

## 【生活工具 6：有益冥想的饮食】

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### 教授笔录 (by Prof Connie)

现在我仍在努力平衡忙碌的工作，饮食和冥想。如何要链接食物和冥想之间的关联是很复杂的。

我试着想什么种子可以创造冥想的优雅。是来之宁静。宁静是冥想和饮食的深层因。食物如何有宁静呢？

我看着食物时的却看到了宁静，食物的份量是其一，还有更多的是去思维食物是如何来到餐桌上。在我家族里他们致力于在有机蔬菜的种植。我的阿姨他们所煮的食物来自自家菜园，烹煮得很简单，用爱烹煮，摆盘。

现在我们在经营桃树咖啡馆，我们在想什么食物该加入我们的菜单，让居民能一起练习冥想。

我看看厨房的流程，厨具的摆放如何能让环境更宁静。在这忙碌的生活当中，可以创造宁静的环境吗？

为什么在厨房当中创造平静的环境，厨师，侍应生他们工作时需要什么条件，才能让他们有平静，因为这个宁静会传达到食物也有宁静的感觉，一个冥想者能从食物当中感觉到能量。也会从这食物的宁静的能量传递到他吃的其他的食物上。

我默默的开始不吃肉类，我觉得这会创造环境宁静。我开了间餐厅，在很美的有机花园中间。如果顾客要吃肉类我也会尊重他们，把这些肉类很好的呈现出来，不浪费它们。

这十颗优雅的种子的第一颗是宁静。来自于餐盘上放着什么食物，随着冥想更深入，我们的意识会随之趋向无暴力的饮食，更自然

餐盘里装载着个人的价值。有些人是注重美味，有些是对环境的滋养，有些是支持本土生产。

食物本身是没有特质的，滋养我们的食物也很快会杀死我们。这些特质不在那里，除非来自于我。多年前，报道说流行疾病，像新冠是源自于动物，从而杀死这些染疫的动物。这些伤害动物，和我吃这些动物，是否和我宁静的意识有链接吗？

为什么这些流感对年长者比较高风险？对年轻人较轻微？这或许是因为年长者看着这些食物时没有意识到当中的暴力。有些食物的名字并看不出他是来自动物的那些部分，在小时候，我们被喂养后就爱上这些食物。

宁静的种子是暴力的相反。

这盘中的食物你注入了多少的宁静？冥想对你的生活多重要？有重要到你要改变你说吃的。无论你是冥想的老手或新手，都要去想如何提高冥想的成功。冥想如何帮助你的生活，那我们就要看看我们所吃的和如何吃。

我先生John，他常会想午餐要吃什么才会对他在5pm的瑜伽练习。这对我造成困扰，有时我想要他吃我想吃的可是却不如此，直到我用4步骤把他当成我的冥想对象。

我的意识有时也有猴子出现，大象出现。更细腻的是要在平衡这忙碌和昏沉的意识。我要如何种下这相对应的种子，我学到了我不能抱怨。我把食物给他时，我要想到该放多少量才对他的瑜伽有帮助，尊重他。

不过量饮食如何创造冥想的宁静。当我过量饮食时，伤害了地球，让温室效应提升。这会反应到我身体的疼痛，膝盖痛，等等。吃太多无法好好的冥想呀。

我在准备食物的正念能够减少冥想当中的昏沉。当我在吃时，是边吃边看手机，工作等，还是在专注于吃。边吃边工作，会照成你过量的吃，而照成昏沉。在吃的时候有没有意识到世界300万人是无法好好的吃，好好的做冥想。我处在很丰盛的世界，也创造出不公平的画面有些人没食物吃，所以我和朋友发起了1天只吃一餐把另一餐的钱捐给食物银行。你可以通过咖啡冥想，如何创造身边的人都有食物吃。、

有一位冥想者问老师如何不再冥想昏沉，如果我当初知道他，我会用四步骤让它成为我的对象。

成功的冥想没有捷径，规律持续的每天练习，也取决于我们的种子。

含有咖啡因，高糖分的食物会影响冥想素质。如何在订书机装下订书针。保持觉知，留意需要你去聆听他们的人。当我要喝第二杯咖啡时，我会在想我在聆听他人时也需要喝咖啡吗？我在做闭静时一杯咖啡都没喝。头倒立也能让意识清晰。吃东西时要带着正念来吃！

我先生说像我像峰鸟，因为我很难抗拒甜食！这就是为什么我在冥想时需要四步骤伙伴。

我妈妈在知道我不吃肉食时，他就为我和全家人烹煮健康蔬菜，这就是她放入的品质。

你冥想当中宁静的品质。你会观察到什么食物会带给你冥想的宁静，尽你所能找出这些食物，再找一位四步骤的冥想对象，从而达到成功的冥想创造事业家庭双丰收。

## 精华摘要 (by Teacher Sharon)

大家怎么挑选食物的呢？

口味？为了健康而吃？怀旧，从小吃到的，卤肉饭？不知大家有没有意识到，背后都有原因，驱动我们做选择。

工具6看似我们为冥想而吃，其实引导我们从不同的层面思维食物，提醒冥想生活化，和我们的饮食息息相关。

一冥想选择生活方式，我们会为了意识平静而吃，超越了口味和健康的另外一个层次

自己的饮食习惯和个人习性有什么关联？比如，辣妹要吃辣，吃越辣人就越辣。

食物和意识有什么关联？要提神要吃什么？咖啡。

要放松呢？可能需要酒精或要练肌肉，我们需要蛋白质。

这些固有的信念，让我们对食物有瘾。

我们不是用习性，而是要用空性选择食物。

一块肉的纯蛋白质，谁可保证？酒精，每个人喝都同样效果吗？

我们可以以终为始来选择食物。食物要来自于不伤害他人的意识平静。

1. 我们自然会想到素食。
2. 品尝食物的口味，记得空性，过多的辛香料，过多的包装，不被过多障碍蒙蔽
3. 我们食物摄取量要适量，不足会焦躁，过多会昏沉

简单调味的食物可以怎么做调试？4步骤这是派上用场，提醒自己的最高动机。为什么要这么吃？好像：姐这么吃不是素食，是保护生命，冥想会滋养我们的身体。有了动机就像先装上马达。

有位 Fernanda老师本来都不吃沙拉的，过后爱上了。就是因为有了强大的动机。

当我们更深入冥想，会更积极支持和冥想的食物保持一致。

当我们决定坐下来好好冥想，就开始服务全世界了。

借由为了冥想改变饮食，可以服务全世界

## **【LifeTool 6: Eating for Meditation】**

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

What to eat in meditation? How to balance my eating with my busy schedule, body desire and how to balance my daily life?

One to one connection between eating and good meditation. It is not easy

Relationship between food and meditation is very complex.

Serenity and food connect. How can food have the quality of serenity?

Balance of proportion on the plate, so much deeper on that, so much to contemplate on the table.

It is a good combination of love and health, simplicity and beauty on the plate.

What foods do we want to help the mind and also help the community? Create the environment and people come for meditation. Create peace of mind.

Analysis of the equipment and workflow. Serving and kitchen work station, how does it contribute to serenity?

Business concern about health and wellbeing.

It is possible to design serenity in the current environment, especially in business.

The flow of serenity in the design of the kitchen. All the staff in the café, how to create serenity? How to maintain their peaceful mind set? How to create the best performance for staff? Serenity flows into food that customers experience. Meditator can feel the energy. What about the serenity in food itself? For meditators, natural turning away from certain kinds of foods, peace of mind.

Gradually I turned vegetarian. It is not a big deal but don't eat meat and don't tell others about it. Start a peaceful way which is peaceful at my work. It is not my right to tell others what to eat and what not to eat.

When she was the owner of the restaurant and also cooked. Core value is to serve healthy and delicious food. The restaurant is centered in an organic garden. Do the best to attract customers to have vegetables and fruits. If clients want to eat meat, I will respect "meat" on the plate. Don't waste it.

There is a natural turning away from more violent foods to natural foods. It will help us to improve our meditation.

I see the plate, food that sustains the serene mind. Along with a healthy body and perfectly balanced in our meditation.

10 seeds of elegance – talk about one seed only – food that sustains in our mind?

1. The more we meditate, we turn the food away from violent food, more to serene food.

2. The journey is very personal. Diet naturally align with meditation

3. The plate of foods. What do I see here? The plate is full of personal value. Personal value is represented on the plate. Some people only want to taste good only. Others, they may take care of the earth, eat local food. Others, value, I care about building muscle, so, it is protein. Others value comfort foods or family.

4. No value and quality in food – how do we know? Because it will provide nutritious food which kills us too. Quality of foods and value doesn't exist, unless it is coming from us.

5. Covid-19 is related to animals. If harm comes to me but hurting others. We need to look at our food. Connection between eating animals and disease? Not to be violent with animals, is there any connection? Why is this flu so harmful to elderly? What is serenity among elderly and younger people against foods? The difference, elderly more chances to explore food and didn't relate to the violence on the plate.

6. Our food comes from animals. Different parts of the animal. We taste one bite; we will eat more frequently from a young age. We don't call cows meat. Is there any relationship between violence and state of mind? Serenity, opposite words of violence.

7. Look at the plate of food. How much did I load with serenity? The question: is meditation important in my life? Is it important that I change my eating lifestyle? Businessmen, meditation can bring much value in my business.

8. How to increase the art of success in meditation? 10 seeds of elegance – our best value. How can I meditate in my day? We think about everything we do to support our meditation. We will think about what to eat and how to eat.

9. Food related to my husband's yoga practice. What did you want for lunch? He is busy thinking how to affect his awesome yoga practice. It is amazing. How eating now affects evening's yoga practice. First, I hope he can eat what I wanted to eat.

Sometimes he doesn't want to eat at all, if lunch hour is too late. He is my 4 steps – eating partners – focusing on the eating related to meditation for the past 40 years.

10. My mind is not peaceful sometimes, just like a monkey mind. It doesn't focus on the object that I have chosen. I constantly drag it back, drag it back. Refining things that I shared. Finding the balance – busy and sleepy mind. Find the value of the plate that creates serenity.

11. Let's start with busy mind – 4 steps plan – how can I plan it? First, no complaint when can't eat first, when she cooked and I paid attention to how much food is good for him – don't overload the foods. I respect him when he is full. Don't push on him to finish all foods

12. Value of not overeating. How important is it to stop eating and how to relate it to our meditation? Over eating, who did I hurt? Over eating, CO2, contributing to global warming. Big hurt.

13. Meditation with body pain. Move beyond the pain. Overeating has caused me can't do meditation well.

14. What value foods do I need to contribute to my serenity?

15. Am I working and eating together? Am I watching a movie and talking? I am checking. Am I in the present moment on how the foods provide nutritious to us. Not focusing while eating will lead us to overeating.

16. Good healthy diet is not easy to practice for many people. In this world, 300 million people can't do meditation well.

17. How to balance? Skip one meal, the money will be donated to the food bank. Meditation itself is nutritious to our emotions and hopes.

18. Do coffee meditation on what kind of action that everyone has for good health & diet in this world.

19. Use 4 steps to assist others to do meditation.

20. Deep meditation is to practice it constantly. And also depends on our seed too. If you use drugs to reach deeper meditation, what kind of seed have you planted?

21. What is the value of food linked to our serenity? Reduce Caffeine, sugar.

22. Quality in my foods – caffeine no quality to sustain my serenity. Try to load my stapler. Do that by maintaining the awareness of others' needs. To pay attention to others who need me. This is very important.



23. Do I need to have a second coffee if I feel tired or focus on others? I don't need it at all.
24. To maintain state of mind – do yoga – healthier solution.
25. How much do I value my food and love in my current present moment of eating? It will affect our meditation too.
26. 2004 research showed that we want more than what we need. Be mindful while we are eating. It is a challenge.
27. My husband said I eat like a bird. He commented not the reflection on how much I eat. It is related to my favorite way to eat sweet foods. Place a delicious dessert in front of me. You can watch my mind. One is healthy food and another is dessert. In the end, the sweet dessert won.
28. Value on food, what to eat, good habit sustains for good meditation
29. Vegetarian options for family. This is the kind of value my mother put on me. alkaline and acid foods – how to adjust it on our diet and good for our meditation.
30. Get a 4 steps partner to do it together.

## **Summary of Essence (by Teacher Sharon)**

What is your criteria when you are selecting foods?

1. Good taste and delicious
2. For healthy purpose
3. Foods that we used to eat since we were young till now

What is the reason behind that trigger us to select the food?

What is the relationship between food and meditation?

Behavior, food selection, what is the linkage?

Food and mind, what is the linkage? What to eat to have a clear mind? Drink coffee? Want to relax? Take alcohol or dessert? What to have protein in food? Take more meat

We are addicted to the above situation. We use emptiness to handle this issue.

Meat has 100% protein. No cholesterol. Who can ensure that I can obtain 100% protein from meat?

Everyone have the same effect if we take alcohol to relax our minds? No...

It depends on our seeds

Food – unstable mindset – eat meat – take vegetarian

Take the original foods rather than process foods and reduce spices.

We will have the correct world vision.

Food intake – need to balance – overeating (sleepy),

Plant seeds to have a peaceful mind.

Natural foods are tasteless. Use 4 steps – remind us on the higher intention – it's not only for tasty, it has trigger me to do higher intention – to save the world

With intention and Desire on foods, help another partner to do it. 4 steps – vegetarian. Use 4 steps to change our old habits and build a correct way in this world.

Good lifestyle, food, meditation – consistently to do it by using emptiness concept – we can serve more people and this world/