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Cultivating Oneself Issue

**Virtue in Action**

RECLAIMING SENSATION, RECLAIMING ONESELF

# *Growth Was Never a Shortcut*

Whether in calm seas or raging storms, what matters most is, not abandoning myself, not denying myself, and not leaving myself behind.

Authored by Lim Kai Leng

(Head of Libraries and Information Achieve Department of AKASHA Malaysia)

Translated by Teoh Yin Yin (Kepong)

Looking back on my learning journey, one truth has been proven time and again: there has never been a shortcut to growth.

There is no fast track, no instant gratification, and no solution that can be achieved overnight. The only way is, to walk the path steadily and sincerely through one's own lessons—facing the challenges that surfaces repetitively at different stages of life. These lessons may seem ordinary, yet it is long-term, requires sincere engagement, and sustained effort before one can truly overcome them.

Reality, however, is rarely gentle. Most challenges do not arrive when we are well prepared or emotionally steady; they often come suddenly, when we are caught off guard. They rush toward us with shock and fear, sometimes leaving us frozen and speechless, unsure how to respond. In those moments, there is almost no room to retreat—we are forced to stop, to face, to handle, and to carry changes that were never part of the plan, until one day we slowly learn to make peace with them.

## **After a Great Loss, My World Begins to Waver**

The passing of my grandfather and grandmother had a profound impact on me. During my childhood, I spent a great deal of time with them, and our bond was deep. After my grandmother passed away from stomach cancer in 1992, I gradually closed myself off and became quieter in nature. Then, in 2002, my grandfather's sudden and accidental death came as a shock to the entire family and, for me, became the final straw.

On the surface, I appeared to be functioning as usual, but deep inside something felt wrong. I began to suffer from insomnia, low mood, restlessness, anxiety, guilt, and an inexplicable fear that would repeatedly

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

surface. It was only after I began learning and reflecting, that I slowly understood how their departures, even many years later, could still stir longing and sorrow within me. I came to realize that a corner of my inner world had long since cracked and gradually collapsed. My world was shaken; I found myself caught between the grief of losing loved ones and the fear of an uncertain future, spiraling into overthinking and circling endlessly, unable to break free—until I became aware that I had once again fallen into an emotional vortex, then could I finally regain clarity.

### Slowly Seeing Myself in the Midst of Confusion

This state of mind did not form overnight. It accumulated gradually through repeated experiences along the path of growing up. Every moment of confusion and struggle is, in fact, a reminder to the self. It reminds me to pause, to re-examine where I stand, and understand that I do not need to rush to find answers for everything. Instead, I can cultivate greater patience and wait for moments of breakthrough and transformation to unfold.

Life does not always move forward smoothly. Every step may be accompanied by challenges and uncertainty, sometimes even causing us to question whether we have chosen the wrong path. Yet it is precisely these ups and downs that prompt us to adjust our pace, recalibrate our mindset, and rediscover ways to move forward amid change. Being able to notice when I have fallen into difficulty again, is itself a sign of growth—it reflects a deeper understanding of myself and a greater willingness to accept who I am.

### Life Is a Long-Term Practice

In the workplace, after years of working under a meticulous supervisor and following rules in

everything I did, I unknowingly became rigid in my approach as well. When the company was acquired and management changed, combined with my own low point and dissatisfaction with the atmosphere, I chose to resign. After taking a break, I joined another company and began anew, facing many new challenges as I adapted to people, tasks, and environments in unfamiliar ways.

I am grateful that my supervisor gave me time and opportunities to learn. Yet in actual practice, the gap between us felt like a “collision between Venus and Earth.” He adopted a leap-style approach to handling matters, while I was accustomed to proceeding step by step and in sequence. This difference often left me feeling troubled and unsure how to clearly express my difficulties.

Perhaps the heavens heard my prayers, for I encountered a mentor—both teacher and friend—who allowed me to board the train of growth. I learned effective communication methods and applied them to, open and direct conversations with my supervisor about my challenges. Through this, we reached a shared understanding on how to manage work. I experienced firsthand the impact of applying what I learned in class to daily life. Counting the years, I have been on this train for nearly twenty years without realizing it—yet I still feel there is so much more worth learning and understanding.

### Walking the Path Is the Answer Itself

I liken this journey to “walking a long road with ever-changing scenery.” Holding such a mindset allows one to face life with greater ease—whether in times of smooth sailing or adversity, all are indispensable parts of life, and these experiences ultimately guide us toward greater clarity.

Life’s rhythm is often not something we deliberately plan, yet when we reach a turning point, the road naturally leads us to where we need to go. This affirms that following the laws of nature, moving forward with humility, is the right direction. For what is most precious is not the destination, but the journey—my lived experiences, my sensations, and the ongoing dialogue I have with myself.

Whether in calm seas or raging storms, what matters most is, not abandoning myself, not denying myself, and not leaving myself behind. As my perspective gradually shifts and expands, the scenery I see changes accordingly; and when my attitude adjusts, the world I behold becomes gentler.



# Accepting Myself, Trusting Myself

Authored by Weny Yu (Seri Kembangan)

Translated by Teoh Yin Yin (Kepong)

*Trust, to me, has always been the most important lesson in life.*

In the past, I found it difficult to trust others, and as a result I became exhausted and overwhelmed. I felt the need to do everything myself. Even after delegating tasks, I would still worry day and night, and eventually take them back into my own hands. My emotions sank, my to-do list kept piling up, and my relationships are chaotic.

## Not trusting others is, in fact, not trusting myself

Looking back, I realised that whenever I judged or blamed others, I was actually in a regressive state. This was a reaction rooted in a lack of trust in myself. Over the years, I slowly learned to accept everything from my past: being compared by my parents, isolated by classmates, ignored by friends, humiliated by teachers, and even rejected by myself.

"I am not perfect, and I am okay."

This phrase has constantly reminded me that no one, event, nor anything is perfect. Only by honestly facing my sadness, anger, helplessness, vulnerability, and neurotic tendencies can I build a more integrated sense of self.

## Setting boundaries, accepting setbacks

I am learning to renew my boundaries and to accept setbacks. Living without expectations is my current practice.

For example, I sent out a message asking for help, expecting an immediate response, but in the end I had to handle things on my own. In that process, I went through anger and blame, and finally turned it inward as self-reproach—such as asking myself why I had forgotten to bring a towel into the bathroom.

## Trusting your own strength

This experience allowed me realise my own growth. I did not let my emotions take over the entire long wait; instead, I managed to soothe myself within 60 minutes. This helped me understand that trust does not rely on external factors, but arises from our own essence and our connection with all of existence.

Trusting yourself is the beginning of freedom, and it remains a lesson I continue to learn.

# From Fear to Courage - Learning to Be My True Self

Authored by Anna (Seremban)

Translated by Teoh Yin Yin (Kepong)

*“Thank you for protecting me, but I have grown up now. I can speak for myself.” — this became the beginning of my inner dialogue.*

## The Weight of Trust: Beginning with the Fear of Being Talked About

In my earliest understanding of relationships, trust has always been the key. Through this learning journey, however, my understanding of “trust” has become deeper and more nuanced.

I have always believed trust is important, yet I also knew how fragile it can be. I often worried whether the things I shared might one day be spread around and turn into topics of conversation for others. Especially when I heard colleagues or friends talking about other people, a nervous thought would arise: *“What if one day I become the subject of their conversation—what would I do then?”*

Because of this fear, I became more cautious. I carefully chose whom I confided in and constantly reminded myself not to speak lightly about others’ secrets. Trust is mutual, and I hoped I would never become someone who hurts others in this way.

## Awakening the Inner Child: Expectations and Fears Beneath Emotions

I was also reminded of a concept mentioned in the course: “living without expectations.” This deeply moved me and led me to notice that the

“regressed child” within me is especially good at placing many hidden expectations on both myself and others.

At times, I suddenly realised that my emotional reactions did not resemble those of a mature adult, but rather those of a helpless child. When I felt ignored or rejected, I often chose silence, avoidance, or even people-pleasing to gain a sense of security. Later, I understood that it was the “regressed child” taking over. He feared conflict and abandonment, so he used pleasing and avoidance as protection.

*“Thank you for protecting me, but I have grown up now. I can speak for myself.” — this became the beginning of my inner dialogue.*

With this awareness, I slowly began to dare to express myself, to say no, and to acknowledge my true needs.

## From Pain to Gift: Practicing Reconciliation with the Past

To be honest, at first it was very difficult for me to “unconditionally accept” everything that had happened in the past. Those experiences had caused me pain and resentment. I could not understand why people who loved me could also hurt me, nor why my efforts failed to bring the affirmation I longed for.

However, through this journey of learning, I gradually came to understand that those past pains were not only wounds but also gifts. They helped me recognise my desires, needs, and courage, and taught me how to care for myself more deeply. Today, I no longer demand that the past “become better.” Instead, I am learning to let go, accept it, carry it with me, and move forward—this remains an ongoing practice for me.

### Drawing Boundaries: Saying No Does Not Mean Losing

I also realised that I often worried that refusing others might cost me friendships. As a result, I frequently agreed to things I did not truly want to do, trading self-sacrifice for superficial harmony. Although I knew that refusing a request does not mean rejecting a person, putting this into practice was not easy.

I recall one overnight stay when a friend asked me, “Can you come to my dorm and keep me company?”

In truth, I hoped she would come to me instead, but I did not say it out loud. Despite my reluctance, I agreed to her request. Later, I realized that by yielding, I gained temporary peace but felt even more uncomfortable myself.

I am gradually learning to say “no” in a gentle yet clear way:

“Thank you for thinking of me, but I really don't have time right now. Let's plan for another time.”

“I know this is important to you, but I'm not in a good state at the moment.”

Because I deeply believe that healthy relationships are built on sincerity, not on self-sacrifice.

At times, when facing my family, I also feel guilty for not wanting to be close, and even question whether I am “unworthy of being loved.” Gradually, however, I have come to understand that true love is not about constant closeness, but about giving each other space when needed. This understanding has helped me learn to respect my own emotions and needs.

### Facing Courageously: The Beginning of Being My True Self

What I most want to learn now is the courage to face things—facing emotions, facing conflict, facing family, and facing my most authentic self. I hope that when emotions surge, I can still stand my ground, neither escaping nor pleasing, but expressing myself honestly and listening with openness.

I believe that only when I am willing to take responsibility and be truthful can I become a more whole version of myself.

And this path will lead me toward genuine love.

*Instead, I am learning to let go,  
accept it, carry it with me, and move forward —  
this remains an ongoing practice for me.*



**[ Art Workshop ] Total completed: 1 session**

Date	Workshop Theme	Venue	Instructor	Pax
14/09/2025	"Inner Painting Space @ Seremban"	AKASHA Seremban Learning Community Centre	Alvin Loke	1

**[ Camp Activities ] Total completed: 1 session**

Date	Activity	Venue	Participant Requirement	Pax
26/12/2025 – 03/01/2026	The 2nd RISE Initiatives: "GROUNDING"	Teluk Kemang Eight Miles Resort House, Port Dickson, Negeri Sembilan	Age 15 and above	22

**[ Lectures & Seminars ] Total completed: 22 sessions**

Date	Activity	Venue / Platform	Speaker / Participant	Pax
11/07/2025	Night of Learning Community Care –July 2025 *Exclusively for AKASHA students & family only	ZOOM	Nandor Lim, Weny Yu	20
12/07/2025	Butterworth "TALL" - Talk about life LIVE: Lecture Series on Living a Fulfilling Life – Lecture 3: <i>Career Planning and Self - Actualisation: Finding Your Life Direction</i>	AKASHA Butterworth Community Learning Centre @ Telor Air Tawar	Nandor Lim, AKASHA Volunteer Group 2 (Butterworth)	40
26/07/2025	AKASHA Live – Social Consciousness Series 06: <i>When Home Becomes a Source of Pain: Collective Apathy Behind Tragedies</i>	ZOOM, Facebook live	Nandor Lim, Weny Yu	15(Z) 23(FB)
27/07/2025	Kampar Life Learning Circle – Parent-Child Series (1/3): <i>"Right Practice &amp; Supportive Practice"</i>	Learn & Shine Development Center	Nandor Lim, Weny Yu	25
06/08/2025	Seremban "TALL" - Talk About Life LIVE Love Begins at Home, Series 4/6: <i>Understanding and Cultivating Healthy Parent-Child Relationships</i>	Chung Hua Seremban Alumni Association - Wisma Chung Hua (2nd Floor Auditorium)	Speaker: Nandor Lim, Weny Yu Host: Chin Yee San	14
08/08/2025	Night of Learning Community Care –August 2025 *Exclusively for AKASHA students & family only	ZOOM	Nandor Lim, Weny Yu	22
09/08/2025	Butterworth "TALL" - Talk about life LIVE: Lecture Series on Living a Fulfilling Life – Lecture 4: <i>Finding Inner Peace in a Hectic World: Rediscovering the Meaning of Life</i>	AKASHA Butterworth Community Learning Centre @ Telor Air Tawar	Nandor Lim, AKASHA Volunteer Group 2 (Butterworth)	45
16/08/2025	[Parenting Seminar] What Parents Assume Is "Not", Is in Fact "Yes"	SMJK KRIAN, Parit Buntar, Perak	Speaker: Nandor Lim Asst: Weny Yu, Chong Mew Im	16
23/08/2025	AKASHA Virtual Class - Social Awareness Series <i>Why Is Effective Communication So Challenging ? – Verbal Violence and Emotional Suffocation</i>	ZOOM, Facebook live	Weny Yu, Isabelle Fam	15
03/09/2025	Seremban "TALL" - Talk About Life LIVE Love Begins at Home, Series 5/6: Internal Relational Structures as Determinants of External Relationships	Chung Hua Seremban Alumni Association - Wisma Chung Hua (2nd Floor Auditorium)	Speaker: Nandor Lim, Weny Yu Host: Chin Yee San	19
13/09/2025	Butterworth "TALL" - Talk about life LIVE: Lecture Series on Living a Fulfilling Life – Lecture 5: <i>Quality of Life – Balancing Material and Spiritual Pursuits</i>	AKASHA Butterworth Community Learning Centre @ Telor Air Tawar	Nandor Lim, AKASHA Volunteer Group 2 (Butterworth)	37

Date	Activity	Venue / Platform	Speaker / Participant	Pax
27/09/2025	AKASHA Virtual Class - Social Awareness Series (Lecture 8) The Dysfunction of Love Generation – When Parental Intentions Fail to Reach Children	ZOOM, Facebook live	Nandor Lim, Weny Yu, Isabelle Fam	13(Z) 18(FB)
28/09/2025	Kampar Life Learning Circle – Parent-Child Series (2/3): <i>"Father and Son – Breaking the Silence: How Fathers Can Take the First Step To Initiate the Conversation?"</i>	Learn & Shine Development Center	Nandor Lim, Weny Yu	29
01/10/2025	Seremban "TALL" - Talk About Life LIVE Love Begins at Home, Series 6/6: <i>The Value of Life – Bringing Love Back Home: Let Love Begin at Home</i>	Chung Hua Seremban Alumni Association - Wisma Chung Hua (2nd Floor Auditorium)	Speaker: Nandor Lim, Weny Yu Host: Chin Yee San	14
10/10/2025	Night of Learning Community Care –October 2025 *Exclusively for AKASHA students & family only	ZOOM	Nandor Lim, Weny Yu	21
25/10/2025	AKASHA Live – Social Consciousness Series 09: <i>Social and Emotional First Aid: Are You Prepared to Recognize and Respond to the signal for help around you?</i>	ZOOM, Facebook live	Nandor Lim, Weny Yu, Isabelle Fam	8
08/11/2025	2025 Butterworth "TALL" - Talk about life LIVE - Lecture Series on Living a Fulfilling Life – Lecture 6: <i>"Exploring the Ultimate Meaning of Life"</i>	AKASHA Community Learning Centre @ Butterworth Telor Air Tawar	Nandor Lim, AKASHA Volunteer Group 2 (Butterworth)	35
14/11/2025	Night of Learning Community Care –November 2025 *Exclusively for AKASHA students & family only	ZOOM	Lim Kai Leng Speaker: Chong Mew Im	19
22/11/2025	AKASHA Live – Social Consciousness Series 10 <i>"Collective Improvement Is Achievable: Exploring the Reconstruction of Support Systems"</i>	ZOOM, Facebook live	Nandor Lim, Weny Yu	15(Z) 8(FB)
23/11/2025	Kampar Learning Circle Parent-Child Lecture Series (Session 3 of 3) <i>"Fathers and Daughters: Understanding and Navigating the Evolution of Paternal Roles in Response to Daughters' Maturation"</i>	Learn & Shine Development Center	Nandor Lim, Weny Yu	24
04/12/2025	Cybersecurity Lies in Your Power of Discernment	SMK Malim Nawar, Perak	Nandor Lim, Weny Yu, Karen Hoo	50
12/12/2025	Night of Learning Community Care –December 2025 *Exclusively for AKASHA students & family only	ZOOM	Nandor Lim, Weny Yu	19
27/12/2025	AKASHA Live - Social Consciousness Series 11 <i>"In an Era of Apathy, How Can We Relearn to be Emotionally Aware?"</i>	ZOOM, Facebook live	Nandor Lim, Weny Yu	15(Z) 8(FB)

### [Cultural & Educational Programs ] Total completed: 3 sessions

Date	Activity	Venue	Participant
14/09/2025	"Inner Painting Space @ Seremban"	AKASHA Seremban Learning Community Centre	General Public
27/09/2025	[The Warmth of Food and Stories of Life]: One Bowl of Noodles, One Life Story	Sunrise Helth Food, Kepong	General Public, AKASHA Members, Members' Families
11/10/2025	Mid-Autumn Festival Gathering – Harmony Under the Full Moon · Building a Caring Community Together	AKASHA Butterworth Community Learning Centre @ Telor Air Tawar	AKASHA Volunteer Group 2 (Butterworth) and families

**[AKASHA Media Coverage] Total Published Articles: 17**

Date	Media Outlet	Feature Title
01/07/2025	Nanyang Siang Pau (Northern Edition)	#AKASHA #Learning Companionship Association of Malaysia #Initiative of Change (Indonesia) - Sekolah Rekonsiliasi #Co-Organise The Learning Community International Life-work Conference
02/07/2025	Sin Chew Daily Metro	The Learning Community International Life-Work Conference Concludes Successfully – 138 Participants Engaged in Global Exchange and Accompaniment
03/07/2025	News by Initiatives of Change Indonesia	The 2nd Learning Community International Life – Work Conference Remaking My Life; Together We Move Forward May 29 - June 2, 2025
04/07/2025	China Press - Metropolitan	AKASHA The Learning International Life-Work Conference Concludes Successfully with 138 Participants
05/07/2025	eNanyang -KlangValley	Nandor Llm: Sincere Human Accompaniment—Society Requires Strong Support Systems
08/09/2025	eNanyang - Local News	AKASHA Organized Film Sharing Session – a Special Screening of PK on the 23rd <a href="https://www.enanyang.my/news/20250809/State/955840">https://www.enanyang.my/news/20250809/State/955840</a>
11/09/2025	China Press - Negeri Sembilan	Twelve-Session Life Education Art-Based Experiential Course
19/09/2025	Sin Chew Daily - Negeri Sembilan	SJKC Kg. Nipah, Port Dickson, Negeri Sembilan
19/09/2025	China Press - Negeri Sembilan	Life and Sex Education Program co-organized with SJK(C) Kg. Nipah, Port Dickson, NS.
23/09/2025	eNanyang - Negeri Sembilan	AKASHA Conducts Life and Sex Education Program for Primary School Students at SJK(C) Sg.Nipah
30/09/2025	eNanyang - Negeri Sembilan and Melaka	Six-Session Family-Themed Lecture Series Co-orgazied with Seremban Chung Hua Student Association <a href="https://www.enanyang.my/news/20250930/State/1014371">https://www.enanyang.my/news/20250930/State/1014371</a>
30/09/2025	China Press - Negeri Sembilan	AKASHA to Launch Lecture Series: "Love Begins at Home"
30/09/2025	Sin Chew Daily - Negeri Sembilan	"Love Begins at Home" – Sixth Lecture to Commence Tomorrow
19/10/2025	Sin Chew Daily - Negeri Sembilan	Six Lecture Series by Mr. and Mrs. Nandor Lim Inspires Reflection on "Bringing Love Home"
19/10/2025	China Press - Negeri Sembilan	Co-organized with Seremban Chung Hua Student Association - Exploring the Essence of Family Life
21/10/2025	eNanyang - KlangValley	Seremban Chung Hua Student Association and AKASHA co-organized Lecture on Sharing and Cultivating Love
04/11/2025	Sunshine Home - Shanghai Zhengneng Community Development Center, China	Malaysian Team Visits Sunshine Home: A Shared Encounter of Love, Hope, and Integration <a href="https://mp.weixin.qq.com/s/4nBgMNI5k-qhduYT9HVbQ">https://mp.weixin.qq.com/s/4nBgMNI5k-qhduYT9HVbQ</a>

**[General Administration and Other Activities ]**

Date	Activity	Venue
07/07/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
12/07/2025	AKASHA Volunteer Group 2 (Butterworth) - Monthly Training	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
15/07/2025	AKASHA Volunteer Group 1 (Seremban) - Monthly Training	AKASHA Seremban Learning Community Centre @ Negeri Sembilan
17/07/2025	The Life Teacher Assistant Group - Monthly Training	AKASHA Main Office, Taman Equine, Sri Kembangan
21/07/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
04/08/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan

Date	Activity	Venue
09/08/2025	AKASHA Volunteer Group 2 (Butterworth) - Monthly Training	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
18/08/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
19/08/2025	AKASHA Volunteer Group 1 (Seremban) - Monthly Training	AKASHA Seremban Learning Community Centre @ Negeri Sembilan
21/08/2025	The Life Teacher Assistant Group - Monthly Training	AKASHA Main Office, Taman Equine, Sri Kembangan
07/09/2025	AKASHA Board Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
13/09/2025	AKASHA Volunteer Group 2 (Butterworth) - Group Leader Re-election Ms. Ooi Ai Chin re-elected as Group Leader	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
13/09/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
16/09/2025	The Kuala Lumpur And Selangor Chinese Assembly Hall (KLSCAH) Dynamic Counseling Group General Meeting	The Kuala Lumpur And Selangor Chinese Assembly Hall (KLSCAH) Women Division Counseling Centre
18/09/2025	The Life Teacher Assistant Group - Monthly Training	AKASHA Main Office, Taman Equine, Sri Kembangan
10/10/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
11/10/2025	AKASHA Volunteer Group 2 (Butterworth) - Monthly Training	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
16/10/2025	The Life Teacher Assistant Group - Monthly Training	AKASHA Main Office, Taman Equine, Sri Kembangan
18/10/2025	AKASHA Volunteer Group 1 (Seremban) - Monthly Training	AKASHA Seremban Learning Community Centre @ Negeri Sembilan
20/10/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
21/10/2025	AKASHA Volunteer Group 1 (Seremban) - Monthly Training	AKASHA Seremban Learning Community Centre @ Negeri Sembilan
21/10/2025	The Kuala Lumpur And Selangor Chinese Assembly Hall (KLSCAH) Dynamic Counseling Group General Meeting	The Kuala Lumpur And Selangor Chinese Assembly Hall (KLSCAH) Women Division Counseling Centre
24/10/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
27/10/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
08/11/2025	AKASHA Volunteer Group 2 (Butterworth) - Monthly Training	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
18/11/2025	The Kuala Lumpur And Selangor Chinese Assembly Hall (KLSCAH) Dynamic Counseling Group General Meeting	KLSCAH, Counselling Centre of The Women Section
20/11/2025	The Life Teacher Assistant Group - Monthly Training	AKASHA Main Office, Taman Equine, Sri Kembangan
07/12/2025	AKASHA Board Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
08/12/2025	Office Meeting	AKASHA Main Office, Taman Equine, Sri Kembangan
13/12/2025	AKASHA Volunteer Group 2 (Butterworth) - Monthly Training	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
13/12/2025	Official Visit and Engagement Session with the Young Malaysians Movement (YMM) (Penang Branch)	Young Malaysians Movement (YMM) Penang Branch
16/12/2025	AKASHA Volunteer Group 1 (Seremban) - Monthly Training	AKASHA Seremban Learning Community Centre @ Negeri Sembilan
18/12/2025	AKASHA Volunteer Group 2 (Butterworth) - Monthly Training	AKASHA Butterworth Community Learning Centre @ Telok Air Tawar
22/12 - 25/12/2025	The 2nd RISE Initiatives Pre-Program Training	Teluk Kemang 8 mile Danoch Bungalow, Port Dickson, Negeri Sembilan

### [ International Visitors ]

Date	Country	Visitor	Reception
08/12/2025	Japan	Yukihisa Fujita	Nandor Lim, Weny Yu, AKASHA Board Executive Team, and Members.

## [ International IofC ]

Date	Activity	Location / Platform	Host / Participants
19/07/2025	iListen online Quite Time	ZOOM	Host: Nandor Lim
05/08/2025	iListen online Quite Time	ZOOM	Host: Nandor Lim
02/09/2025	iListen online Quite Time	ZOOM	Host: Nandor Lim
09/09/2025	iListen online Quite Time	ZOOM	Host: Nandor Lim
21/09/2025	Hubfest Activity	ZOOM	Attendees: Lim Kai Leng, Karen Hoo, Jennifer Hoo, NS Loh and Daniel Kek
04/10/2025	APCG Quarterly Meeting	ZOOM	AKASHA Representatives: Lim Kai Leng, Karen Hoo, Jennifer Hoo and Mew Im

## [ Chinese in Action ]

Date	Activity	Location / Platform	Host / Participants
25/09/2025 20/11/2025	Monthly Online Gathering of Melbourne Life Work Team of Chinese in Action with Teacher Liu Ren-Jou	ZOOM	Support: Nandor Lim
13/09/2025	Dialogue on Life organized by Chinese in Action Team. Teacher Liu Ren-Jou in dialogue with Teacher Chai Yi Jing	ZOOM	Support: Nandor Lim
18/10/2025 – 19/10/2025	9th Fuzhou Family Happiness Conference: Chinese in Action & Fuzhou Life Harbor with Teacher Liu Ren-Jou	Fuzhou, China	Support/Attendees: Nandor Lim, Weny Yu, Lim Kai Leng, Karen Hoo and Jennifer Hoo
25/10/2025 – 26/10/2025	6th Family Happiness Conference: Chinese in Action, Nanjing Aijia and PUFAN Center for Psychology & Culture with Teacher Liu Ren-Jou	Nanjing, China	Support/Attendees: Nandor Lim, Weny Yu, Lim Kai Leng, Karen Hoo, Jennifer Hoo, Isabelle Fam, Han Koew Weng, KS Lee, Low Bee Peng and Heng Poh Choo
15/11/2025 – 19/11/2025	Chinese Life Work Retreat	Cheung Chau, Hong Kong	Attendees: Nandor Lim, Weny Yu, Isabelle Fam, Lim Chuan Tze, Teoh Yin Yin, and 33 life workers from Changsha, Nanjing, Yunnan, Fuzhou, Hong Kong, Taipei, Hsinchu, Tainan, etc.
20/12/2025	Alex Leung's wedding	Hong Kong	Attendees: Nandor Lim, Weny Yu

## [ Indonesia IofC ]

Date	Activity	Location / Platform	Host / Speaker(s) / Participants
15/09/2025 13/10/2025 10/11/2025 08/12/2025	Monthly team meeting	ZOOM	Nandor Lim, Karen Hoo and Isabelle Fam Indonesia IofC Team
25/09/2025 8.30PM	Invited Talk by Indonesia IofC Topic: "Family Reconstruction"	ZOOM	Nandor Lim

## [ Hong Kong Dreams Possible ]

Date	Activity	Location / Platform	Speaker(s)/Participants
22/11/2025	Invited Talk by Dr. Chou Wah Shan (Ph.D.): Hong Kong Dreams Possible Topic: "How to Set Boundaries in Intimate Relationships"	ZOOM	Nandor Lim and Weny Yu

## [ Philippines IofC ]

Date	Activity	Location / Platform	Speaker(s) / Participants
09/10/2025 06/11/2025 04/12/2025 01/01/2025	Monthly team meeting	ZOOM	Nandor Lim, Karen Hoo and Isabelle Fa, Indonesia IofC Team, Grace Lin, Taiwan EQ Association and Philippines IofC Team.

## [ China – Cooperation Partners ]

Date	Activity	Location / Platform	Speaker(s) / Participants
29/10/2025	1. Lecture Theme: Boundless Life, Co-Creating Hope Sharing and Integrating Life Work Experiences 2. Baking Workshop	Xuhui District Disable Persons Special Education Guidance Center, Sunshine Home, Shanghai, China	Participants: Nandor Lim, Weny Yu, Lim Kai Leng, Karen Hoo, Jeniffer Hoo, Isabelle Fam, Han Koew Weng, KS Lee, Low Bee Peng and Heng Poh Choo
29/10/2025	Signing of Strategic Cooperation Agreement	Xuhui District Disable Persons Special Education Guidance Center, Sunshine Home, Shanghai, China	Signing Representatives: Isabelle Fam – Chairperson (AKASHA Learning Companionship Association of Malaysia) Wang Duo-Bing – Chairperson (Shanghai Zheng Neng Community Development Center, China)
30/10/2025	Lecture and Team-Building Activity	Xia Man Yunjian Social Welfare Development Center, Shanghai, China	Participants: Nandor Lim, Weny Yu, Lim Kai Leng, JKaren Hoo, Jennifer Hoo, Isabelle Fam, KS Lee, Low Bee Peng, Heng Poh Choo, Xiaman Yunjian Public Welfare Development Center Social work cadre.
30/10/2025	Signing of strategic cooperation agreement	Xia Man Yunjian Social Welfare Development Centre, Shanghai, China	Signing Representatives: Isabelle Fam – Chairperson (AKASHA Learning Companionship Association of Malaysia) Wang Bin - Xia Man Yunjian Social Welfare Development Centre, Shanghai, China

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## 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, Weny 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.

