Minh An class 1

All of us well know, love is a great emotion. But if we don't mind it, don't develop it more. Love can't still be greatness. But how? We have to do loving-kindness meditation.

Loving-kindness is similar to different meditations. You have to practice. You need to focus your loving energy and pass it on to others.

Loving-kindness meditation has the basic thing you have to know is mindful breathing. This is the basic step for almost the meditation. When you are mindful in breathing, you also observe yourself too. We have to breathing in with the happiness, breathing out with the happiness. Breathing in with the sensitive mind. Breathing out with the stable mind. Breathing for the whole body. You have to know you are breathing, your breath goes through the right or the left nose, your breath long or short. You probably never mind about your breath. So when you meditate, try to mindful of breathing. You will feel the novelty.

Mindful of breathing sounds very simple but not. Can you patient to mindful in breathing for more than 30 minutes? Can you mindful in breathing every day? Probably no, right? It’s easy to meditate for 5 minutes but hard to keep it daily and meditate for 30 minutes a day.

Through all these things, the best way to develop loving-kindness is to meditate. You have to observe your breath. Do it daily, again and again. You can make yourself happy as well as the other.