

## **【L3 Live Q&A @ 02.04.2022】**

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**Q1: Elsie , DCW, Singapore & Malaysia**

**What meditation can help Parkinson disease?**

**Answer by T GMR :**

Not so important to be in full lotus, do not be fully seated in meditation posture to practice meditation. Also the meditation duration can reduce to shorter duration like 5min per session & just do more multiple sessions of meditation. For people who are young, take advantage & do better meditation posture. If you have medication problems don't stop meditation continue meditation by splitting your medication session into short min. as you in meditation moment you did not aware you have medication problem too. If you continue a 5-10min session for 1 day in 6 times, each 5-10min combine & can be your normal full day 1 session meditation. You can practice for fun if normal students like to experience this method too.

**Q2: 莊家嫻 , MC, Taiwan**

Teachers all say the mental seed is the most powerful, then can I plant the seed in the meditation in order to get some results like financial freedom, house, teachers? For example, I can invite a person who has a financial problem into my meditation, and give them money in the meditation, can it also plant the seed to get the result. Like when you are happy for others' success you can get 10% from those good seeds.

**Answer by AP Wang Tian:**

We are mostly at home in the years 2000 and 2021, it's hard for us to go out, sometimes we also need to use a different way to communicate with others. So, first of all, we say our mental state is the most powerful one. The reason is that whatever we say, whatever we do, it's all originally driven by our thoughts. For example, Right now, I want to drink water then I will go to have a mug and then I will drink but it all started with the thought that I want to drink water with this kind of stuff. So, we say in the mental mind, if we plant seeds in the mental mind, it's very powerful because our mental state is moving very fast.

Let's come to our system in the DCIG, we say there are three ways to use seeds planted through your body, through your words, and through your thoughts.

If we want to improve our finances, we can do this in meditation. Like, giving others the fortune they want. I also did this practice before. Every time. I want to plant seeds for money. I will come back to meditation sitting posture in the Tonglen meditation (DCIG Level one). I will invite one friend who also wants to improve their financial situation. I will do my best to take away

their financial problems and then give them what they want in my opinion. So, of course, we can plant seeds in our thoughts. If we want to help the people around us then we can invite them into meditation and then in meditation we can give them, this is how we plant seeds. But I also wanna recommend you, we need to guarantee that we do both planting, planting in meditation and also planting state in life. In life, if there's any actual action. We can do it. Whether it gives them the money or helps them to find a course they can go study and improve.

So, we need to do both, in meditation and in real life. In my experience, when we meditate and sink into our minds, the picture is not very clear if the imprint is not strong enough. For example, if you were thinking of giving others money, but then it comes up like you are thinking about What to eat tonight. So, my suggestion would be, that we can help them during the meditation and practice also in life if any action that we can take to help others. We say our seeds depend on the imprint whether the imprint it's very deep or shallow so if we can help them in real life, we're also planting a very deep imprint in our minds.

During the medication, if we are happy for others, we can have 10% of their seeds. I will say all the good seeds of this, we see the people around us to have all the good qualities coming from us. The reason why we can see all the people around us, who are successful, who are living the best life, are also coming for our seeds. We can gain 10% of their seeds.

**Q3: YAXI娅希 , RD, Guangzhou**

**My family doesn't understand Seed Wisdom, meditation, yoga, and vegetarianism. Although they don't oppose my study, they don't support it either. Even if I wake up in the early morning to practice yoga and meditation, I still worry about whether they will get up and intervene.**

**It is difficult to maintain a vegetarian diet in a meat-eating family, and if you insist on a vegetarian diet, it will affect family relationships. How do I strike a balance?**

**Answer by T Sharon :**

Firstly, we really rejoice in her persistence to practice it, especially none of the member family show supportive to her practice. It is also a reflection that we have the good quality of being persistent in certain areas. Vegetarian and meditation, I have personal experience too. I broke up with my boyfriend due to my persistence of maintaining a vegetarian diet. My family didn't support me and said it would lead to malnutrition. They love me so much. Hence, they put on the blame on the organization that I have been involved with. Hence, it is always full of challenges in my daily practice.

In meditation, I am also facing challenges. Everyone used to look outside to find out the solution. When we close our eyes and find the inner solution or try to observe our mind, many

people have a “weird” thinking if we do meditation. It seems like the problem is without our control, it is a good opportunity to find out the motivation of doing meditation.

In DCI learning, we used a new method which is against our “traditional way” of dealing with problems. It includes how we use the DCI method to lead our life or how we see the competition in our daily life? It is alright to have some problems while we are practicing. I always give encouragement to myself that I have more opportunities to really think about it.

Eg, In a “love” family, parents arrange their kids’ education from young till university level, some of them even have the opportunity to study overseas. But, when they reviewed their education path, they asked a question, why is the purpose of learning. However, if we compare them to those kids who were raised in a village or from a poor family, they have a clear objective of why they want to study. When they are facing challenges, they are brave to face it, mainly due to clear objectives.

Persistence in practicing it will change the surrounding environment. 3rd flower, our thoughts, our speech and our actions will create our environment. Continue to do it and your environment will have more people who have the same thinking as you and they will support you. We need to become a role model in our life, hence, the value of practicing it shall be reflected by yourself in your daily life. One year, my leg was burned. Doctor said, Sharon, your leg will have a permanent scar. In order to have speedy recovery, you need to take meat as it is full of protein and other food supplements. I was struggling during that time. When challenges arise, should I eat meat to have a speedy recovery for myself or continue to have a vegetarian diet.

If I still continue to maintain my vegetarian diet and also have a good recovery on my leg, what will be the effect for those people who are always in my environment? After 3 months of recovery (with a vegetarian diet), Dr surprised me with my good recovery. It is supposed to have a longer period of recovery as you are more than 30 years old. At the moment, I know “the belief” is the strong motivation for me to try and move on. In the end, the value of being a vegetarian person has more meaning for me. We need to be firm on how things are coming from. Our diet and body seem to have interrelation among themselves. By eating animals (meat to gain more protein) my speedy recovery is not correlated.

You have done a good surface cause. You can think about what is the higher intention for doing it. Eg, I am so confident in myself about my vegetarian diet. I am planting, protecting life seeds, promoting world peace and not being vegetarian. I have more motivation to become a role model in my life.

How to get support from family members? In L5 lifetool, a 3 party loop, starting from family members is not easy, we can start to apply this lifetool to our colleagues or friends. We support their idea in work, even though I cannot link the ideal well with me. Continue to do it and it will ripen in your family in one day.

**Q4: Xueqing Gao高雪晴 , FDI, Shenzhen**

**Some people have experienced a major trauma, and they understand that it may have come from their seeds, but they still feel unable to escape the various after-effects of being hurt. For example, the families of the plane crash recently happened in China, how to plant seeds, resolve the pain of their hearts?**

**Answer by GMR :**

We have a friend who was in the airplane that crashed. Only 2-3 people survived. She jumped down and ran away. She survived. She came to Diamond mountain to study. She told me about her trauma, it was 10 years ago. She couldn't work , she was afraid all the time , and couldn't fly in the airplane anymore. She had this experience and she came to our classes. She asked how to clear the seed and get back to the airplane without fear.

What is the meditation we can do? She did tong-len meditation for people who have the same trauma. It takes a lot of courage and courage to do so by thinking and feeling for ppl who lost their family. She did it very regularly , 3 times a week for 3-4 years. Taking away the pain and trauma from these people and giving them healing. In the beginning it was very difficult to take out the trauma. It is so difficult to take out. One day she came to me, I was ready and I could go for the plane. She was fine and planted by taking the trauma from others by accepting it and destroying it, don't keep it in our heart. She recovered. Do Tong-len take the trauma from others and burn it immediately. One day you will eventually be able to overcome the trauma , like the lady that had trauma from the plane explosion, to be able to fly again.

**Q5: EnYing Piao , XDP-CN, Shenzhen**

**Ultimate goal of life not clear to me? After I reach a small goal I'm busy.**

**Answer by T Wang Tian :**

For everyone will have a short-term goal at the beginning of each life phase. In every next life phase, we ask ourselves what our next goals are. After a few phases of life, we will find our time becomes shorter. What should be done next for long term life goals? IBM – small step or big step also want to improve human life, Huawei – bring digital life to every human life. Sony – Bring fun to human life.

We can see everyone is connected, you are not alone. We knew we needed to help others. Profit others 1<sup>st</sup>, the ultimate Goal is not for individual short term goals only, we need to help others as our ultimate goal. Passion in life can bring us to achieve the ultimate goal. I invite a friend for coffee & ask her what she is passionate about, strength and Skill in her life.

**Q6: ZhaoLingling , ZQ, Shanghai**

**Ultimate goal of life not clear to me? After I reach a small goals I'm busy.**

**Answer by T Sharon Fan :**

Many people come to the DCIG system to learn and give others what they need. You are very helpful and kind people. What is the difference after studying?

When you understand the real teaching of this system, while taking care of others, you automatically take care of yourself. While giving, the greatest protection for yourself. Helping others is not superficial support.

Take it a step further and teach him to create his own ideal life. From the very beginning, he has personally served others and started a machine. Everyone can plant seeds and teach others how to take care of not only themselves but also others.

In this process, the difficulty many practitioners encounter is that they neglect themselves in the process of taking care of others. The ultimate care is for the whole world, including me. If you are too tired to do coffee meditation, you are wasting your life.

I donated all my savings when my dog of over ten years passed away, is this really enough? Did the wish really come true? Your own strength is not enough. Among the many projects that DCIG operates at the same time, there is a Chinese translation team led by AP. Ella, she said, you should live a good life first and then translate.

You don't just serve, you come to be role models. Combining your main goals with your team's big goals. The service participates in many projects, incorporates its own health goals into the plan, serves the whole while serving the individual, and becomes a role model, attracting more people, expanding faster, and ensuring that everyone is successful.

**Q7: Sayuri Komatsu , JP, Japan**

**I learned that when you meditate, you need to have an object. I want to know when I exhale, for example, can I imagine bad things coming out from the bottom of my feet? And when I breathe in, can I imagine that I am taking in the sun's energy through my head? Is this a right object to meditate on?**

**Answer by GMR :**

Word in Sanskrit is Dhyana, which means the object from mind. In ancient tradition that holds the object. In meditation, we need objects. The object – beautiful, deep and helpful to others.

The object affects our mind. There is a tradition. One guy asked the teacher that he was going to cave and meditate. Why should I meditate? You meditate that you have a big horn on your ear,

like a deer. He was supposed to do a 10 days retreat but he came back after 20 days. You were supposed to do 10 days of meditation and I wanted to come back home but my horn stuck in the door. Can't go back.

When he got home, his teacher criticized him. GMR's teacher criticized him for 25 years. That horn, meditation, you make a mistake, not a good object, the object has the purpose of helping somebody else. My ideal of breathing into the soil of your feet, watching the breath out, kind of like sunlight, something like that. It is fine and good. If you believe in sunlight, sunshine is giving life to the whole world. This is the function of the sun. Sun grows the fruits, and the trees grow trees to give us oxygen. Meditation is a little bit further. It's fine to imagine breath going out and being the sunshine and creating seeds and say further that sunshine gives good things to the whole world. Like the orange tree, in Tai Zhong, coming from my sun, I am feeding the whole world with my sun. Be creative with meditation. Really great things. More fun and you will do meditation more often.

#### **Q8: Miku Sin, Hong Kong**

**Hello Mr. Geshe! Thanks for your teaching. I have a question. I have been engaged in health coaching for 2X years and belong to Multi-level marketing. My own performance has been very good, and the team has more than 1,000 people. After I learned the seed rule, I successfully increased my team members and improved the performance of my team. However, the third-tier partners directly under me have not achieved breakthroughs in performance? What seeds do I need to plant so that their performance can improve? (Note: Their performance has a lot to do with me being promoted. And I really hope that I can be promoted to another level in the company's structure, so that I can become a more influential person in the whole organization, So that more people can learn the seed law)**

#### **Answer by AP Wang Tian :**

I have one solution for this. You may create an opportunity to practice mediation together with your team to help others create wealth and financial freedom together. Can do it as a project or during morning meetings. Introduce them to give donations or do charity , so that they have the idea how to help others. Do a quick review and coffee meditation after that/

Answer from AP Sharon

Everyday there are so many chances for us to plant seeds and do coffee meditation.

A person who is struggling to achieve their goal , we need to ask them what they want ? What is their personal goal ? Maybe their personal goal and team goal may not connect very well. So, guide them to combine these 2 goals together and motivate them , make them have a clear picture of the motivation factors behind it. To let them when they are completing a team goal they will achieve their personal goal too. Increase their drive and motivation. Eg : Singapore and Malaysia team in DCIG , they encourage students on camera to increase our focus and also represent our respect to teachers and team members. Help them to have higher motivation and upwards spiral. We will talk about team relationships in Level 45. We will also discuss how to enhance our relationship in our life , relationship at work like team relationship which was held in June.