Minh An

Anger, frustration, sadness, scared,... They are all negative emotions. We all have negative emotions. It's very normal. But how to turn them into positive emotions, we don't know yet. So today I will tell you about anger - the source of all sufferings.

Anger is a normal emotion that we all have. But if we are always angry, people will feel annoyed. You know, when there's anger inside our body, it's like a fire that can burn the whole field of our happiness flowers.

We can know the definition of anger. But do you know what the Buddha taught about anger? So let me tell you. The Buddha uttered verse 231: "Beware of the anger of the body, and take control of your body! Abandon the sins of the body, and with your body practise virtue." I think the sentence means that when we are angry, we have to control it and entire the whole body. Otherwise, the consequences are very unpredictable. For example, when someone makes you feel annoyed, you will think:” I want to punish you. I want to make you suffer because you made me suffer. Seeing you sink in suffering will make me feel better.” And of course, they will get angry with you, right? They will hate you and will leave you. If this happens, again and again, no one can't talk to you, who is always irritable. Buddha taught us when we are angry, we should know we are angry and we have to know why are we angry. This sound is very silly, but it can calm you down. Then, when you accept that you are angry and know why are you angry. We have to know the method of looking deeply at the person who made us angry. That helps us can realize that the other person is also suffering and they need help. After that, the important thing, we have to look at the mirror. Why? We have to see our faces when we are angry, how ugly we are. Our eyebrows are furrowed, our skin sags and our eyes slant up because we are irate. We can’t decide the right things. That’s why we have to meditate. All the babies when they are crying, they need their mom. Just think that you are a mom and the anger is your baby. You have to make your baby calm down. You just need to breathe in and breathe out, the anger will calm down. Slowly raise it like raising a baby. Let it become a good seed. Nurture it every day, changing anger into happiness. This can help us deal with anger easily. It's like when we cook potatoes, we can't cook them for 3 or 5 minutes. We have to cook them for 15-30 minutes because the potatoes will be fragrant and delicious. The anger is like that, when anger is alive, how can we be happy. But if we can change it into a good seed, the negative emotions will go away and be replaced by positive emotions like peace, joy, happiness. One more thing I want to say is to take the trash and turn it into flowers. Well, as you well know, love can become hatred. You are always thinking, love is lofty, a mighty love, no one can break the love. Yeah, I'm not saying it's wrong, but nothing is forever, right? Friends become enemies, the lover becomes the haters. It is possible. If this happens. Don’t be afraid. Just think: "I will pass, I will turn hatred into love." So just do everything with your positive emotions

Once time, when I was not at the top of my class, I was very sad and disappointed. I get mad at everyone, my parents, my friends, I throw everything in my room… I almost gave up. Then I meditated and I knew I was wrong, I changed, I realized that I almost gave up everything and almost wanted to stop the study, my life will be black. I will embrace myself in regret. Day by day, the anger disappears, I am interested in learning again, but I know the anger is still inside and hasn't come out yet. But I certainly know I'll pass., I’ll try my best.

As you can see, when we get angry, all the good things go away. Instead, there is hatred. That's why we have to practice meditation as well as calm down to deal with that anger.