Vinh Phuc

In my opinion, I know that love is about cause and effect. IF you love someone mean that someone will love you back, or you treat to someone nicely, they will treat you back at the same way you treat them. The Buddha said that “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.” The Buddha encourages independence through non- attachment. Non-attachment is the idea that in order to be fulfilled and happy in life, a person cannot be attach to any one thing because this thing can cause suffering. Love in the Buddhism is a pure feeling that you give unselfishly to another living being. IT comes with a total feeling of comfort, knowing that you haven’t caused pain or suffering to anyone. Instead, you have helped bring them joy. If you want to love someone you hate. You have to do think about their good personality, their good face. After that, you have to treat them nicely. For a while you will change from hate them to love them a lot.