



**AKASHA**  
Learning Companionship  
Association of Malaysia  
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Chief Editor: Fam Siew Khieng  
Executive Editor: Nandor Lim  
Assist. Executive Editor: Lim Kai Leng  
Layout Designer: Lee Pik Fung  
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AKASHA Learning Companionship  
Association of Malaysia

## Recognising Limits Issue Virtue in Action

# The Akasha Quarterly Newsletter!

# A New Beginning · A New Chapter

Dear Readers,

We are pleased to announce that the Akasha's Newsletter is officially back in circulation, after going on hiatus earlier.

In the past few years, the publication was put on hold due to the Covid-19 pandemic and shortage of man powers. During that time, the global pandemic posed unprecedented challenges to everyone and forced many plans and goals to come to a halt.

Since the Covid -19 pandemic has ended and Akasha is gradually returning to its normal operations, we finally have the opportunity to resume the publication of the quarterly newsletter. We understand this newsletter is not only an important communication platform for members of Akasha, but also a crucial tool for highlighting achievements and advancing public welfare initiatives. Therefore, Akasha has decided to

revamp the content, format, and publishing frequency, providing in-depth reports on our activities, notices of forthcoming events, and fundraising plans. We also encourage everyone to take part in the various community service efforts, allowing each reader to clearly understand the latest updates from Akasha. We will ensure that each issue aligns with our readers' interests and the mission of Akasha.

Throughout this time, we deeply appreciate your anticipation and support. Now, we are returning with a more proactive attitude and more diverse content. Thank you for your patience and support, and we hope this newsletter will continue to be a valuable platform for gaining knowledge and sharing experiences.

Let us look forward together to a brand-new chapter of the newsletter and thank you for your continued support and companionship!

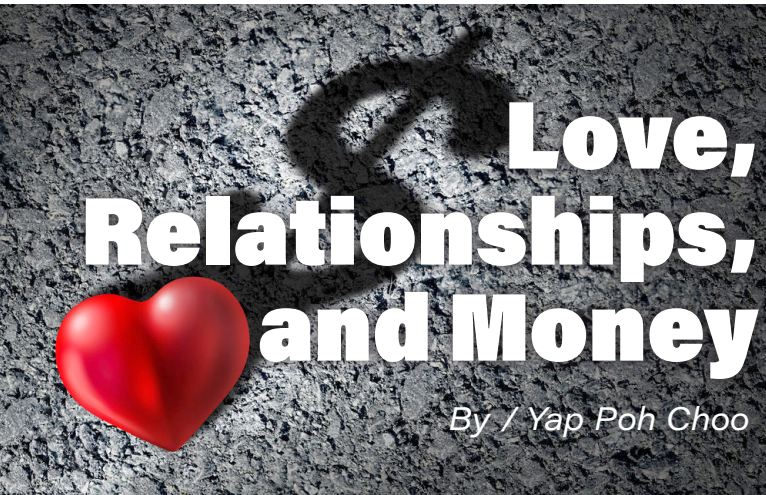
**AKASHA Learning Center** Since its establishment in 2005, the AKASHA Learning Companionship Association of Malaysia (AKASHA MALAYSIA) was officially registered on 14 June 2011 with the Registry of Societies under the Ministry of Home Affairs. It is a non-religious, non-governmental, and non-profit organisation established in Seri Kembangan, Selangor.

Akasha is founded on the mission to challenge individuals to "Learn From Life," embody the principle that "Change Begins With Me," and become instruments that "Inspire Life Through Life." Ultimately, it seeks to promote the development of learning communities both locally and internationally, encouraging people from all walks of life to participate in building a harmonious and thriving society.



A perfect day with bright sunshine, clear skies and a gentle breeze, making it ideal for a fresh start. We have renewed our signboard, which has been with us for the past 7 years. Thank you for being with us on this journey.

*I Learn, I Change, I Share ~ Let our life become an offering to the world!*



This was my first time attending a workshop session with Teacher Nandor and Teacher Weny, and I was deeply moved by the methods applied in the sessions. The projection of objects, people, emotions, and senses—it felt like a dissection of the inner psyche.

What made this time different from my past experiences was that I no longer felt the fear and anxiety I used to have before class (the fear of facing my own issues). This time, I chose to surrender myself, ready to confront my inner world—whichever version of myself I encountered, it is still me. Throughout the learning process, I noticed how often I got emotionally stuck,

especially in my career or work. I frequently felt pulled in opposite directions—torn and conflicted—leaving me discouraged, emotionally drained, feeling like a failure and eventually, engulfed by lack.

I came to realise that part of the reason for this was due to many “unfinished business” in my past that I needed to process. Only by addressing them could I truly expand and blossom. I also realised that, **time alone does not heal the past**, where I had been deceiving myself, thinking that time would erase everything—it doesn’t. Only when I truly see myself and love myself can my inner being be complete.

Love, money, and relationships all need to flow—they need to be unblocked. Our relationship with our inner self, our sense of self-worth, and our belief that we are worthy all need to be cultivated. My deepest takeaway from these two days of learning was:

***“I am truly worthy of living a good life.”***

After the workshop, I no longer felt the heaviness and anxiety of the past. Instead, I felt valuable, I am worthy of love, I can receive love from others, I am worthy of kindness. I no longer feel the need to constantly please others. My heart is full of confidence. From here, I will learn to complete the “unfinished business” that have been accumulating in my past. I’m grateful for this discovery.



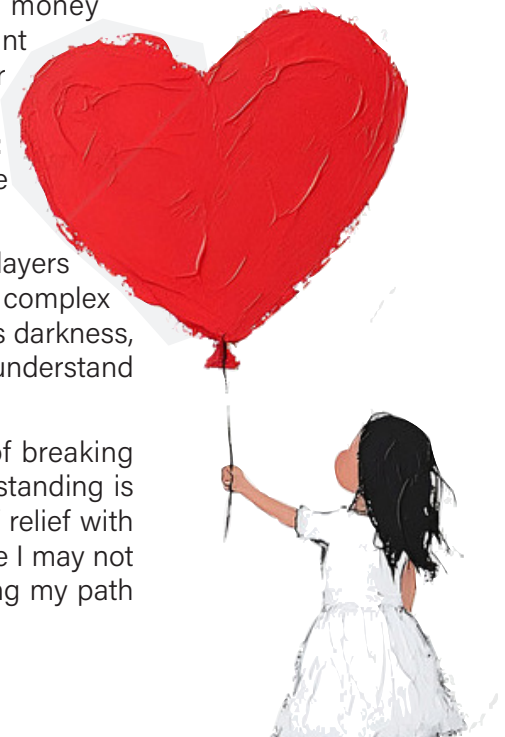
## Discovering Freedom Through Pain and Love

By / Wong Mei Lee

After participating in the workshop, it felt as though my heart had gone through a profound cleansing. Since childhood, I had been taught that “having more money means being happier.” As I grew up, I unconsciously came to equate the amount of money I had with the quality of my life. However, the psychodrama over these two days made me realise that what truly makes us feel empty or lost isn’t the lack of money—but rather, our intangible wealth that we overlooked: love, understanding, companionship, and the sense of fulfilment within, in the pursuit of money.

Facing the truth often brings pain and suffering. As we begin to peel back the layers of fear and anxiety hidden beneath our desires and expectations, a surge of complex emotions may arise. As life always has two sides—similarly there is light versus darkness, and joy versus pain. Only by experiencing and overcoming pain can we truly understand the meaning of happiness.

The psychodrama taught me that self-understanding is the starting point of breaking through our misconceptions. It helps us see our true inner needs; and understanding is about showing compassion—both to ourselves and to others, and a sense of relief with each deep breath. **Reconciliation is an even deeper form of liberation.** While I may not have fully reached these states yet, I am willing to have them as goals, guiding my path of growth even further.





# 2025 The 13th Little Seed Children Programme Comprehensive Report

By / Nandor Lim

The 13th Little Seed Programme in 2025 was a four-day journey filled with laughter, learning, and deep connections. Held during the Chinese New Year period, the camp provided children with an immersive experience that combined cultural education, outdoor adventure, creativity, and personal growth. Through carefully designed activities, participants not only explored traditional customs and values but also developed skills in teamwork, problem-solving, and self-reflection.



## A Vibrant and Engaging Camp Experience

Each day began with the Five Elements Health Routine, an exercise session that energised the children and set a positive tone for the day. Culinary experiences played an essential role as well, as children actively participated in food preparation, fostering independence and teamwork. One of the most anticipated meals was the Hainanese Chicken Rice on the final day, a long-standing tradition at the camp's closing.

A highlight of this year's camp was a special session on Chinese New Year traditions, where children explored the lunisolar calendar, 24 Solar Terms, and ancient Chinese timekeeping methods. This hands-on learning experience deepened their appreciation for cultural heritage, particularly in understanding the interplay between astronomy, agriculture, and daily life in traditional Chinese society.

Creative expression was



another key component, with workshops in red envelope crafting, New Year painting & calligraphy, crochet, paper cutting, and clay modelling. These activities encouraged participants to channel their artistic talents while engaging with cultural motifs.

Outdoor activities provided moments of excitement and adventure. The "Monopoly" team challenge, a large-scale strategic game, was met with overwhelming enthusiasm, testing the children's teamwork, quick thinking, and adaptability. Meanwhile, beach outings allowed for relaxation and play, strengthening bonds among participants and volunteers alike.

Evening programmes, such as Creative Night, gave campers a platform to showcase their imaginative talents. One of the most memorable performances was Feng Shen (The Sealing of the Gods), a play that cleverly reinterpreted the legendary story with an unexpected and humorous twist, leaving the audience in awe.

## Fostering Growth, Reflection & Connection

The final morning was dedicated to self-reflection and commitment, where participants wrote about their key





takeaways from the camp. Many noted that their biggest learning experience was Chinese New Year traditions and outdoor adventures, particularly the Monopoly outdoor game challenge and beach activities.

To recognise outstanding participation, 12 children received awards for creativity, teamwork, courage, initiative, and improvement. Meanwhile, senior volunteers worked tirelessly behind the scenes to sort and return materials, ensuring a smooth conclusion to the camp.

The farewell scene was filled with heartfelt goodbyes, as parents arrived to pick up their children. Seeing the joy and growth in each camper was a deeply rewarding experience, reinforcing the importance of such programs in nurturing young minds and hearts.

### The Spirit of Continuity & Gratitude

As I reflect on this experience, I see the beauty of generational continuity. Many of today's young volunteers were once campers themselves, and now, at 14 or 15 years old, they are stepping into leadership roles. Watching them mentor the younger generation, I am reminded that true learning is passed down through meaningful relationships, sparking a cycle of growth and inspiration.

I extend my deepest gratitude to all who supported the 13th Little Seed Children Programme—volunteers, donors, and long-time partners like Mr. Liang Shan Wei, owner of Donach Vacation Home, who has generously provided us with a venue since 2006. As of 24 February 2025, a total of 4,459.75 MYR in donations has been received, allowing us to offer this experience at an affordable cost while maximising its impact.

The Little Seed Children Programme is more than just a programme—it is a nurturing ground for young hearts and minds. With each passing year, we continue to cultivate bonds, values, and lifelong memories. As we look forward to the 14th edition, we carry with us the spirit of learning, growth, and love, ensuring that the seeds we plant today will blossom into a brighter future.

Little seed, see you all next year.



## The Child's Stress, or the Parent's Stress?

Main speakers : Teacher Fong Yimi  
Teacher Lim Chuan Tze

In conjunction with the Primary One's Orientation Day of Sekolah Jenis Kebangsaan (Cina) Serdang Baru 2 on Friday, 14 February 2025, Akasha invited to give a talk to 257 parents of the newly enrolled students. The topic of the talk was: "The Child's Stress, or the Parent's Stress?" The main speakers for this session were Teacher Fong Yimi and Teacher Lim Chuan Tze.



Before the talk began, the teachers invited the attending parents to share their thoughts and concerns about their children's stress in relation to the start of the school year. Following that, the teachers provided a clear and accessible analysis of common symptoms in children under pressure, and how parents can respond and manage these situations appropriately. For example, building a strong trust-based relationship, creating open lines of communication, and developing a support system—all of which can help children gradually adapt to a new environment and receive timely emotional support.



More importantly, parents also need to learn how to recognise their own anxiety and stress, and improve their self-regulation skills. This helps reduce their own pressure or encourages them to seek professional support in managing these emotions. After all, only when parents are emotionally grounded can they effectively support their children through this transitional phase.

The talk concluded successfully at 10:40 am







2025 五天四夜 5Days4Nights

第2屆+學習型社群國際生命工作大會（馬來西亞）  
The 2nd + Learning Community International Life-work Conference (Malaysia)

四 29.05 → 02.06 Mon  
Thu

生命的重建

從一個人到一群人

Remaking my Life

Together, We Move Forward

Espira Kinrara  
Puchong, Malaysia

中 Mandarin

英 English

如有任何疑問 / Enquiries,

中文 +60 16-331 8763 (Karen)

英文 +62 877-7524-0478 (Hayati)

陪伴

Accompany

和解

Reconciliation

信任

Trust

主辦單位 Organiser:



馬來西亞 AKASHA 學習型社群發展協會  
AKASHA Learning Companionship Association of Malaysia  
(PPM-012-14-14062011)

協辦單位 Co-Organiser:



Indonesia  
Initiatives of Change  
Sekolah Rekonsiliasi

報名截止

Registered by  
30/04/2025



Would you like to experience a transformative learning conference that transcends race, religion, culture, and language?

Do you seek to witness real-life journeys of personal and collective transformation while engaging in deep life exchanges with friends from all over the world?

The upcoming 2nd Learning Community International Life-work Conference (Malaysia) offers you the opportunity to broaden your horizons, listen to inspiring life stories, and experience the profound healing power of companionship, reconciliation, and trust.

Co-organized by AKASHA Learning Companionship Association of Malaysia and IofC Indonesia-Sekolah Rekonsiliasi, this international conference will focus on the ART of:

📍 **Accompany** – Healthy and meaningful relationships are built on mutual support and cooperation, not selfishness and competition.

📍 **Reconcile** – Courageously face our past trauma, acknowledge and understand it, and allow our lives to transform by making peace with it. Life's challenges are meant to be understood rather than merely solved.

📍 **Trust** – Truly believe that everything in life happens for a reason, and trust in its purpose.

This event aims to provide participants with a global perspective, strengthen international dialogue on moral and spiritual growth, and establish a strong foundation for learning communities worldwide. Ultimately, it seeks to lay the foundation for Malaysia to become a hub for adult learning in Southeast Asia while supporting and integrating international collaboration and development.

5 days 4 nights

The 2nd+Learning Community  
International Life - work Conference  
(Malaysia)

**Remaking my Life**  
**Together, We Move Forward**

Date: May 29 – June 2, 2025  
(5 days, 4 nights)

Venue: Espira Kinrara Resort, Puchong,  
Selangor, Malaysia

Online Registration:  
<https://forms.gle/7mbZw3YNSaVHVJEz8>

Registration hotline:  
+6016-3318763 (Chinese enquiries) or  
+62-87775240478 (English enquiries)

Join us for an enriching and transformative  
experience!

For more information, visit our website: <https://en.myakasha.org/lcilwc2025/>, or follow our  
FB event page: <https://web.facebook.com/share/12BUU33vean/>

## BE A PART OF SPREADING HOPE



### Make hope a habit—become a monthly donor

#### Allowing Our Services to Reach Deeper into All Levels of Society

For many years, the Malaysia Learning Community has been devoted to improving the moral fabric of society, through a wide range of initiatives such as family life camps, effective life training, "Change Begins with Me" conferences, youth programme, the SEED Project, the RISE Initiatives Holistic Science Life Creative programme, and many more, we have strived to make a lasting difference.

However, changing the social climate is a fundamental effort—one that does not yield immediate results. Yet, these fundamental efforts are essential and should not be ignored. Over the years, we have remained steadfast on this path, persevering through challenges while gradually witnessing positive outcomes, along with receiving encouragement and affirmation from many.

Looking ahead, the continued development of our centre will require more human resources, financial support, and active participation in learning. We hope that in this initiative, we may work together, grow together, and share together—allowing this social movement to continue benefiting everyone while providing more families with valuable learning opportunities.

#### Donation Methods

**01** Contribute to the living allowance for full-time life workers

- Nandor, Wenry and Lim's family
- Lim Kai Leng

**02** Be one of the 200 units of RM50 donations each month for a period

**03** AKASHA Learning Companionship Association's administrative and operational expenses for association development

- Cheque payable to [AKASHA MALAYSIA], please indicate your name and contact details on the back of the cheque
- Bank transfer details: Bank – Public Bank Berhad  
Account name – AKASHA MALAYSIA  
Account number – 3170237727
- QR Payment

*Shall you require further details, please feel free to reach out to Akasha Learning Center @ Taman Equine, Seri Kembangan, Selangor 03-8958 6877 or 016-331 8763*

Your generous support has been invaluable to us.  
Your contribution helps us take meaningful steps towards a better future.

