

【生活工具 12：古代有关体内气的冥想】

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教授笔录 (by GMR)

这是我自己学习冥想的经历，美国人是不会做冥想的，在我从商时我有点肥胖，在纽约很多人在公园跑步，可是不喜欢跑步。那时刚流行瑜伽练习，我第一次参加瑜伽课，那堂课后我的脚很酸痛。大休息时，老师教我们躺着时也要专注气在身体的流通，我当时睡着了，醒来后大家都离开了。这些不好的体验让我在接下来的1年都不想做瑜伽。

当时在美国，只有在瑜伽馆可以学习到冥想和气。我的老师叫我要学习不同的瑜伽课。而最后我发现瑜伽真的帮助我很多。在我19年的钻石生意中，我每天都坚持瑜伽和冥想，这让我身体健康，保持敏捷和清晰的思维，促成生意上的成功。在我的职业生涯中有长达15年的时间我是不吃晚餐的。我每天早上早起做冥想，中午做瑜伽，晚上只喝流质饮料，这样能够确保我的身体在睡觉前不会堆积太多的碳水化合物。

我和上百位不同瑜伽老师学习。有来自中国的太极和气功大师。太极所说的气，印度所说的prana, 日语又称为“Ki”，藏文里的lum说的都是一样的，这些不同的名词在当时后真的把我搞混了。所有的老师都要我们让气流动起来。但是我根本不知道气在哪里，这让我非常很沮丧。唯一感受到的是肚子的咕噜声。

我开始有些怀疑，这些老师是否真的能够感受到气。他们都有不同的说法，有些人说，气像电流；有些说气像水流动；或像是吹过树林的风；有些瑜伽老师说脉轮很美，会发出不同颜色的光，但是我一听到脉轮就感到昏睡。我开始怀疑，因为太多不同的说法了。后来我用了7年的时间翻阅了超过100本亚洲经典古籍，研究“气”也在闭关中尝试寻找“气”。

根据古籍，对气的体验是非常主观性的，每个人对气的感受不同，因此老师们有不同的感受也能够理解。“气”是存在的，你可以引导你的气所流动的方向。

哪“气”在哪里？它是物质或非物质？古籍上说意识是非物质的，身体是物质的。那到底气是看不见的意识，还是摸得着的身体？气的确不是物质，它就好比光一样在身体流动，虽然它在身体流动，但肉眼看不见的。气是在身体的下层。

在印度的医学里，氧气对身体很重要。你可以几天不进食，可是普通人4-5分钟没有氧气是不行的。在印度的传统里，一大块的食物，会转变成1大匙对身体有益的营养，而其余的部分，身体就必须把它消化并透过尿尿和便便排出体外。当身体太热时，排汗能让身体冷却下来，也是在排毒。

传统瑜伽，太极，健身，跑步，都是在强化气，让身体的各个器官运作。当气正常运作，我们的消化系统也会正常，我每天定时会排便，这意味着身体的系统很好的运作。实际上，我们能够透过观察身体的运作，呼气，排便，消化的情况反过来观察气。我们可以透过资深老师，学习如何更深的方式检查气。

根据中国西部的典籍说到Lung Sem Jukpa Chikpa（气念并行）。气不是你的念头，也不是你的神经或淋巴系统，。这里有三样东西密切联系，念头->气-->呼吸。当你放松的时候，气就会流动顺畅，呼吸自然顺畅。当你愤怒，沮丧，恐惧时，你的呼吸变得急促，气也会流动不顺。气不是呼吸，但有紧密关连。念头和呼吸中间相连的是气。

我们都想达成财务自由，但是不需要超级富有。格西老师在学生时期也遭遇过没钱的日子。后来我学习了4步骤，创造了很多钱，但是我仍然过着简单的生活，也过得很开心。我知道用足够的钱很重要，我每年都还是赚很多钱，而且我很享受我的生活。我用这些前赞助500多位穷困的学生。

气和你的呼吸相连接，同时气也和你的意识相连接。如果你的呼吸是顺畅的，你的意识也很清晰。Lung Sem Jukpa Chikpa 古老智慧比喻——气就像一匹马，气是骑在呼吸上，呼吸顺了，气自然就顺了。而思维骑在气上，这就是这三者（呼吸，气，念头）的关联。很多人以为我们的脑就是意识，其实不然。

尝试闭上双眼，想想你今天晚上要吃什么？我现在上课的地方离家有1小时车程，但是我的意识有能力回到我家里的冰箱，而我们的身体无法像意识那样去到想去的地方。现在即时你把我的身体炸的稀巴烂，我的意识仍然存在，因为他不是身体，它不是物质。

过去有一个疯狂的实验，有些人找到明天就会离世的人，放在秤上，当这个人离世后，当意识离开了身体，但是身体的重量并无减少，从这里可以证明意识不是物质；但是它却又真实存在，它能够骑在我们的气上。气连接我们的身体和意识。

唐朝的古籍研究意识和气的连接以及意识很身体的连接。你所放入你身体的东西会影响你的意识，同样的，你所放入你意识的东西也会影响你的身体，两者有一定的关联。

这里有一些真实的例子：

例子1：我的钻石公司有很多位财务职员。其中一人的个性很容易紧张，后来他患上严重心脏病，所以意识会影响身体，而连接意识和身体的就是气。

例子2：在商务午餐期间，有些非常聪明的人在喝了酒之后，开始意识恍惚，开始说一些蠢话或者批判。而这里我们能够证明，我们摄入我们身体的东西，会影响我们的意识。

意识很身体总是相互影响。如果你能够改善你的气，你就能够改善你的意识；如果你能够让你的意识沉静下来，你的气自然也会平顺。

所以不要浪费时间去感受气，这很困难。一生中有两次感受到气大量流动。一个是在人临终时喉咙会发出声音，当他离开时气会很快离开身体，小便，大便会流出身体。另一次时性高潮时，但是这两个时候都太疯狂了，对我们的帮助不大。

所以有意义的是现在练习冥想，就像黄金屋冥想，学习掌控你的气和意识。让马和骑士都能够慢下来。

如果你要获得家庭事业成功，在冥想当中控制你的意识，你的气会变的细微，对身体是补药。焦虑，生气有伤身体。每日练习瑜伽，冥想，你的事业，健康，生活美满。这对国家是有很大贡献的，就像唐朝时期能够如此昌盛，我相信是和他们大多数人学习太极和内功有关系，他们都非常健康。

意识骑在气上。冥想和瑜伽会让气很好的移动。只做四步骤，不足与让你获得事业和生活成功，如果能要加上冥想，瑜伽练习，就能够事半功倍。冥想和瑜伽不是额外的课程，是课程的一部份。

持续做冥想，运动并照顾好你的身体，你会变得超级成功。

备注：这整堂课你要复习两次。

精华摘要 (by Teacher Sharon)

近期我和T Jeanne一起合作，她发现我的气不够，她就赠送了我人参为我补气。

其实都是根茎植物，都是吸收日夜精华，那到底人参和番薯有什么不同呢？为何人参有人的形状。我相信大家也听过一些传说，关于狐狸修炼成精变成人形的故事。人的身体真的是非常珍贵的，因为这些吸收日月精华的植物和动物都会变成人的形状。

为什么会人体会长成这样呢？这是因为我们的气脉的走向，我们的身体有7万2千条气脉。而这些气脉当中有三条主要的气脉，成为中脉，左脉和右脉，这些都是与生俱来，而在这些气脉流动的就是气。

到底气会如何影响我们？

当气在中脉：我们有更多的善念和爱

当气在左脉：我们会有很多欲望的念头。

当气在右脉：我们有很多的愤怒（负面情绪）

在气脉中我们会有阻塞点（成为脉轮），这些阻塞点是因为我们的错误理解所形成的。这些脉轮也是我们人体主要骨肉的基础比如我们的头，颈，臀等。我们与生俱来就带着对世界错误的理解而来，而这些错误的理解导致我们的负面情绪，而这些负面情绪就是导致我们的血肉之躯死去的主因。

那到底我们该如何把气导向对的地方（中脉）？我们无法改变我们的身体，但是我们能够引导我们的气的导向。如果我们能够把气导向中脉，我们就不会有错误的欲望和负面的情绪，我们就能够减少我们的卡点，这会让我们身体更加健康。

到底什么是气？

气是隐形的，我们无法看见，气是非物质的。它是帮助我们身体（物质，外在的）与我们的情绪（意识，内在的）连接起来。

念头-->气-->呼吸。

如何证明气和身体与念头是连接的？（气-->身体；气-->念头）

气与身体的连接

想想看我们吃饱之后是不是容易打瞌睡？这是因为我们的气都积聚在我们的胃部来帮助我们消化食物。或者我们小时候父母都睡告诫我们不要在饭后运动，因为这会影响我们的消化，对我们的胃不好。

气与念头的连接

当我们紧张或恐惧的时候，我们的身体会紧绷，呼吸短浅；而当我们一直处在巨大的压力，我们的身体会老化的特别快有溃疡的问题。

总结：我们要改变气的流向，就是从内或外在的方法改善。外在的方法是瑜伽练习。内在的方法是冥想。

冥想如何帮助我们气的走向？

当我们做冥想的时候，我们能够通过冥想将意识专注在一个更高和更加正向的目标。念头就会帮助我们引导我们气的流向。而当我们的念头在负面念头，起就会在负面的状态。

当我们把意识导向正向的念头，我们的气就会走向中脉，帮助我们松开阻塞点。而我们的身体也会越来越健康。就如我们常常听说有些人得了不治之症，但他们选择以正向的态度面对，而这些能够放松，淡然处之的人，而他们的不治之症也不治而愈了。

结论：

现在已经过了2022年的第一个季度，审察我们的目标还离多远？

通过瑜伽和冥想，内外结合，相辅相成的练习，双管齐下，还有什么目标无法达成呢？

通过学习，我们可以领悟金刚智慧，而藉由践行来破除我们根本的负面情绪，最终就能直接见到终极的实相，而我们所拥有“出厂设定”就不良的身体，又会有怎样的改变？

【LifeTool 12: Ancient Meditations on the Chi inside the Body】

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

Lifetool 12 is GMR's experience. DCI audience likes to go deeper.

LT12 – experience on how to meditate. I Grew up in a country with no meditation, went to colleagues and went to diamond business and the USA doesn't do meditation. Slowly, start to do meditation.

Overweight in my business career. My friend told me, I need to do some exercise. I don't know, New York City likes to go for jogging. Same to my friend too. I tried it once and just so boring and can't enjoy and he hate running. Just run for me, I don't understand. Some of friend tried new thing, attend yoga class. I only remember yoga things from the class. First I learnt, I walked like a duck. Hand and leg pain. End of class, lay down and supposed to be relax. Then, teacher said, his philosophy, you must be focus deeply. Focus on your mind deeply. Feel the “qi” in the body. First class of yoga, GMR felt asleep. Then, GMR woke up, the whole room was empty and he was the last person in the room. He slept 20 minutes and trouble to get out the door. Everybody forgot about me. Bad experience and didn't do yoga after 1 year.

That time only yoga class can know about meditation and flow of “Qi”. First teacher encouraged me to take different yoga class. Found out that yoga really help me a lot. GMR in diamond business for 19 years and do meditation everyday and do yoga regularly. The business succeeds due to my sharp mind. 19 years, 15 years, I didn't go for dinner. When get home from job, he need to do Gesha study. Had big big lunch and had liquid at night as my dinner. This combination is powerful and wake up a bit early and do meditation. Go to work and find work is fun. If afternoon feel sleepy, do yoga. Keep your diet light in the evening. When you go to sleep, your body won't have much carbohydrate.

Learn yoga and followed different yoga teacher. Some of my friends attend qigong or tai chi classes. GMR also went to the said classes too. Some of the teachers from China, they are excellent teacher. Hence, GMR's experience has same experience like us.

Qi – flow of qi, Indian teacher – Prana – some translation of “Qi”. When in Japanese class, move to “Ki” – the same meaning of Qi. So, all have the same meaning. Prana, Qi, Ki. I got frustrated. Everybody said move your qi. I don't even know where my qi is. Meditation teacher, Oh, feel your Qi and when GMR checked his body – Qi. I felt GMR stomach sound – I didn't eat much in my lunch. Started to be suspicious if the teacher can feel the qi or not. One teacher said Qi is like liquid in your body. No no no, is like a wind going through. Qi has a special place, it is called Chakra. Some yoga teacher said, oh, Chakra is so beautiful. Different light of chakra. Every time GMR looked for Chakra,

he felt asleep. Felt suspicious about the different interpretations about it. Hence, he was frustrated and did his own study. Took GMR 7 years and do it and check ALL and over 100 different books, chakra and what they said about Qi. Spend time on retreat and find out GMR's Qi.

Share with you what he has learnt: -

1. Ancient books that GMR has trust, look at Qi is very subjective. Different people feel Qi differently. Hence, it is possible that different teachers have different feelings. You can improve and move your Qi and the "Qi".

2. Biggest question about "Qi". Is the Qi body or mind? Where? When you have a thought, an ancient book said there is no physical. Mind is not physical, the body is physical and Qi must be physical. After learning, Qi is linked together. Qi is physical. Similar to the sunshine from the sun. Qi moves your body, just like light. If you cut your body and find it. You won't find anything that eyes can see. Difficult to feel the Qi directly. The Qi is underlying the physical body of our body. TCM, a different system is important for health. Respiration system is important. – breath in and out – oxygen is important. You can live without food but normal people can't live without oxygen. Most of the TCM in Indian or China, digestion system is the most important. In Indian tradition, food can think about donuts. When you eat, you chew it and mix it with your water and go down to your body. Stomach will dissolve the food. In Indian tradition, a big part of food can be a smaller part of nutrition. You can have a big breakfast. But the body will break down and dissolve it and this much is useful for the body. So, what happened to the rest of the donut? Then, the body works hard to get it off. A piece of donut doesn't need it. We have an illumination system. Pass the urine and poo poo. Both are poisonous. I have taken care of sick people in the hospital. You need to dig out their poo poo by using your finger. The piece of donut is not useful and you need to get it off the body. Even the sweating too. It is to cool down your body - air cond in our body. Separately poison from the foods – sweating. Just send it to poo poo or urine – there are a lot of ways to send it out. How about we sweat it out? That's why sweating is so smelly sometimes.

3. Body system – respiration, illuminations, throe system, electricity that works is supposed to be "Qi". Main purpose is yoga, taiqi, qigong, swimming or jogging – stimulate the qi and qi is like electricity that makes the system work. If Qi moves smoothly, your poo poo is smooth too. I don't have an issue with poo poo. After I started to do yoga, something strange happened. I poo poo at the same time everyday, 935am. Constant time. Just set my poo poo time to adjust my time. It means your body has done a good performance well.

4. Everybody likes to feel the Qi. Breath in out, poo poo and urine, menstrual goes out. If you don't feel Qi directly, watch your qi and how to use the energy. If you do your yoga regularly, all the systems will work smoothly. Deeper way to check your Qi - again, frustrated to find out GMR's Qi – found great teachers to guide me on how to check Qi. In an ancient book of wisdom – called Lung Sem Jukpa Chikpa (Prana – mind – go together – one). Prana is not our thought – Qi is not your nervous system or limpyh system. 3 things work together. Qi is connected closely to your breath. When you feel super relaxed, your breath is going smoothly, it means your Qi moves smoothly. And when you get angry or upset, feel scared, the breath will change. Changing the breath is also changing your “Qi”. Interconnected.

5. Emotion connection – when you are upset, breath will change. Connection with mental state and breath has a close connection. Mental state and breath and connector is your “Qi”. So, emotion is anger or a lot of passion, breath won't be smooth. When your breath is calm and quiet and your thoughts will be smooth also.

6. DCI purpose – success in our life – 5 goals of DCI

Financial independence – don't need to be super rich. Don't judge my value as compared to money But, I like money. My life was poor before. When he was a student, he didn't have much money. In the department, I had free coffee and didn't have money for breakfast. So, get it for free. Don't need to pay for breakfast. After learning 4 steps, I learnt how to make a lot of money but I still have a small house and a regular car. I feel happy. That's for me. But every year I have made a lot of money, it's fun and I enjoy it. I can support many charities and support people. 534 poor students I sponsored. It was fun and very exciting. Your Qi is connected to your breath. It's also connected with your mind. Ancient book of wisdom Lung Sem Jukpa Chikpa .Qi is like a horse. Some of the Qi is riding on your breath. If the breath is smooth and Qi is smooth. For money making, the mind is riding like a Qi on the horse. The Qi is riding on the breath and your thinking is riding on you Qi. This place, where thoughts are riding on the Qi. This is the connection among itself. We need to know that the mind is 100% not physical and I know people think the brain is mind. But, it is not. Give you an example and close your eyes and think about what you are going to eat at home. What you have in the refrigerator. My house is 1 hour from my teaching place. My mind has the power to go home etc. How do we send rockets ? If you put a nuclear bomb on my chair and explode it. Skin or meat, will disappeared but mind will stay and not physical

Strange experiment. Put them on a big scale and weigh it. The doctor waits and sees the guy pass away. Stop 1225pm stop breathing. Check weight. Weight doesn't change. Mind left the body but the body weight was the same. So, the mind is not physical but it can ride on the Prana. There is a connection between mind and body. The connection is Qi.

Ancient book from Tang dynasty, how did you know there is a connecting line between mind and Qi? How do we know the body and mind have connections? What you put in your body and affect your mind. What you put in your mind, affects your body.

1st: you saw many times experience. Business lunch with friends and intelligent people. Had some drinks. The quality of talk dropped. They started say stupid things, criticism. It means what you pour into your body affects your mind. Both connected.

What you put into your mind will change your body? In my diamond company, we had an accountant, we had 10 accountants. This particular guy is always anxious and gets angry easily. GMR's in charge of diamond purchase and negotiation on diamonds with sellers. If sellers give me trouble and after negotiation, how do I get my minutes? I don't like the seller, so I will assign to the said accountant. The said accountant had a bad heart attack and he couldn't walk. It means if you disturb your mind, month by month, with anxiety or anger, the body will get a heart attack and the mind will affect your body. There must be connection which is "Qi"

Mind is connected to the body with Qi. If you improve your Qi, you improve your mind. If you can calm down your mind, you change the Qi. Suggestion: don't waste your time to feel your Qi. Qi exists and in fact ancient wisdom books say, if you happen to be in hospital, helping someone who is going to pass away soon. Many signs of it. Death signal – shape of mouth change – going to death soon. Just before death, Qi will come out, popo or urine will come out. You can watch the Qi moving, but that time is so crazy and wont help you. Much better to do it in meditation. If you can learn how to watch your mind, for example in Golden room meditation or present moment meditation, you can control your Qi and Mind. Slow down the horse and rider. For business people, for family people who want to be successful, understanding Qi and meditation is very useful. Being nervous and angry, gives you a heart attack. That's proof the mind and body have a connection. If we can practice it on a daily basis, be it meditation or yoga, you can build the largest jewelry company in the world and sell to warren buffet and have fun and enjoy your life. It helps your whole country, like the Tang dynasty. I think many of them are practising Taiqi and Qigong. They have good health.

Now, many are eating fast food – Mc Donald, KFC, getting fat and different kinds of illness. It will affect your business. If you are not healthy, your business fails too. If parents are always sick, they won't help kids and are a burden to kids. Qi body and mind have connections. Is riding mainly in the respiration system. Mind is riding on the Qi.

If I meditate everyday, Qi moves smoothly. If I do yoga everyday, Qi moves smoothly. It is a very powerful combination. The person who runs a successful business, a successful happy life, not enough understanding 4 steps. The reason we have executive yoga, the reason for talking about controlling our mind, it makes you much smarter and healthier.

GMR is 69 years old and he tested positive 6-7 days ago. Because of yoga and meditation, he just relaxes only. He worked a lot in the house. He is teaching the whole day. Because Prana moves smoothly. Follow the meditation and yoga. It is not easy, don't like to do exercise. But I want to be healthy. Do meditation and take good care of body and do exercise and you will be super successful.

Summary of Essence (by Teacher Sharon)

Let's review LT12.

Recently I teamed up with T Jeanne.

She felt that my Qi was insufficient. And she helped me in the most effective way by giving me ginseng.

What's the difference between sweet potato and ginseng?

Both absorb the nutrients from the earth but what's the difference? Why does ginseng have the shape of the human form?

You must have heard of old folk's tales about how foxes transform into human forms when they absorb the moonlight essence!

Why is that so?

There are 72000 channels in our body. That gives us our forms. And that's how blood and bones are formed.

This is an accumulation of qi which gives us our human forms.

Central channel and right and left channel. The energy that flows in these channels is known as Qi

How does Qi affect us?

If Qi is in the central, then more love and compassion is flowing

If the Qi is in the left, desires happen

If the Qi is on the right, anger arises.

There may be blockages formed. These form our chakra.

Our head, chest, hips are where the chakras are formed.

So from the start, we have the misunderstanding of how our body works and that results in negative emotions.

So how do we direct the Qi to the central channel?

If we can do that, we will not have too many negative emotions. And we will have a healthier body.

LT12 is teaching us How do we make use of meditation to have better Qi?

Qi is invisible. If we can grasp the concept of the connection between our body and mind and how qi works.

Our body consists of both outer and inner worlds.

Our outer body parts and inner body are connected by the Qi.

Think of the times we have our lunch. If we have a heavy meal, while digesting we may feel sleepy because the Qi is gathered at the stomach for digestion. Or perhaps your parents ever told you not to move about too much after meals.

How about the connection between emotions and Qi?

When you are stressed, you may experience cold feet or diarrhea. And may age faster.

So in order to improve the Qi, first we start from the outer body or we can start from the mind.

So Yoga helps our outer body to improve the Qi. While meditation helps our Qi to flow internally.

When we have a meditation object, we will direct our mind to a positive space.

If we think of negative experiences and focus on that, Qi will be going towards the negative state.

If we think of positive experiences, the Qi will flow to the central channel then the chakra will be unblocked. Then the body may experience some positive changes.

Perhaps a cancer patient may find that his cancer is gone

We can let go of addictions or behaviors that are not for our good.

We can then create the goals that we have set out to do.

If we can use diamond cutter wisdom to have a breakthrough in our mind, then we can create the results we want.