

Pasin Inthawong M. (2024, March), Reduce anger, increase kindness: Cheewajit: 116-117

Anger is like a fire that burns the heart. Even the body is deteriorating from raging hormones. Wouldn't it be better to reduce anger and increase kindness? For a strong mind and body, clear, open, light and comfortable.

1. We can be less angry. We must consider the harm of anger and what damage it causes. How much does it destroy our lives? Angry people are good at destroying quality of life in every aspect, including work, finances, health, image, and friendships. Relationships will also be much better. If you are a more calm person In fact, a person who is good at anger can be considered a person who beats himself up. Destroy the things you love. Creating the most loss and disaster for one's life in the world.

2. Kindness and kindness will increase on its own. When we can reduce our impatience. The more angry you are, the more it reflects your fragile, sensitive, and anxious nature. They can be resolved by being mindful, thinking before speaking and acting.

3. Study well about the familiarity of the mind. The mind often flows according to what feelings? That feeling is easily reproduced. Whoever is happy will be happier. Anyone who is suffering There will be more suffering. It is according to accumulation and familiarity.

4. There are 3 steps in destroying old familiarity and creating new familiarity. The first is seeing. The second is analyzing. The third is to move the direction.

5. See, that is, be conscious of what you are thinking. But we haven't seen the idea. As for those who see it, they are above thinking.

6. Distinguish between this type of thinking and whether it is beneficial or harmful. Is it positive or negative? Is it a merit or a demerit?

7. Move, that is, if you look at it and it is harmful or negative, quickly move to a new thought base. Let it be a quality, positive thought.

8. See, separate, move. See and separate. Know what you are thinking. Then move your mind to good thoughts, which are 3 important steps. Changing from a person who gets angry easily to a person who is reasonable and compassionate.

9. In addition to these 3 powerful steps We can practice our kindness by practicing always thinking about the feelings of others.

10. Anger is fire. Kindness is a river Even the fire in the world is useful. But the fire in your heart is useless. Our lives cannot avoid being oppressed. We all act and are acted upon sometimes. A little heavy, a little light Little things are overlooked.



Angkabdoi. (2024, March), Garuda's nails (Polyscias), a beautiful variegated leaf plant that pairs well with a Thai garden: Home and Garden: 110-111

Garuda's claw is a type of ornamental leaf plant that has been grown in Thailand for a long time and is commonly seen. Both are popularly grown as Potted plants decorate buildings and use as ornamental plants for gardening. Beautifully planted in groups or as a hedge. In addition, some types of garuda nails, such as fried garuda nails, Lanka Garuda Nails The leaves can also be used in cooking or as herbal medicine.

Garuda claws are in the Araliaceae family, native to warm and tropical areas in Southeast Asia, America and some European countries. The general appearance is a perennial shrub, from 30 centimeters to 3 meters tall, with erect stems. Able to branch The stem is jointed. When young it is green. Some species have white or yellowish spots. When the tree is old it turns brown and hard. The surface of the tree is rough. The leaves crack at the joints of the trunk. They are arranged in alternating turns, opposite directions, or arranged in circles around the joints. There are both single leaves. The leaves are finger-shaped and feather-shaped. The leaves may be striped, parallelogram-shaped, oval-shaped, oval-shaped, or round-shaped. They vary in size, color, and pattern on the underside. The edges of the leaves may study. Wavy, wavy, or thousands, and often has small thorns that look like Garuda's claws. Therefore, the plants in this group are called "garuda nails". The leaf stalks are usually grooved along the stem. The flowers come out in a bouquet at the tip of the shoot. There are inflorescences, umbrella-shaped, clustered, and branched. The fruit has a soft texture and hard seeds, but those that are grown in our country usually do not set seeds.

Garuda's claw is a plant that is easy to grow. Grows well when planted in loose soil with good drainage and air, not wet, has enough organic matter and food, and has good ventilation. In addition, the season and growing conditions also affect its beauty. In summer and winter, the leaves are often not as beautiful as in the rainy season. Because it is sunny and there is little humidity in the air. Makes the leaves rough and may cause burn marks. When grown for a long time until it has a large and dense canopy, some branches should be pruned. Along with tilling the soil and adding fertilizer. What was cut out Can be planted or propagated by grafting or grafting.

