Minh An Class 1

Everyone has positive emotions and negative emotions. As we well know, anger is a monster. The opposite of anger is love. We always think love is lofty and great. But do you understand love thoroughly? So today I will inform you about love.

Basically, love is a very noble feeling. Love has a lot of kinds. For example, fatherhood, friendship, motherhood, brotherhood,... And for some people, love can last a lifetime and never go away. Most of us think like that.

The definition of affection is extremely simple. We always think that love could be a normal feeling that we all have, love comes from us. Yeah, I don’t say it wrong, but if you're thinking that love is simple like that, you completely wrong. There is also a truth behind it, a truth we may never know. Some philosophers, scientists, and the Buddha as well, had to find out about love. He said love can only be great when feelings arise sincerely from either side. When in love, they do not care about the looks of the opposite. That is true love.

The Buddha also said that true love needs four important elements. First, is loving-kindness, the ability to bring happiness. In love, if you can't make the other person feel happy. It's not true love, it's just hurting the other as well as is make you hurt too.

Second, is compassion. Compassion can remove the suffering. If you can't appease the other or can't remove the suffering. That is not real love

Third, is joy. You can make the other person happy every day, that ability creates true love too.

And the last one is inclusiveness. Inclusiveness in love is not just for one, it can much more. As well as your love too, it is not just for one person, it can be for much more. Happiness becomes limitless, and that is the love of a Buddhist. Your love can be for animals, nature,... Like Prakirti, she loved Thera Ananda. She said she very loves Thera Ananda. She loved his eyes, his mouth, his voice, everything. Buddha said that is the mean love. The true love is for everyone, not keeping that person for yourself.

If love has all these 4 elements, it can bring a lot of happiness. But do you think love can be hatred, the lover can be the hater? You have probably thought about it once or twice but definitely, you don't think about it much. You see, a lot of couples love each other for a long time, maybe for four or five years, even for 10 years. But eventually, they divorced. Or some families, even though they know the love between parents and children is very mighty, but sometimes, that love can still fall apart. In the love, if we can't trust each other, even a small mistake. But can also hurt them. It can burn love two of them.

Love just can be true love when it without attachment. We can be free in love, don’t need to rely on anyone, just need to be ourselves. We can feel comfortable. If we are too dependent, rely on the other, they will not respect us. And if they don't respect us, it similar they can't believe us too. Love will end. In fact, many couples break their love like this way.

I believe that plenty of individuals have the identical question. How can we love someone that we hate? Well, it very difficult to answer. When you hate someone, your mind will think:" I hate them, they did the bad things to me, I will be able to never talk with them." You want to make them suffer and you will also do bad things for them too. You will make them disappoint, cry, upset, annoyed,... And if you are doing this stuff you are rather like them. Why don't you are attempting to talk with them for once? Why don't you are attempting to think about their good qualities? Just try to think carefully, you will think differently about them.

If you hate someone for no reason, you are wrong. Why? In Buddhism, there is reincarnation. The person you hate now if in a previous life they were your father, your mother, or your friend. What will you do? If that person is your parents, you are an unfilial child. And if you don't know them and still hate them, then in the next life this will continue. You will live in misery. The person you hate won't be with you forever. Everything is alive, everything is dead. They will die but your hatred will cause you in suffer in the next life.

You know, everything can rebirth and also dead too. Nothing is forever. The Buddha taught:” It is not mine, the ego is not mine” Everything returns to the 5 elements, soil, water, fire, wind, and space. Your body, your face,… Including anger, love, hatred,… Everything comes from 5 elements.

If you are very angry with the person you hate, why don’t you meditate? You can do mindfulness meditation. You just need to mindful of breathing. When you meditate, you can observe yourself and think why I hate them? You have to observe your breath to know your own answer. With the happiness, I breathing in. With happiness, I breathing out. Breathing in, I am aware of my whole body. Breathing out, I am aware of my whole body. Breathing in with the stable mind. Breathing out for the whole body. You have to know your breath long or short, which nose is your breath goes through, you are still breathing,…If you can do this method, you can calm down. You may not hate someone anymore because the anger inside you disappear. It returns to the 5 elements. By this way, you can live more peaceful.

If you wish to possess true love, let’s try and relate ten perfecting qualities dottily. It may very helpful. Why do I say it? You see, in the ten perfecting qualities, we must always be generous, compassionate, friendly, truthful, bear and forbear wrong things of the others,... this stuff is filled with four elements really important in love. That’s why attempt to honest, try to be generous, helpful,… you would possibly have true love. you may be happy.

As for me, before I thoroughly understand love, I just love myself. I never care about anyone, even my family. If I have something, I never lend it to others, I fear it will be damaged or lost. But after I know how is love, I realize my shortcomings in life. I love my family more, the animals, nature more than before. I feel the love is so beautiful and so mighty.

To summarize, we need to have 4 elements to have true love. Loving-kindness, compassion, inclusiveness, and joy. Try to relate ten perfecting qualities in life and try to think differently about someone that we hate. Everything returns to the 5 elements. So don’t hate them anymore. So that’s why I said, love is extremely simple but not simple. It is plenty of mystery behind it, behind that simple cover.