

## 【生活工具 11：保持每日冥想和瑜伽练习的秘诀】

*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 GMR, Prof Stanley Chen, AP Jenny Wang & AP Jasmine Yeo)

### Prof Stanley

我就好的一位朋友，来自深圳。非常欣赏把古老美妙的理念运用在生活里面。有时候我怀疑他是义隆马斯克的弟弟，一直不断有很多的创新点子。他学习古老语言，并且有勇气翻译2000多年前的古老经典。

当你协助创办一个体系时，年龄来到了69岁，就会开始担心下一代会发生什么事，会不会把我所教的都丢失了。但是因为有些卓越的主办方，我知道我们有如此卓越的下一代。

这生活工具，关键词：每天练习。疫情前美好回忆涌上心头，那是都到全国各地巡回，一起见到世界各地优秀人才，我的事业就是在那时起步，我的意识也是在那时狂野的。冥想真的帮了我很多，不仅如此，去各地巡回授课时，我刚开始学习冥想，差不多10年前，当我想到冥想，就想到山洞，神秘兮兮，但在DCI这边学习，明白真正的冥想学习是像瑜伽一样，一件你愿意尝试，真正冥想和瑜伽练习是每天去做，是每日规律和稳定的练习。是美妙，专注的练习。从那时起，我的生活改变。每日的冥想和瑜伽练习的实质好处。每日这么练习是有多么的不可思议。你必须亲自咬下这苹果。我们的工作帮你找到苹果，就在每天宁静愉快的练习当中，就像过去两年，整个世界都变了调，我就开始反思，那些有每日练习瑜伽和冥想的人，他们的故事都很有启发。DCIG过去三年业绩也成长了3倍。

古老冥想故事：年轻学生问大师，怎样可以顿悟，要在1-2天获得重大成就。大师说没问题，你想听听我的意见吗？学生当然要，好，你就跟我学吧？这10年，不多不多，每天1个小时就好，10年后，你就突然会获得你要的顿悟！

## AP Jenny

建议1：跟朋友一起练习，我们称为伙伴系统或称为种子伙伴。我们来谈谈是怎样的朋友呢？这个朋友需要具备三个条件。首先是你熟悉的对象；第二他也有坚持练习的决心；第三是他也想一周有几天或每天都和你一起做冥想和瑜伽。当我们不想做瑜伽冥想时候，我们可以互相鼓励和支持彼此。在新马，我们的GDC和DCW平台，我们通常在工作坊结束后鼓励同学结成种子伙伴。我们也成立了620冥想平台和DCW YSI瑜伽平台，种子伙伴会鼓励和影响彼此做冥想和瑜伽，这样大家都能培养和好的习惯。

建议2：在我们家附近找一个瑜伽馆。不同的瑜伽课程，向不同的老师学习。最终你就会找到一间你喜欢的瑜伽馆和老师，与你喜欢的同伴一起享受练习。这里要注意两点。第一不要害羞，一定要坚持去找寻你喜欢的瑜伽馆。第二，真的要一周数天或者每天练习。当你去找寻不同的瑜伽馆和瑜伽老师时候，你会有很多惊喜。这将会是一个非常有趣的学习过程，并且带给你健康。

我自己真的去找寻不同的瑜伽馆和不同老师学习。我真的感受到不同老师教授的风格确实让我有不同的体验，最后我就找到YSI的瑜伽，这里有来自世界各地的老师，不同的风格，并且非常有经验。更重要的是，YSI的瑜伽老师所教的瑜伽理念，和种子理念以及空性智慧紧紧相关。所以我就把YSI带入新马，我们开始了DCW YSI平台。让很多人建立了一大早起来练习瑜伽的好习惯。我自己也坚持每天上去练习瑜伽和冥想。所以我现在非常的健康，能够管理8间公司的同时，还能管理不同的团队。

建议3：无论你在任何地方的酒店或机场，你都可以做冥想和瑜伽，只要有练习的决心。我自己本身在疫情之前，我会到不同的国家，不同的酒店，每一次出差，我都坚持在一早起来做冥想和瑜伽。最值得我开心的事，之前我很难掌控我的意识和情绪，每天情绪低落，没办法好好管理公司，生活也不快乐。但是因为有这个日常的冥想和瑜伽练习，让我精力充沛，真的和我们日常的瑜伽冥想练习息息相关的。最有趣的事，在之前我们有10-20人一起去墨西哥学习，我们决定在日本机场转机的时候，一起做瑜伽。因为我们有决心要坚持做瑜伽，所以门所有人都把瑜伽垫子和衣服带上，然后我们真的就在日本机场的过道，一起做瑜伽。当时很多人看着我们做瑜伽，刚开始的时候，很多人觉得很惊奇，为什么这一大群人都在这里做瑜伽。但是我们不害羞，而是非常享受其中，我相信我们在那个时候已经在那些看到的人的意识种下种子。也有一些人参与我们一起做瑜伽。我

相信我们也给他们带来了非常好的瑜伽体验。所以当你有决心要练习瑜伽冥想的时候，无论是机场或酒店，随时你都可以练习。

## AP Jasmine Yao

如果想要有特别的收获，我们必须每天练习。

建议4：最重要的一条，不管身边的人怎样，你都要自己练习。我们身边的人可能会放弃，说这练习不适合我，或说没有空而放弃，又或者因为习惯没坚持。建议是，不论别人怎么变化，我们不变，这世界大多数人会被别人影响，少数人会是影响他人的人。我们一起练习，成为可以影响他人的人。

建议5：在没互联网，也没有瑜伽老师时，也可以练习。你可以有瑜伽 DVD 或储存一两个瑜伽视频。格西老师拿出厚厚一沓光碟，我选了一位美丽的女士的瑜伽练习光碟，这瑜伽有些难度，但我们都学习得很愉悦。格西老师把这光碟送给我，老师的本子有记录很多员工伙伴的联系资料。我在半年后真的收到光碟。10多年前，格西老师已经这么做了。在后面，我自己可以记着瑜伽练习，比如可以做1个小时的尼姑马瑜伽，如果你可以把整套瑜伽体式记在心里，不但自己可以练，还可带很多人一起练习，种下种子

建议6：因为疫情，线上瑜伽课程可以帮助我们还是可以每天练习。YSI 的课程真的非常丰富，总有适合你的，也有适合初学者，也有内外兼修很有深度的瑜伽，欢迎你加入我们一起线上学习瑜伽。

## GMR（建议7，8，9 和总结）

我想和大家分享一个我继母的建议。她今年95岁了，住在几百万的房子里。我最近去拜访她，她告诉我一个好消息说她去年赚了400K美金。而她的秘诀是因为她的意识非常清晰。格西老师的继母60年前是一位小学老师，当时她有6-7女性同事。有一天在课间休息期间，他们决定要每天早晨起来一起健行来维持健康，每天要步行30-45分钟，并且由不同人带领。当时有一位特别胖的女士，她感觉兴趣缺缺，她们就想出方法，在练习一段时间后可以去吃一次大餐庆祝，从而激励了所有人。而他们既然坚持了60年。

近期继母就邀请我和哥哥一起去健行，这群老太太都健步如飞，反而我和哥哥却气喘吁吁。在美国，平均寿命是75岁，这是在饮食不当和缺乏运动的情况下。而这6-7位90多岁的老奶奶仍然健在，而且意识非常清晰。我想这一定和他们多年坚持健行有关系。2周前继母又给老师电话，她说110，格西老师不明白。原来是继母把去年老师给她用来投资的10K，赚了10倍，变成了110K。

圣诞假期的第二天，我们要带继母去餐厅吃早餐。而继母拒绝了，因为她要去到老人社区练习冥想。格西老师感觉好嫉妒，他不知道是谁教授妈妈做冥想。后来老师才得知，是自己在45年就影响和教授继母做冥想，而继母也坚持到现在，每周仍然坚持2-3天冥想，格西老师瞬间就感到无比自豪。

我的意识会如此清晰，就是因为我每天和朋友练习瑜伽和冥想。持续了几十年。这不仅让我健康的活着。所以我们一定要积聚一群人一起练习，这样能够让我们坚持持续练习。

我们生活中，都需要很多良师益友一起做冥想瑜伽和运动。格西老师拥有10多间健身房的会员。不管老师去到哪里都能够坚持运动的好习惯。其它人觉得这样会不会很浪费，因为老师无法同时去所有的健身馆。但是如果格西老师每天去不同健身房，这样就能坚持运动，能够保持健康。不要因为要节省那几百块钱，而让我无法去健身。善用你的钱，和你的朋友一起去健身。不一定要瑜伽，你可以做其它的运动。如果你的意识和身体都很健康，你就能够很好的支持你的家人。如果你有心脏病，有再多的钱都没用。所以瑜伽和所有的运动，和冥想都很重要。它能够让你更加长寿。我妈妈说她可以活到110岁，而我也确信她能做到。DCI的工具就是要帮助你更加成功，如果你有病痛我们就无法帮助你成功了。

## **精华摘要 (by Teacher Sunny)**

首先我们可以告诉大家，当我们坚持做冥想何瑜伽的练习，我们可以得到无限的好处。但这个好处就好像是苹果一样，你必须去尝试去吃他，才可以体会到苹果甜美的味道。所以我们必须去尝试，坚持每次的练习。

如果你愿意尝试，你会了解到，为什么老师会苦口婆心，要我们去坚持冥想和瑜伽。每天做瑜伽和冥想，好像不容易，就好像要去咬绿色的苹果那样，看起来好像不好吃，但你尝试去吃，你会发现它的好。

### **第一条：和朋友一起练习**

一对筷子是一个人的力量，很容易被惰性打断，很多筷子就是朋友，有惰性时，朋友会鼓励。找一位有一样想坚持瑜伽冥想的朋友，互相鼓励。在对方没有动力的时候，互相鼓励坚持下去。种子伙伴，就是给我们力量一起坚持练习。

### **第二条：找到适合你的的瑜伽馆和老师**

尝试并去找到你喜欢的瑜伽馆和老师去练习。不要害羞，到不同的瑜伽馆尝试，直到找到适合你的老师和练习场所。

### **第三条：在旅途中保持练习**

旅途奔波的时候也可以抓紧时间规律练习。

哪怕是在在机场等待转机时也可以做瑜伽或者冥想，不要害怕别人的眼光，我记得有一次在日本的Narita机场等待转机去墨西哥上课时，我们一群金刚商法朋友在机场做瑜伽，有一些旅客看到后也加入我们一起做瑜伽，其实我们帮助其他旅客种下未来他们可以规律练习的种子。

在疫情之前，老师时常去马来西亚做巡回，见同学，义工们，每天迟睡。不要因为旅途而放弃做瑜伽，因为习惯性的种子非常强大。Jenny老师说在日本的Narita的机场，有Sunny老师，去墨西哥去和格西老师学习深层的智慧，有Ping Kiang老师，Endora老师，在转机的时候做瑜伽，引起很多人的注意。甚至有人问是否可以加入，不要小看自己，因为我们的坚持，反而让环境中的人可以坚持，种下他的种子。所以老师旅行也带着瑜伽垫。

#### **第四条：学会在家练习**

疫情发生，我们都不方便在外，过程中，有些朋友会放弃，那在家即便没有人鼓励，也要持续做练习。然后有更强大的起心动念，为什么要做愈加冥想？可以想在我们达成目标后，可以影响更多的人，让大家生活更健康，意识更加平静。每次老师做瑜伽冥想时，会设定更强大的起心动念，我今天的瑜伽冥想是不只为个人而做，而是让更多人的意识更加平静，不容易生气，不种下伤害生命的种子。因为有这个强大的起心动念，即使没有人鼓励我们，我们自己也可以去做，有时成功或失败是取决于我们的心是否坚定？姚老师说，我们应该成为不被他人影响而放弃的人，坚持练习可以影响更多人，因为我们坚持，而影响更多人去坚持，那么是一个很漂亮的结果。

#### **第五条：使用DVD**

在没有互联网，瑜伽老师的时候，老师使用DVD来学习瑜伽，课件的瑜伽体式拍下来，看着手机做瑜伽，通过这样的练习，可以记在脑海里。

#### **第六条：在线瑜伽课程**

在线很多课程，我们可以选一个我们喜欢的，但YSI的老师都在学习种子体系，可以把种子结合在里面，和我们比较贴切，是更适合我们的。我们有很好的种子可以跟着YSI的老师一起学习

## **第七条：“瑜伽约会”**

我们可以跟一群金刚好友，去读书会，去做瑜伽冥想，吃饭喝茶，过程中大家不是说八卦，一起讨论种子系统。这个体验会是很美好的，而且不断维持正确的世界观，。一定要约一约你的金刚好友一起练习，一起吃饭。

## **第八条：为自己的每天练习做好准备**

准备可以折叠的小瑜伽垫，如果我们很忙，要赶着去开会，可以在午餐快速的做一个五套拜日式，或是买漂亮的瑜伽服，我们会想要穿，会鼓励自己去做瑜伽。

## **第九条：运用四步骤**

以上的方法，有时有用，有时没有用，最好可以帮助你的是，去帮助一个也想要坚持瑜伽冥想的同学，通过4步骤去帮，种下种子，一定要咖啡冥想，才会回到自己身上，才可以坚持。

在古老经典中呢，瑜伽和冥想都是不可分割的，冥想是从内向外让我们掌控意识，瑜伽是从外向内让我们掌控意识，所以我们练习好，那么我们能够内外都能掌控意识。

试想想如果我们每次，坚持每次的练习，即使时间很短，一个礼拜休息一天，好处是不可思议，不可预测，身体会产生变化。那么我们能够内外都能掌控意识，让意识变得清晰，我们的家庭和事业更轻松获得双成功，从每天12分钟开始。

# **【LifeTool 11: Secrets to Maintaining A Daily Meditation & Yoga Practice】**

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

## **Teaching Summary (by GMR, Prof Stanley Chen, AP Jenny Wang & AP Jasmine Yeo)**

### **Stanley**

Daily meditation and yoga. Last 2 years, the most successful in their life.

Jasmine, Jenny – also the same. DCIG sales have improved by 3 times.

We have practical suggestions for you. Ancient Asian story from China.

One young student went to a big master's meditation class. I want to get the “San Tong Li”, to get success in a shorter time.

Ya, there is a secret way to San Tong Li. You want to hear my proposal. Yes, I want to get “San Tong Li”. Master said, just come to me. Next 10 years, daily practice you need to do, 1 hour everyday. If you just follow, after 10 years, you will suddenly become San Tong Li. This is what we proposed to you.

### **Jenny**

9 tips to keep our daily yoga

1<sup>st</sup> tip: practise with friend, buddy system and also call as “seed partner”

- What kind of friend? 3 qualities – someone you are familiar with, they have the determination to practice, they also want meditation or yoga – 7 or 5 times/days?
- What is the benefit of doing it with friends? Encouragement to each other.
- GDC/DCW – we also encourage our participants as seed partners after the workshop. We start 620am meditation and yoga practice. Seed partners will remind and encourage each other and do the practice.



- Some of them have maintained a good habit of doing it. In ancient wisdom text call them as positive influence of mentor

2<sup>nd</sup> tip: to find a yoga studio around you

- You can start to look for different studio and teachers
- You will find the teachers you like, the studio you are really enjoy – don't feel shy to look for different studio to try the yoga practise, do yoga everyday or several days a week
- When you try a different yoga teacher or studio, you will find the journey full of surprises. You will have an interesting learning experience too.
- I find YSI yoga very interesting, it consists of teachers from around the world and with great experience. The most important is that yoga philosophy consists well with seed systems.
- This is why I started DCW yoga in Singapore. Help many people to develop yoga practice. I also practice on a daily basis. I am very healthy and I can manage 8 companies and also my team too.

3<sup>rd</sup> tip: regardless where you are, you can do yoga and meditation

- As you have the determination to do it. Before the pandemic, I had to travel to different countries and stay in different hotels. I keep the habit of doing yoga and meditation in the hotel too.
- Previously, I couldn't control my mind and emotions, it was like a roller coaster. Negative emotion, depressed feeling, can't manage company will. Because of daily yoga and meditation practice, I fill charge and this is how I keep my daily practice.
- 10-20 people go to Mexico to study. Few of us suggested doing yoga while we were waiting for the flight to Japan. Hence, we all have yoga mats and clothes. People were surprised with our action. People watching, we have planted yoga seeds in their minds. Some of them join us. I believe I should give them a good try at yoga.
- If you are determined to do it, regardless where you are (i.e. airport or hotel), you can do the practice in the heart.

4<sup>th</sup> tip – no matter how people around change, you need to do it consistently

Some of them give up due to work and other reasons. This practice is not for me.

Some of them said they don't have time and don't do it. Being our own habit and hold back to old way of habit

Suggestion: how people around us have changed, can we be unchanged and take joy in yoga and meditation. Most people are easily influenced by others. And small people can do it.

If you can be the one not affected by others, we can become role model to influence more people and fall in love with yoga and meditation

5<sup>th</sup> tip: don't access to internet or yoga teachers

- You can have DVD or store set of yoga practise in your computer
- In 2012, I was on a teacher tour with GMR in China. During recess, GMR invited us to do yoga together. He took out the DVD set and picked the one you like. I was led by a beautiful lady. The practice is quite challenging. All of the teachers did practise together. We laughed and encouraged each other to keep going. After this session, GMR said, did you like this DVD and I can give you the DVD.
- Half a year later, I received a yoga DVD from a far away place. You see, GMR has been doing it for years. After that, I can remember two sets of yoga secrets and practise on a daily basis.
- I can do 30 minutes boosting my finances. If you can keep the whole set of yoga secret in your mind, you can lead more people to do it and plant good seeds.

6<sup>th</sup> tip: pandemic stay at home, online yoga practice keeps us practicing.

YSI started practicing yoga. RD is also the first partner in YSI in charge of the Chinese region. We have more than 2000 students practicing online. YSI offered varieties of different classes. 15 min, 30 min or 1 hr, always something suitable for you. Beginner and advanced practitioner. YSI combines inner and outer practise and welcome to join us and fall in love with yoga.

**GMR**

Earning USD 400Million – mind is clear and powerful

60 years ago, 35 years old, she was in primary school, teaching standard 2. 6-7 of us and we went to lunch together. GMR's step mother said, "I am getting fat, we need to do exercise". What did you want to do? asked by them. Let's go for a walk together. 3 times a week. When? In the early morning.

I have a suggestion, 8-9 ladies, we route our walk, 30-45 minutes. One of the ladies was fat and didn't want to go for a walk. 3 times a week, walk together and rest together and have a big breakfast. So, she said, yeah, yeah. It started 60 years ago. They are still practicing till now. My step mother asked if GMR wanted to join them. She took GMR and GMR's brother to go for a walk.

After 60 years, those ladies aged 93-96, they still fit and both of us (GMR and GMR's brother) can't do it as well as compared to them. They still alive and they have a sharp mind. My mom make USD 400 million earning. Mic, what mom? USD110, USD110? Mic, you can't remember, you and your wife passed me USD10k and do it for investment. I remembered it. The bank officer called me, somebody has entered into your account. What happened? 95years old lady said she has permission to go into your account and we don't allow it. What? She is my mom. She is too old to invest money as per legal age. In the USA, the elderly, they can't invest money. Because they will being cheated and put a blame to banks. Shut up, just let her to do with my account. USD110? What is that? USD10k, now is USD110k, made 10 time extra for you. GMR and wife so happy.

Daily practice is gonna give you a long and successful life as you will have a sharp mind.

2<sup>nd</sup> day of Christmas, GMR and wife take her to breakfast. Sorry, honey, I can't go. I said, why? I only see you once a year. No, no... I am going to a meditation class at the old people center. Then, I felt jealous. You didn't tell me you are doing meditation. Of course, I do it every week, 3-4 times. In GMR's heart, he got jealous. GMR taught her step mother meditation. It was 45 years ago.

My mind is sharp, I practise meditation & yoga with my friend. You make me alive and successful. This is an example for you guys. Practicing alone is not easy, practice together with friends. It's fun to live longer. GMR has 10 gym memberships. Why? It is easier for me to go to any gym center which is closer to me. GMR needs to pay 10 gym fees. Regardless of where GMR is, he can go to any gym center which is convenient for him. GMR said to debate. GMR goes to some gym every day. He will have a long life. If GMR cuts to one gym, saving USD200 per month, then he will have a heart attack because of no exercise. Who said saving USD200 is good? Use your money and go

with your friend and do a walkout. It doesn't mean you need to do yoga. Yoga and meditation are not religiously related. If your mind and body is healthy and sharp, it will help your family. That's why yoga and meditation is important.

DCI makes you successful. Heart attack or diabetes, we can't let you be more successful. Please keep daily practice and we all succeed.

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

The secret of Meditation & Yoga. When we start persistence to practice Meditation & Yoga only you can taste the bite of an apple. Does the Green apple look not tasty? Just like everyday practice Meditation & yoga is a very hard time.

### **9 Suggestions for keeping up a daily practice.**

1st Suggestion - Do it with a friend – just like a group of chopstick vs single chopstick story. Each of us will be able to encourage each other.

2nd Suggestion – Find a yoga studio & teacher that suits you. Follow them & learn together with them, find the feeling of environment.

3rd Suggestion – Keep Practicing during the journey – myself & t Jenny always travel around, especially come to Malaysia as we need to meet a lot of students & volunteers so need a lot of energy.

4th Suggestion – Learn to practice at home, even no 1 encouraging you, you still do it. Why do I have to do this? Set a goal & today's practices not for own learning is to become an example to others.

5th Use of DVD – u need to prepare your own recording to support when u did not have internet access.

6th Online Yoga Classes – Find 1 online class, YSL Yoga online class which follows emptiness practices very similar to what we learn in the DCI system now. So YSL Yoga is very aligned with our learning.

7th Yoga Date – should have a plan with our karmic partner or Book Study Group buddy to organize a Yoga Date together after an event or session.

8th Be ready to do your daily practice – can have an easy travel yoga mat.

9th Use the 4 Steps – plan & plant seeds to help others do Yoga so you are only able to do Yoga.

Meditation & Yoga both are related. 1 is internal & 1 is external, both need to practice together to balance & we are able to control both internal & external me. Sure you have been very successful in life.