HOMEWORK

NGỌC GIÀU CLASS 1

* Anger is one of the three things make people became bad: greed, anger, stupidity. First, you feel uncomfortable, unhappy when you see someone doing something you do not like. Then you become impatient, your words become rude,and finally you become angry with them. When you are angry you are ruining your relationship. People around you will feel uncomfortable and they will be angry with you too. It does not stop with you and them just arguing. But sometime you and them will be fight each other. This is very bad.
* The buddha teaching about anger is: you must love them who are angry with you, you have to giving kindness to them, you have to compasstion to love them.You must mindfulness, thinking carefully, control your action. The people smart not angry, he always control him action, breathing in, breathing out when he feel uncomfortable. So he can not angre with someone.
* And for me, i understand it very well but sometime i can not control my action, sometime i was angry with my younger brother about little things. And i was angry with myself about something simply example: the weather is hot, and i was angry with myself.
* But now i have changed, i understood the buddha teaching so i meditate 15 mintues everyday it is make me can control my action, compasstion to love, mindfulness with me and everyone.
* Mindfulness meditaion is a key of meditate.
* 1: mindfulness Meditation means:when i am breathing in i know i am breathing in, when i am breathing out i know i am breathing out, when i breathe out long, i breathe in short, i am aware of my breath. I control my breath and my mind. I meditate as land, water, wind, fire, space. All that is not mine, the land, the wind, fire,space, water can will be angry sometime. When i feel uncomfortable i will mindful, breathing in and breathing out, i know i am breathing in and out. I know my mind is upset, i have to stop
* So from now , i will start practicing sitting Meditation by breathing in and out, meditating for 15 minutes everyday i will try to control my action by mindfulness Meditation

THANK YOU FOR READING MY HOMEWORK