Minh An class 1

Through 2 tasks, we can understand what is love. Love is an emotion that we all have. Love has a lot of mystery. We need 4 elements, compassion, joy, Inclusiveness, loving-kindness to have true love. When you hate someone, you have to remember it. If the person that you hate is your parents in the previous life, now you are an unfilial child. We shouldn’t hate someone because the hatred comes from us. So it's only us who suffer. If we want to have real love, we have to relate ten perfecting qualities. It helps us can be more generous, honest, bear and forbear the wrong things,... This is important to have real love. We also need to meditate. When we meditate, we can observe our breath. We don’t get angry with someone for a silly reason. And of course, it also helps us develop loving-kindness. So that’s why I said love is extremely simple but not simple. It is plenty of mystery behind it, behind that simple cover.