

“Really change my view towards the meaning of life , the planet earth ,the universe, and even death .Have a whole new idea about Buddhism through the scientific way of teaching. Open up my heart and have a new purpose in life.”

A personal journey.

I am a married mature person with two almost grown up children, a full time job, a cat and a dog. It is a busy life. My husband works in the Hospitality field and he works long and grueling hours. He also has various health issues. I try my best to take care of everything at home so it is one less worry for him. I was brought up with Christianity but I was not able to find the connection. So I called myself an Atheist. I thought as long as I live my life being the best person I could be, it was not a wasted life. I have to say it was a good life and I reminded myself all the times there was nothing to complain about. But sometimes I thought there must be more to life than working and then more working. A lot of times I felt like I was boxed down with material needs or to satisfy others' material needs. I was afraid what could happen to my family if I passed away. I longed for more simple life and simple quiet pleasure. But it was almost impossible when there were so many people to worry about and things to be take care of.

I starting going to AWE's Initial Drive classes through a friend. Before the class, my general idea about Buddhism was to pursue enlightenment through meditation. I had images of monks hiding in the temples far away from cities and material world. My friend was very insistence and so I thought I should go just one time to please her. But I was very pleasantly surprised by the class. Ching C-Hing explained Buddhism by using science and metaphysic. It was a totally new way of teaching. The discussion was very stimulating. I could feel the love of learning again. But as I continue going to the classes, I learns that this can really change my life.

There are many branches of Buddhism. As I said before, I thought we need to forsake our material worlds and hid in a temple preferably high up in the mountain in order to obtain personal enlightenment. But we can also help other people and save our planet by learning and teaching Buddhism. We are all part of the universe.

I am not afraid of death any more. There is a peaceful feeling within me knowing I will return again.

The people I meets in the class are amazing people. There is a sense of family during the meetings. We can discuss very serious topics but we also have a lot of fun through our sharing of food and conversations.

My life is still busy. The laundry basket is still full all the time. But there is a purpose in life. There is still so much to learn. But my heart is opened.

RR

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