



CS DURIAN

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DURIAN CALORIES VS OTHER FRUITS per 100g

Carbohydrate: 27.1g

Energy: 147 kcal

Fat: 5.3g

Protein: 1.5g



MANGOSTEEN



JACKFRUIT



LYCHEE



GUAVA

Energy (kcal)	73	94	66	68
Protein (g)	0.4	1.5	0.8	2.6
Fat (g)	0.6	0.3	0.4	1.0
Carbohydrate (g)	17.9	24.0	16.5	14.3

RM5 VOUCHER FOR EVERY RM50 PURCHASE



location at D - WARONG

2026calendar

January							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
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March							April						
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1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
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May							June						
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31													

July							August						
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September							October						
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November							December						
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Malaysia National Public Holiday 2026

1-Jan	New Year's Day	31-May	Wesak Day
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8 POPULAR TYPES OF DURIANS IN M'SIA



D24

- Code: D24
- Origin: Perak
- Taste: Mildly sweet
- Price per kg: RM 30 - 35



MUSANG KING

- Code: D197
- Origin: Kelantan
- Taste: Bittersweet, creamy
- Price per kg: RM 45 - 80



TEKKA

- Code: D160
- Origin: Selangor
- Taste: Bitter, creamy
- Price per kg: RM 30 - 45



BLACK THORN

- Code: D200
- Origin: Penang
- Taste: Sweet, bitter aftertaste
- Price per kg: RM 80 - 110



RED PRAWN

- Code: D175
- Origin: Penang
- Taste: Sweet, creamy
- Price per kg: RM 30 - 45



XO

- Code: N/A
- Origin: Johore, Pahang
- Taste: Bitter, alcoholic aftertaste
- Price per kg: RM 30 - 35



DURIAN KAMPUNG

- Code: 888
- Origin: Malay archipelago
- Taste: Sweet, bitter (varies)
- Price per kg: RM 15 - 20



GOLDEN PHOENIX

- Code: D198
- Origin: Johore
- Taste: Mostly bitter
- Price per kg: RM 40 - 60





心灵导师
drmind



what happened
to our intellectual
and institutions?



what is correct humane-capital growth & universal-Leaderships?

our most basic questions: start from the word 'lead'; lead what, lead to where, or where shall we lead oneself 1st before others - why? HUMANE-CAPITAL-GROWTH – grow what? why? another words, what to grow that can serve our great purpose, character & honor? what shall be the common, timeless & indisputable principles, qualities, or righteous-virtues that can serve as universal SQuQ compass for Lord's Leaderships & correct humane-capital growth in each one of us?

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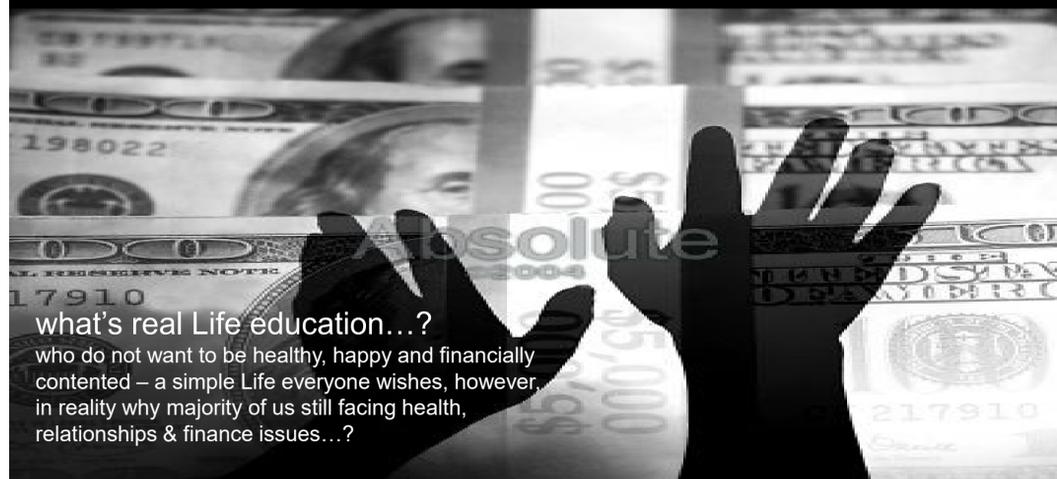
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 - Harmony & Trustworthy.
 - EQ & universal-Leaderships
 - EQ & mind-mastering
 - EQ & character growth
 - EQ & parenting

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Do you think the increasing global macro disasters were directly caused by the accumulation of civilization intelligence defaults or deterioration, complexity of social phenomena and men spiritual impurities, derailment or lowliness – both might indeed intertwined?

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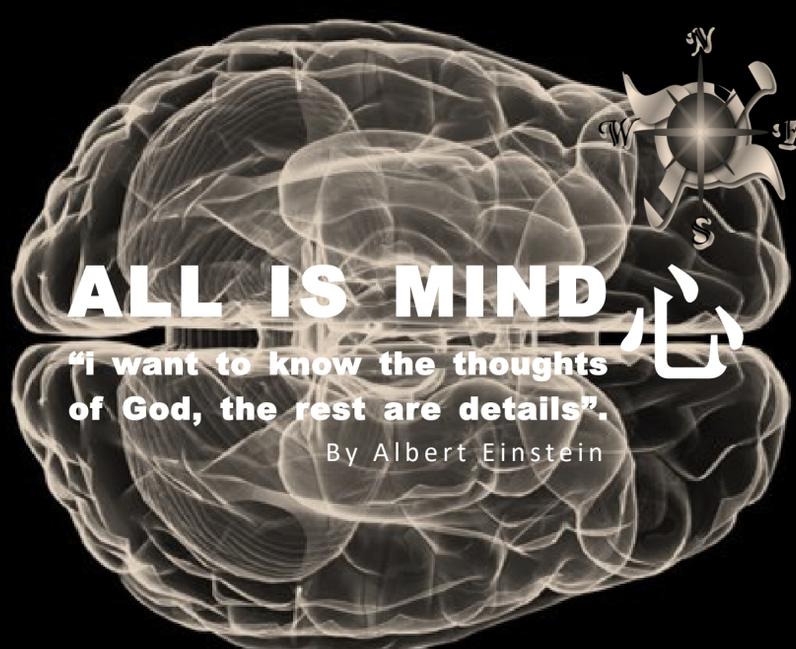
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ALL IS MIND

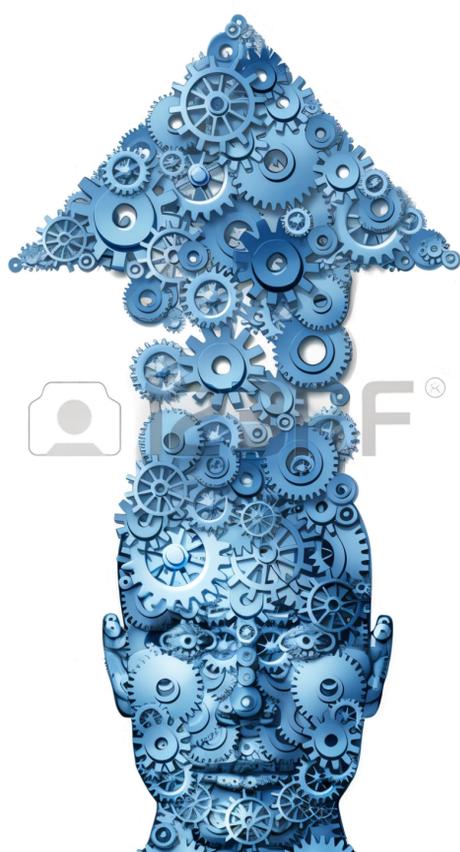
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"I want to know the thoughts of God, the rest are details".

By Albert Einstein

never confuse a single defeat
with a final defeat.

F. SCOTT FITZGERALD

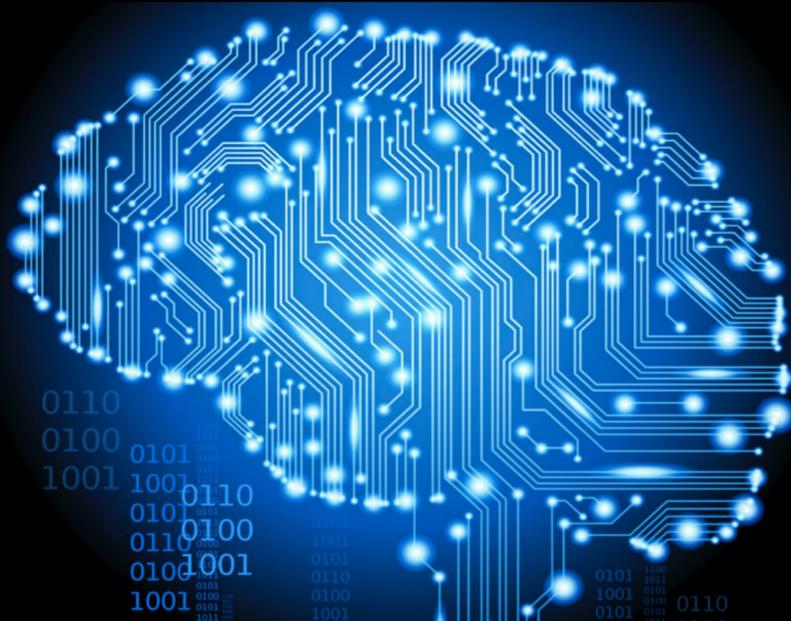


conscience

consciousness revolution, why?

humane just begin to enter an eternity
Era of indisputable universal conscience intelligence.
thus means the dawn of an Enlightened
& Liberated civilization
– the unsurpassed.

心灵导师
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the unopened
birth-gifts

no more secret once the
whole truth revealed!
only truth can liberate us!

2026calendar

January							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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Love &

relationships

what are ours

No.1 invisible “sickness”?

No.2 invisible EQ toxics?

No.3 invisible risk & costs?



simple question

what is love?

1. why Love & relationships seemed can be world No.1 invisible “sickness”?

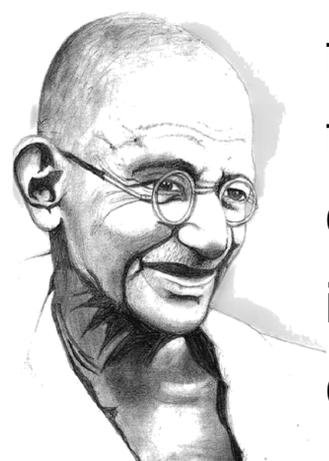
2. Do you think any dishonest, derailment, disharmony or default in any form of relationships may affect career performance, or costs us an expensive Lesson?

3. How to heal or repair our **101** Humane-relationships cracks, problems, toxics, or disharmony?

4. what's had been overlooked in building a harmony Life oneness, or an indestructible castle of trust, bond, or Happiness?

5. By Nature, even an animal can feel what is trust & sincerity, as humane & highest spiritual being by conscience, we shall able to perform much beyond – more humane, more virtue, or more righteous and fair.

“ there’s no God higher than truth ”



there is an orderliness in the universe.
there is a unalterable-Law governing everything and every being that exists.
it is **no blind-Law**; for no blind-Law can govern the conduct of living beings

~ Mahatma Gandhi

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师灵

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- Love & Relationships.
- Intimacy, Dignity, Wealth & Freedom.
 - Team-building & Life Synergy.
 - Harmony & Trustworthy.
 - EQ & universal-Leaderships
 - EQ & mind-mastering
 - EQ & character growth
 - EQ & parenting

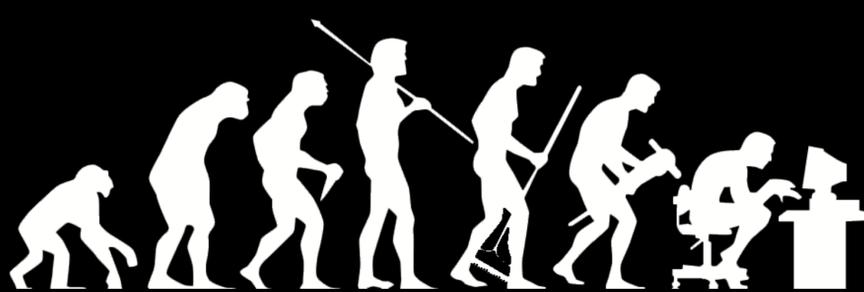
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THE HUMANE r e v o l u t i o n



s o m e t h i n g , s o m e w h e r e
w e n t t e r r i b l y w r o n g !

Education
is not
the learning
of facts,

BUT

the training
of our
mind to
think.

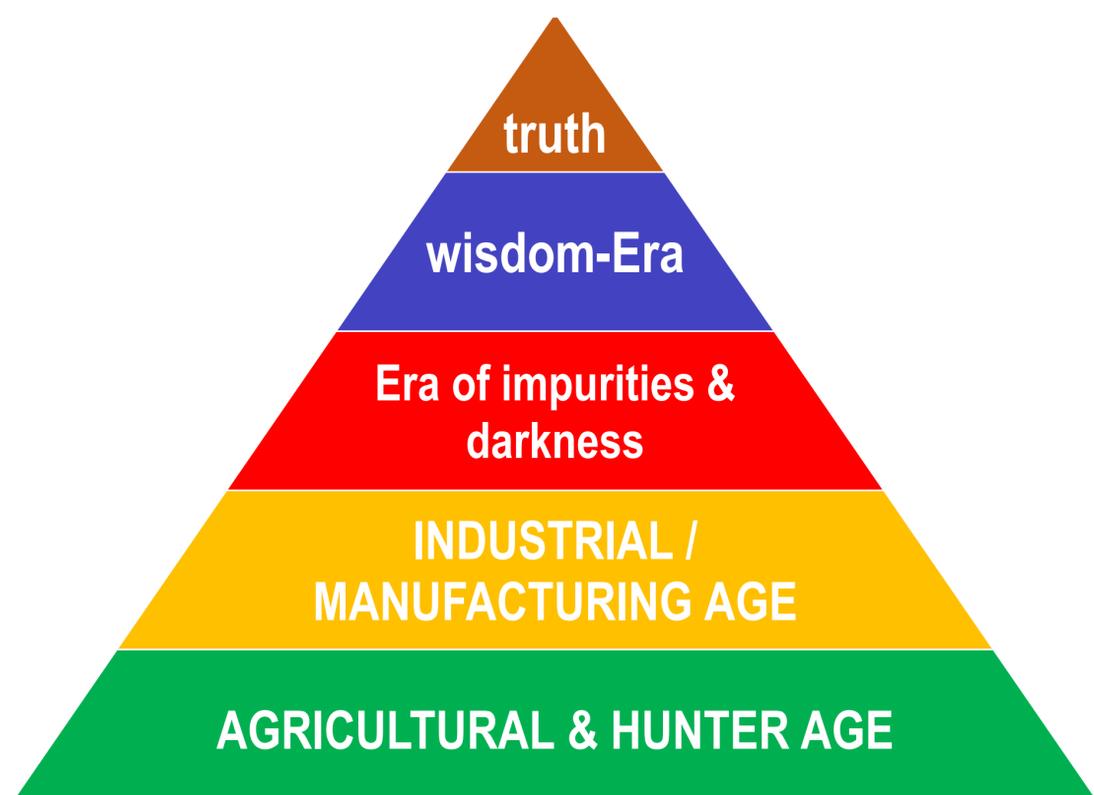
- albert einstein

Educating
the mind
without
educating the
heart 心

is no
education
at all. ~ aristotle



CONSCIENCE INTELLIGENCE



**i n t h u s n e w E r a
o f w i s d o m , t r u t h ,
E n l i g h t e n m e n t & L i b e r t y**

what Lord's conscience & indisputable
intelligence man shall learn, relearn, and
restore to harness our abundant to be
blessed, liberated and enlightened?

drmind 心灵导师

2026calendar

January							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							

March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		

May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2		1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													

July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

Malaysia National Public Holiday 2026

1-Jan	New Year's Day	31-May	Wesak Day
1-Feb	Thaipusam	1-Jun	Wesak Day Holiday
17-Feb	Chinese New Year	1-Jun	Agong's Birthday
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7-Mar	Nuzul Al-Quran	25-Aug	Prophet Muhammad's Birthday
21-Mar	Hari Raya Aidilfitri	31-Aug	Merdeka Day
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2026calendar

January							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							
March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		
May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2			1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30				
31													
July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
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19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					
September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
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13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
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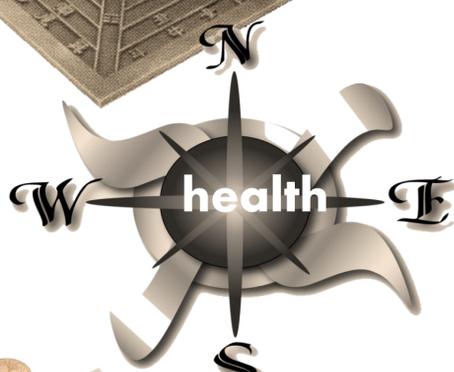
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real Life Education courses
**never ever taught in
 any universities!**



Life self-Discovery
 & U-consciences intelligence



“if i had six hours to chop down a tree, I'd spend the **first four hours sharpening the axe.**”

-Abraham Lincoln

THE OLD AGED **believe everything**
 THE MIDDLE AGED **suspect everything**
 THE YOUNG AGED **know everything**

be meek!

be wise!

be wise!

be week!

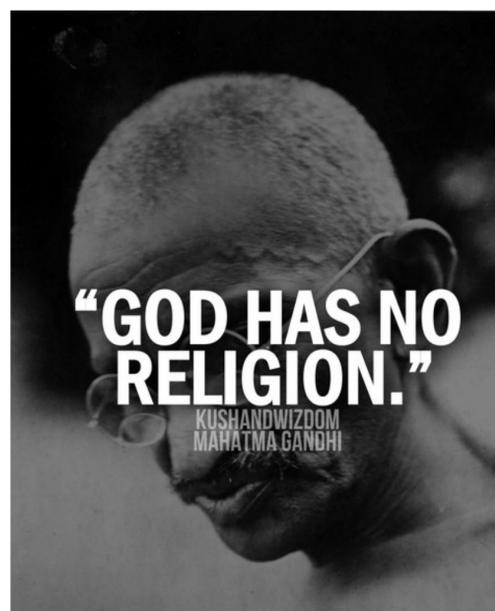
KNOW EVERYTHING

THE YOUNG AGED

suspect EVERYTHING

THE MIDDLE AGED

we shall never try to treat any Life-microcosm, or global-macrocosm “illnesses” without knowing its root causes of failures, stupidity, delusion, or mistakes done. if not, we would only make them, or situation more sicker or worsen than before.



“I **believe** in the **fundamental** truth of all **great** religions of the world.”

Mahatma Gandhi

great things **NEVER**
 come from **comfort zones!**

drmind 心灵导师

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