

Put it down 내려 놓아라



Buddhist monk, Um Yang visited Master Monk Jo (778-897) one day. Monk Um Yang said to the master monk, "I am sorry that I did not bring any gifts for you". Master monk, Jo replied, "**Put it down.**" Monk Um Yang thought that Master Jo had misunderstood, because he told to the master that there was nothing that he brought. He did not understand why the master said "Put it down" and questioned it to the master Jo. When Master Jo heard these words, he said, "If you do not want to put it down, carry with you." When he heard this word from Master Jo, monk Um Yang finally understood what his word of "Put it down" meant. This conversation between Master monk Jo and monk Um Yang is a great word of wisdom among the Buddhist community.

This conversation reveals that people are carrying their burden of unnecessary anxiety and worry in their life. If we carry a heavy load of your possessions of worry and anxiety in your head, you feel stressed

and heavy burden in your head. This lesson is the word of wisdom to empty the burden of the worry and anxiety in our daily life by putting the load down. People are experiencing the burden of the mind and the stressful life, Our life stress is an emotion, but the degree of energy consumption depends on the degree of emotional stress and upheaval. We do not want to do anything positively because our body is exhausted by feeling the stress deeply. it is a common experience that a temperamental person will lose his or her anger after his or her exercising. This example is a good example of redirecting the energy of anger to the positive force of movement. Keep in mind that those who are often stressed can turn stress into productive and positive activity energy. In conclusion, learn and practice the secret of "Put it down". Always remember 3F wisdom; 1) Forget anything negative with "Put it down" 2) Forgive everyone with "Put it down" 3) Forego with "Put it down".