

Meditation Master JinBodhi's Dharma Teachings**The Art of Speaking**

To truly achieve health and freedom in body, mind, and soul, we should accumulate virtues and merits, and perform all good deeds. Perform a kind deed everyday. What is kindness? Does it mean one has to donate to a certain place? The wealthy people want to donate all the time. I welcome this type of person very much. Actually, performing a kind deed is to spread happiness and beauty to others. I praise you as I see you today. It is an art to give compliments. Give authentic, appreciative comments. Some struggle with it. To a cool, open-minded girl, they say, "Oh! you're one tough girl!" The result is a beating. Thus, when giving compliments, be tactful and compassionate. Not everyone understands jokes. Joke around with those who understand them. Even if you joke with an acquaintance, there is a limit. Understand? Engage in appropriate communication. Many people have a good heart but do the wrong things. Some praise beauties by saying, "You are ugly."

When a female disciple was young, she studied at a top university in China, Tsinghua University. She now has a 17-year-old daughter. One day, her daughter told us though her mom looks different now, she was the most beautiful girl in the school! I smiled as soon as I heard that. The person beside me said, "If she was the beauty of the school, did Tsinghua still have any pretty girls left? She looks so ordinary! Our female disciple's face fell instantly. Her face became sunset red, beet red. For a long time after that, she constantly dwelled upon it. She knew the comment about her being 'the beauty' with her plain appearance was a joke, and she shouldn't take it to heart. However, there should be a limit. I believe everyone is very cultivated and knows the boundaries in communication.