

**Meditation Master JinBodhi's Dharma Teachings**

**Be the Master of Your Own Dreams  
From "My Future Is in My Hands"**

**"My life path is the extension of my parents' dream. Can I decide my own? Help me. Everyone thinks I'm a scholar, but music is my world. How do I turn others' expectation into my motivation? I live for my parents. Dreams are given by others."**

I know a doctor who had his dream of becoming a doctor at thirteen. He wanted to become a good doctor. At that time, I started to know him. His mother had breast cancer, suffering so much since she got it. At such a young age, he saw his mother suffer every day and die a year later. So he was sorrowful and made up his mind to become a doctor. So now he is a very good doctor. His wish was based on his life need. A wish that he had to fulfill and could be achieved with effort. Today he has become an excellent heart doctor.

Motivated by the need to save his suffering mom, he wanted to be a doctor. Later, realizing that every mother and everyone could get ill, he decided to become a doctor. His mother's suffering motivated him to pursue his high life goal that slowly changed to pursuit in studying humanity and critical diseases. He became firmer about studying medicine, which motivated him to keep on the path. However hard it was, while other children were playing basketball, swimming, and traveling, he was studying hard, so he became a good doctor, realizing his dream.

Turn the pressure and expectations into your life goal. You will be motivated. The life goal forced by your parents could be your dream, but you are not motivated enough, as you are forced by your parents and others. Similarly, I told you to jog up a mountain and whoever gets first to the peak will win prizes. OK. Everyone runs, tired but happy. But if someone whips you to climb up, you feel you are a slave. You think, "Why do you beat me? I don't want to climb up."

But you fear being beaten, so you have to climb up. It is painful. Numerous times, you think of running away. Right? You have no motivation to do it, which is painful. Thus, dreams have to arise from your heart, be it others' reminders, relatives' prodding, or teachers' permission and encouragement. They have to come from your heart. Then you will have infinite motivation. A life or emotional need such as a family tradition, inheritance, or your emotional needs surely becomes your life goal and you want to do it well. Remember: Your life goal must be a must, then we can have infinite power, energy, wisdom, and self motivation. Once your dream becomes a must or a goal you need to pursue it in your life, congratulations to you! You must be very happy.