



AKASHA

Learning Companionship
Association of Malaysia

ENE003-2025-7-9

2025 July-September | Autumn Edition

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E-Publishing:
AKASHA Learning Companionship
Association of Malaysia

Establishing Humanity Issue Virtue in Action

*In this fast-changing era,
having a place where life can slowly ferment
is a rare kind of blessing.
For me, AKASHA is just such a place.*

Guarding and Growing This Jar of "Pickled Vegetables" Together

— From Bystander to Companion: Letting Lives Soak and Ferment Together

Authored by Isabelle Fam

(The President of AKASHA Learning Companionship Association of Malaysia)

Translated by Chuah Soo Wah (Setia Alam)

My connection with AKASHA began with my mother.

She was deeply moved by the transformation she saw in my younger brother after he attended the Seed Camp, and she led our whole family into AKASHA's learning circle. At first, I was just a bystander, not understanding why my mother was so dedicated to it. It wasn't until her passing that I began to learn actively—learning to take responsibility for my own life. And in this space, I gradually found support and companionship.

Along this journey of learning, I've experienced resistance, confusion, and inner struggle. At times, I even questioned: "Why keep revisiting past wounds?" Yet with the companionship of teachers and classmates, I gradually came to understand— purpose of life's learning isn't to reopen old scars, but to heal, to integrate, and to discover new strength from within. I've learned to truly see myself, to understand the order within my family, and to take on my own role and responsibilities. Though these processes haven't been easy, they've helped me slowly reconcile with myself, and face life's challenges with greater courage.

My mother once described AKASHA as a jar of pickled vegetables. Every life that enters is like an ordinary leaf of mustard greens—simple, unassuming. But if it's willing to soak, it slowly transforms, fermenting into something rich and uniquely flavorful. That metaphor left a deep imprint on my heart because I, too, am a witness—someone who has been gently steeped and gradually changed within this very jar

~~ Isabelle Fam

What makes this pickling jar special is its need for time and environment.

Fresh vegetables enter with their own shapes and colors. But through long immersion and quiet blending, each one eventually releases its own distinct aroma and taste. Learning in life is much the same : Transformation doesn't happen in a few classes. It takes time— consistent soaking, on-going growth — Only then can we truly witness the deep, lasting change of a life.

Inside this "pickling jar," each person is distinct— Yet

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

through companionship and mutual support, we begin to resonate with one another.

I've witnessed classmates who started out silent, afraid to speak, and over time, found the courage to share their life stories. Others came burdened with resentment toward their families, but gradually opened their hearts to understanding and acceptance. These transformations didn't arise from teaching alone, but from a learning circle where a community listens unconditionally and offers support without judgment. It is within this atmosphere of safety and companionship that a life finds the courage to unfold honestly, confront its inner truths, and begin the journey of healing and becoming.

Today, fifteen years have passed. I've journeyed from being a quiet observer to someone willing to contribute and walk alongside others. I know deeply that guarding this "pickling jar" is not mine alone to carry. Its existence isn't just about preserving a learning format — It's about creating space for more lives to enter, to be seen, to be understood, to be respected, and to be supported. And to discover their own flavor and strength in this slow, ongoing fermentation process.

More than anything, I hope this place becomes a home where love is felt. Where every life can be healed, nourished, and illuminated.

As the saying goes:

"If you want to go fast, go alone. If you want to go far, go together."

The journey of learning has never been a solitary one— It is a shared path of presence, of growth, of becoming.

May we continue to guard this pickling jar, let it remain a place where lives meet, heal, and bloom— Because we believe: Every leaf, every life, deserves to ferment into its most unique flavor.

Learning Life Lessons from Sorrow

Authored by Ling Kiong King (Serdang)

Translated by Feng YX (Taiping)

Illness — A Reminder from the Body

After completing this course, I've gained a new understanding of illness. When our body develops problems, it's actually sending us a reminder to pay more attention to our physical condition and inner needs, rather than ignoring or suppressing those signals.

In the past, whenever I had minor aches or discomfort, I would just take some over-the-counter medicines and push through, thinking that it would go away. But this course made me realised that these seemingly minor symptoms often carried deeper messages. They are the body's way of saying, "Listen to me, take care of me."

Learning Awareness — Reconnecting with Myself and Caring Others

What impressed me most in this course was discovering the importance of awareness. I realised that I used to live on "autopilot," neglecting my body's needs and my inner voice. Now, I've started practicing mindfulness — noticing changes, understanding the warning signs sent from my body, and re-examining my relationship with health.

This new awareness has also extended to how I care for my family and friends. Many people around me often neglect their bodies and emotions due to work and life stresses. Seeing this has deepened my understanding that health isn't just a physical condition — it's about caring for both body and mind.

Growing Through Pain — Learning Self-Compassion

The greatest insight I've gained is an awakening of **self-compassion**. Taking good care of myself is not just about resting sufficiently; it also means giving myself emotional and psychological support. When I began to truly care for myself, I find a better balance amid busy days and subsequently feel more fulfilled internally.

This course has taught me that **pain is not meaningless** — it's often the beginning of growth. Through this reflection, I've become more aware physically and more mature emotionally. I'm now more willing to face life's challenges with a positive attitude and to see every obstacle as a valuable lesson that life offers me.

Life Reconstruction - Reflection of "The Healing Power of Illness"

Hope

Authored by Cheong Yoke Sim (Butterworth)

Translated by Chuah Soo Wah (Setia Alam)

Illness: The Language of the Body

Before this, I never imagined that illness could be a message—a signal from the body. We are illness — when what we long for cannot be fulfilled, when our desires remain unmet, the body expresses what the heart cannot say. It turns out illness isn't something to fear. We can coexist with it. In fact, it may be our most honest therapist.

Of course, I'm not yet fully at peace with my illness. Fear still lingers. But I'm willing to practice dialoguing with my body, to slowly understand it, to listen to it.

Let go of control , learn to love yourself

I've always been someone who's fixated on "right and wrong," "black and white." Friends often say I'm blunt and—sometimes too much so. If I believe something is right, I tend to hope—sometimes even demand—that my family and friends follow suit. In the past, I thought this kind of insistence was natural. But now, I'm slowly learning to let go.

Because I've come to realise: trying to change

others is truly exhausting. Rather than constantly pushing outward, I can turn inward. It's better to shift my mindset and focus on doing my part well. Changing myself is actually much easier. Now, I strive to complete what's within my capacity. But if something exceeds my limits, I choose to politely decline. I no longer force myself—because that only wears me down.

I really love this class. I can't quite explain why — just that I don't want to miss a single session. This learning journey has taught me to listen to myself more deeply. I've discovered how much I've been giving to others, while forgetting my own voice. I forgot that I, too, get tired. That I, too, need rest.

This reminds me of a dear friend—Liang Guo Qiang. Ever since we entered the workforce, he has always told me: "Cheong Yoke Sim, you need to love yourself well."

Yes, I'm learning now. And I'll keep trying — To love myself well.

As for my understanding of the meaning behind "illness," I'll allow myself to pause, to quiet my heart, and to meet the real me. Then I'll live for myself, choose for myself, and truly live each day—for me.

Because each time I pause and begin to understand myself, hope is quietly born—bit by bit—in those still moments."

**It turns out illness isn't something to fear.
We can coexist with it.
In fact,
it may be our most honest therapist.**

SLOW STEPS, DEEP CHANGE

A JOURNEY TOWARD INTENTIONAL LIVING

change does not require grand gestures. It can begin with small, intentional choices—speaking up in meetings, supporting a cause, or mentoring someone.

Report by Cleo Mohlaodi (South Africa)



Attending the 2025, 2nd Akasha in collaboration with IofC Indonesia conference centred on the sub themes of personal change, inner guidance, and social transformation has left a profound impact on me, both professionally and personally.

The sessions, speakers, and interactive activities provided a safe and inspiring environment to explore how listening to my inner voice and embracing change can lead to meaningful from personal to Global contributions. This report reflects on the key takeaways, internal shifts, and future commitments I have developed as a result of this experience.

Prior to the conference and on my 26hours journey from South Africa to Malaysia, I carried expectations of a huge conference meeting new people and old friends, spending time to connect and find ways to each remake our own life, and move forward. I approached the event with a mixture of curiosity, the spirit of giving and receiving and space for deeper learning. While I have always been passionate about creating positive change, I often struggled with self-doubt, overthinking and fear whether my individual voice could truly make an impact. I hoped to gain support, deep friendships, and courage, but I wasn't certain what I could expect or get.

I share below some key moments during the conference that stood out and some I have started the transformation challenge on, this conference met more than my expectations. Upon arrival, a heat wave of love, rekindling friendships and loud laughter's instantly made me feel at home.

The following sessions impacted me:

All Quiet time

• All Quiet time speakers challenged my foundational values, two of the speakers shared their journeys of leaving their country of birth seeking survival while still carrying their families left behind as if they still there. Their courage to listen to their inner calling deeply resonated with me. It challenged my own assumptions about security versus purpose.

Open space workshops on Inner child

• One of the Open space workshops on Inner child, I chose with the intension to just use art to relax my inner self, only for it to prove to be a deep session, where I hear my inner child for the first time showing up not crying but embracing the pain I faced as a nee journey and

now being more emotionally empowered.

the Equal Collective Action conference

• I call what I experienced the **Equal Collective Action conference**, where young, old, families, single individuals, people with different class in life, disable, able, intelligent or slow, diverse languages to activists and community leaders talk about building grassroots movements reminded me that social change is not a solo act—it's collaborative. I see my role not as a saviour, but as a contributor within a larger ecosystem.

living library storytelling

• The **living library storytelling** session gave me the space in a deeper way for people to know me better and I found it as another measuring tool to see how my healing journey has been unfolding. Indeed, 2024 was my weakest year, I was emotionally and Physically sick, this journey made me see how much I have recovered, Inner growth and of cause new changes in me that are impacting my closest circle, like starting the parenting support group. I have also seen how much healing I still need to go through.

At home, despite me feeling I was useless, I learnt that people still felt and trusted me and kept asking for parenting tools and tips. The support group is for us to share our journeys, our achievements and challenges also learn how to be guiding parents not God spirited parents. This new venture it's at its infancy and still learning to build it together.

The conference reminded me that

change does not require grand gestures. It can begin with small, intentional choices—speaking up in meetings, supporting a cause, or mentoring someone - like me now saying, **Thank you Akasha leadership and team, and THANK YOU Nandor Lim for your unwavering mentoring, support and accompaniment.**

I came to understand that genuine social change starts with aligning my actions to my values. The more authentic I am, the more sustainable my efforts will be. Instead of ignoring my inner voice due to fear or external pressure, I now see it as a trustworthy guide. It may not always be the easiest path, but it's the most honest and fulfilling.

Continuing the Journey: From Aspiration to Action

Since the conference, I have taken concrete steps inspired by what I learned:

- Find ways and support to the initiated project in my community that aligns with my values around parent child health, inclusion and mental health.
- Commit to being part of the 3rd conference and bring two families.
- Volunteered my online sharing and talk with Akasha for team webinars especially working with global men and helping men heal so they can take their rightful space to help heal the world.

This conference was more than just a professional and personal development opportunity —it was deeper, it is a catalyst for personal growth and social empowerment. It helped me to trust myself more, act with intention, channel my intellect to when to state my honesty or be still and let God do his work, as well as contribute meaningfully to the world around me. The experience reaffirmed that real change is possible when we listen to ourselves, have the right support /accompaniment and have the courage to act.

To funders, donors and Akasha team, and collaborators and everyone involved in helping get me to Malaysia and care for me here. THANK YOU, my learning and achievements will not have be reached without your support.



Teacher Emotional Effectiveness Training

Uncover your deeper psychological needs

Main speakers : Karen Hoo

Assistant by Lim Kai Leng / Jennifer Ho

Authored by Karen Hoo (Seremban)

In recent years, concerns over teachers' mental health in Malaysia have been increasingly spotlighted in the media — from burnout and depression to tragic extreme cases. Yet these reports may only represent the tip of the iceberg. Many educators, though standing on the brink of emotional exhaustion, continue to shoulder their teaching mission quietly and steadfastly. As “engineers of the soul,” teachers’ mental well-being deserves not only attention but urgent intervention.

On 9th August 2025, Ms Karen, the Head of the Life-centred Accompaniment Division, together with her two assistants Kai Leng and Jennifer, conducted an one-hour session titled “Teacher Emotional Effectiveness Training” for 110 teachers at SJK(C) Serdang Baru 2.

During the talk, Ms. Karen encouraged all teachers to take an honest look at their own psychological state, to better understand the nature of emotions, and introduced two practical frameworks — the “4A Method for



Accompanying Emotions” and the “Five Key Principles for Emotional Self-Regulation.”

The core message of the session was clear: when emotions arise, taking a pause to acknowledge, allow, accept, and accompany them can help individuals navigate emotional storms with greater resilience. These moments also offer opportunities to reflect on underlying thought patterns and to uncover deeper psychological needs. Most importantly, when the challenges feel overwhelming, teachers are encouraged to seek timely external support to help them overcome the most difficult moments.

The session concluded at 10:45am. It is our hope that the teachers gained meaningful insights from this brief sharing, and that they will be able to apply what they learnt to both their personal lives and professional practice — turning emotions into a source of strength rather than a hidden burden.

AKASHA
學習型社群頻道
Whatsapp Channel



掃碼獲得更多AKASHA資訊
Scan QRcode for more info

訂閱後，記得開啟小鈴鐺
Turn on Channel notifications.

www.myakasha.org

心得筆記

SHARINGS

活動資訊
ACTIVITIES

工作動態
STATUS

www.facebook.com/myakasha.org

016-3318763



AKASHA

目標理念

Translated by Chai Huey Wen (Kepong)

FB/Youtube: myakasha.org

URL: www.myakasha.org

03-8958 6877
016-331 8763



09.2025 ~ 11.2025



Eligibility : Open to individuals aged 13 and above
Class Size: Limited to 8 participants
For registration or inquiries:
016-3318763

27/09 **Sat** 10.00-11.30am

AKASHA Live - Social Consciousness Series 08

"The Love Gap Between Generations: When Parents Give, but Children Don't Receive"

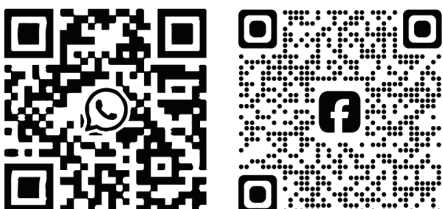
@ZOOM / Fb Live *Registration now open

28/09 **Sun** 10.30am-12.30pm

Kampar Learning Circle Parent-Child Lecture Series (Session 2 of 3)

"Fathers and Sons — When the Son Is Silent, How Should the Father Start the First Conversation?"

@Learn & Shine Development Center
* Admission by ticket only
For registration or inquiries: 016 – 3318763
WhatsApp: 016 – 4575518



01/10 **Wed** 19.30-21.30pm

Seremban "TALL" - Talk About Life LIVE

Love Starts at Home" Series: 6 of 6 - Let Love Return Home: Love Begins in the Family

@Chung Hua Seremban Alumni Association (2nd Floor Auditorium)
* Admission by ticket only
(Hotline : 010-2092733 Ms.Kun)

10/10 **Fri** 19.30-21.30pm

Night of Learning Community - Oct 2025

@ZOOM Meeting * Exclusively for AKASHA students & family only

25/10 **Wed** 10.00-11.30am

AKASHA Live - Social Consciousness Series 09

"Social and Emotional First Aid: Are You Prepared to Recognize and Respond to the signal for help around you?"

@ZOOM / Fb Live *Registration now open

08/11 **Sat** 19.30-21.30pm

2025 Butterworth "TALL" - Talk about life LIVE

- Lecture Series on Living a Fulfilling Life - Lecture 6: "Exploring the Ultimate Meaning of Life"

@AKASHA Community Learning Centre Butterworth Telor Air Tawar
* Admission by ticket only

14/11 **Fri** 19.30-21.30pm

Night of Learning Community - Nov 2025

@ZOOM Meeting * Exclusively for AKASHA students & family only

22/11 **Sat** 10am-12pm

AKASHA Live - Social Consciousness Series 10

"Collective Improvement Is Achievable: Exploring the Reconstruction of Support Systems"

@ZOOM / Fb Live *Registration now open

23/11 **Sun** 10.30am-12.30pm

Kampar Learning Circle Parent-Child Lecture Series (Session 3 of 3)

"Fathers and Daughters: Understanding and Navigating the Evolution of Paternal Roles in Response to Daughters' Maturation"

@Learn & Shine Development Center
* Admission by ticket only
For registration or inquiries: 016 – 3318763
WhatsApp: 016 – 4575518

12/12 **Fri** 19.30-21.30pm

Night of Learning Community - Dec 2025

@ZOOM Meeting * Exclusively for AKASHA students & family only

Open for Register

26/12/25 - 3/1/2026 **9D9N**



2nd Holistic Life Science Creative Programme

@Teluk Kemang, Port Dickson, Negeri Sembilan



Aged 15 or above (with NO upper age limit)
ONLY 25 participants will be accepted.





AKASHA

第十四屆

小荳苗

遇見生命

感謝大家踴躍報名，報名已額滿截止。

若您想成為 備取名單(waiting list)，
請提供以下資料： 孩子的名字 + 性別 + 出生年份
家長手機號碼

將信息發至 Whatsapp 016-331 8763。
無論錄取與否，我們將會通過whatsapp通知。

本活動屬於非營利活動，感謝所有熱心人士贊助經費、食品及各項資源。
凡有興趣捐贈物資者，可致電AKASHA秘書處03-8958 6877。



UPDATE

The 14th Little Seedling “Encountering Life” Program is now fully booked and no longer accepting new registrations.

Thank you for your enthusiastic support and participation!

If you would like to place your child on the waiting list, please send the following information via WhatsApp 016-331 8763 :

- Child's name, gender, and birth year
- Parent's mobile number

2025
26 / 12 (五)
FRI.



9天9夜營隊活動

12月25晚入營，活動於26日早晨開始

9Days 9Nights Programme

registered on the evening of 25th December,
programme starts on 26th December.

**招募滿15週歲或以上青年，
無年齡上限，
僅收30名參與者。**

**Recruitment is open to youths
aged 15 or above,
with NO upper age limit.
ONLY 30 participants will be accepted.**

2026
03 / 01 (五)
FRI.

地點：森州波德申八英里直落甘望渡假屋
VENUE: Teluk Kemang, Port Dickson, Negeri Sembilan.

第2屆 · 全人科學生命創意營
2nd Holistic Life Science Creative Programme

夯 (hāng)

實 (shí)
加固，引申意义为打牢基础。
solidify, strengthen, or consolidate something.



馬來西亞AKASHA學習型社群發展協會 主辦
Organized by AKASHA Learning Companionship Association of Malaysia
73, Jalan Equine 9, Taman Equine, Bandar Putra Permai, 43300, Seri Kembangan, Selangor, Malaysia.
FB: facebook.com/myakasha.org Email: info@myakasha.org Tel.: +60 3-8958 6877

☎ 016-331 8763

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2024 the 1st RISE Initiatives “基石 The Foundation”
the Holistic Life Science Creative Programme

Ultimate Task

Showcase of the First Graduation Project

Three short films, independently planned, filmed, and edited by the participants, revolve around the core theme of "The Value of Life." Coming from different regions, age groups, and backgrounds, the participants learned teamwork, creative thinking, and video production in just a few days. From nothing to something, from strangers to collaborators, from concept to presentation—they rose to the challenge and brought their visions to life.

A Look at the Mission Short Films

1. 《行行出狀元》

(Success can be found in every profession)

by Mission Impossible



<https://youtu.be/IRUH4NIwdts>

2. 《基石人生》

(Go-Stone Life)

by 一一一五



<https://youtu.be/zzgHV2UmS4g>

3. 《生命的價值是什麼？》

(What is the value of life?)

by The A Team



https://youtu.be/05rPI_LIfsQ

Reaching - Inspiring - Supporting - Empowering

Activity Details

Life Skill Learning, Practical Skill Learning, Creative Thinking Training, Holistic Education Curriculum, Applications of Life Sciences

Activity Nature

Mixed-age, Technology-Integrated

Use of internet and electronic devices (such as smartphones, tablets, laptops, cameras, etc.) is allowed and encouraged during the camp.

This event is a non-profit activity, and we would like to express our gratitude to all the generous individuals who have sponsored the funding, food, and various resources. Those interested in donating supplies are welcome to contact the AKASHA Secretariat at 03-8958 6877.



“我的行動就是我的訊息。
My action is my message.”



Organiser AKASHA



夯實

2nd Holistic Life Science Creative Programme

26/12/2025 - 3/1/2026 (9Days 9Nights)

Registered on 25/12/2025

Teluk Kemang, Port Dickson,
Negeri Sembilan

Recruitment is open to youths aged 15
or above with NO upper age limit.
ONLY 25 participants will be accepted.



Google Form 報名表格

+60 16-331 8763



2025.12 ~ 2027.02



A QR code with a central logo. The logo is a yellow circle with a blue compass rose inside. Below the compass rose, the word "AKADHIA" is written in red capital letters.



AKASHA

☎ 016-331 8763

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
a. Nandor, Wenly and Lim's family
b. 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.

