

【生活工具 7：做好冥想的种子因】

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)

1. 我们正在学习如何掌控意识和做好冥想，每次我在想关于好冥想需要什么条件时。睡好觉，有一个宁静的地方，没有狗狗，没有小朋友，房间宁静祥和，美丽的鲜花。但仔细想想，如果笔的故事是正确的，要一个好的冥想，那我们要搞明白好冥想的种子是什么。有时外在一切都很完美，但冥想却做得很糟糕。但也有时候，环境很糟糕，但你却有一个很好的冥想。如果你做的很好，但你不知道真正的原因，那是有点沮丧的。如果你知道因，任何时候，在哪里，你都可以冥想。反之，环境再好，你都没有办法做好冥想。

2. 格西老师和John Brady老师有一个亚洲经典输入计划。第一他们需要满世界去找经典，第二再来输入，为了确保准确性，他们会输入5次。但是如果有大卡车载了1000本书来到他家，这么多书也帮不到他们的。因为格西老师需要去分门别类，这样还不够，需要有人把它在数据库放到正确的位置上。大概有13年的时间，格西老师为这些书编辑目录。格西老师需要很快去读这些书，透过书名是无法了解内容的。比如周小平老师翻译《珍宝之恋》，应该如何分类呢？必须把它放在对的位置以方便后人可以找到。比如这一本《来之喜马拉雅东部的好消息》，该如何分类呢？

3. 格西老师要了订书机，DCI老同学知道这代表什么。冥想就像订书机，你需要订书针，订书机才会有效。就像不是每次都有效，一定要有种子，就是你的意识种子。如果Aspirin里面有业力种子的话，Aspirin就会有用，如何呢？就是要去帮助生病的人。回到那本书，John老师要求，格西老师去读，发现是一本获得好冥想的书。格西老师用了40多年，作者是来之西部著名学者，是600多年前写的。

4. 到底因是什么呢？就来说桃树小馆，格西老师住在了一个小镇，什么都不多，但有一间咖啡厅，我喜欢到那里喝咖啡。有一天，老板找到了格西老师，直接的问他是否要购买咖啡厅，格西老师很开心的答应了。但是，之后就是面临许多问题，需要许多调整，用了3年的时间，甚至连菜单也好没想到。格西老师开始做冥想应该要卖什么食物呢？其实我不知道要卖什么食物，但我想要这个餐厅的调调是很优雅的。格西老师很喜欢巴黎那样的优雅。为什么要分享这些呢？格西老师说接下来的内容很酷。

5. 格西老师在做CSP总裁培训，这是非常优雅的培训。有一位女士问格西老师，格西老师，你每次都穿的非常优雅，西装衬衫领带，但我听说，其实你只穿了一个大裤衩。为什么每次你都要保持优雅？每次DCI活动，我们都要求学员，老师穿着优雅。因为这会改变这个场地的气场。

6. 跟他人交谈时保持优雅，不要咄咄逼人。比如你去商店，自己慢慢找，不要对店员大声说，冰淇淋在哪里？或是你可以说：你们的冰淇淋实在是太美味了，但我不记得在哪里了？如果你优雅的和他人交谈，他们就会放松，反之，他们回惊吓，这会威胁到他们的健康。

7. 格西老师的老师非常的机智，格西老师载他到镇上时，他说不要紧贴别人的车旁边。格西老师不明白，他说这样看起来更加优雅，他可以放松，你可以放松。这样看上去会更好看。后来格西老师意识到他的老师是对的，不要太过紧挨着人家。包括婚姻也是，格西老师的老师对他说，美国人一点也不优雅，比如你去便利商店，你接近其他人的妻子如此接近，这样会让她的丈夫不舒服。你应该想该如何做可以让他的丈夫感到舒服。格西老师觉得不相信，但尝试了之后，发现是对的，其他人更加舒适了。

8. 如何在讲话是更加优雅？我们应该在说话时好像我们系着一条整齐的领带。如果你是5:15分才能与你朋友见面你就不要说5:00到，这不优雅，你要准确告诉你的朋友你5:15分到，这才是优雅。格西老师是美国人，他的老师说，讲话不用像美国人一样，比如批评他人，这一点也不优雅。

9. 格西老师发现他的确会批评他人。还有是看美国人，就要看他的想法，不要看他嘴上说什么，格西老师也觉得他是对的。仁波切也说，美国人喜欢讨论足球，到酒吧也在讨论足球，这也非常不优雅。另外的是嫉妒，看见他人好的时候，不是真正心祝福他人，比如嘴角是向下的。包括表达同情时，如果我们是真心的，我们的表情会自然流露的。

10. 最后的是，仁波切对格西老师说，你们美国人总是在种坏种子可是却不在意。格西老师驾车载老师，但是老师要求在高速公路停下，让格西老师看飞机，说这个非常优雅。铁在天上飞，这非常不可思议，非常优雅，美国人真的非常聪明。但是因为不懂得种子，这还是乙醇的，反之，我们西玛雅人，不懂得让铁在天上非，却懂得种子。

格西老师有点生气和沮丧，老师才说：除了姜水。之后，仁波切做了一个清单：

1. 不要伤害他人的健康
2. 不要伤害他人的车
3. 不要伤害他人关系
4. 不要对他人撒谎
5. 不要去离间他人的关系
6. 不要笑里藏刀，说不柔和的话
7. 不要每天聊足球，如果没有好事，就不要聊了
8. 带着微笑，祝贺人家（生命很短，如果有开心的事，祝贺他们）
9. 如果别人发生了悲伤的事，不要幸灾乐祸
10. 试着记住种子，那么我们一天就会非常优雅

这就是十大好种子，善待他人的人，他们很优雅，他们就像餐厅一样，他们知道优雅就是做好冥想的秘密，这就是善待他人。为什么我们要穿高跟鞋，为什么要穿紧的领带呢？因为我们穿着不舒服，但别人看着很赏心悦目，这就是深层的因。

精华摘要 (by Teacher Jenny)

你有没有这样的情况，有很好的冥想环境，但今天的做冥想过程却不如昨天或前天？内外不如外在环境呢？相同的环境，但今天的冥想和昨天的冥想分别那么大吗？什么原因呢？

就像订书机，外表很美，要订起两张纸，却订不上？因为啊，没有订书针。

我们学了冥想外在的因素，但内在的深层因是什么呢？

10个优雅的种子：

1. 不要伤害别人的健康

在商场上，讲话不要吓到别人。在家呢？对待同事朋友都很有礼貌，但对家人呢？会不会对家人大小声？可不可以多称赞？好好和家人说话？

2. 不伤害别人的车。尊重别人拥有的财物。希望自己现金流顺畅，很优雅的给予我们的供应商账款，优雅提早交水电费

3. 在商场要给情侣和夫妻更多空间。创造给夫妻一起学习的，一起随喜，创造机会让夫妻更加恩爱。

4. 要精准的说话，告诉对方。很多做业绩的伙伴，可以优雅的正确示范解说，把正确讯息传达给他。

5. 如果同事有误会，我们可以撮合他们。

我们来看一下10个优雅的种子，这些都用在生活上，我们会有怎么优雅的世界？

我第一个落实的就是在金钱，提前还钱给供应商，提前开支票还租金，善用10个优雅的种子。

如果要有非常高品质的种子，我们要善待他人。

【LifeTool 7: The Seed Causes of Good Meditation】

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

Teaching Summary (by GMR)

We are learning how to master your mind & how to have good meditation?

I always time how to have a good meditation? I will think need to have a nice sleep before the night & get a nice & clean place. No dog & kids around & have a good smell flower around. IF The Pen is correct, to have a good meditation what is the seeds to have a good meditation. I found out the good meditation seeds are not external causes, that's only inside cause to have a good meditation. You found your Meditation room environment is very clean, there is no noise & lighting coming on from windows are great too but u still did not have a good meditation. Sometime u has a bad environment the day is cool and the meditation map is not comfortable there are dogs around but u still have a good meditation.

The day I found out about Meditation seeds was about 40 years ago; we have a database of ancient books. We have 3 challenges; 1st find the ancient book John always goes around the world & find it. 2nd we need to input the book into the database, we input 5 times per book. To unload the book, form a truck which comes with 10,000 books & they just unload there. But we still need to organize them into categories before we can input the book into the database. I used 13 years to organize the book into a catalog, I had the opportunity to read all the books fast & only I was able to organize them.

“String of precious Jewelry” & “Good news from the West of Himalaya” Where should we place them in catalog.

Here is the Stapler... is this a good stapler? Does it work? Experienced students will say must loaded with Stapler bullets only the stapler works. just like Aspirins work for your headache??? Sometimes works & sometimes don't ... but we knew we needed seeds to cure headache.

The book is 600 years ago book, so I start read this book & found that the book talk about how to have a good meditation using seeds... inner seeds to have good meditation. To understand this, we need to know Peace Tree Café. After I bought the café, 3 years I found lot of problems. Now I have to fix everything. GMR, do you know what food do u like to serve in the café? I start to meditate to think what type of food I show serve? to be honest I'm not sure what food to serve in café, I only knew the style of the cafe should be elegant style. I need to tell u something amazing, the to plant Pen Seeds is elegant.

10 kinds of elegant

CSP - China soft power story, Also in Mix-nut translation program u always wear suit & tie. Then I heard a rumor that said you only wear top formal but bottom not. I said this is changing the environment.

10 kinds of elegant

1) Be elegant how you talk to people & don't press & push people. Where can I buy an ice-cream in the mall? Try to ask in an elegant way, I know you are busy. Can I ask you a question? I know your mall has good ice-cream, can you help me share with me where this good ice-cream is?

2) Respecting other people's things, sometimes I go to an expensive area called Scottsdale, when I go to that town I have to use elegant methods taught by my teacher. I brought my teacher with my car to Scottsdale & he informed me not to park beside another car. Leave a few parks away from others' cars, why? This let's everyone feel elegant, even the car.

3) Relationships, don't do American things which are not elegant as when you go to the mall ... u stand beside others wife too near as this is not elegant. As that will let her husband not feel comfortable. I'm on a line & how to be elegant to give space? So, I try for a few months to give couples space on the line. After time I feel they are more comfortable.

4) Elegant in a talk, when u talk must exact. Example when u talk must be like a good nice tie. Should be precise, as u just talk did not elegant. Don't tell your friend that "about 1pm". You should say "1:05pm" I meet you there. How American talk? American are friends to everyone but you still Criticism your friends like u said my "lazy" friend are equal to me. American face tells the truth not the words... Get Jealous, you should say I'm so happy for you. You got promotion in your job, actually when u congratulation them. Face looks sad & said this "Congratulation" the face look like fish. Also, when you hear your enemy get into trouble, "I'm so sorry" but face show smiling. The worst thing about American planted all bad seeds but don't care. I drive my teacher to New York at the highway of New Jersey 12 lanes highway & My teacher ask me to pull over. Teacher requests me to stop, I so worry as this is dangerous all car just speed beside us. Teacher said relax GMR seat well & u see the sky now ... the American airplane are elegant as you made metal fly in the sky. I'm young that time I feel not happy with what teacher said...

- 1) Don't hurt other people health
- 2) Don't hurt other people car
- 3) Don't hurt other people relationship
- 4) Don't lie to other people
- 5) Don't split-up the friendship
- 6) Don't smile & tell them they are good.
- 7) Don't talk about only football all day.
- 8) If someone is promoted, give them a big smile & congratulate them. Life is short
- 9) If something bad happens to others, give them compassion.
- 10) Try to remember the seeds, that's super elegant.

This is the book regarding how to get good meditation using 10 virtues. This is the secret to deep Meditation. Just be nice to other people. 10 kinds of elegant with super nice to others.

Summary of Essence (by Teacher Jenny)

Use the example of the stapler to understand that good meditation has deeper seeds, the seeds that make everything work like a stapler that needs staples to be really useful and encourages everyone to treat those around you with ten seeds elegantly

Have you ever tried that sometimes your meditation quality is very good, sometimes you meditate in the same room, the same indoor temperature, the same chair, the meditation quality is very poor, do you guys want to know why?

It's like a stapler looks good, but it can't stitch two sheets together, what's the reason?

no staples, yes

So meditation is like a stapler, do you want to know what is the staple of it that makes meditation good?

That's the ten seeds of elegance, let's go deeper together

1. What is the 1st elegance?

Don't hurt other people's feelings when we talk to others. Elegantly put away your mobile phone while driving, elegantly take care of other road users with your car, elegantly protect the lives of road users.

2. Second class elegance

Elegantly makes other people's cash flow smooth, Elegantly allows your employees to receive their salaries early, pays your office rent elegantly , pays supplier bills elegantly, pays credit card bills elegantly, pays phone bills elegantly... Then you will receive the money elegantly and early, and you will also elegantly enjoy the smooth flow of your cash flow.

3. The third kind of elegance

Elegance creates opportunities to make other couples more loving, inelegant behavior is to steal other people's partners, we should elegantly create opportunities for other couples to learn together, and create opportunities for others to serve together. Create opportunities to bring other couples closer together, when we see other couples and couples together in the supermarket, give them more space, and elegantly send a bouquet of beautiful flowers and your deep blessings on the anniversary of friends and couples. You will be very happy and elegantly reap for a more intimate couple relationship yourself.

4. The 4th Elegance

Don't Lie! Elegantly express exactly what you want to say, if you are only available to meet your friends at 5:30pm , don't say 5:00pm, this is not elegant, you have to tell your friends exactly that you are meeting them at 5:30pm, this is the called Elegant. To sell your product, such as a juicer , you need to explain step-by-step the operations of the juicer to your customers elegantly and precisely, and elegantly ensure that the information they get is completely correct.

5. Elegance

Elegantly bring and keep people together , two colleagues used to have a harmonious relationship, but because of conflict , they have not communicate with each other. You gracefully help them to eliminate and concile the misunderstanding and bring them together.

6. Elegance

Talk elegantly and gracefully to take care of other people's feelings, such as being a colleague in the company and for some reason can't complete the task you told us, we don't disregard her feelings and scold her in public and embarrass her, this is not elegant, we can ask her came to the office to tell her how she could improve and take care of her feelings gracefully.

This seems to be very familiar, right, ?

Yeah , it is the 10 virtues we have learned

These are the real causes of good meditation, starting with our kindness to others.

Just think how your meditation quality would be different if we put in these staples that really make you meditate?

As soon as your sit at your meditation cushion , you can have a good meditation . Are your life and career goals gonna achieve it fast ? and how will your world be different?

The real cause of good meditation, being kind to others, ten elegance seeds .

This is the book regarding how to get good meditation using 10 virtues. This is the secret to deep Meditation. Just be nice to other people.10 kinds of elegant with super nice to others.