Thanh Ngoc, group 1``

 Today we will talk about a topic that a lot of people have but very little people know about it. It is love. A love with yours parent, siblings, with the lover couple and love with friend which is friendship and many more. It is a feeling when you feel a connection string from your heart to someone. According to Buddhism, happiness can be achieved only by practicing love. Without love, there is no happiness, and true happiness comes from true love. True love is so much more than just finding the perfect person to be with. According to Buddha, if kindness, compassion, joy, and freedom are the qualities that characterize your relationship, this means you're experiencing true love. The Buddhist idea of love also says that love should always come from the same place as faith. These should never force you to attach yourself to the other person, which can lead to suffering. You don’t have to glue yourself to anyone to practice love according to Buddhism, because that’s impossible. Nothing stays in one place forever. Everything changes, everything transforms. This religion says that you can only truly find happiness and fulfillment within yourself. You can only share these with other people from within yourself, but never completely. That’s because dependence is never a part of Buddhist philosophy. He also tell us the four main things about love quality let find out.

 Maitri– Nothing can be as powerful as love and kindness. They create happiness. When you develop these feelings, it creates true love. This is especially true if you can help another person create these feelings as well. If you’re a source of joy and happiness for someone else, that’s true love

.Karuna– Suffering is the root of all human pain. True love is making yourself and others suffer less. “There is an art of suffering. If you know how to suffer, you suffer much, much less.”

Mahakaruna– If you practice compassion, it will grow. Others will pick up on this energy and embrace it in their own lives.

Upeksha– Without joy, love is not love. If love makes another cry every day, it’s not love.

Let me tell you a simple story about love. A long time ago. When the Buddha was meditating in the forest. An angry rampaging elephant come and want to kill him. But soon, It was impress by the Buddha metta. Metta is kindness .He has train a angry elephant without using weapon or violence. Soon, the elephant bring food for the Buddha every day for him to survive. So you can did that with your enemy use your metta to impress them.

We could not change our own nature because of a bad people. Whatever they do or said to you, you don’t care, you just be your personality is kindness. Healing their worse with our love. So you may asked, what if our enemy hate us and treat us bad? How can we love our enemy? And that is what exactly what I want to tell you on this text. Remember that you are paying for the action in your last live. So you must be happy instead because you are finishing paying your bad deeds. Acted happiness when you see them, try to be friend with them. When you be friendly, they will change their thought about you and make they feel guilty of themselves. Remember this, every times you see them. With happiness I breath in, with happiness I breath out. With loving and kindness I breath in, with loving and kindness I breath out. Why you have to do this? It help you to calm down and be happy to met them.

 So I have think of a plan to love your enemy. I going to named that plan is “seven steps love enemy by Ngoc” plan. What a good named. Yah, you ‘re right, it have seven easy steps. Let go.

First step. Stop, what you are doing. Breathe slowly. Detach yourself. Why we have to do this, why? Because you are going deductive about your enemy so you have to focus.

Second steps. Put yourself in their shoes. What is shoes, it is the shoe that we normal wear? No, it not. Shoes is like situation. And this mean put yourself in their situation.

Next steps everyone. Seek to understand. So what if it was misread there is some problem that you don’t know and you think they are wrong. So try to understand them.

Then seek to accept. Look at their positive part and try to forgive them.

Step five. Forgive, and let the past go. Maybe they have a worse past, but when you persuade them, they will be a better person.

Number six is see them as yourself. How much you love yourself, love them just like that, how good you treat your body, treat them as nice as that.

The final steps to be friend with them is find a common ground of you and that person. The more common you have the more friendship you have. The common make you guys feel similar with together.

 Let move to another topic. You guys have read and memorize the ten perfecting quality many time. But have you ever notice what sentences mean love in that exercise? It is the sentences number five. Let me explain. Loving kindness is a mental state cultivated by practice. It involves a deliberate and total abandonment of self-centeredness in favor of understanding that the suffering of others is our own suffering.

 Let me tell you of a marvelous story of the vast love of my brother. Every time I see him, I always make fun of him by silly named and complain him by a funny voice. I know it just a joke, but I have hurt his confidence a lot. I don’t know why I did that. But many plenty of times that his sibling love heal the problem. Whenever I fall he was always behind to catch me. At midnight I was hungry, he was also the only person who cook for me a lot of amazing treats. So I just realize that my joke went too far so I had to stop it. Then, I and my brother always be together to enjoy the happiness.

So you have to remember that nothing is forever so please appreciate everyone. Because when you lost them, you will see how value they was to you.

 Thanks for listening