

【生活工具 10：黄金屋冥想】

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 Prof Nour)

掌控意识，透过冥想来获得成功。

在上一个生活工具，我们学回了如何准备好意识来冥想。就像在赛跑前做一些暖身。

今天的工具，会更深入来尝试冥想。这个生活工具的名称就是黄金屋冥想。教授冥想的最好方式就是直接来冥想。今天我为大家准备

- 1.我们会一起冥想
- 2.然后回头说明当中的步骤
- 3.回答关于这个冥想的常问问题

如何帮助我们？

专注自己的意识，专注想要培养的特质上。也会帮助我们培养单点专注。如大家所知的这就是我们一心多用必备的。我们先想看我们想要的品质，因为我们要在意识中种下这个品质。我们就会将这项品质作为冥想的目标。

这个冥想如何帮助我？

这是我最喜欢的冥想之一。非常好用，让我一整天获得启发，也帮助我记得自己的长远目标。他的进行方式是非常美妙的。我们也可以根据个人的情况调整冥想的时长。

1.选择冥想对象

选择想要达成的目标或想要解决的问题。问自己要达成这个目标需要具备什么样的品质，生活当中有谁最能代表这个品质。可能是个人偶像，你的孩子，你的母亲父亲，是一位真正非常爱和仰慕的人。

我选择我的孩子Mitri，因为我想要愉悦的品质，因为他就是最好的代表。我想要培养这个品质，而这是让我成为真正的领袖的品质，有长期的益处。

2.进入最好的冥想坐姿，最舒适和最适合自己的坐姿。

挺直背脊，把双手摆放在膝盖上，调整牙齿和嘴唇和舌头。放松脸部，面带微笑。从一口长呼气开始，吸气，进行10轮的深呼和深吸。

观想一下山中的一个小屋，小屋中下午的阳光透过窗户布满整个房间，呈现阳光的金黄色。你在这个金色的小屋中，感到自在。小屋的4面都是窗户，而阳光透过窗户洒进屋子，整个屋子布满金色，奇幻般的阳光。将目光看向窗外的蓝天，蓝天没有一丝云朵，让我们的意识更加平静，也让我们更加放松。

接着将目光往下看，看向山谷的绿地，广阔的绿地，当看向这块绿地时，感到和大地有更多更深的链接。在这里停留几秒。

现在把目光转移到小屋的门口，当门打开的时候，你会看到你所崇拜的对象。你所崇拜的对象就从小屋的门口走进来。当他或她走得离你越来越近，你们四目交接，你可以感受到他/她对你的爱，你能够感受到自己与他/她得连接。从他身上你看到你所想要的那项品质。这个对象走的离你越来越近。并且在你的面前，轻轻地坐下。你能够感受到他们是真实的，而不是一副画面或图像。你能够感受到他的呼吸，对于她的陪伴你感受到由衷的喜乐。而他也邀请你一起和他来进行冥想。你们就这样相互对望。再一次看向她所具备你所要获得的品质。再把眼睛闭上，开始进入冥想。

将专注力放在冥想对象她所具备你想要获得的品质上。在这里停留一会儿。

这段时间感觉上非常美妙，这样让你满心欢喜。对于能够拥有你所敬仰的对象的陪伴，让你非常开心。现在请将眼睛打开，看向眼前的这个对象。再一次感受到你们之间的链接，这个链接月俩月强烈。他看向你，你感受到自己的内心充满对他的敬仰和爱，并且不断扩大。接着你看着他，准备离开这间小屋，但是我希望他们能够留下来停留在你的心中。所以你决定将冥想这一刻的感受留在心中，接着你看到他们慢慢地离开小屋。在心中保佑这个感受，以及你所获得的感受。接下来你准备好面对接下来的一整天，面带微笑，准备好将自己回到所处的房间，准备好，然后睁开眼睛。

黄金屋步骤：

冥想的时长是具有弹性，只要时间允许可以延长，20分钟，50分钟，1小时。首先坐下来冥想先检查身体的紧绷感。

花时间选择冥想目标和对象。我们想要获得的品质

1.来到山中的**小屋**。我们感受到非常**舒适和自在**，这就是我们要透过冥想得到的

2.看向**蓝天**，更好的放松，**通过拓展意识**，让我们更加放松。

3.当我们向下来到地平线，看向**绿地**，让我们更加**扎根和稳定**。

4.心中的**超级英雄**，或**良师益友**的到来。这里的重点是这个人拥有我们想要的品质。我们要专注在品质而不是这个人。在自己的意识当中种下种子。种子是靠着一言一行种下的。

5.当我们选择了我们想要的品质时，我们就**专注这个品质**，通过冥想我们就种下了种子。这个步骤就是选择一个我们心中所敬仰的对象所具备的特质。

6.四目交接的时候，他们带着爱看向我们。而我们也已同样的方式看向他们，帮我们建立**情感上的连接**。即便这个对象很陌生，但是当四目交接的时候，试着去感受这样的情感连接。因为情感会确保我们种下的种子后，**种子的力量被加深**，所以可以开的更好更快。任何正向的感受，例如爱与关怀，都会确保我们的种下的种子更有力量。

7.**坐下来和这个超级英雄或良师益友开始冥想**。重要的是，感受到他们真实在我们身旁，他们不仅仅是一个画面或图像，而是真实存在的对象。想着这位良师益友的品质。一起坐下来冥想的时候，即便眼睛闭上，也要去感受。这个步骤不会感觉疲累的情况下可以延长。我们要避免从冥想对象上分心。建议感觉最好的时候，我们停止冥想。我会停在我想要再深入一点的时候，这样能帮助我们想要再一次进入冥想。但是大家可以试一试哪一种方式最好。

8.如何结束？对我来说，当我进行这场冥想，品质是愉悦，对象是我的儿子。我会想想，我将他抱在怀里，**然后这个品质就会留在我心中**。你也可以选择你的方式。

视觉性的学习者，可以准备一些图片，帮助我们更有画面。

1.图片1：一个人在做伸展，黄金屋冥想是继呼吸冥想/Mahamudra冥想后的一个正式的冥想

2.图片2：先选择我们的对象（超级英雄，良师益友）

3.图片3：小屋的照片，被山谷环绕，大自然，金黄色的小屋。

4.图片4：蓝天绿地的图片，没有云朵的蓝天（最重要是放松）。

5.图片5；对象的照片，并且能够彰显你想要的特质（选择你想要拥有的特质）

6.图片6：如何在怎样的阶段停下。将这个特质停留在心中，持续一整天。（可以是把对象拥入怀里，或融入我们的心里等等，你可以选择你想要的方式）

自己决定怎样的联系才是最适合自己的，透过不断地练习。感受一下这个冥想每天如何转变，找到最适合自己的。

常问问题

1.每天都应该选择同一个对象或同一个品质？

可以每天选择不同的对象或对象，可以每天更换，特别是你容易在冥想当中感觉疲累和无法专注。你就可以选择去更换。这样会让你更有动力，就像玩游戏一样，很酷。有时候，当我想要培养某项品质比如耐心，对我来说，培养这项品质特别难，我就会专注3-4天。你自己才是最好的裁判

2.为什么冥想结束前，要将对象带入心中，为什么不是看着他们起身然后离开房间就好？

答案：因为我们想要培养的是他们所具备的品质，当他们在我们的心中，我们就更加容易的想起这个品质。当我们特别忙的时候，我们就容易丢失这项特质或冥想。如果他们在我们的心中，我们一天当中就能够更好的记得我们想要的品质。大家可以用自己的方式，怎样用最好的方式，这位良师益友都会一直陪在你的身边。

3.无法观想，所有的冥想都需要很好的想象力，但是我做不到。

答案：一开始的时候，我们能够先看一些景象相似的图片。一天当中去找寻相关的图片，小屋，阳光，这些会帮助我们想象那个画面。或我们可以缩短冥想时间，如果容易被卡住，我们就缩短那个步骤的时间。更多的进入大自然，如果我们缺乏踏入大自然，确实会限制我们对大自然的想象。接触大自然帮助我们更好的冥想。更好的方法就是帮助其他人做好他们的冥想，这就是真正有效的种子。

关键点1：在我们卡住的步骤，缩短时间。每天的练习时间，逐步地在这个容易卡住的部分延长一点点时间。这会帮助我们做好这个部分。

关键点2：每天持续不断地练习，实用的方法就是从短时间开始，15分钟，接着依照自己的状况，每天增加1分钟，或每周增加1分钟。之后你就会发现自己能够轻易进入冥想1小时。

回顾（总结）

这个练习是在准备好意识之后，所进行的真正的冥想，对象就是我们想要的品质。每天依照自己的状况的选择对象和品质。培养我们解决问题和达到目标所需要具备的品质。选择最好做冥想的时间，比如早上。明天早上我们就开始15分钟的冥想，每天增加增加一点点的时间。然后看看我们通过这个冥想练习所种下的种子，看看我在我们的生活中会发生什么美好的事情。

当我们很忙碌的时候，我们很难长时间做冥想。但是我们知道冥想很重要，所以坚持从5分钟开始，而确实，通过每天5分钟的练习，然后逐日增加，都为我生活带来很大的改变。如果我们真的发展出我们想要的品质，我们的人生会怎样呢？我非常期待通过冥想所种下的愉悦种子在我的生活中开花。这样我就能够更好的进行我的工作，更好的照顾孩子，更享受我的生活。

精华摘要 (by Teacher Jenny)

T Jenny LT 10 精华摘要

黄金物冥想的目的是什么？培养我们想要的品质，这某个品质可以帮你解决问题。老师当时做生意时有现金流的问题，钱不够用的问题，不够钱还供应商。老师想看到慷慨的顾客。她用黄金物冥想请一个人有这个特质（慷慨大度）的进入冥想。

八个步骤：（记得关键词）

- 1) 小屋 – 舒适，充满阳光
- 2) 蓝天 – 意识伸展，放松
- 3) 绿地 – 扎根在地
- 4) 选择一个对象- 良师益友，超级英雄，这对象必须要有你要的特质
- 5) 特质 – 你想要拥有的
- 6) 情感 – 和爱链接的情感，当四目相对时会加深情感，加深种子的力量
- 7) 一起冥想 – 感受到这个人是真实存在和你一起冥想，可以感受到他的呼吸
- 8) 结束 – 把他的特质映入心里。（拥抱她，或请他进入身体）

T Jenny 要的特质是慷慨大度，她请格希老师，因为格西老师非常慷慨，后来T Jenny 也慷慨给予捐款了。看到生意上的顾客也越来越慷慨。

【LifeTool 10: The Golden Room Meditation】

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

Teaching Summary (by Prof Nour)

In the previous life tools, we learn how to prepare our mind to meditate. It's like stretching before going for to the actual race. Today in this life tools, we will go deeper to the actual meditation. This life tool is called Golden Room Meditation. In this meditation, we help you to focus your mind on qualities that you want to develop in yourself. It will help you also to develop a single focus and this skill for multitasking so we will start by choosing a person of qualities that we admirer. We want to plant these qualities in our mind we will be focusing on these qualities as our meditation object for today.

How does this meditation help Prof Nour?

First of all, this was one of T Nour favorite meditation. It is a very handy and useful aspire me throughout the day. Also help T Nour to remember her long term goals. It is very sweet and pleasant to do and we can make it as long or as short as our day purpose.

Let's start our meditation:

Please take a moment to choose a goal u want to achieve or problem that u want to solve.

Ask yourself what is the best qualities that you want to develop in order to achieve your goals and who is that person that represent that qualities the best in your life. It could be your personal idol or hero and it could be your son, your mum, father or someone you really love and admire the quality. Let's take a few second to choose this person before we go into meditation.

For T Nour, she chooses her son Madri because she wants to develop the quality of joy. He is the best representative of joy all the day long, she wants to develop the quality of joy because this is the seed for leadership and personally to T Nour doing things joyfully change her day, her year and her life.

Now take your favorite meditation posture either on the floor or chair, start prepare for meditation. Make sure your back is straight, decide where u want to put your hand, personally T Nour like to put on her knee. Adjust your teeth, lip and tongue. Relax your face and put on smile on your face. Now start our meditation with long exhale, inhale,

let's do it for ten times. Visualize now a small cabin in the mountain and the afternoon sun comes through window and fill the room. The room looks Golden and full of the sunlight and you are loving this golden room. There is window from all side of the cabin, and the sun is coming through this glass and making it shines magically. Now take your gaze up and look at the sky outside, blue skies with no cloud at all. It's calm you mind and relax you. Now please take your gaze down to the green valley, vase green valley and when you look at the green, you feel grounded to the earth (please rest here for few second). Now please take your eyes to the door in that small cabin, the door open and you can see your personal admirer or hero. This person is coming from the small door in the cabin. As he or she come close to you, your eyes meet. You can see his or her love for you, you can feel your connection with them. You can see the best qualities you admire on him or her, they come closer to you and gently sit in front of you. You can feel them real not only picture, you can feel their breath and you are so happy for their company. He or she invite you to meditate together, you look at each other eyes and you see their qualities that you admire. Then you close your eyes to do meditation together. You focus on the qualities that you want to achieve (stay here for awhile). You are very happy and the time is so sweet. You are enjoy his or her company your personal idol you are so happy. Now you open your eyes and he open his eyes and look at each other, you feel the connection is stronger now. He or she look at you with smile and you feel your heart grow big with love and compassion. You see he or she prepare to leave the small cabin but you want to keep them in your heart. You decide to keep this meditation moment in your heart to help you all through your day and you slowly see them leaving the small cabin. This feeling and aspiration in your heart, now you are ready to start your day, a big smile on your face, prepare to come back to the room, start to feel your body and open your eyes.

This are the keys for you to remember:

1st step – small cabin with full of golden sunshine. It feels like a home. Cosy and content.

2nd step – gazing the blue sky. It helps to relax ourselves. Our mind can be relaxed.

3rd step: when we come back horizon and see the greenery valley, this is very important - bring us back and ground of us.

4th step – our superhero or mentor comes. My baby is my personal inspiration of joy. We focus the quality of the person. Our world is created by the seed of our mind. When we know the quality that we want to develop, we focus on it and we are planting the seed in our mind. That's why this meditation so cool. Quality you want to develop, inspired by your superhero or mentor

5th step: When your eyes with your superhero, fill with love and care to look at us. You hold the gaze to see them too. It creates emotional connection. Even stranger or we don't know in person, but, this meditation when you see each other and feel the love. Why we need the emotional connection? The emotional, the seed we plant, grow the seed faster. The seed is more powerful as it's full of positive emotion, love and it will grow faster and better.

6th step: sit down together with your superhero. To feel the present next to you. They are not the picture, they are real person. You go together and spend sometimes with your superhero, feel the existence of the superhero. If you don't feel tired, you can extend to do it. We don't want to lost the fixation on the object. Always leave the meditation when you feel tired or you are at the peak of your meditation. I stop meditation if I wanted to have deeper meditation. This is personal preference.

7th step: how to end this meditation? The focus is the quality of I want to develop – joyful. The quality is in my heart and it will create imprint in my heart. Is up to you how the quality can be stay in your heart.

Recap

Look at some photo if you are visualize person. It will help us to recall the steps in this meditation.

1st photo – stretching – this is the real meditation after breathing and mahamudra meditation.

2nd photo – choose your super hero or mentor

3rd photo: choose your super hero or mentor we go to cabin. Choose your own image, I choose a photo of cabin, surrounded by mountain or leaves. Golden cabin.

4th photo: Greenery, blue sky with no cloud – important step to relax our mind. The person you choose coming inside your room - my baby –this is the quality I want to develop. Is about the quality not the person. You chose a quality that obtain the quality you would like to develop.

5th photo: How I imagine how I end the meditation. I take him into my heart. You choose the way you want and keep the quality you want in your heart.

I can give you guidance. But, we are the real judge on this meditation. The best way is to go into daily meditation. Think about it and if you want to do it on daily basis? What you want to adjust if you do meditate it to find a best way for you.

Questions that maybe asked during this meditation.

1. Can I do the same person everyday or same quality every day? Good thing about this meditation, you can choose different person and quality you want.

If you tired about same quality, please change the quality freely. This make this meditation present and attractive to do it.

2. Wondering why we need to personally get the quality comes to our heart?

We want to develop this quality. We want to have any moment when we are unable to focus and we can remember the quality. Imagine if stay in our heart, it will reminds us more often in our heart. You need to find own way to think about it to remind you that your superhero's quality always with you.

3. One participant looked worries. I cant visualize it. All this meditation need good imagination and I cant do it. What solution what we can solve it? To start this meditation, before go for meditation, look at some pictures, during your day or week, to collect related pictures (ie small cabin, sunshine etc). It helps you. If you stuck in any steps, shorter the step and moving forwards. This meditation helps me more is to go natural place.

We have big city and don't go outside so often to natural place. Go park and enjoy the view and it will help the meditation. Help someone else to do meditation. It plants seed and our meditation can be done smoothly.

In daily, the step you have stuck, lengthen it slightly longer, 30 second to 1 minutes. Things will change and you can be more focus on the step which you used to stuck previously.

Keep daily time to meditate it. Start with shorter time first, 15 minutes and add one more minutes on weekly basis. Then, you can meditate for 1 hrs.

Summary – we are going to actual meditation after we have prepare our mind. The object is the quality we want to develop, we can change the object. Will help to develop the quality that you want to solve problem and achieve the goal. Set a time which is more suitable for meditation. Morning is better. We start 15 minutes and add a little bit and see what will be the flower be ripen in our life.

I could not have time for meditation after give birth to baby. As full time mom, we don't have time for ourselves. I need at least 5 minutes to have a good flow in a day. Practice in daily and choose a time which is comfortable to you. By end of the month or few months, we develop the quality, how's life changes? Looking forward to see the joy in my life. I can keep doing the work I love, I can take care my baby and enjoy my life.

Summary of Essence (by Teacher Jenny)

Why I like this meditation? Golden Room Meditation ("GRM"). What is the purpose of doing this GRM? To develop the quality we want. Do you have any quality that you would like to develop it? To solve your problem or to develop into yourselves. I am like to develop good quality in my life too. My big problem is cash flow problem. Don't have sufficient money. First of all, we need to be honest to ourselves. I was unable to pay back my supplier for 8 months in my business. How to solve it? I can invite the good quality of the object and invite into my GRM and develop into my own quality. Initially, I felt "Wow", the quality can develop into my own quality. I wish to have generous customer, friends and others. Generous customer, we can close the deal easily. Is my flower ripen after practicing it?

8 important steps

1. Cottage – you must have the feeling on this cottage which brings you comfortable feeling and full of sunshine.
2. Blue sky - our mind become relax. Extending into your mind and you are in more relaxing mode
3. Greenery side – what is the feeling? Grounded feeling
4. Superhero – choose the object and it called "superhero"
5. Quality you wish to develop. By inviting teacher, you can plant this quality into your mind. For T Nour, she wants joy. The focus is on quality not the object itself.
6. Emotional connection – love connection – you can feel the love from the teacher. It is two ways connection. It will enhance the seed planting process.
7. Start meditation together – main point is how do you feel the object? Picture only? It is a real person in your life. You can feel the object – breathing, body temperature etc
8. Ending – invite your teacher into your body. The quality of the teacher will stay in your body.