

【生活工具 1：冥想意识: 为何要冥想？为何要阅读？以及读什么？】

此教授笔录只供参考用途，并不代表教授，请勿转发。

教授笔录 (by GMR)

掌控意识获得家庭，事业双丰收。我们会教你如何做冥想。我们花很多时间阅读，可是却没人教我们做冥想。格西老师到普林斯顿大学的公共关系科，主修语言，哪所学院主要是培养外交官的，他们有特别的奖学金可以送你到喜马拉雅学习。格西老师获得了这份奖学金，其中要学习古老语言。到了哪儿，那时他只有19岁，只身一人到了哪，他到了哪儿，看不懂街道上的招牌，指示牌，他不懂哪儿的语言，他饿了，也无法认出哪家是餐厅，感觉自己像个盲人。后来他学会了这语言，只要一看就知道意思了。

格西老师在蒙古图书馆工作，每天很晚才走入回家。有一次，路上很暗，在下水道跑出一个动物推开了下水道的盖，爬了出来。后来原来是一个没穿衣的小孩，为什么他会住在下水道呢？这些小孩是孤儿，蒙古很冷，他们没有衣服穿住在下水道比较暖和，他们不识字，没上学，不懂人类的语言，就像野生动物，以后你看到他们别去和他们说话，他们会咬你。John 老师后来联系上他们去帮助他们。现在你想象下他们是如何生活的？他们会看到商店的标记，也不知道这些标记代表什么。他们是人类吗？是的。可是他们一辈子却活在黑暗中。比较一下这些孩子和你的国家孩子。我们国家的小孩可以阅读是多么幸福的。

我很享受阅读，陈唐老师正在翻译一本古籍《阿比达嘛》，我很喜欢这本书。我还煮饭，洗大家的衣服。我去这老旧的洗衣店洗衣，洗衣店的老板播放着摇滚乐，我很享受，因为在寺院没机会听到这些摇滚乐，然后我打开这本书阅读着，这样持续了15年。我很喜欢世清大师，

纽约市区大部分的人都是盲人或半盲人，因为他们一辈子都无法读到这些古籍。我去了很著名的大学，但我一身中却没在这学院学过5分钟的冥想。但我在喜马拉雅哪和老师学会了冥想，打开了我的思绪，让我不再是盲人。

我打造了世界最大的钻石珠宝行，当时口袋只有7美元，哪我是如何做到的？因为冥想。有些瑜伽馆，教你冥想什么都不想只是在“om om”这什么都没帮到你。这一张图

是1000年的冥想图，我老师教我这样做冥想。真正的冥想会让你的思绪变成很敏锐。这张冥想图教你如何开始冥想，冥想遇到的5大问题，冥想的阶段。

黑色的大象代表犯困的意识，这大象越来越白，代表你犯困的意识越来越少了。在黑色大象旁有黑色的猴子代表繁忙，忙碌的意识。这些弯曲的道也有意思的。

我每天早上都做冥想，每天20-25分钟的冥想之后就去工作了。要把冥想融入到每天的生活中。冥想是快速，强大的。

冥想的好处：

1) 提高工作效率—企业越做越大，问题自然更多。要如何愉悦的解决问题，才能获得成功？通过冥想！

在你的鞋带绑错了，妈妈帮你很快的解开，那种感觉就是一切都对了。

2) 内心的平静—冥想的目的，帮助你解决问题，不是逃避问题。你会感觉到平静的内心。好的冥想就像吃苹果，只有自己吃了才知道他的美味。没吃过苹果的人，是无法形容当中的美味。

就像冥想带来内心的平静是很难形容的。好比在海边坐着享受阳光。深深的幸福和平静的感觉。

3) 关系会越来越和谐

4) 触碰未来—我的珠宝行有10款戒指，那我应该生产哪一款呢？当设计师来问你这样的问题时，如何做决定？如果你每天有冥想，你能学会触碰到未来，不是你闭上眼睛可以看到未来，是你可以感受到，从而做出正确的决定。

5) 内心会变得越来越深厚和喜悦。把整颗心都用来服务他人，你会变成很多人的母亲，通过每天正确的冥想练习，你会有能力真正的帮助他人。

这一生会过的精彩，成功。

精华摘要 (by Teacher Jenny)

重点1：为什么要冥想？不懂冥想就像不识字的盲人

故事：格西老师19岁的时候，在印度，因为不认识那里的语言，让他感觉自己就像盲人，不知该如何选择去那家店。

重点2：为什么要阅读？阅读是父母和国家给我们的福利。阅读帮助打开我们的眼界和心。不会阅读，我们的一大部分的意识是黑暗的。

故事1：蒙古的流浪儿童的故事（像动物一样的一群孩子，不会说话也不认识字），很悲哀

故事2：格西老师最喜欢去洗衣店，因为那里可以阅读。阅读会让我们的心的打开的。

重点3：学了冥想，深深感觉，不会冥想就像不会阅读，我们没有使用另外一半的意识。

有一部电影：《Lucy 超体》主角吃了一个药之后，她的肉眼被打开了，看到很多以前看不到的东西。

我们必须自己做冥想，才能体验各种的体验

重点4：因为冥想，格西老师有更加清晰意识，打造了全球最大的珠宝公司之一。并且这家公司成功卖给股神巴菲特。而老师获得成功的主要原因就是冥想

重点5：我们每天都要做冥想，但是不是做那种OnOnOn，什么都不想的冥想，而是参照“冥想的九个阶段的图”

重点6：这个图记载在故经典里面的。这幅图让我们知知道如何做冥想，包括

1. 如何布置冥想场地
2. 如何布置你的冥想空间

3. 冥想坐姿

4. 冥想的5个问题和8种解决方案

图里面也有两种动物：

大象:代表昏沉的意识。

大象越来越向上，从黑色到白色，我们昏沉越来越少，意识越来越清晰。

猴子:代表你忙碌的意识

当你到越来越高的层次，猴子会变白，忙碌意识会越来越少。意识变清晰了

这个左右弯延的道也是有内涵（帮助我们了解我们冥想的层次）

重点7：冥想的好处

1. 解决问题
2. 平静的意识
3. 与他人的关系甜蜜
4. 感受到未来
5. 你会有能力去帮助他人，真正去帮助他人

Jenny老师练习冥想之后，最深的体会是和身边的人关系越来越和谐和甜蜜。老师开始对别人的感受有更大的敏锐度。以前老师的绰号是Mee Bo，因为一直以来她对别人的感受都是后知后觉，比较粗枝大叶。而老师的老公的绰号是Mee Kia因为，很细心很会照顾别人。

当我们的关系改善了，钱就会来追着我们。老师的金钱有2.5倍的增长。如果你学会做冥想你整个世界是色彩的。

【LifeTool 1: Meditation Mind: Why meditate? Why Read? And What to Read?】

*This teaching summary is for reference and does not represent the teaching of the professor.
Please do not forward it.*

Teaching Summary (by GMR)

Himalaya

GMR spent time to do reading when he was in school for the past 19-20 years. Nobody teaches him to do meditation until he spent his life Himalaya under a special scholarship. He didn't understand any sign of it. It is just like a BLIND person who couldn't see.

After GMR learnt to read the sign, his life looked differently. He can get anything he wanted easily.

Mangolia

In Mangolia, he walked back home with his colleague in a dark night, suddenly he felt animal came out. How was the feeling? Scared! It is not animal. Is a kid.

Wow, human's kid and doesn't have clothes on. Why he stayed there in the night time? Was a sad story. Those are the kids whom their parent passed away. Mongolia is a cold country and they are orphans and no place to stay.

In Mongolia

They don't know how to talk in any language and don't know any words. They don't go to school. They are like a wild animal. Don't talk to them and they will bite you.

Try to imagine if you were one of them. Cant speak, cant talk. Cant read a book. Try to imagine how they live? I guess they are talk to each other like an animal. They don't know letter on the sign, they don't know what is it. They are alive. Yes, they are. Are they human? Yes, they are. But they are living in the darkness.

Look at the different kids in China, Russia and normal kids. Kids can speak, talk and read book. Reading is a great blessing by our country and our parents. It is a blessing.

When GMR is reading a book, I felt like the author is talking him. He enjoyed reading the ancient book. 2000 years ago's ancient book. Example, Stanley, translated one

book. He is translating a book call Abidharma. I like the book and I know the author and have been studying for 12 years.

In Mongolia, GMR worked as a cook and in charge of laundry. He enjoyed laundry rather than cooking. He can bring the book and go to laundry shop. For me, this laundry shop is good for me. Owner of laundry shop, on rock and roll loud music. Put clothes into machine, and spent 4-5 hours with the book with rock and roll music. He did that for 15 years and also open my mind. He looked at other people in laundry man. I felt sad on them. Big part of their mind is the darkness.

They cant meet the wonderful people, 2000 years ago.

We learnt meditation. I grow up in a country that never taught me about meditation. 20 years in school, we never. We spent time to do reading.

In 3rd year of my university, professor asked me applied the scholarship – related International affair.

Get you special scholarship – will send you to Himalaya for learning and pay all the expenses. GMR poor student and worked 3 jobs to earn the money. I got the scholarship. They sent me the Himalaya and learnt ancient language. Few cars in Himalaya only. I go anywhere cheap.

When I reached the place, it looked like the picture. This is a typical scene in India. Some of the sign in others language and some in English. Out of the bus and he was 19 years old. I just looked at everything and I was alone and didn't know anyone of them. I didn't understand any sign of it. I cant tell the feeling. I felt like I am blind person. All those sign learnt, each of the letter tell you something but I have no idea. I was really hungry and I didn't know how to read the sign of the shop.

I just walked down street and look is there any food there. Later, I learnt how to read the sign. Life looks so different. I walked down street and look at the sign. Anything I need, I can get it easily. I want to imagine that I like a story probably you heard it before. I was working in National Library of Mongalia. My team spent many years to look for ancient wisdom book. 30 years ago I was there. A lot of hardwork and many things to prepare and negotiation. Walked home from library to my hotel. One of the officer walked together with me. It was so dark. Walked dark street and suddenly saw animal came out. It ran passed me. How was the feeling? I got really scared. What is that? You were

lucky didn't bite you. What kind of animal can live it and came out? It is not animal. Is a kid.

Wow, human's kid and doesn't have clothes on. Why he stayed there in the night time? Was a sad story. Those of kids are parent passed away. Mongolia cold country, They are orphans and no place to stay. Kids no clothes and stay there.

They are not like human. They are like animal. They don't know how to talk in any language and don't know any words. They don't go to school. They are like a wild animal. Don't talk to them and they will bite you. Then I went back to hotel and felt sad. Later, John – ancient library and making decision who taking care those kids. They helped those kids. Try to imagine if you were one of them. Cant speak, cant talk. Cant read a book. Try to imagine how they live? I guess they are talk to each other like an animal. They don't know letter on the sign, they don't know what is it. They are alive. Yes, they are. Are they human? Yes, they are. But they are living in the darkness. Look at the different kids in China, Russia and normal kids. Our country's kid can speak, talk and read book. Reading is a great blessing by our country and our parents. It is a blessing. When I am reading a book, I felt like the author is talking to me. I really enjoy the book. 2000 years ago's ancient book. Example, Stanley, translated one book. He is translating a book call Abidama. I like the book and I know the author and have been studying for 12 years. In Mongolia, I worked as a cook, and in charge of laundry. I really enjoy laundry rather than cooking. I can bring the book and go to laundry shop. For me, this laundry shop is good for me. Owner of laundry shop, open loud music. Open clothes into machine, and spent 4-5 hours with the book with rock and roll music. I did that for 15 years and also open my mind. I look at other people in laundry man. I felt sad on them. This people never have the chance to meet my friend – Ci Qing Da Shi. Big part of their mind is the darkness.

They cant meet the wonderful people, 2000 years ago.

New York

Worked in NY, everyday 1.5million in Manhattan. He can see hundreds of thousands of people. Wow, all of them are half blind and cant read the ancient book. They are like a person cant read and like Mongolia kids

Why keep talking about reading? We are supposed to talk about meditation. He went to good school in his country and received good education. He got Phd.

In his whole life, he didn't get even 5 min meditation. Luckily, he met a great teacher in Himalaya. He taught me how to meditate, it is like teaching me to read the book, to talk. Open up 100% of his mind. Before that, he was a blind person. If you walked down the street and don't know the sign means, if you walk through your life and never teach you to do meditate, you are really blind person. Half of your mind don't use it.

Diamond company – big competition – 100 jewel company in the world. Stiff competition. Many people asked GMR, your company become largest in the world. Are you starting with nothing? He had USD7. How he did it? Big part is meditation.

I know, you know you go to yoga studio, there is some nice young lady who also like athlete. Everybody sit down and do meditation. Don't think about anything and just say "Om Om". I don't know, I think is wasting my time by doing "Om Om". Didn't help me at all. Till my teacher taught me the actual meditation.

This poster, the context is 1000 years ago. This is what my teacher taught me in meditation. Many amazing things in this picture. It is not some religion things, sitting by chanting Om Om. You want to make the biggest jewelry in the world and Warrant Buffet (WB) to buy your company. WB wont buy your company and sitting in your office and keep saying "Om Om".

Real meditation will make your mind super cool. You can do anything you want to do.

For meditation - How to set up your room prepare your sit and every details are here regarding the meditation. Every person who ever try to meditate, always have 5 different problems.

This meditation chart teaches you clearly on it. 8 different ways to fix the 5 problems.

Then, when try to make million dollars, it is easy to tell and how much you finish and how much you go. Just check the bank account. I reached 300k. I reached 900k and almost there. How much is your progress and how far you go?

But, in meditation, it so difficult how far to reach and how far to go, if someone teach you by using 9 signs to guide you in the meditation.

Animal appears in meditation chart

1. Black elephant – sleepy mind in your meditation. Very big and slow and like an elephant. As you can see as elephant is getting higher path, black to white, represents your mind is getting better.
2. At the bottom, there is a black monkey. It is represent you have busy mind. As you get higher in this path, busy mind will start clear away. Your mind become clear and monkey turn into white. The path has a lot of meaning.

GMR believes that he successful in business is due to meditation. It is like a secret weapon.

He meditates every morning for the past 19 years in GMR's previous corporate life. Huge company and it became global company. In charge all branches over the world.

20-25 minutes for himself, then he proceeded with his work.

You have 3 times to eat per day, time to brush your teeth, comb your hair. Your meditation must be the same too. I don't talk about meditation for 3 hours and then only go to office in the afternoon.

Quick, strong and get up to the work after GMR's meditation. This is what GMR wants to teach us. What you really focus on your mind?

What is the benefits of practicing meditation?

1st: solve your problem in your life.

Build the largest jewelry company in the world. So nice, you so successful and you make so many money. If you ever started the business, if that business reaching 10k staffs, trust me, this business has 10k problems to you. You just see the result only. GMR and WB big smile. To reach WB's level, you will have 100 of problems every day. If you meditate, you can face this problem happily and successfully.

The baby will soon be learning to tie his shoes. First few months, ties school few months in wrong way and also in problem. What are the best thing of having a mom? She can unties shoes quickly. Then, mom feel good as help her son. That's you solve problem using meditation.

2nd: You can get peace of mind, the purpose of meditation is not to avoid problem. The purpose of meditation is to faces and solve problem, if it true, if you know how to meditate, you can feel the peace of mind.

Good meditation is like eating apple. You can taste yourself, how wonderful of the apple. If you be a person that you never see apple in whole life, it is impossible to express in word about apple. The peace of quiet. Whole day feel peaceful and quiet. This kind of quite is difficult to describe.

Working hard to work for past 6 months. Then you can go for vacation and sitting in the chair and quiet and peaceful. How does it feel? Relax and enjoy the sun. When you are meditating every day, that's how you feel. Meditation regularly, deep happiness and peaceful. It is hard to describe. It helps your life so much.

Real meditation practice from the authentic. Do it regularly, relationship become sweeter and sweeter. If you don't feel like meditating, tell me others cool things about meditation. You can feel the future. Ability to check the future is super useful. That's so useful in the business. . Listen, not saying see the future. No no... in the beginning, just a feeling in your heart and comes from daily meditation

Our life purpose is not just to make money, as you go through your life, you should be more successful in your life. You also need to be successful in your inner part.

Automatically, you will develop your inner part. Deeper and deeper and happier person. Everybody in this world has deep hunger. When we serve others, we will be happy. This will be the final benefit of meditation.

Well educated meditation practise, develop skill to help others, you become like a mother of many ppl and you will feel so happy and fulfil, if you learn to meditate, you can really help others. That's the most satisfy in world. To really help others.

Let's get excited to do meditation. Authentic method to do meditation. We can teach you to read 10k book and your whole life will change. It is before you cant see colour, now can see colour.

I feel sad those cant meditate. They are blind. Cant see. If you learn meditate, you will have success life.

Summary of Essence (by Teacher Jenny)

7 importance points:

- 1) Why we meditate? If you did not know meditation = blind, for example T GMR went to India & he was not able to read all the signboard, he felt lost.
- 2) Why need to read? Reading is a grateful ability given by our parent & government, reading able bring us to next level. If we can not read just like a strange dog just come out from a sewage drain. T GMR Like to go Dobi as he can spend time to listen music & reading books. He feels very grate that he can read. T GMR feel reading is very great but meditation did not teach in school.
- 3) After learn Meditation so important, if u able to meditation only u gain all your viewing ability.
- 4) Meditation can help us in business? As T GMR using Meditation to build his Andin Diamond Business.
- 5) How to perform Meditation? T GMR everyday particles Meditation, the meditation follows the guide by The Stages of Meditation. From the guide we knew how to perform meditation like where & how to do meditation? On the stages can be found Monkey (busyness) & Elephant (Sleepiness). Black color means high level of busyness or sleepiness. White means zero level.
- 6) Meditation helps you to be more focused. 5 benefits of Meditation. 1st Solve problem, 2nd peace of mind, 3rd Improve relationship. 4th feel the future and 5th developed special skills to help other. After T Jenny practices Meditation found that she has improved harmony with others, this has helped her improve in business.