

【生活工具 3：如何做，以及做多久？】

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教授笔录 (by AP Sharon Fan, AP Francisco Pujol and Prof Alison Zhou)

AP Sharon Fan

八支+1支

外在身体，如何帮助冥想，身体和意识的连接。意识维持清晰，我们可以由外而内，帮助我们。

一）腿到摆放（保持背脊挺直，让气息可以更好的流动）

a. 椅子：坐在椅子前端，然后调整椅子高度（确保脚可以稳稳踩在地上）

b. 地上：坐在冥想垫上，垫高臀部。或者也可也坐在中密度的瑜伽砖，这可以帮助我们挺直身体。我们在把脚收进来。我们在试看能不能做单莲花，或全莲花盘腿。但是这个难度比较高。重点是是感到自在就好。

c. 坐在小腿或脚跟上。

如何舒适的坐着，让我们好好地进入冥想。坐定之后，就是下定决心不再移动。任何细微动作，会让我们分心，特别是团体练习中，会影响其他人，而让我们种下不好的种子。

建议初学者，不要设定太长的时间。先种种子。冥想，质高于量。10分钟的专注比1小时的焦躁好的多。冥想的时候面对哪个方向有影响吗？比如在车里，是朝向哪里比较好？可以先查查，地球自转的方向。

Francisco Pujol

二）如何摆放双手，冥想手势。

1. 左手放在大腿上，右手放在左手掌上，双手掌心朝上。传统上，会让两个拇指搭上，像帐篷一样。

2. 如果把手放在大腿会导致弓背。那么你可以，在手下面叠毛巾。

3. 智慧手势：拇指和食指轻触。其它手指伸直，或略微弯曲

智慧手势，可以掌心朝上或朝下。如果你感觉双手发麻，你可以尝试拇指朝上。

尝试找到最适合自己的手势。试着调整拇指和食指间的距离。

在天热的时候，我们可以把上臂远离身体，手臂和身体有距离，这会带来清凉。让我们不容易昏沉；在天冷的时候，可以将手臂靠近身体一点，会起到保暖的效果。

手不要超越膝盖。避免把手臂离开身体太远。把手放在大腿上，然后把手再往身体带进一点。这个动作会帮助我们更好的打开胸腔。

三）坐直（就像一叠金币叠起来一样）

想象自己的头顶，像一个娃娃一样，有绳子往上拉升。冥想中我们的身体容易往下垂。持续所以我们提醒自己微调，回到一开始的坐姿状态。

有些人会过度挺直，我们可以时时警惕，略微收腹。能够始尾骨向内卷，让脊椎能够拉直，其能够顺畅地流动。

四）放松脸部（牙齿，嘴唇，舌头）

l 放松眉头和眼皮。有意识的去检查眼皮。让眼皮有点像打瞌睡一样。

l 舌头轻轻抵着上排牙齿后方 ∴ 面部放松、预防口干

l 用鼻子呼吸，不是嘴巴呼吸。如果口干，我们也容易分心。如果感冒或过敏，可以将嘴巴翘起来，轻柔的呼吸。

l 尝试把舌头摆放在不同的位置，避免一直吞咽口水，因为会导致分心。

l 冥想开始之前，最好可以清除鼻涕和喉咙的痰，尽量不要在过程中擤鼻子或咳嗽。如果很想打喷嚏，可以将意识导向发痒的感受上，就能避免打喷嚏。如果实在忍受不住，那么尽量把音量降低。如果无法控制咳嗽和打喷嚏，那么就安静的离开房间。避免在团体练习时候迟到。如果真的迟到，那么直接到另一个空间做个人的冥想，并确保下一次提早抵达。

Alison Zhou

五）保持头和下巴水平

古老的文献：如果我们下巴提的太高，意识容易分散；如果太低，我们容易感到昏沉或困倦。大家可以尝试，并找到最合适自己的位置，默默记下这个姿势，并在下次冥想保持这个状态。

六）眼皮

保持把眼睛完全关上，传统上还有其它选择：保持双眼微微打开。特别是自己容易困倦的时候，让光线进入，帮助我们保持专注。另一个传统方式，我们可以把眼睛看向我们的笔尖，凝视在眼睛前方的空间，不是聚焦在一个物体上。

七）肩膀水平

保持双肩的水平，将两边的肩膀提起，在放下，放松，保持双肩的水平。不因集中而紧绷，双肩紧绷可能导致我们无法专注

八）呼吸

观察呼吸，管呼吸就是一个暖身（就像开车的时候换挡一样）将我们忙碌的意识，切入冥想状态。

九）关掉你的手机

关掉任何会产生噪音的物品，这很重要，尤其现代。

精华摘要 (by Teacher Jenny)

距离格西老师家6分钟车程，开了34年的咖啡馆即将结束营业，是格西老师常去的咖啡馆，也是镇上唯一的咖啡馆，所以后来格西老师就把咖啡馆买下。买下后才发现咖啡馆有太多事情需要处理。这家咖啡馆一直以来都售卖不是很健康的食品如甜的饮料，咖啡，甜甜圈，肉食等。过去34年因为提供这些食物，种下了坏种子，所以老师计划拍摄教导他人健康饮食的节目。他们也尝试教咖啡馆的客人如何吃得健康，但是效果不好。下周格西老师和团队会在咖啡馆录制健康饮食相关的节目。

刚刚三位老师教我们如何坐，我们以为我们知道怎么坐，但是实际上我们不知道正确的坐姿。如果我们想要在人生取得成功，那么我们需要检查我们的生活并且正确地去做，并以良好的态度处理。

一天中，什么时候最适合冥想？应该冥想多久？

固定的时间 — 找到各自最适合你的冥想时段，对于格西老师来说，他认为早餐前/开始做工之前/或家人起身之前都很适合做冥想。我们可以在冥想前，准备一些饮料，喝些饮料湿润你的身体。

如果我们在早晨冥想，那么确保我们有足够的睡眠。格西老师开始学习冥想的时候，总是在做冥想的时候感觉想睡觉。而其实最好的解决方案就是有足够的睡眠时间。早睡让人们有健康的身体，财务富足和有智慧。

不要在冥想前看电子设备，不要查看新闻。所有的这些新闻其实都大致相同，不是说谁过世了，就是关系，获国家间的问题。

冥想就像做瑜伽那样，要有规律，不用一开始就要求冥想很长的时间。从12分钟早晨冥想开始。我们也可以在每周休息1到2天，这能让你更渴望冥想。周日休息后，周一再比上一周冥想多1分钟，那么1年后，你就能够专注冥想1小时。强大的冥想练习会为我们的生命带来转变并且获得巨大的成功。

不要把手机放在身旁，买个电子闹钟放在冥想房，避免我们分心。

1. 瑜伽，冥想，三时书都要找到适合自己的方式来做。冥想也是，找到适合自己的方式。如何带入生活？八支做法，是帮助身体安住在一个状态，不会因为不舒适而影响内心。帮助自己调整，进入非常细微的地方。
2. 当我们根基稳了，我们的身体可以往上拉伸。手会影响到气，手跟身体的距离会有什么影响呢？意识昏沉时，把手移开。意识焦躁的话，把手放胸前。脊椎往上升，收小腹，不断地微调，可以保持意识的清晰。
3. 如果不想有皱纹，可以去放松脸部，把舌头抵在口腔上颚，可以帮助脸部放松。用鼻子呼吸，因为鼻子呼吸是更加细微的。头部越低就会昏沉，可以抬一点头，如果今天比较焦躁，可以低一点头。如果比较昏沉，我们可以把头抬高一点。把眼睛微微开一条缝，让光线可以进来，虚视前方专注而不散乱。肩膀保持水平，不因集中而紧绷。呼吸优先次序是先呼再吸。
4. 最佳的冥想的时间是早上的5-7am, 晚上的5-7pm。任何时间做冥想都比不做好。固定的练习时间是最好的，先从12分钟开始，做不到的话5分钟也是很好的。

【LifeTool 3: How, and How Long?】

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

Teaching Summary (by AP Sharon Fan, AP Francisco Pujol and Prof Alison Zhou)

Francisco

Francisco is one of the big, big directors of BNI. there have over 400,000 company members. And he stayed mainly in Latin America. 10 years ago. He started his new life in new countries. he's working on the BNI philosophy. In the BNI system, instead of competition, we talked about karmic. I think that's the real secret of his success.

Sharon

Sharon is from Taiwan and she's one of our APs. Sharon graduated from Simon Fraser University, In Canada. And she studied business administration. She and her father were brave and they started the business and are 20 years now.

Alison

She started to study the Diamond Cutter system and she's become one of our staff. she's following the entrepreneur panel. She and her partner, Stanley, the future diamonds. And the other is the pure gold club. I also worked together closely with them on elite training for 18 months. And they're entering their third group. It is helping with the business.

We're going to be talking today about a special topic. We tried to make this, not to theory. But also, something very practical that you can follow. We'll be covering. A very important topic, which. How should we prepare, the how-to-do, and how long to meditate? We talk a lot of details about the practical.

From AP Sharon Fan

We hear about how to set up. now we have in all preparation. And it has to do with how it could park your body. And your comfortable position and ability to focus the mind. You don't have to worry about your posture.

At DCI. We always tried to take it further, we also tried to bridge and practice with the Modern lifestyle.

the traditional Eight-Point Meditation Posture. Sometimes this is called the Meditation Posture of Vairochana. Introduced the level. It doesn't matter whether you're sitting on

the floor or on a chair. You can also adjust the height of your feet. So that your feet in. I like to sit on a Yoga block. So, you can try to play a medium-density yoga block. It's supposed to be comfortable.

If you think there's room, you could try on another posture. Then you can tuck up the left foot first. Alternately you can try a Half Lotus pose, where the first leg bent (the left) has the foot tucked up on the right thigh, and then the second leg is released comfortably to the floor. If this is in any way uncomfortable, it is very acceptable and useful to do what is called the Easy Pose, where both feet are released to the meditation cushion (although the left is still the first one bent. The point is to make yourself comfortable.

Or try sitting on your heels or the soles of your feet with your thighs either pressed together or apart. So the first of the eight points. It was really how to sit "Comfortably".

Once you take your position on your cushion and get settled in, then you will not move again. Don't move anything—not your bottom, and not a finger, even slightly. This is particularly important if you are meditating in a group, which is a great idea. If you make any noise at all, then it is going to distract everyone else in the room away from their meditation object. It's become more difficult for you to focus in the future. If you're new to this practice. And you feel like you have to move around every 10 minutes or so. Feel free to stop the medication.

10 minutes the focus is a lot better than an hour I'm sleeping there. Here's an interesting question for you. Which direction to face in the medication. You can imagine. Getting a car heading south, you facing the back, or facing the front? In which direction our earth rotates, is very subtle, but maybe your mind can feel it?

From Francisco

Now it's my turn to talk about how to work with your hands. Once you have parked your legs, then park your hands. The most common way to do this. East, what we call medication hands.

Place your left hand down on your lap first, palm-up, and then place your right hand down on top of it, also palm-up. It is also traditional to join the tips of the thumbs then in a kind of a "tent" shape. In long, deep meditations you might find it annoying to try to keep this "tent" up, so you can also experiment with letting the thumbs both eases down to the palms. According to the shape of your own body, you may find that getting your hands down on your lap causes you to slouch forward, so you may also want to place a folded towel or small pillow between your lap and your hands.

Another common way to set the hands is in what is popularly called “Chin Mudra”. This is where the thumb is touching the first finger, with the other three fingers held straight or slightly curled, and the hand is set on the thigh. This hand can be in one of three positions. The most common is facing up.

The hand in Chin Mudra can also be placed palm- down on the thigh. In either of these positions, you may find that your hand starts to fall asleep, or tingle. In this case, you might try holding the Chin Mudra between these two positions, with the thumb up.

And again, try and find what is best for you. You could also play with the distance between the thumb and first finger in Chin Mudra: you may find that by keeping just a tiny gap between the two, you can feel prana jumping across (like the electricity in a spark plug) and improving your focus.

You may also find that the way that Chin Mudra keeps your upper arms out away from your torso “air-conditions” your body in warm weather and keeps you from getting sleepy. In cold weather then, see if the way that the upper arms are drawn in towards the torso in Meditation Hands keeps you warmer.

If you do select Chin Mudra, be careful not to place the hands too far out towards the knees, or even past them—although we do see this in paintings or sculptures of meditators. With most people’s body type, keeping the hands this far out on the thigh can cause them to slouch, or pinch their lower back. A better option is to put the hands on the thighs out towards the knees, and then consciously draw them back towards your torso, isometrically pushing down against the thighs as you do so. You will find that this action puffs out your chest slightly, and draws the shoulder blades together—both of which are very desirable for prana flow.

3rd. Sit up straight.

The ancient Asian texts say here that our spine should be held “straight like a stack of gold coins.” One trick for doing this is to imagine that there is a string attached to the top of your head, and someone is pulling up on it. As time goes by during your meditation session, gravity will naturally start to pull your upper body down, and you will start to slouch slightly.

The spine does have several natural curves in it, and when it feels “straight” it never really is. Some people tend to “over straighten” by pushing in the upper part of the lower back and creating a kink there. You can fix this by always remembering to keep your belly slightly tucked in during meditation. This is called a bandha in Sanskrit, and will

automatically cause a corresponding tuck in your tailbone and keep your whole lower back extended, so that the inner energy, the prana, can continue to flow well, all up and down the spine.

4th, Adjust your teeth, lips, and tongue

When we are very focused, sometimes we tend to tighten our teeth, clench our teeth, scowl, or tighten up the rest of our face.

As you start the meditation, set your upper and lower teeth softly and gently closed. Check-in on your lips and the corners of your mouth and make sure that they are loose and relaxed—even smiling slightly, smiling lightly like the Mona Lisa, which happens to be great for the prana.

Make sure that the rest of your facial muscles are relaxed. And when we focus our mind, we might unconsciously tighten up our forehead, for example, or tighten the area between our eyebrows (a chakra location), so that we get one or more vertical wrinkles there. This is very bad for the flow of prana at this important point, and it's crucial to relax this and the entire forehead.

Another common tension point is in the eyelids. The amount of tension in the eyelids is an excellent barometer for the amount of tension in the mind. Very consciously check on your eyelid muscles and release them, so that you get sort of a sleepy look, as the eyelids fall naturally downwards.

It is said in the ancient texts that if we keep our tongue loose and lightly touch the area just behind the upper teeth, then this will keep our facial muscles relaxed, and also prevent the mouth from drying out. Of course, in meditation we also try to breathe through our nostrils, and not through our mouth, for the same reason—if our mouth gets dried out and uncomfortable, then this will distract us away from our chosen meditation object. If you have a bad cold or allergies or other obstruction of the nostrils, though, then purse your lips and breathe slightly and quietly through your mouth.

Experiment with different positions of the tongue. You will find an ideal spot, which also prevents you from having to swallow frequently—which can be a big distraction to both yourself and anyone meditating together with you.

On this same subject, it's also a good idea before you meditate (and especially if you meditate in a group) to blow your nose and clear your throat briskly, to get phlegm out

and prevent sniffing or coughing during your session. Once you start your meditation, be strict with yourself and don't sniffle or cough—if you just let your nose run, for example, if it wants to, then you will find that it drips down your nose or chin onto your shirt or lap, and dries in a bit. Nothing to worry about, it doesn't hurt anything—and no reason to stop a deep meditation; you can wipe it off later.

If you feel that you want to sneeze during a meditation session especially group meditation, experiment with focusing very hard on the itching sensation in your nose. In almost every case you can concentrate strongly enough to make it through the “itch” without sneezing. If you do need to sneeze or cough, then do so as quietly as possible. If you cannot control coughing or sneezing, or other moving or making noise, it is most polite to leave the room as quietly as you can—be careful not to bang the door. When meditating in a group, common courtesy is to arrive at least 10 minutes before the scheduled meditation time, since arriving late will disturb all the other meditators. If you do arrive late, it is usually better to go meditate in another place than to cause a disturbance by opening the door. Then be sure to be early for the next session! I hope these details have been a great help for you to have long and deep meditations.

From Prof. Alison

5th - Keep your head and chin level

if your chin is up too high when you meditate, then your mind will tend to be distracted. But if it sinks too low, then the mind tends to get dull or sleepy.

You can do some experiments on your chin in different positions, to see what effect this has on the quality of your attention. Make a mental note to yourself what the best position feels like, and keep the chin there during future sessions. Again, if you are cracking open your eyelids and gazing softly down, don't let this draw your chin down by accident.

6th – adjust your eyelids

it is most common way is to keep the eyes completely closed during meditation.

These are not often is you can keep your eyelash cracked open slightly. This is good to try when you are afraid you might get sleepy or dull because the light keeps you more alert. You see, we have been conditioned our whole life that most often when we close

our eyes, we are going to sleep. And so, some people might find it much better to keep their eyes cracked open a bit.

If you do crack your eyelids open—then you can “gaze down towards your nose.” This does not mean that you cross your eyes and stare at the tip of your nose, which quickly becomes uncomfortable and could hurt your eyes. The ancient texts are quite clear that you are gazing unfocused into the space in front of your eyes, at the plane of your nose—meaning at the distance out in front of you that corresponds to the distance out to the tip of your nose. This way you are not focusing on objects that are on the floor in front of you or the color of a wall or table.

7th – Make sure your shoulders are level

Sometimes when we are concentrating hard, we tend to scrunch up one shoulder or the other. Keep both shoulders relaxed, well seated, and on an equal level. To do this, when you first sit down to meditate you can pull your shoulders up towards your ears, and then release them strongly down, and then relax them, pulling them away from the ears.

Bringing the shoulder blades slightly together in the back brings your chest out nicely, which helps the prana flow and prevents slouching. Also, check to see that one shoulder is not out in front of the other.

8th - Breathe fully and slowly, observing the breath.

spend a few minutes observing our breath, to calm the mind down. And so, we put the breath between. Here you can do the practice of watching ten exhales, start with exhales, and followed with inhaling.

We cover the eight-point postures.

+1 – Turn off your cell phone.

It could turn off Your cell phone. We don't want the unconscious awareness that something might be interrupting us during this period to ruin our deep and quiet concentration. So, turn off your cellphone and your email notifications, this is a very important suggestion to all of us, including me.

Okay, now we already did cover the medication posture. And a very important question, when we do medication. And how long did we do medication? So, I invite to GMR should cover that.

From GMR

Great. I think I told You guys about three years ago, I was in my favourite cafe.

It's a small café, it has been there for 34 years. I used to go there. Every day to have business meetings. One morning. The owner told me that, we'll not be open tomorrow. GMR said, "okay. I know you like to go fishing. Sometimes you got to see your daughter. I know you're close and I don't tell anybody. I got used to it." The owner said, "no, no, I mean, we are closing permanently. "

then I got upset and then said, "you cannot close permanently. I knew this cafe is the only cafe." Then the owner said, "if you don't want this cafe to close, then you buy." That was a big mistake. For three years we could not open the cafe there and we got many things to fix.

next week, we're starting to get a TV show in the afternoon. Because I feel guilty about the cafe. They only serve things that are unhealthy. I told my friends, my wife, let's do healthy eating. As usual. 34 years the cafe is open in the early morning, usually, it closes at 2:00 PM they don't usually serve dinner for 34 years.

Connie and we have a plan. In the afternoon, we will film healthy eating. We're going to teach you how to eat correctly. It was a big failure. All the people in the town, you don't need to teach us how to eat. My mom taught me all through it. 20 years ago, 30 years ago, you don't have to get. But, those things, which we did our whole life since.

If you want to be a successful person. You're going to need something else. You have to check even those things like you were taught when you were young if it is correct or not.

And Allison, Sharon, and Francisco, you are worse than Connie. Now you want to teach me how to sit, my whole life. I know how to do it. But actually, we don't know how to sit. You ought to be successful. My teacher thought me the eight-point posture almost 50 years ago. And I tried to sit that way all the time. And it helps you in your mind and your business.

The pictures of the Congress in every country. Some of those guys are sitting crooked. More tired than they build them. Oftentimes the very great leader, the posture causes his syndrome. It's graceful and it's good, and then your mind works better.

So, I encourage you to think about the 8 points posture all day long. But, except don't close your eyes when you're talking to your wife or husband, you'll get into trouble.

My job is to cover two points. What time of day is best for meditation and secondly, how long can your meditation be?

So first I'd like to say, it's good. If you can meditate at the same time.

I took two years of Chinese medicine class. And I can say, honestly, I forgot everything. I remember there was very interesting. We have a biorhythm throughout the daily diet. What we call diurnal rhythm. For me, the morning is the best time to do writing or other care work. Many of us. After we take a nap or we take a break in the afternoon. At night is relaxing. So, for me, this is the rhythm of my day.

You have to find. A time of day to fit in your meditation time.

And I've been meditating above. I tried different times of the day, for me. The very early morning. It's a good time. Before I have breakfast. before I go to work. And if you live, with your family, the apartment. For example, if you have children, I think that early morning before everybody wakes up. It's the only quiet time in your whole apartment in the whole day.

After I get up, I brush my teeth, I would make something to drink because you should hydrate yourself. And then I will do my meditation

And if you, do it at the same time every day, you can make great progress.

one thing about medications. If you do meditate in the morning. Make sure you've got enough sleep. For three, four years. Early in the morning. I have a problem. I always feel sleepy. My teacher said, I give you an advice, sleep early the night before. It was like a miracle. I said, Oh, that's such a good idea.

There's a whole thing in American India. Early to bed. And early to rise. The Len healthy rock in life. If you go to bed early and wake up early, make a man healthy, wealthy, and wise.

And it's true about your medication, you do not check your electronics before your meditation, it's riled up your mind, you'll make your mind too confused.

If I tried to get out of the habit of looking at the news. At 69 years old, I can tell you what's the news tomorrow. One famous person died. One. This person got in trouble with a metal. Some company is causing another company.

I finished the news for the rest of your life. So don't look at the news before you meditate. it doesn't matter.

How long have you been?

It's the habit, which is important. if you've meditated for two hours on Monday and then you skip Tuesday and Wednesday because you think you're medicated. Meditation just like exercise, it has to be regular.

I sincerely believe it's started though with 12 minutes. This is an ancient custom, start 12 minutes every morning and stop. Don't try to meditate seven days a week. You can have a day off.

If you pick a day off or two days off, you'll be hungry to see your medication. They said, if you never take a break, you will start to hate your meditation. So, for example, in my case on Sunday, my wife and I have a tradition for medication on Sunday. We make a big, big breakfast. We sleep late. That's a good custom to take a break.

So, on Monday morning, add one minute to your meditation. Once a week. So, the second week you are meditating for 13 minutes. And did the third week 14 mins. Only if you build up this way, in one year, you can reach one hour. I strongly, strongly. Recommend. To do it this way.

If you have a strong meditation practice, your whole life will change, very successful.

The last thing I don't like to have a phone in my meditation because it will cheat you. You will start to look up the news or you will look at the email.

So, I went online. I bought an old clock, it doesn't make any noise, and I strongly recommended it.

Summary of Essence (by Teacher Sharon)

Learn how to do it? How long to do it.

Let's recall – diamond cutter 3 jewel – yoga, meditation and 3times books

What is the common things in 3 jewel? Persistent – 3tB – mind, speak and action. Meditation – do it yourself then only we can find the method suitable for you. It is just a guidance.

Use as basis and try and find the most suitable for yourself

Meditation – focus our life, continue be our “best” form

8 posture – to have the best form into meditation without moving around. We don't have comfortable and need to adjust it. Do meditation – body to be comfort, discomfort will create no peaceful in your heart. Observe yourself.

1. Leg – based stable – stable grow up – won't be moving around – sit on the floor (tighten your waist or chair (sit front part of the chair) – straight your spine

2. Hand – qi in the body affect your mind. Distance your hand and body, how does it affect your mind? How to put your hand, how to sit? It is to have correct posture

Imagine top of your head is tie up with a string. To have good posture, we need to practise and to have a peaceful heart. Having correct posture, sitting straight, you have to do it constantly.

3. Face – benefits of meditation – in our mind – doesn't have wrinkles, we maintain 10 to 20 minutes.

4. Nose to breath – if I use mouth to breath, mouth dry. Breath through nose is smooth. We wish to have deeper mind, use nose to breath and catch your mind better

5. Head – parallel with the floor. Head going down and head so high, both position will affect you.

6. External factor – completely closed eyes – sleepiness – just open slightly of your eyes, some light coming in and your mind can be cleared.

7. Shoulder –going up, shoulder too rigid, mind will be running around as not in peace. Mind goes into your body and body goes into your mind.

8. Breathing meditation is good warm up and comes to present and be focus. How you do breathing, special benefit – exhales and inhales.

When we do meditation? How long? Traditionally, best morning – 5 to 7pm or evening 5-7pm. Is either I am sleepy or prepare meal for kids. It is fulfilling our life styles. You can adjust it according to your time

From 12 minutes to start meditation. Be flexible, if cant focus, at least practise 5 minutes.