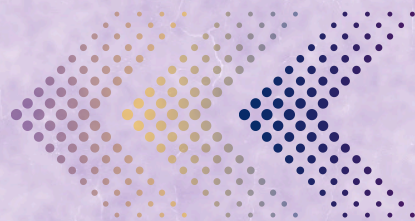




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NEWS AND ARTICLES

Familiar Shadows, Unfamiliar Light

Author: Amirul Fikri Hamdan

Life unfolds through a series of experiences, some behind us and others yet to come. However, many people become trapped either in the past, dwelling on regrets and “what ifs”, or in the future, worrying about uncertainties. In doing so, they create a cycle of suffering fuelled by fears that often exist only in the mind.

The mind is a powerful force. While it helps us navigate challenges, it can also hold us captive to painful memories and limiting beliefs. When suffering becomes familiar, people may choose the comfort of what they know over the uncertainty of change, even when change offers growth.

Breaking this cycle begins with acceptance. Acceptance does not mean forgetting the past or approving of painful experiences. Rather, it means acknowledging them without allowing them to define the future. Through acceptance, individuals gain clarity, resilience, and the ability to move forward.

Like a captain steering a ship through changing seas, we may not control every challenge that comes our way, but we can choose our direction. That direction is guided by our values, whether family, love, personal growth or career. When our actions align with what truly matters, we are better equipped to face adversity and find meaning in our journey.

Ultimately, happiness and fulfilment are not achieved by avoiding suffering, but by learning to navigate it with acceptance, self-awareness, and purpose. By embracing the present and remaining committed to our values, we can move forward with greater confidence and live more meaningful lives.



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