

RESETTING THE TROUBLED MIND

EMOTIONAL EMPOWERMENT as a TOOLBOX for CHANGE

Born 2 years after WWII that killed 65 million people worldwide – what impact had the WWII on her?

The book, **Never A Victim, published in 2022** is her life learning journey into the new global world never seen before. 45 years' experience in mass communication followed by interpersonal communication, the new IT world began. However new challenges continuously emerged. Before the WWII, her husband's family who came to Singapore from Java, Indonesia, running away from the Dutch into British Singapore had enriched her life. Going forward, in 1994, she joined the Regional broadcast Services to Indonesia and Malaysia. With her training in communication in Europe and Australia earlier, she was exposed to the diversity of life and cultures of the world.

In 2010, as she went to the Haj to thank God for the better life in independent Singapore, she realised that the unity of mankind of all backgrounds as in the Haj, was indeed a joy to behold. Seeking peace from God, humility, respecting and trusting each other, all reminded themselves to be forgiving to the cruel past. Cruelty and selfishness due to differences of cultures and backgrounds, humanity had been destroyed. Hatred, anger, fear and other dangerous emotions will only destroy mankind against humanity.

Growing up, a beneficiary of secular education over religious education, free from succumbing totally to 'FATE' said to be ordained by God' she was taught 'sciences' based on the 'cause and effects' of happening in her lifetime. The WWII had brought the fatalistic past with a total control of the people's mind to be challenged!

In 2014, her son in his banking career at 30s won a global recognition to win the Most Promising Young Asian Bankers' Award. With access to several world's top universities in the US, MIT (in engineering), Wharton Business School, Beijing University in China and the University of Indonesia among others, his world can never be the same.

Moving forward into a new evolving global world, the need for humanity to live in peace and not war will continue. The modernisation of SEA that turned ASEAN into a new economic powerhouse will have an impact on our young. Intertwined relationship and leadership will challenge the world continuously. IT and sciences can work in two ways – good or evil. EMOTIONS created by uncertainties, lacking in direction and purpose for humanity will create fear, hatred and anger – altogether 7 emotions identified in her new book as toolbox for Emotional Empowerment - to be launched soon.

How do we manage confusion and havoc in making choices as we move forward?

How do we communicate effectively to ensure peace and progress, instead of frightening

the young or confusing them into escaping reality – abusing drugs, scamming or committing crimes?

In 2022, '**Never A Victim**' was written as a case study of how the author transformed the Hate Culture into one of Empowerment, to live with differences in race, culture and religion. To avoid emotional turbulence in the changing time, understanding each other, just like using our 5 fingers, is a must.

As a sequel, EMOTIONAL EMPOWERMENT is a toolbox for millennials to harness their MIND, EMOTIONS and ACTIONS that might have been taken for granted for so long. We owed a lot to past Singapore leadership who had continuously redesigned businesses and redefined learning for Singaporeans to live in peace. Into the challenging future, parents and community leaders are expected to play equally critical role.

Since **the Dark Age of ignorance and illiteracy**, all prophets were guided by God... the last of them, prophet Mohammad (pbuh) in the 7th century AD received the first message from God in a cave in Mecca, Saudi Arabia - 'READ' or 'IQRA' in Arabic. Its all about KNOWLEDGE.

In the 3rd millennium, PM Lawrence Wong on 15 May 2024 took the oath of allegiance as the new PM of Singapore. We see another step forward in managing change as it is the only constant in the continuously changing time.

The book EMOTIONAL EMPOWERMENT to be launched soon is given FREE with the purchase of **Never A Victim by Leading from Within** at \$43/- only.

Sale proceeds will go towards rewarding millennials - as prizes - for competitions to be organised for them to present their own stories – to be future ready.

Zainab Rahim

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