

生命重建的

藝術

THE ART OF
REMAKING
MY LIFE

2025



生命的重建

從一個人到一群人

Remaking my Life

Together, We Move Forward

陪伴

Accompany

和解

Reconciliation

信任

Trust



Indonesia
Initiatives of Change
Sekolah Rekonsiliasi

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



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Nandor LIM, Initiator & General Planner of the Conference
- 馬來西亞AKASHA學習型社群發展協會理事長暨大會主席覃繡欽
Isabelle FAM, President of AKASHA Learning Companionship Association of Malaysia
- 第二屆國際生命工作大會籌委會主席胡嘉恩
Karen HOO, Chairperson of the Conference Organising Committee

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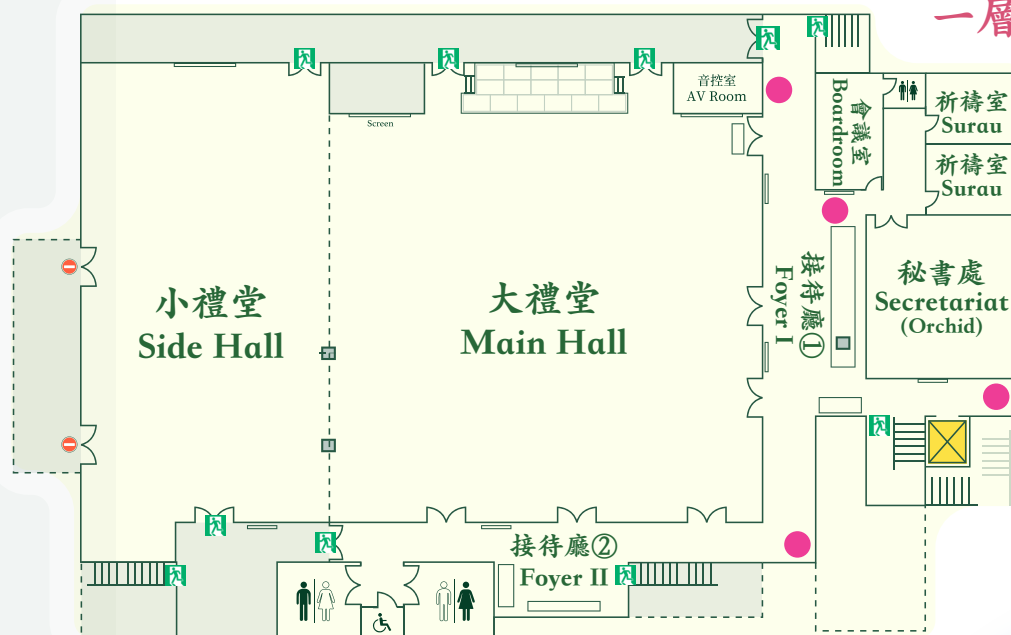
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一層 First Floor

會議/活動空間
Meeting/Event Space
電梯 Elevator
休閒區 Lounge



底層 Ground Floor

酒店前台 Reception
餐廳 Dining Area



Espira Kinrara



馬來西亞·雪蘭莪·蒲種·金鑾鎮

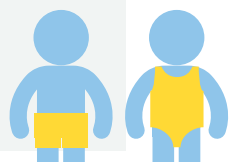
Jalan Kinrara 6, Bandar Kinrara, Puchong, Selangor, Malaysia.

● 住宿區 Accomodation

■ 戶外亭子 Outdoor Pavillion

○ 游泳池 Swimming Pool

▨ 戶外停車場 Outdoor Parking



泳池安全使用規則 Pool Safety Rules

開放時間 OPEN HOURS

6.30AM — 8.00PM

請勿獨自一人游泳。
No swimming alone.





未成年孩童需在家長陪同
和監督下進行水上活動。
Children MUST be accom-
panied and under adult's
supervision

禁止在泳池邊大鬧、嬉戲、推
搡、奔跑及其他危險性動作。
Running, roughhousing, push-
ing, playing loudly, and other
dangerous activities are PRO-
HIBITED at the poolside.

游泳前請做好暖身運動，
如有不適請立即上岸。
Please do warm-up exercises
before swimming. If feeling
unwell, please leave the pool
immediately.

大會日程表 Daily Itinerary

	第一天 DAY1	第二天 DAY2	第三天 DAY3	第四天 DAY4	第五天 DAY5	
	四 29/05 Thu	五 30/05 Fri	六 31/05 Sat	日 01/06 Sun	一 02/06 Mon	
0630		早餐 Breakfast				底層 G 餐廳 Cafe
0800		靜默寶典 Quiet Time for Inner Listening				一樓 L1 大禮堂 Main Hall
		連結/Connection 連結內在 啟動成長 Connect Within, Ignite Growth	修正/Correction 內在蛻變 突破挑戰 Transform Within, Overcome Challenges	方向/Direction 點燃希望 照亮方向 Ignite Hope, Illuminate the Path	行動/Action 以行動成就改變 Create Change Through Action	
0900		事務性通告 Announcement				
0915		主題研討《生命的重建》Plenary “Remaking My Life”				
		個人成長是 家庭的力量 Growth as the Strength of Family	行動是社會 的未來基石 Actions as the Foundation of Society's Future	價值是國家 的永恆傳承 Values as the Legacy of a Nation	0930 生命的決心 與承諾	
1115	小休 Break				Determination & Commitment of Life	
1130	工作人員 到位 Staff in position	學習圈分享 Learning Circle Sharing			開幕/Closing	各預設 空間 Each Preset Space
		如何讓個人成長 成為家庭的力量? How Can Personal Growth Strengthen the Family?	個人的行動如何 塑造社會的未來? How Do Individual Actions Shape the Future of Society?	哪些價值能成為 國家的永恆傳承? What Values Can Become a Nation's Lasting Legacy?		
1300	安置所有場地 空間及房間 Preparations	午餐 Lunch				底層 G 餐廳 Cafe
1430		生命圖書館 Living Library	開放空間科技 Open Space Technology		2027年 再會 See you again in 2027	一樓 L1 小禮堂 Side Hall
1600	1500 報到 Registration @ 酒店大堂 (底層) Lobby (G)	超越第一印象: 每個故事都 值得被閱讀 Read Beyond First Impression: Every Stories Matters	勇於探索 學習新知 Exploring Possibilities, Embracing Growth	機會交匯 產生協作 Connecting Visions, Creating Synergies		
1700	自由時間 Free Time					
1830	自費晚餐 Dinner at own expense	晚餐 Dinner				底層 G 餐廳 Cafe
2000	歡樂相聚 Happy Hour <div>選項 Optional</div>	1930 開幕式/Opening Ceremony	童年記憶的交匯 The intersection of childhood memories	打開無限想像 Open up unlimited imagination	一樓 L1 大禮堂 Main Hall	
		自發改變之光 Spark of Change Night	愛・流動之夜 Flow of Love Night	創意釋放之夜 Unleash Creativity Night @小禮堂 Side Hall (L1)		
2130	休息 Rest	生命工作市集 Bazaar of The Life-work				
2230		探索靈魂的市集 交易夢想與改變 Explore the soul market. Trading Dreams and Change				

開幕式 Opening

1940
2000

2130

嘉賓蒞臨 Guest Arrival
奏馬來西亞國歌 Malaysia National Anthem “Negaraku”
大會主席覃繡欽 致歡迎詞 Welcome Address by Chairperson, Isabelle FAM
開幕式 Opening
傳統舞蹈 Traditional Dance 《月亮風箏 Eh Wau Bulan》
學習型社群國際生命工作大會發起人林潤崧 獻詞
Dedication by Initiator of International Conference, Nandor LIM
贈送紀念品儀式 Souvenir Presentation
生命故事分享 Life Story Sharing
大合照 Group Photograph
送賓/自由交流時間 Interaction & Departure



學員須知 Participant Guidelines

1. 安全第一，請遵守各項安全規定。
2. 學員須全程佩戴名卡以示識別。
3. 為維護會議品質，手機請調整為靜音模式。
4. 尊重知識產權：除獲得主辦方授權或允許，所有錄音與錄像不得上傳至社交媒體。
5. 請勿在房內喧嘩，尊重室友的休息時間。
6. 貴重物品請自行妥善保管，主辦單位不負保管責任。
7. 僅全程參與的學員，方獲參與證書。證書將於大會最後一日（午餐後）開放領取，請自行前往證書領取處領取參與證書。
8. 飲食規範：餐廳僅提供清真飲食，請勿在酒店區域攜帶或食用外來食品。
9. 禁止在酒店區域內攜帶或食用榴蓮和山竹。
10. 室內全面禁菸，請配合遵守。

任何詢問/協助，請聯繫：

- (一) 食宿：稟豪 +60 10-214 3666
- (二) 交通：仁宗 +60 12-299 7522
- (三) 生活協調：嬋娟 +60 17-517 2220
在枝 +60 12-427 9972

1. SAFETY FIRST. Please comply with all safety regulations at all times.
2. Participants must wear their name badges at all times for identification purposes.
3. To maintain the quality of the sessions, please set your phone to silent mode.
4. Respect intellectual property rights. Recording or filming is NOT allowed to be uploaded to social media without prior authorization from the organiser.
5. Please refrain from making noise in the rooms and respect your roommates' rest time.
6. Please take care of your valuables. The organiser is not responsible for any loss.
7. Only participants who attend the entire event will receive a certificate. Certificates will be available for collection on the final day of the conference (after lunch) at the designated collection area.
8. Cafe only serves HALAL meals. Outside food or beverage is restricted within the resort.
9. Durian(s) and mangosteen(s) are strictly PROHIBITED within the resort.
10. Smoking is strictly PROHIBITED indoors.

For any INQUIRIES, please contact: (1) Accommodation & Meals: **Alvin LOKE** +60 10-214 3666
(2) Transportation: **Mr SOH** +60 12-299 7522
(3) Life Matters Coordinator: **Susan GU** +60 17-517 2220
Ms CHEE +60 12-427 9972

閉幕 Closing

1045
1100

嘉賓蒞臨 Guest Arrival
心得分享 Reflections
籌委會主席胡嘉恩致謝詞
Closing Remarks by Committee Chairperson, Karen HOO
閉幕 Closing
歌曲獻唱 Singing Performance
大合照 Group Photograph
午餐 Lunch

1230

大會發起人暨總策劃 林潤崧老師
Nandor LIM, Initiator & General Planner of the Conference

從個人的自覺到社會的聯結—— 我為何堅持在馬來西亞進行 生命關懷工作的實踐

From Self-Awareness to Social Connection: Why I Persist in Life-Work Practice in Malaysia



每當有人問我：「你為什麼會選擇走上這條路？」我總會停頓片刻。因為這不是一個可以輕描淡寫的答案。生命關懷工作對我來說，不只是一份職責或理念，而是一場持續不斷的回應——對人性的渴望、對社會的關懷、對未來的想像。

二十五年前，我開始投入所謂的「生命」教育工作。那時的我只是單純地相信：一個人若能更了解自己、與自己和平共處，他就比較不容易被困在焦慮、比較與孤單的情緒裡。但慢慢地我發現——即使我們給予一個人再多自我覺察的工具，如果他所處的社會缺乏支持與理解，他終究還是會陷入無力與孤立感。

這樣的體悟讓我在十五年前開始轉向思考：

**要怎麼讓「一個人的自覺」轉化為「一群人的意識」？
怎麼把內在的改變擴展成一種社會性的聯結與實踐？**

這些年來，我經常思考什麼叫做「學習」。我發現，學習就像睡覺、吃飯、上廁所一樣，是一種人類無法逃避的基本需要。對物質的吸收需要補充，心靈也是。當我們說「活著」，並不只是生理機能的持續運作，而是指一個人是否還對生活保持開放，是否還能在經驗中理解自己、理解他人，並在不同處境中做出新的回應。生命需要學習，是必然的，而且是永無止境的。

一個人是不是真的有在學習，其實看得出來。他的思路是否經得起提問？他的選擇是否有自己的理由？他面對矛盾時，是否能內省而不是推諉？在這些看似細微的面向裡，我們可以看見一個人如何面對生命，也看見他是否真誠地活在當下。

但我也深深知道，如果只是自己一個人走得再遠，那也終究只是「一個人」的成就。那樣的成就再美，終究會有限。它像是一株風中挺立的小樹，或許堅韌，卻難以成林。一棵樹之所以能長大，是因為它的根深；而根之所以深，是因為它不是孤單的。它與其他植物共享土壤、陽光與雨水，彼此連結，彼此支撐。生命的成長亦然。如果沒有社會性的支持與聯結，我們的改變就難以持續、難以擴散，也難以承載更大的挑戰。

這樣的信念，讓我開始在馬來西亞這片多元又複雜的土地上實驗「學習型社群」的可能性。我們的社會語言多元、文化交錯、信仰並存，但也因此容易陷入彼此不了解、彼此誤解的張力裡。我們需要一種有根的社會支持方式，它不只是專業介入或制度安排，而是一種「人與人之間真誠相伴」的力量。在這樣的土壤裡，要種下一棵共學、共感、共創的樹，不容易。但我始終相信，越困難的土壤，越需要這樣的實驗。

這幾年，我們透過生命成長課程、學習圈、成長大會、小型聚會、跨文化交流、國際夥伴協作等方式，慢慢建立起一個「學中學、做中學、陪中成長」的空間。這空



間裡，有來自不同背景、年齡與生命處境的人，但他們有一個共同點：願意讓自己的故事與他人的經驗相遇，願意在彼此的照見中找到方向。

我們的工作，不是要替別人決定怎麼活，而是打造一個能讓人成為他自己、也能成為他人助力的共學場域。

第二屆學習型社群國際生命工作大會，正是在這樣的脈絡下誕生。我們希望讓來自世界各地、不同文化的夥伴，能夠真實相遇、深刻對話。我們不是要「展示成就」，而是誠實分享每個人在建立社會支持系統上的嘗試、失敗、修正與盼望。透過這樣的連結，我們期待慢慢織起一張跨越地域的「生命支持網絡」——不是單向輸出，而是彼此交換、彼此滋養。

我始終相信，改變社會的力量，不只是來自一群專業的工作者，而是來自千千万萬願意在生活裡彼此支持、共同學習的普通人。而我，只是其中一位，持續在馬來西亞這片土地上耕耘的同行者。

這份堅持，有時孤單，但從不空虛。因為每當我看到一個人因為被聽見而重拾自信，一個家庭因為互相理解而重建信任，一群人因為真誠對話而願意繼續走在一起，我就知道——

這條路，值得你我一起走。

Whenever someone asks me, “Why did you choose this path?”, I often pause before answering. Because it’s not a question that can be answered lightly. Life-work, for me, is not just a job or a philosophy—it is a continuous response. A response to the longing for humanity, the care for society, and the imagination of a better future.

Twenty-five years ago, I began working in what we now call “life education.” Back then, I simply believed that if a person could better understand themselves and be at peace with who they are, they would be less likely to be trapped in anxiety, comparison, or loneliness. But gradually, I realized—no matter how many self-awareness tools we provide, if the society one lives in lacks support and understanding, people will still feel powerless and isolated.

Fifteen years ago, I began shifting my question:

**How can one person’s self-awareness transform into a collective consciousness?
How can inner change be extended into a form of social connection and practice?**

Over the years, I’ve often reflected on what “learning” truly means. I’ve come to see it as something as essential as sleeping, eating, or going to the bathroom. Just as our bodies constantly need nourishment, so do our hearts and minds. Learning is not optional—it’s fundamental to being alive.

And real learning is never finished. It is an ongoing journey. One of the ways we know we’re learning is when our thoughts can withstand questions—when we have our own answers instead of echoing someone else’s. It’s about how we respond to contradiction and complexity.

But I also know this: if a person walks a long road alone, no matter how far they go, it remains an individual achievement. And such achievements rarely grow into large trees. Without strong roots, the tree remains small, and so does the path it can sustain. For roots to grow deep, they must be connected to others.

This belief is what led me to plant the seeds of a “learning community” in Malaysia—a land rich in diversity and complexity. We live amidst a tapestry of languages, cultures, and faiths, but also in the

shadow of historical fragmentation and mistrust. We need a grounded form of social support—one that goes beyond professional intervention or institutional arrangements, and is rooted in the power of genuine companionship between people. It is in this very context that I've come to feel, more deeply than ever, the need for a rooted form of social support—not just professional intervention or institutional services, but a power that comes from genuine companionship between people.

This is why, over the years, I've kept experimenting with and promoting the idea of learning communities. I believe that a healthy society is not sustained by systems alone, but by the willingness of people to understand, accompany, and grow with one another. And this willingness cannot be created merely through campaigns or training—it must be lived, practiced daily, and eventually become a shared culture.

In recent years, through life-growth programmes, learning circles, community gatherings, intercultural exchange, and international collaborations, we've gradually created a space for learning through doing, and growing through companionship. In this space, people of different backgrounds, ages, and life situations come together. What they share is this: a willingness to let their stories encounter those of others, and in that reflection, discover new direction.

Our work is not to prescribe how others should live—but to co-create a field where people can become themselves, and at the same time become a support for one another.

The 2nd International Life-Work Conference of Learning Communities was born from this very context. We hope to create a space where partners from around the world, across cultures and disciplines, can truly meet and engage in meaningful dialogue. This is not a platform for showcasing success, but a space for honest sharing—of attempts, failures, revisions, and hopes in building systems of social support.

Through such connections, we hope to slowly weave a global network of life-support—one that is not unidirectional, but reciprocal, nourishing all who are part of it.

I continue to believe that the power to transform society doesn't come only from trained professionals, but from ordinary people—thousands of them—who are willing to support one another and learn together in the fabric of daily life.

And I am simply one among them, walking and working on this path in the soil of Malaysia.

This commitment is sometimes lonely, but never empty. Because whenever I witness a person regain confidence after being heard, a family rebuild trust through mutual understanding, or a group of people choose to keep walking together after heartfelt dialogue—I know, deep down:

This path is worth walking, together.

林潤崧
Nandor Lim



馬來西亞AKASHA學習型社群發展協會理事長暨大會主席 覃繡欽
Isabelle FAM, President of AKASHA Learning Companionship Association of Malaysia

從一人點燈，到一群同行：
讓重建的光照亮彼此

From One Spark to a Shared Journey:
Let the Light of Rebuilding
Shine Through Us



本屆大會以「生命的重建——從一個人到一群人」為主題，呼應著我們始終堅持的信念：唯有從個體的轉化開始，群體的重建才有可能。

第二屆國際生命工作大會，不只是延續一個理念的實踐，更是團隊長期投入、不斷溝通與攜手同行所凝聚的成果。一路走來，我深深地體會到，真正的學習不是孤軍奮戰，而是與一群人同行。在分工合作中磨合，在挑戰中成長。從大會籌備至今，每一個細節的落實、每一次團隊的協調與對話，都是我們共同願景的具體體現。

AKASHA在馬來西亞耕耘了近二十年，我有幸一路參與、陪伴、見證一個又一個生命被點燃。

感謝每一位團隊成員的無私付出，感謝一路同行的講師、志工與參與者，是你們的堅持、熱情與投入，讓大會得以順利成形，也讓AKASHA的精神得以持續延展。

愿我們以此為起點，繼續在人與人之間，播下希望與覺醒的種子。也愿這五天四夜，我們彼此扶持與鼓勵，讓AKASHA持續成為這個社會溫柔而堅定的力量。

This year's conference, themed "Remaking My Life – Together, We Move Forward," echoes a belief close to our hearts: true rebuilding begins with the transformation of one life, then ripples outward to a community.

The 2nd International Life-work Conference is not just a continuation of a dream, but the result of years of dedication, heartfelt dialogue, and walking together through challenges and growth.

Over two decades in Malaysia, AKASHA has been a place where countless lives have been touched and rekindled. I am deeply grateful to every team member, speaker, volunteer, and participant. Your spirit, passion, and persistence have made this gathering possible.

May these five days four nights become a time where we lift one another up, sow seeds of hope, and strengthen AKASHA's quiet but powerful presence in the society.

覃繡欽
Isabelle Fam



第二屆學習型社群國際生命工作大會籌委會主席 胡嘉恩
Karen HOO, Chairperson of the Conference Organising Committee

從一個人到一群人 —— 走在生命重建的路上 From One to Many: A Journey of Remaking Lives

每一次聚首，是一份生命的回響；每一段同行，是一場希望的延續。

2025年5月29日至6月2日，第二屆馬來西亞學習型社群國際生命工作大會即將展開。延續首屆精神，我們再次以「生命重建」為出發點，將焦點從個人意識擴展至社會意識，並以「從一個人到一群人」為主題，邀請大家思考：當一個人開始覺察、成長並付諸行動，是否能激發出一股群體的改變力量？

我們相信，生命的蛻變從來不是獨行之旅。從「陪伴」中找到力量，從「和解」中釋放過往，從「信任」中開啟新的起點，這三大焦點再次引領我們回到生命的核心。今年，我們期待進一步探討：如何讓個人成長成為家庭的力量？如何通過個人行動塑造社會的未來？又如何將核心價值觀傳承為國家的永恆基石？

透過主題研討、學習圈、生命圖書館與開放空間等多元形式，大會將創造群體學習與深度交流的空間。我們相信，學習不只是知識的累積，更是心靈的交會與生命的滋養。

作為籌委會主席，我懷抱感恩與敬意，致謝所有默默付出的夥伴。願我們在彼此生命的映照中，看見群體的力量與價值的延續。

Every gathering is an echo of life. Every shared journey is a continuation of hope.

From 29th May to 2nd June 2025, we welcome you to the 2nd Learning Community International Life-work Conference (Malaysia). Continuing the spirit of the inaugural event, we once again embrace the theme of “Remaking My Life”, expanding our focus from individual consciousness to societal awareness. With the theme of “Together, We Move Forward”, we invite all to reflect: When one person begins to awaken, grow, and take action—can it inspire a collective force of change?

We believe that life transformation is never a solitary journey. We find strength through “Accompany”, release the past through “Reconciliation”, and begin anew through “Trust”. These three pillars of ART continue to bring us back to what truly matters. This year, we look forward to explore further: How can individual growth become a source of strength for families? How do individual actions shape the future of the society? And how can our core values be passed on as the everlasting foundation of a nation?

Through plenary sessions, learning circles, living library, and open space technology, this conference foster spaces for collective learning and deep connection. We believe that learning is not merely the accumulation of knowledge, but also the meeting of hearts and the nourishment of life.

As Chairperson of the Organising Committee, I hold deep gratitude and respect for all those who contributed quietly. May we, through the reflection of one another's lives, witness the power of the collective and the continuation of our shared values.

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 Leader	輔理人員 Team Assistant(s)
執行秘書 Executive Secretary	張瑩瑩 TEOH Yin Yin	洪曉霜 Karen ANG
財政 Treasurer	林凱齡 LIM Kai Leng	尤薇妮、李潤郡、胡寶娣 Weny YU, Jessie LEE, WOO Poh Tai
秘書處暨庶務 Secretariat & General Affairs	張瑩瑩 TEOH Yin Yin	廖麗寧、黃愛珍、蘇文強 LIW Lai Leng, OOI Ai Chen, SAW Boon Keong
公共關係 Public Relations	中文 Chinese Contact 覃繡欽 Isabelle FAM 英文 English Contact 努哈雅蒂 Nur Hayati SYAFII	
募款徵求 Fundraising/Sponsorship	林潤崧 Nandor LIM	
宣傳 Media & Publicity	梁月英 LEONG Yuk Ying	廖麗寧、蔡慧燕、曾冠明 LIW Lai Leng, CHAI Wai Yen, Beng CHAN
設計 Graphic Design	胡雙儀 Jennifer HOO	陸稟豪、莊可屏 Alvin LOKE, CHENG Kher Pyng
特刊 Commemorative Issue	尤薇妮 Weny YU	胡雙儀 Jennifer HOO
交通 Transportation	蘇仁宗 SOH Lin Chong	陳曉虹 TAN Siew Hong
課程 Course Design & Planning	林潤崧 Nandor LIM	覃繡欽、胡嘉恩、尤薇妮、林凱齡、張瑩瑩、 張妙櫻、蓮登、美兒 Isabelle FAM, Karen HOO, Weny YU, LIM Kai Leng, TEOH Yin Yin, CHONG Mew Im, Nenden ULFA Deisy Rinni Meir Rakmeni
多元翻譯 Multilingual Translation	蔡慧文 Janet CHAI	馮穎星、張瑩瑩 FENG Ying Xing, TEOH Yin Yin
節目 Program & Itinerary	尤薇妮、謝乙豪 Weny YU, Mark CHIA	胡雙儀、李美琴、廖麗寧、蓮登 Jennifer HOO, LEE Mei Kem, LIW Lai Leng, Nenden ULFA
膳宿場地 Accommodation & Meals	陸稟豪 Alvin LOKE	駱順玲、李順凌、陳毓珊 LOKE Mun Ling, Jackson LEE, CHIN Yee San
音響燈光攝錄 Sound&Light, Photography&Filming	音響燈光 Sound&Light 曾冠明 Beng CHAN 攝影錄像 Photography&Filming 沈順銘 Froscar SIM	何子銘、林向、盛偉峰、盛偉桔 Kovy HOH, LIM Xiang, Felix SIA, Derrick SIA
市場活動 Marketplace	林凱齡 LIM Kai Leng	劉期心 LAW Kay Sum
生活協調 Life Matters Coordination	顧嬋娟 Susan GU	徐在枝 CHEE Chai Kee
生命關懷 Life Care Coordination	陳曉虹 TAN Siew Hong	林凱齡 LIM Kai Leng
Dikir Barat 小組 Dikir Barat Group	張瑩瑩 TEOH Yin Yin	蔡慧文、駱順玲 Janet CHAI, LOKE Mun Ling
歌詠小組 Choir	李美琴 LEE Mei Kem	

緣起

AKASHA學習型社群的發跡乃因應世界道德重整運動的理念而首發於馬來西亞華人社會生活圈。聖德蕾莎修女曾經說過：「我們所做的一切，僅僅是海中的一滴水；但如果我們不做，這滴水永遠淹沒在大海中。我們絕對不能害怕，與世界的價值觀相牴觸。」因應著這樣的信念，我們開始了這條漫長的學習成長之不歸路。

然而，諸多挑戰應然而生，讓個人、家庭、社會、國家乃至世界都遭遇了前所未有的破壞，心靈破產、道德淪喪、喪心病狂、宗教戰爭、精神疾病、反社會現象、扭曲人格、虛情假意、主義濫觴等等，莫不源自於對生命的無知與恐懼。恐懼會讓人做出可怕的事，會癱瘓人的正常行為。人若無能力理解生命，則自生命延伸出來的挑戰將成為一個生命成長的最大阻礙。

道德與精神再武裝發起人法蘭克卜克曼博士自上世紀一戰後二戰前，有感於人性的貪婪及侵略性已達失控的狀況，卜克曼博士對靜默已行之有年，其聆聽內在並遵循內在的引導爾後提出「改變從自己開始」的理念，並使用四個普世道德——誠實、純潔、無私、仁愛，再以「絕對性」做為此四者的標準來匡正世界其面臨道德與心靈破壞的人性、腐朽的貪婪政治、肆無忌憚的侵略、自私自利的商業競鬥等。遂於1938年在歐洲發起全球性的「道德與心靈再武裝」運動，風靡全世界，來自各國的人民將此運動理念帶回國並延續發展，掀起一股道德重整的改變熱潮。

AKASHA學習型社群在馬來西亞深耕了二十年，堅守及發揮道德重整之精神理念，從改變自己著手，並堅持改變生命從自己開始的道路，已成功獲得社會各界人士的大力支持，為社會增暖、為人盡心，目前學習型社群理念亦已漸漸擴展至印尼萬隆、雅加達等地，中國上海市松江及福建福州等地，加上獲得學習型社群理念的原發地——台灣台南，台南市家庭情緒智商發展協會等EQ體系、華人行動鷹架的支持，AKASHA決意在20週年的到來之際，落實推廣「學習型社群國際生命工作大會」的計劃，此計劃必須延續發展10年，每兩年舉辦一屆大會，首三屆必須在馬來西亞舉辦，以強化在地參與人員的辦活動能力的成熟度，第四及第五屆計劃在馬來西亞以外舉辦，進而推廣到其他有需要的國家與地區。

第一屆國際大會已於2023年6月3日至6日（4天3夜）假雪蘭莪州八打靈市阿馬達酒店舉辦，得員180人來自14個護照國籍的人員參與，空前盛況圓滿成功。而第二屆國際大會將延續第一屆國際大會所提出的建議，將所討論的議題從個人意識的角度提升至團體意識，並強化團體共識的凝聚，以循序漸進模式，逐步提昇馬來西亞乃至國外學習型社群的共同體概念。

- 大會宗旨**
1. 打開參與者的國際視野——國際活動的參與觀摩
 2. 奠下馬來西亞成為東南亞區域學習型國家或其他的平台基礎

- 目標**
1. 加強國際之間道德與心靈再提昇的工作交流
 2. 建立更具世界觀及宏觀的學習型社群的工作概念
 3. 支援與整合國際間「類學習型社群」之間的發展與合作

此大會將聚焦在以下三重點：

A 陪伴
健康的生命關係，
源自扶持與合作，
不是自私與競爭。

R 和解
和過去的創傷重建關係，
讓生命獲新生，
生命的問題需要
被理解而非被解決。

T 信任
充份相信任何發生在生命
的事都有其正當的理由，
這是一種對生命的態度中
相當高級的信任。



Origin

AKASHA Learning Companionship Association was founded in response to the global moral re-armament of the international Initiatives of Change (IofC), within the social circle of Malaysian Chinese. Mother Teresa once said: “What we do is only a drop in the ocean, but if we don’t do it, that drop will forever be missing.” She added, “We must never be afraid to go against the values of the world.” With this belief in mind, we began this long and transformative journey of learning and growth—a path of no return.

However, along the way came many challenges, causing unprecedented harm to individuals, families, societies, nations and even the world at large. These include spiritual bankruptcy, moral decay, madness, religious warfare, mental illness, antisocial behaviors, distorted personality, superficial relationships, ideological extremism - all of which stem from ignorance and fear of life itself. Fear drives people to do terrible things. It paralyzes normal behavior. When one lacks the capacity to understand life, the challenges that arise from life become the greatest obstacle to personal growth.

Dr. Frank Buchman, the initiator of the Moral and Spiritual Re-Armament Movement, deeply felt the uncontrollable greed and aggression in human nature between the First and Second World Wars. For years, he practiced quiet time and inner listening, eventually proposing the concept that “Change Starts with Me”. He advocated the four universal moral values — honesty, purity, selflessness and love, measured by the absolute standard, to correct the moral and spiritual collapse of humanity, the corrupt greed in politics, rampant aggression, and selfish commercial competition. In 1938, he launched a global “Moral and Spiritual Re-Armament” movement from Europe, which soon swept across the world. People from various countries embraced the ideals and carried them home, sparking a wave of moral renewal.

For the past 20 years, the AKASHA Learning Community has been deeply rooted in Malaysia, upholding the spirit and philosophy of Moral Re-Armament. We begin by transforming ourselves and firmly believe that personal change is the foundation of all meaningful transformation. This approach has gained strong support from all walks of society, warming hearts and restoring hope. Today, the learning community model has expanded to places such as Bandung and Jakarta in Indonesia, Songjiang (Shanghai) and Fuzhou in China, and—importantly—back to —Tainan (Taiwan), the origin of this learning model. There, it is supported by organisations like the Tainan Family EQ Development Association, the EQ System and Chinese in Action (CinA) Framework. On the 20th anniversary of AKASHA, we are launching the “Learning Community International Life-Work Conference”, a decade-long initiative to be held biennially.

The first three conferences will be hosted in Malaysia to strengthen the local team’s capability in organising large-scale events. The fourth and fifth conferences will be held overseas to extend this initiative to other countries and regions in need. The first international conference took place on June 3–6, 2023, in Armada Hotel, Petaling Jaya, Selangor, lasting four days and three nights. It was a tremendous success, with 180 participants from 14 different countries. The second international conference will build upon the themes of the first, shifting the focus from individual awareness to collective consciousness, and further fostering shared group consensus. This step-by-step progression aims to elevate the community-building efforts of AKASHA not only in Malaysia but also in other countries.

Missions:

1. Broaden the international perspective of participants by providing the opportunity to take part in and observe the international conference.
2. Cement Malaysia's foundation as a platform for a learning companionship nation within the Southeast Asia region and beyond.

Objectives

1. Strengthen the exchange and interflow of the international work of moral and spiritual enlightenment.
2. Build a working conception for learning companionship with a broader and more global mindset.
3. Support and consolidate the development and cooperation between "sub-learning companionship" across nations.

This conference will focus on the areas of the ART of:

A **Accompany**

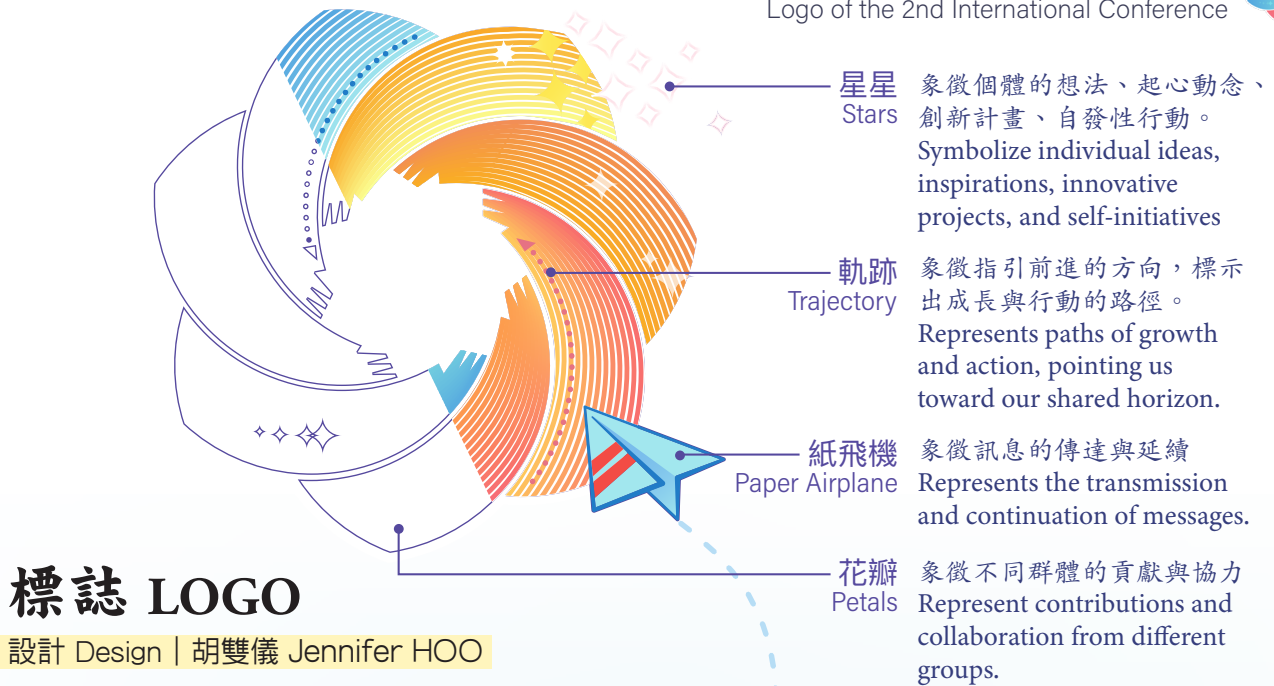
Healthy & meaningful relationships can only be established on mutual support and cooperation, not selfishness and competition.

R **Reconcile**

Face our past trauma squarely, acknowledge it, understand it and our life will be transformed through making peace with his trauma. Life's problems are needed to be understood rather than to be resolved.

T **Trust**

Believe truly that everything happens in life has a legitimate reason for its existence. This type of belief is a fairly high-level of trust.



「從一個人到一群人」，是凝聚力量的過程。

擁有共同理念與志向的人們，彼此合作與扶持，為著尚未完全明確的共同目標而集結與努力。儘管我們仍在探索目標的具體形貌，這股團結的力量將引領我們前行，而這個目標也將在第二屆國際大會中逐步浮現。

標誌設計以七片形似手臂的花瓣圍繞而成。七只手臂向同一方向環抱，各自由大大小小的星星匯聚構成，形成一朵向心生長的花朵形象。其中，星星代表著個體的想法。即便凝聚成一體，我們依然重視每一個個體意識的獨特性（少數聲音的價值）。個體間關係的處理方式，亦是目標實現過程中不可或缺的一環。

標誌中沿用了第一屆大會標誌的紙飛機形象，象徵訊息的持續傳遞，承載著連貫性的意義，並在此基礎上，持續拓展生命工作的旅程。

Together, We Move Forward, is the journey of gathering strength, that begins with one person — and then becomes a community.

People with shared dreams and values come together, symbolising another, striving toward a common goal that is still taking shape. Though the full picture is yet to be revealed, the strength of unity lights our path forward. This vision will unfold gradually at the 2nd international conference.

Our 2025 LCIC logo tells this story.

Seven petal-like arms join to form a blooming flower, symbolising the power of collaboration. Each arm is made of clusters of stars, representing individual ideas and inspirations. Even as we grow together, we honour every unique voice — knowing that the smallest star holds the power to transform the whole.

The paper airplane, first introduced in our inaugural conference logo, soars onward here — carrying the spirit of continuous communication, connection, and the ever-expanding journey of life work.

橘色 (朝氣)

ORANGE (Energetic)

代表驅動力、熱情與積極協作的精神

The heartbeat of our collaboration, igniting passion and drive.

黃色 (信心)

YELLOW (Confidence)

象徵自信與勇氣，鼓勵個體堅定地展現自我，勇敢追求目標。

The courage to express ourselves fully and pursue our dreams fearlessly

藍色 (穩定)

BLUE (Stability)

代表穩定、可靠和誠實，喚起信任關係中的信心和安全感。

The foundation of trust, honesty, and reliable partnerships that sustain our journey.

日期 Date 30/05 - 02/06/2025 (星期五至星期一) Friday - Monday
時間 Time 0800 - 0900

“ 順時而生 Go with the flow of life ”

30
/05

第一場
Section 1

連接內在，啟動成長
Connect Within, Ignite Growth

附屬機構/Affiliated Organisation:
印尼道德重整 Initiatives of Change Indonesia
專長/Expertise: 教學 Teaching
電郵/E-mail: hayati.syafii@iofc.org



萬隆 Bandung

努哈雅蒂·莎菲
Nur Hayati SYAFII
/主持 Host/



永隆 Vinh Long
/首爾 Seoul

趙庸石
CHO Yongsuk
/主持 Host/

“ 藝術不在答案中，而在每一個當下。 Art is not in answers, but in moments ”

內在蛻變，突破挑戰
Transform Within, Overcome Challenges

附屬機構/Affiliated Organisation:
Merry Year International (International Development NGO)
專長/Expertise:
非政府組織社區活動 Community-based NGO activities
電郵/E-mail: sweetsoapop@gmail.com

第二場
Section 2

31
/05

“ 活出初心，照亮自己也溫暖他人 Stay true to your purpose —let your light guide you and inspire ”

01
/06

第三場
Section 3

點燃希望，照亮方向
Ignite Hope, Illuminate the Path

附屬機構/Affiliated Organisation:
馬來西亞 AKASHA 學習型社群發展協會
AKASHA Learning Companionship Association of Malaysia
專長/Expertise: 健康飲食諮詢 Healthy Diet Advisor
電郵/E-mail: isabellefam@gmail.com



吉隆坡
Kuala Lumpur

覃繡欽
Isabelle FAM
/主持 Host/



台南 Tainan

龔萬侯
Victor KUNG
/主持 Host/

“ 生命成長，永不止息！ Personal growth is a lifelong journey! ”

以行動成就改變
Create Change Through Action

附屬機構/Affiliated Organisation:
台南市家庭情緒智商發展協會 Tainan Family EQ Development Association
專長/Expertise: 靈動學、心理劇、親子教育、情緒管理、生死學
The Study of Spirit-in-Motion, psychodrama, parenting education, emotional management, life-and-death studies
電郵/E-mail: kung.wanhou@msa.hinet.net

第四場
Section 4

02
/06



主題研討① Plenary 1

個人成長是家庭的力量

Growth as the Strength of Family

日期 Date 30/05/2025 (星期五) Friday
時間 Time 0915 - 1115

“ 非以役人 乃役於人
Not to be served, but to serve ”

附屬機構/Affiliated Organisation:
生命工作@香港站 Life work @ Hong Kong
專長/Expertise: 聆聽 Listening
電郵/E-mail: fmchan2018@gmail.com



香港 Hong Kong

梁陳鳳明
LEUNG CHAN
Fung Ming
/主持 Host/



台南 Tainan

劉仁州
LIU Ren-Jou
/主講 Keynote/

“ 成長成熟，為天所用。
Maturity is the path to becoming an
instrument for a higher calling ”

附屬機構/Affiliated Organisation:
台南市家庭情緒智商發展協會
Tainan Family EQ Development Association
專長/Expertise: 生命工作 Life work
電郵/E-mail: rjliu1126@gmail.com

“ 想是問題，做是答案。
Thoughts raise questions,
actions reveal answers ”

附屬機構/Affiliated Organisation:
馬來西亞 AKASHA學習型社群發展協會
AKASHA Learning Companionship Association of Malaysia
專長/Expertise: 生命關懷 Life-Care
電郵/E-mail: weny.yu@myakasha.org



檳城 Penang

尤薇妮
Weny YU
/嘉賓分享1/
/Guest Speaker 1/

主題研討① Plenary 1

個人成長是家庭的力量

Growth as the Strength of Family

日期 Date 30/05/2025 (星期五) Friday
時間 Time 0915 - 1115

“ 從不完美開始, 而不是等待完美
Start from imperfection—don't wait for perfection ”

附屬機構/Affiliated Organisation:
印尼道德重整和解學校

Initiative of Change Indonesia School of Reconciliation

專長/Expertise: 烘焙和教學 Baking and Teaching

電郵/E-mail: nendenprawira@gmail.com



萬隆 Bandung

蓮登
Nenden Vinna
Mutiara ULFA

/嘉賓分享2/
/Guest Speaker 2/



南京 Nanjing

倪良冬
NI Liangdong

/嘉賓分享3/
/Guest Speaker 3/

“ 紙上得來終覺淺, 絕知此事要躬行
What you learn from books is always shallow,
you must practice it to know it well ”

附屬機構/Affiliated Organisation:

朴凡心理文化中心 Pufan Psychological Counselling

專長/Expertise:

心理與家庭諮詢, OH卡, 家族系統排列

Psychology & family consulting, OH cards, Family constellation

電郵/E-mail: 1692948403@qq.com

“ 放手, 讓上天帶領!
Let go and Let God ”

附屬機構/Affiliated Organisation:

菲律賓道德重整 Initiatives of Change Philippines

專長/Expertise: 帶領、學習與分享

Facilitating, learning and sharing

電郵/E-mail: starparulan@gmail.com



巴卡甸 Pagadian

Star
PARULAN

/嘉賓分享4/
/Guest Speaker 4/



主題研討② Plenary 2

行動是社會未來的基石

Action as the Foundation of Society's Future

日期 Date 31/05/2025 (星期六) Saturday
時間 Time 0915 - 1115

“ 取之社會, 用之社會 ”
Giving back to the community
that supports us

附屬機構/Affiliated Organisation:
馬來西亞AKASHA學習型社群發展協會
AKASHA Learning Companionship Association of Malaysia
專長/Expertise: 跨學科融合, 多語言能力
Interdisciplinary Integration, multilingual proficiency
電郵/E-mail: drfeng@outlook.my



霹靂 Perak

馮穎星
FENG Ying Xing
/主持 Host/



雪蘭莪 Selangor

潘銀珠
Ivy PUA
/主講 Keynote/

“ 人生的意義, 在於以上帝的旨意 ”
賦予它永恆的價值
Life's true meaning unfolds as we align it
with God's will and eternal purpose ”

附屬機構/Affiliated Organisation:
美門殘障關懷基金會 Beautiful Gate Foundation For The Disabled
專長/Expertise: 支援障友 Support for the disabled
電郵/E-mail: ivypua@beautifulgate.org.my

“ 我看不到這個世界的樣子, ”
但我選擇讓世界, 看見我的光
I may not see what the world looks like,
but I choose to let the world see my light

附屬機構/Affiliated Organisation:
看見心理諮商中心 Seeing Counseling Center
專長/Expertise: 逆境復原力、關係療癒力、正向激勵與潛能引導
Resilience to adversity, healing power of relationships,
positive motivation and potential guidance
電郵/E-mail: chuchugini@gmail.com



台北 Taipei

朱芯儀
Julia CHU
/主講 Keynote/



主題研討② Plenary 2

行動是社會未來的基石

Action as the Foundation of Society's Future

日期 Date 31/05/2025 (星期六) Saturday
時間 Time 0915 - 1115

“ 每個人都有屬於自己的時機與空間
Everyone has their own time and space ”

附屬機構/Affiliated Organisation:

印尼道德重整和解學校

Initiative of Change Indonesia School of Reconciliation

專長/Expertise: 學前教育 (教學與課程編寫)

Early childhood education (teaching & managing curriculum)

電郵/E-mail: rinnimeir.ybs@gmail.com



萬隆 Bandung

美兒

Rinni Meir
Rakmeni

/嘉賓分享1/
/Guest Speaker 1/



約翰尼斯堡
Johannesburg

克麗奧

Cleopadia Mabana
MOHLAODI

/嘉賓分享2/
/Guest Speaker 2/

“ 成長是一生的旅程
Growth is a Life Long Journey ”

附屬機構/Affiliated Organisation:

南非道德重整 Initiative of Change South Africa

專長/Expertise: 帶領與培訓 Facilitation and training

電郵/E-mail: cleo.mohlaodi@iofc.org



福州 Fuzhou

梁秀蓮

Hawell LIANG

/嘉賓分享3/
/Guest Speaker 3/

“ 人生的目的在於走的時候
比來的時候生命能量更高級
Life's goal is to evolve — to depart with
a more refined soul than when we came ”

附屬機構/Affiliated Organisation:

福州市生命港灣文化傳媒有限公司 Fuzhou Shengming Gangwan

專長/Expertise: 心理諮詢/生命工作 Counselling/Life work

電郵/E-mail: 935732872@qq.com



主題研討③ Plenary 3

價值是國家的永恆傳奇

Values as the Legacy of a Nation

日期 Date 01/06/2025 (星期日) Sunday
時間 Time 0915 - 1115

“生命是一份禮物
Life is a gift”

附屬機構/Affiliated Organisation:
國際道德重整長老議會 IofC International Panel of Elder
電郵/E-mail: megukanematsu@gmail.com



京都 Kyoto

兼松 惠
Megumi
KANEMATSU
/主持 Host/



貝魯特Beirut/
巴黎 Paris

哈姆札
Hamze Ghandour
HASSAN
/主講 Keynote/

“從出生到死亡是一段不斷探索的旅程，
每一天都是連結、學習與發現的機會
From birth to death there is a Journey
to experiment. Each new day is an opportunity to
connect, learn and discover”

附屬機構/Affiliated Organisation:
國際道德重整之友 Member of IofC
專長/Expertise: 輔導個人發展與衝突解決
Coaching, personal development and conflict resolution
電郵/E-mail: self.journey.transformation@gmail.com

“我的行動就是我的訊息
My Action is My Message”

附屬機構/Affiliated Organisation:
馬來西亞 AKASHA 學習型社群發展協會
AKASHA Learning Companionship Association of Malaysia
專長/Expertise: 心理諮詢、組織建構
Consulting, Organisational construction
電郵/E-mail: nandor.lim@myakasha.org



檳城 Penang

林潤崧
Nandor LIM
/嘉賓分享1/
/Guest Speaker 1/



主題研討③ Plenary 3

價值是國家的永恆傳奇

Values as the Legacy of a Nation

日期 Date 01/06/2025 (星期日) Sunday
時間 Time 0915 - 1115

“ 腳踏實地 不亢不卑 Stay grounded with belief and humility ”

附屬機構/Affiliated Organisation:

慢慢來生命工作室 Take It Slow Life Work Studio

專長/Expertise:

生命故事分享及訪談、情緒教育、英語思辯、傳譯工作

Life Story Sharing & Interview, Emotional Education,

English Debating, Translation

電郵/E-mail: takeitslow.lifework@gmail.com



香港 Hong Kong

梁君逸
Alex LEUNG

/嘉賓分享2/
/Guest Speaker 2/



上海 Shanghai

王斌
WANG Bin

/嘉賓分享3/
/Guest Speaker 3/

“ 把人做好, 凡事盡力而為 Be the best person you can be, and give your best in everything you do ”

附屬機構/Affiliated Organisation: 上海霞滿雲間公益發展中心

Xia Man Yunjian Social Welfare Development Centre Shanghai

專長/Expertise: 臨床醫學 Clinical Medicine

電郵/E-mail: wangbin1012_good@126.com

“ 成長, 是通往豐盛人生的鑰匙 Personal growth is the key to living life to the fullest ”

附屬機構/Affiliated Organisation: Cina Travel 旅行社

專長/Expertise:

領導力培訓 (John C Maxwell 領導力認證團隊成員)

Leadership Training (John C Maxwell Leadership
Certified Team Member)

電郵/E-mail: kimvuth@gmail.com



金邊 Phnom Penh /
墨爾本 Melbourne

KIM Vuth
/嘉賓分享4/
/Guest Speaker 4/



日期 Date 30/05/2025 (星期五) Friday
時間 Time 1430 - 1700
主持 Host 林潤崧 Nandor LIM

生命圖書 Living Text Books

愛上不完美的自己
Fall in love with your imperfect self

陸稟豪 Alvin LOKE
志工 Volunteer
alvinloke.junior@gmail.com



森美蘭
Negeri Sembilan

万事皆有因 — 即使我們尚未
明了, 它仍是當下最好的發生
Everything happens for a reason
— even if we don't understand
it yet, it's still the best thing to
happen right now

張瑩瑩 TEOH Yin Yin
營銷, 個人形象與時尚穿搭
Marketing, personal image & fashion
yinyinteh22@gmail.com



吉隆坡
Kuala Lumpur

人生如自助餐廳,
要吃什么菜自己選擇
Life is like a buffet
— you choose what you want

陳舒匯 CHAN Shiao Wui
畫師 Artist
wwr8797@gmail.com



雪蘭莪
Selangor

我還能再做點什麼?
What else can I do?

梁永澤 NYIOH Yong Tzer
木匠 Carpenter
tzeryong2003@yahoo.com



吉打
Kedah

知道不如做到
Knowing is not as powerful
as doing

駱順玲 LOKE Mun Ling
家庭主婦 Homemaker
loke@925gmail.com



吉隆坡
Kuala Lumpur

我的行動就是我的訊息
My Action is My Message

林潤崧 Nandor LIM
心理諮詢、組織建構
Consulting,
Organisational construction
nandor.lim@myakasha.org



檳城
Penang

要活得精彩就要好好的愛自己
To live fully, you must
first love yourself deeply

李美琴 LEE Mei Kem
行政管理人員 Admin staff
kimlmk216@gmail.com



森美蘭
Negeri Sembilan

全然尊重, 接納生命的本質
All begins with respect
— accepting life in its truest form

韓貴榮 HAN Koew Weng
水利工程
Water Resources Engineering
centron_engineering@yahoo.com



吉打
Kedah

謙卑是人生的真諦
Humility is the reality of life
林琴榛 Esther LIM
退休人士 Retiree



雪蘭莪
Selangor

現在的你就是未來的你, 未來的
你就是現在的你!
The future you is shaped by the
choices you make today. In a way,
you already are your future self.

李順凌 Jackson LEE
銷售員 Salesman
jacksonlee99@hotmail.com



霹靂
Perak

經一事長一智
Every experience makes you wiser
蔡慧文 Janet CHAI
驗光師 Optometrist
chaijanet2020@yahoo.com



雪蘭莪
Selangor

取之社会, 用之社会
Giving back to the community that
supports us

馮穎星 FENG Ying Xing
電機與電子工程/神經技術研究
Electrical and Electronic Engineering/
Neurotechnology Research
drfeng@outlook.my



霹靂
Perak

勿害怕失誤而不踏出第一步
Don't let fear of making a mistake
prevent you from taking
the first step

胡雙儀 Jennifer HOO
設計師 Designer
jennifer.hoo@myakasha.org



森美蘭
Negeri Sembilan

活出初心, 照亮自己也溫暖他人
Stay true to your purpose—let your
light guide you and inspire others

章繡欽 Isabelle FAM
經商 Entrepreneur
isabellefam@gmail.com



吉隆坡
Kuala Lumpur

日期 Date 30/05/2025 (星期五) Friday
時間 Time 1430 - 1700
主持 Host 林潤崧 Nandor LIM

生命圖書 Living Text Books

想是問題, 做是答案

Thoughts raise questions,
actions reveal answers

問題是學習契機

Every problem is a chance to learn

胡嘉恩 Karen HOO
生命關懷 Life care
karen.hoo@myakasha.org

生命的價值不在於擁有, 生命的
價值在於使用

The value of life lies not in what we
possess, but in how we use it

劉曉芸 LIU Hsiao-Yun
講師 Facilitator
cloud22329@gmail.com

非以役人 乃役於人

Not to be served, but to serve

梁陳鳳明 LEUNG CHAN Fung Ming
生命工作@香港站 聯合創始人
Co-founder of
Life Work @Hong Kong Chapter
fmchan2018@gmail.com

腳踏實地 不亢不卑

Stay grounded with belief and
humility

梁君逸 Alex LEUNG
慢慢來生命工作室創辦人
Founder of Take It Slow
Life Work Studio
takeitslow.lifework@gmail.com

成長成熟, 為天所用

Maturity is the path to becoming
an instrument for a higher calling.

劉仁州 LIU Ren-Jou
生命工作 Life work
rjliu1126@gmail.com

我看不見這個世界的樣子, 但我選
擇讓世界, 看見我的光

I may not see what the world looks
like, but I choose to let the world
see my light

朱芯儀 Julia CHU
諮商心理師 Counseling Psychologist
chuchugini@gmail.com

尊重並愛你的鄰人, 如你希望他
們尊重與愛你一般

Respect and love your neighbour
as you would have them do the
same to you

黃懷歡 Charles OOI
顧問 Consultant
CharlesOoi1@yahoo.com



尤薇妮 Weny YU
生命關懷 Life care
weny.yu@myakasha.org



森美蘭
Negeri Sembilan



檳城
Penang



台南
Tainan



台南
Tainan



永隆 Vinh Long
首爾 Seoul



香港
Hong Kong



雲南
Yunnan



台南
Tainan



檳城
Penang



台北
Taipei



台北
Taipei



檳城
Penang



檳城
Penang

要愛自己

Love yourself

王曉薇 WONG Siaw Wei
教師 Teacher
siawwei1213@gmail.com

生命成長, 永不止息!

Personal growth is a
lifelong journey!

龔萬侯 Victor KUNG
生死學碩士
Master of Life-and-Death Studies
kung.wanhou@msa.hinet.net

藝術不在答案中,
而在每一個當下

Art is not in answers,
but in moments

趙庸石 CHO Yongsuk
總監 Country Director
sweetsoapop@gmail.com

用愛書寫生命的旅程

Write the journal of your life
with love

賀艷 HE Yan
退休人士 Retiree
973707990@qq.com

療癒就從愛自己、認同自己開始

Healing begins with loving
and embracing yourself

丘麗彬 KEW Lee Peng
家庭教師 Home Tutor
Lpkew88@yahoo.com

關注己心, 為己行動

Listen to your heart
and act on it

蔡冠琳 TSAI Kuan-Lin
講師 Facilitator
carol.0911431765@gmail.com

以身作則 Lead by example!

黃莎娜 Sano OOI



日期 Date 30/05/2025 (星期五) Friday
時間 Time 1430 - 1700
主持 Host 林潤崧 Nandor LIM

生命圖書

Living Text Books

順時而生

Go with the flow of life

努哈雅蒂·莎菲 Nur Hayati SYAFII
教師 Teacher
hayati.syafii@iofc.org



萬隆
Bandung

萬隆
Bandung

每個人都有屬於自己的時機 與空間

Everyone has their own time and space

美兒 Rinni Meir Rakmeni
學前教育 Early childhood education
rinnimeir.ybs@gmail.com



萬隆
Bandung



約翰尼斯堡
Johannesburg

跌倒是旅程的一部分——只要知 道何時站起來, 就能繼續前進

Falling is part of the journey—what matters is knowing when to get back up and keep going forward

珊塔圖爾 Samrotul Mufidah (Pipit)
和平教師 Peace Educator
samrohaida27@gmail.com



萬隆
Bandung



京都
Kyoto



金邊 Phnom Penh /
墨爾本 Melbourne

持續學習, 持續成長

Keep learning, keep growing

蘇文強 SAW Boon Keong
產品培訓 Product Trainer
boonkeong.saw@gmail.com



檳城
Penang

生活上的不完美就是人生過得完美

Imperfections in living make life perfect

張妙櫻 CHONG Mew Im
學前教育 Early Childhood Education
chongmewim@gmail.com



檳城
Penang

從出生到死亡是一段不斷探索的 旅程, 每一天都是連結、學習與發 現的機會

From birth to death there is a Jour- ney to experiment. Each new day is an opportunity to connect, learn and discover.

哈姆札 Hamze Ghandour HASSAN
生命教練與培訓師 Life coach and trainer
self.journey.transformation@gmail.com



貝魯特 Beirut
/ 巴黎 Paris



巴卡甸
Pagadian

從不完美開始, 而不是等待完美

Start from imperfection — don't wait for perfection

蓮登 Nenden Vinna Mutiara ULFA
和解學校促進者
Facilitator of School of Reconciliation
nendenprawira@gmail.com

成長是一生的旅程

Growth is a Life Long Journey

克麗奧 Cleopadia Mabana MOHLAODI
南非IofC團隊協調員
National Coordinator of IofC South Africa
cleo.mohlaodi@iofc.org

生命是一份禮物

Life is a gift

兼松惠 Megumi KANEMATSU
國際道德重整長老議會
IofC International Panel of Elder
megukanematsu@gmail.com

成長, 是通往豐盛人生的鑰匙

Personal growth is the key to living life to the fullest

KIM Vuth
董事經理 Managing Director
kimvuth@gmail.com

紙上得來終覺淺, 絕知此事要躬行

What you learn from books is always shallow, you must practice it to know it well

倪良冬 NI Liangdong
婚姻家庭諮詢師
Marriage and family consultant
1692948403@qq.com



南京
Nanjing

人生的意義, 在於以上帝的旨意 賦予它永恆的價值

Life's true meaning unfolds as we align it with God's will and eternal purpose

潘銀珠 Ivy PUA Ghin Chu
美門殘障關懷基金會總幹事
Executive Director of Beautiful Gate
Foundation For The Disabled
ivypua@beautifulgate.org.my



雪蘭莪
Selangor

放手, 讓上天帶領!

Let go and Let God

Star PARULAN
經商 Entrepreneur
starparulan@gmail.com

組織 Organisation

每一場活動的起始都有推動者，這些推動者可以是個人身份的參與，也是團體、機關、組織的參與。

Every event begins with initiators, these initiators can be individuals who participate, as well as groups, institutions, and organisations.

/ 主辦單位 Organiser /



馬來西亞AKASHA學習型社群發展協會 AKASHA AKASHA Learning Companionship Association of Malaysia

一個經由內政部註冊之非營利、非宗教和非政府組織，係由一群篤信「改變從自己開始」及學習以生命感動生命的人民自發性組織的社群。

This is a non-profit, non-religious and non-governmental organisation registered under the Ministry of Home Affairs in Malaysia. This organisation is initially organising by a group of people who believe in “Change Starts with Me” and willingly to learn to lead their life as an offering to inspire others.

/ 聯辦單位 Co-organiser /



Indonesia
Initiatives of Change
Sekolah Rekonsiliasi

印尼 IofC - 和解學校 Initiatives of Change Indonesia – Sekolah Rekonsiliasi

印尼道德重整 (IofC Indonesia) 隸屬於國際道德重整協會，是一個非營利組織，致力於激勵、裝備和聯繫人們以滿足世界需求，並且以「改變從自己開始」的理念為核心。和解學校 (Sekolah Rekonsiliasi) 是隸屬於印尼道德重整會下的一個項目。它提供一個安全且具支持性的學習平台，協助成年人探索自我。

Initiatives of Change (IofC) Indonesia is part of the global network of IofC International, a non-profit organisation that works to inspire, equip, and connect individuals to answer the challenges facing the world, starting from the idea that “change starts from within”.

The School of Reconciliation (Sekolah Rekonsiliasi) is a programme under Initiatives of Change Indonesia. This programme serves as a learning platform for adults to discover their true selves. The learning process is facilitated in a safe and supportive environment.



/ 友誼單位 Supporting Organisation /



上海霞滿雲間公益發展中心

Xia Man Yunjian Social Welfare Development Centre Shanghai

中國上海霞滿雲間公益發展中心成立於2012年11月，是一家致力於老齡與身心障礙群體服務的4A級社會組織。多年來，我們專注於養老與康復領域的發展，整合機構、社區與居家養老資源，打造專業的綜合服務體系。

除長者服務外，我們也積極推動殘障融合工作。中心承接多項殘疾人職能培訓與社區參與項目，服務遍及16家「陽光基地」，惠及超過234位殘疾人。我們提供職業技能培訓、上門指導、社區融合活動與工作實踐，協助殘障者提升自信與社會參與，走出家庭、融入社會。

霞滿雲間不只是服務提供者，更是橋樑與平台，讓不同群體在人與人之間建立連結，共創包容與溫暖的社會。

Xia Man Yunjian Social Welfare Development Centre, founded in November 2012 in Shanghai, China, is a 4A-rated non-profit organisation dedicated to elderly care and disability support. Over the years, we've developed an integrated service model encompassing institutional, community-based, and home-based elderly care.

Beyond senior services, we are also committed to disability inclusion. The Centre has led numerous vocational training and community engagement programmes, benefiting 234 persons with disabilities across 16 "Sunshine Bases." We offer skill-building, in-home guidance, social integration, and practical training to help participants gain confidence and reintegrate into society.

Xia Man Yunjian is more than a service provider — we are a bridge and a platform. We aim to foster human connection and co-create a more inclusive and compassionate community for all.

台南市家庭情緒智商發展協會

Tainan Family EQ Development Association



2005年成立的「台南市家庭情緒智商發展協會」，登記於台南市政府下。本會是由一群經過不斷學習成長的父母們結合而成立的一個民間公益團體，致力於推動家庭的學習與成長，讓困境中的家庭找到希望。

The Tainan Family EQ Development Association, established in 2005, registered under the Tainan City Government. This association is a non-governmental public welfare organisation established by a group of parents who have been continuously learning and growing. It is committed to promote family learning and growth and helping families search of hope in difficult situations.



生命工作@香港站 Life work @ Hong Kong

在香港地區活躍的生命成長學習平台，由一班跟隨台灣劉仁州老師學習多年的核心成員組成，渴望傳承和實踐劉老師生命工作的理念。

團隊理念：走入生命，安靜聆聽，與您同行，讓愛流動

An active life-growth learning platform based in Hong Kong, formed by a core group of members who have followed and learned with Teacher LIU Ren-Jou from Taiwan for many years. The team is committed to carry forward and practice LIU's life work philosophy.

Ideology: Entering life with quiet presence, listening with an open heart, walking by your side, letting love flow where it's needed.



福州生命港灣 Fuzhou Shengming Gangwan

福州生命港灣源於一份深刻的召喚：「這就是你該走的路。」歷經十年的學習與服務歷程，我們走出一條以生命為核心的實踐之路。這是一處心靈的棲息地，是一個可以安心學習與成長的生命港灣，也是一個共同成長的家園。

我們的使命是：成長自己，賦能他人，走上一條終身學習與服務的道路。

我們的願景是：點亮心燈，讓星星之火燎原，陪伴更多人回到內在，成為自己生命的明師。

服務項目包含：

1. 生命成長團體
2. 生命志工講師培訓
3. 私教弟子班
4. 公益沙龍、早課、講座與個談
5. 一對一心理諮詢與療癒

Fuzhou Shengming Gangwan was born from a profound calling, "This is the road you're meant to travel." After a decade of personal growth and service experiences, we have built a life-centred community—a safe life harbour for inner rest, learning, and transformation, and a home where we grow together.

Our Mission: To grow oneself, empower others, and travel a lifelong road of learning and offering.

Our Vision: Igniting the heart, sparking a movement and accompany others in becoming one's own inner teacher

Our offerings include:

1. Life Growth Support groups
2. Life workers training programme
3. In-depth experiential workshops
4. Family consultations and counselling
5. One-on-one consultations



南京朴凡心理文化中心 Pufan Psychological Counselling Nanjing

朴凡心理文化中心由倪良冬與艾琳夫妻於2024年10月創辦，整合了2015年設立的「朴凡心理諮詢工作室」與2017年搭建的「愛家心坊生命工作平台」，致力推動心理諮詢、團體輔導、生命工作、家庭教育、人文藝術與社會文化的融合與實踐，為大眾提供溫暖而深刻的支持與陪伴。

自2020年至2025年，中心已召集三屆志同道合的夥伴，形成約40人的「南京生命工作者團隊」，積極擴展在南京本地及外地的生命工作實踐與影響力，並搭建「生命成長學習型社群」。中心秉持「以生命影響生命，以生命感動生命」的理念，為有心理成長、自我探索、生命整理及家庭關係經營需求的群體提供深度服務。

服務項目包括：

1. 成長團體課程
2. 生命工作者培訓
3. 深度工作坊
4. 家庭談話與諮詢
5. 一對一心理諮詢

Pufan Psychological Counselling was founded in October 2024 by Mr. & Mrs Liangdong and Ailin. It integrates the “Pufan Psychological Counselling Studio” (established in 2015) and the “Aijia Life-work Platform” (launched in 2017), aiming to blend psychological counselling, group facilitation, life work system, family education, humanities, and social-cultural exploration into holistic services and meaningful public engagement.

From 2020 to 2025, the centre has brought together three cohorts of like-minded partners, forming a team of about 40 “Life Workers” based in Nanjing. The team actively expands its reach both locally and beyond, nurturing a learning community centred on life growth. Guided by the belief that “life touches life, life inspires life,” the centre supports individuals seeking personal development, self-exploration, inner reflection, and relationship enrichment.

Our key services include:

1. Life Growth Support groups
2. Life workers training programme
3. In-depth experiential workshops
4. Family consultations and counselling
5. One-on-one consultations

生命關懷·生命工作

是一種致力於提供心理、情感和精神支持的工作，旨在幫助個人處理困難、壓力和情緒困擾，以提升其生活質量和心理健康。這種工作可能包括心理諮詢、支持性對話、情感療癒、危機處理和自我探索等方面，以幫助人們建立積極的應對策略，培養情緒智慧，並促進心靈成長。

AKASHA學習型社群

學習型社群提供輔導地方組織及區域社群自強發起「生命學習圈」，以支援一個國家的全人教育之社會需求。

學習型社群因應需求舉辦各類有關於「生命議題」、「家庭議題」、「兩性議題」、「夫妻成長」、「生命教育」等周末成長工作坊。並且提供「生命成長」、「兩性成長」、「男性成長」、「親子成長」、「情緒管理」、「助人技巧」……等主題之演講。

同時依據社會大眾需求開辦父母、兒童、少年、青少年、青年、壯年、樂齡人士等於生命各個不同階段的成長學習活動與課程。

學習型社群接受學校或各類組織以開辦成長課程、工作坊或座談會、演講、沙龍等邀約，亦接受策略性企劃設計及提供營隊活動企劃與定期長短期執行的邀約。

/ 理念 /

AKASHA學習型社群主旨在鼓勵人人向生命學習成長，改變從自己開始，再將學習後的成長經驗分享出來，達臻生命影響、生命感動、生命觸動生命的目的。

因為「相信」，從2005年以降，我們默默服務了成千上萬的民眾。因為這是一份社會的關懷，我們雖然有涉及「身心靈」課程，但我們的定位明確，這是一個以「生命關懷工作」為主的社會關懷團體。

秉持互助自立的概念，我們有「**不做生意**」、「**不予宣教**」和「**不涉政治**」三大原則，希望開創最基本的「生命關懷」空間，而非追逐個人名利權利的遊戲。

我們提供的服務範圍包括：

1. 輔導各區域成立生命學習圈，主持並帶領生命成長班。
2. 輔導組織志工培訓以及生命志願者的訓練計畫。
3. 為組織/機構策劃生命教育相關課程及企劃的撰寫與執行。
4. 提供社區/組織/機構生命教育課程與關懷服務。
5. 支援性、長期性的義務（完全免費）個別談話服務。



/ 簡史 /

AKASHA 學習型社群成立於 2005 年 9 月，前稱道德重整 AKASHA 社群學習中心，是依據道德重整 (Moral Re-Armament/Initiatives of Change) 的理念，為配合馬來西亞的社會需求而設立的學習型社群。

2011 年 3 月 AKASHA 獨立自馬來西亞道德重整會架構，同年 6 月 14 日獲得馬來西亞內政部社團註冊局批准立案為正式社團，並且重新命名為「馬來西亞 AKASHA 學習型社群發展協會」，繼續以非營利組織的模式將學習型社群 (CoL) 的理念繼續發揚光大，傳播下去。

2018 年 AKASHA 在雪蘭莪州沙登縣設有總會所，2017 年於森美蘭州芙蓉市新城縣、2019 年檳城州北海市直落斗哇各設有社區學習中心，就近服務有需要之社群。

/ 發展總史・大事紀 /

- | | |
|-------------------|---|
| 2005 年 4 月 | 在雪蘭莪州的八打靈市第 17 區成立生命學習圈 (8 位學員) |
| 5 月 | 創辦第 01 屆改變從我開始大會 (雪州巴生光華獨立中學) |
| 9 月 | 在雪蘭莪州的八打靈市第 14 區設立第一間 AKASHA 社群學習中心 33 號 |
| 2006 年 6 月 | 由於 33 號中心被白蟻入侵，搬遷至同區附近的另一間 1 號 |
| 2007 年 3 月 | 在吉隆坡市甲洞區成立生命學習圈 (12 位學員) |
| 2008 年 3 月 | 在雪蘭莪州的沙登縣成立生命學習圈 (15 位學員) |
| 8 月 | 在雪蘭莪州的蒲種縣成立生命學習圈 (4 位學員) |
| 2009 年 1 月 | 在檳城州的亞依淡縣成立生命學習圈 (5 位學員) |
| 7 月 | 發起 7 月社群學習月運動 |
| 9 月 | 在森美蘭州的芙蓉市成立生命學習圈 (14 位學員) |
| 2011 年 4 月 | 正式向政府內政部申請立案為馬來西亞 AKASHA 學習型社群發展協會 |
| ★ 2011 年 6 月 14 日 | 內政部批准立案成功為馬來西亞 AKASHA 學習型社群發展協會 |
| 2012 年 7 月 | 發起生命圖書館分享第 01 次開放日 |
| 2013 年 6 月 | 八打靈市 14 區的 1 號中心搬遷至 SS4 區的 5 號 (學習館) |
| 2014 年 4 月 | 在吉打州的雙溪大年縣成立生命學習圈 (28 位學員) |
| 4 月 | 在檳城州的北海縣成立生命學習圈 (9 位學員) |
| 8 月 | 在檳城州的喬治市成立生命學習圈 (10 位學員) |
| 2015 年 7 月 | AKASHA 深耕志工第 01 團 (芙蓉) 成團 |
| 2016 年 8 月 | 舉辦 AKASHA 成立十週年紀念及嘉年華會 (雪蘭莪州八打靈 SS4 區) |
| 2017 年 1 月 | 在森美蘭州芙蓉市成立 AKASHA 芙蓉社群學習中心 (森美蘭州會所) |
| 4 月 | 在霹靂州的怡保市成立生命學習圈 (13 位學員) |
| 10 月 | 在霹靂州的金寶縣成立生命學習圈 (20 位學員) |
| ★ 2018 年 1 月 | 位於雪州沙登縣的 AKASHA 永久會所正式啟用 (雪隆學習館總部) |
| 7 月 | AKASHA 深耕志工第 02 團 (北海) 成團 |
| 2019 年 1 月 | 第一屆全國學習型社群深耕營 (森美蘭州波德申) |
| 7 月 | 在檳城州的北海縣成立 AKASHA 北海社群學習中心 (檳城州會所) |
| 2023 年 3 月 | 第一屆全國學習型社群凝聚營 (馬六甲・張家村) |
| ★ 6 月 | 舉辦第 01 屆學習型社群國際生命工作大會 (雪蘭莪州八打靈市) |
| 2024 年 12 月 | 舉辦第 01 屆樹人行動——全人生命科學創意營 |
| 2025 年 5 月 | 舉辦第 02 屆學習型社群國際生命工作大會 (雪蘭莪州蒲種區) |



生命老師助理師資團

向生命學習是一個真理，我們每個人都要看見和自己的生命有一個關係。生命裡所有的事情都是我們人生的反映，從小事到大事、內內外外都要學會做、體會、感受，真正的老師是生命，我們以下降的身心成為助理為生命老師服務。

我們希望培訓更多有能力陪伴生命的生命學習圈助理老師，在馬來西亞各個地區以及國外地區服務和關懷生命。

/ 生命老師助理計劃沿革 /

AKASHA 在 2018 年正式落實全新的生命老師助理的師資培訓計劃，是延續原自 2006 年落實至 2017 年之久的生命講師培訓計劃，以注入更深層的 AKASHA 學習型精神實踐，為 AKASHA 學習型社群的未來發展做更穩健的涵養與傳承。

/ 培訓計劃說明 /

「生命老師」助理師資培訓計劃，主要是整合所有有潛資的成長團體及學習圈的資深學員，吸收他們成為人力資源以作為各地學習型社群發展的基礎。培訓時間按地區有不同的調整，培訓內容分為五大部份——第一部份：**為師之道**；第二部份：**學習型社群概論、道德重整概論**；第三部份：**實踐實作及學習型社群操作**；第四部份：**實習期**；第五部份：**結訓專題發表**；總培訓時數約為330小時。目前已進行培訓師資的地點有馬來西亞的吉隆坡、八打靈、芙蓉、北海、金寶、雙溪大年；印尼的萬隆等地。



深耕志工團

AKASHA致力於培訓全新志願工作者以激勵時下社會青年投入關愛社會、自我成長的行列，希望藉此能培養更健康的對待生命心態，更積極面對自己的人生以發揮真正的影響力。



/ 培訓計劃說明 /

「深耕志工」培訓計劃，係建立於一個最基本的助人觀念——在地人協助在地人。許多人在經過一段學習的歷程之後，發現自己在生命成長的過程中有所收穫，也希望能將自己所學所得回饋社會，服膺「成長自我·服務社會」的原則。培訓計劃分為三個部份——第一部份：**密集式受訓**，為時十週次，每次兩至三小時，內容在於自我成長與助人技巧的學習；第二部份：**以一年期完成321+1計劃**，三場小型活動，兩場中型活動以及一場大型活動，同時每個月出席一次月會及培訓；第三部份：**結訓發表**。總時數約為150小時。目前已進行培訓深耕志工的地點有森美蘭州的芙蓉、檳城州的北海。我們冀望未來每一個州屬都能發展至少一團的 AKASHA 深耕志工。

目前 AKASHA 一共培養了兩團深耕志工團，詳情如下：

- 深耕志工第 01 團（芙蓉）· 成立於 2015 年
- 深耕志工第 02 團（北海）· 成立於 2018 年



馬來西亞AKASHA學習型社群發展協會

(PPM-012-14-14062011)

成立於2011年6月14日，是一個經由內政部註冊之非營利、非宗教和非政府組織。其宗旨在挑戰人人「向生命學習」，落實「改變從自己開始」的理念，並讓自己成為「以生命影響生命」的工具。最終能將學習型社群推廣到國內及國外，讓社會各階層人士都能共同參與建設此美好和諧社會的大任。

/ 歷任理事會成員及任期 /

職責	2011 2012 創會	2012 2014 第一屆	2014 2016 第二屆	2016 2018 第三屆	2018 2020 第四屆	2020 2022 第五屆	2022 2024 第六屆	2024 2026 第七屆
理事長	羅日順	羅日順	羅日順	黃進福	呂建成	呂建成	覃繡欽	覃繡欽
副理事長	黃進福	黃進福	黃進福	呂建成	黃進福	覃繡欽	韓貴榮	韓貴榮
秘書長	何碧玉	許英傑	許英傑	尤薇妮	尤薇妮	尤薇妮	胡嘉恩	胡嘉恩
副秘書長			林凱齡	許英傑	吳惠清	胡嘉恩	蔡慧燕	張瑩瑩
財務長	尤薇妮	尤薇妮	尤薇妮	高儷芳	高儷芳	李洌郡	李洌郡	李洌郡
副財務長						林建君	謝玉黛	謝玉黛
理事	潘麗英 林凱齡 徐曉惠 汪志勤 鄭振豪	潘麗英 林凱齡 徐曉惠 郭獻志	潘麗英 呂建成 徐曉惠 陳思慧	郭獻志 林凱齡 羅日順	郭獻志 林建君 覃繡欽 黃永志	郭獻志 韓貴榮 梁月英 曾冠明 陸稟豪	郭獻志 林凱齡 張瑩瑩 曾冠明 駱順玲	蘇文強 蘇仁宗 王曉薇 曾冠明 陸稟豪

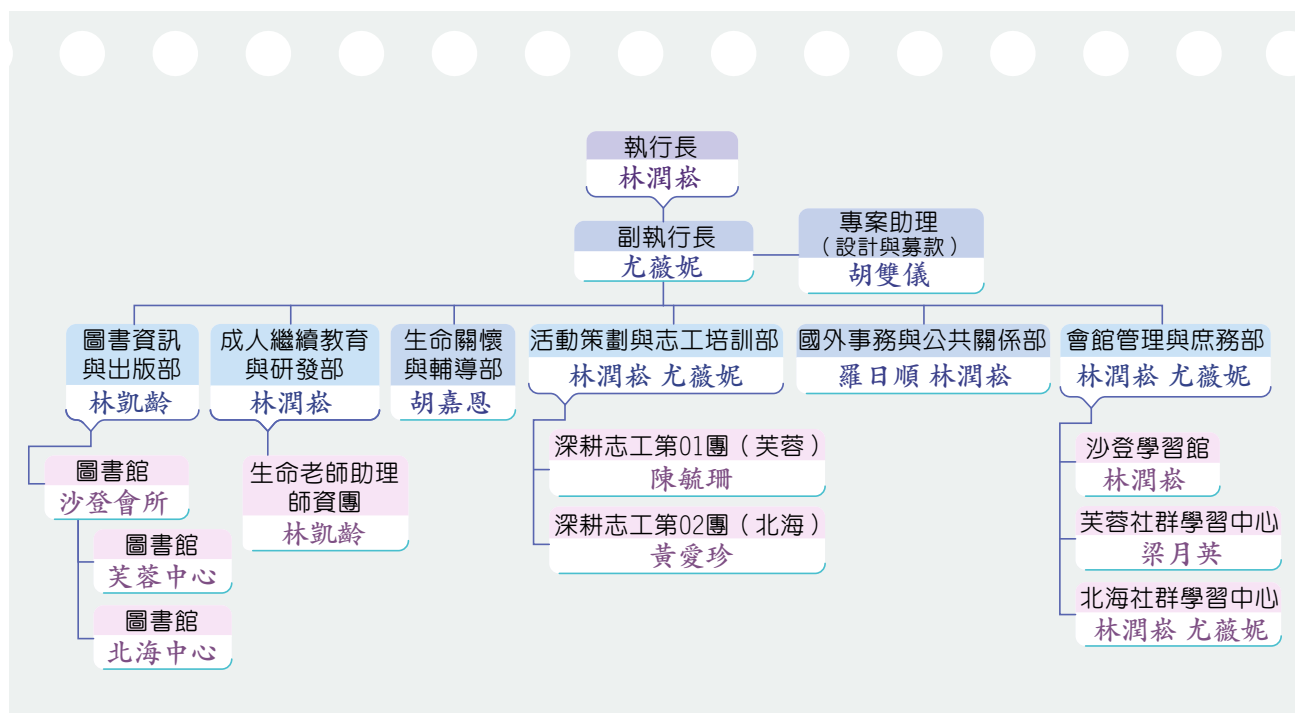




執行團隊

AKASHA學習型社群乃經由協會理事會委任執行長，並由執行長組織工作團隊，再將學習型社群的理念通過執行團隊推動出去。

本會執行團隊由林潤崧先生（Nandor LIM）擔任執行長（2011年迄今）。本會授權林執行長主導及主持學習型社群之一切會務及活動。



Life Care • Life Work is a type of work dedicated to providing psychological, emotional and spiritual support to help individuals deal with difficulties, stress and emotional distress in order to improve their quality of life and mental health. This work may include aspects of psychological consultation, supportive conversations, emotional healing, crisis management, and self-exploration to help people develop positive coping strategies, cultivate emotional intelligence, and promote spiritual growth. This is a job that aims to create a people-focus companionship support system in society.

AKASHA Learning Community

The Learning Community supports local groups and regional networks in initiating “Life Learning Circles” to respond to the growing need for national holistic education in society.

In response to these needs, we regularly offer weekend growth workshops on themes such as life awareness, family relationships, gender and couple dynamics, marriage enrichment, and life education. We also organize public talks covering topics such as personal growth, men’s and women’s development, parent-child bonding, emotional well-being, helping skills and others.

Beyond that, we design and conduct life-stage learning programme for parents, children, teenagers, young adults, middle-aged people, and seniors—providing meaningful spaces for growth and connection.

The Learning Community also welcomes invitations from schools, institutions, and organisations to co-create growth courses, workshops, dialogues, talks, salons, etc. We offer consultation for strategic programme planning, as well as the design and facilitation of both short-term and long-term learning programme and initiatives.

/ Ideology /

Learning Community encourages everyone to learn and grow from life, change begins with oneself, and then share the change experience after learning, to achieve the purpose of life influencing, touching, and life inspiring life. (awakening other lives)

Because we believe, since 2005, we have quietly served thousands of individuals. Rooted in a spirit of social care, we may offer courses related to mind, body, and spirit—but our mission remains clear: we are a community committed to life care work.

Upholding the values of mutual support and self-empowerment, we stand by three guiding principles: **No commercial entanglement, no religious proselytising, and no political involvement.** Our aim is to create a safe and essential space for life care, not to engage in the pursuit of fame, profit, or power.

Our services include:

1. Coaching various regions to set up learning circles, hosting and leading inner growth companionship programmes.
2. Coaching organisation’s volunteer training and life voluntary education trainer programme.
3. Scheming and execution of life education-related programme and plans for organisations/institutions.
4. Provide community /organisation /institutional life-care services and life education programme.
5. Supportive, long-term obligatory (completely free of charge) individual consultant service.



/ Brief History /

AKASHA Learning Community was established in September 2005, formerly known as the AKASHA Community Learning Centre for Moral Re-Armament. It was founded in response to Malaysia's social needs, inspired by the values of Moral Re-Armament (MRA), now known as Initiatives of Change (IofC).

In March 2011, AKASHA officially became independent from the structure of Moral Re-Armament Malaysia. On June 14 of the same year, it was registered with the Registrar of Societies under the Ministry of Home Affairs as a formal society, and renamed the AKASHA Learning Companionship Association of Malaysia. The association continues to grow as a non-profit organisation, carrying forward and expanding the spirit of Community of Learning (CoL).

In 2018, AKASHA established its headquarters in Seri Kembangan (Serdang), Selangor. In 2017, a Learning Community Centre was set up in Seremban 2, Negeri Sembilan, followed by another in Telok Ayer Tawar, Butterworth, Penang in 2019, in order to provide a better service where local communities in need.

/ AKASHA Learning Community Development Milestones /

2005

- APR Established the first Learning Circle in Sec.17, Petaling Jaya, Selangor (8 participants)
- MAY Launched the 1st "Change Begins with Me" Conference at Kwang Hua Private High School, Klang, Selangor
- SEP Founded the first AKASHA Learning Community Centre at No. 33, Sec. 14, Petaling Jaya, Selangor

2006

- JUN Due to termite infestation at No. 33, the community centre relocated to No. 1 in the same area.

2007

- MAR Learning Circle established in Kepong, Kuala Lumpur (12 participants)

2008

- MAR Learning Circle formed in Seri Kembangan, Selangor (15 participants)
- AUG Learning Circle formed in Puchong, Selangor (4 participants)

2009

- JAN Learning Circle formed in Air Itam, Penang (5 participants)
- JUL Launched Learning Community Month Programme
- SEP Learning Circle formed in Seremban, Negeri Sembilan (14 participants)

2011

- APR Official society establishment application submitted to the Malaysia Ministry of Home Affairs
- ★ JUN 14 Received approval from Ministry of Home Affairs and registered as "AKASHA Learning Companionship Association of Malaysia"

2012

- JUL Launched the first "Living Library" Sharing Open Day

2013

- JUN Learning Community Centre relocated to No. 5, SS4, Petaling Jaya, Selangor

2014

- APR Learning Circle established in Sungai Petani, Kedah (28 participants)
- APR Learning Circle established in Butterworth, Penang (9 participants)
- AUG Learning Circle established in George Town, Penang (10 participants)

2015

- JUL Volunteer Group 01 (Seremban) formed, Negeri Sembilan

2016

- AUG 10th Anniversary Celebration & Carnival held in SS4, Petaling Jaya, Selangor

2017

- JAN Established Seremban Learning Community Centre (Negeri Sembilan Chapter)
- APR Learning Circle formed in Ipoh, Perak (13 participants)
- OCT Learning Circle formed in Kampar, Perak (20 participants)

2018

★ JAN

Official opening of AKASHA Permanent Headquarters in Seri Kembangan, Selangor



- JUL Volunteer Group 02 (Butterworth) formed, Penang

2019

- JAN Organising the first National Consultation Programme (Port Dickson, Negeri Sembilan)
- JUL Established AKASHA Butterworth Learning Community Centre (Penang Chapter)

2023

★ MAR
★ JUN

Organising the first National Consensus Team Building Programme (Swanie, Melaka)
Hosted the Inaugural Learning Community International Life-work Conference (Petaling Jaya, Selangor)

2024

- DEC Launched the 1st RISE Initiatives—The Holistic Science Life Creative Programme (Port Dickson, Negeri Sembilan)

2025

- MAY Hosting the 2nd Learning Community International Life-work Conference (Puchong, Selangor)



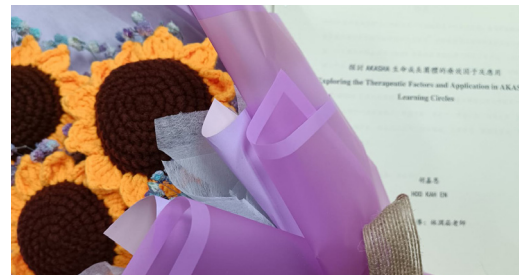
Life Teacher Assistant Group

To learn from life is a profound truth. Each of us must discover and nurture a relationship with our own life. Everything we experience—from the smallest moments to the largest challenges, both internally and externally—is a reflection of our journey. We must learn to engage, reflect, and feel deeply. The truest teacher is life itself, and we, as assistants, dedicate our minds and hearts in service to this teacher.

We aspire to train more capable Teacher assistant of Learning Circles, who can accompany and care for lives in communities across Malaysia and beyond.

/ The Journey of the Life Teacher Assistant Training Programme /

In 2018, AKASHA officially launched the Life Teacher Assistant Training Programme, evolving from the Training the Trainer Programme that had been carried out from 2006 to 2017. This new chapter brings deeper integration of AKASHA's core learning values and ensures a strong foundation for sustainable growth and generational transmission within the learning community.



/ About the Programme /

The Life Teacher Assistant Training Programme is designed to bring together experienced members from various growth groups and learning circles. These individuals become valuable human resources to support the development of learning communities in different regions.

The training content is organised into **five main parts**:

1. The Way of the Teacher
2. Introduction to Learning Communities & Moral Re-Armament
3. Practical Application & Operations in Learning Communities
4. Internship Period
5. Final Presentation and Project Completion

The entire programme includes approximately 330 hours of training, with schedules adjusted according to each region.

Training has been conducted in several locations, including Kuala Lumpur, Petaling Jaya, Seremban, Butterworth, Kampar, Sungai Petani in Malaysia, and Bandung in Indonesia.



AKASHA Volunteer Training Programme

AKASHA is committed to nurturing a new generation of volunteers, especially inspiring today's youth to engage in community care and personal growth. Through this effort, we hope to cultivate a healthier, more positive attitude toward life and encourage individuals to face their own journeys with greater courage and purpose—ultimately becoming a true source of influence.

/ Programme Overview /

The Volunteer Training Programme is built on a simple yet powerful belief: “**Local people supporting local communities.**” Many individuals, after experiencing growth through learning, feel a calling to give back and live out the spirit of “personal growth in service of society.”

The training programme is carried out in **three parts**:

1. **Intensive Training:**

A 10-week journey with weekly sessions of 2 to 3 hours focused on self-growth and helping skills.

2. **321+1 Volunteer Plan:**

A year-long commitment involving the planning and execution of three small events, two medium-sized events, and one major event, with monthly team meetings and continued training.

3. **Final Presentation:**

Participants reflect and present their learning journey and contributions.

The full training spans approximately **150 hours**.

Currently, Volunteer Groups have been established in **Seremban, Negeri Sembilan and Butterworth, Penang**. Our aspiration is for every state in Malaysia to eventually have at least one AKASHA Volunteer Group.

Current Teams:

- **Volunteer Group 01 (Seremban)** – Established in 2015
- **Volunteer Group 02 (Butterworth)** – Established in 2018





AKASHA Learning Companionship Association of Malaysia (PPM-012-14-14062011)

Established on June 14, 2011, this is a non-profit, non-religious, and non-governmental organisation officially registered under the Ministry of the Home Affairs in Malaysia. Its mission is to encourage every individual to **“learning from life”**, to practice the belief that **“change begins with oneself”**, and to become a vessel through which **life inspires life**.

Ultimately, the organisation aspires to promote learning communities both locally and internationally—inviting people from all walks of life to participate in building a society that is compassionate, harmonious, and filled with meaning

/ Executive Committee (EXCO) and Terms of Office /

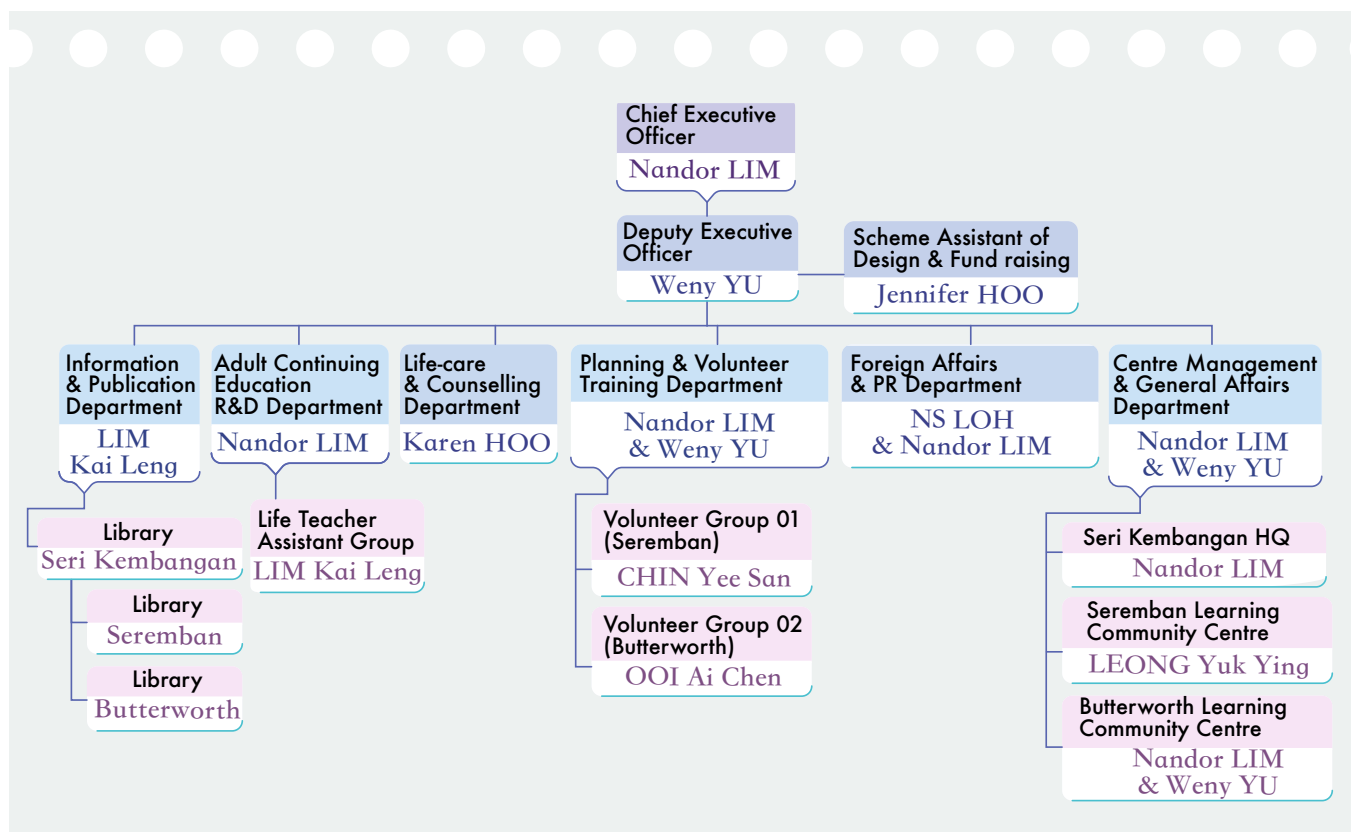
	2011 2012	2012 2014	2014 2016	2016 2018	2018 2020	2020 2022	2022 2024	2024 2026
Position	Founding	1st	2nd	3rd	4th	5th	6th	7th
President	NS LOH	NS LOH	NS LOH	CH NG	KS LEE	KS LEE	Isabelle FAM	Isabelle FAM
Vice President	CH NG	CH NG	CH NG	KS LEE	CH NG	Isabelle FAM	KW HAN	KW HAN
Hon. Secretary	PN HOE	Jazz KHOR	Jazz KHOR	Weny YU	Weny YU	Weny YU	Karen HOO	Karen HOO
Assistant Secretary			KL LIM	Jazz KHOR	Mary GOH	Karen HOO	HY CHUAH	YY TEOH
Hon. Treasurer	Weny YU	Weny YU	Weny YU	Jennifer KOO	Jennifer KOO	LC LEE	LC LEE	LC LEE
Assistant Treasurer						KK LING	YT CHIAH	YT CHIAH
Committee	LE PUAH	LE PUAH	LE PUAH	Daniel KEK	Daniel KEK	Daniel KEK	Daniel KEK	BK SAW
	KL LIM	KL LIM	KS LEE	KL LIM	KK LING	KW HAN	KL LIM	LC SOH
	Karen SEE	Karen SEE	Karen SEE	NS LOH	Isabelle FAM	YY LEONG	YY TEOH	SW WONG
	Benjamin ANG	Daniel KEK	Joanne TAN			Beng CHAN	Beng CHAN	Beng CHAN
	CH TEH					Alvin LOKE	ML LOKE	Alvin LOKE



Executive Team

The AKASHA Learning Community is led by The Chief Executive Officer appointed by the board of executive committee of Association. The Executive Officer then forms a working team to promote the philosophy of the learning community through its operations.

Mr. Nandor LIM serves as the Chief Executive Officer of the Association (since 2011). He is fully authorised by the Association to lead and oversee all affairs and activities related to the AKASHA Learning Community.





/ 會所、社群學習中心 Community Centres /

本會總部/Headquarter



雪蘭莪州 AKASHA 沙登會所 AKASHA Seri Kembangan HQ (Learning Centre)

2018年啟用 | Since 2018



馬來西亞雪蘭莪州史里肯邦安怡觀園
73, Jalan Equine 9, Taman Equine, Seri Kem-
bangan, Selangor, Malaysia.

郵政編碼 Postcode: 43300



臨近捷運站點 The nearest MRT Station
怡觀園站 MRT Taman Equine Station

約2.5公里/5分鐘車程
Approximately 2.5km away
5mins driving distance



森美蘭州 AKASHA 芙蓉社群學習中心 AKASHA Seremban Learning Community Centre



12, 1st Floor, Jalan S2 B15, Pusat Dagangan Seremban 2,
Seremban, Negeri Sembilan.

郵政編碼 Postcode: 70300

本會分部與 社群學習中心 Division Office & Learning Community Centre

檳城州 AKASHA 北海社群學習中心 AKASHA Butterworth Learning Community Centre



46, 1st Floor, Persiaran Nakhoda, Taman Telok Air Tawar,
Butterworth, Penang, Malaysia.

郵政編碼 Postcode: 13050



邀請您 提供希望

AKASHA 需要您加入捐款支持協會的運作。讓我們的服務可以更深入到各社會層次。

大家的捐滴成河，積沙成塔，共同促成美事。

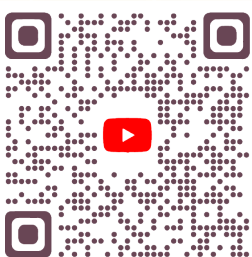
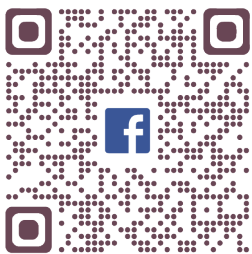
右下方收款碼只限馬來西亞境內使用，**不支持國外轉賬或匯款。**

INVITE YOU to give hope to humanity

AKASHA needs you to join the donation to support the operation of the association.

Let our services go deeper into all levels of society. Many drops make a river, many grains build a tower. Together, we made something good happen.

This payment QR code is valid for domestic transactions within Malaysia only. **International remittances are NOT supported.**



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Contribution

AKASHA MALAYSIA

活動預告 Upcoming Events

2025
26 / 12 (五) FRI.



9天9夜營隊活動

12月25晚入營，活動於26日早晨開始

9Days 9Nights Programme

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

**招募滿15週歲或以上青年，
無年齡上限，
僅收30名參與者。**

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

2026
03 / 01 (五) FRI.

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

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



(hāng)

(shí)

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



馬來西亞AKASHA學習型社群發展協會 主辦

Organised by AKASHA Learning Companionship Association of Malaysia

73, Jalan Equine 9, Taman Equine, Bandar Putra Permai, 43300, Seri Kembangan, Selangor, Malaysia.

FB: facebook.com/myakasha.org

Email: info@myakasha.org

Tel.: +60 3-8958 6877

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

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.

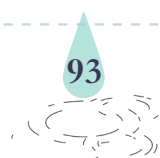


2023年初，我們發起了一項「800個支持單位」的勸募行動，每個單位為RM50。感恩眾多善心人士的響應與支持，我們最終**成功籌得 621個單位，共RM31,050.00**，為大會的順利推展注入一股溫暖力量。

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

2025第2屆學習型社群國際生命工作大會 特別感謝贊助單位 Special Thanks to Sponsors

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天鵝村 Swanie Residence 贊助 Sponsor 香水 Perfume

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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.



親愛的與會者：

邀請您依據最真實的參與體驗，**掃描上方二維碼**
填寫線上回饋表。

您寶貴的分享，是我們前行的動力，也將幫助團隊
不斷成長與提升。

感謝您的參與與支持！

第二屆學習型社群國際生命工作大會
全體工作人員 敬上

Dear Participant,

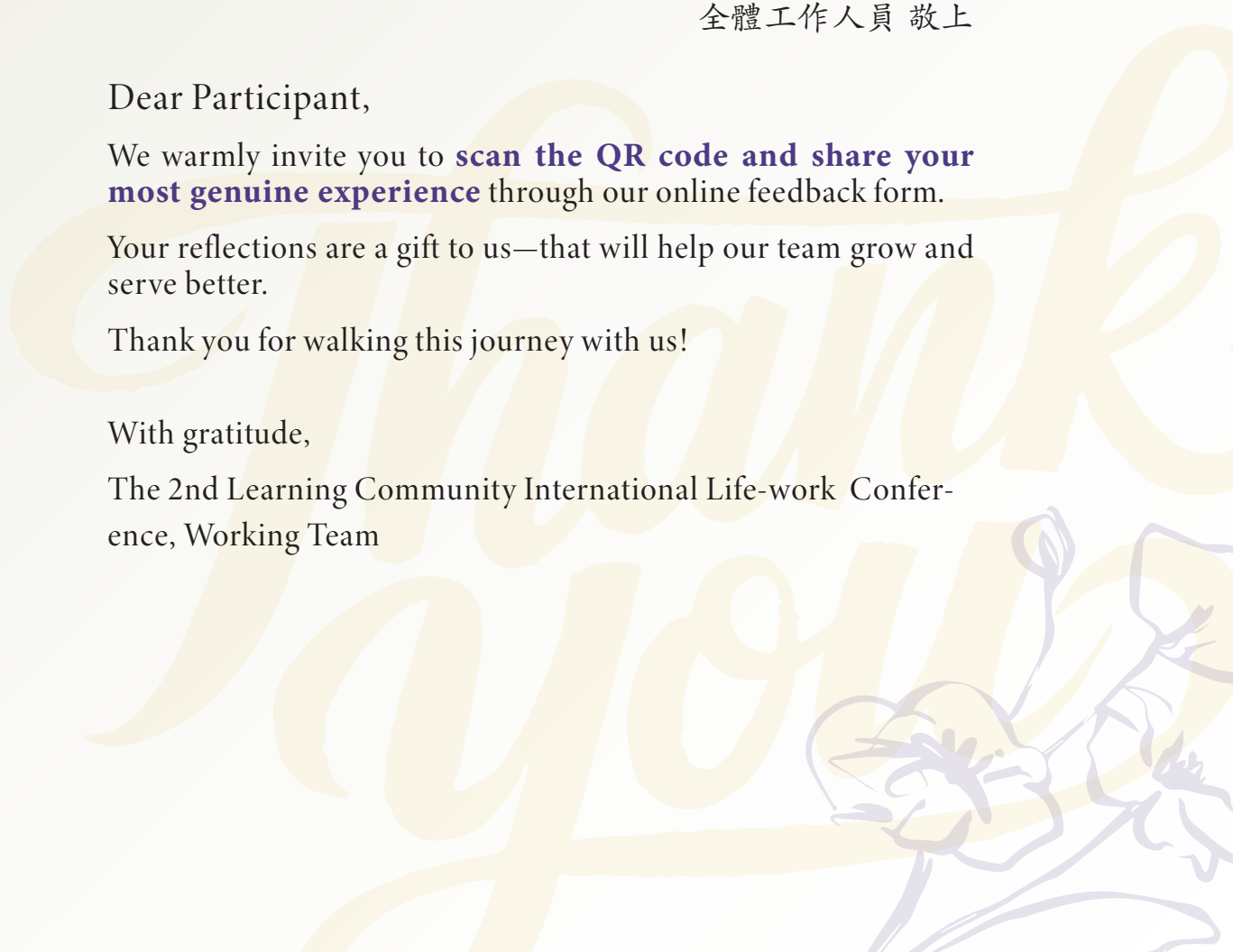
We warmly invite you to **scan the QR code and share your most genuine experience** through our online feedback form.

Your reflections are a gift to us—that will help our team grow and serve better.

Thank you for walking this journey with us!

With gratitude,

The 2nd Learning Community International Life-work Conference, Working Team



Memo

我用心做事，遵循內在良知的引導。

I do things with diligence,
following the guidance of my inner conscience.



我允許對方去做自己，即使對方採用一個更大的錯誤來填補一個小錯誤。

I allow others to be themselves, even if they commit a greater error to mend for a smaller one.

Memo

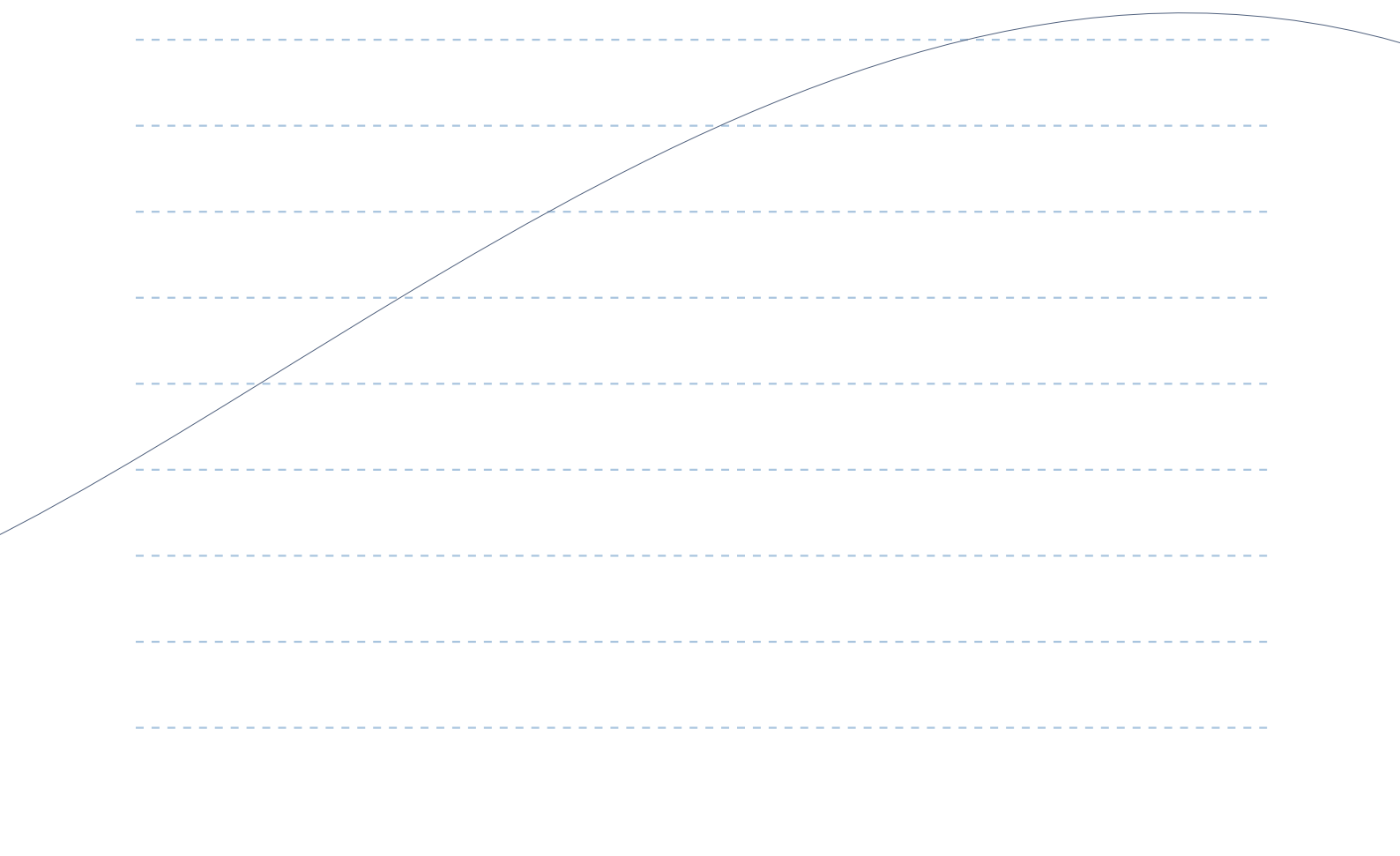


生命的重建
從一個人到一群人
Remaking my Life
Together, We Move Forward

「**29.5** THU → **02.6** MON
@Espira Kinrara, Puchong」

我的人生中有一顆北極星，
引導我走向正確的目的地。

**My life has a Northern Star,
guiding me towards the right
destination.**



非賣品 NOT FOR SALE

出版 Publisher	馬來西亞AKASHA學習型社群發展協會 AKASHA Learning Companionship Association of Malaysia
印刷 Printer	Percetakan Lenang Istimewa Sdn Berhad
出版日期 Publish Date	29.05.2025
總編輯 Chief Editor	覃繡欽 Isabelle FAM
執行編輯 Executive Editor	尤薇妮 Weny YU
編輯 Editor	胡雙儀 Jennifer HOO
翻譯 English Translator	張瑩瑩 TEOH Yin Yin
校對 Proofread	林潤崧 Nandor LIM
封面設計 & 美編 Cover Design & Art Editor	胡雙儀 Jennifer HOO
出版數量 Quantity	1000本 (copies)



向生命學習

改變從自己開始

以生命影響生命

Since 2005

hello
my first twenty