Dang Quoc Lam

15 years old – Group 1

The true love

Love is a precious gem in each of us, when we know how to love, we will find ourselves very happy. According to Buddhism, happiness can only be achieved by practicing love. Without love there is no happiness, and true happiness comes from true love. Truly unconditional love fills your heart and it has the power to heal while giving deep meaning to our lives. Buddha taught the true love is a true love in the heart and no conditions. There are many ways to show love to the other person such as: Help mom wash dishes, sweep the house, dry clothes, cook,... Ignore everything with friends even if they make me angry,... The Buddha used to taught: “You can search throughout the entire universe for someone who is more deserving of your love and affection than yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection”. Love gives you the complete comfort of knowing that you are not causing pain or suffering to anyone. Instead, you helped bring them joy. If you want to love someone you hate. You have to think about their good character, their good side. Then you have to treat them kindly. In a while, you will change from hating them to loving them so much. So let's love what we believe in in life.

Thanks for teacher if you reading my discussion