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BUKIT MERAH
"THE RED FOREST"
PERMATA TERSEMBUNYI DI JERANTUT

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WHEN IT'S TIME TO LET GO

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THE IMPORTANCE OF ARCHERY IN ISLAM

TWIN-TO-TWIN TRANSFUSION SYNDROME (TTTS)



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LIFE

Hoarding through our ups and downs

The meaning of life becomes a whirlwind for some,
and the purpose of our existence is
often seen as cumbersome to figure out.
Some days, life will pick you up and cheer you voraciously
Other days, it will pick you up and throw you down on the ground

Learn to bask in times of glory and at the same time accept times of defeat
Every day is a new day to embrace your failures and successes,
Walk through the shine and the grime and never be afraid
Understand that change is constant,
That today people may worship you, love you, adore you, crave you
In fact, they will put you so high up on a pedestal for everyone to see,
But the same adoration, hype and love may no longer exist tomorrow,
Tomorrow can also be the day they lower you down,
and cease to know your existence

It is YOU and only YOU that can make you feel your best,
Because it is YOU that knows every possible thing about yourself,
Never let anyone define you, put you on a throne or place you at their feet
Life wants to teach you about YOU
So, remember,
The real you will not disguise yourself in grandiloquent ways
Instead, you will be unapologetically imperfect,
albeit never shying from improving yourself

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