Om saw the light and was born!

What is the story behind the name of the House?

The name has 2 symbols that represent how I perceive the world. Tajjitu: often simply called the Yin Yang symbol in western countries, represents the concept of opposites existing in harmony, it is about balanced life, accepting the duality of our physical world, heaven and earth, life and death, the cycle of seasons as hot replaces cold, day and night, male and female. Basically, it's about living in balance and harmony without seeking perfection.



While Om or Aum is the sound that encompasses all sounds in the universe, it is the essence at which all existing matter vibrates. The sound of the heart and Om has no religious connotation and its vibration has been scientifically proven.

The Biblical word 'Amen' and Koranic word 'Ameen' mirror the OM sound as they represent a connection with the divine essence of all that exists. The frequency of OM sound is 7.83 Hz which is the same as earth's frequency.

Who is THO open to?

It's open to all, regardless of age, nationality or beliefs. However, when it comes to practitioners or workshop leaders I am very selective to ensure any events are in line with the vision and values of the house.

Tell us a little about the interiors of the House

The house interiors are the reflection of my inner world, vision and values. It has a lot of symbols that reflect the tolerance between different cultures and religions. I invite everyone to come and discover it with their own eyes.

What sets you apart from the others in the field?

I never compare myself to others in the field, as my motto is to strive and be better every day in every way. And what makes Taijitu House of Om unique is the progress in all that we do; it is not the one-time achievement or initiative. Just getting things done will not make us happy, it might excite us momentarily. The secret in spreading real happiness is the progress, it is the journey that makes us and the people around us feel alive.

Describe a normal day in your life?

After doing my morning practice (meditation/yoga or sport) I head to the office to attend to all my duties as a Regional Finance Manager at a Multinational Pharmaceutical company.

Later in the evening, my Taijitu "day" starts. This is where I focus on tasks related to the house, community service, meetings, planning for up-coming events, and prepare agendas to host or lead workshops and so on. While doing that, I do my best to attend to my personal relationships and interests.

What are your future plans?

I plan to work on a project that will help to create financial stability for low income families, mainly women and young workers on a global level.

Your favourite hangout spot in Dubai?

Taijitu House Of Om !

Your hobbies?

Mind body and spirit related practices, mountain climbing, hiking, horse riding and diving.

Favourite movie?

Pay It Forward

Favourite quote?

Here I would like to mention 2 that I truly believe in:
"Positivity is a way of thinking, and happiness is a lifestyle."
HH Sheikh Mohammed Bin Rashid Al Maktoum

"The people who are crazy enough to think they can change the world are the ones who do." Steve Jobs

General facts about the House

Opened on 5th Of June 2016. Since then, total initiatives and workshops conducted is 250+; 4500+ members / followers from 70 different nationalities; 12,000+ people participated in the initiatives and the workshops; 5-star rating by the followers with more than 100 reviews and recommendations.

Social media: Facebook: <https://www.facebook.com/TaijituHouseOfOm/>

Vision, mission and values

VISION: A happier world with more positivity and tolerance.
MISSION: Investing in people's growth through mind, body and soul connection, promoting a mindful and happier lifestyle. **VALUES:** Happiness, Tolerance, Positivity, Love, Care, Honesty, Respect, Selflessness, Evolution, Gratitude.

