Hi I Thanh Ngoc

Every places, every time you go, at least you will see one person angry. I know that it was a big problem in our emotion system. Anger is an emotion when something make we feel uncomfortable or we went out of patient with someone.

In the Buddhist psychology identifies anger as one of the six root bad reaction, detrimental emotional states that can cloud the mind, lead us to “unwholesome” actions, and cause our suffering. ... “Beware of the anger of the mind, and control thy mind! In Buddhist teachings, anger is most often me compared to an “out of control forest fire” or a “rampaging elephant. Why these two? Simply because anger reacts and destroys quickly; we often don’t have time to control it — it will exploded like a bomb : angry words that hurt, angry fists that bruise, angry weapons that kill, angry actions that destroy relationships, angry reactions that destroy business deals. Or even, the Buddha had said about anger many times let me take for you some of his words, he said:

“Holding onto anger is like drinking poison and expecting the other people to die.

You would not be punish for your anger, you will be punish by your anger and you are your anger victim.’’

So, I have think of five easy ways to calm down when an anger start to burst out in your body. Just like splashing a water bucket to your fire, let go! First one is meditate mindfully in the present moment, observing anger but not participating in it (Even psychotherapist use mindfulness to help patients manage anger.) so amazing right? You will be even more surprise when I announce the last fourth way! I have knew an imformation by the psychologists’. The people who is easy is get angry is people who get the emotion hurt the most. So because of that, I have thinks out away for those people. It is to be attentive to the kindness of others, and overlook their unkindness. Let move to the next one. Practice kindness and compassion for all beings, putting your enemies first in your meditations use wisdom (and patience, a form of wisdom): the next way is for the intelligence and patient people. Are you that type of people? Let go and find a way for you. Analyze anger meditatively, understand its cause and effect; approach problems with patience — with time, anger fades substitution. The last one was also the best solution for you I think. Substitute. something positive for the negative. In other words, if a person’s action angers you, analyze the person to find the positives you can focus on. (For example, a police chief angers a community because of a “no leeway” rule on traffic tickets; but if you analyze the police chief you see that your community has the lowest crime rate in the area.) In Tantric practice, substitution becomes “conversion” where afflictive emotions are converted into positive action and practice. (Classically, yamantaka - meditation for anger. so what would you rather to choose. how often you have an anger, and please tell me how you have change after using my ways.

But you have remind me of my biggest anger before knowing of Buddhism. Let me tell you. Many years ago, my mom always want me to be the best so she make me study in day and night. Of course, I knew her feelings so I did as she said. But after two days, I felt like I going to die because of tired. So I complain her and show her my feelings. But she thinks that I am just over react so my patience got out and a big volcano broke out inside my body. I and my mom have a very long argument. The she said she not my mom anymore, and I said whatever. Then we are not talking or even looking of each other for a week. Until a morning, she came up and apologize me. And of course, I forbear her and we played and smile like nothing have happen. And that is also my unforgettable memory of my childhood.

So are you remember about the first way to calm down in the last part? Yah, it is about meditation without joining the anger, right? So many of you may asked yourself in your head like:” how can we do it?’’ to make it easier for you guys, I with make this instruction text so that you can calm down when you have an anger. A few day ago, we have took out the main lesson in the Rahula story,. This is quite surprise but the instruction is already in one of these story without your knowing. It is in the second one when he was eighteen years. So you have to know what are you doing right now. Thinking: I will not receive this anger so take it back. I am the ground nothing could make me anxious. I am the water nothing can make me worry. I am the fire so nothing can make me bored, I am the wind so nothing can make me get angry. What is hartet, what is anger, my element don’t have these word. Close your eyes and say: "I know that I'm angry now." BREATHE DEEPLY: while breathing out, with the exhalation, say: “I send compassion towards that particular emotion and energy.” In this practice, do that mantra, or some variation of it; this will magically interrupt the general pattern of unskillful, thoughtless reactivity. This on the spot practice can instantly provide a moment of mindfulness and sanity. It helps you take better care of yourself, rather than putting yourself down; and it heads off negative behaviors that we realize we don’t want to do, because such reactions have not really helped us in the past. You have to believe and REMEMBER that: THIS TOO SHALL PASS. You will pass this. BREATHE IN, BREATHE OUT. Then consider how and if to respond, and not simply to react. In your head, it just breathed in and breathed out, put your anger beside then you will feel better.

Thanks for listening!