1. Summarize teaching

We study the structure of the brain and the heart. The heart and brain are very important. They control our bodies. When you thinking, your heart beating. Your brain has 2 parts. Right side and left side. The left side is about logic, language, your thinking,... The right side controls your feelings. The person who is smart develops the left side. Everything you think activates your heart. There are 5 kinds of brain waves. Beta, Alpha, Delta, Theta, Gamma. Everything will die. Animals, humans,… And we never know when we die. You can die every time. So don’t waste time. Don’t relax. You don’t know when you will die. That’s why do the best thinh before you die. Make a good life. If you just relax, don’t study. In the next life, you will reborn as an animal. Do exercise to take care of your health. Read books to develop your brain. This is a simple method to achieve your goal in the future. Now, many children destroy their future. They just play games.

1. My expression

Yesterday, when I heard about this teaching, I was really surprised. It was so wonderful. I read a book before our body before but I can’t thoroughly know. But after I heard this teaching, I can know bout my body. The structure of the brain and the heart. How we waste the time. We have to read books and do exercise to develop the brain and the heart as well. Every day, we waste the time relaxing, play games. We never know whenever we die. So we have to do all the good things. Because when we die, we just have the empty hand, empty knowledge. In general, this teaching is so wonderful.

1. My question ( I have nothing question for this teaching )