

## Trekking Across The Mountain

There were a lot of activities that we did during the time of Botany Camp. We painted many pictures for 4 days and trekked across the mountain another two days.

The days we went trekking across the mountain, we got a lot of good experiences with fun and happiness. We enjoyed it very much, although we had to carry very heavy backpack with us along a wonderful journey. As if we were carrying a load of stones in each of our own bags, our shoulders seemed to break down and it made us want to sit down and never stand up again.

However we couldn't because if we had done so we would have never reached the destination, so we pushed ourselves and moved on. When we walked along the path, we forgot the weight of the bags that we were carrying because we had to concentrate on the path.



When we walked down our spirit would go up, but when we walked up our spirit would go down. Our feet always stumbled on rocks and they hurt us, and that almost made some of us fall down.

However we had to keep walking. There were a lot of obstacles on the way such as a brook to cross, and a narrow path that we needed to walk on carefully.

After we had walked for a whole day, we set up our tents before sunset. After the light had faded away, we had our dinner next to the camp fire. We had an exotic meal which was cooked from local ingredients, canned food and instant food that we brought. The first trekking day was ended. We went to our tents and had a rest.

The next day we packed up and continued walking. Fortunately the path was not difficult as the previous day. While we were walking, we found a street not so far away from us. Suddenly, we got to our destination. We couldn't believe that we made it. This showed us that we can achieve anything if we make an effort.

We learnt something from the trekking trip that when we walked, we didn't only use our feet but we walked with our consciousness, our heart, our mind, and our soul.

We used our consciousness to overcome the obstacles. As we have mentioned these obstacles were like a problem waiting for us to conquer. And we just had experiences for that.

"My feet slipped on a stone while I was carrying a very heavy backpack and it hurt me but I kept walking." "I got bit by a bee." "I was walking with a shoe that not fit for me". These are some obstacles that we have been through.

You must face problems and solve them, and never run away. If you turn away from them you will find them later again because there will be other problems waiting for you.

In addition sometimes you can't solve all the problems on your own because some of them are too difficult to pass alone. Friends are important people who can give you help and advices for your problem. Because you cannot live alone in the world.

After we finished trekking, we realized that when we have expectations, the thing won't come to us easily but when we give up our expectations, many unexpected things can happen to us.

**"Do your best rather than expect the best"**

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