

Kindness Cures Anger

(Original)

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Many afternoons when I walk to the bus stop after school, a boy from my class come running behind me and pinch me. He does the same inside my classroom and on the corridor. When I ask him to stop, he ignores me. Two girls from my class stretch their legs when I walk and trip me. They say bad things about me. When I ask them to stop, they ignore me.

Their bullying hurt me; it made me confused, sad and really angry. Their bullying made it difficult to concentrate in the class and I started failing in my studies. That made both I and my teachers upset and angry. Teachers complained to my parents. That made both I and my parents sad and angry.

I asked my mother why those students are unkind to me. She told me that they do it because they are sick. She said their sickness is anger. When I asked what could cure their anger, she said the cure was loving-kindness. She said that Lord Buddha has preached so: "hatred can never be appeased by hatred; it can only be appeased by loving-kindness".

I am originally from Sri Lanka. My mother told me how suicide bombers attacked churches and hotels in my country. There were more fights after the bomb blast, because people were angry with those who planned the attack; they attacked the attackers. My mother helped me understand how one unkind act of anger lead to more bad feelings, making so many people hurt and angry. I saw how anger created more anger.

So, how can kindness save me from the people who hurt me? How can we use kindness to stop the people who make bombs? I tried to be kind to the bullies, and play with them. At the same time, I reminded myself to see them as sick children. If they were sick, then I should be kind to them. When I forced myself to see them as sick children, my anger reduced. With my mother's help, I told myself to feel sorry for them. This helped me not to be angry and concentrate better on my studies. That in turn helped me to gain my teacher's approval and made my parents happy.

So, kindness is not about stopping people who are unkind. It creates a kind society by stopping anger from spreading. When I stopped feeling angry, it stopped my teachers and parents from feeling angry. Just like me, if people from Sri Lanka practiced kindness, they also could stop anger from spreading. That would have created a kind society where they could solve their problems in kind ways.

What about the students who bully me? The bullies had groups of friends who supported them. My mother told me that it was the same with the angry people in Sri Lanka. They also had groups of people from many countries that supported them. If that support was not there, one person could not have done it.

So, people should stop supporting angry behaviors, if we want to make our society kind. But, this is not what is happening in the world. Many countries are fighting with each other. A lot of people, including children, die everyday because of such fights.

We have a big responsibility to create a kind society by refusing anger. I helped to make that society by asking my parents to ask my class teacher to stop the bullying and by making new friendships with students who were also bullied. My parents talked to my class teacher; my class teacher advised those students not to disturb me. My new friends helped me to deal with the bullies. I helped them to deal with those who bullied them.

Kindness is the best cure for the anger in our world. Kindness helps kind people, making them happier. It also creates more kindness; when I was kind to my new friends, they were kind to me. So, I believe the best way to create a kind society is for each one of us to be kind, to be the kind person we want others to be.