DISSCUSION EXERCISE 2

Hello everyone, today I would like to read about my homework.

In Buddhism there are different types of meditation: Mindfulness meditation. Spiritual meditation. Meditation focus..... Meditation is only one part, but the person who practices meditation is the most important. Why ? Do you know ? For example, the same teacher teaches 6th grade but one friend gets 10 points and one friend gets 6 points. The fault is not the teacher's fault, but the student's fault for not studying hard. Meditation means you have to be focused and your mind clear. When walking, standing, lying down, sitting, ... we all have to meditate. For example, when I wash the dishes, I just focus on washing the dishes and don't think about other things. If I think about other things, I won't get good results. You should meditate like the earth: the earth is not bothered by anything that falls. up there. So if you practice meditation like the earth, you won't have a feeling of pleasure or displeasure about anything. Practice meditation like water, like fire, like wind, and like space: all without being bothered by feelings of pleasure or displeasure. Practice like water, like fire, like wind, like space, and your mind will no longer be entangled. Breathing meditation will help us practice anger control. When we breathe in, we know we are breathing in, when we breathe out we know we are breathing out. The breath is so soft, so gentle, we can feel it, we know it. Long breath we know long breath, short breath we know short breath... When we meditate, it will help us to be peaceful, happy, serene, peaceful, free of entanglement, helping us to enlighten our mind. wisdom, intelligence, enlightenment and liberation.

Thank you everyone for listening to me