



AKASHA

Learning Companionship
Association of Malaysia

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AKASHA Learning Companionship
Association of Malaysia

Recognising Limits Issue Virtue in Action

The Decade of Being Held -

Growing Whole Again Through Relationships

Some changes in life don't happen through sheer effort;
they grow slowly, through being held over time.

Authored by Karen Hoo
(Hon. Secretary of AKASHA Malaysia)

Translated by Chuah Soo Wah (Setia Alam)

Not long ago, I delivered two talks within a single week, one of which was in front of nearly 800 students. In the past, this would have been nearly impossible.

After the talks, I took some time to reflect on what I had gained and revisit my learning journey. I realised that this breakthrough didn't come out of nowhere—it was the result of every moment of self-doubt, confusion, and even the urge to retreat that I had experienced along the way. At each of those moments, I had been truly held, and that is what allowed me to reach where I am today.

Looking back ten years ago, I was standing at a crossroads in life, overwhelmed by a series of setbacks that left me feeling deeply low, discouraged, and lost. I was terrified of making choices, afraid that one wrong decision would lead to lifelong regret. I didn't trust people, either. Back then, I shut myself off and kept my distance.

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

Then, Teacher Weny came to Seremban to offer a course. I thought the “noise from the outside world” was just too loud, so I wanted to hide in the course to find some peace. That small, unplanned decision unexpectedly opened the door to a journey of self-discovery and healing.

The Years When I Cut Off My Feelings

In the early days of joining the AKASHA Learning Circle, I watched my fellow peers break down in tears while sharing their experiences. During guided meditations led by the teacher, everyone else could respond with the images and feelings they saw. This left me deeply puzzled, because I saw nothing and felt nothing.

I fell into deep self-doubt, unsure of how I was supposed to feel—what the “right” way to feel even was. The teacher’s response was always the same: be patient.

Thankfully, I didn’t walk away. The safety and highly accepting environment of the learning circle slowly helped me lower my guard. I began to realise that my “lack of feeling” was just an illusion. The truth was that I had chosen to cut off my feelings because I didn’t have the capacity to face and process these complex emotions.

I had many things I couldn’t say out loud. I worried about troubling others, so I habitually internalised everything and quietly retreated to places where no one would notice.

I could be a good listener, helping friends work through their problems. But when I faced my own struggles, I didn’t know how to ask for help, nor who I could turn to. So I hid and tried to digest everything alone.

Letting Trust Flow Again Through Relationships

In a supportive environment, I began learning to rebuild trust in others. For the first time, I allowed myself to be vulnerable in front of my peers—from silently wiping away tears to eventually being able to break down and cry openly.

I discovered that showing vulnerability doesn’t necessarily lead to judgment.

I learned to let down my guard and openly express my joy, anger, sadness, and fear in front of others. I experienced what it meant to be listened to even when I couldn’t articulate clearly; to not be rushed or pushed when I wasn’t ready; and even before I believed in myself, there were people who believed in me more than I did.

Later, I followed teacher Nandor to serve in different places, gradually expanding from a small comfort zone into a larger world. This act of stepping out opened my horizons and showed me that so many people in the world have their own struggles and challenges to face. I realised I wasn’t alone.

The Process of Growing Into Myself

Once, I followed my teachers to a conference organised by the Initiatives of Change in India. One morning during the conference, I gathered my courage and stepped onto the stage to share my story, though I was trembling inside. When I finished, the hall erupted in applause. Several people came up to me afterward to share how my story touched them and to tell me their own.

In that moment, I realised for the first time that my story could move and impact others. That experience encouraged me deeply and gave me the courage to face myself.

From receiving affirmation from others to slowly developing inner strength, I began learning to affirm myself. As I learned to see and accept who I am, my life regained an endless source of strength. My world expanded, and I was able to do so much more.

Lately, I’ve noticed that I’m more willing to let people get closer, actively building relationships, and cherishing these connections. Some friends I haven’t seen in a while have told me that I seem different from when they first knew me—more cheerful and confident.

I know these changes didn’t happen overnight. They are the result of ten years of effort, trial, and learning, and of being held along the way. Through this, I’ve gradually been able to shed my defenses and grow into my whole self.





ACCEPTANCE

Finding Reconciliation with Yourself Amid Imperfection

Authored by Soh Lin Chong (Serdang)

Translated by Teoh Yin Yin (Kepong)

Struggling to express myself has always been a lesson I've had to face.

In classrooms, during talks, or in any setting where I'm expected to speak, a familiar pattern unfolds. Just as thoughts begin to form and feelings take shape — right at the moment I am about to speak — another voice arises within me. It questions, opposes, even negates what I am about to say. And so, I chose silence.

This pattern repeats itself, gradually accumulating into frustration, self-blame, and even self-doubt. I began asking myself: What is it that I truly care about? And what is it that I am afraid of?

Perhaps the bullying and mistreatment I experienced in childhood, along with two career setbacks in adulthood that did not go as expected, had already cast long shadows within me. Yet, standing where I am now, I have come to understand — these experiences were not obstacles. Rather, they have enriched my life and shaped who I am today.

As I've grown, I've learned to accept the trust and loyalty of others, whilst also facing hurt and betrayal.

I've come to understand that human fragility and limitations are simply part of our nature. In relationships, I choose to trust and respect — and at the same time, to accept the reality of imperfection.

I no longer cling to the pursuit of absolute security.

Instead, I practise holding both trust and intimacy within relationships, while also cultivating the resilience to face rejection and disappointment. Even when emotions arise — sadness, anger, hurt — I am now able to notice them more quickly, and gently return myself to a place of steadiness, allowing life to return to its natural rhythm.

Through this process, I have gradually learned something essential — acceptance.

To accept the presence of emotions. To allow even negative feelings to flow, so long as they do not harm myself or others, nor disrupt the course of life itself.

I have also come to understand that **forgiveness is not about absolving others, but about releasing myself** — not punishing myself for someone else's mistakes.

When I am willing to let go, past experiences and emotions no longer cling so tightly. When I choose to release, space opens within me. I have come to realise: the more I can let go, the more I am able to receive.

And so, I begin to learn to treat myself with greater gentleness.

To love myself a little more — so that harm no longer seeps in so easily. And to trust that love itself holds the power to embrace all imperfections, guiding what was once fragmented within me toward integration and wholeness.

I PUSHED HAPPINESS AWAY

From Self-Contempt to Self-Permission:
A Journey of Loosening
Inner Beliefs

Authored by Lee Chun Yee (Farlim)

Translated by Teoh Yin Yin (Kepong)

“Sometimes,
it’s not that we cannot attain happiness —
it’s that we do not allow ourselves to have it.”

Seeing my anxious self amid uncertainty

In the beginning, I started to notice a recurring pattern in my life — my thoughts and behaviours were often tied to “control.” When things felt within my control, I experienced a sense of security. But the moment uncertainty arose, anxiety and unease would quickly follow.

Looking back, I had never realised that I had long been living in a state of self-contempt. It was only through learning in recent years that I gradually became aware: the reason I kept pushing “happiness” away was because, deep down, I believed I was not worthy of it — nor deserving of being loved.

When I came to understand that this self-contempt was closely tied to how I had been treated in earlier life experiences, a wave of suppressed emotions surfaced — heaviness, sadness, and pain. I had always thought I was not avoiding life, yet deep within me lingered an unspoken emotional repression that made it difficult to truly feel joy.

For a long time, I believed I did not have a happy childhood, and yet my longing for happiness never faded. Since young, my greatest wish had been to have a happy family. However, I did not experience this in my family of origin. Even in the family I later built myself, it seemed as though the pattern of

“unhappiness” kept repeating.

When I reflect on those moments when I pushed happiness away, I still find it difficult to understand the choices I made then.

Transformation and release within relationships

Through the learning process during the course in the learning circle, I was given the opportunity to revisit and reinterpret my childhood experiences, gradually arriving at a sense of release.

As I began to learn to accept my mother as she is, the conflicts between us noticeably decreased. At the same time, I could also see that she, too, was learning — gradually trying to accept my thoughts and feelings.

Throughout this journey, one thing I wish to acknowledge in myself is this: I never gave up continuing the learning process. Even though my pace has been slow and I am not particularly expressive, each class experience has brought me growth and accumulation.

I am deeply grateful to my teacher for the guidance, and to my fellow classmates for their sharing and companionship. Because of all of you, I have been given the opportunity to move closer once again — to the “happiness” that I once pushed away.

The Journey

Some journeys lead not outward,
but inward to the self.

Authored by Teoh Yin Yin (Kepong)

Inner Awareness and Transformation

Below are the three things that I learned in this workshop or even before I came.

Firstly, the hurt that I felt years ago coming to the same workshop, repeated itself. At the first instinct, I blamed it on the person who caused this for inflicting pain on the same wound again. After looking into my self for a week, I realised that a big part of it was caused by myself for I allowed the person to inflict pain, confirming that I've not progress since and remain in the said problem from before. This was when I'm still full of anger and disappointment, both it me and her.

Later on, when I started expressing this issue and my thoughts or emotions to my supporting network, then did I realised that I've progressed and grew more than I imagined, for this round , is no longer in the happening itself and i'm able to differentiate the responsibilities and it's a different issue where I demand respect, rather than total devotion. From this, I realised that I could spend more effort to take care of myself, my happiness is my own choice and not to impose or expect from others, from theory to practical totally differs from my imagination.

From Fear to Power: Extending to the Whole

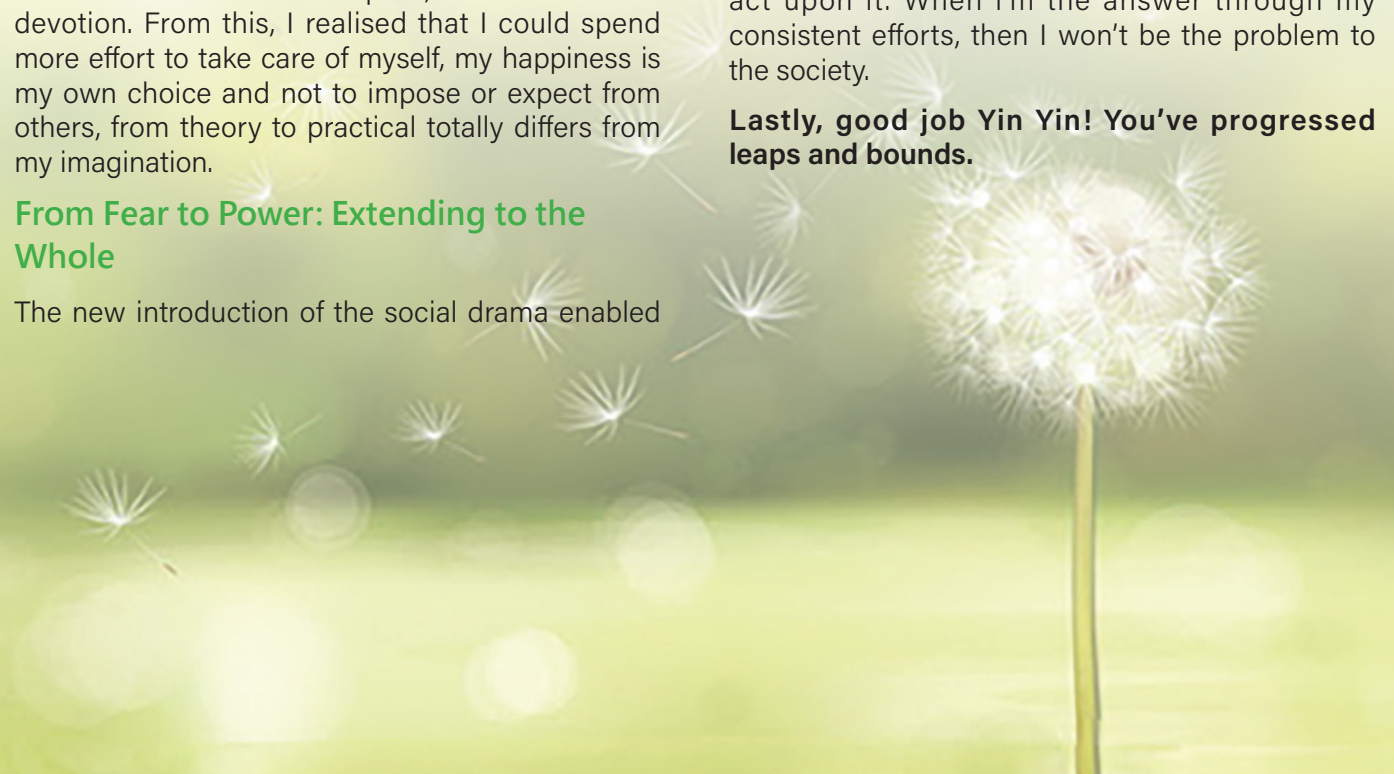
The new introduction of the social drama enabled

me to broaden my perspective to see things from the angle of the perpetrator: In the case of bullying, the perpetrator acted out of fear to cover or disguise it, which caught me by surprise.

The victim that was targeted may not be intentionally a certain person. Therefore, it kind of pointed that the two corporate bullying that experienced, may not be intentional on me, just its bound to happen. Through this drama I observed that my feelings of fear eventually became my source of strength and when we reversed role, I felt that I'm good for where and who I am, with no intention of revenge and the previous happening is no longer any issue. I feel renewed confidence and liberation. Seems like I've healed and ready to move on.

The dynamics of a family that carries through generations, is the foundation of the society. It is at the same time simple yet full of complexity, if we don't take the effort to study, understand and act upon it. When i'm the answer through my consistent efforts, then I won't be the problem to the society.

Lastly, good job Yin Yin! You've progressed leaps and bounds.





Cooking

is how I learned to love

Authored by Nenden Mutiara Arief
(School of Reconciliation, Indonesia)

**An 18-year journey: From self-denial,
reconciliation with fathers,
to passing on love to children**

I'd like to share my story of growing up so far.

Moving past worthlessness, toward reconciliation

There was a time when I felt confused by all my abilities: I could cook from a young age to consistently winning competitions. My junior high principal suggested I continue my education at a culinary school, even though I never knew such a school existed.

At 13, I could already bake a wedding cake. I thought that was normal. But when I was in college, in the Cake Decoration class, my third-grade cake was given to me by a lecturer as a gift from the rector. That meant something special, didn't it? At the time, I didn't realise how special I was and continued to feel inferior and unworthy of this world.

That feeling of worthlessness truly made my life meaningless until one day in 2005, when I truly felt life was worthless and had a motorcycle accident that left me unconscious for four days. Allah still gave me the opportunity to live a normal life, which I still do today.

So why was I given that chance to live when I wanted to end it as soon as possible!

My college years were not enjoyable. They were filled with suffering and hardship. I went through classes solely to prove my worth to my father. I tried so hard to be loved and seen by him.

Until 2008, when I met Bhavesh Patel and Rob Lancaster (IofC), who introduced me to Quiet Time and Sharing. Through their practice, I finally felt valued and heard. It turns out that being heard comes when we listen to ourselves. From that journey, my days changed and I felt more hopeful.

I took this difficult journey one step at a time, slowly and carefully, but with strong determination, believing that this would succeed in improving my life.

My first trip abroad was to participate in *Tools for Change* and attend the *CoP* workshop. There, I discovered that reconciliation with my father was essential!

It was also at that time that I first met Nandor Lim. I never imagined he would become my mentor and

grow, almost twelve years later.

When my relationship with my father wasn't good, it turned out to be closely related to my relationship with my partner. It was a seesaw of mutual attraction, feeling the need to be loved, without anyone feeling the need to love, and suffering throughout the relationship.

Feeling something was wrong, we joined an inner growth program led by Nandor Lim, and that's where my journey of growth began.

Some time ago, someone said, "Yes, it's easy for me. To be able to regulate my emotions and communicate calmly and clearly with my partner. It seems like the theory is very easy to say and very difficult to put into practice."

It's indeed difficult, but the process doesn't stop there. We have to continue the process and keep taking small steps, little by little, and before you know it, it's been eighteen years.

So, is this easy for me? No! Absolutely not! I repeat, it's not easy. You must know that to get to this point, I've been on a very long, tiring, and painful journey. What's different is that I haven't stopped accepting the difficult situation and surrendering to fate.

Only Allah's grace has given me the energy and ability to persevere and persevere through this long journey of over a decade.

I never imagined that my small step back then, to meet my father and reconcile, to express all my feelings and thoughts, and to ask about many things that had only been my struggles, would actually change my life.

Accepting that he simply didn't have the ability to love as I had hoped. Accepting that not all love is presence. Accepting that the distance that separated us doesn't mean there was no love at all.

Today, I've gathered many stories of how he tried to be present, watch over me, and even accompany me through my growth and development from afar.

Accepting that my father not only gave me wounds but also love. It's just that the wounds were deeper, I think, to the point where I forgot that behind them, there was still love.

Love is only felt when I accept all those wounds. Today, I see all that love and feel his presence and love in my life. Now I feel whole.

Passing on love through food

It's simple, it's all about cooking. I went to culinary school during vocational school, and I went to

college for 4.5 years, also majoring in cooking. But during that time, I didn't feel like I could do all the hard work with ease and without any burden. It turns out all my abilities were given to me by my father, a gift from his great love. When I got married, my cooking was always a surefire way to make my husband feel comfortable and loved. But when I had children, the difficulties became more and more intense. I later discovered that I was JEALOUS of my own child because he had a father who was present and a mother who learned to care for and love him. Because of that jealousy, I wouldn't cook for him, and I blamed my child for being a picky eater, which led to his being skinny and contracting tuberculosis.

The neglect my parents inflicted on me, I also inflicted on my child.

Today, my relationship with my father is much better, even though he has passed away, and I have found new ways to communicate with him, one of which is through food.

My father couldn't cook meals for me when I was little, like he did for my two older siblings, but he gave me his extraordinary cooking skills so I could cook for myself and still feel his presence.

This love was indeed quite distant, but I accepted it as a form of reconciliation.

The more I cooked, the more I felt his presence, and when I cooked, my child would eat well too.

It turns out my child isn't a picky eater; he just didn't feel my love. When I made everything with sincerity and served it wholeheartedly, he was able to enjoy and accept all my sincere and full love.

My cooking skills don't mean I have to become a chef in a restaurant; it turns out cooking is a love from my father that I pass on to my child.

Now I'm no longer jealous of my child. I will cook and continue to cook, celebrating my father's love within me so that I can spread love to others.

Now I can make my child's lunch box wholeheartedly.

Cooking multiple times a day with different menus, both national and international, joyfully celebrates the love that is within me.

Taking full responsibility for my family's food, because children's food is their parents' responsibility, and it cannot be delegated to anyone else.

This journey has been long; nothing is in vain; effort and strong determination bring hope and change.

05.2026~06.2026

03/5 **Sun.** 10AM-12PM

The I Ching in Daily Life: Change (Bian Yi), Constancy (Bu Yi), and Simplicity (Jian Yi) — Navigating Life's Uncertainties.

@ Chan She Shu Yuen Clan Ancestral Hall (CSSYKL) | Admission by Ticket only; Voluntary Donations Accepted

☎ 011-1127 7687 Ms Lim

06/5 **Wed.** 19.30-21.30

Family Development Series: A 30-Lecture Nationwide Tour Across Malaysia @ Seremban

The 2nd Seremban "TALL" - Talk About Life LIVE:

"Matrilineal Fatherhood: An Alternative Perspective on Father-Son Relationship"

@ Chung Hua Seremban Alumni Association | Admission by Ticket only; Voluntary Donations Accepted

☎ 010-209 2733 Ms Kun

☎ 016-331 8763 Karen

08/5 **Fri.** 19.30-21.30

Night of Learning

Community – May 2026

@ ZOOM Meeting | *Exclusively for AKASHA students & family only

09/5 **Sat.** 19.30-21.30

Family Development Series: A 30-Lecture Nationwide Tour Across Malaysia @ Butterworth

The 2nd Butterworth "TALL" - Talk About Life LIVE:

"The Fisherman Father: Life at Sea and On Land Between Father and Son"

@ AKASHA Butterworth Learning Community Centre | Admission By Ticket Only, with a Sponsorship Donation of RM12

☎ 017-305 1616 Ms Chong

☎ 012-561 7199 Ms Ong



22/5 **Fri.** 19.30-21.30

Family Development Series: A 30-Lecture Nationwide Tour Across Malaysia @ Klang

The 2nd Klang "TALL" - Talk About Life LIVE:

"The Father's Harbor: Expectation, Responsibility, and Emotional Bearing in Father-Son Relationship"

@ 幸福坊@Setia Alam, Selangor | Admission by Ticket Only; Voluntary Donations Accepted

☎ 013-533 9144 Ms Ang

☎ 016-331 8763 Ms Hoo

23/5 **Sat.** 10.00-11.30

AKASHA Live

Trauma Within the Family #4

"Filial Piety and Stress: Hidden Trauma in Culutral Contexts"

@ ZOOM Meeting, Facebook Live

| * Registration now open

23/5 **Sat.** 19.30-21.30

Family Development Series: A 30-Lecture Nationwide Tour Across Malaysia @ Kepong, KL

The 2nd Kepong "TALL" - Talk About Life LIVE:

"Urban Fatherhood: Between Absence and Presence"

@ Rising Sun Health Food | Admission by Ticket only; Voluntary Donations Accepted

☎ 012-296 3788 Isabelle

☎ 016-331 8763 Karen

24/5 **Sun.** 9AM-11AM

2026 Annual General Meeting of AKASHA

•Election of Board Members

AKASHA Learning Companionship Association of Malaysia office @ Seri Kembangan

03/6 **Wed.** 19.30-21.30

Family Development Series: A 30-Lecture Nationwide Tour Across Malaysia @ Seremban

The 3rd Seremban "TALL" - Talk About Life LIVE:

"Matrilineal Daughters: The Role of the Father and Daughters' identity"

@ Chung Hua Seremban Alumni Association | Admission by Ticket Only; Voluntary Donations Accepted

☎ 010-209 2733 Ms Kun

☎ 016-331 8763 Karen

12/6 **Fri.** 19.30-21.30

Night of Learning

Community – June 2026

@ ZOOM Meeting | *Exclusively for AKASHA students & family only



14/6 **Sun.** 10.15AM-12PM

Family Development Series: A 30-Lecture Nationwide Tour Across Malaysia @ Kampar

The 2nd Kampar "TALL" - Talk About Life LIVE:

"The Father's Mine: Legacy and Transformation Between Father and Son"

@Learn & Shine @ Kampar | Admission by Ticket Only; Voluntary Donations Accepted

☎ 013-513 7017 Ms Kun

☎ 016-331 8763 Ms Karen

27/6 **Sat.** 10.00-11.30

AKASHA Live

Trauma Within the Family #5

"When Home Becomes an Arena: Comparison, Shame, and Achievement Anxiety"

@ ZOOM Meeting, Facebook Live

| * Registration now open

Family Development Series + Klang

2 0 2 6

Resilient Families in a Diverse World

#2

22 Friday
MAY

The Father's Harbor:

Expectation, Responsibility, and Emotional Bearing in Father-Son Relationship



Friday 7.30PM-9.30PM

Joyseed Care Centre
Setia Alam, Selangor.Guest
SpeakersNandor Lim
& Weny Yu

013-5339144 Ms Ang

016-3318763 Ms Hoo

馬來西亞AKASHA學習型社群發展協會
AKASHA Learning Companionship Association Malaysia
ROS Reg. PPM-012-14-14062011

幸福學坊 Joyseed Care Centre

10-3-1, Jalan Setia Prima Q U13/Q, Setia Alam, Shah Alam
Tel: 010-365 1622 FB: ingeniousmindsetialamTicket
for AdmitDonations
Accepted

Trauma Within the Family Series #4

Filial Piety and Stress: Hidden Trauma in Culcutral Contexts

23.05.2026 Sat.

10AM-11.30AM

@ ZOOM & Fb Live

016-331 8763



For Malaysian Only



Participants from China

30
MAY
9AM—5PM

SAT.

Life-relationship Healing Workshop

Wounds Can Be Gateways to Light

The Family — A Revolutionary Way of Self-Discovery

A Two-Day Intensive Workshop for Healing and Relationship Transformation

Transport, meals and accommodation NOT included



Lead by

Nandor Lim & Weny Yu
Senior Life Mentor & Healing Facilitator

Location

Kepong
RisingSun Health Food

Fees

Contribution 400

Registration & Details

016-331 8763 Karen

012-296 3788 Isabelle



31
MAY
9AM—5PM

SUN.





樹人行動

THE RISE INITIATIVE

「實踐」

第3屆 全人科學生命創意營

■ 12/12/2026 - 20/12/2026 九天九夜
 需於 11/12/2026 晚入營報到 9Days 9Nights
 Registration on 11/12/2026

▲ 森州波德申
 Teluk Kemang, Port Dickson, N.S.

● 滿15周歲或以上，無年齡上限
 名額限25人，額滿為止
 Recruitment is open to youths aged 15 or above with NO upper age limit.
 ONLY 25 participants will be accepted.



聯絡電話：

+60 16-331 8763

AKASHA 學習型社群頻道

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016-3318763



AKASHA

目標理念

AKASHA 800 Units Fundraising Initiative



This time, we are not talking about expansion or growth. We are only talking about one simple, honest need — **to allow life-centred accompaniment work to continue to exist.**

Over the past five months, we have walked through a difficult journey. And in every moment of asking, we came to realise something: Some people are willing to support not an organisation, but the possibility that no life is left behind.

✳️ **In 2026**, we are choosing a more sustainable way to move forward. We are launching — **the “AKASHA 800 Units Fundraising Initiative.”** This is not about scaling up. It is about building a foundation that allows this work to keep breathing.

✳️ Our Goal

800 units

Monthly units (annual total)

RM100 /unit

▶ **annual total RM80,000**

15 units

Annual units (annual total)

RM3000 /unit

▶ **annual total RM45,000**

IF you feel moved, we invite you to take up one unit and become part of what keeps this work alive. This is not just a donation. This is a journey of walking together.

✳️ What Will Your Support Sustain?

Not bigger events, but the continuation of **what MUST NOT STOP:**

- **Life education programmes**
- **Ongoing accompaniment and support systems**
- **A place for those who are struggling to return to**

We are not creating miracles. We are simply doing our best to make sure no one is left behind.

016-331 8763

Recruitment closes by **30 June 2026**



Public Bank
AKASHA MALAYSIA
3170237727



Reference:
AKS800 & contact no.

Please Whatsapp bank-in slip to
016-331 8763 after donation. Thanks.