

【L3 Q&A】

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Q1: Grace Sim , Group 4, Kuala Lumpur

There will always be people in the company and team complaining that the salary is low and the company is not good. How to do meditation to solve this problem?

Answer by T Sunny:

I have two suggestions.

My first suggestion is you can do Tonglen meditation. The object is your company's team, take away their complaint, calculative and not grateful, unkind speech and politic issue. what do you give? You give the golden light, so they feel grateful to the company, everyone will be in harmony.

Second suggestion, resolving meditation. you ask yourself, why would you see this, why are you hearing this in your team? We know is coming from us. Review meditation, are you have planted the same things in your life? Where do have planted? how can you improve in this part? – maybe gratitude or generosity. When we are doing these resolving problems meditation will help us to resolve our problems in life.

Q2: Sien Yee , Group 9 , Kedah MY

If I can't completely silence the surrounding noise, how can I fix the sounds I can't control? For example: Even if I mute the objects around me, it is very quiet, but I still will hear the door opening and closing of the next door neighbor's house.

Answer by T Sunny:

Earplug, choose other time, plant seeds, 4 power

Surface causes:

1. Use earplugs.
2. Choose another time to practice meditation.

Deeper cause: -

1. We have planted the disturbing seed to others - crystal lake. Therefore, we don't interrupt other people.
2. Do the 4 powers

Q3: Cheah Ping Ping, Group 8 , Johor Bahru Malaysia

Geshe Micheal mentioned that we have the ability to predict the future through meditation. How can we make correct business strategies through meditation?

Answer by T Sharon:

This is a very good question because we need to make decisions and these decisions could affect our future. First, we have to realize everything has emptiness. The pen has, decisions also have. It doesn't mean that any decision will bring us every result we want to see. If the decision you made everyone agrees, is it the right decision that brings me to the result I want to see, not necessary.

So, we really want to make the right decision, the most important point, we know what we want, we plant similar seeds, according to this logic, if we know what we want, we plant the seeds as long as fit in the law of seeds, the result is right.

Even though at the point of the surrounding it's not similar to what you want maybe I want the company to grow by 10%, you helping others are the company, but I see that my profit dropped. Remember there is the time gap between the point you plant seed and seed ripen. The profit dropped is coming from the past seeds. As long as you constantly plant the right seeds, eventually, you will see what you want to see.

Q4: Yean Koon , Group 2 , KL

Prof. Nick mentioned while meditate, the room light should be bright, but I have used to dim my light when meditate, is it necessary or must have bright light while meditate?

Answer By T Sharon :

A: Meditation is very personal experience. We can't just follow the manual only. In ancient wisdom, why room must be bright? It will lead us to be more alert. And we can be more focus on it.

You also give an opportunity to explore in dim light. Is it because I easily get drowsiness? Or is it due to food intake? Do some adjustment on it.

In meditation, you don't know what is chakra. But after meditation, you will calm and peace.

Q5: Zhi Xin , Group 5 , Kedah Malaysia

Geshe Micheal, you mentioned that meditation is not about visualizing with the eyes, which is incorrect. Yes, I have recently felt that when I am meditating, when I focus on the object of meditation to imagine, I use my eyes to imagine the light, etc. I feel that I have been holding on to the imagined picture. When the picture is beautiful, I become greedy. When the picture is blurred, I feel uncomfortable and angry. So now that I see it, how do I need to stop this part? Where to bring the focus back?

ANSWER BY T JENNY:

She has been practicing on a regular basis. Use your eyes to visualize the lighting. I am not sure which meditation you are practicing now. If you do Golden Room Meditation, you focus on the teacher's eyes. When we do meditation, we have an object, it is good if you see the object. If you are not visualizing a person, not good at imagination, you can't visualize your meditation object vividly but you can feel it. The object, do you focus on it? Is your mind tending to focus on your emotion, then you are away from your object? We need to observe our mind and pull it back to our object.

Q6: Shirleen , Group 3 , KL

The object of meditation could be the deceased one?

Answer by T Sunny:

Can, we can still be your meditation object. As you still have a lot of good feelings with them. We need to re-think what is deceased, if you can re-call him/her in your mind meaning they are still alive in your mind.

Q7: Cirong , Group 9 , Singapore

Why is it recommended to dedicate our good meditation practice? What's the purpose? What do we dedicate it to?

Answer by T Sharon:

When we are busy mind & try to perform Meditation also start planting seeds. Meditation train us to be have more awareness to aware what is happening around us. As we don't want plant bad seeds & we don't want to burn down our good seeds when we are angry. So how to protect the seeds? We can dedicate the seeds back to them by dedicate the seeds can help us secure the seeds without burn down.

Q8: Zhi Xin , Group 3 , Kedah

In lifetool 4, Teacher Wang Xia said that the Golden Room Meditation (Fixation meditation), the object is the teacher's love, but Teacher Wang Xia said that she would think of Teacher Geshe's face, so I want to ask is the object become Teacher Geshe himself, not the teacher's love? So, in this meditation object, how can we distinguish whether it is the teacher's love or the teacher?

Answer by T Jenny:

Good question, this is a details question as you able to ask very details on where to focus on the object as in Golden room meditation we said need to focus on Teacher Love, but we start to focus start with Teacher face to eyes of teacher & from teacher eyes to able see ourselves found the teacher love to us. Let's try out to feel Teacher Love in Meditation.

When we do golden room meditation, we are focusing on teacher love. Where do we feel teacher love, this point is very important. When we focusing teacher eye, our eye and teacher eyes are looking at each other. Then we will feel the love from teacher eyes, so if you can see Geshe Micheal face, is correct because your eyes are in front of teacher face. The love from the teacher, if you want to see his love is through teacher eyes so we are seeing teacher face. The whole feelings, in teacher eyes full of love. The electricity of love cover from top to bottom.

Q9: ALAN THAM , Group 1 , Singapore

If your surrounding environment are mostly less positive, and sometimes super negative at time and talking negative about political issues and government. How to rectify using the meditation to skilfully change my environment so that the environment will be good and my family members are more grateful for the government rather than complaining and feedback negative message to the decision of the government. Please help me! how to use meditation to rectify this problem. I'm aware of the surrounding and hope to change it.

Answer by T Sunny :

I like to use Problem solving Meditation to understand what I'm facing now that I'm not happy? I found all the environment mostly less positive, and sometimes super negative at time and talking negative about political issues and government. Which don't have gratitude. Since I knew Pen, mean all this is from me. Mean I did not have gratitude too that's why I saw all this. So let's review in our life did I did not appreciate others when they serve us? When we saw super negative environment mean we need to review do we have negative feeling too? Example we do meditation on deceased person which we may have more -ve feeling... so need to be careful on this . we can do gratitude moment by grateful said thank you from heart to people who serve us. Using 3 times book can help us re-call all this gratitude moment too.

Q10: Miichelle Koh , Group 7, KL

For the first time in my life, I participated in the 12-days Vipasana meditation camp, I felt panic in the dream several times in a row, and on the last night of the camp, I woke up in a dream with a very frightening feeling. Is this the way to induce or clear the seeds of fear in consciousness through meditation? How is Vipasana meditation different from the meditation taught by Geshe? Thank you teacher Geshe for teaching

Answer by T Jenny :

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Q11: Pei In , Group 5, Johor Bahru My

Teacher, I know vegetarian food is good, and I have been vegetarian myself for many years. But oh! Every time I want to cook a healthy vegetarian meal, I just can't find where to start. It feels like the same food most of the time. How to plant seed ? Thank you, teacher

Answer by T Sharon Fang:

Due to personal reason cause problem. Back to origin why having vegetarian? As this can affect others & encourages others to try vegetarian food by add in dish decoration and putting more effort into preparing vegetarian food makes the dish become more attractive. By increase our intention have better food quality & life more healthy become others example.

Q12: Pei In , Group 5, Johor Bahru My

When I'm doing breathe meditation, the mind keeps running wild (busy mind), and when I recount, the mind still busy.

- 1. Do I need to repeat the number of breaths, or can I continue the meditation I want to do. Thank you teacher**
- 2. Every time I do Tong-Len meditations, I find that the faces I see are blurry. Then I found out I couldn't continue the meditation. How can I improve my meditation ? Thank you**

Answer by T Sunny:

I like to buy utensils like plates & coffee cups, as I feel food decoration is very important.

A lot of people face these breathing meditation challenges. At the beginning, I spend a lot of time in the breathing meditation phase as my mind always ran away. So it is ok to move into the next meditation phase as long as you have spent a few mins like 2 mins in breathing meditation.

Tong-Len Meditation we always face challenges that teachers face that can not be seen clearly.

We need to have gratitude & heart to help others, we just need to have the feeling to help others to remove the pain. His face image clear or unclear are not important, the most important still want to help him/her to remove pain. 2nd point I take up all the pain from him/her to me, this is the most important point required.

Q13: Jenn Neo , Group 6, Singapore

Understand from the lecture that the environment needs to be absolutely quiet for good quality meditation. As I am unable to meditate myself thus have been using a teacher voice record to guide me. However, my meditation quality is bad as I get interrupted easily by the voice recording. What is the teacher's advice for me to solve this problem to have quality meditation?

Answer by T Jenny :

Meditation Beginner sure we use voice guide to help us. If u disrupted by voice clip mean you are out of the voice clip now. Mean u did have some seeds need to be aware. From time to time in daily life you did planted interruption others seeds. Like 2 persons in conversation, we may interrupt both of them at those points of time. So at this moment we had interrupt them. Like kids reading, we also ask them help us now... at this time we did interrupt them & planted an interruption seed. So we need to aware our daily life did we planted good seeds help in Meditation later...

Q14: Shirley , group 6 Malaysia

Teacher, I know vegetarian food is good, and I have been vegetarian myself for many years. But oh! Every time I want to cook a healthy vegetarian meal, I just can't find where to start. It feels like the same food most of the time. How to plant seed? Thank you, teacher

Answer by T Sharon Fan:

Shirley worries about her daughter and we analyzing this question. Food itself has the emptiness too. What food we have eaten? It will affect us too. The effect of the foods to me is coming from my seeds. I will have same persistent like you. When I have the determination to practice vegetarian diet – I am planting life protecting seed. Am I so stubborn to insist on this belief? We are ignorant to do it if we don't have clear intention. It is just like those who are so consistent to have meat as their meal. We can think about this question. If I have enough good health seed, any kind of foods can provide healthy to my body. For time being, my seed is not perfect. I still need certain foods that bring healthy to me. As human, we have similar body, flesh body. I am adjusting myself regarding the belief of the emptiness. I don't know what kind of seed that I have planted previously and cause me to have certain food to provide me healthy body. Hence, Shirley you can communicate with your daughter again. Now, daughter needs to adjust her intention. Her eating style is not due to craving and also ignorant. If she can control her mind without craving desire and ignorant, but grateful to animals that provides nutrition to me. This strong intention is very good. When she is fully recovered, then she can follow the vegetarian and becomes a role model. Are you stubborn and insist on something in life? If I think it is correct, I will be firm on my belief. Can we take a step backward to think about the people around us? In order to influence more people, we can do some adjustment in our belief.

Q15: Teo Siew Khim Group 1 Singapore

Is it ok to meditate with music? Music meditation

Answer by T Jenny:

Normally Meditation we don't play music together as the music may interrupt our focus.

Q16: Alice Tein Group 5 Kuala Lumpur, Malaysia

My friend shared with me about his breakup. Consequently, I become anxious and worry about him that he will make the wrong decision. But I just realized that my anxiety and worry is planted in my work (which I made others worry and anxious about). Does the teacher have other advice and cases to share with us on how to reduce anxiety in our life? Thanks a million.

Answer by T Sharon Fan :

Alice cares about her friend, which is very good. Perhaps we can take a step to think further. Can we be more liable and trusted by your friend? It means due to this friend and you have some

depression and anxiety in your mind, does it align with the intention of helping your friend? We can change our mind and think about how we are going to become more liable and trusted by your friends. At least, she can have a peace of mind. You need to have peace of mind too. It will affect your friend. In order to get rid of this negative situation, we need to know about emptiness.

From the surface itself, any decision doesn't have any issue. Last week, GMR ordered diamonds wrongly. He ordered a yellow diamond. In the end, by changing their mind, yellow diamonds became a hot selling item. Hence, any decision has any issue at all. For your friend, happiness is not always in a single way only. In society, we want to plant partner seed and get married. But, many people know that being single is a happy thing too. It really depends on the seeds and reflect in our life.

In our life, we try to let them know they have the right to make their own decision. Regardless of what is her final decision, as long as she has the happy seed, it is good enough already. Hence, bring your friend to plant seeds together and find out what she wants. In life, no matter how we do it, we need to guide and share with them on how to plant seeds.

Q17: Hui Jing , Group 1 Malaysia

I always have problems with my gut health and weight rebound. I love to eat. I lose control when I see food that I love. Today I learned about how food relates to meditation. Can I really control my food desire for the long term and which meditation to do to achieve this?

Answer by T Sharon Fan:

I also like spicy sichuan food. I can not stop myself. I use 4 steps to help someone who has the same challenges as me. My father is my karmic partner as he likes tip bits too, so I introduce him to healthy tip bits. I everyday recall 4 Steps on the healthy tip bits and use a meditation method to review how I can help my karmic partner & allow myself to eat healthy food too.

Q18: Elizabeth Group 1 Johor Bahru MY

While doing Golden room meditation, inviting a teacher into our meditation, suddenly 2 or 3 Teachers appear, is this normal and how can I focus on 1 Teacher that appears?

Answer by T Sunny :

Yes, This is normal, why? At beginning Meditation, we only invite A teacher but A, B C & D Teacher come to Meditation. We only need 1 teacher to be correct. Before I perform Meditation, I start with a clear goal by inviting the only teacher I invite today in Meditation. Sometimes I review the teacher's photo 1st. Teacher B may occur, I will inform Teacher B I'm having a session with Teacher A now, can we meet a while later? Then only continue the next session with Teacher B later.

Q19: Emily Group 7 Johor Bahru , Malaysia

GMR said that you can do meditation on the bus or subway. How does the teacher do it? Because I'm going to start meditating by hearing the birds chirping sound , the prayers sound from the mosque.

Answer by T Sharon:

Meditation's most important is focus. In life a lot of time we need to be in a meditation moment too. Example drawing, the artist may be very focused on painting his/her art-work until not aware of what is happening around him/her.

But is it always challenging to be focused in a public environment? That's why we need to train ourselves on additional focus, for example breathing meditation, not a formal meditation yet but this breathing meditation prepares us into more focus meditation condition. Example in the office we found sleepiness can apply breathing meditation to bring us back to focus. Another method we can explore is Present Moment Meditation, meditation object on people surrounding us, using Jampa to observe people surrounding you. Try to help those who need help surrounding you. By doing so you will get a helping hand when you need.

Q20: Sammz , Group 4 Malaysia

Can we do coffee meditation for the thing we are going to do ?

Answer by T Jenny:

Yes, we can pre-coffee celebrate. Just like we prepare 4 steps in advance, just like we need to meet a customer later, we can do a review meditation for the appointment session. By review we generously help customers as our Karmic Partner, where to treat customers to a good lunch? Plan what to order? What does he like to eat? At that moment we can discuss our business plan in detail. By performing all the review meditation above, we had planted a seed. This is so cold, rite? We had completed our 4 Steps.

Q21: Alan Tham Group 1 Singapore

Review Meditation - Something like PRE-PLANNING? The to-do list is for (deeper cause) or (surface cause)?

Answer by T Sunny:

Review Meditation normally I start to plan what I'm doing tomorrow morning > afternoon & night what is my plan. If we did list down our plan for the next day, should we also focus on deeper causes & surface causes? I said yes, we need to focus on both causes. Example tomorrow I need to perform a presentation & get a sale, so what do I need to do? 1st deeper cause I need to give sales seeds to others using 4 steps 1st or no time let's do coffee celebration 1st & dedicate back to 3pm appointment. If we knew Give & Take Meditation why just do a meditation 1st. so you knew what to do now & future with the help of all the life tools learning & practices.

Q22: June Keat Group 1 KL Malaysia

How does meditation help us plant good seeds? We learn we need to plant seeds with other people. How do you plant seeds in your mind on other people? Does it mean meditate how you will help other people?

Answer by T Sunny:

Example Give & Take Meditation we knew we wanted to help someone. By performing Give & Take Meditation we planted seeds. But we can still perform actions in daily life to plant seeds. I have 3 kids, so I'm busy with class at home. So I have to get my kids help, can help bring this hamper to a relative? My kids said they would like to take public transport to complete this assignment. If we know someone needs to plant seeds we have to give him an opportunity to plant seeds on us. In life we always can give other opportunities to plant seeds.

Q23: CL Group 2 Singapore

How do we do Tonglen meditation to release ourselves from our past experience traumas and hurts, so we can let go and move forward in our life?

Answer by T Sharon Fan:

We can help others to perform Tong-len Meditation remove the pain and give good seeds for them to heal. At beginning friends may not share a lot with us, we we can use 蒋巴法. By applying Tong-len Meditation for ownself, we can understand yourself better & deeper too. By all this we can change ourselves as we knew 1 seconds 65 seeds ripen. When we help clothes solve their problem, we can plant seeds. The past is not sad, the only sadness are pain, when

we perform Tong-len Meditation adding in Golden Room Meditation we can have more courage & ability to change ourselves. Different seeds ripen can change the past, present & future.

Q25:

For the Golden room, can every day change teachers?

Answer by T Jenny:

Yes, we can change teachers every day, you can change different teachers every day with different qualities, the focus is the quality of the teacher.

Q24:

What is Mahamudra?

Answer by T Jenny:

Our thought is the meditation object of Mahamudra meditation.

Mahamudra can train our awareness.

Mahamudra is just an observer, do not participate, do not control, do not judge.

Q26:

If we do multi-tasking every day, does this affect our meditation quality?

Answer by T Jenny:

Ans: If I do meditation every day, you become more effective, I suggest you do meditation in the morning. we should ask this question inverted mean do meditation 1st & you able to have better working focus & quality so you can multitasking better.

Q27:

When perform Golden Room Meditation, go deeper & found teacher have few more good behavior & character for me to learn. All these good new behavior & character just observe in meditation become additional for me, so happy.

Answer by T Jenny:

Every good behavior & character you find or observe in Meditation needs to start practice only you can learn & get that. On that day you need to continue planting generous seeds too.

Q28:

When I meditate, my body swings right & left & moves, is this ok?

Answer by T Jenny:

You should do yoga. This is because our “chi” is not smooth, we need to do yoga to make our “chi” smooth.

Why do I perspire during meditation at times even though the room temperature is the same? This is not a problem at all, when we feel the love from the teacher, we feel the warmth, this feeling is a good experience. If your body starts to move, you should do yoga. This is because our “chi” is not smooth, we need to do yoga to make our “chi” smooth.