

2023

第1屆+學習型社群國際生命工作大會
the Inaugural Learning Community
International Life-work Conference

馬來西亞 🌸 MALAYSIA

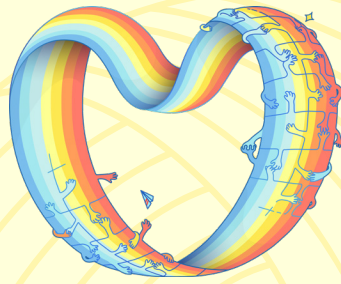


生命的重建

我不是一個人在戰鬥

Remaking my Life

I'm not going through all this alone



標誌 LOGO

設計 Design | 胡雙儀 Jennifer HOO

大會標誌以莫比烏斯環（Mobius Ring）構成的「心環」為核心意象，象徵生命在破壞與重建之間不斷循環——每一次重建，都是成長不可或缺的一部分。心環以心臟的抽象形狀呈現，代表每一條獨特而珍貴的生命軌跡。

心環由多片拼圖拼接而成。每片拼圖的連接處，對應著不同的手部動作：拉手、握手、鼓掌、擊掌、猜拳、擁抱，甚至傳遞紙飛機。這些動作象徵無論身分、角色為何，每個人都真切地需要陪伴、信任與和解。它們是可以跨越文化、宗教與國界的限制，其目的是為了促進人與人之間的溝通與社會和諧。

標誌中亦融合「彩虹橋」的意象，象徵希望與雨後的重建。然而，為避免被誤以為代表「性少數群體」，只取紅、藍、黃三色進行呈現。

The conference logo features a Möbius strip-inspired “Ring of Heart” as its central motif, symbolizing the continuous cycle of destruction and rebuilding in life—where each act of reconstruction represents an essential step in the journey of growth. The heart-like shape embodies the uniqueness and preciousness of every individual life.

The Ring of Heart is composed of interlocking puzzle pieces. Each connecting edge of the pieces is shaped by a variety of hand gestures—such as holding, shaking, clapping, high-fives, playing, hugging, or even sending off a message glider—a folded token of connection across distance. These gestures signify that regardless of one’s identity or role, the human need for companionship, trust, and reconciliation is universal. These actions transcend cultural, religious, and national boundaries, aiming to foster connection and communication between people, and to promote social harmony.

The logo also incorporates the imagery of a “Rainbow Bridge,” symbolizing hope and the renewal that follows hardship. To avoid potential confusion with the symbolic representation of the LGBTQ+ community, only three colors—RED, BLUE, and YELLOW—were used.

紅色
ORANGE

重建過程中的熱情與動力
Passion and energy during the process of rebuilding

藍色
BLUE

重建後所需的穩定與沈著
Stability and calm after the rebuilding is complete

黃色
YELLOW

橘與藍之間的過渡色，讓整體視覺更柔和，傳遞平衡與包容的氣息。
Transitional tone between orange and blue, softening the overall visual impression and conveying a sense of balance and inclusiveness

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生命重建之路，有你有我 Remaking of Life, We Are Never Truly Alone



三年的等待，終於迎來這場深具意義的相遇。

2023年6月，第一屆馬來西亞學習型社群國際生命工作大會在眾人的守望與陪伴中順利舉行。原定於2020年舉辦的大會，因新冠疫情的衝擊被迫展延，卻沒有熄滅我們內心那份想要彼此連結、共築希望的渴望。感謝來自國內外約200位與會者的到來，這份等待，最終迎來的不只是相見，而是一次生命與生命的真誠連結。

「生命的重建——我不是一個人在戰鬥」，不僅是一句主題口號，而是一份深刻的共鳴。走過疫情帶來的動盪與孤寂，我們更深刻體會到「陪伴」如何撐起脆弱的心，「和解」如何修補斷裂的關係，而「信任」如何成為重新出發的基石。這三大焦點，不只是理念，更是許多人真實生命的寫照。

籌辦這場大會的過程並不輕鬆，從中斷、延後、重啟，到最終實現，每一步都充滿挑戰與學習。作為籌委會主席，我無比感恩這一路上不離不棄的籌委成員、志工及每一位支持者，是你們的信念與堅持，讓這份願景得以實現。

這本特刊記錄的不只是一場活動，更是一段段生命的交會、陪伴與重拾力量的歷程。願它成為我們彼此鼓舞的延續，也願每位讀者，都能在字裡行間找到自己的回響。

讓我們記得：在這條重建生命的路上，我們從不孤單。

After three years of waiting, we finally welcomed this deeply meaningful encounter.

In June 2023, the Inaugural Learning Community International Life-work Conference (Malaysia) was successfully held, thanks to the care, hope, and solidarity of many. Originally planned for 2020, the event was postponed due to the COVID-19 pandemic. Yet, the flame of our shared longing—to connect, to support, and to rebuild—never faded. We are truly grateful to approximately 200 participants from Malaysia and abroad who made this possible. This long-awaited moment brought more just a reunion, it became a genuine connection between lives.

“Remaking My Life—I’m Not Going Through All This Alone,” was not just a conference theme, but a deeply shared sentiment. Having lived through the turbulence and isolation brought by the pandemic, we now understand more clearly how companionship can hold up fragile hearts, how reconciliation can mend broken relationships, and how trust can lay the foundation for a fresh start. These three themes are not just ideals—they reflect the lived experiences of many.

Organising this conference was no easy task. We faced delays, uncertainties, and many moments of starting over, despite that, step by step, it came to life. As the Chairperson of the Organising Committee, I am deeply grateful for every person who walked this journey with us—committee members, volunteers, and supporters. It is your faith and persistence that brought this vision to life.

This commemorative issue does not merely document the event - it tells the stories of people coming together, supporting one another, and regaining strength. May it continue to inspire us, that even in the most challenging times, we are never truly alone.

On the journey of remaking life, we are never lonely — as we have one another.

胡嘉恩
Karen Hoo



工作團隊 Organising Committee

顧問 Consultant	羅日順、黃進福、呂建成 NS LOH, NG Chin Hock, KS LEE
大會主席 Conference Chairperson	覃繡欽 Isabelle FAM
籌委會主席 Committee Chairperson	胡嘉恩 Karen HOO
總策劃 Event Director	林潤崧 Nandor LIM

職稱 Position	負責人 Team Lead	輔理人員 Team Assistant(s)
執行秘書 Executive Secretary	謝玉黛 CHIAH Yoke Tai	李欣欣、歐秀霞 LEE Sin Sin, Sherece AW
財政 Treasurer	林凱齡 LIM Kai Leng	尤薇妮 Weny YU
秘書處暨庶務 Secretariat & General Affairs	葉麗霞 YAP Lai Ha	
公共關係 Public Relations	覃繡欽 Isabelle FAM	
募款征求 Fundraising/Sponsorship	呂建成 KS LEE	
宣傳 Media & Publicity	曾冠明 Beng CHAN	李欣欣 LEE Sin Sin
設計 Graphic Design	胡雙儀 Jennifer HOO	陸稟豪 Alvin LOKE
交通 Transportation	李欣欣 LEE Sin Sin	黃進福、呂建成 NG Chin Hock, KS Lee
課程 Course Design & Planning	林潤崧 Nandor LIM	
多元翻譯 Multilingual Translation	蔡慧文 Janet CHAI	覃凱元、劉曉芸、梁君逸 Paul FAM, LIU Hsiao-Yun, Alex LEUNG
節目 Program & Itinerary	尤薇妮 Weny YU	胡雙儀、李美琴 Jennifer HOO, LEE Mei Kem
特刊廣告 Commemorative Issue Ad	羅日順、呂建成 NS LOH, KS LEE	
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音響燈光攝錄 Sound, Light, Photography, Filming	韓貴榮 HAN Keow Weng	曾冠明、沈順銘、林佳揮、林向 Beng CHAN, Froscar SIM, Ken LAM, LIM Xiang
市場活動 Marketplace	李欣欣 LEE Sin Sin	林凱齡、黃繼維 LIM Kai Leng, WONG Khai Wai
生活協調 Life Matters Coordination	蔡慧燕 CHAI Wai Yen	林凱齡 LIM Kai Leng
生命關懷 Life Care Coordination	謝玉黛 CHIAH Yoke Tai	
田野服務 Outreach Programme Coordination	林潤崧 Nandor LIM	韓貴榮 HAN Keow Weng
Dikir Barat 小組 Dikir Barat Group	蔡慧燕、張瑩瑩、蔡慧文 CHAI Wai Yen, TEOH Yin Yin, Janet CHAI	
歌詠小組 Choir	李美琴 LEE Mei Kem	

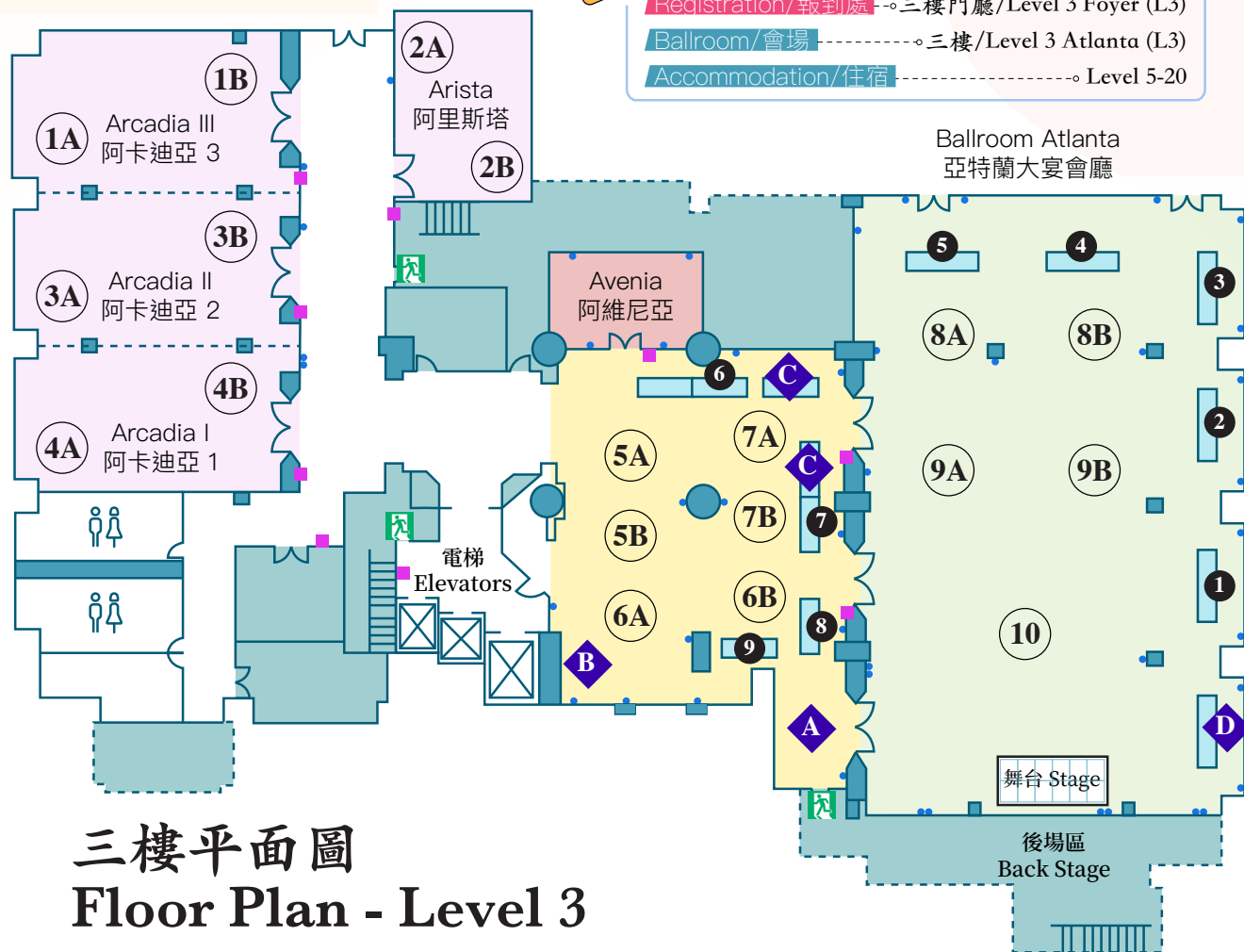
Armada Hotel

五星級酒店，地理位置優越，交通便利。
A 5-star hotel in Petaling Jaya with good and easy-to-access location.

📍 Lot 6, Lorong Utara C, Section 52, Petaling Jaya, Selangor.



Parking/停車場	---◦地下一層/Hotel Basement (B1)
Dining/餐廳	-----◦底層/Ground Level (G)
Registration/報到處	---◦三樓門廳/Level 3 Foyer (L3)
Ballroom/會場	-----◦三樓/Level 3 Atlanta (L3)
Accommodation/住宿	-----◦Level 5-20



三樓平面圖 Floor Plan - Level 3

- | | | | | |
|--------------------------|------------------------|---------------------------|-------------------------|----------------------------------|
| ● 電源插座
Electric-point | ■ 大會議室/宴會廳
Ballroom | ■ 秘書室
Secretariat Room | ◆ A 候場區
Waiting Area | ◆ C 貴賓接待處
VIP welcome desk |
| ■ 顯示屏
Display Screen | ■ 門廳
Foyer | ■ 分組討論室
Breakout Room | ◆ B 打卡區
Photobooth | ◆ D 音控與司儀區
PA & Emcee Station |



①A ~ ⑩ 學習圈分組位置圖 Learning Circle Grouping Locations

■ 市場活動 Marketplace

- | | | |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| ① 上海霞滿雲間公益發展中心
Xia Man Yunjian Social Welfare Development Centre Shanghai | ④ 馬來西亞 AKASHA 學習型社群發展協會
AKASHA Learning Companion-ship Association of Malaysia | ⑦ AKASHA生命老師助理師資團
the Life Teacher Assistant Group of AKASHA |
| ② 陸秉豪生命小畫展
Alvin LOKE's Mini Life Art Exhibition | ⑤ IofC Indonesia — Sekolah Rekonsiliasi
印尼 IofC - 和解學校團隊 | ⑧ AKASHA深耕志工(北海)第二團
AKASHA Volunteer Group 2 (Butterworth)
北馬學習圈
Learning Circles of Northern Malaysia |
| ③ 台南市家庭情緒智商發展協會
Tainan Family EQ Development Association | ⑥ 南非 & 印度行動
Action for SAIN | ⑨ AKASHA深耕志工第一團(芙蓉)
AKASHA Volunteer Group 1 (Seremban)
芙蓉學習圈
Learning Circles of Seremban |



大會日程表 Daily Itinerary

	第一天 Day 1	第二天 Day 2	第三天 Day 3	第四天 Day 4	
	Sat 六 03/06	Sun 日 04/06	Mon 一 05/06	Tue 二 06/06	
0630		早餐 Breakfast			G 餐廳 底層 · Cafe
0800		靜默寶典 Quiet Time for Inner Reflection			L3 三樓
		連結/Connection 向生命學習 Learning from Life	修正/Correction 改變從我開始 Change Starts with Me	方向/Direction 以生命影響生命 Life Inspires Life	大會議室/ 宴會廳 亞特蘭大 Ballroom Atlanta
		事務報告 Announcement			
0915		主題研討會 Plenary 生命的重建 Remaking My Life			阿卡迪亞 Arcadia I-III
		在哪裡跌倒 從那裡站起 As I am, So is My Family	在哪裡受傷 從那裡康復 As I am, So is My Society	從一個人 到一群人 As I am, So is My Nation	+ 阿利斯塔 Arista + 門廳 Foyer
		小休 Break		閉幕/Closing	
1130		學習圈分享 Learning Circle Sharing		生命的決心 與承諾 Determination & Commitment of Life @大會議室 Ballroom Atlanta	1A } 10
		家家有本 難唸的經 There are Problems in Every Family	為生命的 苦難負責 Taking Responsibility for the Suffering of Life		
		午餐 Lunch			G 餐廳 底層 Cafe
1430	準備工作 Preparations	開放空間科技 Open Space Technology		2025年 再會 See you again in 2025	L3 三樓 阿卡迪亞 Arcadia + 阿利斯塔 Arista
1600	報到 Registration @門廳 Foyer	說出我的改變 Declaring My Change	說出我的行動 Stating My Action		
1800	自由時間 Free Time				
1830	晚餐 Dinner				G 餐廳 底層 Cafe
2000	開幕/Opening 自發改變者之夜 A Gathering for Initiators of Change	生命圖書館之夜 The Night of the Living Library	文化創意之夜 Creativity Cultural Night		L3 三樓 大會議室/ 宴會廳 亞特蘭大 Ballroom Atlanta + 門廳Foyer
2130	友誼市集/Bazaar of the Companionship 改變的楔機夜市 Night Market for Opportunities to Change				

日期 Date 04 - 06/06/2023 (星期日至星期二) Sunday - Tuesday

時間 Time 0800 - 0900

主持 Host

第一場
Section 1

第二場
Section 2

第三場
Section 3



黃懷歡
Charles OOI

檳城 Penang



梁陳鳳明
LEUNG CHAN
Fung Ming

香港 Hong Kong



兼松惠
Megumi KANEMATSU

日本 Japan

靜默中的智慧： 與內在連結，走向更寬廣的生命

在連續三個早晨，大會進行了「靜默寶典」的靜默練習，邀請三位資深生命工作者——黃懷歡、梁陳鳳明與兼松惠老師帶領與會者進入一段深層的心靈旅程。

靜默，是撥出一小段時間，靜靜地聆聽來自內心或上天的引導。透過安靜地坐下來，許多人發現心中浮現了清晰的念頭或方向，這些是與自己深層連結後的結果。參與者被鼓勵將這些訊息記錄在靜默本中，並與小組成員彼此分享，在互相聆聽中加深對自己的理解與覺察。

更重要的是，透過「四大絕對標準」：絕對誠實、絕對純潔、絕對無私與絕對仁愛，參與者學習以勇氣檢視和修正自己的行為，讓生命朝向更寬廣的方向前行。

「靜默寶典」不只是一段安靜的時光，更是一份與自己和他人共修、共成長的心靈練習。





連結——向生命學習

在「靜默寶典」的早晨時段，來自馬來西亞的黃懷歡帶領大家進入一場深刻的內在反思旅程。以「連結：向生命學習」為主題，他分享了自己在新西蘭求學期間的低谷，如何透過接觸道德重整而開始學習聆聽內在的聲音。

他誠實地提到過去犯下的錯誤，也分享了自己如何逐步實踐四個絕對價值——絕對誠實、絕對純潔、絕對無私與絕對仁愛，並與親人與朋友和好，甚至曾向達賴喇嘛為歷史事件表達個人的歉意。

他強調：「信任是建立關係的基石」，無論在人與人或國與國之間，轉化都從自我誠實與內在連結開始。隨後，他邀請每位參與者用安靜傾聽的方式，向內探索，啟動生命的改變。

修正——改變從我開始

在本次「靜默寶典」中，來自香港的梁陳鳳明女士以「修正——改變從我開始」為主題，引導大家進行深刻省思。她回憶1980年代於澳洲參加道德重整訓練時，一首《指頭歌》讓她意識到，指責他人時，也應反思自身的責任。

身為一位愛國的中國人，她曾因鴉片戰爭而長期對英國心懷怨恨，但靜默反思讓她看見中國自身在歷史中的角色，進而釋懷仇恨，並與英國人成為朋友、共事。

她也分享婚後與個性迥異的丈夫生活時，如何透過反思改善關係。

最後，她提出三個提問，邀請大家靜心思考：

1. 你是否對他人懷有怨恨、憤怒或仇恨？
2. 當你指責他人時，有沒有手指也指向自己？
3. 即便只有百分之十的責任，你能做些什麼改變？

方向——生命影響生命

來自日本的兼松惠在本次的靜默時刻，以「方向」為主題，分享她如何在傾聽內心聲音中，一步步走向服事他人、回應生命呼召的旅程。她提到過去因為家庭與宗教背景，較擅長祈求，卻不易聆聽。但當她開始學習順從內心，便走出一條新的道路，學會理解他人、接納自己。

在台灣參加家庭工作坊後，她體會到愛自己、照顧內心需求的重要，也感謝此次在Akasha受到的照顧與溫暖，並肯定參與者面對人生挑戰的勇氣。

她邀請大家再次省思：「我們的生命發生了什麼？心裡有什麼已缺失了？我們真正的需要是什麼？」

她提醒，聆聽內心是一份禮物，每個微小的回應都可能帶領我們走向下一個重要的生命步驟。





Silent Wisdom: Listening Within to Grow Beyond

Over three consecutive mornings, the “Quiet Time for Inner Reflection” session of the conference invited participants to pause, reflect, and reconnect with their inner guidance. Led by three experienced life practitioners—Charles OOI, LEUNG CHAN Fung Ming, and Megumi KANEMATSU—the practice offered a space of calm and sharing.

Silence in this context means intentionally setting aside time to listen to one’s inner voice or divine guidance. Participants noted that during silent reflection, thoughts would naturally emerge—insights that arose from connecting deeply within. These thoughts were recorded in a book on self-introspection and shared in small group settings, creating a safe and compassionate space for mutual listening and growth.

More than just quiet contemplation, this practice encouraged courageous self-reflection through the lens of the Four Absolute Standards: absolute honesty, absolute purity, absolute unselfishness, and absolute love. Participants were invited to align their actions with these values, moving toward a life of deeper clarity and integrity.

The “Quiet Time for Inner Reflection” became more than a practice—it is a gentle yet powerful tool to realign one’s life direction and rediscover one’s purpose, alongside a supportive community.

Connection — Learning from Life

On a serene morning, facilitator Charles OOI invited participants for the “Quiet Time for Inner Reflection” session, moving into a deep and personal journey of introspection. Drawing inspiration from the theme “Connection: Learning from Life,” he reflected on his early life’s struggles -- growing up in Malaysia under challenging circumstances and later experiencing failure during his university years in New Zealand. It was during this low point that he encountered the teachings of Moral Re-Armament (now known as Initiatives of Change), which introduced him to the practice of listening to the “inner voice” within, guided by four absolute moral standards: absolute honesty, absolute purity, absolute unselfishness, and absolute love.

Charles shared how these inner reflections led him to make amends with family members, professors, and even extend a heartfelt apology to the Dalai Lama—an act that proved both deeply healing and symbolic.

He emphasised that trust is the foundation of relationships, whether between individuals or nations, and encouraged everyone to begin change by listening within and making honest decisions. The session concluded with a quiet invitation to connect with one’s inner voice—a practice of healing and transformation.



2

Correction — Change Starts with Me

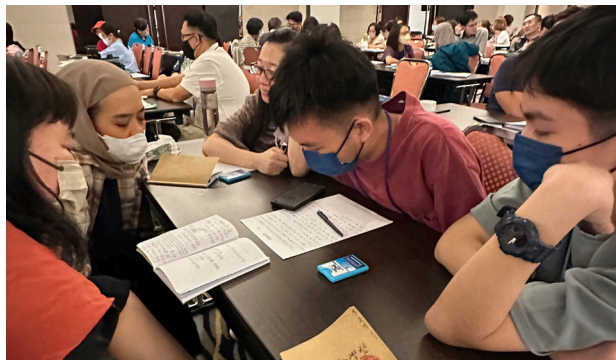
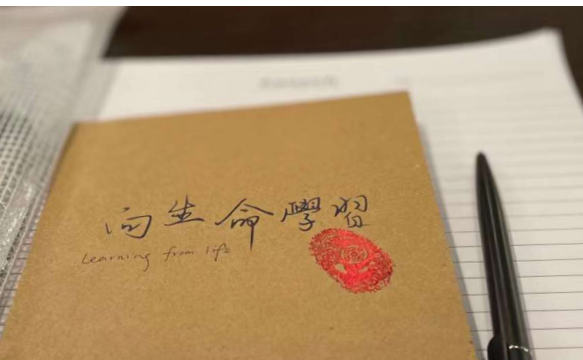
During the “Quiet Time for Inner Reflection” session, facilitator LEUNG CHAN Fung Ming from Hong Kong guided participants through a deeply personal and moving reflection on the theme: “Correction – Change Starts with Me”. She shared her experience from the 1980s at an Initiatives of Change training in Melbourne, where a song “When I point my finger at my neighbour” taught her that blaming others can often mask our own responsibilities.

As a patriotic Chinese, she had long harboured anger toward the British for the Opium Wars. However, through quiet reflection, she began to ask deeper questions about shared responsibility. These reflections sparked a change of heart, freeing her from bitterness and allowing her to build friendships—even with the British.

She applied the same principle in her marriage, learning to take responsibility and foster mutual understanding.

At the end of the session, she posed three questions to the group:

1. Have you ever held grudges, anger, or hatred towards others?
2. When you point a finger at others, are any pointing back at you?
3. What can you do about it—even if you’re only 10% responsible?



3

Direction — Life Inspires Life

Megumi KANEMATSU from Japan led a heartfelt Quiet Time session on the theme “Direction – Life Inspires Life.” She shared her own journey of learning to listen to her inner voice, rather than always speaking or seeking answers. Her life path was not planned, but unfolded step by step through obedience to that inner guidance. Encounters with people who lived selflessly inspired her to dedicate her own life to serving others.

A turning point came during a family workshop in Taiwan, where she learned the importance of loving oneself and attending to one’s inner needs.

She invited everyone to reflect on these questions:

- “What has happened in our lives?”
- “What has been missing in our hearts?”
- “What needs are we being called to care for?”

She reminded us that listening to our inner voice is a gift—and that taking even one small step in response can shape the future.



主講
Keynote



萬隆 Bandung

蓮登

Nenden Vinna
Mutiara ULFA

分享1
Sharing I



台南 Tainan

龔萬侯

Victor KUNG

分享2
Sharing II



萬隆 Bandung

胡大

Miftahul Huda

分享3
Sharing III



吉隆坡 Kuala Lumpur

羅日順

NS LOH

分享4
Sharing IV



那家連 Nagaland

維都諾

Vitono HARALU

在哪裡跌倒，從那裡站起

As I am, so is My Family

日期 Date 04/06/2024 (星期日) Sunday

時間 Time 0915 - 1115

主持 Host 美兒 Deisy Rinni Meir Rakmeni



主持
Host

日惹 Yogyakarta

從創傷到和解：

蓮登的療癒與轉化之路

來自萬隆的教育者與和平工作者蓮登 (Nenden ULFA) 分享她從創傷走向寬恕的生命旅程。成長於穆罕默迪亞文化家庭，父母在她兩歲時離異，父親多年未曾聯繫。大學期間，她嘗試重建父女關係卻遭排斥，心中留下深刻傷痕。

2009年，蓮登接觸道德重整 (IofC)，透過靜默與反思開始原諒父親，走向內在轉化。她將道德重整的價值觀帶入教學，陪伴學生面對家庭與情緒創傷。

她進一步將影響力擴展至社區，推動「創造和平工作坊」(Creators of Peace)，幫助婦女療癒與重建自信。2011年，她成功募資前往澳洲參加APYC亞太青年會議，隔年赴印度參與道德重整實習生計劃，進修和平實踐。

婚後，她與丈夫共同推動信任重建計劃 (Trust Building Programme)，並創立「和解學校」(School of Reconciliation, SR)，引導個人探索內在衝突、家庭議題的社會轉力量。

蓮登的故事是一段關於寬恕、自我療癒與行動轉化的生命旅程，展現了個人力量如何帶來社群和平與希望。



1 從受傷之處站起來： 龔萬侯老師分享療癒之道

在一場名為「在哪裡受傷，就從那裡康復」的演講中，生命成長講師龔萬侯強調，面對創傷最有效的方式是回到根源療癒，而非用外在成就掩蓋內在的痛苦。

他指出，許多人忽視原生家庭帶來的創傷，轉而追求名利地位，但這如同頭痛卻看腸胃科一樣荒謬。他分享一名男子因童年被母親控制，婚後逃避問題，導致婚姻幾近破裂。直到正視童年創傷後，他才成功挽救婚姻，重建關係。

龔老師強調，若不療癒生命中的「斷腿」，將難以走完人生馬拉松。他呼籲大家善用專業資源與成長團體，不必獨自面對人生難題。



從質疑到共融： 胡大的信仰與行動

來自印尼東爪哇的穆斯林青年胡大（Miftahul Huda），自小在多元文化環境中成長，深受父親與華人基督徒友誼的影響，堅信宗教共存的可能。2003年，他參與 IofC 國際青年計劃，從質疑到被跨國夥伴的誠信與行動觸動，並在靜默時刻中感受信仰的寧靜。

胡大開始反思自我與家庭關係，學習傾聽與原諒。2006年，他在峇里島爆炸案後的「全球療癒會議」中，代表穆斯林青年向澳洲受害者致歉，展現和平的勇氣與責任。

他致力推動宗教與文化對話，攜手不同信仰青年打破偏見，堅信真正的伊斯蘭是地球的祝福。如今與妻子共同推動「從家庭出發」的社會轉化行動，落實絕對誠實、絕對純潔、絕對無私與絕對仁愛的價值，從家庭延伸到社會，為印尼與世界播下和平的種子。

3

從失落到療癒： 羅日順的內在和解之路

來自馬來西亞吉隆坡的羅日順先生，真摯分享了一段深埋心中的童年記憶。十二歲那年，他因一時任性拒絕陪母親上山撿柴，結果那天母親離家後便再也沒有回來。多年來，他背負著深深的內疚與自責，這段未被理解與療癒的傷痛，也悄悄影響著他後來與伴侶的關係。

直到朋友介紹他參加 Akasha 的「家庭課程」，才開始與自己內心的失落正面對話。他鼓起勇氣，表達內在深處對母親的歉意，也一步步找回那個柔軟、真實的自己。

他特別鼓勵在場的男士們：當你在人際或親密關係中感到被拒絕或情緒失控時，也許可以回頭看看你與母親的連結，真正的答案，可能就藏在那裡。

羅日順的故事溫柔提醒我們：療癒永遠不嫌遲，只要願意敞開心門，改變就會悄然發生。



4

從傷痛中重生： 維都諾的療癒同行

來自印度那加連的維都諾 (Vitono HARALU)，於2012年首次參與亞太青年會議 (APYH)。原本以為只是一般的領導力訓練，卻在溫暖的家庭小組中，首次勇敢敞開心扉，說出多年未曾碰觸的傷痛，開啟了她的內在療癒之路。

在課程中，她深受林潤崧老師啟發。2018年，她決定獨自造訪 Akasha，勇敢地與自己的孤單共處，探索更深的自我。多年來，她持續回到這片熟悉的土地，將這裡視為另一個家。她一步步修復與家人的關係，也找到生命的方向，並積極回饋社群。

維都諾說：「如果沒有經歷痛苦，就無法真正體會喜悅；只有誠實面對自己，才能真正理解他人。」她特別感謝一路陪伴她、總是默默守候的「火鍋兄」林老師，讓她在成長的旅途上不再孤單。

這是一段從破碎中重整自我、在陪伴中找回力量的生命故事。



From Wounds to Reconciliation: Nenden's Journey of Healing and Transformation

Nenden ULFA, an Indonesian educator and peacebuilder, shared her moving journey of personal healing and transformation. Raised in a Muhammadiyah family, her parents divorced when she was two, and she grew up without contact with her father. Her attempts to reconnect with him during university were painful and met with rejection.

In 2009, joining Initiatives of Change (IofC) marked a turning point. Through quiet reflection and inner listening, she began to forgive her father and healing herself. She introduced IofC's values into her teaching, helping students navigate emotional and family issues.

Her impact soon extended beyond the classroom. Nenden led "Creators of Peace" workshops in her village, empowering women to heal from trauma. She represented Indonesia at the Asia Pacific Youth Conference and interned at Asia Plateau in India in 2012 to deepen her peacebuilding skills.

Today, Nenden is a programme coordinator for IofC Indonesia and co-leads the Trust Building programme with her husband. Together, they developed the School of Reconciliation (SR) -- a transformative space for personal and family healing.

Her story is a testament to the power of forgiveness, inner growth, and the ripple effect of peace education.

1 Heal Where You Were Hurt: Victor's Reflections on the Path to Healing

At a recent talk titled "Heal Where You Were Hurt," Mr. Victor KUNG emphasised the importance of addressing childhood wounds, especially those rooted in one's family of origin. He argued that seeking external success—fame, wealth, or social status—will never heal inner pain. "If you had a headache, you wouldn't go to a gastroenterologist," he said, likening avoidance of trauma to misdiagnosing an illness.

Victor shared the story of a man who had been controlled by his mother as a child. Ignoring the emotional wound, the man pursued career success and expected his wife to please his mother. Eventually, his wife asked for a divorce. Only after confronting his trauma and reclaiming his personal strength was he able to restore his marriage.

Victor urged participants to seek healing through support groups or professionals, reminding all: "You are not alone on this journey."

2 From Doubt to Dialogue: Huda's Faith in Action

Miftahul Huda, from East Java, Indonesia, grew up in a Muslim family and a multicultural environment that shaped his belief in coexistence. His father's deep trust in his Chinese Christian business partners influenced Huda's early views on interfaith harmony. In 2003, he joined the IofC's "Action for Life" programme and, despite initial doubts, was moved by the authenticity and inner listening of its participants.

This experience led Huda to confront personal emotions and to begin healing through forgiveness and quiet reflection. In 2006, at the Global Healing Conference in Bali, Huda publicly apologised to an Australian participant for extremist violence, declaring such actions un-Islamic and emphasising Islam's message of peace.

Huda now plays a vital role in promoting interfaith dialogue in Indonesia, especially among youth who are vulnerable to radicalisation. With his wife, he leads community initiatives focused on trust building and healing. He believes lasting peace begins within the family, through practicing IofC's core values: absolute honesty, absolute purity, absolute unselfishness, and absolute love.

3 From Loss to Healing: NS LOH's Journey of Inner Reconciliation

NS LOH, from Kuala Lumpur, Malaysia, shared a deeply personal story from his childhood that shaped his emotional world for decades. At the age of twelve, he refused to accompany his mother to gather firewood—a decision that became a lifelong source of pain when she never returned home that day. For years, he carried the heavy burden of guilt, believing her death was his fault. That unresolved grief quietly affected his relationship with his partner.

Everything began to change when friends introduced him to Akasha and its course “The Family.” There, he began a journey of healing—gently facing the sorrow he had long suppressed and eventually dedicating an apology to his mother in his heart. Through this process, he reconnected with his own emotions and rediscovered his inner worth.

LOH offered heartfelt encouragement to the men in the audience: when intense emotions or a sense of rejection arise in intimate relationships, it may be worth looking back on your relationship with your mother—often, the root lies there.

His story is a gentle reminder that true change begins within. Healing is possible at any age, as long as we have the courage to face the truth and open our hearts.

4 Vitono HARALU: A Journey of Healing Through Companionship

Vitono HARALU, known affectionately as Gugu, from Nagaland, India, shared her moving journey at the Asia Pacific Youth Hoho (APYH) hosted by Initiatives of Change in 2012. Expecting a leadership course, she instead found space for deep emotional sharing. In the family group, she opened up about a long-suppressed pain—for the first time. “It wasn’t that I was healed,” she said, “but because I finally shared, healing began.”

Inspired by speaker Nandor LIM, whom she warmly calls “Hot Pot,” Gugu visited Akasha in 2018. Though traveling alone brought loneliness, it also brought clarity and self-discovery. Over time, she built strong ties with the Akasha community and embraced its spirit of reflection and trust. Gugu gradually rebuilt her family relationships and now lives with greater awareness, humility, and care.

Her story is a gentle reminder that transformation often begins in courageous sharing, and that companionship and honesty can guide us toward wholeness.



主講
Keynote

分享 I
Sharing I



吉隆坡 Kuala Lumpur

覃繡欽
Isabelle FAM

分享 2
Sharing II



萬隆 Bandung

努哈雅蒂·莎菲
Nur Hayati SYAFII

分享 3
Sharing III



上海 Shanghai

王斌
WANG Bin



台南 Tainan

劉仁州
LIU Ren-Jou

在哪裡受傷，從那裡康復 As I am, so is My Society

日期 Date 05/06/2023 (星期一) Monday
時間 Time 0915 - 1115
主持 Host 尤薇妮 Weny YU



主持
Host

檳城 Penang

讓愛回家： 從受傷的自己開始療癒社會

劉仁州老師分享他從年輕時接觸道德重整 (MRA) 後的人生轉變。他曾是抽菸、翹課、與家人對立的叛逆青年，透過靜默反思與四個絕對標準，逐步改變自己，並在31歲時立志全職服務生命，至今近40年。

他創立台灣道德重整協會、台南市與高雄市家庭情緒智商發展協會，推動華人地區的生命工作。他指出，最深的創傷多來自童年，包括缺乏愛、無法做自己與不會溝通，導致人們一生在自責與逃離間擺盪，甚至代代相傳。

真正的療癒，要從看見並溫柔對待內在那個受傷的孩子開始。他帶領大家進行一段內在對話的練習，鼓勵每日如同三餐般地照顧自己的心，學會以耐心與溫柔對待自己。

他說：「愛就是耐心加上溫柔。」這是生命療癒的開始。

從沉默中醒來： 她讓改變從自己開始

努哈雅蒂·莎菲 (Nur Hayati SYAFII) 來自印尼爪哇東北部的Madura，目前定居在萬隆，擔任道德重整 (IofC) 印尼的全國協調人。過去她只將自己的故事分享給母親，如今能在馬來西亞公開演講，成為她人生中重要的里程碑。

作為一位穆斯林，努哈雅蒂深受道德重整的兩大核心價值啟發：「改變從自己開始」與「靜默反思」。這些練習幫助她面對生命中的困惑與傷痛，學習誠實面對自己、傾聽上帝的聲音，並開始療癒內在創傷與學會接納自己。

她相信，每個人心中都有一個「預設系統」，一旦被啟動，就能激發潛能，帶來改變世界的力量。她的轉變也深深影響了家人，促使她承擔更多改變的責任與角色。

她認為，最有價值的人是能為他人帶來益處的人。而道德重整提供了一個安全、支持性的空間，讓更多人探索自我價值，活出內在的力量。她堅信，只要我們攜手同行，就能共同迎向更美好的未來。

鹹菜缸裡長出來的愛與重生

馬來西亞覃繡欽分享了她與母親及 Akasha 的深刻連結與成長旅程。十多年前，她只是配合母親參加活動的被動參與者，對母親的投入充滿不解。母親從2007年起積極投入 Akasha，帶著一家人參與課程，幾乎把家人「逼」上學習之路。

2014年，母親病逝，讓她感到無助。就在此時，Akasha 的夥伴與老師們給予她支持與陪伴，透過悲傷療癒與學習圈的力量，她開始真正為自己而學，從「被逼」到「自願」，進而成為理事，再到如今擔任理事長。

她坦言自己並不覺得特別有能力，但這個團隊給她機會發揮所長，也延續了母親的精神。她引用母親的話：「你一直浸泡在鹹菜缸裡，遲早會變成鹹菜。」她感謝前人維護了這個「缸」，讓她有機會浸泡學習，最終選擇成為那個「鹹菜」。

她的故事見證了群體支持、信任與陪伴的力量，以及從傷痛中重建生命的可能。



從傷痛到光彩： 療癒，是回家的路

中國上海的王斌以真摯的分享，呼應此次大會的「康復」主題。他認為，受傷是每個人生命的一部分，內在的洞察與學習是康復的關鍵。他自幼在上海郊區由祖父母撫養長大，性格敏感膽小，早年的創傷曾深埋心底，卻在特定情境中被重新喚起，影響情緒甚至健康。

他提到自己有「分離焦慮」，每次離別都伴隨焦慮與悲傷。他感謝華人行動學習圈與老師們的陪伴，讓他學習看見問題、理解自我，雖然康復之路尚未穩定，但透過持續學習，他獲得了對生命更深的體悟，也為工作帶來啟發。

他分享2017年在檳城與一對老夫妻的相遇，他們無條件的接納與愛，觸動了他內心深處的自卑與信任創傷，那份慈悲超越時空，療癒了他的童年。

如今他帶領團隊，從過去創業失敗中重新站起，以自身經歷支持他人。他相信，只要我們準備好，療癒就會發生，生命終將重現燦爛如天際的光彩。



Bringing Love Home: Healing Society by Healing the Wounded Self

LIU Ren-Jou shared his personal transformation through the principles of Moral Re-Armament (MRA) since his university years. From a troubled youth—rebellious, smoking, drinking, and emotionally distant from his family—he learned to listen to his inner voice through silence and embraced change based on absolute values. At age 31, during a quiet time session, he decided to dedicate his life to fully serve the community, since four decades ago.

He led the founding of Taiwan's Initiatives of Change, Tainan and Kaohsiung EQ development association, and life work across the Chinese-communities. Focusing on the theme "Heal Where You Were Hurt," he emphasised that most deep wounds stem from childhood—lack of love, being denied the freedom to be oneself, and inability to communicate. These often create lifelong emotional cycles and are passed down through generations.

True healing, LIU says, begins with seeing and loving our wounded inner child with patience and gentleness. He ended by guiding participants through a self-compassion exercise, encouraging daily inner care as we would nourish our body.

Awakening from Silence: When Change Begins Within

Nur Hayati SYAFII, from Madura, Northeast Java, currently based in Bandung, Indonesia, serves as the national coordinator of Initiatives of Change (IofC) Indonesia. While she once shared her journey with her mother alone, speaking publicly in Malaysia marked a moment of pride and proof of her growth.

As a Muslim, Nur finds IofC's core values—"starting from within" and "practising reflection"—deeply transformative. These practices have helped her connect with her spirituality and navigate life's confusion by looking inward. Reflection became a new, empowering tool for her—a way to unlock inner strength and joy.

She believes every person holds a "default system" within -- a potential that, when activated, can bring personal and even global change. The transformation she experienced has positively impacted her family and inspired her to take on a more strategic role in service.

For her, the best of mankind are those who benefit others. Through IofC's safe, supportive space, Nur continues growing and sharing that compassion with the world.

2 Soaked in Love: Healing and Growth from the Pickle Jar

Isabelle FAM shared her moving journey of transformation, profoundly intertwined with her mother's unwavering dedication to Akasha. More than a decade ago, she was merely a passive attendee, accompanying her mother to Akasha events out of courtesy. Her mother, a devoted advocate of Akasha since 2007, had involved nearly the entire family in its programmes. Isabelle initially resisted, questioning the need for such deep involvement.

Her perspective shifted drastically in 2014 when her mother passed away. Left feeling helpless, she received immense emotional and practical support from the Akasha community. Guided by learning partners and mentors, she experienced the power of collective healing. What started as reluctant learning became a path of voluntary engagement. She moved from participant to board member and eventually, president of Akasha.

Isabelle attributes her growth not to personal strength but to the community's trust and her desire to carry on her mother's spirit. She honours her mother's legacy, humourously recalling her words: "If you soak long enough in the pickle jar, you'll soon become a pickle." Today, Isabelle proudly embraces that transformation and cherishes the healing and strength that come from a shared journey of support.

3 From Wounds to Radiance: Healing Is a Journey Home

WANG Bin shared a heartfelt reflection on healing and self-discovery, inspired by the theme of the plenary. He described "healing" as not merely recovering from pain, but gaining insight into past wounds rooted in childhood and family history. Growing up in a rural area near Shanghai under the care of his grandparents, he developed a sensitive, timid nature. Traumas long buried by time would resurface unexpectedly, causing emotional and physical distress.

He emphasised the importance of awareness and learning in personal recovery, especially for those like him, who benefit from external guidance. Through participating in Chinese in Action learning circle and the support of mentors, he gradually understood that healing is a continuous journey, not a one-time solution.

A powerful memory came from meeting an elderly couple in Penang in 2017, whose unconditional acceptance moved him to tears and soothed long-held feelings of inferiority. It was in that moment he discovered how deeply compassion and connection could heal.

Today, WANG Bin uses his experiences to support others and rebuild his team after earlier setbacks. He believes that when one's inner mission is strong, healing can extend to others. Like the sky, life can be vibrant again—full of color after the storm.





主講
Keynote

分享 I
Sharing I



福建 Fujian
黃坤
HUANG Kun

分享 2
Sharing II



香港 Hong Kong
梁陳鳳明
LEUNG CHAN
Fung Ming

分享 3
Sharing III



雪蘭莪 Selangor
阿斯瑪博士
Dr. Asma
ABDULLAH

分享 4
Sharing IV



檳城 Penang
尤薇妮
Weny YU



檳城 Penang
林潤崧
Nandor LIM

從一個人到一群人 As I am, so is My Nation

日期 Date 06/06/2023 (星期二) Tuesday
時間 Time 0915 - 1115
主持 Host 林潤崧 Nandor LIM



主持
Host

點一盞燈： 林潤崧的療癒與轉化之路

林潤崧老師分享了他個人深刻的生命轉變歷程。成長於困難的家庭，他長期活在自憐與責怪中。

直到1999年參加台灣的亞太青年營，聽到那首觸動人心的歌《與其詛咒黑暗，不如點亮一根蠟燭》，才燃起他改變的勇氣。

此後，他走上療癒與和解之路，與離異的父母重建關係，也學會接納自己的不完美。

在劉老師伉儷24年如一日的陪伴下，他學會承擔生命責任、放下自我、勇敢面對內在的傷痛。

他以 Akasha 六字為人生座標——認知、知識、行動、降服、療癒與倡導，活出真實自我，也成為連結迷茫與希望的橋樑。

他的故事提醒我們：改變，始於個人，需要時間，更需要深厚的人際連結與勇氣。

讓生命成光： 黃坤的內在成長與群體共行之路

故事始於黃坤的太太梁秀蓮在2015年參加華人行動培訓後開始接觸生命工作，也影響了他們的生命與關係。來自中國福州的黃坤從認識 Akasha，到勇敢結婚，再到創辦《生命港灣》，一路走來不斷學習與成長。

2017年，《生命港灣》正式成立，提供生命陪伴與成長學習服務。團隊從兩人擴展為志工群體，舉辦讀書會、一對一課堂、幸福家庭大會等，陪伴他人認識自己、學習面對情緒與生命。

黃坤說：「努力讓自己活成一道光，因為你不知道，誰會借著你的光走出黑暗。」這是從一人、二人到一家、再到一群人的生命連結旅程。



2 療癒同行： 梁陳鳳明與「生命工作@香港站」的旅程

來自香港的梁陳鳳明分享了她如何將「華人行動」的學習成果帶回香港。2019年參加此課程後，她與丈夫開始推動靜默分享與深度療癒的工作坊。

2020年，鳳明與四位志同道合的朋友成立了「生命工作@香港站」，並舉辦了線上啟動儀式，吸引來自馬來西亞、中國等地百餘位朋友參與，包括劉仁州老師、龔萬侯老師與陳榮榮老師等貴賓。

他們以粵語進行敏感度訓練、靜默分享、讀書會與一對一陪伴，成為全球唯一以粵語推動劉老師理念的團隊。

團隊在疫情間轉為線上發展，邀請多位講者舉辦主題講座，參與者遍及世界各地。他們也與導師們合作推出夢境解析、家庭排列與身心療癒等課程。

目前團隊已有九人，定期自我成長分享與內部培訓，持續在生活中實踐「從自我成長出發，與人同行」的理念。



3 因理解而相遇： 阿斯瑪博士的多元文化人生之路

阿斯瑪博士 (Dr. Asma ABDULLAH) 分享了她的多元文化生命歷程。她提到，在澳洲留學時深刻體會到：理解他人文化之前，更需要先了解自己的文化。

她與來自不同文化的伴侶組成家庭，也因此更深刻地體會文化如何影響關係與價值觀。她指出馬來西亞從過去的多族群社會，逐漸發展成跨文化融合的國家，這需要語言學習、價值互相理解與歷史貢獻的承認。

她強調多元友好“Muhibah”的精神——善意與共存，並鼓勵大家認識多元文化、欣賞差異，從中建立彼此的理解與連結。她以古蘭經的一句話作結：“我們創造你們為族群和部落，是為了讓你們彼此認識。”這正是她對多元文化社會的美好願景。

4 從俠女夢想到生命同行： 尤薇妮的志工旅程

同樣來自馬來西亞的尤薇妮分享了她如何從一個渴望成為俠女的小女孩，轉變為全職志工的生命歷程。

2004年，她讀到一則報導，介紹林潤崧老師全職無薪志工的事蹟，驚訝之餘也因緣際會地成為他的伴侶。2008年元旦，她也正式成為全時志願者。

經歷15年多，如今Akasha早已不止是他們兩個人的努力，而是一個跨州甚至跨國的團隊。他們在馬來西亞多個州屬如雪蘭莪、吉隆坡、檳城等地扎根，也拓展至印尼，實踐「在地人幫助在地人」的使命。

尤薇妮表示，雖然夢想曾經縮小甚至迷失，但如今她堅信——一群人可以走得更遠。她邀請更多人一起加入，讓生命影響生命。



Lighting a Candle: Nandor LIM's Journey of Healing and Transformation

Nandor LIM recounted his profound journey of personal transformation. Born into a difficult environment, he carried heavy emotional burdens that led to years of confusion, self-pity, and blame.

A turning point came in 1999, when he attended the Asia Pacific Youth Conference in Taiwan and was moved by the song “It is better to light one candle than to curse the darkness.” This inspired him to begin his path of healing, reconciliation, and responsibility.

Over the next 24 years, supported by persistent friends and mentors, he gradually forgave himself and others, reconciled with his divorced parents, and embraced his imperfections.

Through the Akasha framework—Acknowledgement, Knowledge, Action, Surrender, Healing, and Advocacy—he learned to live authentically and serve as a bridge between doubt and hope.

His story is a powerful reminder that meaningful change begins within, and that requires human connection, patience, and courage.

Let Life Shines: HUANG Kun's Journey from Inner Growth to Walking Together as a Community

The story began with his wife, LIANG Xiulian, who joined the Chinese in Action programme in 2015. This marked the start of their connection to life work. Their personal growth over years led them to marriage and a shared mission.

In 2017, they established “Shengming Gangwan (as like Life Harbour)” in Fuzhou. It started with one-on-one sessions, reading circles, and Happy Family Conferences. The community gradually grew into a volunteer team committed to weekly learning and outreach, many individuals began to better understand themselves and their emotions, finding connection and strength in shared growth.

HUANG concluded: “Try to become a light—because you never know who might walk out from darkness, led by your light.” From a single individual to a family, onwards to a community—this is the journey of Shengming Gangwan.

Healing Together: Fung Ming's Journey with Life Work in Hong Kong

Fung Ming CHAN shared how her participation in “Chinese in Action” in 2019 inspired her to bring healing practices back to Hong Kong. She and her husband began leading sensitivity training and quiet-time workshops.

In 2020, together with four friends, she launched a group called “Life Work @ Hong Kong,” holding an online opening ceremony with over 100 global participants, including advisors like LIU Ren-Jou, Victor KUNG, and Teacher CHEN Rongrong from China.



Their offerings—conducted in Cantonese—include monthly sensitivity training, reading circles, one-on-one talks, and quiet time sharing, making it possibly the only Cantonese platform rooted in Ren-Jou’s teachings.

Due to the pandemic, their work shifted online, allowing them to invite speakers to reach audiences across the world. They also collaborate with mentors for illness-related healing talks and for dream interpretation and family constellation workshops.

Now a team of nine, they meet regularly for mutual learning and personal growth. Their vision: to serve others while deepening their own healing journey.

Meeting Through Understanding: Dr. Asma’s Journey in Multicultural Harmony

Dr. Asma ABDULLAH reflected on her personal journey and the meaning of multiculturalism. She shared how studying abroad in Australia helped her recognise the importance of understanding one’s own culture before engaging with others.

Dr. Asma experiences—including a cross-cultural marriage—taught her that culture is deeply embedded in relationships. She emphasised the evolving multicultural identity of Malaysia, using everyday local terms and images to illustrate the richness of this diversity. She advocated for learning multiple languages, understanding both one’s own and others’ traditions, and viewing societal issues from diverse perspectives.

Referencing the concept of Muhibbah—goodwill and coexistence—she highlighted the power of multicultural unity. She closed her sharing with a quote from the Quran emphasising the purpose of diversity: so that we may “know one another.” Her message was clear: understanding and respecting each other’s culture is essential for building a united and inclusive nation.

From Childhood Dreams to a Life of Purpose: Weny’s Journey of Service

Weny YU shared her journey from childhood dreams to purposeful action. As a child, she dreamed of becoming a heroic swordswoman inspired by martial arts novels. But as she entered working life, her dreams narrowed to mere survival.

Everything changed in 2004 when she came across a news article about a full-time unpaid volunteer—who turned out to be someone she knew: Nandor LIM. She later married him and, in 2008, became a full-time volunteer herself.

Now, after 15 years, Akasha is no longer just their mission—it is a growing movement. With learning hubs in multiple Malaysian states like Selangor, Kuala Lumpur and Penang, and even Indonesia, their dream is for local people to empower local communities.

Weny emphasised: although dreams may shrink at times, with shared commitment, they can grow beyond borders. She invited all to stand up and join this vision—to enable life inspire life.

日期 Date 04 - 05/06/2023 (星期日與星期一)
Sunday & Monday
時間 Time 1430 - 1730
主持 Host 林潤崧 Nandor LIM



主持
Host

開放空間： 自由流動中的交流與啟發

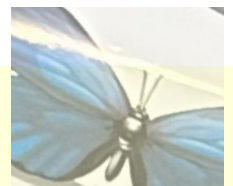
這場以「開放空間」(Open Space)方式進行的會議，帶來一種與眾不同的交流體驗。與會者可以自由提出自己關心的議題，也可以自由選擇感興趣的主題參與討論，不受限制、開放彈性，營造出一種自在而富啟發的氛圍。

為了讓每個人都能自然地流動與參與，會議運用「雙腳法則」與四大原則：出席的人就是對的人、何時開始就是對的時間、發生的事就是當時該發生的、結束的時候就結束了。會場中，每個人都像是蜜蜂、蝴蝶或長頸鹿，有人穿梭不同小組之間，帶來觀點交流；有人駐足於角落閒聊；有人安靜觀望，從他人討論中汲取靈感。

這次的開放空間為期兩天，每天三小時，總共六小時，激盪出豐富的議題：從內在療癒、語言學習、人生故事分享，到家庭關係、老年照護、社會支持等。這些深刻的主题交織出與會者內心的共鳴，也讓人感受到彼此經驗的力量。

不論是熱烈投入討論的小組，還是手捧茶杯、自在談天的小圈子，這場會議提供了每個人一個可暫歇、可探尋的空間。許多人表示，在這種自由而不設限的氛圍中，他們收穫了意外的連結與啟發，也更明白了什麼是真正的傾聽與同行。





Open Space: Where Conversations Flow and Ideas Take Flight

The “Open Space” technology was offered a refreshing approach to group dialogue. Participants were encouraged to propose topics they genuinely cared about and join discussions that sparked their curiosity. This created an atmosphere of openness, spontaneity, and meaningful exchange.

Guided by the “Law of Two Feet” and four core principles — “Whoever comes is the right person,” “Whenever it starts is the right time,” “Whatever happens is the only thing that could have happened,” and “When it’s over, it’s over”—the meeting embraced fluidity and presence. Attendees moved freely between sessions like bees pollinating flowers, butterflies resting in quiet corners, or giraffes observing from afar.

Over two days, in a total of six hours of Open Space sessions, a wide range of topics emerged: inner healing, language learning, storytelling, marriage, family trauma, elderly care, and social support. These heartfelt conversations reflected the diverse needs and insights of the group, giving rise to both personal connection and collective action.

Around the venue, people could be seen gathered in small circles, sipping tea or coffee, engaged in quiet talks or thoughtful pauses. Some stayed in throughout the sessions for long stretches on a topic, while others drifted between topics, finding inspiration wherever they landed. Participants described the experience as eye-opening and restorative—an opportunity not just to share, but to be heard and supported.





日期 Date 04/06/2023 (星期日) Sunday
時間 Time 2000 - 2130
主持 Host 林潤崧 Nandor LIM



主持
Host



📖 方意媚 FONG Yimi

雪蘭莪 Selangor
AKASHA 生命老師助理
Life Teacher Assistant

📖 王書涵 WANG Shu-Han

台灣 Taiwan
講師 Lecturer

📖 克麗奧 Cleopadia MOHLAODI

南非 South Africa
團隊召集人 National Coordinator

📖 維都諾 Vitono HARALU (Gugu)

那加連 Nagaland
社區發展與和平建設的社會活動家和促進者
Social Activist & Facilitator for Community Development & Peace Building

📖 陸稟豪 Alvin LOKE

森美蘭 Negeri Sembilan
芙蓉志工團團長
Volunteer Group01 (Seremban) Leader

📖 Ari Budi Santosa

萬隆 Bandung
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英國UK/香港Hong Kong
慢慢來生命工作室發起人
Founder of Take It Slow Life Work Studio

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江蘇 Jiangsu
講師 Lecturer

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📖 黃梅珍 WONG Moi Chan

霹靂 Perak
小學副校長
Primary School Vice Principal

📖 Berlinda Nefertiti Goldy Salaki

萬隆 Bandung
董事會執行助理
Executive Assistant for BOD

📖 丘麗彬 KEW Lee Peng

檳城 Penang
家庭主婦 Homemaker

📖 張妙櫻 CHONG Mew Im

檳城 Penang
學前教育教師 Preschool Teacher

📖 蔡慧文 Janet CHAI

雪蘭莪 Selangor
驗光師 Optometrist

📖 Samrotul Mufidah (Pipit)

萬隆 Bandung
和平教育工作者 Peace Educator

翻開一頁生命的書 ——一場90分鐘的真心相遇

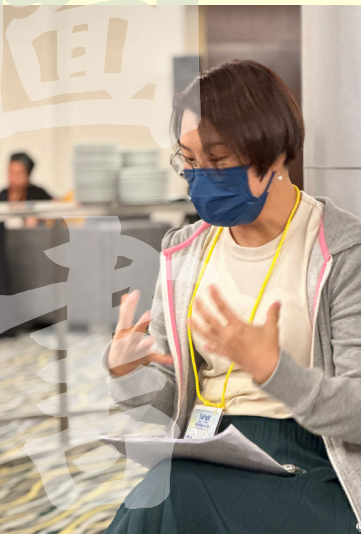
這一晚，「生命圖書館」（Living Library）為每位參與者帶來一場難忘的心靈閱讀旅程。源自北歐的真人圖書館概念，邀請真實的人成為一本本「生命的書」，讓聆聽者透過面對面的對話，細讀每段人生故事的喜怒哀樂。

在90分鐘的時光裡，共有15位「生命圖書」開放心門，敘說自己的生命經歷。有些被一群聆聽者圍繞，有些則只與一人深談。有人娓娓道來、語氣溫柔，有人數度哽咽、情難自已；有笑聲，也有淚水，在會場的各個角落流動，交織出豐富又真實的人生景色。

這不只是傾聽他人的生命，更是一次與自己深層對話的機會。有聆聽者在他人的故事中找到自己的影子，也有「書本」在述說的過程中再次與過去和解，獲得新的看見與理解。

在這個充滿溫度與真誠的空間裡，我們看見每一段經歷都值得被尊重，每一位生命都值得被細細閱讀。這些故事不一定完美，卻誠實動人——如同我們自己，也都是一本本尚未完結的書。

Opening a Page of Life — A 90-Minute Journey of Human Connection



At the Living Library, the experience was unlike any other kind of reading. Participants entered a space where people, not pages, told their stories. Inspired by the Human Library concept from Northern Europe, this evening invited 15 individuals to become “living text books,” offering themselves for heartfelt, one-on-one conversations.

For 90 minutes, each living text book shared a unique story—some surrounded by curious listeners, others speaking quietly to just one person. Some spoke with gentle ease, others choked up mid-sentence, overcome with emotions and a few allow their tears to flow freely. Laughter, sobs, and moments of deep silence filled the room, weaving a tapestry of diverse human experiences.

This was more than a storytelling session—it was a space for empathy, reflection, and deep human connection. Many listeners found pieces of their own stories in the lives they heard. Meanwhile, the storytellers, through the act of sharing and being heard, gained new insights and deeper meaning in their journeys.

By the end of the night, both readers and books walked away with something intact and long lasting. It wasn't just stories that filled the room, but moments of quiet transformation. In this library, every life mattered, and every voice was heard. And perhaps most importantly, everyone left reminded that their own life, too, is a story worth telling.



日期 Date 05/06/2023 (星期一) Monday
時間 Time 2000 - 2130
主持 Host 陳靖軒 TAN Jing Xuan
黃素芳 WONG Su Fong



檳城 Penang

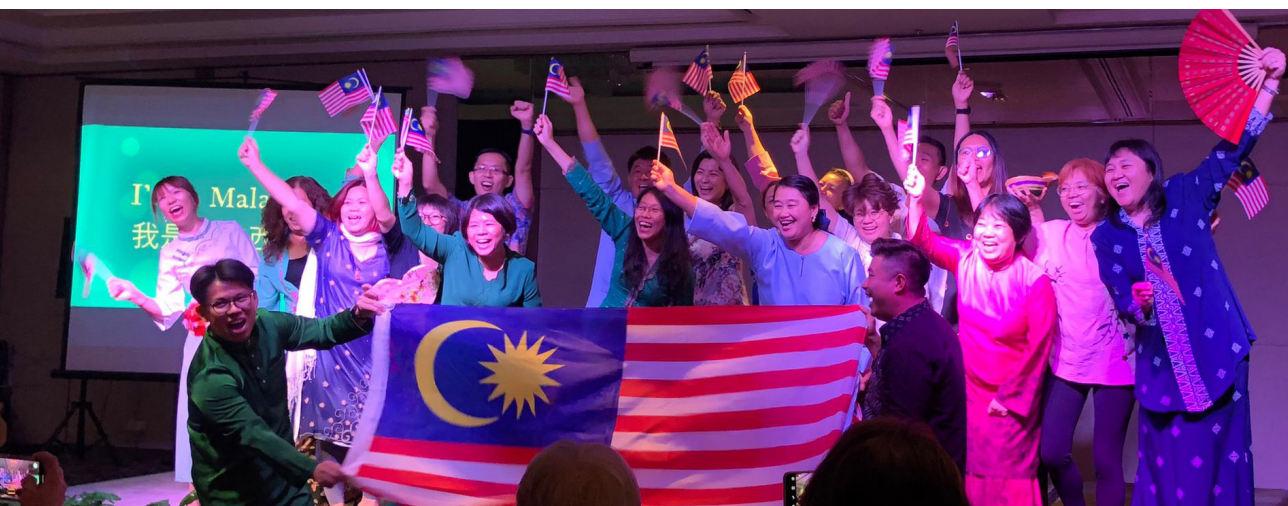
霹靂 Perak

載歌載舞的夜晚： 在創意中相遇，在文化中連結

文化創意之夜是一場令人難忘的盛會，180位與會者齊聚一堂，在90分鐘內帶來18個節目，涵蓋歌唱、舞蹈、手語歌與武術表演，氣氛熱烈、充滿創意與歡笑。很多參與者都是首次登台，他們的真誠與勇氣，感動了在場每一位觀眾。首次合唱的美琴與薇妮老師說，這是實現夢想的一刻。

活動由歡迎歌Haeremai開場，兩位主持人以中英雙語輕鬆對話，引領觀眾進入這場多元文化的饗宴。北海志工團為大家帶來一首激蕩人心的《Kita Anak Malaysia》，呈獻者的服裝配合手中揮舞的旗幟，交織出不同文化的美，讓在場觀眾感受到團結與多元的感動。其中一大亮點，是印尼團隊與馬來西亞團隊首次合作，演唱印尼歌曲《Dayung Sampan》和中文經典《甜蜜蜜》，從台下唱到台上，展現跨文化的默契與情誼。韓國的Yongsuk與檳城的靖軒也因相遇而合作，共唱經典曲目，驚喜連連。台灣的龔萬侯老師雖抱病，仍堅持上台打一套蔡李佛拳，贏得滿堂喝采。

晚會在《送別》和《光輝歲月》中進入尾聲，最後由瑩瑩帶領AKASHA團隊演出馬來傳統舞蹈「Dikir Barat - Dikir Puteri」，並走下台帶動全場一起舞動，為這美好夜晚劃下溫馨句點。這不只是一場表演，而是一場跨文化的相遇與連結，也是一場共同創造的記憶。





A Night of Culture, Creativity, and Connection

Over 180 participants gathered for Creative Cultural Nite, which featured 18 performances in 90 minutes—ranging from songs, dances, sign language pieces to martial arts. Many participants took the stage for the first time, sharing their courage and dreams. KIM and WenY performed a heartfelt duet, calling it a dream come true.

The evening began with the welcoming song Haeremai and two lively bilingual hosts who led the audience into a joyful cultural celebration. The Butterworth volunteer team energised the crowd with Kita Anak Malaysia, waving flags in traditional attire, showing the beauty of diversity. A special highlight was the collaboration between Indonesian and Malaysian teams, singing Dayung Sampan and Tian Mi Mi, creating a moment of cross-cultural harmony. Korean participant Yongsuk and Penang's Jingxuan also teamed up to sing classic songs, a surprise born from new friendship.

Victor KUNG, despite illness, performed a stunning Choy Li Fut martial art set.

The evening ended with Farewell, Glorious Years, and an uplifting Dikir Barat led by Yin Yin and the Akasha, bringing the whole crowd to dance together. More than a performance, it was a celebration of unity, culture, and shared humanity.





日期 Date 04 - 05/06/2023 (星期日與星期一) Sunday & Monday
時間 Time 1130 - 1300

在愛中相遇，在圈中共學： 學習圈的溫暖時光

在2023年6月4日至5日的兩場學習圈分享中，180位來自世界各地的與會者被分成19個小組，每組9至10人，展開了兩次溫暖且深刻的生命交流。

在短短四天的國際大會裡，與所有人建立深刻連結並不容易，但透過學習圈，我們在小組中遇見彼此、認識彼此，也願意打開內心傾聽彼此。這是一場「生命影響生命」的實踐，每一次的分享，都是一次感動的流動。

學習圈不只是討論大會議題，更是一個讓我們安放自己、共鳴彼此故事的空間。兩場共180分鐘的聚會，看似短暫，卻累積了無數溫情與感動。語言不同，但心卻貼近；文化多元，但情感相通。

在這樣的共學時光中，我們一起見證，學習不只是知識的傳遞，更是生命間真誠的相遇與交流。



Learning Circles: A Warm Encounter of Lives

On 4-5 June, 2023, during two sessions of Learning Circle sharing, 180 participants from around the world were thoughtfully divided into 19 small groups of 9-10 members. These intimate circles provided a safe and heartfelt space for deeper conversations and shared reflections.

In the midst of a four-day international conference, the short span limits connection in-depth with everyone. But within a smaller circle, we found openness, listening, and warmth. Each session was a moment to pause, reflect, and allows love to flow through genuine sharing.

Apart from conference themes, these learning circles became a sanctuary where each voice mattered and each story resonated. Over a total of 180 minutes, we experienced laughter, tears, and silent understanding—across languages, cultures, and life journeys.

This is the spirit of AKASHA: learning that transforms, sharing that heals. In those brief yet meaningful moments, we witness that true learning is not only in knowledge, but in the meeting of hearts.



日期 Date 03 - 05/06/2023 (星期六至星期一) Saturday - Monday

時間 Time 2130 - 2230

改變的契機，在夜裡綻放

在2023年6月3日至5日連續三晚舉辦的「友誼市集」，以「改變的契機夜市」為核心概念，成為本次國際生命工作大會中最具文化交融的時刻之一。

市集中，每一個攤位都是一段生命故事的分享與文化的交流。來自印度那家連的維都諾和南非的克麗奧，透過手工飾品和特色包包，訴說她們土地上的生命實踐。印尼和解學校與台灣EQ協會，也用課程、卡牌與創作，讓我們看見生命教育的多元可能。

作為東道主，AKASHA設立四個攤位，展示協會歷程、生命老師助理、志工訓練與學習成果，更透過義賣活動，分享書籍與馬來西亞文化特產。特別的是，陸稟豪的個人畫展——《百豪圖》一百個內在孩童形象，深深觸動來賓的內心。

這場市集是一場「心與心」的相遇。友誼串連成橋，夜裡的燈光照亮了我們走向改變的道路。

A Night Market of Change

From 3-5 June, 2023, the “Bazaar of the Companionship” lit up three evenings of the conference, envisioned as a “Night Market for Opportunities to Change.”

Each booth told an unique story. Vitono from Nagaland, India, and Cleo from South Africa shared handmade jewelry and bags, offering glimpses into their cultures and local life work. School of Reconciliation, Indonesia and Taiwan’s EQ Association also brought meaningful tools, cards, and learning materials to share with visitors.

AKASHA the conference host, has four booths representing its association, life teacher assistant, and the volunteer groups. They showcased their organisational journeys & training modules. Books and Malaysian specialties were also up for sale, and its proceed goes to Akasha’s life-work. One of the highlights was Alvin LOKE’s “Hundred Alvin” solo art exhibition—a personal expression of his inner child that resonated deeply with many.

The bazaar became a living bridge—connecting hearts, life stories, and hope from across cultures. In those heart-warming moment, the seeds of change quietly began to bloom.

開幕式：自發改變者之夜 Opening Ceremony: A Gathering for Initiators of Change

日期 Date 03/06/2023 (星期六) Saturday
時間 Time 2000 - 2130
主持 Host 陳靖軒 TAN Jing Xuan
黃素芳 WONG Su Fong



檳城 Penang

霹靂 Perak

點亮心燈， 共赴改變之約

2023年6月3日晚上8時，第一屆「學習型社群國際生命工作大會」在馬來西亞雪蘭莪正式揭開序幕，迎來了一場溫馨且充滿希望的開幕之夜——「自發改變者之夜」。

大會主席覃鏞欽女士在歡迎詞中，感性地談及主辦此次大會的意義，同時也歡迎所有參與者的到來，加強了國際夥伴間的連結。接著，開幕儀式上，來自世界各地的代表齊聚舞台，一同打開手中的燈，那一盞盞微光不僅象徵了個人的堅持與信念，更照亮了彼此同行的道路，傳遞「我不是一個人在戰鬥」的訊息。

隨後，馬來傳統舞蹈Dikir Barat《Dikir Puteri》的呈獻，將現場氛圍推向高潮，展現文化的多樣性與共融之美。大會發起人林潤崧老師也發表感言，重申學習型社群的重要與生命工作的初衷與願景。會上，AKASHA協會頒贈紀念品予劉仁州蔡貴珠賢伉儷，感謝他們一直以來對Akasha工作的精神指導。此外，Akasha和各友誼單位也溫馨互贈紀念品，表達對彼此的感激和肯定。

最後，來自國內外的改變帶動者真摯分享他們在生命工作中的感動與體悟，為開幕式畫下充滿力量與盼望的句點。





Lighting the Way: A Night for Initiators of Change

On the evening of 3 June, 2023, the “Inaugural Learning Community International Life-work Conference” officially opened in Selangor, Malaysia. The night, titled “A Gathering for Initiators of Change,” marked a warm and hopeful beginning.

In her welcoming speech, Chairperson Isabelle FAM spoke sincerely about the significance of hosting this international conference, warmly welcoming all participants and strengthening the sense of global partnership. The symbolic opening followed, where representatives from different parts of the world gathered on stage to switch on the small lights in their hands. These gentle glows symbolised not only individual perseverance and belief but also lit the path forward in solidarity, conveying a powerful message: “I’m not going through all this alone”.

The atmosphere reached a vibrant high with the performance of the traditional Malay dance Dikir Barat-Dikir Puteri, celebrating cultural diversity and unity. Nandor LIM, Initiator & General Planner of the conference, then shared heartfelt words reaffirming the purpose and vision behind learning communities and life-work. During the ceremony, AKASHA presented tokens of appreciation to Mr. & Mrs. Ren-Jou & Grace LIU for their long-standing spiritual guidance. Meaningful gift exchanges also took place between AKASHA and supporting organisations, expressing mutual gratitude and affirmation.

The evening concluded with heartfelt sharing from change-makers from both Malaysia and abroad, reflecting on their life-work journeys.





閉幕：生命的決心與承諾 Closing Ceremony: Determination and Commitment of Life

日期 Date 06/06/2023 (星期二) Tuesday
時間 Time 1115 - 1300
主持 Host



檳城 Penang

尤薇妮
Weny YU



霹靂 Perak

黃素芳
WONG Su Fong

攜手走過，心燈不滅

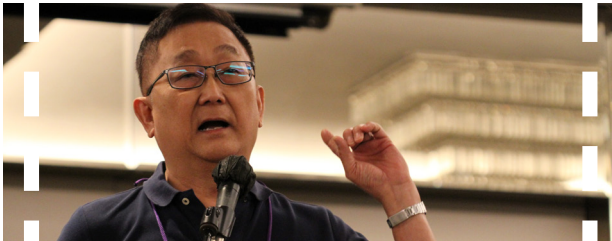
在經歷了四天三夜的深度連結與交流後，2023年6月6日中午，第一屆「學習型社群國際生命工作大會」劃下感人的句點，於雪蘭莪舉行了名為「生命的決心與承諾」的閉幕儀式。

典禮一開始，主持人帶領所有參與者回顧過去的旅程，並靜默三分鐘，沉澱與整理內在的心情。隨後開放分享時光，一位位參與者走上台前，訴說著這段旅程中觸動人心的瞬間。有的人喜極而泣，因為在這裡看見並療癒了曾深埋心中的創傷；有的人因他人的真誠與勇氣，重拾面對生命的決心，也有人從互動中更清晰地看見自己的方向與初心。

大會的最後，籌委會主席胡嘉恩致詞，感謝每一位參與者、工作人員、媒體與贊助人，讓這場大會圓滿落幕。當大會精華回顧影片播放，全場再次被彼此的努力與愛深深感動。最後，AKASHA歌詠組領唱，全體工作團隊齊聲獻唱《Go Go with an Answer》，祝福所有人帶著答案與勇氣，繼續走在自己的生命道路上。

這不是結束，而是一段新旅程的開始——讓我們在未來的某個時刻，再次重逢。





Hand in Hand, the Light Remains

After four days and three nights of deep connection and reflection, the “Inaugural Learning Community International Life-work Conference” came to a heartfelt close on 6 June, 2023, in Selangor, Malaysia. The final gathering, themed “Determination and Commitment of Life,” offered participants a space to reflect and affirm their journeys.

The ceremony began with a brief recap and a moment of silence. Participants were then invited to share their thoughts and feelings. Some were moved to tears as they healed old wounds, others found courage through others’ honesty, and many rediscovered their direction and purpose.

Conference Prep. Team leader Karen HOO gave a touching speech of gratitude, acknowledging every participant, the behind-the-scenes team, media, and sponsors for making the event possible. A short video montage followed, capturing the essence of the past few days and stirring deep appreciation in everyone present.

The ceremony ended on a high note as the AKASHA choir led the work team in a spirited rendition of “Go Go with an Answer,” blessing all to step forward with answers in their hearts.

This was not a conclusion, but the beginning of a new journey. Until we meet again—may the light within continue to guide us forward.





沈思媛 (吉隆坡)

我在AKASHA的活动中「生命的重建」里有许多事情都让我改观了。每个人都有不同的痛苦的经历，所以他们才会来AKASHA上课，让我也明白了为何人们会选择来AKASHA上课。还有AKASHA让我觉得是一个很安心和舒服的地方，因为当我说出我的经历而哭时，没有人阻止我哭也安慰了我。当分享者告诉我们他们的经历时也让我感触和领悟了一些事。在这个活动中我最喜欢的是开放空间，原因是开放空间让我感到了自由。最后，我也在AKASHA中认识了许多朋友和前所未有的团体活动，我希望下一次能再次参加AKASHA的活动。

盛偉桔 (芙蓉)



关于这一次的国际大会。我学习到了怎样去跟其他年纪大的人相处，然后可以看到一些精彩的表演。此外，感觉在这个国际大会就像是有一种“premium class”的感觉。负责控制舞台灯光或场地也是一种新的体验。虽然说学习圈分享的时候讲不出，但还是有一些我经历过的事情都分享出来，不是很通顺，过后就觉得很安心。

李美琴 (芙蓉)



「生命的改變讓我更勇敢」

12年前因為孩子的問題我開始去上Akasha學習圈的課程。我記得當年每次上課我都會哭的很難過及很痛苦，進而在場的尤薇妮老師和學員們他們一直不離不棄的陪伴著我直到今天。因此我知道學習改變生命以後，我的人生和我的核心家庭漸漸地變得不一樣。

12年後我帶著兩個18和16歲的孩子參加Akasha第一屆國際大會。這一切都讓我感動也意想不到會發生的事情。後來我發現到原來我在Akasha學習改變生命的過程中不知不覺也影響我的孩子。對此在這個大會裡我看見孩子有勇氣和願意去學習，同時他們在大會的幕後也出了一份力，這些都讓我感動的是原來這些年來我的學習生命都沒有白費。

感謝Akasha讓我個人學習到有勇氣在台上表演唱歌，其實這是我小時候渴望的夢想。記得小學時候我常常看著同學在台上演講、唱歌和跳舞，那時我非常的羨慕他們有那個勇氣，甚至到中學也一樣。所以，這個國際大會造就了我實現小時候的夢想。雖然我對自己在幕後的工作不是很滿意，可是我卻看見害怕犯錯的自己更有勇氣去挑戰和負責每個任務。然而在這些年來的改變生命的確讓我學會更勇敢和自由的做自己，感謝一切。

蕭慧清 (吉隆坡)



我感到非常荣幸和幸运，能够参加AKASHA这盛大的国际生命工作大会，让我再次的见证每届大会都在不断的进步，一次比一次的精彩。

感谢林老师和团队以及在幕后辛勤努力的人员为整个活动的筹备和贡献，让我可以重温这个充满爱，活力和正能量的久别大家庭的怀抱。对我而言真是收益不浅，我在为自己充电的同时不但有机会与久违的国内外朋友交流，更让我回顾到在种子工程的一些美丽回忆。

在这个国际大会里我们虽然有着不同的文化，说着不同的语言，但却能听懂彼此，感受到大家对生命的尊重和坦诚，因此我并不孤单，我不是一个人在战斗，因为有你们同在。

我深信，一个人可以走得很快，但一群人我们可以走得更远更好。让我们一起把爱传出去，让生命影响生命。

谢谢。祝福大家！



朱月馨 (檳城)
傳承

国际大会，内心最多的声音是传承，来自云南的贺艳与我喝咖啡的时候聊起刘仁州老师已不在课堂里教课，也不再带华人行动大会，这工作刘老师让他的学生去开班教课，贺艳也说了，这样未来才能有老师把生命学习的课程继续带给更多的人。

台上覃绣钦说起，因为母亲才认识Akasha，母亲的离开覃姐弟依然继续在Akasha学习，我感觉到覃姐弟在学习期间，看见母亲给予孩子们的关怀，包容与接纳，明白母亲给Akasha的精神和支持。我很感激上天给了他们当子女有一位那么有智慧的母亲。覃绣钦现在也再做传承母亲对Akasha的精神。

当林润崧老师在台上唱「朋友」惦记覃母时，会场好像都围绕着覃母的精神，因为这伟大的精神，我才有机会认识Akasha，上林老师和薇妮老师的课，回想起每回上课都心不在焉，希望快点可以下课然后出来喝咖啡，真的很不长进。

关怀之夜，吕建成老师说起在刘仁州老师文章提起我目送了两长辈到机场后，关于我的泪水，建成老师说他能明白我为什么会有这些泪水，两位长辈年纪这么大了，还四处奔波劳碌参加大会，其实他们也热心参与其他国家办的IofC的大会，他们也有分享在其他国家所面对的遭遇，他们还是坚持四处把道德重整的教养传承给下一代。

我也是在传承祖父创下的事业，我经营家族生意过程里，心满抱怨，生气母亲为什么想把生意留给她“女儿”，当时我已经打理生意5年了，我姐都还在国外，不明白叔叔为什么要告诉我说换着是他，他关掉那生意就算了，另一个长辈也说平分所赚到的钱才愿意过来帮忙，心里纳闷为什么这些长辈们都那么的可怕。我很无助。

听了大会几位老师的分享，我自己才领悟到自己选的路注定是要自己走，自己更需要去创新，但，因为我在Akasha学习，所以传承祖父生意的精神，我不是一个人在战斗。

徐在枝 (雙溪大年)



以为我是蜂群里的一分子，当参在里面时才发现我原来只是个外来蜜蜂。我变成了蝴蝶飞走了，到了其他群时，我又变成了一只长颈鹿虽已不在群但还是会远远看着那蜜蜂群。发现原来我的价值观还是很低，觉得自己不值得拥有友情，我只能成为蝴蝶飞来飞去。当我在蜜蜂没有遗弃我时，我要先离开了。这是在回来后的觉察。这份失落是我自己要负责。别人没有义务来照顾我的情绪。向前走！我值得拥有幸福！

另外其中一位长辈的话真的感动到心里。做为一位母亲，孩子是需要为自己行为负责。我们只能尊重他的任何决定。支持他而非去为他



做决定。如果孩子选择走向自杀，也要去尊重他的决定因为这是他的选择。这是一件多么难的一件事！

在大会，听了很多生命故事，内心满满感动。

静默时间能让自己心安下来，看看内心发生什么事了。从静默里突然与失去父亲的哀伤连结上，以为这哀伤已经可以放下，原来是收在内心深处。看见已是最好的发现！

收获满满。两年后有缘再见。祝福大家！



申建东 (南京)

我6月1号从南京经广州转机飞吉隆坡，借参加大会的机会，开始了我的第一次的出国旅行，6月8号凌晨回到南京降落禄口机场。这段期间我透过朋友圈分享了我的旅程，美味的一日三餐，丰盛的吉隆坡一日游，精彩的大会节目，尤其是开幕式和创意之夜，异域的歌舞让我大开眼界，也让我的朋友了解了马来西亚人的热情。

光彩的外在之外，更让我收获的是参与大会的众多前辈老师们和马来西亚在地的AKASHA团队的伙伴们，给所有人提供的敞开、安全、包容的环境，让我自己能吧多年学习的知识，透过分享自己和倾听伙伴的分享整合成治愈的一个瞬间。

大会的小环节之间会有小组分享，组织者也尽量让每个小组都有不同地区和背景的成员，这样能让大家更充分地了解不同人群的文化。我们组有几位马来西亚人、印尼人、台湾和大陆人。有一位年轻的马来西亚伙伴的分享，让我很动容几次落泪。相较之下，大陆这边的人生活就显得平淡没有太多的波折。虽然如此，尽管没有被谈论，但我相信我的祖辈也是经历很多的坎坷才能在一个地方生存下来，所以我们有共同的情感。

会议的早上一般是资深的老师演讲，其中一个上午刘仁州老师拿着一个小卡片，引导大家看到自己的内在小孩，老师用卡片上的话安抚每一个人的内在小孩。内在小孩的概念我知道很久了，但这是第一次看到他感受到他的感受。前后周围的朋友也是抽泣声此起彼伏，外国的朋友也因为君逸精准的翻译，同样流泪。

一起早餐、午餐的时候，也能做很多深入的交流。我倾听林老师的故事，眼泪不自觉地淌下来。林老师餐后关心我的状态，与我一起发现我目前面对的问题，并且指出我努力的方向。龚老师也是在适当的时候出现，与我探讨我面临的关系的问题。并且甚至给出了每一天可以做的练习。

我越来越明确，我目前面临的是与人之间的关系问题。经过多年的学习成长，记忆体的问题正在消减，才有机会放下自己的大多数伤痛来看我与之间的关系。

回到家后，家人的情绪会扑面而来。曾经感觉不错的几天能撑多久？指责和抱怨是最容易做的事情，这句话很少用两种语言多次被提及。（The easiest thing to do is to criticize and complaining）我不认为自己是那样的人。

当孩子说没有拿到班上统一订的资料时，我心里想妻子一定是联络迟了造成这个问题。转念一想，我这好你是在抱怨呢！于是我就仔细询问事情，原来是需要自己去买，上午出去时我就先办了这一件事。

要常常对自己的念头保持觉醒并不容易，好在我有很多的前辈老师可以依靠。我不是一个人在战斗，随着时间的推移，慢慢地我们南京在地团队在成长，我们的成长也让后来者少走一段路，你也不是一个人在战斗。



陳聖豐 (高雄)

#個人狀態篇

生命最初即進入多重且多元的關係，遵循宇宙法則，和世界、家族成員及自己的生命。生命誕生就展現需求及匱乏之際，開始經驗並接收他人愛與恐懼的狀態，有些人被過度恐懼囚禁一生，有些人在文化社會價值及他人評價之間掙扎，迷失自我，而生命有股突破慣性生命枷鎖，渴望被真愛活出自我的本能，在這方向上，我們從來都不孤單。

自4/7接到師母邀請而踏上新旅程，即意識到這是上天安排之事，是讓我有機會去突破如繭囊般的生命狀態，因此，在大會前，便意識到潛藏的各種狀態紛紛浮現，緊繃不安與新奇感，使身體的各種舊疾逐一加劇，在大會下午的「開放空間」，焦慮感覆蓋整個生命，所幸「自我親職」的學習適時派上用場，選擇暫退於外在空間的一角，給自己騰出內在空間，保持內在與外在的適度距離，才驚覺，這是我的童年經歷的展現，過去的情緒仍在時間洪流裡不斷內化、壓抑、疊代，所有多重且多元關係中體驗到的恐懼，在新的情境中，會不斷的濃縮式重演。

#大會潤養篇

三天晨間的靜默寶典及大師分享環節，生命淬鍊出的格言與談話及醒問，灌溉心靈，談自己及分享生命所得，成為生命的窗口及出口的良帖，十天的國際型學習組織，感悟到語言在不同生命特質交流的重要性，而生命的感觸更是透過眼神、神情、姿態、口、語氣奇妙地穿透各種價值觀與心牆的障礙，不須掛慮語言不通，反而因全神貫注而感受得到對方的心境，這是很奇特的體驗！

第一次體驗「開放空間」，感到驚艷與看到希望，在開始布達後，深刻察覺參與空間的所有生命底層有很深的反響，像是回歸且重新灑向大地的種子，形成一個敞開的良性生命學習循環鏈，即便活動截止，「渴望活出自我」的本能再次被催化而新長枝桠！

#精神傳承篇

在劉老師及師母安排檳城的4天輕鬆遊，第二天大夥聚集在IofC長老級的Charles家，在大會期間的靜默、研討、生命圖書館、餐敘時間，180多位來自14個國家的不同種族、家庭，如同大型生命學習聯合國，老中青幼四代同堂，除了交流互動與意識的學習，更是文化與精神的傳承和希望的實踐。

#擁抱恐懼篇

離開舒適圈，才能深刻醒覺慣性模式是恐懼或是愛！在中國傳統文化身為老大且是男性，未出生就已經被賦予了許多價值與責任和期待，出生後的生存本能，運用更多迎合討好、壓抑自我、過度努力，以一個小孩之姿乘載大人的思想，不自覺地患上小大人症候群，副作用就是身體長大了，生命智慧卻是反過來變成大小人的症狀。

許多未過去的情緒與感受，在旅程的前中後，透過有意識地覺察與相對應的學習，慢慢喚起並釐清各種前因，不再過度用力或無力地推咎於外或積壓於內，而是主動地看見、轉身察覺、陪伴與表達，不



論對外交或對內省思，都需要堅定地汲取耐心與溫柔，化成源源不絕的勇氣，察覺“被刺激”並學習用愛陪伴恐懼共存，在心田重新耕耘，扎根後，分享愛與恐懼淬煉後的果實。

最後一天我尚未跨過恐懼，突然看見一位天真但有表達困難的女孩上台分享，才激起我內在的勇氣，練習在大眾面前分享，內容與背景似乎不再重要，而重要的是分享對生命的體驗與跨越，真誠、獨特、愛與善良，這是生命最初的模樣，我想強調，所以我在心跳加速，恐懼與愛交戰的狀態下，上台並說話！

#實踐練習篇

短短十天的旅程像是一場生命三溫暖，過往聽取他人的體驗，今日成為自己的經驗，化抽象的知識與想像成為實際的生活方法，體認宇宙與生命經驗的法則，自然能有餘裕在臣服、淬煉、開創之間，活成用愛影響生命的人。

PS 這是有益於人類成長的必要生命學習活動，祝福並期許更多的生命能參與並成為學習型的生命種子。

PS 在此感謝上天 每一位參與及未參與的夥伴 共學共勉 共榮共好



CHO Yongsuk (South Korea)

Last week, I attended the conference <I'm not going through all this alone> in Malaysia with Akasha Learning Companionship Association of Malaysia and Initiatives of Change Indonesia. And now I'm writing about the meaningful time in there.

Although I have been one of the member of IofC since 2011, but I have few chance to join an international event with them. There may be many reasons but I rarely tried to make the time for it. Always I was busy chasing something even it turned into in a vain, and I recognized I need to look back into me.

To be honest, it was not easy decision to attend it alone. I have been in Malaysia only one night in 2019, and I was not sure who would join this conference from Vietnam and Korea. But I wanted to give me the chance to change myself like Remaking my life as this conference said. Finally I found it was a correct choice.

Everything is on the way to find the way in the life, but we can't reach it forever. This journey makes me as lonely and despair always, but it is absolutely true that we are going to somewhere. And I figured out that I'm going with other who I found during the conference.

Expression of myself is the process to heal myself. After this lesson, I didn't hesitate to address other and share my story and realized I'm so weak to express my feeling. And also I was so touched of other's sharing, it made everytime our hearts warm. Nobody taught but everyone learned. Changing starts from myself, and it remakes me after focusing on inner-self

I miss everyone already, and can't believe it past one week. I found so many new friends and promised to meet them again, especially in Indonesia! (if with Kambing) I could have talked more with other if I have more time. Now I'm waiting for next time, but it will come soon and quick I think! Thanks everyone and love you!



Dessy **Bandung**

Warmheart, Love and Hugs dari Riau

Sedikit cerita tentang perjalanan mengikuti konferensi internasional.

Saya belajar di School of Reconciliation Indonesia sejak 2019, saya mengikuti kelas pertama saya di SEKOCI dan melanjutkan kelas di SEPASANG lalu sekarang saya sedang di kelas HOMECOMING. Perjalanan ini bukan mendadak atau hanya traveling jalan-jalan saja. Tapi lebih kepada perjalanan spiritual yang panjang dan melelahkan. Setelah banyak tahun terlewati, konferensi ini adalah acara internasional pertama yang dibuat setelah pandemi. Dan saya bersyukur atas setiap tahun-tahun berat yang sudah kita lewati bersama dengan sangat banyak pelajaran yang diberikan.

Konferensi ini dihadiri oleh 200 lebih peserta dari 14 negara di seluruh dunia. Saya senang bertemu dan berteman dengan orang-orang baru dari seluruh dunia. Semua orang sangat welcome dan memberi dukungan penuh yang membuat saya merasa seperti keluarga yang solid penuh kasih sayang.

Saya bertemu dengan teman-teman yang berjuang bersama dan memperjuangkan kehidupan berkeluarga bersama. Saya terkejut betapa masalah kita semua sangat komplit dan mirip dari semua wilayah di dunia ini. Tatanan keluarga yang rumit dan menuntut kita berjuang dengan keras. Sharing session dari setiap participant selalu sangat menyentuh hati saya. Mereka adalah orang-orang kuat yang bertahan dan berjuang demi kebahagiaan sejati, belajar sepanjang tahun dan berkomitmen untuk belajar seumur hidup.

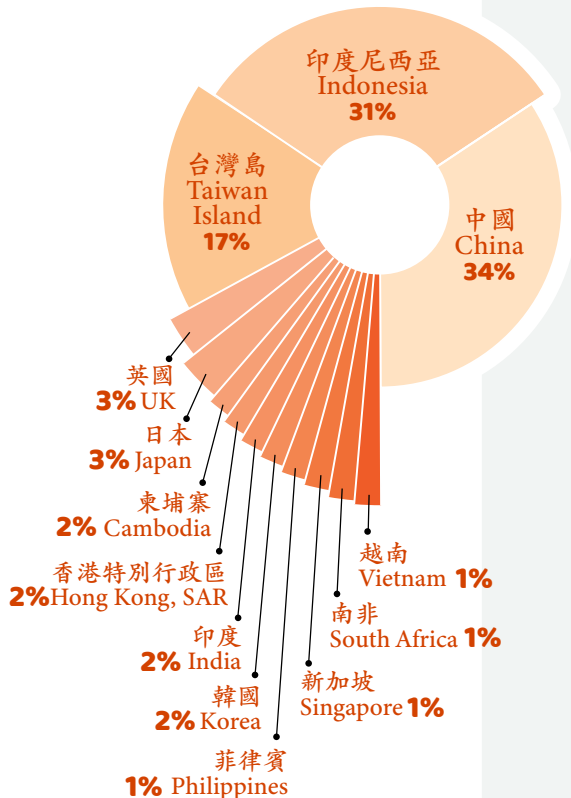
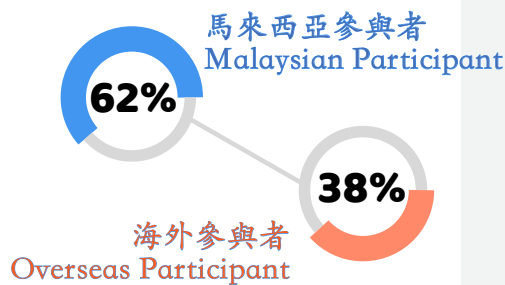
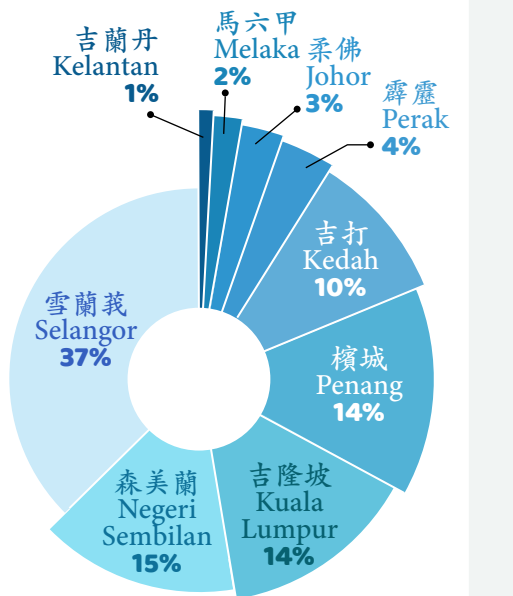
Quiet Time session juga selalu menjadi hal yang special dalam setiap acara yang masih berkaitan dengan IOFC. Saya merasa menemukan siapa diri saya dan apa saja kehendak saya dari quiet time ini.

Perjalanan saya menuju konferensi ini penuh konflik sejak 6 bulan sebelum keberangkatan dan saya berhasil melalui setiap problem itu dengan baik. Banyak air mata yang saya habiskan untuk bisa memberanikan diri sampai pada titik ini. Saya menangis setiap malam karena rasa takut yang harus saya hadapi untuk membuat orang-orang disekitar saya percaya kepada saya bahwa saya akan melakukan yang terbaik untuk mereka. Ini tidak mudah, tapi karena dukungan dari learning circle yang sehat saya mampu melakukannya.

Saya yakin teman-teman memiliki struggling masing-masing. Saya bangga menjadi bagian dari proses panjang ini. Setiap participant dalam training ini adalah keluarga, suami istri, ibu dan anak, ayah dan anak, nenek dan kekek. Mereka semua sadar untuk belajar dan berjuang sepanjang hidup mereka.

Terimakasih atas kesempatan dan pendampingan ini. Mari lanjutkan pertemanan indah ini dan bertemu lagi pada kesempatan yang lain. One challenge saya pikir saya harus segera belajar bahasa mandarin untuk bisa berkomunikasi dengan teman-teman dari dataran China, Hongkong dan Taiwan 😊🥰❤️

Terimakasih teman-teman dari Akasha Learning Center Malaysia, School of Reconciliation Indonesia, IOFC Indonesia, teman-teman dari Shanghai, China, Hongkong, Taiwan, Korea Selatan, Jepang, Vietnam, Filipina, Thailand, Australia, England, South Africa, Nagaland, India, Malaysia, dan semua participant yang tidak bisa saya sebutkan satu persatu.



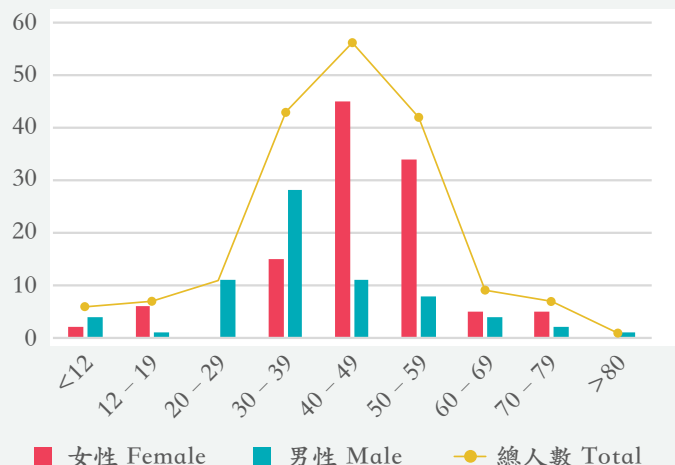
首屆國際會議吸引了本地和海外參與者，其中62%來自馬來西亞，38%來自海外。在馬來西亞參與者中，雪蘭莪州占最多（37%），其次是森美蘭（15%）、檳城和吉隆坡（各14%）。海外參與者中，中國（34%）和印尼（31%）人數最多，其次是台灣島（17%），其他國家如日本、英國、印度、柬埔寨等也有小比例參與。

本次會議共迎來了182名參與者，其中女性占62%，明顯多於男性的38%。大多數女性參與者的年齡集中在40-49歲，而男性參與者則相對較年輕，主要集中在30-39歲。總參與人數的趨勢線顯示，在30-59歲之間有明顯的高峰，凸顯了這一年齡段是本次活動的主要群體。

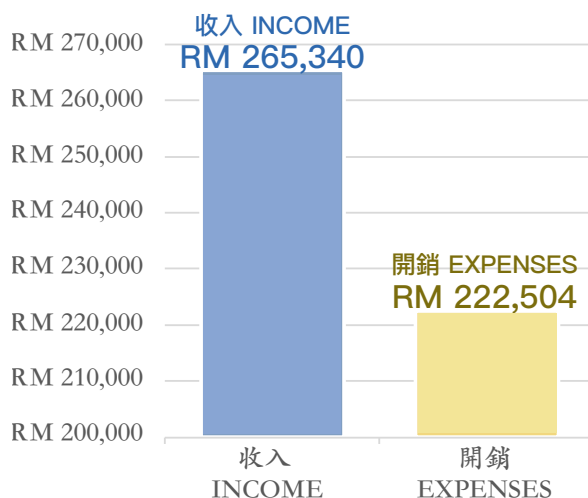
The inaugural international conference saw participation from both local and international attendees, with 62% from Malaysia and 38% from overseas. Within Malaysia, Selangor contributed the highest number of participants (37%), followed by Negeri Sembilan (15%), Penang and Kuala Lumpur (14% each). From overseas, China (34%) and Indonesia (31%) made up the largest groups, followed by Taiwan Island (17%), while smaller representations came from countries like Japan, the UK, India, Cambodia, and others.

The conference welcomed a total of 182 participants, with a notable female majority at 62%, while male participants made up 38%. Majority of female participants fall within the 40-49 age group, while male participants were slightly younger, with highest concentration in the 30-39 age range. The total participant trend line shows a clear peak across the 30-59 age range, highlighting this age group as the dominant demographic of the event.

參與者年齡與性別分佈圖
Participant Age & Gender Distribution

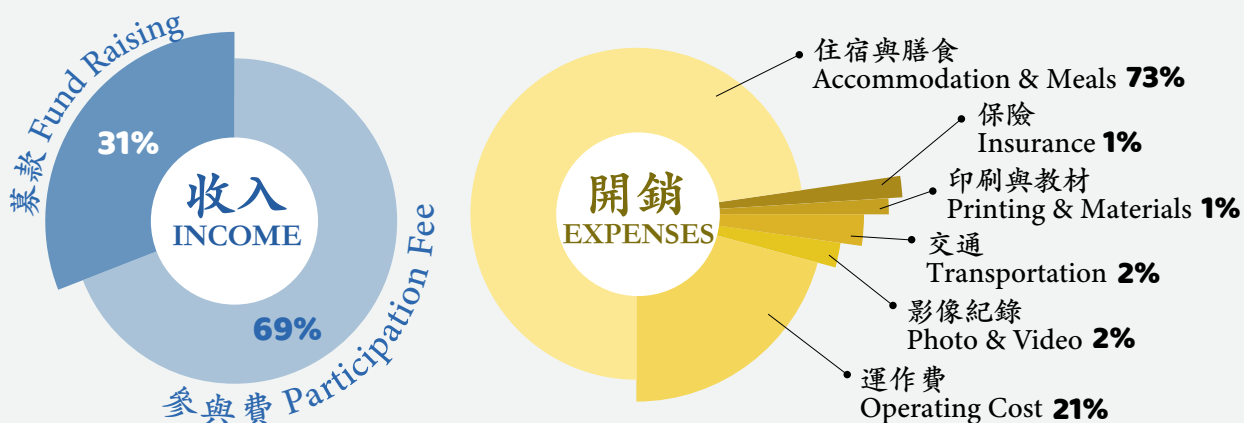


財務報告 Budget Breakdown



本次国际大会的收支概况以柱状图呈现：总收入为**RM265,340（蓝色）**，总支出为**RM222,504（黄色）**。可以看出，整体收入略高于支出，留下了适度的结余。这也让我们在确保活动顺利进行的同时，能够为未来的项目保留一定的空间。

A simple overview of this conference's income and expenses is shown in the bar chart: **RM265,340 in income (blue)** and **RM222,504 in expenses (yellow)**. As seen, income slightly exceeded expenses, leaving a modest surplus. This allowed us to run the program smoothly while setting aside a small buffer for future initiatives.



收入與支出的細項分布透過圓餅圖清楚呈現。在收入方面，69% (RM183,303) 來自參與費，31% (RM82,037) 來自募款支持。

支出方面，最大比例為住宿與膳食，占73% (RM161,810)，其餘包括：運作費占21% (RM46,300)，影像紀錄占2% (RM4,286)，交通占2% (RM4,961)，保險占1% (RM2,888)，以及印刷與教材占1% (RM2,259)。整體分配反映了我們將資源聚焦於參與者的學習體驗與活動品質。

The pie charts provide a clear view of how income and expenses were distributed. On the income side, 69% (RM183,303) came from participation fees and 31% (RM82,037) from fundraising.

As for expenses, the largest portion went to accommodation and meals, accounting for 73% (RM161,810). This was followed by operating costs at 21% (RM46,300), photo & video at 2% (RM4,286), transportation at 2% (RM4,961), insurance at 1% (RM2,888), and printing & materials at 1% (RM2,259). This distribution reflects our focus on creating a supportive and high-quality experience for all participants.



傾聽回響，繼續前行

在大會即將落幕之際，主辦單位邀請所有與會者填寫回饋表，這不僅是一次整理，也是一次深刻的傾聽。對我們而言，回饋不只是評價，更是一份珍貴的禮物——它可以是一句鼓勵，讓我們更有力量向前；也可能是一句提醒，讓我們在謙卑中學習、在不足中成長。

此次共有**180位與會者**，最終回收了**102份回饋**（56.67%）。我們經過統計分析，整理出報表（A），並精選了20則針對四個問題的真摯回應。每一則回饋，都像一盞小燈，照亮了我們未來的方向。

感謝每一位願意分享真實心聲的你。因為你的參與，這場生命對話更顯完整。我們會繼續努力，不忘初心，讓更多的相遇發生。

Listening to Feedback, Moving Forward

As the conference came to a close, participants were invited to fill out a feedback form. For us, feedback is more than evaluation—it is a gift. It encourages us, affirms our efforts, and also reminds us to stay humble and grow through learning.

Out of **180 participants**, we received **102 forms** (56.67%). After compiling the responses, we created a summary report (A) and selected 20 heartfelt reflections on four key questions.

Thank you to everyone who shared your feedback. Your presence and contribution continue to light our path forward.

報表(A) / Report (A)

整體 OVERALL

★★★★☆ 4.5/5.0

交通 TRANSPORTATION

★★★★☆ 4.3/5.0

住宿 ACCOMMODATION

★★★★☆ 4.7/5.0

場地 EVENT VENUE

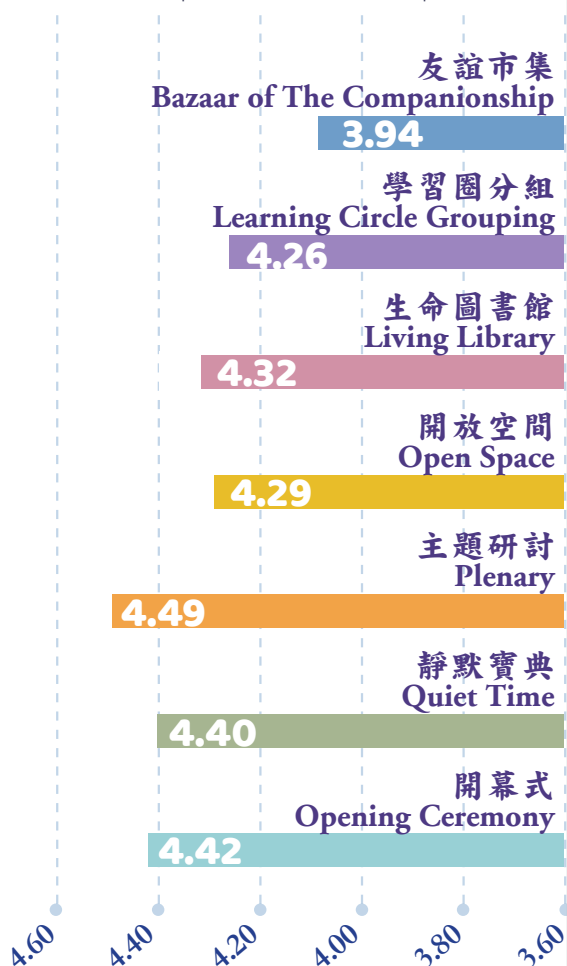
★★★★☆ 4.5/5.0

膳食 MEAL

★★★★☆ 4.6/5.0

根據本次「2023年首屆國際會議」的參與者回饋調查，整體滿意度達到4.5分（滿分5分），顯示大多數與會者對活動整體安排感到滿意。在各項細項中，住宿（4.7分）和膳食（4.6分）評價最高，參與者普遍對會議期間的住宿品質與餐飲安排表達高度肯定。場地（4.5分）和交通（4.3分）也獲得良好評價，部分回饋指出交通接駁仍有小幅優化空間。整體而言，此次會議在各方面皆獲得積極肯定，為未來活動奠定良好基礎。

According to feedback from participants of the Inaugural International Conference 2023, the event achieved a strong overall satisfaction rating of 4.5 out of 5. Among all categories, accommodation (4.7) and meals (4.6) received the highest ratings, indicating a high level of satisfaction with lodging quality and food arrangements. The venue (4.5) and transportation (4.3) also performed well, though some comments suggested minor room for improvement in transport coordination. Overall, the conference was very well-received and lays a strong foundation for future international gatherings.



根據與會者對各項節目內容的評分，整體反應相當積極。其中，主題研討（4.49分）及開幕式（4.42分）為評分最高的項目，顯示參與者對會議的核心內容與開場氛圍均有高度肯定。靜默寶典（4.40分）和開放空間（4.29分）也表現良好，反映出參與者對沉澱與交流時間的需求與重視。相較之下，生命圖書館（4.32分）和學習圈分組（4.26分）的評價略低，友誼市集（3.94分）評分最低，可能與時間安排、參與度或期望落差有關。此結果有助於未來活動在節目設計上做更精準的規劃與調整。

According to participant feedback, the overall programme was well-received, with particularly high ratings for the Plenary Sessions (4.49) and Opening Ceremony (4.42) — reflecting strong appreciation for the core content and welcoming atmosphere of the event. Quiet Time (4.40) and Open Space (4.29) also received positive responses, highlighting participants' value for reflection and informal exchange.

On the other hand, Living Library (4.32) and Learning Circle Grouping (4.26) received slightly lower scores, while the Bazaar of The Companionship (3.94) rated the lowest, which may suggest opportunities to improve engagement, structure, or expectation alignment. These insights will be useful for refining future programme design and prioritization.

在這次的大會中，哪一部份讓您感到印象深刻？ In this conference, which part impressed you the most?

1. 點燈儀式很感動。分組活動大家都很積極參加討論，很願意耐心聆聽對方，展現學習圈的包容和尊重生命本質的特點。能聽懂兩個語言讓我很高興，記憶更深刻，也比較容易聽進去。第一天開幕典禮大家的傳統服裝都很有特色很好看，很有誠意。Cleo的傳統服裝很WOW。酒店食物超好吃，很多元。在大門的大合照很擠。薇妮老師和林老師的分享邊唱歌邊分享自己的生命故事，非常感動，也很有趣的安排。與外國人溝通不膽怯，雙方都很耐心地想要聆聽和了解對方，語言不是障礙。第一次參加國際性質的大會，下次我的參與動機就不會單調地只寫「認識新朋友」了。
2. 靜默多與內在連結，那股力量不只是喚醒每個階段曾經受傷的內在小孩，讓它們被看見看重以外，更珍貴的是當周圍都不平時，我依然有力量照亮自己成為一根蠟燭，無形中也在照亮他人（讓生命影響生命之後將形成了我們不是一個人在戰鬥）。
3. 文化創意之夜非常歡樂；還有十分豐富國際友人經驗交流；翻譯很夠力；籌備及工作團隊十分耐心和友善。
4. The conference teamwork is excellent. The organisation committee had looked into almost every single details. Most grateful for the hard work and dedication. The content of each session is rich and often touching. The cultural element is again wonderful.
5. 進入客房床上擺放的禮物和卡片，真是用心。還有，主題研討二劉仁州老師的演講印象深刻。



在眾多分享中，有誰的分享最觸動您的內心？

Among the many sharing, whose sharing touches your heart the most?

1. I cry when Teacher Ren-Jou lead to close the eyes, how I abandon myself so long and he lead to love my self.
2. The story of Isabelle Fam's mother, her dedication, persistence and wisdom.
3. Nenden與Huda的分享讓人我觸動，感受到它們生命工作的不容易，卻也不服輸的持續下去。
4. Living library --Cleo. She had demonstrated great courage in getting on with her life, even though we did not have her full story, we already had a good glimpse of her strength and determination.
5. 在最後一個環節（生命的決心與承諾），一位小女生上台分享她在四天三夜中的感受，話語雖然簡單但句句精髓。我衷心祝福她：平安喜樂。

如果給您帶回一個訊息，您覺得哪個 / 誰的訊息最為受用？

If you were to bring a message back home, which/whose message do you think is the most useful?

1. 「成為一根發光的蠟燭，因為你不會知道那道光或許可以照亮很多人。」 — 黃坤老師
2. 我們都要為自己的生命負責，從童年和原生家庭療癒自己，再重建自己現在和未來的生命。從靜默中，聆聽自己內在的聲音，了解自己，重得生命的力量。
3. Family problem is global issue regardless nation, religion and race. We should help one another to strengthen our family.
4. I felt the most important for me now is to be not afraid to open ourself to someone else, to open up our feeling especially to our family.
5. 龔老師：「採取行動，面對問題，才有轉換的可能。」

對於工作團隊，您有沒有什麼想表達的話語？

Do you have any words to express to the Organising Committee?

1. 非常感謝他們的盡心盡力。從飯店的安排，大會指南，贈送小禮物，文化創意之夜，出席證書等等的細節，都是很不容易的工作。我很喜歡大會指南的PDF，做得非常仔細也很可愛。大會結束後相信所有工作團隊們都需要好好休息。我們兩年後見! 😊
2. Thank you so much for organising such a wonderful international conference. Everyone is helpful and all smiling while I know you are tired sometimes. I love how there are seniors and young people in the Organising Committee which shows that you have successfully engaged people from all age and backgrounds.
3. 非常感恩工作團隊的用心與付出。我因為當天下午有另一堂課程而遲到報到，工作人員還主動text 我到了聯繫她，還親自向我講解報到後的行程。感恩她的細心。🙏🙏
4. It was truly a pleasure and a great experience to participate in the international conference! Thank you all for your hard work in delivering such a well-organised, diverse, inclusive, and comforting conference, despite some confusion when registering! A heartfelt thank you to all members of the organising committee
5. I am truly impressed by the quality of the organisation from the reception at the airport through the communication and the quality of the translators. Congratulations!



攜手同行，感恩有你 Together in Gratitude

聲聲祝福，深深感謝。

要舉辦一場活動並不容易，更何況是一場橫跨國界、集結多方力量的國際性大會。自2019年籌委會成立，原訂於2020年5月舉辦的第一屆學習型社群國際生命成長大會，因疫情延期至2023年才得以實現。經歷多年籌備與等待，當我們回首過程，每一步都不曾鬆懈，但每一步都有你們同行。

如今，第二屆大會即將展開，回望一路的挑戰與轉折，感恩眾多學員、老師、朋友與友誼單位的支持與陪伴，正因為有你們，我們才能在重重困難中堅持初衷，讓生命工作的信念延續不斷。

我們衷心期盼每一位與會者在此次大會中，都能收穫啟發與實踐的力量。感謝你們與我們一同走過這段旅程，讓我們相信：同行的力量，足以為世界帶來正向的改變。

謝謝你，有你真好。

With heartfelt blessings, we extend our deepest thanks.

Organising any event is never easy—what's more, it is international gathering that spans across diverse communities and cultures from many sides. Since forming our working committee in 2019, we initially planned to hold the Inaugural Learning Community International Life-work Conference in May 2020. Everything was set, until the pandemic forced us to postpone it to 2023.

Now, just two years later, we are about to embark on the second conference. Looking back, the journey has been filled with challenges, yet your encouragement and unwavering support—be it as participants, teachers, friends, or partnering organisations—carried us through.

We sincerely hope that each participant will gain meaningful insights and take away something that can be applied in life. Your presence reminds us that we are not alone in our mission.

Thank you for walking alongside us. Together, we believe that we can make a positive difference in the world.

Thank you—from the bottom of our hearts.

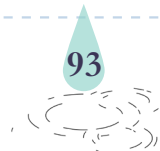


2023年初，我們發起了一項「800個支持單位」的勸募行動，每個單位為RM50。感恩眾多善心人士的響應與支持，我們最終**成功籌得 621個單位，共RM31,050.00**，為大會的順利推展注入一股溫暖力量。

At the beginning of 2023, we launched a fundraising campaign to gather 800 support units (RM50 per unit) for the conference. Thanks to the generous response, we successfully **raised 621 units, totaling RM31,050.00**, bringing warmth and momentum to our conference journey.

2023 捐款名單 Donation List

1個單位/UNIT	Eow Gaik Pheng、KHO、Nj Lim、Vernice、劉振聰、吳嬰嫻、姚玉玲、佩盈、宋惠芬、尤女士、尤薇妮、張妙櫻、張淑莉、張運蘭、徐玲玲、曾如意、李錫光、李雪群、林向、林潤崧、林巧荔、林月琴、林盈汝、林詩惠、梁永澤、熊思凌、王曉薇、胡雙儀、葉女士、蔡俊興、蔡玉妹、蔡雅英、蘇意修、蘇文強、謝盛儀、謝林亞謝、郭迎偉、陳怡勝、陳淑茵、陳龍青、馬淑拉、馮穎星、馮美文、黃寶英、黃愛絹、黃詠詠、黃譯廣、無名氏、支持者、支持者、支持者、支持者、支持者、支持者
2個單位/UNITs	Ooi Ai Chen、Chee Chai Hoon、Eve Leow、Mandy、Tan Beng Beng、鄔鳳真、余嘉莉、帶、張淑根、徐財偉、李麗娟、沈偉彬、王宗使、王詡縈、申建東、素婷、葉麗霞、蔡慧文、謝雪蓮、鄭佩萍、陳美君、支持者、支持者
3個單位/UNITs	AKASHA學員、丁非、劉秀鳳、姚玉美、秦毅、黃淑慧、李順凌、顏世妹
4個單位/UNITs	Chee Chai Heng、Chee Yueh Lean、已故蔡滾紳、支持者、樂捐、盧碧霞、羅慧玲、蔡慧燕、蔡麗婷、譚麗幼、賀艷、鍾莉燕、陳寶莉
5個單位/UNITs	張氏、無名氏、謝楨可
6個單位/UNITs	Seow Swee Pang & Tam Jia Miin、陳亞珍、第一屆全國凝聚營
7個單位/UNITs	蔡碧真
8個單位/UNITs	李建成
10個單位/UNITs	Twenty Twenty Eye Care Centre、蕭慧清、蘇仁宗、龔萬侯施瑞綿夫婦
11個單位/UNITs	生命工作@香港站
13個單位/UNITs	Arch
20個單位/UNITs	梁振球陳鳳明夫婦、顏子傑合家
25個單位/UNITs	梁小慧
30個單位/UNITs	李美琴
40個單位/UNITs	支持者
98個單位/UNITs	辛賽香
100個單位/UNITs	呂建成



2023 其他數額捐款 Other Donations

< RM 500.00	鄭亦婷&林建君、Honey Lèe、Sim、林義淦、范金鳳、蔡慧燕、Tong Chai Poh、JC、譚麗幼、趙麗珍、Cleopadia Mabana Mohlaodi
RM 500.00 – RM 1,000.00	蕭慧清、李美琴、李建成、Billy Wong、CHAN、Deisy Rinni Meir Rakmeni、隆雪華堂輔導志工團、Jeffrey Wong、Tony Phua & Ivy Wong、蘇仁宗
RM 1001.00 – RM 2,000.00	黃坤梁秀蓮夫婦、拿督曾華健
RM 2001.00 – RM 5,000.00	Climate Systems Sdn. Bhd.、Kenpro Venture、呂建成
> RM 5,000.00	President Sign Sdn. Bhd.、上海霞滿雲間公益發展中心

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最後，衷心感謝第一屆與第二屆學習型社群國際生命工作大會的所有工作團隊——課程設計、宣傳推廣、平面設計、節目流程、秘書與庶務、財政與募款、交通安排、多語翻譯、市集活動、膳宿場地、音響燈光攝錄、生活協調、生命關懷、馬來傳統舞 Dikir Barat、歌詠組、特刊編輯團隊，以及印尼道德重整團隊。（名單眾多，恕未能一一盡列，敬請包涵）

感謝所有人的每一份心力與同行，讓這段生命的旅程更豐盛、更動人。

Our heartfelt thanks to every team who made the Inaugural and 2nd Learning Community International Life-work Conferences possible—Course Design & Planning, Media & Publicity, Graphic Design, Programme & Itinerary, Secretariat & General Affairs, Finance & Fundraising, Transportation, Multilingual Translation, Marketplace Activities, Accommodation & Meals, Sound, Light, Photography & Filming, Life matters Coordination, Life Care, Dikir Barat, Choir, Commemorative Editorial Team, and the Indonesia IofC Team. (with deep apologies for not listing everyone by name)

Thank you for walking this journey with us—your presence made it richer and more meaningful.

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Happy 20th Anniversary



hello
Twenty
My First