Minh An

All of us have anger. And anger is a monster, a negative emotion that we have to remove it. But how? That’s why I’m going to tell you about mindful meditation.

Mindfulness meditation is one of nine popular types of meditation. In this meditation, we can reflect on ourselves. When we meditated on mindfulness, it will help us live with a clear purpose in the present moment, without worries

First, I will say about mindful in breathing. This is the basic meditation that Buddha taught us. It just basically observe your breath. Breathing in, I am aware of my whole body. Breathing out, I am aware of my whole body. Breathing in with a stable mind. Breathing out for the entire body. Focus on the breath. Come back to your body, observe it with the energy of mindful breathing. When you breathe, you don't mind everything, just mind about your breath. You are very busy all the time, but when you are mindful of the breath, you need to know whether you are breathing, whether you are breathing long or short, the breath comes in and out through which nose. You see, that helps us feel more about our bodies and also calms the anger that's burning inside of us. When you breathe, you don't mind everything, just mind about your breath. Then, the anger will go away, it will come back home. As you well know, in the second lesson that Buddha taught to Rahula, he said:” This is not mine, the ego is not mine” So, 5 elements, soil, water, fire, wind, and space create anger, the anger is not mine.

Second, we have to mindful in eating. It sounds not very irrelevant. Yeah, I know, but when you mindful in eating, you can know what do you eat, how is the taste of the food. It helps you don’t mind about anger anymore. The anger will disappear.

Third, you must practice this mindfulness meditation. When you practice it daily, when you are angry, you can control yourself and not acting immaturely. Meditation doesn’t just calm you down and remove the anger. It can help you relax at work and study as well. You can be happy and productive all day. Meditation also helps your brain develop in the right way too. Believe me! So we should meditate for at least 30 minutes every day.

As for me, when I was angry, I was mad at everyone. But then I started to meditate and I was able to calm down. I regretted and realized my wrong things. But I very thankful for meditation, I was able to calm down and deal with anger easily.

Finally, all meditations can facilitate your get obviate anger. But in my opinion, mindfulness meditation is that the most fitted. It sounds easy but hard to keep it daily. Mindful breathing and mindful eating are the fundamental things that you need to practice for a protracted time to get rid of the anger. Anyways, it depends on you. The people who are not angry can get rid of all suffering. They are always calm and peaceful with life 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.