

Meditation Journal

Relieving Stress and Regaining Happiness

My name is Lam. I work at a small trading firm.

All exported goods were to come with an export license. That has been the way for the last 20 years. When the export licenses were ready, the customs officers would come and examine the goods. I was the one receiving the customs officer. I was under huge pressure to avoid mistakes. The pressure steadily mounted and I became extremely unhappy.

I had stress from work, family and my children. I still remember when my daughter was in seventh grade. She studied at an elite elementary school. But she failed to get into an elite middle school. I was so mad. I thought she wasn't trying her best. She failed to enter an elite school; that was like the end of the world.

From 1991 on, I often couldn't sleep. I used to watch TV until 1 am to get to sleep; then I woke up at 2 or 3 am. I wasn't going to the bathroom. It was hard to fall asleep after that. I would fall asleep around 5 or 6 am. I would sleep for an hour and wake up for work.

My sister brought me to Bodhi Meditation in October 2018. Back then, I didn't know much about it. When I first came to the Wing Hong Center, I felt so warm and the people were so kind and happy. I participated in a Health & Happiness Retreat in January 2019. Practicing *The Meditation of Greater Illumination* (GI) and listening to Master's teachings really helped me a lot. Master's words really struck me and changed me. My mind opened up after listening to Master's teaching about containing, accepting and forgiving your enemies. I learned to let go of those who had hurt me. I no longer held on to the bad things at work. I started to become more positive.

After my first retreat in 2019, my daughter told me I looked happier,

more positive, and that my mind had become sharper. My husband said the same thing; he thought I had become a different person. I have benefited a lot in terms of my family and work. At work, my mind is clear and I don't complicate things anymore. I work faster and solve problems quicker. I don't complicate things anymore.

I am grateful to Bodhi Meditation for my transformation. I hope I can introduce meditation to more people, so they can gain happiness and be illuminated.

【Disclaimer: The effect of meditation may vary among individuals.】