

【生活工具 2：准备好冥想场地】

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教授笔录 (by Prof Nick)

1. 如果你想要提升，成长的话。特别是你想要运用工具种下好更多种子，好生活，和工作，拔除坏种子的话，静思就是一个很好的工具。在3阶，金刚世界，发挥潜能，还有可以达成在金刚智慧里的目标，这些都能皆有静思来达成。不过是需要很大的练习才可以成为好的静思者。但我也注意到，必须要很多的纪律和条件才可以保持静思练习。我可以说是保持规律的练习是很难的。但为了能够在静思上有所进步，我们需要每天练习。今天的工具是将你的静思常说做好准备。不只是外在环境，而是如何去谈到如何去创造外在的环境的，和内在的环境，来达到静思冥想。我很感恩有机会来分享，因为我刚搬入新家，我也正在尝试把静思融入我现在的環境。搬家时非常的忙碌的，我的要把外在，和内在环境设定好。很幸运可以回顾和分享。DCI 3阶非常棒，非常清晰的，很多人想静思，但没有资讯，但关于冥想全部内容都在3这里，很容易被理解，很简单。所以我建议可以好好的聆听每个教授的分亨，这一阶的内容有很多细节。

2. 传统上静思的条件有6个。6个当中其中的第一个是 – 好的静思环境。

a. 第一个非常有意思，是一张山洞的图片。我们常会想到山洞冥想，好像很梦幻。不知道大家如何想，但美国人很喜欢，以前一个活动里，其中一个义工感兴趣，他拿了一个狼头去到山上，准备敲出一个山洞来做三年的静思练习。Nick 说不可能，义工说他会证明给Nick看的。重点是在山洞里做静思是非常不舒服，而且危险的。然后静思的目的是专注与我们的意识。那些很常见的干扰是担心有蛇，动物，或有水滴在头上。如果我们在这些环境静思并不会帮助我们，如果我们想要静思的练习变得成功，那我们必须找到一个健康的环境来静思。健康的食物，药物，一个可以遮头的地方，或是一个健康的，诚实的付费方式去获得我们需要的环境。最重要的是找到舒适的地方。

b. 第二个是的场所是安全的，不用担心野生动物会跑进来，你会想要有一个很好的房间来冥想，你也不会想要去担心是否有土匪，当时我开始静思的时候，我住在纽约，如照片中，经常我会听到争吵甚至枪声，这不是一个好地方。这个场所也不会有人对

你做静思而生气。之前在静思中心练习，有义工晚到争吵，我们不想要因此感到担忧，强烈的感受让我们分心。

c. 第三个条件是健康的场所。坐垫是重要的，下面的垫子可以防止脚碰到地面，上面的垫子可以垫高屁股，之后会学到。但我们不想回坐在冰冷的地上，椅子也是可以的。如果坐在椅子上会比较舒服，不会那么痛，那坐在椅子也是可以的。房间里有光纤可以保持意识的明亮，流通的空气，不是太热，不是太冷。这些都是我们要考虑的条件。技巧是选择静思的姿势。我们可以用衣服数量来调整温度，不用开冷气。

d. 条件四：处在志同道合的伙伴身边。这个很特别，我们住的环境有更多志同道合的人在一起。身边的人会起到很好的影响，帮助我们保持静思的练习，进行讨论。分享静思心的，很有趣的是对静思是帮助的。如果你可以在一个团体里一起静思和练习会更有力量。一个人静思就像筷子，二十个人静思就像二十个铅笔。如果可以找到一群人静思也是一个很棒的练习，可以帮助到规律练习。

e. 条件五：不太吵杂的地方。我得要找到一个环境是不太吵杂的。一个空间，屋子是好的。可以和家人解释，这个很重要，设置时间，如果可以在同一个地方，垫子不被搬来搬去是最好的。所以我们要去思考在生活种如何达到这样的条件。

f. 条件六：在家里放一个特别的地方，每次都在同一个地方静思练习，如果在家里有一个专属的练习房间。但多数的人不能有这样的地方，但可以在房间里找一个空间，不需要移动垫子，尽量保持简单。

g. 条件七：布置你的空间。避免过于鲜艳的颜色。有时我们的眼睛是打开的，所以我们要避免放太多东西，会照成分心。然后呢，这个场所可以特别布置一下。我也不建议在床上做练习哦，会睡着的，可以准备一个静思的桌子，放上笔记记录静思过程，或是蜡烛。我们也可以有一个计时器，可以用来记录冥想的时间。用APP, 周末可以不用计时。如果身边父母朋友，他们市场启发你，可以放上他们的照片。

h. 条件八：给现代人的建议，避免噪音，最大的敌人，带离好的静思练习，这样一声，很难回到好的静思练习。这就是我们的要找到一个安静的地方和时段来做精思。我们也要注意从设备发出的噪音。静思的练习真的是非常重要，所以如果你在找一个居住的常说，其中一个很重要的是找到那个安静的地方，如果找不到，是可以找到一个

耳塞的。也要记得关闭手机的声音哦。如果不能关掉声音，可以运用这些声音进入更深层的冥想。包括味道也是一种干扰。

3. 减少我们的欲望

如果在现在的生活，可以控制，不要去想要这个那个是很好的。帮助静思，减少我们的欲望。因为静思时去想，要什么是分心的。但是什么都不想要也不是我们要教的。这里的概念是我们清晰知道什么是我们想要的，皆有去种种子来获得我们想要的。

4. 知足

这个就是去想我们要的是什么，对于我们拥有的感到满足。核心是就是感恩，如果我们感恩我们生活说拥有的，会感到静心，可以创造我们要的。举例来说-工程-靴子破了。内心想法，哇蠢死了，我还要去买新的，或是谢谢这些靴子，帮助过我。感恩可以让我们喜悦，专注当下，更有意识去静思练习。

5. 避免网络成瘾

环境是重要的工具，是不可避免。笔电，手机，为我们所用，但也占据时间，让我们忙碌，容易成瘾。忙碌是因让静思变糟糕。我们失去控制意识，一直寻找刺激。在我们寻找中却没办法满足。学习每天静坐15-30分钟。然后，关注自己，是否可以控制欲望，是否伤害自己和身边的人。如果伤害自己和别人，既是成瘾。例子：我的手机会提醒我用了多久。我会想这是我要的生活方式吗？不是-所以我们要设法去-控制。包括工作成瘾。每天去思考，什么是生活中最重要的，比如成为一个平静的人。

6. 纯净的，道德的生活

就是种好种子，好的静思的因是种下好种子。为什么？友善对待人。说真的是很酷的。面临挑战时，说起来容易，做起来很难。不过，记得哦，我们的静思的练习，都是来之我们的种子。去尝试，培植一个平静和友善的环境。

7. 明确优先事项，避免意识的散乱

避免浪费时间在无用的八卦。为什么？因为会干扰静思。我尝试减少。我去控制，去知道资讯是很好，但不用，一直看。比如整天看，哦不。所以啊，去控制这个时间，不要去八卦，说愚蠢的话。

精华摘要 (by Teacher Sunny)

冥想要准备好冥想场地，有分外在环境：8个方法，1-5是传统，6-8是3个现代格西老师给予我们的，而内在环境有6个条件

1. 以前人做冥想是在山洞，山洞做冥想不安心不舒服也不安全 会担心蛇, 蜘蛛，蜈蚣或动物，我们要有舒适的冥想环境，还要凉爽的，不要酷热的环境太阳底下，也不要风吹雨打的环境，有空调可开空调。安全的地方：经历过在户外篮球场做冥想，要闭眼，但担心手机，钱包，就不安全的地方会干扰意识

2. 要有稳定的收入

3. 健康的地方：环境要明亮的，不是暗暗的，也要空气流通，也不要冰冷的地方，所以要冥想垫，臀部也要坐高

4. 找志同道合的人相伴做冥想：所以我们有620冥想平台，可以互相鼓励

5. 地方不可太嘈杂：如果家人起来了，做东西可能会吵到，要安静的时间和地方，放个纸条，预先通知家人，可以每天早点起来做冥想

6. 专属的冥想空间：如果有个房很好，最好要有个固定的地方，不用搬来搬去，移动家具来做冥想，也可以有个日式的屏风来分隔空间，传统上认为，冥想垫一旦放好，最好不要随意移动; 因此不要将冥想垫放在家中的“进出频繁的要道”上。空间也不要太鲜艳的颜色

7. 布置空间：可以有一束美丽的花，有记事本，可记录做的冥想

8. 避免有噪音：会分神，带冥想要很静，冰箱, 滴答作响的时钟会干扰，食物味道也会影响我们在做冥想，试着在远离厨房或者其他气味来源的地方冥想。可以用耳塞，手机设置飞行模式

适合冥想内在的6个环境要注意的是：

1. 好的完美的冥想场所：之前讲了，8个外在环境方法，5个传统3个现代
2. 我们要减少欲望：像 COVID 时段一直想吃，如果没通过金刚商法的方法获得东西，比较不理想，因为用金刚商法的“如何种”是会帮助他人
3. 我们要知足：感恩我们拥有的东西，我们还没获得，目标还没达成。不如我们要感恩自己健康，感恩我们的一双脚，我们的衣服和鞋，感恩是非常强大的种子。不要再把专注力放在新的欲望上，而是停下来感激已经拥有的一切 - 发自内心地享受一直围绕在我们身边的人事物。
4. 避免互联网瘾：很多时候我们会用手机做很多事情，影响到我们，科技是拿来帮我们，不要让科技控制及我们，让我们更加忙碌。好像工作狂，过于忙碌也是影响冥想。
5. 要过纯净、道德的生活：用10大美德，最主要善待他人，让别人得到安心和快乐。
6. 避免意识散乱，它会干扰我们：我们所说、所做、甚至所想的一切都会记录在意识中。这意味着如果你读报纸上一篇无聊的新闻，比方说某位政治人物最近和某人的争论，或是最近某位电影明星离婚了，其实就已经将这些无用的信息烙印在你的意识中了。接着，当你坐下来冥想，努力专注于冥想对象时那些麻烦干扰就会闯进你的意识;或是停留在潜意识中不断干扰，让你的冥想无法真正深入。

【LifeTool 2: Getting your Meditation Place Ready】

*This teaching summary is for reference and does not represent the teaching of the professor.
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Teaching Summary (by GMR)

If u want to improve as a person & grow ... specifically u want to utilize DCIG 4 Steps & plant more seeds at the same time u want to stop planting bad seeds ... Meditation is a valuable tool for you to utilize.

By applying Meditation

At the beginning we thought Meditation was simple & easy, but it takes a lot of energy to become a good Meditation. In my life I started doing Meditation and found a lot of requirements & energy to get a good Meditation. I can say it is hard to practice every day. But we need to do it.

Today what we going to discuss “Getting Your Meditation Place Ready” is not only for your external condition and we not only discuss external place but need to discuss on how to create internal space too.

We will discuss 5 main points + 3 additional modern life meditation requirements.

All 6 condition for internal requirement to have good meditation

I just moved into a new house, now I need to create a new external environment for my new Meditation space. Today I’m glad I can share with you, how I can prepare & create my new meditation space. A lot of people want to meditate but did not find a good guide. We are so lucky now DCIG had prepared with us all the meditation guides.

Tradition (Classical List) 6 condition Meditation environment: -

1) 5 main quality Tradition points for Meditation, 1st A lot of people found old times people Meditate in Cave, to meditate in cave is not comfortable & is dangerous. Meditation is looking for focus, so we need to eliminate all this risk, so we need to find a safer environment and better conditions, for example a good home and healthy food. As a family person, we need to have a good financial status to support all these meditation practices. 2nd Safe environment and condition, so you will not worry unsafe activity happens. If u have worry in mind it may cause disruption. 3rd Healthy environment, u don’t want to sit on a cold & hard floor. You can sit on a chair for better comfort. There

is good lighting in the room that can help to have better brightness & air circulation. If u are in a wet environment & meditation may be very long duration may cause us to be sick. Importance Meditation posture must be suitable for u. 4th Found few partners to do Meditation together. 5th place that is not noisy. Example wake up early & practice meditation in the early morning so no1 can disturb you.

2) Additional by T GMR, 1st really pick a place in your house & dedicate it to your meditation seat. The best is to find a dedicated room for Meditation or just select a contain space with divide for Meditation. The Meditation seat can be permanent there without moving around. Don't have the area with bright & colorful patterns which may disrepute you. 2nd Setup as a special & decorate them for Meditation. Don't select a bed as a meditation place. As you may fall asleep & the bed may not be able to support your meditation posture. You can set-up a small table for you to put a clock or timer, don't use a mechanical clock which may disturb you. 3rd Avoid noise, noise is the bigger disruption. As noise may bring you out from meditation very fast & you may not return to meditation any more. That's why we need a quiet place. If you can not find a quiet place you can consider using ear plugs. Remember to mute your phone or do not disturb mode. If you can not overcome external sound, you can use this external noise as part of your mediation object.

1) Find a place as per above discussion.

2) Control your desire – not our goal to not want anything... Make clear on what we want & just plant the seeds. By using seeds to get what we want the desire are not taking our mind space & we can utilize the space for meditation

3) Be Satisfied with what we have & gratitude for what we have now. We are Grateful that we can have better meditation conditions.

4) Avoiding Internet addiction – is easy to become too busy using all the gadget. We just need to learn to sit quietly for 30min per day. Can we control our desire ? (by observing ourselves) did we busy on gadget?

5) To live a clean & ethical life - Review what I want in life? To have a peaceful Meditation, just plant seeds > Be kind to other people. Not easy to do if we are too busy Come back all start from our seeds... so we have to be practices become kindness

6) To avoid random thoughts – to avoid reviewing news & information that did not relate to you. Don't plant all these disturbing seeds. If we have those seeds when

practicing meditation, suddenly the disturbing pop-up. Try to limit & control our time spent on all the latest news, we still need to know news but we need to limit & control.

Summary of Essence (by Teacher Sunny)

8 Good Meditation Place (External)

1. A comfortable place

If we in the place like cave, it will not be comfortable and not suitable due to we worry of poisonous snake, spider or bugs. Do not choose place that direct under sun or without shades place. We also need a stable income so that we no need to worry in term of financial.

2. Safe and secure place

Place that we no need to worry about robbery or injury. Also good not worry of people angry of you meditating

3. Healthy place

Place where you can sit comfortably either on the floor or on the chair,

The room should be clean and well-lit, preferably by natural sunlight. The place should not be too cold or hot or direct air-conditioning to your face, be aware that the room should not be stuffy or mouldy or prone to fume from heating appliances and so on. The air circulation should be pleasant and fresh.

4. Place with Like-minded friends

One most important aids to good meditation is the support of nearby friends with similar views and value. If you can do meditation together with group of friends is powerful, fun and also encouraging.

5. Place which is not Too Frenetic

Place that not too frenetic, quiet time and quiet space. Can inform your family before you start meditate.

6. Dedicated Space In the House

Select one place that you are comfortable to do your meditation so that you not keep changing place. The most important, do not meditate on the bed.

7. Set Up Your Space

Set up your space for example place some flowers, teachers' photos and can even have meditation journals.

8. Noise

Be aware of Subtle Noise such as alarm clock, refrigerator or even the smell of food.

Checked all your electrical appliances that will make noise during your meditation. Quality of place is quiet space or u can use ear plug if you have no choice. Remember to put your phone on silent mode. If quiet place is impossible to achieve, use the noise as object to meditation. Noise is the greatest enemy of meditation.

6 Perfect Inner Environment for Meditation

1. Good Meditation Place

8 points discuss earlier on for the External Good Meditation place.

2. Keeping wants few

Wanting things is a huge distraction. By using seeds to plant what we want, this not taking the mental space. We have to cut down desire on food. However, over here we have deeper desire, If we not using diamond cutter system to achieve what we want.

3. Contentment

Contentment is wonderful soil for growing great meditation, being present and gratitude to what we have which is the great medicine for all of life's needs. If we grateful to all the things that we have, we will have very light mental. The keys to contentment is to be gratitude to everything that we have for example we have healthy leg, body and mind. Gratitude is very powerful seeds.

4. Avoiding internet addiction

Many of times we use mobile phone, we can use to make call, see movies, etc. We cannot let this technology control our mind otherwise our mind will be very busy and messy then it became compulsive business.

5. Live a clean, ethical life

In Level 123, we have thought the 10 good virtues to measure whether we are living an ethical life. The main key things to ethical life is to be kind to others. We must always be kind to others and bring happiness to others, when meditate we have the good seeds to have better meditation. A clear and joyful conscience makes for clear and joyful meditation.

6. Get your mental priorities straight, avoid random thoughts

Avoid consuming useless information. Avoid scrolling the gossip account on social media or magazines, etc.