

母亲的心声 A Mother's Reflections

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无论子女年纪多大，母亲始终牵挂着他们。虽然与子女住在一起，因兴趣爱好和生活习惯有所不同，难免会产生一些分歧，但只要能陪伴在他们身边，心里总觉得十分踏实。

回想这两星期与女儿们生活在一起的日子，最令我欣慰的是看到大女儿美华对自己的工作越来越有信心。当我听见她与客户通电话时，语气轻松自然，那些棘手的问题并没有让她紧张或焦虑。虽然工作忙碌，但下班后也很少抱怨。

她经营的网店也有了起色。过去两个星期，额外收入增加了不少，这无疑给了她很大的鼓励，也增强了自信心。

更让我高兴的是，她终于找到了自己的业余爱好，制作音乐频道，将她的音乐才华充分发挥出来。记得她读小学时，小提琴老师就称赞她很有音乐天赋。后来，她不仅钢琴考到了八级，乐理成绩也十分优异。希望她能够继续坚持，把自己的才能进一步发挥出来。我也希望她培养一些运动方面的兴趣，让身体更加健康。

不过，令我比较担心的是，美华依然常常因为生活中的小事而情绪波动。那天，我们一起去了 Point Nepean。那里海景十分壮观，周围还有不少历史遗迹。我希望能在那里多停留一会儿，谁知错过了原本计划搭乘的巴士，加上天空渐渐阴沉，好像快要下雨了。美华顿时变得焦躁不安，懊恼不已，甚至忍不住大哭起来。

后来，我们看到两位年轻女士正沿着步道往前走，大家都鼓励她继续前行。没想到走着走着，天空竟慢慢放晴了，海边的景色也变得更加迷人，她的情绪才逐渐平静下来。

我们走在湿润的步道上，两旁是郁郁葱葱的树林，耳边传来阵阵海浪声和清脆的鸟鸣。我牵着小女儿佳丽，一边走一边聊天。美华和丈夫走在前面，整条路上几乎看不到其他游客。

为了鼓励她坚持走完全程，我答应请大家吃一顿丰盛的午餐。于是，她越走越有劲。不久后，我们终于抵达入口处，她兴奋地举起双手，大声喊道：“我做到了！”

接下来，美华安排的行程是参观 Pt. Leo Estate 酒庄。

到达酒庄时，她又开始紧张起来。因为酒庄的午餐服务下午三点结束，而我们到达时已经三点了。她急忙跑到柜台询问，得知厨房即将停止接单，幸好工作人员还是允许我们点餐。然而，即使顺利解决了问题，她内心的焦虑依然显而易见。

午饭后，我们慢慢欣赏雕塑公园里的作品。每一件雕塑都各具特色，令人驻足流连。可没过多久，美华突然鼻血流个不停。或许是天气过于干燥，也可能是过度紧张所致。

美华常常因为生活中的一些小事而过度担忧和焦虑，这让我十分牵挂。我担心长期积累的情绪压力会影响她的身体健康。无论我怎样开导她，讲述各种故事，希望帮助她减轻压力，似乎都收效不大。

后来我又想到，每个人都有自己的性格特点。正如美华的先生所说，有些人习惯把压力深埋心底，而美华则不同。她虽然容易焦虑，却也很快释怀。往往几分钟前还忧心忡忡，想通之后便会开怀大笑。因此，这种情绪更多是一时的紧张，而不是长期压抑的忧郁。想到这里，我也释然了许多。

然而，小女儿佳丽却与姐姐截然不同。虽然年纪较小，却有着超乎年龄的平静与从容。这两个星期里，她几乎没有发过脾气，总是安安静静地陪伴着

我。外出时，她总是挽着我的手；晚上也睡在我的身旁，有时还会轻轻搂着我。每晚关灯前，她总会轻声说一句：“晚安，妈妈。”简单的一句话，却让我感到无比温馨和幸福。

经过两年的大学生活，佳丽似乎成熟了许多。无论遇到什么事情，她总能保持平和、宁静的心态。当美华焦躁不安时，她也会耐心地安慰姐姐，帮助她稳定情绪。

佳丽从小就是一个懂得为别人着想的孩子。乘车时，她总会主动让座；遇到有需要帮助的人，也会尽自己所能伸出援手。虽然她还是一名学生，经济能力有限，却常常愿意花零用钱为大家买饮料和零食，表达心意。

对于自己的人生，她似乎也有着清晰的规划。面对每一个重要选择，她都会反复思考，认真权衡利弊，也会主动征求我们的意见。她不会盲目跟从别人，而是愿意承担自己选择的责任。

看到她一点点成长，一天天成熟，作为母亲，我感到十分欣慰。我只希望她能够珍惜和善用现在的学习机会，不断充实自己。同时，也希望她能够学会积善积德，广结善缘，在不断付出与成长中积累福气。

我更希望她能够始终保持这份善良、平和与真诚，在未来的人生道路上，无论遇到顺境还是逆境，都能拥有一颗安定的心，创造幸福人生。

每个人都有属于自己的个性和人生道路。即使我的女儿，我也无法替她们改变什么。我所能做的，只是在她们需要的时候给予关心和支持。至于未来的路，终究还是要靠她们自己去经历、去学习、去成长。

作为母亲，我最大的心愿，就是希望她们健康、快乐，勇敢地面对生活中的每一次挑战。

A Mother's Reflections

No matter how old children become, a mother never stops worrying about them. Living together can sometimes bring disagreements because of different interests and habits, but simply being with my daughters gives me a deep sense of comfort.

Looking back on the past two weeks we spent together, what pleased me most was seeing my eldest daughter, Meihua, become more confident in her work. When I overheard her talking with clients, she sounded relaxed and composed. Even difficult problems no longer made her anxious. Although she was busy, she rarely complained after work.

Her online business has also started to improve. The extra income she earned over the past two weeks gave her great encouragement and strengthened her confidence.

What makes me even happier is that she has found a hobby she truly loves. She has started a music channel where she can make full use of her musical talent. I still remember her violin teacher praising her musical ability when she was in primary school. Later, she achieved Grade 8 in piano and did very well in music theory. I hope she continues to develop her talents. I also hope she finds time for sports and exercise to stay healthy.

What worries me, however, is that Meihua still becomes emotionally overwhelmed by small things in daily life.

One day, we visited Point Nepean. The coastal scenery was stunning, and there were many historical sites to explore. I wanted to stay a little longer, but we missed the bus we had planned to take. At the same time, dark clouds gathered

and it looked as if it might rain. Meihua immediately became upset and anxious, and eventually burst into tears.

Later, we saw two young women walking along the trail and encouraged her to keep going. As we continued, the sky gradually cleared and the ocean views became even more beautiful. Her mood slowly settled.

We walked along the damp path, surrounded by lush green trees, listening to the sound of waves and birdsong. I held my younger daughter Jiali's hand as we chatted along the way. Meihua and her husband walked ahead of us, and there were hardly any other visitors around.

To encourage Meihua to finish the walk, I promised everyone a nice lunch. She became more determined and energetic with every step. When we finally reached the end, she threw her hands into the air and shouted excitedly, "I did it!"

Our next stop was Pt. Leo Estate.

As soon as we arrived, Meihua became anxious again. Lunch service ended at 3:00 p.m., and we reached the restaurant right at that time. She hurried to the counter to ask if we could still order. Fortunately, the staff agreed, even though the kitchen was about to close. Yet despite the problem being solved, her anxiety was still obvious.

After lunch, we wandered through the sculpture park and admired the artworks. Not long afterward, Meihua suddenly developed a nosebleed. Perhaps it was caused by the dry weather, or perhaps by stress.

Meihua often worries excessively about small matters, and that concerns me. I worry that constant stress may affect her health. No matter how much I try to comfort her or help her relax, my efforts seem to have limited effect.

Then I remind myself that everyone has a different personality. As her husband once said, some people keep their stress hidden inside, while Meihua expresses it openly. Although she worries easily, she also recovers quickly. One moment she may be deeply concerned, and a few minutes later she is laughing again. Her anxiety seems to be temporary tension rather than lasting unhappiness. Thinking this way helps me worry a little less.

My younger daughter, Jiali, is completely different.

Although she is younger, she has an unusual sense of calm and maturity. During these two weeks, she hardly lost her temper and quietly stayed by my side. When we went out, she often held my arm. At night, she slept beside me and sometimes hugged me gently. Before turning off the light, she would always say softly, "Good night, Mum." Those simple words filled me with warmth and happiness.

After two years at university, Jiali seems much more mature. No matter what happens, she remains calm and level-headed. When Meihua becomes anxious, she patiently comforts her and helps her regain her balance.

Jiali has always been thoughtful and considerate. She gives up her seat on public transport and is quick to help anyone in need. Although she is still a student with limited money, she often uses her allowance to buy drinks or snacks for the family.

She also seems to have a clear sense of direction in life. Before making important decisions, she thinks carefully and seeks our advice. She does not simply follow others; instead, she takes responsibility for her own choices.

Watching her grow and mature brings me great satisfaction as a mother. I hope she makes the most of her opportunities to learn and continues to develop

herself. I also hope she remains kind, does good deeds, and builds a life filled with positive relationships and blessings.

Most of all, I hope she keeps her kindness, sincerity, and inner peace. Whether life brings success or hardship, I hope she always has a steady heart and creates a happy future for herself.

Every person has their own character and their own path in life. Even though they are my daughters, I cannot live their lives for them. All I can do is offer love, support, and guidance whenever they need it. The rest of their journey is theirs to experience, learn from, and grow through.

As a mother, my greatest wish is simple: that they stay healthy, happy, and brave enough to face every challenge life brings.