Hello everyone, my name is Bao Ngoc. Today I would like to read about the exercise of anger.

Anger is when something is not right with us, we will be angry. Sanskrit can be translated as anger and harm to others. Anger is one of the Three Poisons. The three poisons translates as (Because we are restrained by the three poisons of greed, hatred, and delusion, we always create evil karma and thus create in our minds karmic forces in the form of pre-determined forces that bind the mind. At the end, sentient beings restrained by those pre-determined forces will have to follow their karma to be reborn in the six realms of samsara with a mind and body of a new life, in accordance with the karma they have created. out in the past). Do you know what the Buddha said about anger? Let me tell you. Buddha advises us not to be angry. Buddha does not distinguish anger because there is a good reason or not, reasonable or unreasonable. The Buddha said that when we are angry, we harm ourselves. At that time, my brain is no longer as smart and as sharp as it used to be. Anger makes your brain the brain of an animal. When anger is in our body, we release toxins to the body. I have a story about anger: There was a couple who had just given birth to a 1 month old baby, the child's parents had a heated argument, causing the baby to wake up. The mother gave the child milk to drink, the child then died instantly. Why ? Because when people get angry, they will release toxins. So the mother gave the baby pineapple milk to drink after arguing, the toxins in her body were born and will be transferred into the milk, when given to the baby to drink and it died immediately. How to deal with anger? To deal with anger, we must have compassion, forgiving all the faults of others. There are three sentences to remind the mind not to get angry: "Don't think about other people's fault, only think about your fault I don't see other people's fault, I only see my fault Don't say your fault, just say your fault. These are the three sayings to remind the mind not to be angry. And always forgive others. In my personal experience, there are many ways to put out the fire inside me: meditating, reading a book, ... but I find that when I get angry, I will drink a glass of water, wash my face. When we are angry, our body will heat up like a fire, so drinking water will help us put out the fire inside of us. After drinking water and washing my face, I will keep my mind at peace, in order to find my fault, my heart is always compassionate and loving to everyone, always reminding my mind, tweezing my mind and resting my mind. After learning about anger, I was no longer angry like before, but always cheerful. But after learning this lesson, I have changed. No more anger or scowl. And you always have a smile on your face. Thank you everyone for listening