



## **What is unique about the AWE program?**

Chi: This AWE, the only school that I see that you don't ask me to go home and practice, do something, like just go there and learn the lecture. And be there with an open mind and just absorb the... But every other school, you have to go home and sit for certain hours, read and chant certain hours, mantras, memorise and have an object... do something. And to me is a waste of time but I thought that is the only way. So I've been doing it too but you are the only one who never asks me to go... "Chi, go home and do your homework". I just come into class and enjoy. I don't have to do a thing at the first year, right? First year but then at the first year there was nothing. I was just waiting, I just enjoy and that was it. The work is the ...

Hugh: It seems easy for Chi right now as she is sticking with you guys. Like you guys can feel that she is comfortable talking to you, right, and Dr. Lo. But I can tell that she improved a lot from the first year, from day one. But she is still confused about what she learnt from you, from the Academy, you know? She keeps asking me-okay on the one hand I just listen to the other guy, like the other teacher - he likes me to do this and do that. And when I listen to Dr. Lo., he is totally the opposite.

Chi: Opposite, so confusing, oh my god!

Hugh: Right, for example, meditation, right? Oh, Dr. Lo - no, no, no. Hugh no, no-what do you think?

Jenny: When I first joined, he said I will teach you meditation but not this year and not next year. Finally he succumbed to it... 2 minutes meditation. Just breathe in and breathe out...

All: ha-ha,

Jenny: And I like that because I couldn't sit for hours

Hugh: She is frustrated too probably for the Academy...

Chi: Yeah, you don't know

Hugh: And just like others like Tammy, maybe like Tom or like the young people, she could contemplate or... shall I continue? You know!

Chi: Yeah, when you're...

Hugh: I can see this, always doubts. But now she got to this point now, she starts to grasp the concept. She is much more relaxed.

Tammy: I know that, ha-ha

Jenny: But for me, personal experience, I know Catholicism, you know Catholic because I was brought up there. And I knew about Buddhism in the sense of paganism because my parents practiced that. But when I first joined AWE, he was conducting it in Chinese; I could hardly understand it. But I was delighted whenever he spoke like using English I enjoyed in the sense that he was using science that caught my attention. This is why I stayed on. He was using science to illustrate Buddhism. Then I said: “Ah, wow, this is the right religion that I want to follow or who knows the right religion/right teaching; otherwise I would have gone to meditation and mantra. Forget it I would have never been able to stay on at all.

Hugh: So what really is missing though?

Dr. Lo: The true understanding of Buddhism.