

【L3 Live Q&A @ 27.03.2022】

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Q1: YanYing, Group RD, Region Guangzhou, China

I have quite different values from my husband, particularly when it comes to the education of our children. What kind of seed does this come from? Do I need to plant seed for him to learn DCIG as well so that we can share the same values?

Answer by T Penny:

We hope to have the same value in our life. It is easy to bring our husband to attend class. The issue is not only bringing your husband to class, we hope to create the same value in our life.

Planting seeds to attend class, just like taking the aspirin. In order to become a leader in our life, to have the same value, we can attend L8. You can learn a lot of how to become a quality leader in the seed system.

Before the seed system, my wife knew how to meditate. But, she doesn't know that during meditation we need to have an object. She doesn't like it. However, she planted seeds to attend GMR. She has a different view of meditation. Can we do meditation together despite different points of view? 15minutes of meditation is good. Why do we need to be so particular on it? It is just like reading. Why force her? She is learning it gradually.

To become a good leader, focus is very important. Application of life tools is very practical and useful. Meditation is good for us. It will help us to have the capability to settle our problem. We can create the team we want.

Q2: Jenn Neo, Group DCW, Region Singapore & Malaysia

To Geshe Michael: To have a sharp, creative and visionary mind, what are the key meditations that we must do every day. Which meditations have you done daily for the past 20 years? How long do you spend meditating everyday? Thanks for the advice.

Answer by GMR:

About meditation for creativity, the project to save ancient books, called the Asian legacy library and now I think we've input 16 million pages and it's all free online and we just celebrate 36 anniversaries. It started 35 years ago and I had the idea for that project for meditation, that idea came to me in a meditation to have creative ideas and write my diamond business and our diamond business became number one out of their 100,000 diamond jewelry companies in the world.

I think it's because of the meditations about creativity and then we have many breakthroughs in technology. DCIG level Four is coming up, it's in June. Level 4 will be teaching a special set of four meditations, it's called a meditation quarter. It means four different meditations to build, I think those are the most powerful tools for you for your creative innovation.

The first one is so-called stillness meditation and doesn't make noise, so it's kind of preliminary.

The second right after that, you're going to breathe meditation, the Right after that you go into a meditation where you watch your mind and see if you're thinking about the past or the future. Maybe you're not thinking about where you're sitting here thinking about what happened yesterday or what's going to happen tomorrow.

Fourth meditation is trying to keep yourself in the present moment in which you are meditating, you try to stay there and try not to think about the future, you try not to think about the past. This sharpens your mind for creativity. So, I would say those four that's what I did and we had many, many breakthroughs through meditation. So, I think it's wonderful.

Q3: Gong Wei, Group Gong Wei, Region Shanghai China

My mom died suddenly of carbon monoxide poisoning a month ago, and my dad died of carbon monoxide poisoning eight years ago. So IT's hard to accept that both of my parents left in the same way.

My questions are:

- 1. What seed in me created my parents to leave in this way?**
- 2. When my father left, I couldn't get out for years. This time, although it was also hard for me to accept my mother's leaving, I feel different , even better than usual, as if she never passed away . is it normal ? What seed created this?**
- 3. What else can I do for my mother now that she has left?**

Answer by T Max:

When I was in university, during holidays, my brother and I loved to watch baseball competitions. We watched the baseball show till late. However, my brother needs to go on a trip the next day. So, I woke him up and then I continued to sleep. My brother passed away on the said trip.

If I didn't wake him up, he wouldn't have passed away. My family and I can't accept the fact.

During my university, we had a trip and my friend was drowning. What did I need to do? I jumped to rescue my friend. Unfortunately, I drowned too. I breathe in and out, think about my

mother and I didn't want my mother to experience the pain of losing a family member again. It is related to emptiness.

Within one year, I personally experienced the same issue, one was my brother and one was my friend. Why? I kept on searching for an answer. After learning, it forces us to have a correct world view and pen story. Understand how things are coming from. Despite experiencing it two times in a year, my thoughts and my feelings have changed. We are mindful of what we can do? Am I familiar with the pen story well? How are we going to help the deceased? I paid a visit to my late brother and I have shared my good deeds to him. You can talk to them who pass-away, you can still talk to them but best only review good results. As their mind is still there alive. In 4 flowers, one of the flowers is accumulating a lot of unripe seed. It will create and bring us to a better place in future.

Think about the benefits of meditation and our quality of meditation will become better and better. We need to practice and become role models. By self-learning, and practicing meditation every day, we can use the seeds to create our environment.

Q4: JinJing , Group , Region Shenzhen, China

About coffee meditation (CM)

If you put it into words, you can recall the good things in five minutes, but it is hard to keep thinking the good things you have done in like 30 minutes, since the thoughts fly, you can finish thinking several good things even in one second. How do you keep doing coffee meditation for dozens of minutes? I could hardly even think for 1 minute. Using audio leads, I can do 10 mins maximumly. How shall I practice so that I can think longer?

Answer by T Penny:

Look for the logic of why 1 second CM can be finished? If your mind can finish CM in a shorter time, you can still CM for a long time, right?

I learned this in YOGA to be effective we need slow actions. Just like Kung Fu too.

Try in real life when we perform action in life, slow down and feel the moment, slow down to think & capture the moment.

Example, we have a karmic coffee session, I like to take photos to capture our moment. No need to worry about the CM duration being too long or too short, just let it be natural. Do you recall the last time you thought about your 1st love re-call them before you went to sleep? You may spend a very long moment recalling your love.

Every week I will meet all my friends & students, let them share 15min for their CM at that moment. I slowly feel & review their CM. Don't compare each CM duration, you just need to enjoy the moment.

Q5: Irene, Group KKDA, Region Hong Kong

I feel like pushing the navel button ahead when Sitting to meditate, while lying down to meditate is much more comfortable for me. What's the principle here? isn't it easier to block the inner wind when lying down?

When can we use lying down to meditate? Is it depending on the style or type of meditation?

Why can we lie down to have coffee meditation?

Answer by T Max :

Generally. It's not a good idea to meditate on lying down. It's better to sit. And it's okay to sit in a chair for your usual meditation. Personally, I like to sit on the floor. It helps me. I tried a chair for several years and I went back to the floor. There's something very special about sitting on the slider. But when we do coffee meditation, usually we shouldn't lay down when we meditate, we should sit up.

I'd like to sit on the floor pressing it helps me. I tried to cheer for several years and I thought I went back to the floor. Usually, we shouldn't lie down when we meditate, we should sit up because sleepiness is such a big danger so a very common meditation enemy is to get sleepy. Most people, if you lay down to do the meditation, you will get sleepy, so we always sit up. When you're doing coffee meditation. you're supposed to fall asleep during the meditation. It's very funny.

In the monastery, if you fall asleep during the meditation. The debate master, the meditation teacher, he has a stick and he will hit you on the back if you fall asleep, Coffee meditation, it's very interesting because we're supposed to fall asleep during the meditation and that rejoicing about the good things we did, will continue the whole night. In the subconscious. That happy mind will continue the whole night. And I would say. It's very important to get completely relaxed and ready to sleep. You know, like the pajamas and air conditioners, on or off blankets. And your head is on the pillow and you're almost asleep. Then do your coffee meditation, and it's very good to fall asleep during coffee meditations. If you find it, I don't have enough good things to do a long coffee minute.

And you can do coffee medication on the things that other people are doing. So, like yesterday in my meditation, I thought. I didn't do any good things all day. I mostly eat and watch Netflix, I had a day off. Then I thought there's not much content meditation. Then I thought Seiji and

Brian, they're working so hard and I can do coffee meditation with them. You never run out of things to rejoice about. You can be joyful about other people's good deeds also. During coffee meditation, my day is so lazy and so bad. I also don't have anything to do, so I will think about Max or Penny or the good thing they're doing. I would do coffee mentation. And that's okay. That's legal.

Q6: Chelsea , Group FDI, Region Shenzhen

I don't have many friends. Every day, I go between home and work and back again. The office atmosphere is also relatively serious. Basically, I don't have friends and colleagues to chat. I often feel very lonely and blocked in my heart. Also, I feel confined to a closed environment every day and have little communication with the outside world. How can I change this situation through meditation?

Answer by GMR :

Many of us are having the same problem. It reminds me of a fun story. I have attended CPS CEO class. I am the youngest entrepreneur in this class. My business is not big enough as compared to other entrepreneurs. I don't have confidence. I told myself, "I need to do something to overcome this situation".

The next day, I put on my smile and I am automatically served my classmates with tea. I was making some breakthroughs on my own. In our life and family, we can start to serve others from small actions.

I do Tonglen meditation with one of the ladies in the class. She looked more nervous than me. I took away her anxiety, nervousness, and loneliness has no companion in the class. I gave her the things that she was looking for. The next day, I initiated the talk with her. I connected with her. With meditation, we can change it. Why don't we have confidence in ourselves? We can observe our daily conversation, tell jokes to break the ice. Except for meditation, we use 4 steps to do it, it starts with a small gesture. Actually, we dress up well but we don't have inner peace – we are nervous. Help others to achieve your goal. It is a workable solution.

GMR: When I was young, my brother, father and I met one of the famous baseball athletes. My father stopped it and called the name of an athlete, Phil. Did you remember me? They are my two sons. How to behave like you to manage to catch the ball. After a few years, my father told me he didn't know the athlete. However, when you asked him how to perform well in a baseball game. I am sure he was more than happy to share with you.

Even if you have learnt the Tonglen meditation, you can also purposely have asked how to do Tonglen meditation to your friends in this seed system. You can get to know more friends and also share new ideas in the seed system.

Q7: Jean Yip, Group DMO, Region Singapore

I have to make a decision on whether to continue or to close the second business. I do not know what I should do because it is hard for me to let go. Can meditation help me to make the best decision or my seed through meditation can give me the most instinct or most intuitive direction to me? If the answer is yes, please guide me. Thank you.

Answer by T Penny:

Many bosses are having problems during pandemic time. Previously, I followed the teachers' team to provide classes. Within these two years, many things are unable to do it. By using problem solving meditation, I think about this issue. It helps us to have a better future. Don't be so rushed to do it. We set a goal to identify an issue by using meditation. It will help you.

The founder of Apple - Steve Job. When his company was successfully in business, his partners asked him to leave the company. Then, he set up another new company which focused on cartoon lines. His company over-performs as compared to Walt Disney. We must be clear on what we want to plant in the present moment. Planting seeds is full of unlimited potential. Think about your problem in problem solving meditation.

Can meditation give me the best intuition? The decision is based on my intuition. I set a time for myself to do effective meditation. After finishing my teacher's training, my mind has a thought that this pandemic will drag a longer time back to normal. Hence, I have shifted 50% of my classes into online classes. Within 8 months, I managed to achieve my goal. Believe in seeds, focus on the present moment, let it go, current difficulty, can we have the courage to move forward? You can practise tools that you have learnt in L3 and focus your problem.

Q8: Minako hino , Group JP, Region Japan

If someone in my family is addicted to gambling, alcohol or drugs, can he or she move toward liberation through meditation? I would also like to know if there are any meditation methods for people suffering with such family members.

Answer by T Max:

Based on my personal case, my father and uncle like to drink alcohol. By using a seed system, we can plant seeds and do meditation. We need to be a role model in our daily life. When I was stressed, I like to eat instant noodles, potatoes chips. My wrong world view has led me to wrong

perception. Happiness comes from eating such junk foods. The issue now is I have the perception that potatoes chips, chocolates make me feel comfortable and happy. Is it true? No, it is totally wrong.

The understanding of eating foods is important. Can we do meditation to help them? We can do Golden room meditation – think about the good quality of teachers, it helps us to have a better understanding of the correct world view on junk foods. It is not only helping us; we can also help them to get rid of their addiction. Understanding pen stories and planting seeds is important. Don't share with them directly, they will get mad at it.

We need to pay attention to others when they are talking to us. Focusing is important. We can be very mindful while we are eating or having meetings. Don't distract ourselves with many activities in the present moment.

GMR: Using 4 steps to help them is very useful. We can get to know each other well and also how they think and feel about the addiction to alcohol.

1st: we must be honest to ourselves

2nd: looking for someone who has the same issue with us. We can have one to one sessions. We help each other by using 4 steps. Planting seeds. From my personal experience, regardless of whether they manage to understand it well or not, we have planted the seeds.

Q9: Wei Chieh, Group MC , Region Taiwan

When I start to meditate,I warm up with 7 preliminary meditation. I feel happy and comfortable but when I go into the real meditation, I start to feel anxious, and want to end quickly. How do I fix it?

Answer by GMR:

You can focus on 7 preliminary meditation by spending 20-30minutes is also ok. It is a very good meditation. Don't worry that you were not able to reach the last part of meditation. Just wait until you are comfortable 1st, don't rush to push. Don't push yourselves.