Hello everyone, my name is Bao Ngoc. Today I would like to talk about exercise number 2. In Buddhism, there are many types of meditation: quiet mind meditation, walking meditation, lying down meditation... In which, equanimity meditation is the best meditation to train yourself to develop compassion. To develop compassion, one must practice according to the teachings of monks and Buddhas, know how to help, help parents, help friends in study. Be filial to your parents, grateful to your teachers. Zen trading equanimity is to remove greed, anger, ignorance, market disobedience. Let the mind always be peaceful, peaceful and always joyful. For example, when we meditate we have to let go of everything. Because when we let go of everything, we will be able to calm our mind, focus, relax, and be at peace to meditate well. Mindfulness meditation is a meditation that helps us develop compassion. Because it will help us to let go of the negative things in the past .

Thank you everyone for listening I’m finsh goodbye