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Rong mo tam hon - Thuc tap tu bi trong cuoc song hang ngay

Dalai Lama XIV

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Toi luon tin rang moi chung ta deu san co mot ban nang khat khao hanh phuc va khong muon dau kho. Toi cung tin rang muc dich chinh cua cuoc song la de trai nghiem hanh phuc; rang moi chung ta deu san co tiem nang nhu nhau trong viec phat trien su an binh noi tam de qua do dat duoc hanh phuc va niem vui. Kha nang tiem tang nay khong he khac biet giua nguoi giau sang voi nguoi ngheo kho, giua nguoi co hoc van cao voi nguoi that hoc, giua nguoi da den voi nguoi da trang, hay giua nguoi phuong Dong voi nguoi phuong Tay. Ve mat tinh than va cam xuc, tat ca chung ta deu giong nhu nhau. Ve mat the chat, chung ta cung giong nhau ve co ban, cho du mot so nguoi co mui cao hon hay mau da co the khac nhau doi chut... Nhung nhung khac biet do la nho nhat, khong dang ke. Su tuong dong ve mat tinh than va cam xuc moi that su quan trong. Chung ta deu giong nhau o nhung cam xuc gay kho chiu cung nhu nhung cam xuc tot dep mang den cho ta noi luc va su an dinh. Theo toi, dieu quan trong la ta phai nhan thuc duoc kha nang tiem tang cua minh va nho do khoi day long tu tin. Doi khi ta chi nghi den nhung mat tieu cuc cua su viec va roi cam thay tuyet vong. Do la mot cach nhin sai lam. Toi chang co phep mau nao de ban tang cho quy vi. Neu ai do co quyen phep nhiem mau, han toi se tim den nho nguoi ay giup do. That long ma noi, toi luon hoai nghi nhung ke tu xung la co quyen nang phi thuong. Tuy nhien, thong qua su ren luyen tinh than, voi nhung no luc khong ngung, chung ta co the lam thay doi cam xuc hay nhung khuynh huong tinh than cua minh. Va dieu nay co the tao ra mot su thay doi that su cho cuoc doi chung ta.

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