NAME: CAT TUONG

AGE: 11

ROOM: 1

THE TRUE LOVE

The love it is a mood to make others be happy. Love from the child to his parents, love from the mother to son, love of friends,… BUDDAH taught the true love is a true love in the heart and no conditions.

If there is love then there is happiness. If there is not love then there is not happiness. The true happiness from the true love. The love which is unconditional and full in heart, give us a lot of meaning lesson to our life. The references of BUDDHA teaching of love is: we should love everybody. Not only to love beautiful people but to hate ugly people, everybody will be loved the same.

**The Ten Perfecting Qualities** help me to have a true love. I should not be selfish and self-possessive but selfless and self-sacrificing. I should be generous and helpful, I love my parents and I always help them to do something. Some people ask: how can I love the people I hate. According to me if I hate some people then I will think about their goodness and ignore their mistake. For examples:if I hate my friend, I will think about her goodness and anything she helps me and then I will not hate her any more.When I feel uncomfortable with my mother, I will think about anything she does for me and I will not hate her and love my mother more.

After the lesson, I can study what is the true love and I love everybody more.

THANK YOU TEACHER FOR YOU READING