



019 - 333 33493
019 - 844 2883
please WhatsApp

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
Protein (g)	0.4	1.5
Fat (g)	0.6	0.3
Carbohydrate (g)	17.9	24.0
	66	0.8
	68	2.6
	1.0	1.0
	14.3	14.3

**RM5 VOUCHER
FOR EVERY RM50
PURCHASE**



Jalan Sri Hartamas 1

**location at
D-WARONG**

2026 calendar

January							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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July							August						
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November							December						
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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
18-Feb	Chinese New Year	17-Jun	Awal Muharram
7-Mar	Nuzul Al-Quran	25-Aug	Prophet Muhammad's Birthday
21-Mar	Hari Raya Aidilfitri	31-Aug	Merdeka Day
22-Mar	Hari Raya Aidilfitri	16-Sep	Malaysia Day
1-May	Labour Day	8-Nov	Deepavali
27-May	Hari Raya Haji	25-Dec	Christmas Day

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



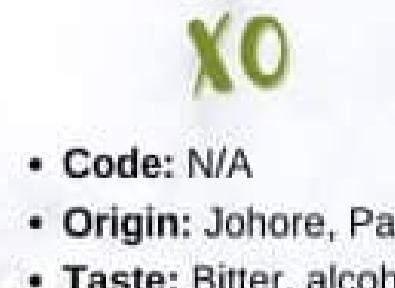
BLACK THORN

- 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

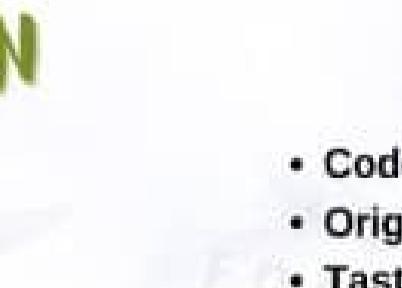
- Code: N/A
- Origin: Johore, Pahang
- Taste: Bitter, alcoholic aftertaste
- Price per kg: RM 30 - 35



DURIAN KAMPUNG

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

THE SMART LOCAL



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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January							February						
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drmind 师灵

real Life Education courses:

- 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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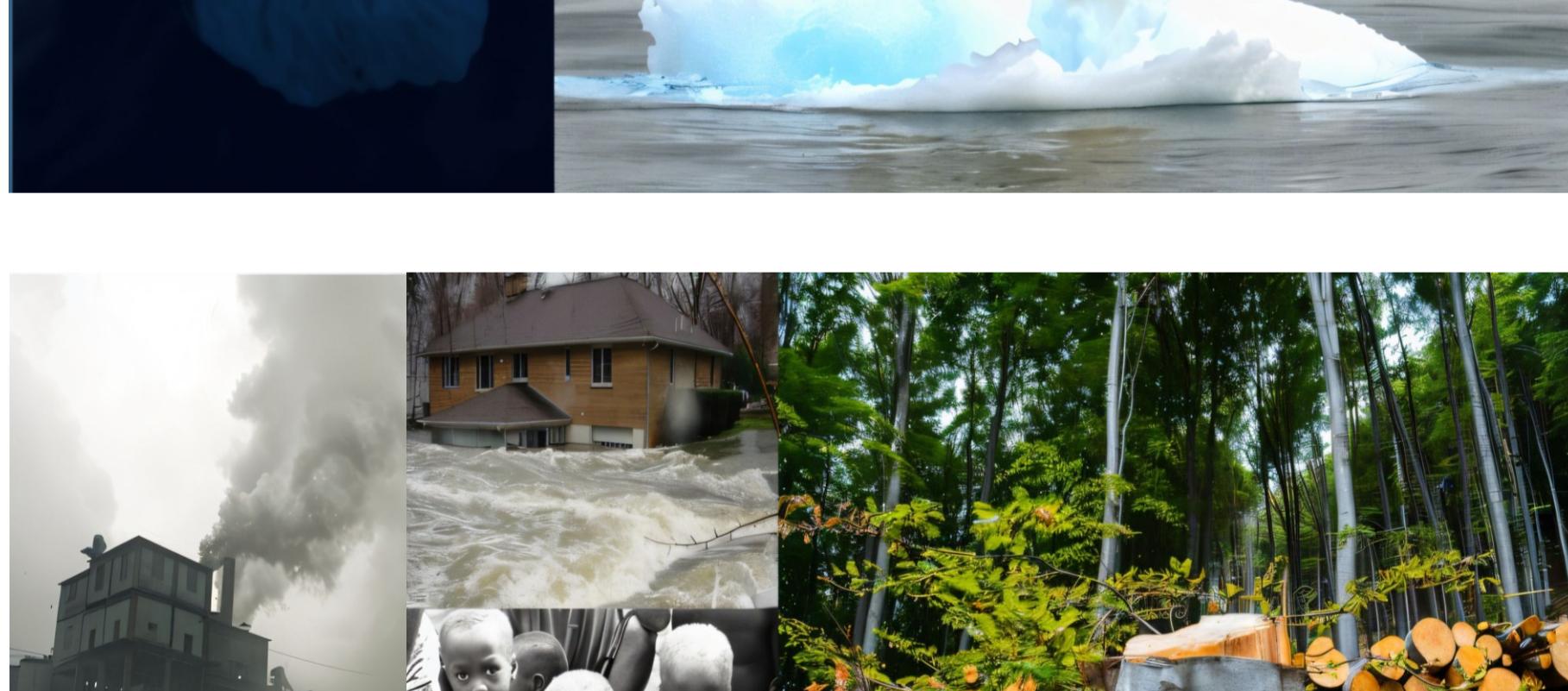
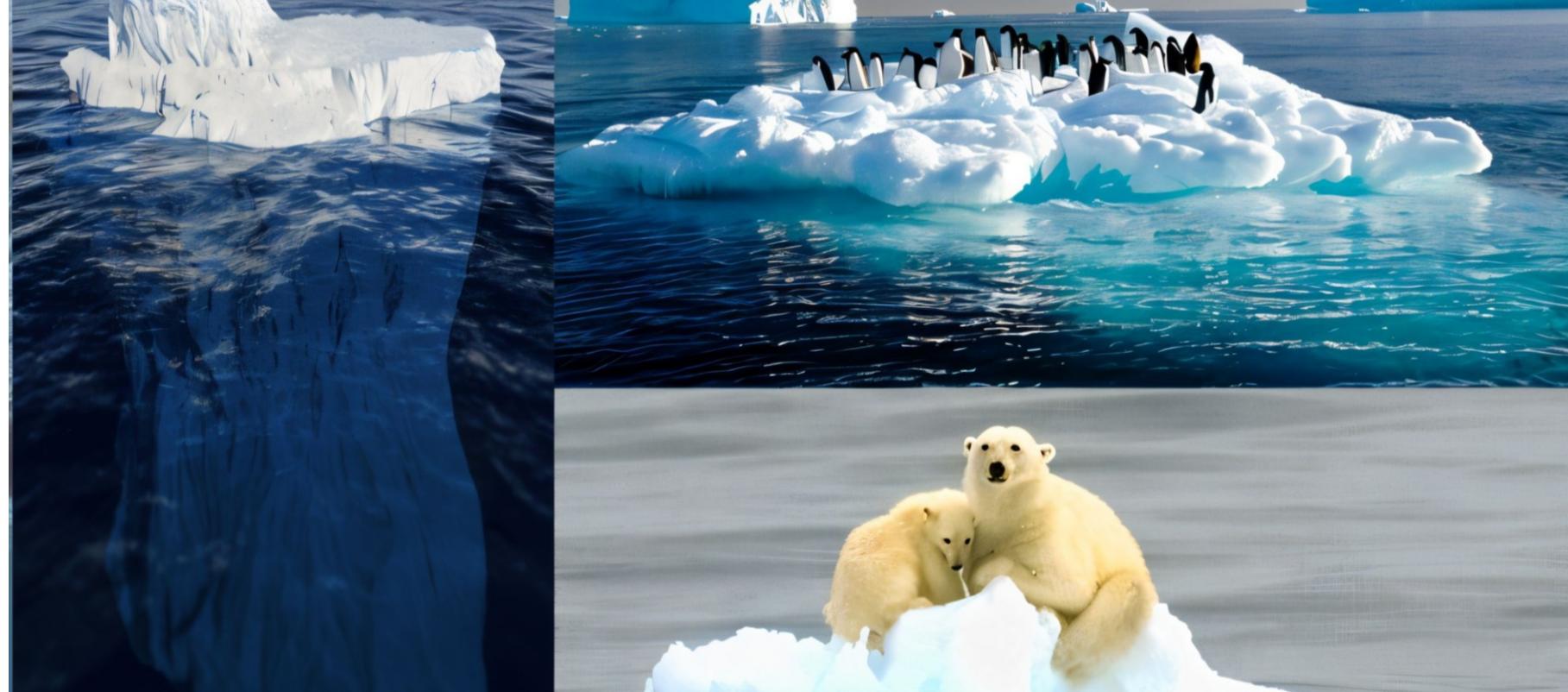
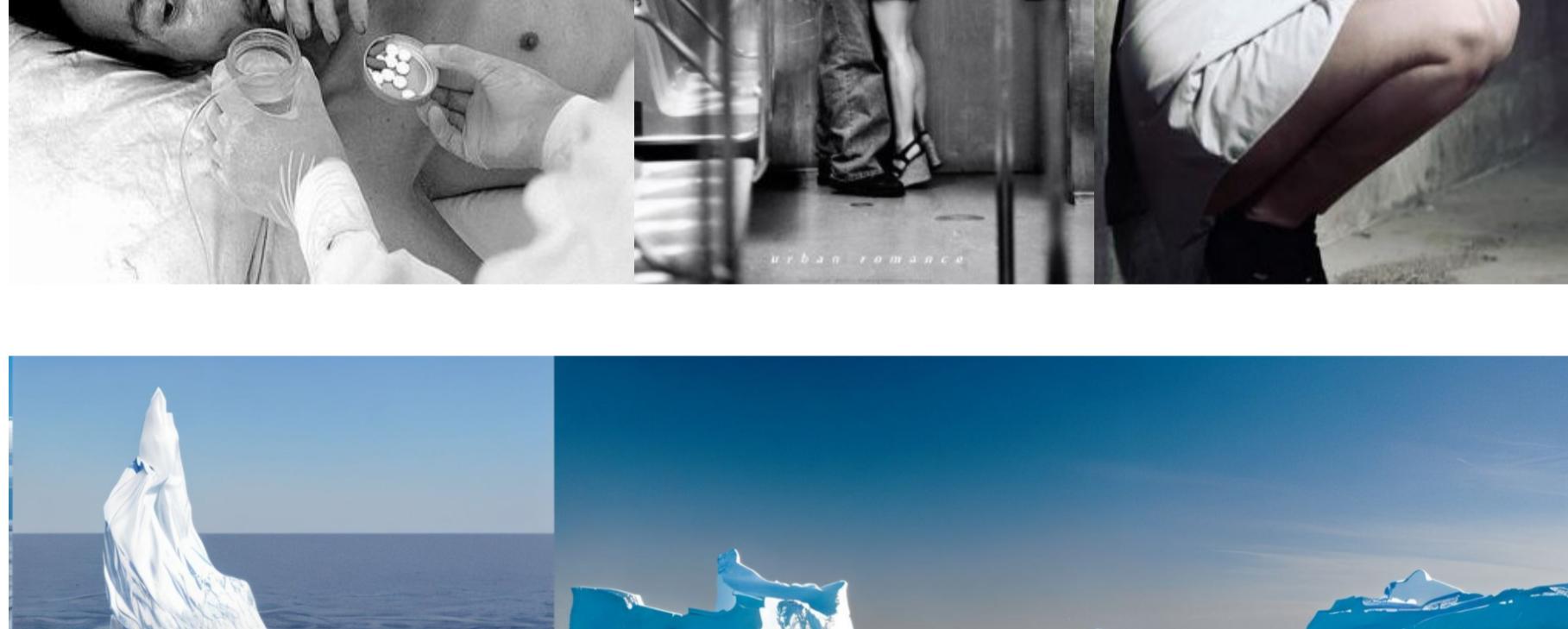
what's real Life education...?

who do not want to be healthy, happy and financially

contented – a simple Life everyone wishes, however,

in reality why majority of us still facing health,

relationships & finance issues...?



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?

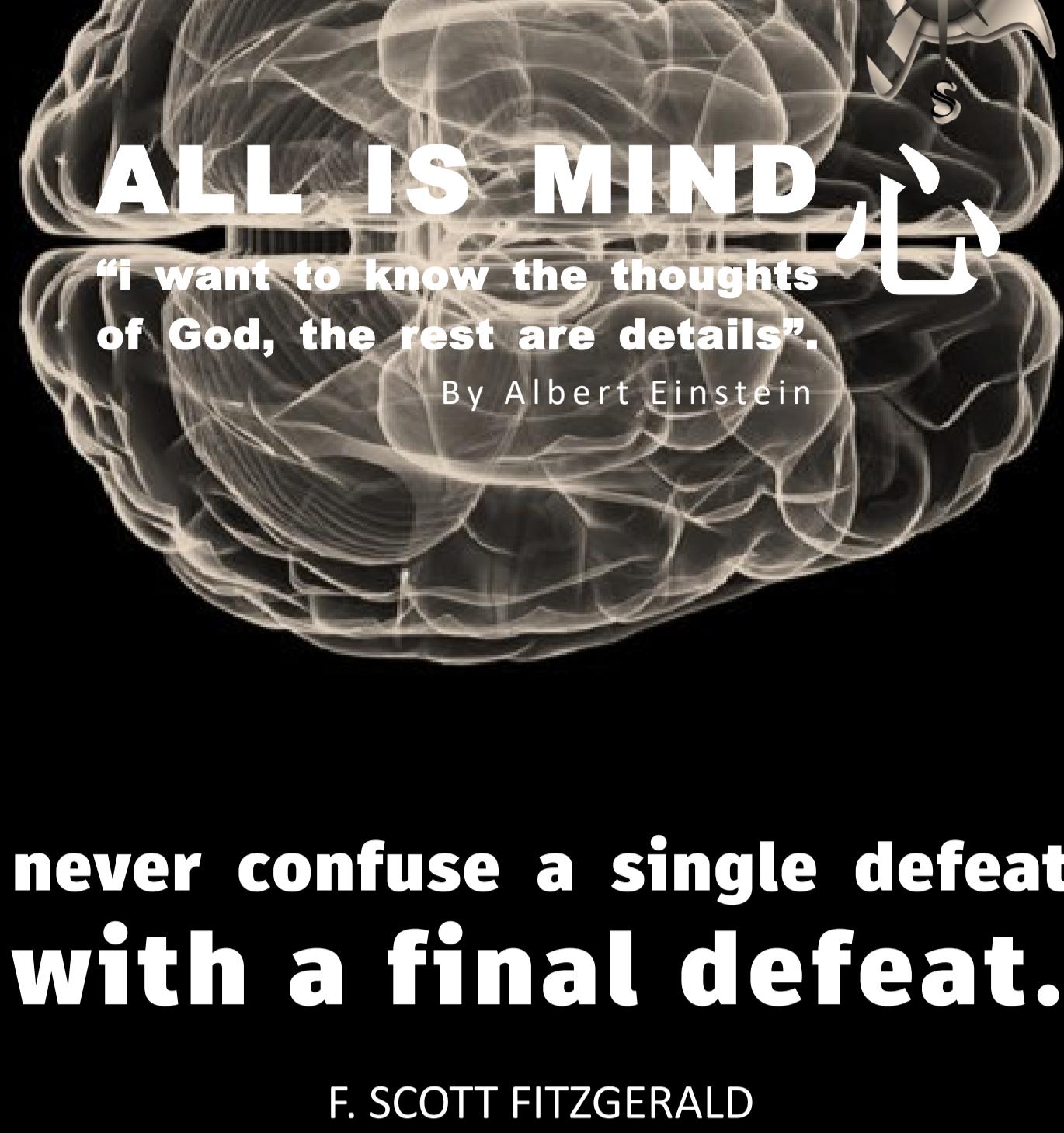
心灵导师
drmind

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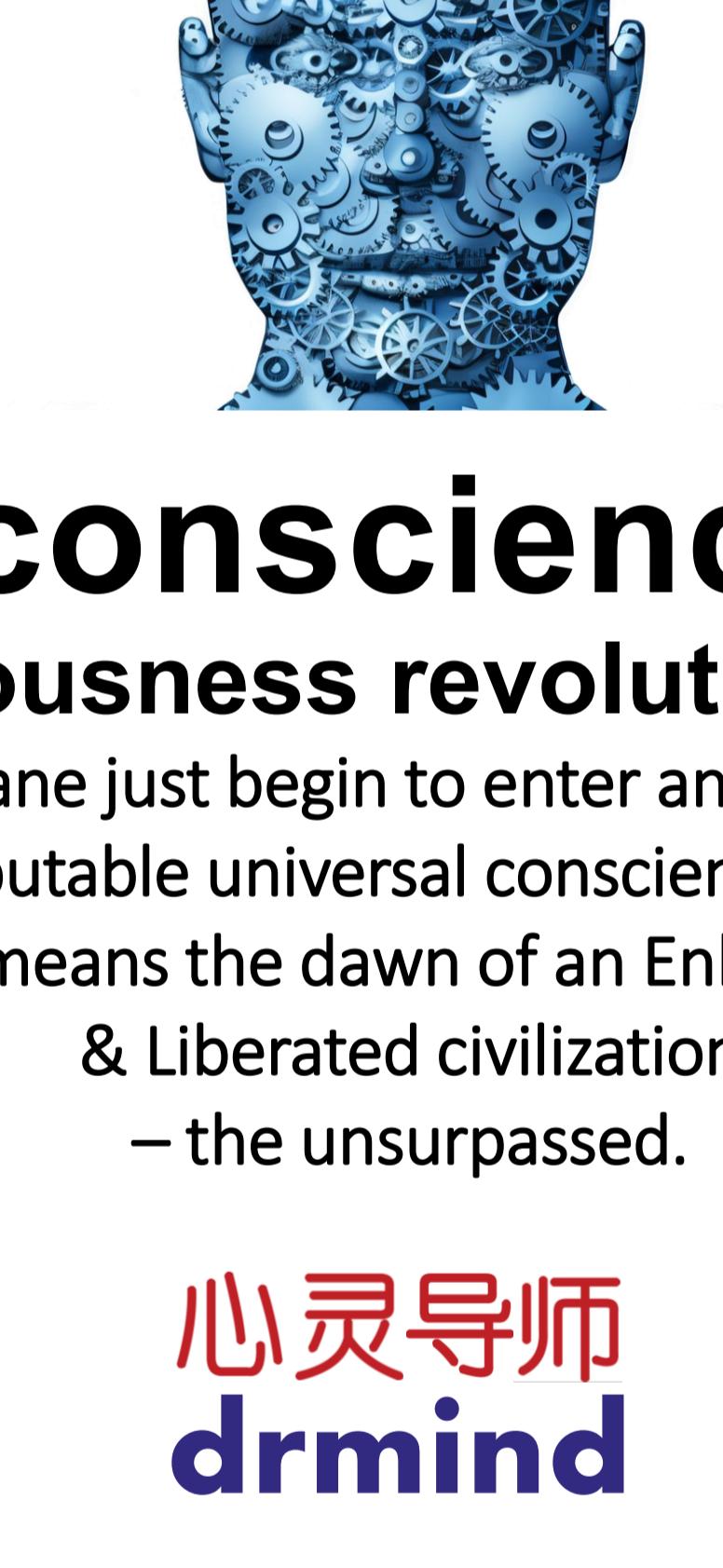
Malaysia National Public Holiday 2026

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**never confuse a single defeat
with a final defeat.**

F. SCOTT FITZGERALD

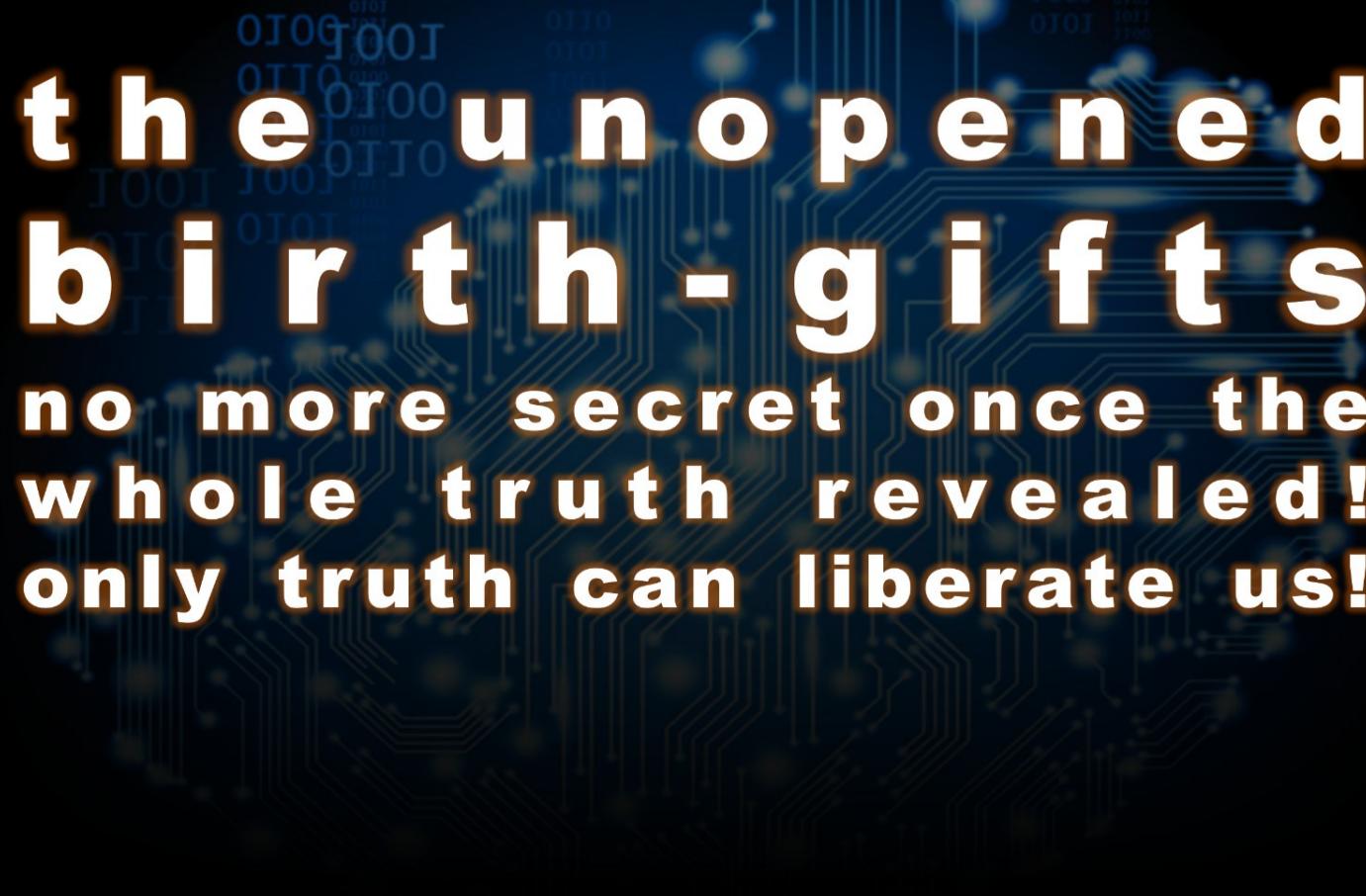


**conscience
consciousness revolution, why?**

humans 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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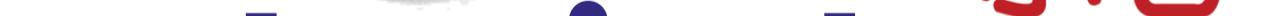


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January							February						
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导心
drmind 师灵

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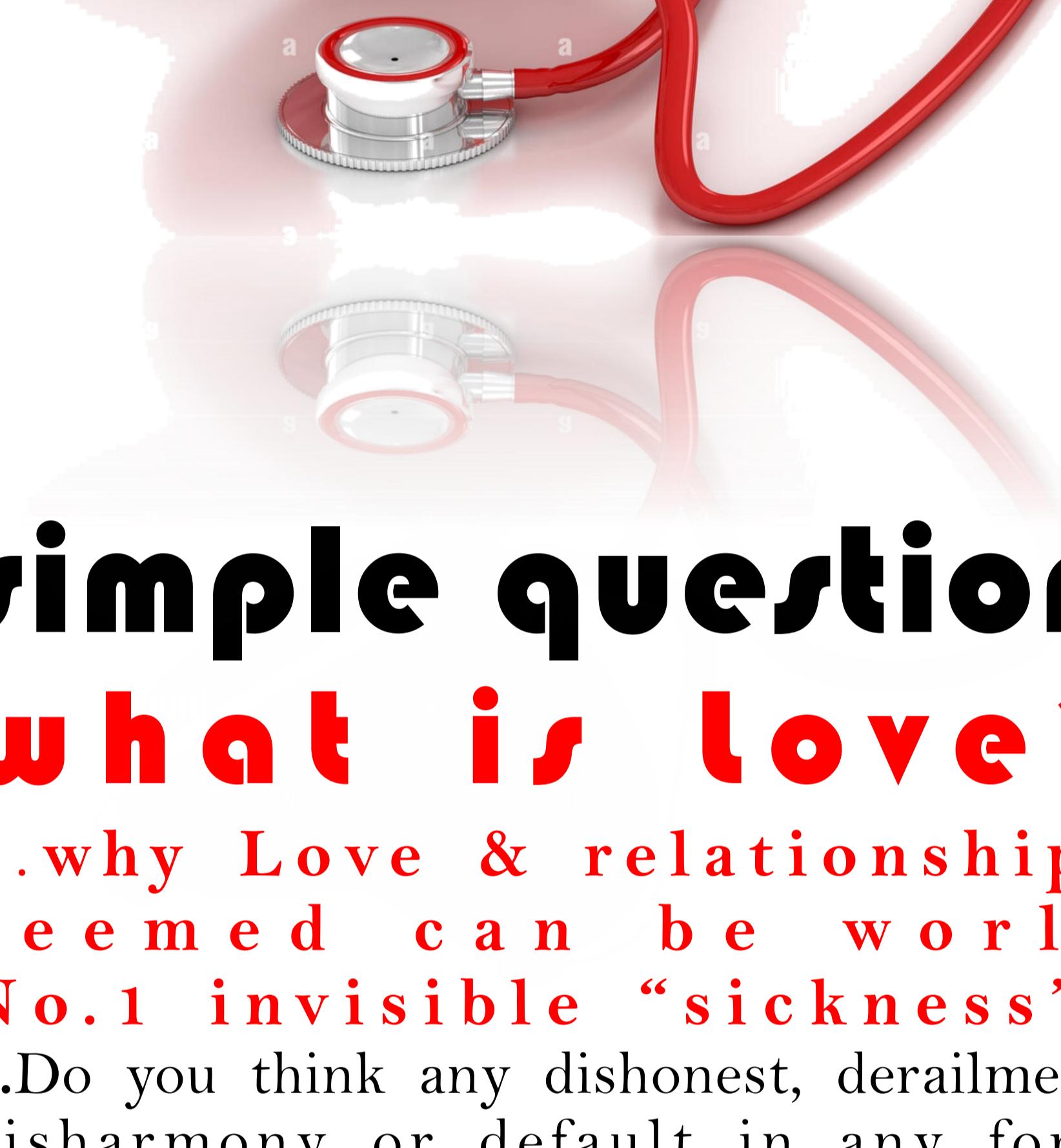
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Love & relationships what are ours

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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29	30						27	28	29	30	31		

Malaysia National Public Holiday 2026

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1-Feb	Thaipusam	1-Jun	Wesak Day Holiday
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- EQ & mind-mastering
- EQ & character growth
- EQ & parenting

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THE HUMANE revolution

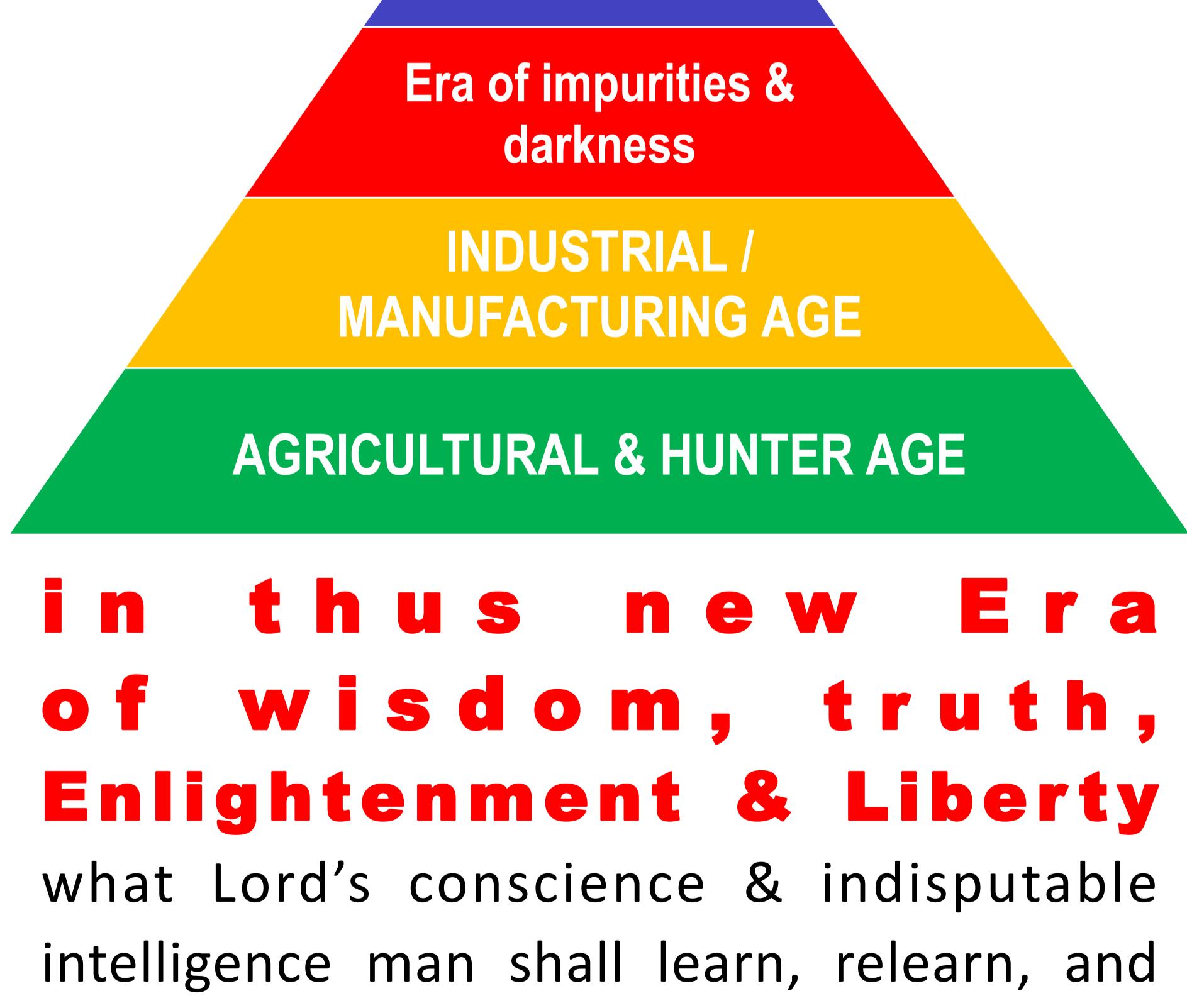
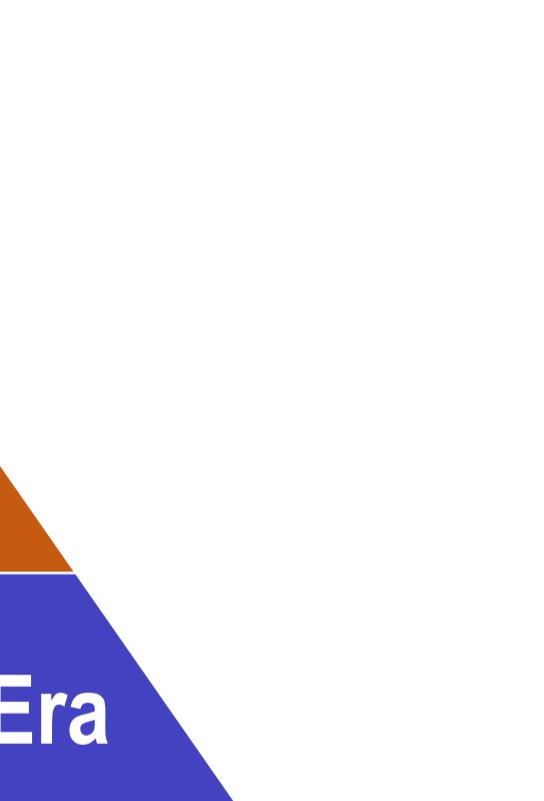


s o m e t h i n g , s o m e w h e r e
w e n t t e r r i b l y w r o n g !

Education
is not
the learning
of facts,
BUT
the training
of our
mind to
think.
- albert einstein

CONSCIENCE INTELLIGENCE

Educating
the mind
without
educating the
heart 心
is no
education
at all. ~ aristotle



drmind 心灵导师

2026 calendar

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	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	2	3	4	5	6	
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							30	31					
September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	1	2	3	4	5	6	
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		

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real Life Education courses:

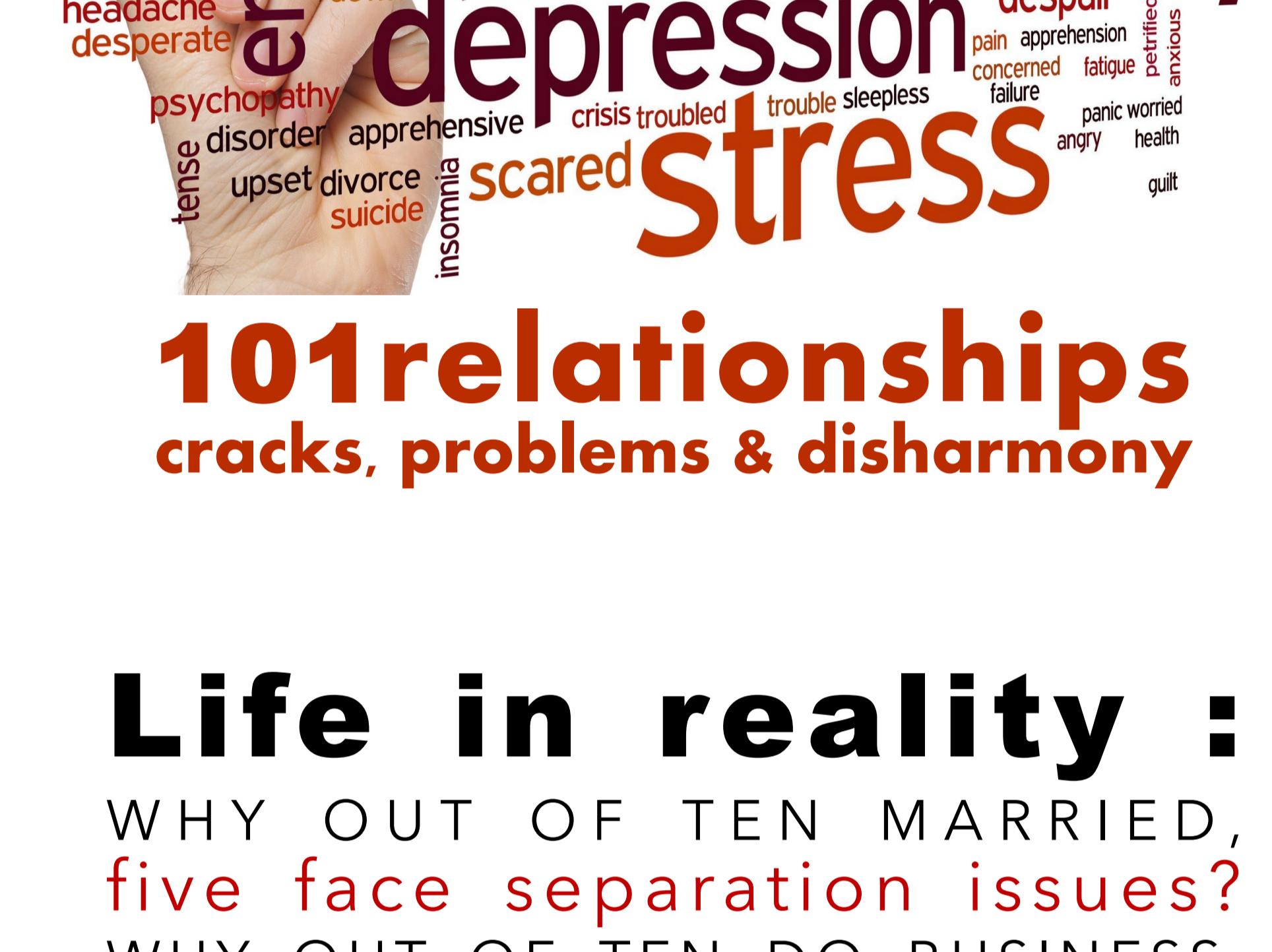
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of Life right now
is that **AI & science**
gathers knowledge &
technologies faster
than society gathers
wisdom. ”

~ Issac Asimov

Illustration • **afraid** • **paranoia**



WHY OUT OF TEN DO BUSINES
nine face surviving difficulties
WHY OUT OF TEN relationship
nine unable to live harmoniously

WHY OUT OF TEN COMMERCIAL ideas,
nine on defective path?
WHY OUT OF TEN LEADERS,

nine failed to perform wisely?

A SMOOTH

A SMOOTH SEA NEVER MADE A SKILLFUL

Middle of a Series sailor

A stylized anchor icon with two upward-pointing arrows on its shank, set against a dark background with wavy teal lines at the bottom.



of gold, knowledge or technology.

drmind 心灵导师

2026 calendar

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
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						30	31					
September							October						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	
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		1	2	3	4	5	
1	2	3	4	5	6	7	6	7	8	9	10	11	12
8	9	10	11	12	13	14	13	14	15	16	17	18	19
15	16	17	18	19	20	21	20	21	22	23	24	25	26
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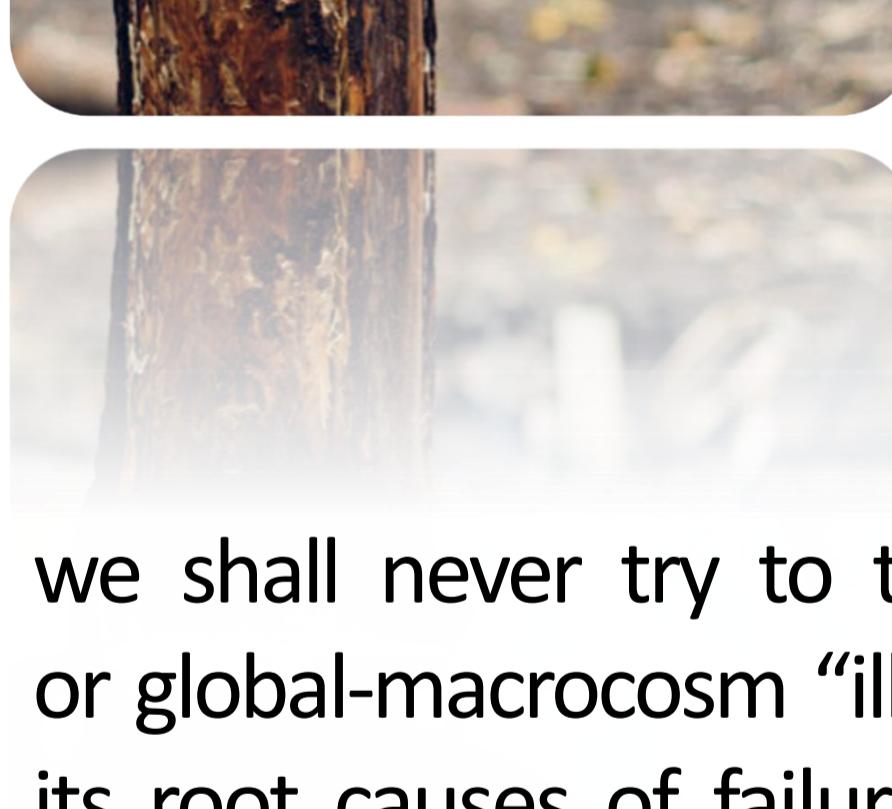
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real Life Education courses never ever taught in any universities!



U - c o n s c i e n c e s i n t e l l i g e n c e

Job - self-Diagnosis
Self-Sovereignty
Leadership
Relationships
Health
Finance



"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!

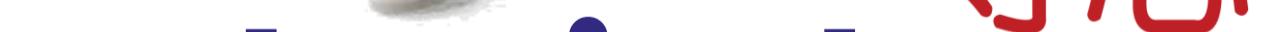
be wise!

2026 calendar

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

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