

□ Reading time: 1 min.

One day the master asked his disciples the following question: “Why do people shout when they are angry?”

“They shout because they lose their temper,” replied one of them.

“But why shout if the person is on your side?” asked the master again.

“Well, we shout because we want the other person to hear us,” replied another disciple.

And the master asked again, “Then is it not possible to speak to him in a low voice?”

Various other answers were given but none convinced the master.

Then he exclaimed: “Do you know why someone shouts at another person when he is angry? The fact is that when two people are angry their hearts are far apart. To cover this distance, they have to shout in order to be heard. The angrier they are the louder they have to shout to hear each other. On the other hand, what happens when two people are in love? They do not shout, they speak softly. And why?

Because their hearts are very close. The distance between them is small.

Sometimes their hearts are so close that they do not even speak, they whisper. And when love is most intense, it is not even necessary to whisper, it is enough to look at each other. Their hearts understand each other. This is what happens when two people who love each other come close.”

Finally, the master concluded by saying, “When you argue, do not let your hearts drift apart, do not say words that will distance them further because a day will come when the distance will be so great that they will never find their way back.”