NAME: CAT TUONG

AGE: 11

ROOM: 1

THE MEDITATION HELPS US TO CONTROL THE ANGER

In my opinion, there are two kind of meditation to train ourselves to control the anger. The first meditation is: meditation of compassion to removes the hatred, for examples: when someone makes us angry, we will try to think of their good action, get rid of her mistakes and will not be angry with her. The meditation of compassion help me to know how to remove the anger. When I feel angry with someone, I will not hit or hurt them but I will be calm and think about their goodness and ignore their mistakes. This meditation help me to know to sympathize and love everybody more.

The second meditation is: mindful meditation. This meditation teaches us to have to be mindful in everything. For examples: We are breathing in, we know we’re breathing in. We are breathing out, we know we’re breathing out. We are hungry and we know we are hungry. We’re thirsty and we know we are thirsty. We are hot and we know we feel hot, we are cold and we know we feel cold. We’re not comfortable and we know we’re not comfortable. We are angry and we know we are angry. So we will control the anger easier.

Two kind of above meditation help me to know to be mindful in my life, be nice and be compassionate with everybody more.

THANK YOU TEACHER FOR YOUR READING