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Mike Lowe And Inayah Wahid: Healing the Past for The Future

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By: Silverius CJM Lake

This week November 28, 2025, Character Building Development Center (CBDC) and Initiatives of Change the Trustbuilding Program show a relevant workshop in R305, Anggrek Campus, Binus University. Those two centers have a similar program in building character and trust. Seeing the topic, “Healing the Past, Hope for the Future”, it is known that people can get the light of life every single day. Integrating Mental Health into Trustbuilding promotes inner healing and resilience for sustainable development peacefully.

Manager of CBDC, Dr. Frederikus Fios, S.Fil. M.Th. was very clear in implying that the topic was relevant to build character and trust. Both Dr. Frederikus Fios and Dr. Petrus Lakonawa S.S. M.Th. stressed the mental health and peaceful life in their welcoming speech. The two speakers of workshop, Mike Lowe and Inayah Wahid in the workshop really created good condition to participants for focusing on “Healing the Past, Hope for the Future”. The first speaker, Mike Lowe invited audiences to see many problems in the past including the colonization. Then, he talked how to solve those problems for example to end the colonization, to ignore the ignorance through education. However, the second speaker, Inayah Wahid talked and interpreted peace and trust.

As has been mentioned above, Mike Lowe said that conflict, war, colonization, should be ended because of the social and humanity impact. Disorder and disharmony can be solved by education. The education of the heart will give the solution. The reason is related to the heart, and the heart works by listening in the silence. Mike Lowe invited us to see the world and crisis of mental health or mental disorder. He stressed that crisis of mental happen all over the world including Australia and Indonesia. His points are when the mental health disorder grows, listen to the heart and penitent become important. It means consequently connecting with God through the deepest self. Therefore, heart and emotion are acknowledged widely in every field of life and work, even in marketing.

The next speaker, Inayah Wahid gave arguments of her late father President Abdurahman Wahid as a figure of process in development. He always did everything in the context of process. Interpreting the context, to get peace and trust based on doing the process. At the same context, heals yourself and heals world need process. Inayah Wahid has tried to convince us that in the light of the heart and the spirit of the process, peace and trust can be built then be achieved. Under Mike Lowe and Inayah Wahid, this workshop proposed values of mental health, peace and trust. Hopefully and Best for the People.

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