

- 1) To be happy is to suffer less - 3 ch - rather depressing  
- lets be proactive - do something.  
- Could have happiness with 3 robes and a bowl

Freedom ★ - The most basic condition for happiness.  
- but if ~~you are~~ you are very disengaged, you are meaningless.

Freedom - Not Political - from Anger, Despair, Jealousy & Delusion  
The 4 Poisons

- 3) When a person/speech is full of Anger - it is because they suffer deeply.

★ Compassionate Listening relieves suffering  
④ If you can listen compassionately for one hour you can relieve a lot of suffering. one goal - Allow the other person to express themselves and find relief.  
You listen not to judge or blame

★ 9 Story of wife who learned compassionate listening.

⑥ What happens to the body also happens to the mind, and vice versa

27 - Anger - Powerful - Breathe in Peace fully and Mindfully and smile mindfully.

53 - Punishing the other person is selfpunishment