

The Meaning Of Maturity

As a college student, when we will go into the big society, we should make us get more mature. Or I think we are difficult to adapt to the social life. Being a mature student does not mean being an old-timer. Maturity is not measured by the number of years a person has lived. Instead, the yardstick of maturity is marked by the qualities of self-denial, determination, and dependability.

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Self-denial is an important quality of a mature student. The word "Self-denial" means restraining being strict with oneself. Sometimes, people define it as self-discipline which has a bias passive meaning. Self-denial is not making a lot of rules and regulations to layer upon layer to manacle oneself, but with the autonomic action to create an order for our study life. We always have great dreams, have magnificent ideals and have grand prospects; however, they are often postponed or even vanished by ourselves due to the lack of self-denial. We should put our ideas into practice. Besides, self-denial also means denying yourself and controlling your impulses. Nobody is perfect. Faced with mistakes, we should take measures to modify it and never behave impulsively.

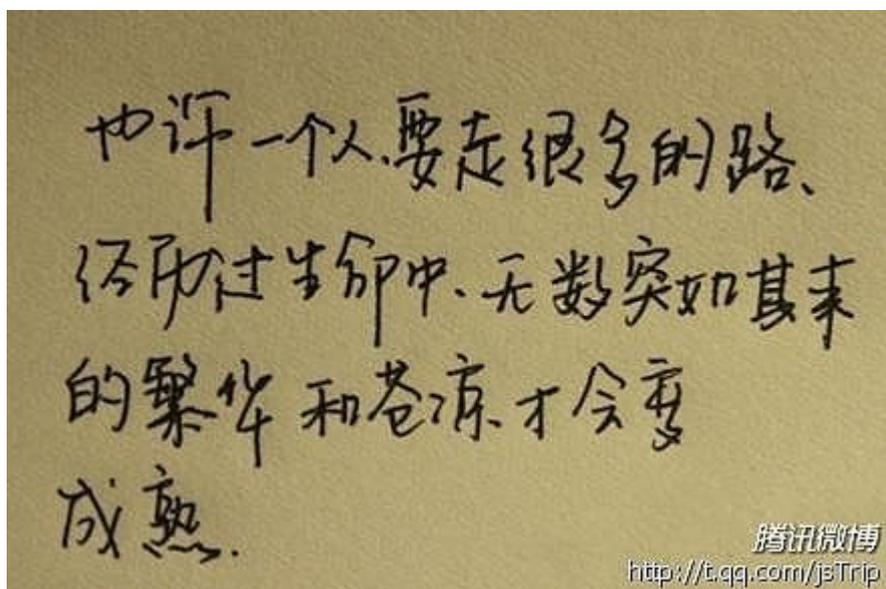
Determination is another characteristic of a mature student. What we define determination is to take up your mind to act decidedly and take the consequences. Determination not only means decision but also practice. In China, there is a famous fable "the foolish old man removed the mountains", which presents spirits of firm determination and perseverance. No good is ever done by hesitation in the world. It is known that Buffet, every time his investment will get a huge return, because he is well prepared in advance and determined what makes his pay shall be multiplied.

Although self-denial and determination are both vital, probably the most important measure of maturity is

dependability. When we talk about a person who is dependable means he is worthy of reliance or trusts .If you are committed to transmit some secret documents to a company, you must be required dependable. Sometimes dependability refers to responsibility. Judging a person whether he is mature or not, responsibility is the key factor, because only the person with responsibility is worthy of being depended on.

In addition, maturity is also shown in other respects: emotional control ability, the height of the thought, and comprehensive thinking.

In conclusion, if a student who owns the qualities of self-denial, determination and dependability, he can say that he is a mature student with pride; otherwise he can't. If you really can develop the three qualities, you really comprehend the meaning of maturity. The road to the maturity is like the road to the peak. We did something wrong and, soon, were punished. We faced difficulties and conquered them. We succeeded in stepping on the top and enjoyed it.



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ay from it all and live up a mountain like a monk? Well Yejo Circle offer you just that opportunity for a weekend break.

By: Roy Hanney 122007654 Class 1

There is a dim recollection of sound, sticks against each other, a woodpecker? I close my eyes. There it is again, tap tap... Tap tap tap! Quiet descends and I turn over, burying my head under the covers. The "tap tap tap.." continues to worry away at the edge of my dreams until "dongggggg"! A loud gong crashes the sleep from my eyes and I remember. I am in a temple, it's 5am and I will be staying here for two nights to sample an experience of temple living.

Stepping out into the dawn lights burn in the main temple building the gong beating it's refrain to a chorus of a thousand birds. A lone monk runs up the temple stairs robes flapping in the dawn. We assemble, all of us fellow travellers, bleary eyed and expectant, for an introduction to some gentle qigong. The 12 silk as it's called is a Daoist system of turning, stretching and breathing exercise designed to open the meridians, massage the organs and mobilise the joints. It's as ancient as China and we have all come here to learn this technique along with a little Taijiquan courtesy of [Yejo Circle](#) travel. Billed as an introduction to Daoism and an opportunity for a peaceful retreat from the hustle and bustle of Shanghai we have come to renew ourselves.

This is a peaceful place of contemplation we are told as we begin our first session of seated meditation. It seems though that nobody has explained this to the old ladies who as devotees attend to the upkeep of the temple. As the holler across the temple at each other I consider the possibility that they are there to test the patience of the monks. To see if they can endure, perhaps this is Buddha's way. They are though a delight and the serve up a series of tasty vegetarian meals for us throughout the weekend and engage us all in banter seemingly unaware that few if us speak Mandarin. It doesn't matter though as even the Chinese speakers can't understand their thick local dialect.

During the weekend we all make new friends and exchange notes of our experiences as explorers of Dao and it's associated arts. We learn the 12 silk qigong, sit in quiet contemplation and learn a little of a Taijiquan long form. Even though we don't learn the whole form (there 108 movements) it doesn't matter and as the teacher explains it is the process that is where the enjoyment lies not the end result. It's the journey, a step on the path. I feel so energised by all this that by Sunday afternoon I can no longer bear the meditation, I can't sit still, it's an act of supreme will just to keep my eyes

closed. I want to do more Taijiquan I have the bug yet I know I won't practice.

Then it's time to climb aboard the bus and return to the manic pace of Shanghai with the hope we each carry a little of the peace we found at the temple with us. We exchange Weixin contacts and talk about how will do it again soon. Then we separate, following our own paths knowing that we all shared some peace together as brothers and sisters in silence.

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