Minh An

Through the 2 tasks I have done, we study anger. Anger is a negative emotion that we have to remove it. If the anger is still alive, it can burn our kind hearts. So that’s why we have to deal with the anger, turn it into a good seed. But we have to treat it gently, with a mighty love. And what is the specific way to deal with anger? Let me tell you. We have to meditate. Why? When we meditate, we can observe ourselves, observe our breath. Is the breath long or short, which nose is the breath go through,...We also have to mindful in eating, it can calm you down. Which goes hand in hand with understanding theory is practice. By this way, the anger will disappear, it will return to the soil, water, fire, wind, and space because the anger is not mine.

One more thing is about Anger Poem. I think the meaning is when we anger we have to know that we are angry and have to change. I will tell you in more detail when we get angry, we are like a chariot gone astray. Then we know we were wrong and regret it, we have to change ourselves, and we are like a real driver. We have to tell the truth, don’t yield the anger, who asking for a little of the anger, we will give it away, without regrets. Wise people won't hurt others, who know their bodies. Therefore they will no longer feel suffering. Those who wish to reach nirvana, practice day and night, passion, desire will lead them.

In general, anger is very dangerous if we keep it for a long time. So we have to meditate daily to remove the anger.