

Meditation Journal – BMYC

**Bodhi Meditation Youth Camp
Transformed My Sons**

I was sick for a year. I lost 10kg and they didn't notice. My 3 kids didn't show any care or concern.

Nagging.

We felt Mom liked to nag. I can deal with my own problems. Actually, I didn't know my mom was hospitalized. I wasn't aware of the situation in my family.

Sometimes we argued. She would say the same things repeatedly. I would delay in doing the things she said. Then she would repeat herself many times. That made me unhappy.

Sad. We [parents] were busy working. As the children grew up, we found that our approach was not the right way to get along with our kids. Over time, I began wanting to change the situation. I would find opportunities to have physical contact with him. For example, I would pretend to be afraid of crossing roads and made him hold me.

When my younger son (Jiajian) was about 13, he wouldn't even let me hold his hand. I started to realize the relationship was bad. I couldn't even touch him. I suddenly wondered why our relationship was like that. There seemed a lack of family bonding.

My elder son (Jiahao) was introverted. He didn't talk much. His grades were good. However, he didn't communicate with us. He seemed to be living in his own world. He was an outstanding student. I never had to worry about him.

In the past, I was always busy studying, attending extracurricular activities and tutoring sessions. I hardly ever thought of interacting with my family.

My younger son was timid. He would ask many questions when he had to do something.

I didn't like communicating with my mom.

I joined Bodhi Meditation.

I would come home once or twice a month. I saw that my mom became happier after she started at Bodhi Meditation. I became curious about Bodhi Meditation. My summer vacation is 3 months long. She doesn't nag now. My mom has changed. She understands me better than before. She knows what I do and don't need. She's also tolerant of my temper.

After that, I saw the video about the BMYC. I felt my kids would benefit from the camp. I recommended the camp to them.

On December 1, 2017, my mom recommended that I join BMYC. I said, "Really? 10 days! What a waste of time." My mom shared that others had been changed by it. So I joined.

I could see that he had changed after he returned from the camp. In the past, when I was out late, sometimes staying out past 10 o'clock, no one showed any care or concern. Now things are different. He will call me and ask where I am and what time I will be home. He shows care and concern now. He communicates more with me now. I also see improvements in his schoolwork.

My results were poor in the past. I couldn't concentrate on studying. I didn't like studying. There was no motivation.

He couldn't concentrate on his studies in high school.

After attending the camp, his results improved over the following months.

There were several teachings by Master JinBodhi during the camp. Winners are those who have good time-management skills. These words from Master motivated me. I followed my planned schedule every day. There was a sense of accomplishment. I looked forward to the next day. I did this till the exams were over.

He planned his own schedule. Studying, playing ball, exercising. Sometimes a morning jog. He planned his own schedule.

Sometimes I would see him studying for hours. I was worried that he was under too much pressure.

When my teacher gave back the results, I saw I had scored an A in each of my 9 subjects. I couldn't believe it. I had even scored A's in languages.

I called home. He told me he had scored A's in all his subjects. I was sitting on the stairs. I almost fell down the stairs. It really shocked me.

Once, he even performed a dance on stage. The Kingdom of Happiness. I think he was the protagonist. He stood at the front. He wore a blue cartoon costume. The first time he performed, it was at Seremban Bodhi Meditation Center. I said, "He danced so well!" Everyone said he was good. I was taken by surprise. He was very timid in the past. After my elder son attended the camp, he realized the importance of communication at home.

I go home more often these days. I think about how I can make the most of my time with my parents. I treasure the days I spend with them. I really love Master JinBodhi's teachings. I was touched by his teaching on having aspirations. Actually, I have got a goal. After listening to that teaching, my will to achieve the goal grew stronger. It is like a fire that burns hotter.

During the camp, I met people who are like me. Each of us has a dream.

You would admire them for their dreams. You would want to be like them. It was not just Master JinBodhi's teachings that motivated me. It was his strong mind and spirit. His strong mind and spirit encouraged me to go forward to achieve my goal.

Actually, he is an introvert. But he is always the first one to greet me on my birthday or Mother's Day. He also makes cards for me. Once, he made me a bracelet with beads. He made it during his art class. He said his hands hurt and even bled. That really touched me.

Master's teachings help me a lot. I also want to thank BMYC. They have helped many people, including me. If my mom hadn't asked me to join the camp, I don't think I would have scored 9 A's on the exams.

I am really grateful to have attended the camp last year. It was the turning point of my life. It taught me that everyone can achieve their dreams if they don't give up.

I will join another BMYC.

My sons changed a lot because of the camp. My gratitude to Master JinBodhi.

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