

【3阶总结】

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教授笔录 (by GMR)

关于教授冥想主题，有个传统，应该最少复习两遍，第一层自己，第二次和同伴。所以今天和大家一起放松和享受。然后和本地的老师一起学习和练习。

因为有大家的努力，我们现在的架构很棒，可以从我这边听到课，也可以和当地的主办方听到课。成为 DCI 的主办方是不容易的，如果你看到当地的主办方和老师，是通过了最少10年的努力才可以做到的。DCI主办方和导师们，去SCIM的感觉是，这两周都没什么睡，他们是很好的老师，我感到很自豪。我感恩现在线上的这体系，可以教授我学了50年的经验。这是很好的结合，很有价值的。可以在生命当中见证成功。

我们快速回顾这12个工具，深入的复习。我想补充我个人的体验，之前我经常环球旅行到各地教学，现在多数在线上进行教授。这很珍贵，但是线上教学却也有些缺点，我为我们由当地的主办方和导师很开心。如果你来过 SCIM教学楼, 那你知道这建筑由三个部分组成。大部分课在主教楼进行。楼前有块地，我们的长期计划是建个咖啡厅，因为学生在咖啡厅互相学习会比在教学楼收获更多。当学生们聚在一起交流时，那时是很深入的学习，因为很享受。我在喜马拉雅第一位老师，说一个人做冥想就像一支笔易断，一群人就像20支笔不易折断。我们不希望你浪费钱，也浪费老师的心血。我们用自己的生命教授这些课。我们发自内心，希望大家成为好的冥想者。

要知道冥想的好处，这是一个人在做冥想的图，人们说，最好的销售是卖二手车，在美国，有些二手车销售员是有些狡猾，他们会引导你去买他们想要销售的车子，而非你真正想要买的车子。

LT1：为何做冥想？为何阅读

我们是把学习冥想比喻成学习阅读。我跟着中国老师学习了25年，他们都不懂英文，这问题是双倍的。如果你不懂得冥想，你就是半个人，你会错过半个世界。如果每天冥想，你可以看到整个世界。不冥想就好比盲人，世界好多美好，如果没有冥想是看不到的。不

冥想，你的错过生命一半的部分。那要怎么做呢？我们要向很有权威性的系统学习，这传承系统有1000年的历史。这张图（冥想9个阶段）我在45年前看到，到现在我都还能从中学习到新的见解，我们真的很幸运能学习到。

LT2：准备好冥想的场地（内在外在的环境）

你不能去到厨房就开始冥想，就像在医院给人做手术，在冥想中做手术比实际做心脏开胸手术更复杂。那外科医生不可能来到你的厨房拿起刀叉就可以做手术，我们需要有培训，正规的环境，精心布置会更好。所以 LT2 是布置好的冥想场所。

LT3：.如何做？做几久

冥想坐姿的8个部分，身体和意识是息息相关的。我们讲的PRANA “气” 会受坐姿影响，所以冥想坐姿很重要。

最近我联系我的学生问他瑜伽馆做的怎么样，才知道他的瑜伽馆都关门了。不是因疫情而关门，而是‘膝盖’而关门。因为强迫自己的身体达到莲花座（双盘腿），而导致膝盖受伤。分享冥想的秘密，当你们团体一起做冥想时，是否双盘都没关系，因为我们冥想时眼睛都闭着，没人去看你。重要的是你背要保持挺直！找一个稳定的椅子，坐直，把身体停好就不要想它了。疼痛会导致你冥想分心，所以保持背部挺直就是正确的冥想坐姿。

做多久？

格西老师刚和上师学习冥想的时候，觉得自己的冥想做的很好，因为能够保持1小时的冥想坐姿。老师就想要测试他看他的冥想做的如何。上师安排他在一个狭小的房间做冥想，每隔一段时间就会碰碰他的耳朵检查他的冥想状态和冥想内容。第一次上师碰他的耳朵，他在想着午餐，上师说 ‘diga diga’,意思是很好，第二次的时候，格西老师在想上师几时再碰我的耳朵。第三次，老师在想屁股疼，膝盖疼。上师让他结束冥想，而整个过程只有2-3分钟。为什么你说之前做1个小时，但为何现在才2-3分钟。如果没有冥想对象，即使冥想坐着1个小时，其实也不算冥想。

LT4：选择冥想的对象

老师以前觉得自己一直在做是很深的冥想内容（思维空性）。但是其实他一开始不知道空性长什么样子？想象都是黑黑黑。。。其实冥想有三个对象。第一，回顾式冥想对象，一

系列的念头，烙印在你的脑海中，比如做4套4，或5套4，这就是很有用的回顾式冥想。黑黑黑是个睡觉的冥想。比如学外语时，会在大脑回顾学习的内容。像学习DCI课程前，我们没听过4套4，这些都是新的理念，要把这些理念烙在我们的大脑。第一种冥想，就是要新的理念和内容重复回顾然后把它烙印在我们的意识中。

第二种是解决问题冥想。听好，很有意思的，当我坐下来想工作的问题，就是第二种冥想了吗？当我从不同的角度思维如何解决该问题，意念始终围绕我们想要解决的问题，实际可以算是单点冥想。如果本来想着要如何解决问题，思绪突然想到早餐，这就不是单点冥想了。如果每天上班前可以想个15分钟，思维如何解决工作中遇到的问题，这就是有效的冥想。学会了，会有更大的成就。就像刚刚提到的朋友从小职员谨慎到人事部总监。

第三种冥想是，真正的单点专注冥想，像黄金屋冥想，我们试着把眼睛聚焦在老师的眼睛，这种叫聚焦式冥想。大家可能最常听到第三种。其实真正的冥想有三种。一开始，要选好一个冥想对象，什么都不想的冥想是错误的，是取不到什么好结果，可能会让你很健忘。我喜欢这古老的冥想体系。

LT5：五个问题八个解决方法

学习冥想中会遇到的5种问题。看到全世界2500年来，如果你知道问题是什么，问题就解决1半了。

LT6：适合冥想的饮食

讲到身体呼吸，往身体塞进什么样的食物，会对我们的冥想带来不同的影响。所以我们在工具六学习如何选择更适合的食物来帮助我们更好的冥想。

冥想联系肯定会起起伏伏的，像学习健康一样。一开始维持了三周的健康饮食，但当朋友给你垃圾食品，你就开始动摇，然后你那天的冥想可能会糟糕。不要期望你的冥想状态是保持不变的。

我们身体有3万个物件。脑袋有50多个功能，什么都在变化。不会一直不变的，不要期望开始健康饮食后，就能够一直维持健康的饮食。这不太可能。

我们人是有很多不同的习惯和习性，马有失蹄，这是正常的，如果你学了L3后，你的余生都能够保持每天冥想1小时，那你就是佛陀了。如果还不完美，就应该开始冥想。停了冥想练习没关系，再重新坐回冥想垫冥想就好，

只要重新回到冥想垫上的次数，多过我们停止冥想的次数，就好了。我们是普通人，我们可以维持一段时间冥想做的很好，接着可能又不行了。它是不会稳固的，是有曲线的。只要记得坚持持续再回到冥想垫上练习。

【Review of L3】

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

Teaching Summary (by GMR)

Cover 11 Lifetools and bring us to LT12.

After this LT 12, we will do the review for you all!

Lifetool 12 is GMR's experience. The 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 it was just so boring and I couldn't enjoy it and he hated running. Just run for me, I don't understand. Some of my friends tried new things, attending 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 relax. Then, the teacher said, his philosophy, you must be focused deeply. Focus on your mind deeply. Feel the “qi” in the body. First Yoga class, GMR fell asleep. Then, GMR woke up, the whole room was empty and he was the last person in the room. He slept 20 minutes and had trouble getting out the door. Everybody forgot about me. I had a 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 friend attend qigong or taichi class. 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 fell 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. Separate poison from the foods – sweating. Just send it too poo poo or urine – 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 lymph 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, 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 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. 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, I will assign it 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 it 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 practicing 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 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 meditation and yoga. It is not easy, I don't like to do exercise. But I want to be healthy. Do meditation and take good care of your body and do exercise and you will be super successful.

Somebody asked me to do teacher training and GMR give one to two lectures and some others give one to two lectures. They knocked on my door and opened the door. Some guys came in with a big pile of papers? GMR asked, what this paper? This is the certificate you need to sign off.

I was in the diamond business, we never signed anything without going through carefully. Wow, this certificate is 200 hours training. For him, GMR's signature is valuable. Many people signed it and GMR didn't do it. This training takes 4-5 hours. Don't worry, I won't do anything dishonest. They will get 200 hours of training. Max I saw for 10 hours only. You didn't go to the kitchen. You were in the room and you didn't understand. 100 hours washes dishes, surprise this is part of the teacher's training.

DCI or local teachers, they are not like that. If you asked them, how's the feeling of attending DCI training. Didn't sleep for 2 weeks. Work from morning till night. They are good teachers and GMR love this online system of teaching. GMR can teach from 50 years of experience. Local teachers who spent more than 10 years with GMR. This is a good combination and very valuable. Your life will see you succeed.

Beginning of the course, we took a quick preview of 12 LT. I will go through it again. But more deeply review

1st: personal experience, you like to have your local organizer and local teachers to learn. GMR travel worlds. Now, many courses online are very valuable and GMR can

teach many countries at the same time. Weakness of online course. Stay in a hotel, have coffee together and do yoga together. GMR happily has local organizers and teachers. Discussing this idea with your friend is a good way.

Sedona college, 3 main parts of the properties. Main college building – main teaching building, bought store room behind this building, in front of Sedona college has a piece of land – wish to build a coffee shop. Why don't you build another building and build a coffee shop? Because students learn more than others in coffee shops rather than learning from the college. I saw Prinscenton, Himalaya have the same kind of feeling. When students learn together, they learn deeply and enjoy it.

DCI L3, we can do practice together. GMR first teacher in Himalaya, one person meditating is like one pen. It is easy to break and I can't focus if I do it alone. If you meditate in a group, like 10 pens together and it's hard to break. Spend money and time to attend L3. IF you don't practice it, you are wasting time and money. It took many years to develop courses. We are spending ourselves to teach the teaching. It's our hope and dream to become a great man. To become a great meditator, you need to understand the benefits of meditation. You can see the first picture – this person is meditating. First life tool we talked about – sales job – in the USA, the best salesman is a used car salesman. Two of GMR's China friends visited the USA and bought used cars and GMR was nervous as used car sales guys are tricky sometimes. The conversation is like this..Do you guys have any nice Porsche cars here. Yes, we got it. Here is the car, you will like it. This is not a Porsche, it's a BMW. But, BMW is much better. The lady said I was looking for a red car but this is black car. I can sell you a red car. I have many cars. But, black elegant to me and you look like an elegant lady. It means the salesman tells you why the car is cool!

LifeTool 1 – how to read

Study in Himalaya with friends from China. We studied for 25 years. They didn't speak any English and learn their local language. They would say expression, I don't understand. They introduced me to some new guys and talked to him and we had some coffee and tea. They guy left and my friends said, he is Mi Che Ka. Mi – person,right? Yaya, you are correct. Che Ka means half. Yes, it is Mi Che Ka, he is half a person. He so stupid, half person. Only half complete person and half missing.

GMR never says it to anybody. It is a big insult. When we are learning a new language, we learn the bad words first. GMR, we don't know why you tell this story? Honestly, I don't know what to say . Today, I remember, if you don't know how to meditate you are Mi Che Ka. Half person. You are going to miss half your world. The person who meditates everyday can see the whole world. The person who doesn't know how to

meditate – they are blind people – there are many beautiful things you can't see in the eyes of meditation. If you come to the end of your life, you don't know how to meditate, it is a tragedy. You lost half of your good life. Is that so important? If I can increase my experience by 100%, how to do it? I am glad you asked it. You need an authentic system – 1000 years tradition – here is the picture of how you learn this system. This has a 1000 years system. It Looks very simple.

When GMR saw this picture 45 years ago, GMR was still learning this thing. We are very lucky we have an authentic system.

LifeTool2:

You can't go to your kitchen and start meditating. I don't know, you are going to the hospital to have an operation. Operating with your mind is more diligent than opening your heart. Some people in your family have heart problems. My younger brother has a heart problem. Need to get a stand inside the heart. This is not like the surgeon in the kitchen. You need a special instrument and training before you can do the operation. Open heart surgery is like opening your mind.

How to prepare the environment to have a good place for meditation?

Lifetool 3:

We start with the ancient system, how 8 parts and to have a successful meditation. Now, the body and mind are connected. Prana, Qi – connector for body and mind. Posture is important.

I have many friends who try to meditate for a long time and GMR contacted one of them. How are you doing? Friend replied, I am ok. Is your yoga studio ok? Well, GMR, we closed it for a few weeks. Then, Oh, sorry to know it, due to covid virus. No, it is due to myself – knee virus. What do you mean? I forced my leg to do it. Fixed operation and fix my knee. That's why my yoga studio closed it.

Let me tell you a secret in meditation.

Meditate in your group. It doesn't matter how you position your leg. No one is going to be impressed if you can do the posture well. It doesn't matter if you can cross your leg. Why? Everyone closes their eyes while meditating. The important thing is just sit up straight. Meditate on the chair or sit on the floor and keep your legs crossed. But, it is not important – the important thing is to have straight back.

Front sit, super comfortable chair and sit up straight and hold your body and if you want to cross your legs and cause pain, I am sure your meditation object will be your left or right knee and you forgot your meditation object.

Lifetool 3 – the correct posture is to sit straight back and comfortable sitting without moving. Then, LT3, how long should you meditate? GMR, I know, I know.. When I learned how to meditate, my great teacher asked me how to meditate. Ya, I know how to do it. How long do you meditate? I can meditate for 1 hour without moving. Let's check. GMR, you meditate and he puts GMR on the floor and you sit here in a small room. He said, you are a new student here, you will get a better room. Actually, he cheated me and GMR practiced for 25 years. Teacher wanted GMR to meditate. How do you understand emptiness and meditate? The Teacher will sit behind you and touch your ears and tell me what you think about it. GMR started with closed eyes and GMR felt he touched GMR's ears. Honestly, GMR thinks about lunch. Teacher said, Ti Ka, Ti Ka (great). You keep meditating. Then, he touched GMR's ears again, I wonder when you're going to touch my ears again. Teacher said, Ti Ka Ti Ka. Keep going and touch my ears again and what do you think about now? I think about my knee pain. Then, the teacher said, quit the meditation. GMR, you told me how to meditate for 1 hour. Now, we only have 2 minutes. Your mind didn't go to object. What's the purpose if you have been distracted by others and didn't focus on the object? You are wasting your time. Outside, you looked good but inside, it was like an American civil war. This is not meditation.

Lifetool4

What is your meditation object? And what object do you choose?

GMR said, my object is deep context. What is that? I am meditating all the time about emptiness. What does emptiness look like? You closed your eyes and everything is black black. No, it is ridiculous. No one teaches you about objects? Black is sleeping. 3 kind of object

1. Object of review meditation – some kind of series of thoughts you want to burn into your brain. Example, 4 x 4 or 5 x 4 is also good. This is useful meditation. Like before we came to learn DCI level, we didn't hear about 4 powers, 4 steps, 4x 4 etc. This is a new idea that we didn't do in the past. We have to burn it into our mind. This is the first kind of meditation object – burn new set of ideas in our mind – review meditation – do it again, do it again and you learn again. You have learned how to play music, a great singer with a great teacher. Burn into mind again and again

What did you meditate in black black? This is a sleeping object. What is the meditation object?

3 kinds of object – 3 kind of meditation –

2. Problem solving meditation

Friend lives in Asean. He is a small officer in a big company. He learnt how to meditate every morning before he goes to work. He will do the second kind of meditation.

Sit down and think about problems in my job. Can it be a meditation? Yes, this is the second kind of meditation. But, you are thinking of many things, not one thing. If you think about the same problem from a different angle, if you think about it, the object is only one. When you consider many ways to solve problems. Is one point meditation.

If you think about a problem but you think about breakfast. Then, that problem solving is not a single point. Sit down and meditate for 15 minutes. Think about meetings or jobs you need to do and how you are going to solve problems. Whole point is single point

3. Fix meditation

In DCI level 3, we learn golden room meditation, we try to fix our mind on our teacher's mind and we keep our mind in a single point. That's called fixation meditation. This one probably you heard about the most.

3 of them are real kinds of meditation. First job of a meditator, before you sit down, choose your meditation object, not true – thinking about nothing is meditation, it is big mistake and useless. Those people spend time sitting and thinking about nothing. Doesn't bring any good results. You are always losing your car key, phone etc.

I like the ancient system

Lifetool 5

Typical 5 problems we are going to learn in meditation

Lifetool 6

Qi, Body and mind – what food you put into your body will change your mind. If you put bad food into your body, it's going to hurt your meditation. We learn a special way to eat healthy and good for meditation.

GMR personal eating experience, it will go up and down. When you learn new things, how to eat healthy, in the beginning you are very excited for 3 weeks. Then, your friend

brought you a donut in a coffee shop and you said I will eat this donut one time. That's day your meditation is terrible. If you eat bad food for one week, then next week, you will go for good food. Don't expect your food and meditation will be the same. It won't be like that.

We are living in the human body and 30000 moving parts. The human mind has 51 different functions. Changes every time. Don't think you can do it the same way. Don't expect you to start healthy food and maintain it for the rest of your years. It won't happen. You will fall off the horse, you will go back to your bad habit and bad food and skip your meditation.

Based on GMR's 50 years' experience, this is normal. If you learnt DCI L3, the next day you meditate for 1 hours till the end of your life, you are NO normal person. You need to meditate, who is the person who is not perfect. If you are perfect, you don't need to meditate. If you are not perfect, you should start meditating. Because I don't perfect, my meditation will mess up for 1-2 months or quit for 1 years. Don't forget what GMR has shared with us in the review. Haha, you are so stupid and laughed and ride the horse again and do it again.

The goal of meditation practice is not to meditate at the end of your life. Count the number of times you quit the meditation, then you count and go back to the horse, like you stop your meditation 5 times, and how many you start again? 6 times. That's good and great.

Your meditation way – good good good – collapsed collapsed

It is normal. Back to horse.