

【生活工具 4：关键点: 选择冥想对象】

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 AP Sugeng Shi, AP Anton Kratasuk, AP Wang Xia)

三位老师-圆桌-全球最优秀的主办方

上海-王霞

最让王霞老师引以为傲的是13年到16年间，到了30个国家旅行，全家人都在运用种子法则来成功。是读书会女王，从2013第一场读书会开始只有少数几个人聚在一起，互相学习帮助彼此来获得成功，全球拥有200个读书会。我开心的是培养了超过1000名读书会代理人。原本在苹果公司担任高管但为了DCIG 而离开苹果。为什么呢？她说因为DCIG更加有趣和富有创意。服务众谦，DiamondX，DCI 教育局和SCIM。

新加坡-Sugeng

在印尼成立了公司，接触的古老典籍翻译，用了五年翻译原因结果的杰作，现在在翻译700年前的伟大著作，是世亲大师，关于因和果的经典。服务DCIG总部，SCIM，以及是DCI 印尼华语主办方，和完美太太创办JJewel。是紧急救援社群的主要带领人。

莫斯科Florida巴厘岛的Anton

创办了mycity.com，和优秀太太，在互联网非常成功。是DCIG行销总监，结合俄罗主办方，每次新的课件，唯一我会听取他的意见。2011年学习，2015年教授，应道100名新创企业家，来教授DCIG的课程。

GMR

选择你的冥想对象

格西老师在新的节目，在桃树咖啡厅里教导正确健康饮食的节目。你就是你吃进来的食物，试想一下，食物最后变成格西老师，我们的确要很小心。比如蔬菜，Vega代表强壮力量。同时我也是我想的念头。我们所吃的食物将成为身体，所思考的成为意识。冥想重要原则，身体承载食物，意识也承载事物，因我去思考，而冥想的要点 – 我们成为我们思考的念头。冥想专注在什么事情上，我们就会成为那个东西。例子：如果有人伤害我，我

把这个伤害带入意识当中，这也是一种冥想，这个人多恶劣，我们就会成为如此恶劣的人。冥想一定要有对象，手机在意识之前，手机就会反映在意识之上。什么都不想也是冥想对象，而这个什么都没也会反映在意识。以什么都不想去冥想，是绝大的错误。什么都不想还是会成为一个东西，这会种下一个非常奇怪的种子，比如总是弄丢东西。如果冥想里什么都不想，会成为美式英语行为古怪的人。

1. Sugeng老师 - 回顾冥想

我会复习两个重点，第一，冥想当中一定要有冥想对象。第二，这个对象必须要有其重要性。慎选，不是什么微不足道的物件都可以。Sugeng老师年轻的时候，有很要背诵记忆的东西。比如背单词，我们有一个清单，按照顺序，来回顾清单，知道清单上的事物都烙印到我们的意识。回顾冥想也是一样，我们希望这个概念被烙印进意识不会被忘记。我们学过了4x4，5x4，四步骤，四定律，四朵花，在第三阶，我们可以在意识里浏览4x4，按照循序来回顾，不断回顾，直到我们可以精确的回顾。

接下来我们可以挑战以倒序的方式来回顾这些清单，那么很肯定我已经将清单烙印进意识了。接下来，我们可以以随意的方式来回顾了，来检查我们是否记得。

第四中选项，对于参加过DCIG L9创新力的伙伴，你会喜欢这个。随机从4x4选两个，来看看他们有什么关联。比如：选4步骤的第3步就这么做吧，和四定律的第2个种子，种子会倍增。如何串联起来呢？不用担心怎么连才正确，我们逍遥的是更有创意。我就会这样想，一定要去做，有了种子，种子才会倍增。第二个例子，四步骤的第一个设定目标，第二个帮助一个有同样目标的人。这个很容易因为是四步骤里的步骤。第三个：比如四力量第3承诺不再犯和第2朵花习惯，该如何连接？显然。我们不会要形成坏习惯，坏习惯会带来更多坏习惯，那么我们应该不再犯。

2. T.Anton- 解决问题的冥想

工作中有让你不舒服的人，当你忙于工作，你捕抓到了这个事情，这个感受不好，你立即用相同的方法回应了他们。这个时候，他们的声音和动作并不是你期待看到的。但是由于

专注力向外，你没有办法去分析，什么是困扰你的，你只能感受到他们忽略你了。我们都是会评判我们的感官上的，使我没有办法去了解真正的问题，

只能和问题相处。一直到遇到了格西老师，我理解到了，生活上的问题，可以成为我的冥想对象。冥想让我从外在世界专注于内在世界，在冥想中，可以让生活慢下，有空间，运用逻辑去分析事情。例子：分析和同事的纷争，去观想那件事情，这个事情萌生的那一刻，时间慢下来，让我可以去看到事情是如何萌生的，在用智慧去对应。

也许在这个冥想中也会察觉到其他的事物。你可以问自己一个问题，我过去种下什么种子，让我从过去组合成这样的体验。当你在冥想中这么做，在意识中热切的去链接。就如格西老师说，当你真正规律去做，运用智慧，你会成为一个真正有智慧的人。这种冥想实用，将感官收入内在去分析。

3. 王霞老师 – 单点专注的冥想

这里有两个任务，就是冥想的两个对象，和选择对象上的技巧。单点冥想，选择一个对象，一直到我们可以轻松的去面对他。但我们的冥想就像风一样。在练习后，王霞老师问了格西老师问题，老师啊，数息真的太简单容易了，我在呼吸的时候可以想到许多东西食物啊课程啊等等。

在第三阶学习中，我们会学习到，黄金屋冥想，这个对象会帮助我们发展一个更好的未来。选择对我们而言重要的人，父母老板老师，对我们有影响的人。我们看入他们的双眼，在他们对我们的爱中，这就是我们要烙印在我们意识中健康可口的食粮。

简单的开始，从Sugeng老师教授的回顾冥想，和Anton老师教授的解决问题冥想，最后进入到单点专注的冥想。我们随时都可以开始冥想，但不同的时间可以做不同的冥想，比如早上清明的时候单点专注或是解决问题的冥想，而在晚上可以做咖啡冥想。

第三个技巧，冥想一定要有对象。选了第一个对象，维持2-4周，在你每天都冥想的情况下。而在2-4周后，在感到无趣之前，更换冥想对象，关键是让我们热情的持续冥想。在冥想中，我们会遇到更多的挣扎，但不要气馁，只要持续练习就好。比如我们学习开车一样，最后我们都可以正确倒车。

最后一个技巧，你会觉得你的意识更加的吵杂，但不代表冥想是错的。即便你之前的冥想体验并不好，但我们还是要持续冥想，至少现在我更了解我的意识。

GMR

我总是会担心是否足够老师，高品质的教授。但我看到这三位老师，我真的非常非常开心，享受其中，对自己的冥想有更多的感悟。我希望你们去尝试以上的方法。还有，这三位老师是非常成功的，也展示了许多善意。也许我们可以从一个老师的行为举止去观察。让我引以为傲的是，比起他们的成功，是他们的善待他人。

精华摘要 (by Teacher Jenny)

关键点 选择冥想对象

我们的身体会是我们吃的食物，我们意识会是我们所想的念头。

我们从来没有真正关注过。原来我们想什么是很重要的。

什么是冥想？

冥想是把一个图像或注意烙印在我们的意识里面。我们把念头烙印在意识中，我们就会成为这样的人。之前我都会对他人说的话耿耿于怀，我的头脑就会一遍遍地回顾他人对待我的言语，伤害我的方式等等，然后在心里碎碎念。其实我们要重新思维，这样做会造成什么影响。这个回顾不好的人，伤害我的人当作冥想对象。我们就会变成她的哪个样子。这会是我们要的吗？不是。但是我们重来没有思维过，我们要把什么对象放在我们的意识中？

选择正确的冥想对象，我们先来讲讲什么对象是不正确的？

比如什么都不想，什么都不想也是一个冥想对象。有些人错误的认为，什么都不想不是一种冥想，如果我们这么做，我们会变成头脑空空，变健忘。常常忘东忘西。

当我知道冥想的对象如此关键，那应该如何正确的选择冥想对象？

1. 回顾冥想

对象：4套4

比如：回想4套4的步骤。可以把步骤链接到自己的目标，自己的4步骤。

帮助我们达成目标。

如何做：顺序，倒序，随机，随机+链接

2. 解决问题冥想

对象：生活中遇到的问题

如何做：这个让我不舒服的人来自哪里呢？回想笔的空性。这个伤害我的人是我什么时候种下的种子？回想自己是否有种下相类似的种子。比如对家人，比较没注意到自己的行为。我们就能够停止回顾那些不舒服的感受，而是去善待我们身边的人。

3.单点专注冥想

如果我们会很有意识的选择对象，那么我们的冥想才能真正帮助我们成为一个更好的人，让我们更快获得生活和事业的成功。认真谨慎选择冥想对象。因为你将会成为你意识所想的对象。

【LifeTool 4: A Crucial Point: Selecting Your Meditation Object】

This teaching summary is for reference and does not represent the teaching of the professor.

Please do not forward it.

Teaching Summary (by by AP Sugeng Shi, AP Anton Kratasuk, AP Wang Xia)

LT4: A Crucial Point: Selecting Your Meditation Object

Teacher GMR

You are what you eat.... The chemical in GMR will become GMR. Example I eat a lot of vegi & all that become GMR. Vegetables come from Sanskrit called Vega. Now you can say you are your mind too. Now you can say u are body & u are mind. What u think u want to eat is your mind, Dhi of mind means mind hold thinking. Body holds food, Mind holds object. We become what we think of. Meditation in Sanskrit Dhyāna , depends what object u hold in meditation u become what u hold in mind. Meditation always must have an object. Mind is like a mirror, what you put in front of your mind the object go into your mind.

Nothing to think of is also a meditation object, nothing also reflects in your mind. There is a big mistake in old wisdoms, body is what you eat & mind is what your object thinks of. When you try to think about nothing, you have planted a very strong “Nothing” seed. So we always see people always forget where they put their things. If you try to think about nothing, a strange seed is planted in your mind like always forgetting anything. Space cadets walk like they're doing nothing.

How to meditate with a meditation object?

In Meditation we must have an object.

That must be an important object, we must choose your object carefully.

Let's get back to when I'm young, I'm not sure about other countries. In my school time I need to memorize a lot of names & words.

3 type of famous selection Meditation Object

1) Review Meditation

4 by 4 or 4 by 5, from this list we have 4Steps, 4Laws, 4power & 4flowers. In L3 Review Meditation

1st option - we like to review each list in forward order > 4Steps > 1st Step> 2nd Step > 3rd Step > 4th Step.... Do all the 4Laws review too. After you are able to review all 4 x 4 forward.

2nd option is the reverse method (backward method). When we can do a review in both ways.

3rd option we can review any of the 4 x 4 in random & review can you recall all the details. Personally, I use a phone app that uses a randomizer to give me a random number & I do my review meditation.

4th option, more challenging & more creative out of 16 items & select 2 randomly & found do they have any linkage. Let's take 4Step (3rd Step) Let's do it! & 4Law(2nd Law) seeds multiple. How to link both of them? If I did not plant seeds & there are no seeds for us to multiple. Step 1 – Set your goal, 2nd Step help someone who have same goals, 3rd Step – just do it!

3rd Power – replace the bad seeds by planting a new good seed. 2nd flower – Habit, how can we link both now? We want to do our best don't plant bad seeds, this will cause us to fall into bad habits.

2) Problem Solving Meditation

My life is so exciting, if I close my eyes & if I feel no meaning before I learn good meditation. After training & I found that actually when I close my eyes & I am able to open up my 3rd eye, I can feel others better & environment details. Sometimes colleagues' feedback to us & we react too fast. We feel bad, not happy & we reply with the same emotion & bad feeling. All the voice and reaction u saw had control you, that may not be correct & confuse u now. I was so involved in everything & I did not have a chance to deeply understand the roots of the problem from. The problems actually come from 10 years ago. Object of Meditation can be the problem that I face now. Go into Meditation moment, choose a specific moment when I feel up-set & bad feeling by slowing down the time & navigating the moment. Ask myself why I'm feeling bad? I can see the person moving their lips & voice moving into my ear & voice touching my ear & I feel up-set.... Found that the voice triggers my up-set feeling. Using Logic thinking, we can find people around me did not feel up-set from the same voice. Why are they

feeling good & I'm feeling up-set, at this time I can understand what has triggered me? Ask yourself a question, what seeds I planted before for me to experience all this up-set? You can figure out the bad seeds. When we continue practices on this Problem-Solving Meditation after time, we are so good at solving problems. Really focusing & applying the wisdoms after time we become more wisdoms... analyze your problem as a Meditation object. This is a very practical part to remove your feeling & bring into internal meditation moments to analyze the problem.

3) Fixation Meditation (Focus point)

1 single idea or 1 Single image object, we can be very focused on reviewing the object. But we knew our mind was like the wind. I 1st learned L123 breathing meditation after 1-year practices. Perfect 10 breathing meditation is easy, at the same time I can think of a lot of other moments like feeling breakfast & Money come in & out. A lot of people do not have a tiger mind, for example Tiger wants to have a meal. Tiger will be very focused on the food to be focused & get it. Golden Room Meditation, we will choose a special object & this meditation that we will choose a person who loves us the most & they have influence on us. In the meditation we look into their eyes, I can feel we are swimming in the sea of love sea. This meditation is focused on the love moment we have with our teacher. A lot of the time I can not focus on my teacher face & teacher face is always replaced by my favorite food or late event & tasks.

2nd parts tips 1 – we need to start with easy meditation > start with Review Meditation > move to Problem-solving Meditation & lastly do fixation

Tips 2 – when is a good time to do meditation? I don't have time, this is always our reason. Actually, you can do meditation anytime. Especially in early morning can do Fixation or Problem-solving Meditation & before sleep can do review meditation like (coffee Meditation)

Tips 3 – how often do we change our object? we remember we must have an object 1st, we will say 2 to 4 weeks on the same object. In Less than 2 weeks the burning process in our mind is not so strong. After 4 weeks we found it was not so interesting on the same object. Key with the object must feel happy to meditate.

Tip 4- feeling when meditation, we found struggling on Sleepiness or can't focus. Don't worry, just face the feeling & continue to improve. Just like when we start driving we are not able to control the driving...

Tips 5 – After sometime of meditation & u found that your meditation moment become very noisy

Actually, our mind is always noisy & we did not awake until after sometime we found our mind is noisy vs previous meditation session so how to overcome? Don't worry you had found out more about yourself now.

Summary of Essence (by Teacher Jenny)

Geshe Micheal said the food that we eat will become our body whatever food that we eat. And if whatever we think or thought or concept and we will become one thing, so whatever we think. Actually thoughts are so important, is there any effect on myself, previously we did not focus. What is meditation? Meditation is to have an image to have an imprint in our mind then it will become what we think. So we must be very mindful of our thoughts because it will become what we think.

Previously, T Jenny before entering Diamond Cutter, she frequently put in her heart what her friends said about her. Maybe her friends hurt her, in her mind she keeps thinking or repeating what other people say about her and keep repeating and keep recalling how the person hurting words or attitude keep flashing in her mind. I keep thinking how can this person talk this way to me, I treat this person so well.

Actually what effect will it cause because this is also a meditation object and if this meditation object is on how this person treats me or the words hurt me is our meditation object, example every day n in few times a day we keep repeating what others said to us, keep having this thought in our mind. What will we become? We will become a person like this, we will become a person who will keep hurting people around us as well. Do you want to be this person? No right.

If you know that meditation is so important, how can we choose it? What kind of incorrect object of meditation?

1. Things that hurt others
2. No object for meditation – will cause a forgetful, blank mind.

How to choose the right meditation?

1. Review meditation – 4 x 4, very good meditation to achieve our goals.
2. Fixation meditation – is to fix a problem, can use this problem to be an object.

Why am I seeing this person hurting me? Is it coming from me or coming from that person? Concept of Pen for me to understand and to use 4power to reduce these seeds. It is me that plant this seeds, so I will plant the seeds that make me see

3. Golden room meditation – Your meditation object will directly make you become that person that you take as an object.